SEAWAY NEWS

OCTOBER 4, 1993 VOLUME 7, ISSUE 40 SERVING CORNWALL AND AREA

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Ridgewood Expands!!

Cornwall-based Ridgewood Industries, the Canadian ready-to-assemble (RTA) division of Dorel Industries today received a major boost from Ontario's Jobs Ontario-Training program. Ontario Associate Minister of Education, Mike Farnan has announced an $800,000 investment in Ridgewood to train and hire up to 150 new employees. The announcement was made at Ridgewood.

"The Ridgewood division of Dorel has been performing beyond our expectations," Dorel President Martin Schwartz said. "The division's growth has meant more jobs, which is especially significant in the Cornwall area. The Jobs Ontario grant recognizes Ridgewood's success and provides additional funding to continue a very positive path of growth that directly benefits the community."

New RTA business generated by Dorel has prompted the company to augment its workforce. Dorel considered expansion at its US RTA facility near St. Louis, Missouri, but opted for its Cornwall plant which in turn has helped ease high unemployment in the area. Some 50 new employees have already been hired.

Dorel operates facilities in Montreal and Cornwall and owns Cosco Inc. of Columbus, Indiana, Charleswood Corporation of St. Louis, Missouri, Infantino in San Diego, California and Dorel (U.K.) The company is listed on the Montreal and Toronto Exchanges.



It's Fall and it's Also Apple and Pumpkin Season!

Joyce MacDonald is selling locally grown produce from her stand on Cornwall Centre Road. She says sales are good this year, but people are looking for bargains.

(photo by John Schaeffer)

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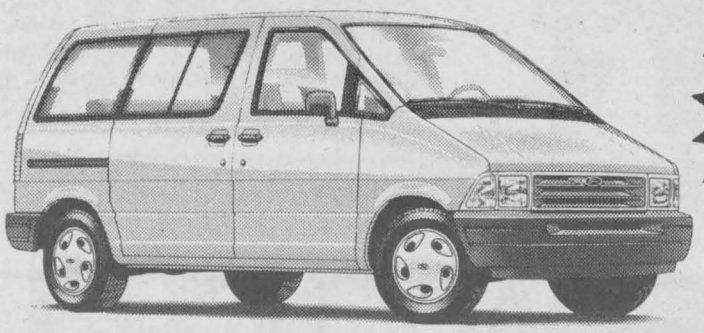

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Canada Savings Bonds Big in Cornwall

Cornwall area residents have been big buyers of Canada Savings Bonds through the years - and 1992 was no exception.

In Cornwall alone, $4,592,500 worth of Canada Savings Bonds was sold on the Payroll Savings Plan last fall on 2,441 individual applications.

Payroll sales in other area centres included:

Brockville - $3,235,000 on 1,902 applications; Iroquois - $760,400 on 382 applications; Prescott - $351,900 on 193 applications; and Alexandria - $205,400 on 127 applications.

CSB sales on the Payroll Savings Plan in this region last year totalled about $8,400,000 on more than 4,600 applications.

In all, some $1.9 billion worth of CSBs was purchased through payroll deductions by employees at 18,000 companies and organizations from coast to coast.

As in past years, the 1993 payroll savings campaign will be headed by Donald L. Smith, a Kingston stockbroker, who will be calling on companies and organizations in the Cornwall area over the next few weeks.

Smith, who is entering his eighth year as a CSB Payroll Savings Plan representative, said that more and more companies were taking a second look at the CSB Payroll Savings Plan as an "effective low-cost" employee benefit. Anyone who is interested, he added, can find out more by calling 416-593-2104.

As in past years, Ontario leads the country in terms of cash and payroll sales. Total CSB sales in the province in 1992 reached more than $4.1 billion, of which $695,176,900 was on the Payroll Savings Plan.



Noble Villeneuve
M.P.P. Reports
S.D.&G.

Finally Government Acts On Interprovincial Barriers

Noble Villeneuve, MPP for Stormont-Dundas-Glengarry and East Grenville welcomed the Ontario Government's announcement to use the same kind of medicine that Quebec has been imposing in discriminating against Ontario construction workers and contractors in working in Quebec.

Here are the measures the Ontario Government will introduce:

• Bring legislation this session imposing the same exclusion on Quebec workers as is now imposed on Ontario residents by Quebec's construction legislation and regulations.

• Exclude Quebec based contractors, subcontractors and Quebec produced construction materials from future contracts with Ontario government projects.

• Introduce a policy to discourage Ontario municipalities from buying buses made in Quebec. Presently, the Quebec government has an exclusive contract to a Quebec firm to supply buses to their municipalities for the next three years.

• Encourage the private and public sector in favouring Ontario contractors, subcontractors and construction products.

"The Ontario Government has finally realized the impact this issue has brought to this province. This has been an ongoing issue for years, until my colleague Norm Sterling and I led a Legislative debate for this legislation last spring," says Villeneuve.

Unemployment is high in Eastern Ontario. Construction workers and contractors from Ontario cannot work or tender in Quebec. After much discussion with Quebec officials, the situation has not improved for Ontario workers.

"By introducing these measures, the Ontario Government will certainly bring the problem to a solution," says Villeneuve. As soon as Quebec opens its borders to Ontario firms and workers, Ontario will immediately abandon its reciprocal actions.

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For more information call Bert Mosher at 932-1700, or call the Seaway Senior Citizens Club at 932-4969.
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Awning is different. 2. Name is missing. 3. Arm is lower. 4. Cap is removed. 5. Meter is added. 6. Car is moved.

BASIC BLACK



By Arthur Black
SEAWAY NEWS

Art is making something out of nothing and selling it.

Frank Zappa

Maybe Crazy Frank is right. Perhaps that is all there is to Art. Philosophers, poets and sundry windbags have been trying to define Art in essays, treatises, dissertations and critiques for centuries. Along comes a twentieth century pop musician who sums it up in ten words.

It's a perplexing question. If I had to define Art as it exists today, I'd have to say Art is what the experts say it is. Would anyone have looked twice at a Mondrian print or a Warhol painting if they hadn't earned approving nods from big name critics? Same thing with music. When I hear Rhapsody in Blue by George Gershwin it makes my heart soar. When I hear Die Gluckliche Hande by Schonberg, it makes my head ache.

Yet the experts sing the praises of Schonberg and dismiss Gershwin with a patronizing pat on the head as an amusing diversion.

I don't get it.

I also don't get why a divine phenomenon like Ella Fitzgerald is written off as a mere "jazz vocalist" while an Opera diva, screeching in unintelligible Italian, is revered as a musical genius.

Then of course there's painting. The Art Gallery in Ottawa recently took it in the shorts for lashing out over a million loonies to buy an American painting entitled Rothko No. 16. Also known as Two Whites, Two Reds.

Which is all we got for our money: a largely empty canvas daubed with white and red. It looks like a close-up of two truck fenders doing a courtship dance.

But that's okay - because it was a bargain. Other paintings by Rothko have sold for much more.

Who can forget White, Yellow, Red on Yellow which fetched nearly $2 million US last year? Or the immortal Black and Dark Red on Red ($2.3 million US)?

And of course Rothko's best (i.e. most profitable) number - the justly famous Black Area in Reds? An Art Gallery in California laid out $3.6 million for that little number two years ago.

You think I'm making this all up don't you? Sorry chum, it's all true.

Which gives you some idea of how far gone the Art Biz is.

But things just may be turning around. We may have reached the apex of Art Looniness.

I note with approval that Harvard University has announced its investment plans for next year. They include a $10 million endowment for something called The House of Blues.

The House of Blues is blues club based in Cambridge, Massachussets, but with plans to expand across the continent, possibly with clubs in Montreal, Toronto and Vancouver.

Think about it for a moment. Harvard University - one of the straightest-laced, upper-crustiest Ivy League institutions this side of the Vatican, is buying into a blues club.

Our own Marshall McLuhan once wrote: "I think of Art ... as a DEW line, a Distant Early Warning System that can always be relied on to tell the old culture what is beginning to happen to it."

Another thinker, Robert Scull, wrote: "I think of Art as a great big river that just flows and it's been flowing for thousands of years ... Art doesn't win wars, but it's the only thing that remains after the civilizations go. Nobody knows much about the politics of certain Egyptian dynasties, but people remember the Art, the great things that were created."

So I suppose thousands of years from now, no one will remember Terry Fox or Wayne Gretzky or Margaret Atwood or perhaps even Canada.

They'll just remember Rothko No. 16, Two Whites, Two Reds.

Frightening thought, eh wot?

Annual Fire Prevention Message

Fire Prevention Week ... October 2-9, 1993.

GET OUT! STAY OUT! Your Fire Safe Response is this year's theme and was selected to focus on the importance of safely escaping from fire and staying out of the burning building.

Hundreds of people in North America die in home fires each year while others are injured or killed in fires where they worked or visited. It could happen to you or your family. If fire strikes you home or your business, the way to survive is to get out quickly and stay out. It's a simple strategy that does save lives, however, you need to plan ahead.

Here are a few points to consider. Install smoke detectors so you'll have time to get out. The majority of fatal fires happen while people are sleeping. Know two ways out. Draw a diagram of your home and plan two ways out of every room, especially bedrooms. Get out fast, don't stop for anything. Don't try to take possessions or pets. Crawl low under smoke as it contains deadly gases and is hot, so it will rise to fill the room from the top down. In an apartment or office building, use stairways to leave the building. Never use an elevator during a fire. Don't go back, no matter what, and make sure everyone in the family knows. Choose a meeting place where everyone will gather outside, preferably at the front of the burning building where the Fire Department will arrive. Make an escape plan and practice your plan, at least twice a year - have a fire drill in your home. At work and on the road, plan to escape. Make fire safety a habit. Identify fire escape routes wherever you are. Where you work or when your travel, look around and find two ways out in case of fire.

The Chief, Deputy Chief, Officers, Firefighters and Fire Prevention Officers ask that you practice GET OUT ! STAY OUT! it is your Fire Safety Response to having a fire safe community.

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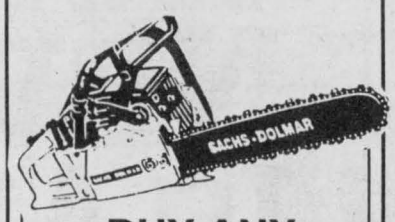

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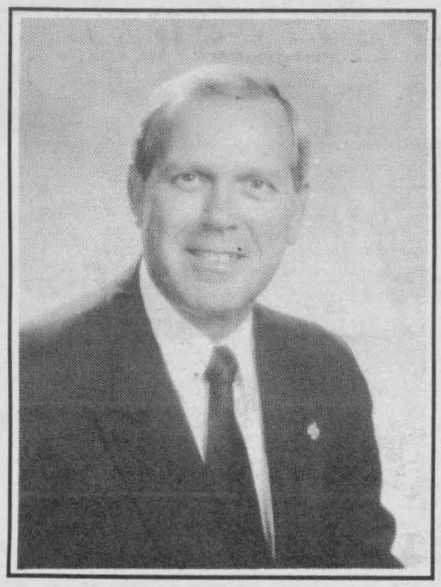

In this election campaign, residents of Stormont Dundas are speaking out on two very important issues: jobs and the economy.

We can't forget the devastating effect that nine years of Conservative policies has had on this riding: the closing of factories, the loss of jobs and tough economic times.

BOB KILGER and the Liberal Party are committed to working for you.

Together we *will* see the return to economic prosperity.

ON MONDAY, OCTOBER 25 PUT BOB KILGER TO WORK FOR YOU VOTE

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SEAWAY NEWS

If you can think of some other way we can serve you, our customer better, let us know!

CABLE NOTES

Monday October 4
- 6:00 Q & A: Questions & Answers: Cigarette Smuggling
- 7:00 Primetime Sports Cards presented by Fantasy Realm Comics and Cards - Season Premiere - Live
- 8:00 Community Connections presented by the Mayor's Task Force on Health Lifestyles

Tuesday October 5
- 6:00 Working in Ontario
- 6:30 Kinsmen TV Bingo
- 7:30 Nellan Ghar #4
- 8:00 Colts Talk - Live Phone In
- 8:30 Cornwall City Council of September 27th

Wednesday October 6
- 6:00 Scarboro Foreign Mission 75th Anniversary: "A Shared Dream"
- 6:30 Liasons Communautaire
- 7:00 A New Environment
- 7:30 King Ludwig's Castle: Celebrating the Legacy
- 8:00 German Diary TV

Thursday October 7
- 6:00 CHIP Talk
- 6:30 Colts Talk
- 7:00 Nellan Ghar #4
- 7:30 Community Connections presented by the Mayor's Task Force on Healthy Lifestyles
- 8:00 The '93 Vote: Free Time Broadcase with the Candidates from Stormont-Dundas

Friday October 8
- 2:00 Q & A: Questions and Answers: Cigarette Smuggling
- 3:00 King Ludwig's Castle: Celebrating the Legacy
- 3:30 Prime Time Sports Cards presented by Fantasy Realm Comics and Cards
- 4:30 Liasons Communautaire
- 5:00 German Diary TV

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'91 NISSAN MAXIMA, V-6, loaded, #2903A.....**$17,.995.**
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'90 EAGLE PREMIER, V-6, auto., air, #2878A.....**$9,995.**
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'87 FORD TAURUS, V-6, auto., #2851A.....**$2,995.**
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'86 NISSAN PICKUP, 5 spd., long bed, cab, #PV397B.....**$4,795.**
'86 MERCURY TOPAZ, 4 dr., auto., #2972A.....**$2,995.**
'86 OLDS CUTLASS, V-8, 4 dr., auto., #2924A.....**$3,995.**
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'85 DODGE 600, As is, auto., 4 dr., #2731A.....**$995.**
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'84 BUICK REGAL, As is, V-6, auto., #2879B.....**$995.**
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GRANT NISSAN

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Music Notes

by Morley Seaver

Prince - The Hits/ The B-Side (Warner Music)

Prince supposedly is retiring from studio work. He apparently has many records worth of material still unrecorded. Along with a name change, this marks the end of an era for the Purple Prince (supposedly). To mark the occasion, he has released a three cassette package of all the hits and many songs only available on the flip side of single releases. This, obviously, is a heavy-weight record and with everyting grouped together, makes you realize what a fantastic talent, Prince is. Excellent liner notes complete this wicked box set.

Garth Brooks - In Pieces (Liberty/ EMI)

That Garth guy returns in fine form. After eight months off, North America's most popular entertainer has cut a new record and it just smokes. I didn't think so the first few listens but after three or four spins, everything kicked in. "In Pieces" has all of the attributes of a typical Garth record; great, well-written songs, Garth's bang-on delivery, and a great band with good production. Like you expected any less?

The Blue Shadows - On The Floor of Heaven (Sony Music)

Light-country from a west-coast based Canadian band. Made up of ex-Cowsills and Blue Northern, Bill Cowsill, and ex-Big Beat Jeffrey Hatcher, the band mixes Orbison-style 60's pop with George Jones-like country, with a result that is pretty fair.

John Mellencamp - Human Wheels (Mercury/Polygram)

Mellencamp is back with a record that is just a teensy more mature in tone that past works. It's still rock but there are no more pop choruses. "What If I Came Knockin'" is the lead-off single and that is about as mainstream as he gets. This is a good album that will not tire your ears easily.

Charlie Major - The Other Side (Arista/BMG)

Hailing from Aylmer, Quebec, Charlie Major is one of Canadian country music's newest stars. He was brought to the attention of the Nashville crowd when Ricky Van Shelton covered Major's song "Backroads" a few years ago and it went to #1. Major's record is great. A little country, a little rock.

Wynonna - Tell Me Why (MCA)

This was released a bit ago but for anybody who doesn't know out there; this is an exceptional record. When the Judds broke up, many wondered if daughter Wynonna could hold her own. If the first record didn't do it, this surely will. Every song has been carefully chosen and Wynonna sings herself silly. Mama Naomi contributes two songs and sings backup on a couple of others but it's the daughter that's in the driver's seat now. And it's certainly worth the drive.

John Hiatt - Perfectly Good Guitar (A&M)

John Hiatt has a voice that's definitely an acquired taste but fortunately the boy can write great songs. This Hiatt release (the first since the Little Village project) is crammed full of great tunes. The title track is worth the price of admission alone.

George Thorogood & The Destroyers - Haircut (EMI)

George Thorogood is known as a guy who delivers the goods ... no frills. Past songs like "One Whiskey...", "Move It On Over" have no fancy keyboard breaks or imaginative chord structures. Like AC/DC, G.T. manages to rehash old territory but makes it sound fresh at the same time. The title cut is a laugher for anybody who's ever been told, "Get a haircut and get a real job."

Shania Twain (Mercury/ Polygram)

This is a great debut for this Timmins-born singer. There are scads of singles here. "What Made You Say That", is excellent, as is "Dance With The One That Brought You". Twain has a rich voice and a nice delivery. We'll be hearing about her for awhile.

Moxy Fruvous - Bargainville (Warner Music)

Hot on the heels of the enormous success fo the Barenaked Ladies comes another Toronto band, Moxy Fruvous. The band started out as an acappella act busking on the streets of T.O. With this release, they supplement the vocals with guitar and percussion. Of course, the main strength of this band, besides the engaging vocals, is their wicked sense of humour. "King of Spain", "My Baby Loves A Bunch of Authors", etc. will not fail to bring a smile to your face. More than a novely act, this release will bear up over the long haul.

Matthew Sweet - Altered Beast (Z: BMG)

Matthew Sweet's 1991 release "Girlfriend" was an unexpected hit and deservedly so. Sweet writes wonderfully morose pop songs that hold up well. "Altered Beast" is no exception. From beginning to end, the songs all click high on the please meter.

Peace Together - Various Artists (Island/ A&M)

This record is a cocktail of artists, mostly Irish, banding together to help the youth of Northern Ireland. Artists such as Peter Gabriel, Nanci Griffith, Sinead O'Connor, and others all sing a song called "Be Still". Other songs included are U2 and Lou Reed doing Sattelite of Love, Curve and Ian Dury doing "What A Waste", and much more.

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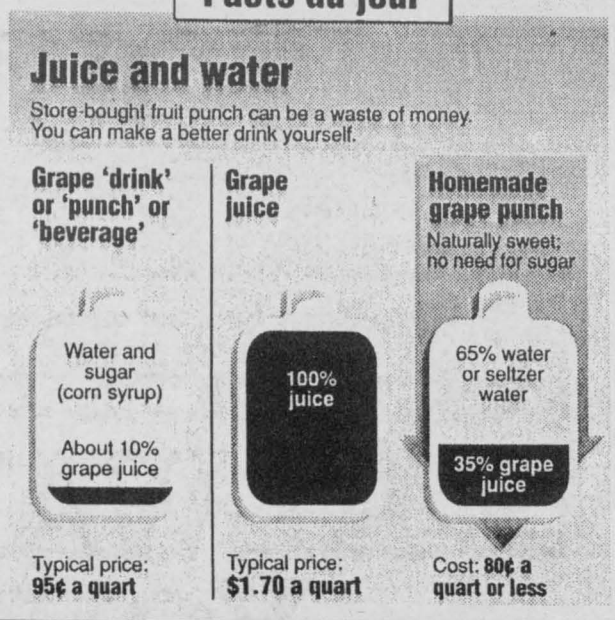
Facts du jour



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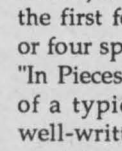

LifeLine
by Dr. Carolyn DeMarco

What to do with varicose veins

About 40% of women and 20% of men have varicose veins.

Swollen veins may be unsightly, but they are not life-threatening.

SYMPTOMS

- Aching legs, cramps.
- Swollen legs, heaviness.
- Itchiness.

What makes them worse

- Prolonged standing.
- Lifting heavy objects.
- Tight pants or socks.
- Obesity.
- Constipation.
- Low-fibre diet.
- Pregnancy – chance of varicose veins rises with each pregnancy.

CAUSES



Valves in veins (which prevent backward flow of blood) become weak, causing:

1. Swollen veins from pooling of blood.
2. Spider veins from broken capillaries.

Some varicose veins caused by inflammation of deep veins (phlebitis).

WHAT YOU CAN DO

- Avoid straining due to constipation: high-fibre diet, plenty of water. Try psyllium powder daily.
- Take vitamins E and C, zinc and bioflavonoids.
- Regular exercise helps blood flow back up legs, especially walking, cycling, swimming.
- Sit with legs raised; raise foot of bed 9 inches
- Wear shoes with low or negative heel.

Other treatment

Surgery: 30-minute operation to remove swollen section of vein.
Sclerotherapy: Multiple injections to close off spider veins permanently.
Preventive action important to avoid recurrence.

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Big Brother and Big Sister Awards Night

The 20th Annual Banquet and Awards Night of the Big Brothers and Big Sisters of Cornwall and District will be held on Saturday October 16 at the Ramada Inn, 805 Brookdale Ave., Cornwall.

The purpose of the banquet is to celebrate 20 years of service in the community and to recognize and honour Big Brother and Big Sister volunteers.

Following the dinner and presentation of awards, there will be a dance with music being provided by Leisure Sound.

All former and present volunteers and supporters of the Big Brothers and Big Sisters in Cornwall and SD&G are encouraged to attend this special night.

Reservations for the banquet and awards night can be made through the local Big Brother/Big Sister office by calling 933-8035.

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Bureau de santé de l'Est de l'Ontario

DRUG ADDICTION ADVISORY COMMITTEE

The Eastern Ontario Health Unit is inviting applications for membership to the **DRUG ADDICTION PROGRAM ADVISORY COMMITTEE.** The Drug Addiction Program provides assessment and referral for substance abusers.

The Advisory Committee will act in an advisory capacity to the Board of Health. Membership on the Advisory Committee is voluntary.

Please send your application to:

Chairman of the Board of Health
Eastern Ontario Health Unit
1000 Pitt Street
Cornwall, (Ont.) K6J 5T1

Programme de Prévention Des Toxicomanies

Le Bureau de santé de l'Est de l'Ontario vous invite à soumettre votre candidature pour siéger au Comité consultatif du **PROGRAMME DES TOXICOMANIES.** Dans le cadre de ce programme, les toxicomanes sont évalués et acheminés vers les ressources appropriées.

Le Comité consultatif agit à titre d'aviseur au Conseil d'administration. La participation au Comité consultatif est bénévole.

Veuillez faire parvenir votre demande à l'adresse suivante:

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SCIENCE MATTERS

The rain forest: Animals inside the canopy

More than half of a rain forest's animals are found in the canopy, the closely spaced treetops 60 to 90 feet above ground.

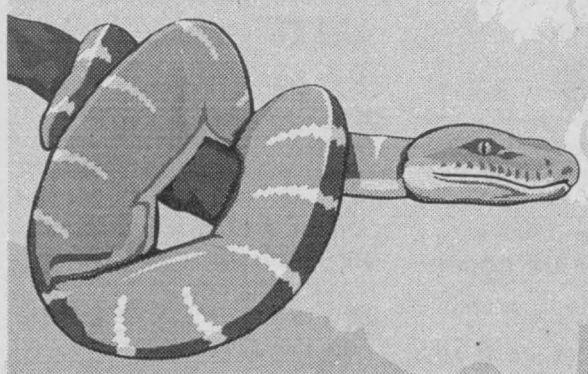
Monkeys: Howlers, spider monkeys, capuchins and squirrel monkeys are some of the 64 species of monkeys that live in the rain forests of Central and South America.

Snakes: The emerald tree boa prefers the high branches of the rain forest of Brazil, but snakes, frogs and lizards can be found at almost every level of the forest.

The Quetzal: Lives in the rain forests of Central America. Mayans and Aztecs worshiped the bird as god of the air.

Birds: Hummingbirds of Central and South America, and sunbirds of Asia, sip nectar from flowers. Toucans in South America feed on fruits and berries. Other birds that can be found include parrots and birds of paradise.

Big cats: Jaguars, margays and ocelots are a few of the predatory cats found in Central and South America. Leopards are found in the Southeast Asian forests.



Giant anteater: Found in the Amazon rain forest in Brazil; has powerful claws to deal with termite mounds.

Others: Antelope, deer, hogs, tapirs and many kinds of rodents feed on roots, seeds, leaves and fruit that drop to the ground.



Termites: Build enormous mounds and feed on dead plant tissue. They are a food source for frogs, lizards, birds and anteaters.

SOURCES: Rainforest Alliance, Cleveland Metroparks Zoo, World Book; research by BILL McDONALD

You Can Do It! With Clairol





MONTREAL, 1993 -- While it may seem too overwhelming to do on your own, applying haircolour is really quite simple. Clairol, the world's leader in haircolouring offers these easy-to-follow guidelines:

For first time applications of longterm haircolour or for all applications of semi-permanent haircolour, apply product all over to thoroughly saturate hair. Once the development time is over, add a little water to lather-up hair, then rinse well. Follow directions for post application of the after-colour product.

For subsequent applications of long-term haircolour, it is important to colour the regrowth or new growth close to the scalp first, because this new hair has not been coloured and will not match the already coloured lengths of your hair. Let this colour develop then refresh your overall colour.

- To colour the regrowth/ roots, divide your hair in four sections by making a centre-front part to the nape of your neck, and another from ear to ear. Apply a line of product along both parts, spreading it with your thumb. Then, starting from the top part of the front section and using the tip of the applicator, separate a thin section of hair 1/2" thick from the rest. Apply colour mixture to the root in a thin, steady line and spread it with your thumb just over the new growth. Continue in this manner until the colour mixture has been applied to all regrowth in this section. Repeat for the other side of the front, then do the back.
- Leave the mixture on the roots for five minutes less than the time indicated by your strand test. Then, comb the mixture from the regrowth through to the ends your hair.
- Use the rest of the colour mixture to ensure the hair is well-saturated. Leave it on for the final five minutes time. Then, add water, lather and rinse thoroughly. Follow-up with conditioner included. Dry and style as usual.

Semi-permanent products, like Loving Care and Flirt Gel Hair Blush, come ready to apply. Just saturate hair with your chosen shade and let it develop. Then, add a little water, work into a lather and rinse until the water runs clear.

With long-term haircolour products such as Nice 'n Easy, L'Image, Miss Clairol and Clairesse, the tint in the small bottle or the tube must be mixed with the developer in the large applicator bottle.

BRIDGE RESULTS

The Independent Bridge Club - Sept 22/93

N/S
1. Yvonne Bergeron - Alma Lauzon
2. Bob Dalgleish - Charles Lawn
3. Marjory Raymond - Percy Page

E/W
1. Jean Boileau - Henri Quenneville
2. Jean Forbes - Mildred Morin
3. Eileen Beaudette - Georgette Lauzon

Friendly City Bridge Club Sept. 22/93

N/S
1. Kathryn & Robert Zacios
2. Terry Forsyth - Rhea Petry
3. Mabel Chan - Marian Gagnon

E/W
1. Carol Reus - Muriel Smith
2. Jocelyn Campbell - Rose Gallinger
3. Alice Brennan - Pat Tilton

Seaway City Bridge Club Sept. 23/93

N/S
1.Brunelle McDonald - Jean Stokes
2. Peggy Seymour - Marjory Summers
3. Edith Stables - Ben Potvin

E/W
1. Emma Farlinger - Alma Lauzon
2. Margaret Laviolette - Pauline Penard
3. Kay Barlow - Marjory Raymond

Cornwall & District Bridge Club - Sept. 23/93
Royal Viking Matchpoint Game

N/S
1. Richard Baird - Richard Fawthrop
2. Mavis Cole - Lee Poissant
3. Joanne & Robert Mattot

E/W
1. Bruno Carriere - Brian McCartney
2. Suzanne Hazlett - Marion Lawn
3. Voyteck Pomykalski - Steve Lassner

Senior Citizens Bridge Club - Sept 24/93

N/S
1. Terry Forsyth - Charmaine Quenneville
2. Dora Barrington - Mildred Cleary
3. Jocelyn Campbell - Kay Colbran

E/W
1. Krystyna & Robert Zacios
2. Pauline Penard - Jean Stokes
3. Yolande Boutin - Marjory Raymond

Cornwall Community Bridge Club Sept. 27/93

Section A

N/S
1. Dora Barrington - Mary Rudden
2. Ron Jenne - Steve Lassner
3. Eva Kittle - George Bissonnette

E/W
1. Gisele Baird - Bob Dalgleish
2. Richard Baird - Brian McCartney
3. Joanne & Robert Mattot

Section B

N/S
1. Marion Gagnon - Mildred Morin
2. Mabel Chan - Jean Guy
3. Joyce Harrison - Evelyn McPhail

E/W
1. Jean Forbes - Charmaine Quenneville
2. Jocelyn Campbell - Claudette Rouseau
3. Carol Reus - Jeana Reilly

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THE BEST OF TIMES

What Is A Warm-up?

Warming up before any kind of physical activity is important. You'll enjoy the activity better and reap greater health benefits if you include a 5 to 10-minute warm-up in any exercise routine whether it is gardening, walking or cycling.

Warming up raises your pulse and prepares your muscles and joints for the activity to come. A warm-up can guard against injury because it can limber the muscles, making you more flexible and supple.

Include at least five minutes of gentle stretching before you exercise, then slowly ease into your activity.

Gentle stretching exercises are the best way to keep your muscles and joints flexible and can help you reduce your risk of injury during exercise.

To perform a static stretch, reach to your maximum pain-free stretch (do not bounce) then hold it at that point for 10 to 20 seconds. Static stretching can elongate your muscles and the surrounding tendons, improving muscle and joint mobility.

This column is provided by the Investors Group Inc. in collaboration with the Canadian Fitness and Lifestyle Research Institute.

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PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Would Manning Destroy National Health Care?

Reform Party leader Preston Manning catapulted his party and the issue of health care into the limelight last week. The issue being debated is whether the Reform Party's plan would create a U.S.-style two tiered health system where the rich would get better health care than the poor.

In short, would the Reform party destroy national medicare as we know it?

The issue surfaced after Manning re-iterated long-standing party policy that says administrative responsibility for health care should be left totally to the discretion of the provinces. That means individual provinces could decide to implement user fees and/or allow doctors to extra bill.

Currently, under the Canada Health Act, the federal government can effectively prevent such practices by refusing to pass on federal transfer payments to provinces. In fact, it was not that long ago that the federal government stopped extra-billing by physicians in Ontario by acting in just such a way.

Manning argues, quite correctly, that the federal government's transfer payments have not kept pace with the cost of health care and that the provinces have had to pick up those extra costs. If the federal government is not prepared to keep up with those payments, then the provinces should be allowed to look at other forms of fund-raising, including extra-billing or user fees, Manning argues.

Let the governments which are closer to the people make the decision as to how to best operate their own systems, he says.

From a theoretical perspective, his argument makes sense. But there is no escaping the fact that his policy could create a patchwork system of health care in Canada (e.g., some provinces might have user fees, some might not). Although he says everyone in Canada should be guaranteed a minimum quality of health care, he is fuzzy on how that could really be achieved under the system he advocates.

Also, most voters do not concern themselves with the niceties of constitutional division of powers. In fact, most voters abhor the buck-passing in which our federal and provincial politicians regularly engage (i.e., "that's federal jurisdiction not ours" or vice-versa).

The simple truth of the matter is this: Had Reform Party policy been in effect in Ontario several years ago, doctors would now be free to extra-bill patients over and above the OHIP rates - and many doctors, particularly specialists, indicated they would do just that. The federal government of the day told Ontario that there would be no more federal money for health care, if extra-billing were permitted - and that stopped it.

Manning is saying he would not have intervened; he would have allowed extra-billing or user fees to be implemented. Frankly, I don't see how that can win him extra votes in Ontario.

In his defense, Manning argues that something has to be done or we will lost our health care system anyway due to rising costs. But can we not cut costs in other ways - through more preventative medicine, through more home care and less hospital care, etc.?

Personally I am opposed to health care user fees because it amounts to a special tax on the sick. The whole concept is repugnant. Also, I fear that once a government gets its toe in the user fee door, it will be opened wider and wider. The temptation to keep raising the fee every year or so as a means of gaining revenue will be just too great. At some point those fees would become sufficient enough that elderly people or people on a fixed income would delay, or even avoid, treatment due to financial considerations.

I don't ever want to go back to a system where someone's access to health care is cut off because they are poor.

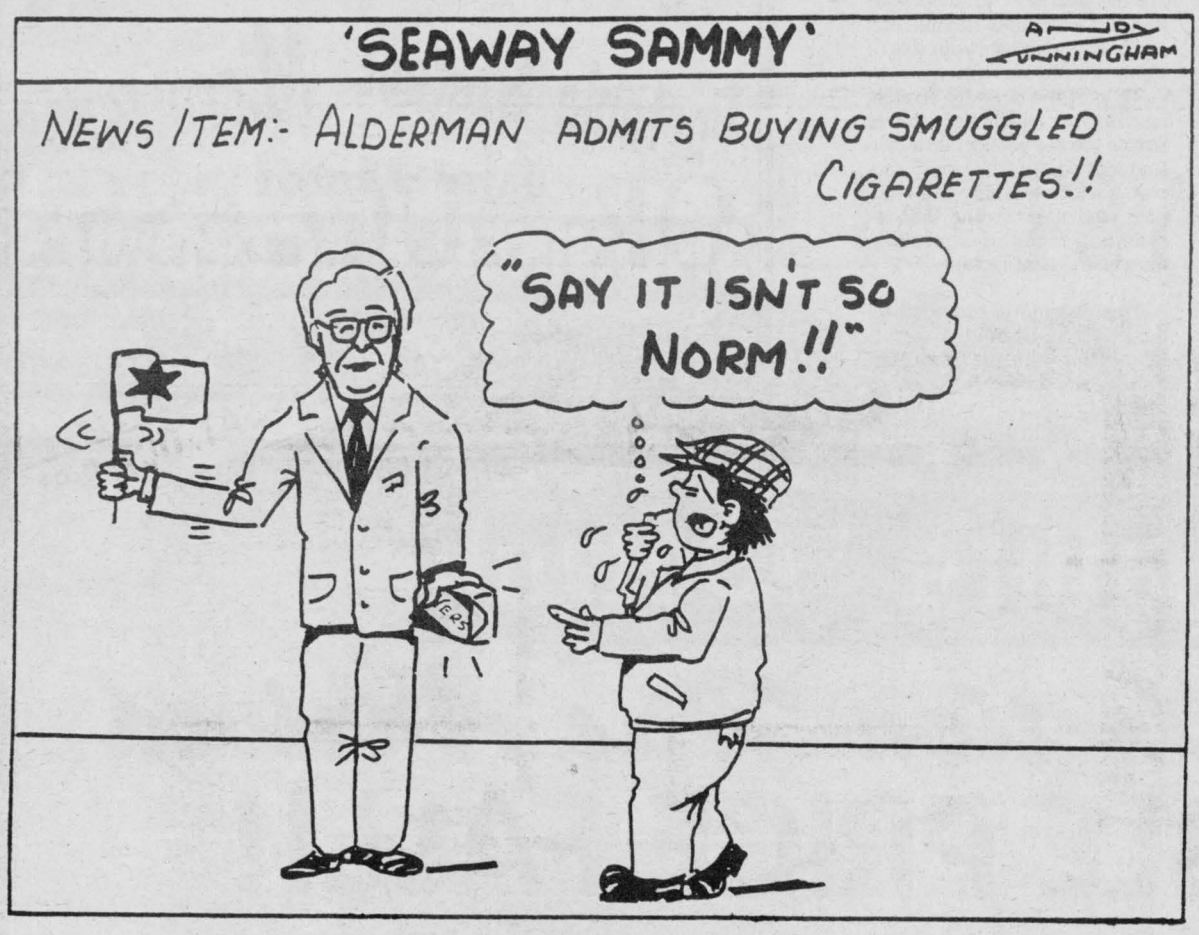
Manning argues that public pressure would prevent a provincial government from enacting an unpopular fee, but that, too, is a theoretical stance on something like user fees. So, it simply does not follow that public opinion against a single piece of unpopular legislation is enough to stop that legislation.

Would Manning's policy destroy Canadian medicare as we know it? For sure.

Will it be destroyed anyway if we don't make some changes and keep costs under control? That's also for sure.

The question is how do we improve our system? How do we make it more efficient while ensuring it is fully accessibly regardless of ability to pay?

The Reform Party has raised some very good questions about health care in Canada, but I don't believe it has come up with the right answers.





SEAWAY NEWS
LETTERS TO THE EDITOR

Dear Editor:

October 25, 1993 will be a big day for a lot of people as it is voting day. Let us hope that all citizens vote for the person and party of their choice. That is the voter's right. However, the voter has another right, and that is to let the candidate he is voting for, know her/his feelings and how they would like the candidate to react to the free, but well thought out advice.

For instance, when are the politicians going to change the absurd ruling that they receive a millionaire's pension starting on the day they retire regardless of their age? This has got to change and as of now. Also why do the politicians think that they are better than the people who elected them? And who gave them the right to raise their pay when the urge hits them? That is a no, no.

I believe that every voter should question the candidates about this very important issue and ask them directly if they are in favour of taking a cut in their salary just like most people?

I do believe the Premier has taken a cut in his wages, but then again on his wages he can afford it. A lot of people would like to have what he has left.

If this matter ever came to a serious debate in any parliament, the public would find out that the warring politicians would unite as one and forget party differences until they proved their point and then go back to party policy.

When the voters attend a meeting of the candidates we should all ask how they stand on this very important and distressing matter. As in most cases the politicians do not think about the people who have voted for them once they get the vote. As of now a lot of people will never see their members of Parliament until the next election. There may be a pamphlet mailed two or three times a year, but no personal communications of any kind. Mr. Kilger and the rest of the vote-seekers may even have to be reintroduced to their "old buddies" as it has been so long since their paths crossed, but isn't that the way it always is after an election?

The main thing for the public to do is to question the politicians, re: taking a cut in wages and organizing a new pension plan that's compatible with the economy.

Maybe I am full of talk, but think about what I am suggesting. These politicians must listen to what the voters are saying. I know that the person I vote for will listen and understand as I will be voting for the Reform Party.

Respectfully Yours,
Fred Upton

cont'd on page 11

The views expressed by columnists and/or letters to the editor are not necessarily the views of this newspaper or its publishers.

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CLAIRE HOY

By Claire Hoy
SEAWAY NEWS

Kim Campbell asked the question:

"How did we get ourselves into this dead-end?"

She should know.

It was nine-years of reckless Tory spending and record tax hikes which brought us to the point where each man, woman and child in this country owes $22,000.

Campbell blames the Liberals.

Give us a break. Please.

Heaven knows, the pre-1984 Liberals contributed their share.

But Campbell, in a major election speech to secondary students in Surrey, B.C., Monday, not only absolves her own government of blame, but completely twists the truth to make her point.

In short, she lied.

Campbell said spending on programs between 1969 and 1984 - essentially under the Liberals - increase at an average of 13.8 percent a year, "while the deficit went from zero to $38.5 billion in the same period."

That's not true. And Campbell knows it.

According to public accounts, the official record of government fiscal activities, the highest the deficit ever reached was $36,984 billion at the end of the fiscal year 1984-85.

That's about $2 billion less than Campbell's claim.

What's more, the Tories were elected in November 1984, and in his major economic statement later that month, then finance minister Michael Wilson put the inherited Liberal deficit at $34.6 billion, some $4 billion below Campbell's partisan figure.

So what did the Tories do about the deficit?

Well, they talked about it a lot. But after nine years of "deficit-cutting", during which they never met their announced targets - not once - the current deficit is $35.5 billion (and climbing).

So despite trying to blame the Liberals for all of our fiscal problems, Campbell's Tories now have a higher current deficit than the Liberals had when they were booted out.

And despite enormous tax increases - something Brian Mulroney promised he wouldn't do in 1984 - the national debt has more than doubled.

In short, the Tory fiscal program has been a complete failure.

So here is Campbell, fighting for her political life, still trying to blame the Liberals.

Worse, she's announcing yet another series of cuts and promising to cut the deficit within five years.

It's like having faith in the regular five-year plans the old Soviet Union used to announce.

The plan never worked, of course. But at the end of each five-year plan, rather than concede defeat, they would simply announce a new five-year plan.

Campbell says we got ourselves into this fiscal straight jacket because "former governments went on a spending spree during the 1970s and 1980's."

Indeed they did.

But their spending doesn't compare to Tory spending. And their tax collecting isn't in the same league either.

Campbell continues to insist that the deficit, not jobs, is the most important issue facing Canadians.

Campbell insists she can cut the deficit to zero in five years - which is what Mike Wilson used to say too - without cutting federal transfer payments on our social programs.

She denies there is a "secret agenda" to cut social programs.

So what would she cut?

Well, she offers a total of $7.55 billion in so-called "cuts", $5.85 off the top, another $500 million in interest payments and the final $1.1 billion (which she doesn't say how she'd cut) to balance the budget within five years.

So how do you cut a $35 billion plus deficit by hacking out $7.55 billion?

Easy. Campbell accepts former finance minister Don Mazankowsi's prediction of an $8 billion deficit by 1997-98.

So how is Maz's prediction doing so far?

Not well, alas. They're already running several billion over and on the weekend Finance Minister Gilles Loiselle said in Washington they won't make their target.

Yet Campbell's whole scenario is based on meeting those targets, not to mention some fraudulent fiscal gymnastics.

Since the Tories never hit their target in nine years of governing, why would Canadians believe Campbell's predictions now?

The answer is, of course, that Canadians won't believe her.

Even the bulk of her so-called "cuts" are not really cuts. The biggest single "cut" she announced over the next five years is a $2.8 billion "cut" in "projected" defense spending.

That's not a cut. It's just playing with predictions.

Campbell even concedes in her speech that she is "under no illusions" about meeting their goals.

"Our plan is based on known projections that must be constantly monitored," she said.

In other words, once the votes are counted, don't count on her to do any better than Mulroney did.

Don't worry Kim. We won't.

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Computer World
by T.A. Steynor

The New Lotus 4.0

The new version 4.0 of Lotus 1-2-3 for Windows is a superb product. With the addition of features that used to exist only in Excel and Quattro Pro for Windows and the new version manager, Lotus has upped the bar in the battle for spreadsheet supremacy.

The most noticeable improvement is a new tabbed-index layout. The tabs, which look like the paper tabs that you might use to label paper file folders, run across the top of the spreadsheet. When you click on a tab with your mouse, the spreadsheet associated with it comes to the foreground.

There are dozens of improvements to make spreadsheet use easier. In previous versions, when you selected a cell, you had to move your eyes to the top of the screen to see what you were doing. No more. With version 4.0 you edit the cell entry in place. You can also now copy or move cells or ranges of cells with the mouse. When you select a cell, the mouse pointer turns into a hand. When you drag the mouse, the hand turns into a clenched fist, letting you know that you have grabbed the fields.

The status bar at the bottom of the spreadsheet provides formatting information about the current cell. It displays the file name, tells you if you have a circular reference, and also tells you if you need to recalculate the spreadsheet.

There are more than 100 new @ functions including such helpful functions as @subtotal and @grandtotal. Other new functions can calculate the days between two dates, accrued interest, future value for equal payments and the periodic rates for annuities.

More than 250 new macro commands have been added, including some that perform menu options such as edit, cut and insert. You can use several predefined dialogue box types to create custom boxes, or launch a macro by adding a button to the spreadsheet.

The most intriguing new feature is the version manager which allows you to save separate versions of a spreadsheet that contain different values. For example, you could create a list of prices, highlight the prices, and use the version manager to create a version of these cells called "Best Case". Enter a new set of values and call this "Worst Case". Finally, enter a third set called "Probable Case". You can keep all three sets of figures in the same spreadsheet and switch between them at any time.

The database functions have been improved thanks to a new series of dialogue boxes that make selecting data as easy as picking columns and operators from a pull down menu list. Lotus 1-2-3 version 4.0 can access dBASE, Paradox, SQL Server, Informix, OS/2, Data Manager and ODBC files. You can now relate to multiple files, including files of different types. And finally there is a spell checker to clean up your spelling mistakes.

Charting has been improved with a new smart chart routine. Select a range of cells and 1-2-3 picks up the title, legend, and axis labels automatically. There is no need to jump to a separate module to make the changes.

You can annotate charts and graphs with text and boxes, add arrows, freehand drawings and graphics, by using the clipboard. Your drawing objects can be flipped, rotated or grouped.

Lotus has also improved the printing options. You can now select the range to print after you go into the print menu. If a multi-page spreadsheet is one or two columns or rows too large, you can adjust only the dimensions you want to change. Release 4.0 provides a new print dialogue box that has icons for inserting the page number, date and time. Best of all, you can now name your print settings for later use. Other new features include the ability to select a smart icon from a customizable tool bar. The right mouse button now brings up context-sensitive quick help menus. There are now 20 new keyboard shortcut keys to speed up your work. Clicking on the border frame now resizes a column to accommodate the largest entry.

Menus are more intelligent and the menu changes according to what you have selected. For example, when you select a chart, the chart menu pops up.

Learning Lotus 4.0 is a snap and I found it remarkably easy to use. The version manager is a winner and the new functions enhance an already impressive program. If you are a DOS Lotus user, now is the time to consider changing. If you are using Lotus for Windows 1.1 you will be delighted with the changes. Lotus 4.0 for Windows sets the new standard for the spreadsheet industry. The suggested retail price for the new version is $595 but you will see it on sale at substantial discounts during the next several months. Existing users will be getting information about special upgrade prices.

T.A. Steynor, CPC, is President of T.A. Steynor Consultants Inc.

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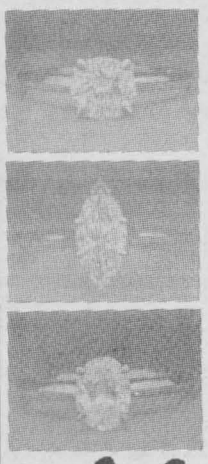

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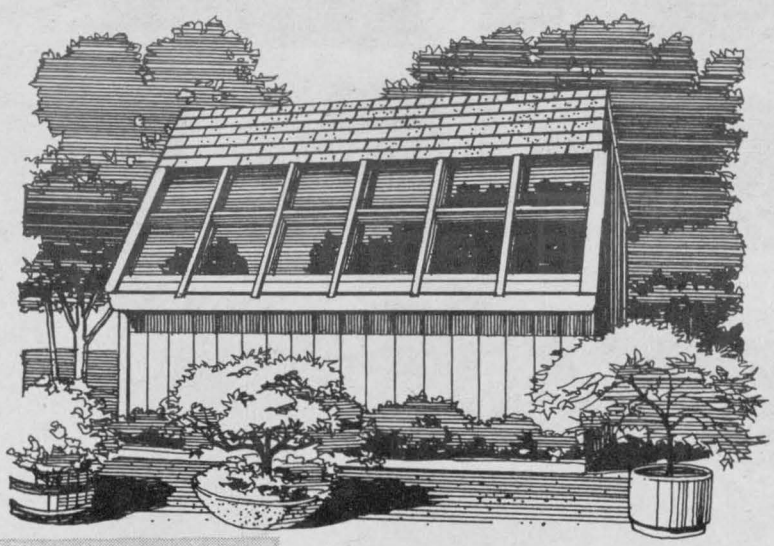

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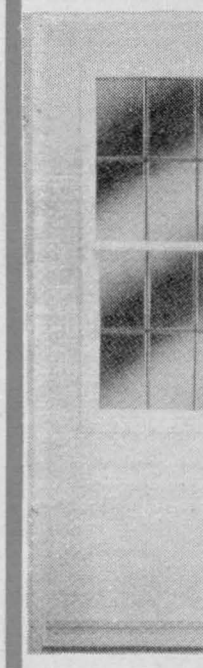

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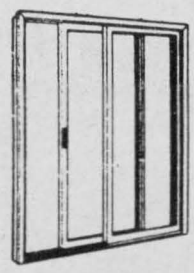

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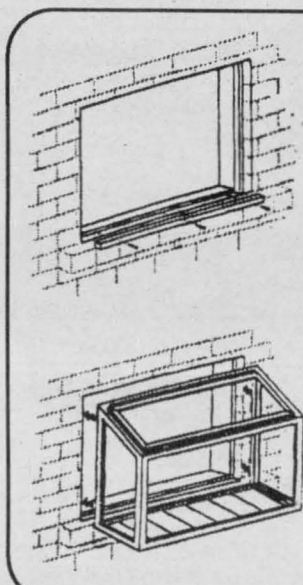

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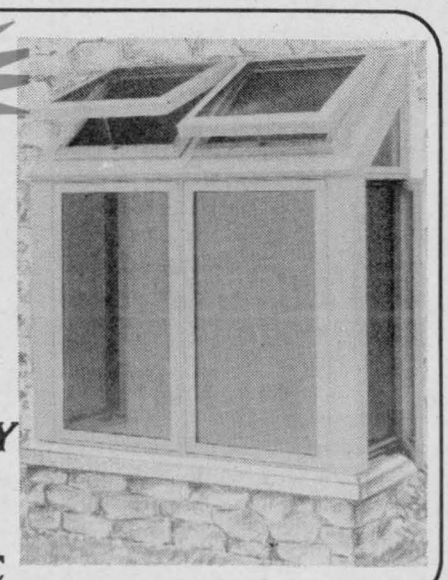

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SEAWAY NEWS
LETTERS TO THE EDITOR

cont'd from page 8

Dear Editor:

Would you publish this letter in the interest of good government.

To the people of Canada, now is the time to really tear the Candidates apart and find out where they really stand. Canada needs a strong determined government to set this country straight. Never mind what party they are representing, elect strong individuals who will stand for what is right for Canada. Canada is generating enough money to run this country and should not have a deficit if the money was spent right. I will name some mistakes.

Why are we spending 100 million or more to keep a Senate? We elect a government to run the country and that's where it should end. Why are we keeping a man like Olson and others like him in prison at a cost of something like a hundred thousand a piece? Return to Capital Punishment. Why are we paying millions to Civil Servants as a bilingual bonus? Why are we paying huge pensions to ex M.P.s, ex judges, ex this and ex that? Governments got out of control for the last several years with no thought of where the money was coming from. Now we really are heavily in debt. Canadians are paying something like 40 billion a year to foreign countries on interest alone.

How to solve this problem? We need a government that will set up a program that will encourage Canadians to purchase shares in Canada at the going interest or 1/2 per cent more. Pay off that debt to the other countries of the world. We will still owe it to our people, but the 40 billion in interest would stay here. That would in itself be a big boom to Canada.

I say to all levels of government - "Cut the fat". Laying people off, increasing the numbers on welfare and unemployment is not the answer. Government and boards, at all levels must make better use of the money they have to work with. Giving people more money takes a third back in income tax. This is not the answer. We have two million or more out of work. Our road sides are a mess. Highways are depreciating. Cut backs everywhere. Something is terribly wrong.

Sincerely,
Adrian Gadbois,
R.R. #1 Cornwall.

Dear Editor:

Supporters of political parties who trumpet the advantages of the N.A.F.T.A. agreement should read a book which is available through Black Rose Books, C.P. 1258, Succ. Place De Parc, Montreal, Quebec, H2W 2R3.

The book, called "Mask of Democracy", and written by Dan LaBotz, details the horror story of labour suppression in Mexico today.

Government and company controlled unions, with undemocratically appointed executive boards, collaborate with the Mexican Labour Department, police and the military to reduce the Mexican workforce to a state of poverty bordering on starvation.

Dissidents and labour activists are routinely fired, blacklisted, beaten, tortured and even murdered. Mass movements of protest result in mass firings, as well as police and military suppression. Collusion between multinational corporations and the Mexican government has dropped the average industrial wage from an inadequate $1.38 per hour in 1982 to an impossible 45¢ in 1990.

Child labour, in increasingly toxic workplaces, at even lower rates, is endemic. Health and environmental controls are, for all practical purposes, nonexistent.

The scary part about all this is that multinational corporate control over world resources, including human resources, is pyramiding at an alarming rate. Trade agreements entered into without fundamental protection for labour and environmental concerns in all the countries involved, will inevitably result in the reduction of living standards to the lowest common denominator in all the countries involved. The 21st century, long hailed as the threshold of the golden age, looks very unpromising from this perspective.

Any government, willing to climb into bed with the Salinas' regime, is quite capable of imposing similar treatment on its own workforce. Is the average Canadian fully informed in this matter? I think not.

Sincerely,
A. Macdonell,
R.R. #1 Williamstown.


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MPP REPORTS



ByJohn Cleary
SEAWAY NEWS

Public Safety Tantamount In Smuggling Activity

Over the past few weeks, the greater Cornwall area has figured prominently in newspaper, radio and television reports across Ontario, and throughout Canada. While I wish I could report that the focus was brought about by positive developments, such as job creation and plant rejuvenation, it is unfortunate that the attention has been garnered due to the smuggling activity in our community.

Last year, cigarette smuggling was rumoured to be a $1.3 billion industry in Canada. When I first contracted Ontario's Solicitor General in July 1992 with concern over this activity, the issue was largely defined as contraband cigarette sales and lost revenue. However, even with indications that smuggling may multiply into a $3 billion industry, the issue goes beyond mere money. It is one of public safety.

Indeed, despite increased notice to the situation and increased police seizures of smuggled cigarettes, there are continued reports of nightly gunfire, which is associated with the smugglers' activities on the St. Lawrence River from Charlottenburgh Township right through to Cornwall Township.

Additionally, almost every resident of the area is familiar with stories of cottagers afraid to venture near the river front in the evening, private property gone missing, boats found riddled with bullet holes, an individual shot on the river and then deposited onto a dock and most recently, inexplicable gunfire within the confines of the riding. Also, of course, there have been blazing headlines about officials being threatened and being intimidated into hiding for their safety.

The illegal activity going on in our community, along with the associated risks and dangers for the general public, is completely unacceptable, and I am disturbed when I hear people defending the situation with explanations that it contributes to an otherwise stale economy. I will be the first to recognize that our area has experienced significant employment and economic hardship, and desperately requires rejuvenation, but the suggestion that crime and jeopardizing public safety are the means to turn our community around is offensive.

Time and again over the past fourteen months, I have called upon Ontario's Solicitor General, who has ultimate responsibility for policing in the province and protection of all citizens, to take action on this issue. On September 23, 1993, I secured a meeting with him in Ottawa. In an effort to ensure a coordinated and effective front, I invited delegates from all of the responsible enforcement agencies as well as the municipal and federal representatives to participate in my discussion with the Solicitor General.

This meeting afforded an opportunity to generate discussion from all angles of concern, including public safety, lost revenues and realities of enforcement. In terms of seeking a solution, much focus was placed on the recently formed police task force which, as I am sure you are aware, is currently putting together an action plan and a list of needed equipment.

I must confess,however, that much of the dialogue was reiteration of that which I was previously aware. Further, talk is only as good as the action it generates. So, while I believe that the Ottawa meeting was necessary to finally drive the severity of the situation home to the Solicitor General, I am now waiting for real results from him and the task force.

I have shared extensive dialogue with many residents and officials on this matter and I am well aware of the fear within our community. I also realize that by offering my opposition to this illegal activity, I open myself to further warnings, but I firmly believe that the safety of our community must be restored. Since the meeting in Ottawa, I have twice more demanded in the Legislature that the Solicitor General do everything in his power, as well as work strenuously with his federal counterpart, to bring an end to smuggling in our area.

Flanagan - Pop Quiz

By Mike Flanagan

Bored at your desk? And why not? Where's the action, the meaning of it all, the tradition? Believe it or decline, that work desk holds a zillion little tales. See what you really know about your business products as we explore the mysteries of ... OFFICE ORIGINS.

1. What idea did Jacques-Nicolas Conté have in 1792?

a) to fit turkey feathers with reservoirs and invent the fountain pen b) to press parchment over soot and invent carbon paper c) to wrap graphite and clay in cedar and invent the pencil d) to apply thin adhesive to paper and invent the sticky note.

2. By 1778, what word was being included in encyclopedias?

a) payroll b) eraser c) typo d) ballpoint.

3. What did Stephen Perry call rubber bands when he first marketed them in 1845?

a) elastic fasteners b) rubber circles c) bending rings d) circular bouncers.

4. What idea, from 1858, did Philadelphia's Hyman Lipman sell his patent for $100,000?

a) to glue an eraser on the end of a pencil b) to sharpen pencils with rotating cylinders c) to arrange a typewriter keyboard in the modern order d) to have a lickable adhesive on postage stamps.

5. Who invented the stencil?

a) Henry Ford b) Thomas Edison c) Thomas Jefferson d) Benjamin Franklin.

6. Dr. Thaddeus Cahill's invention put him out of business early in this century, because each one of his 40 models cost $3,925. What were they?

a) dictaphones b) copiers c) electric typewriters d) water coolers.

7. What paper fastner was invented in 1900 by the Norwegian Johann Waaler?

a) the paper clip b) the staple c) the brad d) the spiral fastener.

8. From 1880 to 1900, some 400 patents were registered for what?

a) typewriters b) adding machines c) fountain pens d) telephones.

9. What went on sale at Gimbels in New York on Oct. 29, 1945 at $12.50?

a) cork bulletin boards b) miniature staplers c) staple removers d) ballpoint pens.

10. What company received the patent on pocket calculators in 1978?

a) IBM b) Apple c) Texas Instruments d) NEC

SUPERBAD: Who invented the postage meter in 1901 in a fit of anger when he caught employees pilfering company stamps?

ANSWERS: 1-C, 2-B, 3-A, 4-A, 5-B, 6-C, 7-A, 8-C, 9-D, 10-C.

Superbad: Arthur Pitney of Pitney Bowes Inc.

IN FACT: American inventor Chester Carlson made the first zerographic image on Oct. 22, 1938. Between 1939 and 1944, his innovation was turned down by 20 major companies. In 1947 he signed an agreement with a small photographic company that became Xerox. The first xerographic photocopy machine appeared in 1959.

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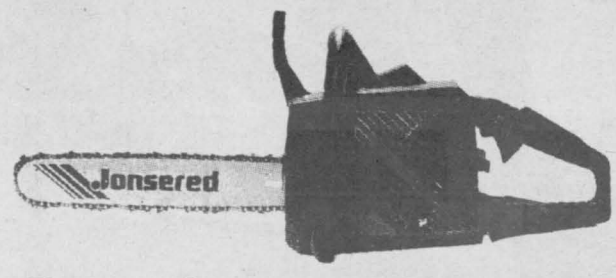

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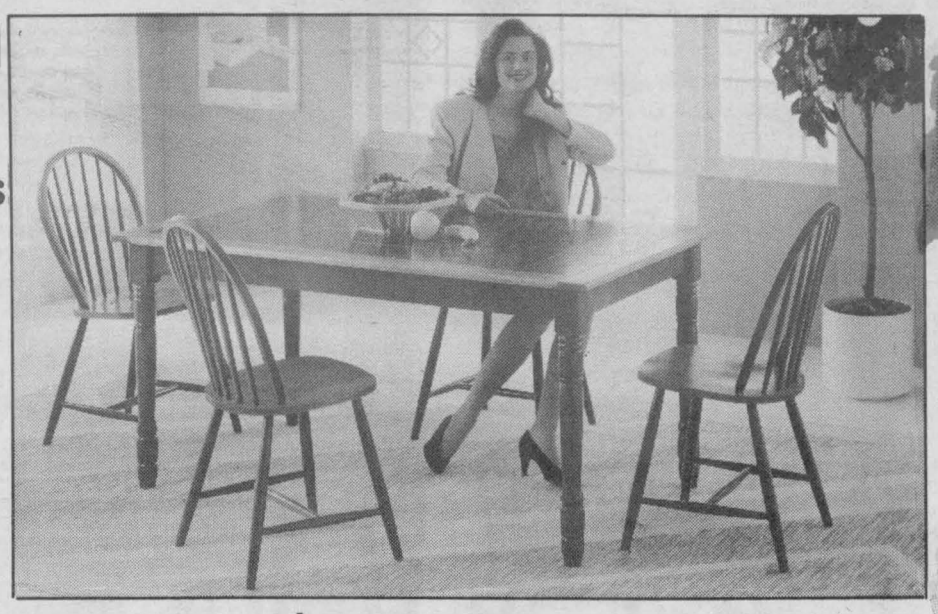



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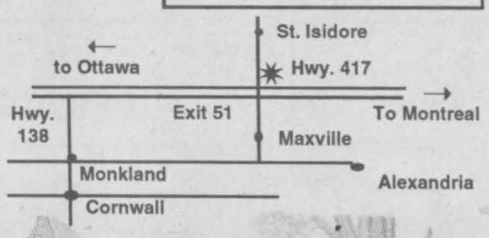
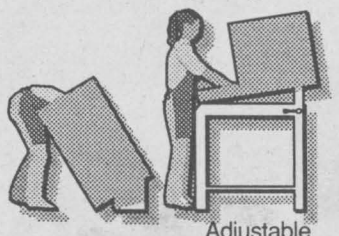


SPEAR

Designing jobs for safety

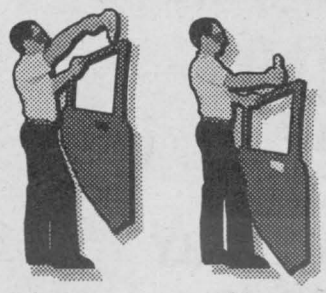
Ergonomics is the science of designing jobs so they are not more dangerous or more tiring than they need to be. It includes some simple principles.

1 Keep boxes of parts on platforms or stands, not on the floor. Keep loads as close to the body as possible during lifting.



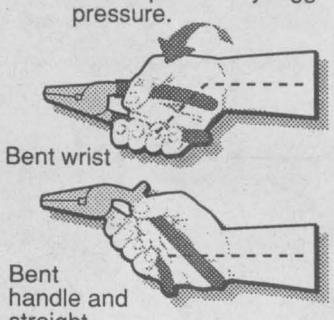
Poor design **Improved design**

2 Design jobs so that elbows don't have to be raised or extended, and so that workers can keep their backs straight.



Improper **Proper**

3 Design hand tools that don't require workers to bend their wrists, or that vibrate excessively, or that require heavy trigger pressure.



SOURCE: UAW, Ford, GM

HERITAGE HIGHLIGHTS

The spirit of Tilikum

From Samoa to saving the buffalo

By Marsha Boulton

NOOTKA, B. C., 1901 — What great Canadian adventurer taught the Governor of Samoa to play poker and ended up playing a major role in saving the buffalo from extinction in Western Canada?

Norman Luxton was a man of many careers, travels and travails.

He was born in Winnipeg in 1876 and his father, William, was one of the founders of the Winnipeg Free Press.

Young Luxton tried his hand at the newspaper business in Calgary and Vancouver, and prospected for gold in the Kootenay area of British Columbia.

Adventure beckoned when he encountered a kindred spirit in a Danish mariner, Captain F. C. Voss. The pair made plans for a South Seas expedition. Luxton purchased a 100-year-old, nine-metre, red-cedar dugout canoe made by a Nuu-Chah-Nulth craftsman. Its ungainly renovations included a small cabin, three sails and an ancient Spanish cannon.

The distinctive craft was christened Tilikum — meaning Friend. The adventurers departed Nootka, B.C. on July 6, 1901.

By the time Luxton and Voss reached the South Seas, their friendship was strained and they spent most of their time sitting at opposite ends of the vessel clutching their guns, but they were determined to continue.

Finances ran thin when they reached Samoa, so Luxton set himself up as a professor of card games, specializing in poker — which became the particular affection of the Governor.

All told, Luxton and Voss stopped at 42 South Seas ports to a variety of receptions. One king was so taken with Luxton that he offered him a choice of daughters for marriage and a coconut grove of his own. On another island, a confrontation with hostile residents called the ancient cannon to their defense.

Luxton abandoned the expedition to recover from injuries suffered in a shipwreck off Australia, but Voss successfully guided the Tilikum to England, arriving in September, 1904.

When Luxton returned to Canada he settled in Banff, Alberta, where he began a publishing business, a trading post and a year-round hotel.

Luxton committed himself to the community, leading his biographers to nickname him "the oracle of Banff." During a card game, he helped conceive the Winter Carnival and in the summer Luxton conducted the annual Indian Days Festival in conjunction with the Stoney.

When an influenza epidemic struck near a trading post Luxton operated in northerly Morely, he supplied much needed food and medical supplies to the isolated native population without compensation. The business failed, but Luxton was named an Honourary Chief of both the Blackfoot and the Stoney tribes.

In 1909, Luxton suggested that the Canadian government purchase a herd of Montana buffalo to replenish the prairie herds which had been hunted almost to the point of extinction. These animals provided the foundation stock for the herds at Wainwright National Park.

Norman Luxton's legacy of adventure and open-hearted vision of the true meaning of "tilikum," continues to thrive. Today, the original dug-out "Tilikum" is permanently berthed in Victoria, B.C and every year thousands of visitors enjoy the sprit of place and the spirit of this unique Canadian adventurer at the Luxton Museum, which housed in a log building beside the Bow River in Banff.

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Women At The Wheel Seminar

Heard any good pings lately? How about knocks, growls, or rattles? If you're mystified by your car, or by your mechanic, help is finally here. On Tuesday October 12, 1993, Brookshell Pontiac Buick, General Motors of Canada and CFLG will sponsor Women at the Wheel®, a free seminar to take the mystery and the misery out of owning and driving your car.

The purpose of this seminar, says its presenter, Mary Jackson, internationally acclaimed speaker and author of the Greaseless Guide to Car Care Confidence: Take the Terror Out Of Talking To Your Mechanic, is to teach the vocabulary necessary to communicate fully with any mechanic.

With snappy visual aids, everyday analogies, and a good measure of humour, Jackson makes buying or having a car repaired less threatening. Jackson's thirteen years of hands-on experience in the auto repair business and ten years on the lecture circuit have produced a seminar that helps break down the communication barriers between motorist and mechanic.

Jackson's Women at the Wheel seminar is exclusively for those who may never tune or troubleshoot, but who would like to understand and be understood when it comes to buying a car or having one repaired. Former participants describe it as "Graphic! Dynamic? Humorous! A real confidence builder - full of valuable information."

This free seminar will take place Tuesday October 12, 1993 at Brookshell Pontiac Buick in Cornwall. The seminar begins at 6:30 pm and ends at 9:00 pm. For reservations or for additional information please call 932-5180.

Trapdoor Theatre

Trapdoor Theatre has begun rehearsals for the third production of their 1993 season. Murray Schisgal's "Old Wine In A Bottle" is to be presented on OCtober 15th, 16th, 22nd, and 23rd at the Transport Canada Training Institute, 1950 Montreal Road, curtain time is 8:00 pm.

Directed by company president, Michael Togneri, this adult comedy tells the story of Irving Berger (played by Bryan Jesmer), a middle-aged New Yorker who has just left his wife, Marsha (Ellen Manchee) in favour of his much younger mistress, Dawn (Karen Rothmel). After confronting the couple, Marsha exacts revenge on Irving by running off on a fling with Dawn's close and very sexually liberated friend, Gary (Alun Seguin).

All of this takes its toll on Irving's sanity, not to mention his health, as the disclosure of some unsettling news complicates things for everyone, including his Rabbi (Paul Aubin).

Director Michael Togneri makes no secret of his pleasure with the calibre of the cast and all are looking forward to performing this fun and provocative comedy. "Old Wine In A Bottle" continues Trapdoor Theatre's commitment to staging challenging and satisfying productions of the highest standard.

Tickets will be available at Sportec, 124 Second St. West and from members of the cast and crew. Trapdoor's customary dinner and show package will be available for the October 23rd performance. For further information please phone 933-6250 and leave a message.

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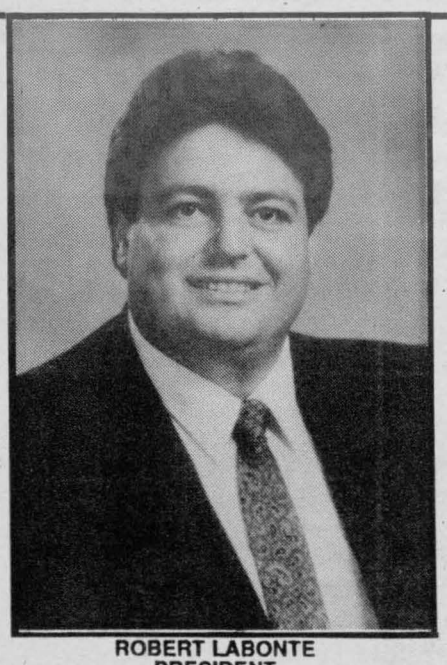

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GREEN VALLEY

Mill Town Cultural Landscapes



- On show at Inverarden Regency Cottage and the Garden of Eatin' Restaurant until October 10 is a series of acrylic paintings and old photos, representing two different views of our town - the artist's and the historians.

- The inspiration for these satirical paintings about small town values came to the artist, Rene Price, because of his involvement in 1990, in the failed attempt to save the Capitol Theatre.

- Two of the paintings from this series of 40, sold to the Canada Council art bank last spring, and the series was originally shown at the Rodrigez Lemay Gallery in Ottawa last fall.

- Rene Price has been a designer with Parks Canada for the last 14 years and is therefore a relative newcomer to Cornwall. He has been painting for the last six years, and with this series about Cornwall, he finally thought he had something worth sharing with others. Drop by at Inverarden, just past the Transport Canada Training Institute on Highway #2, or at the Garden of Eatin' Restaurant at 105 Pitt Street, and see what you think.

- Listed below is a selection from the titles of the paintings, to give you a sense of the scope of their subject matter:

Brookdale Mall Mountain - Eastend Tenement - Painting The Bridge - Courtaulds & The Cathedral - Downtown Killer - Donut Shop Dusk - Pitt Street Mall - MC Traffic Circle - Goin' To Work - The Party's Over - Highway 401 Welcome - To Shopper's Heaven - Black Ice On 138 - Glengarry Rowhouses - Old Montreal Road - Squealing Tires - Mock Heritage - Locker Room Blues - Guindon Park Picnic - Tired Laundromat - Low Maintenance Lifestyle - Upper Riverdale - French Fried Summer.

NUTRITION

Feeling full with less

Fiber is the non-digestible bulk in food that makes dieters feel full so they don't overeat. We need 20 to 30 grams a day, yet Americans average less than half that.

Food	Serving size	Fiber (g)
Rasin bran	(3/4 cup)	4.0
Corn flakes	(1 1/4 cup)	0.3
Baked beans	(1/2 cup)	8.8
Lettuce	(1 cup)	0.9
Apple, w/skin	(1 medium)	3.5
Apple juice	(8 oz)	0.8
Whole wheat bread	(1 slice)	1.4
White bread	(1 slice)	0.4
Brown rice	(1/2 cup)	1.0
White rice	(1/2 cup)	0.2

SOURCE: Cook's Healthy Handbook

Test Your Knowledge Of The 3Ws!
Water, Waste and Wildlife

The week of October 4 - 10, 1993 is Waste Reduction Week in Ontario.

James Cook, Warden of the United Counties of Stormont, Dundas and Glengarry, has proclaimed October 4 - 10, 1993 Waste Reduction Week in the Three United Counties.

The United Counties has, as part of its contribution to the week, distributed 5-volume resource sets called "Environmental Living" to each library branch in the United Counties.

Do you have a good grasp of water, waste and wildlife facts? Take this quiz and find out!

Water

1. On average, how many litres of water do Canadians use daily? a) 95 litres b) 240 litres c) 390 litres.

2. Less than 1% of the world's water supply is suitable for meeting our everyday needs. True False

3. During the summer, half of the water coming out of our waste treatment plants is: a) sprayed onto lawns b) used to wash laundry c) used to wash dishes

Waste

4. What is the total amount of garbage produced in Canada yearly? a) 30 million tonnes b) 10 million tonnes c) 5 million tonnes

5. What makes up the largest portion of our garbage? a) glass b) paper products c) plastics

6. Recycling programs are decreasing in Canada. True False

Wildlife

7. What percentage of Canada's west coast rainforest is undisturbed? a) 65 per cent b) 25 per cent c) 3 per cent

8. Discarded and lost plastics cause the death of how many seabirds and marine mammals in the world's oceans every year? a) 2 million seabirds, 100,000 mammals b) 1 million seabirds, 50,000 mammals c) 500,000 seabirds, 25,000 mammals

9. Wetlands (swamps, marshes, etc.) absorb pollutants. True False

Answers:

1c, 2 true, 3a, 4a, 5b, 6 false, 7c, 8a, 9 true.

(Material courtesy of "Achieving a Healthy Environment", Summer 1993 issue, O'Brien Publishing.)

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Fall Organization For Springtime Leisure

With the lazy, hazy days of summer now a pleasant memory and winter right around the corner, thoughts turn to all those little jobs that need doing before the snow flies. This year, with a little pre-planning, these jobs can be made easier and less time-consuming. Why not use instant photos to organize your work now to save time and money in the spring?

Gardeners find instant pictures invaluable especially for bulb placement in an existing garden. They serve as a handy reference of what bulbs are where and as ready-made colour chart for co-ordinating fall placement of new bulbs. If you are one of the many gardeners that like to start your own seed in the spring, why not take a picture of the flowering plant and attach it to the envelope where you are storing the seeds? This is helpful for identification purposes and with instant photos, you can tell right away if you've got the shot you want. When it's time to start seedlings, you'll know approximately how many to start for a given area. For those who like to share seeds, pictures also help the novice gardener know that varieties you've given them.

New trees and shrubs can be documented while still guaranteed by the nursery. Take before winter and after winter pictures, as well as the measures you've taken to protect them against the weather (as recommended by the nursery), such as wrapping. If the tree does not survive the winter, you have instant proof the replacement purposes.

Many home and cottage repairs and improvements can be documented now for quotations from tradesmen on work to be done next season. Make sure you take pictures from several angles so there's no question of what work needs to be done. Don't be afraid to draw on the photos to illustrate a change or exactly what you had in mind. If the work is of the indoor variety or if it can be completed during the winter months while tradesmen are in their slow season, you may possibly get to take advantage of lower prices.

When putting away lawn furniture, garden tools and hoses or items with small parts that can be easily lost or misplaced, it makes sense to snap a picture of what's inside a particular storage box or container. Taping a picture to the outside save hunting for items when spring finally does arrive again. When you use an instant camera, you "mini inventory system" call all be completed in minutes.

Two large jobs that are costly and tempting to put off are closing the pool and winterizing the R.V. If this is your first season or if you're unsure of the exact procedures, have a professional do the job this time while you observe and take photos. Clip the photos along with any notes you've made, to the manual in the appropriate spot. Nothing is more effective than a visual reminder to accompany a written procedure. In the spring, simply reverse the steps, referring to your photos and notes - and you've done the job yourself, and saved money.

There are some jobs that are best left to the professionals such as boat repairs. After your boat has been lifted from the water for the season, do a visual check. Is there any dry-rot? Does it need painting? Are all the clasps still firmly in place on outside covers? Snap a picture of that need attention and leave them with the marina manager. Come springtime, they'll provide the proof that the job has been done.

They say pictures are worth a thousand words. Why not put photos to work for you this fall to save time and money in the spring.

Creature feature



Rockhopper penguin

Home: Temperate sub-Antarctic regions.

Habits: Feed on fish, squid and crustaceans, which they chase, catch and swallow underwater. Nest on rocky coastlines. Males arrive at nesting areas first, where they fight to establish territories. Females lay eggs in nests of pebbles or grass. Normally lay two eggs, the first of which is much smaller than the second and may be crushed or kicked out of the nest before it hatches.

Claim to fame: Most aggressive of penguins. Will attack intruders with gusto, even jumping up to grab a person's sleeve and hold on.

SOURCE: Detroit Free Press, "Penguins" by John Sparks and Tony Soper; research by NANCY ROSS-FLANIGAN

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Tying the knot

(NC)—How you lace your shoes can go a long way to helping you avoid the foot injuries that plague walkers with special foot conditions.

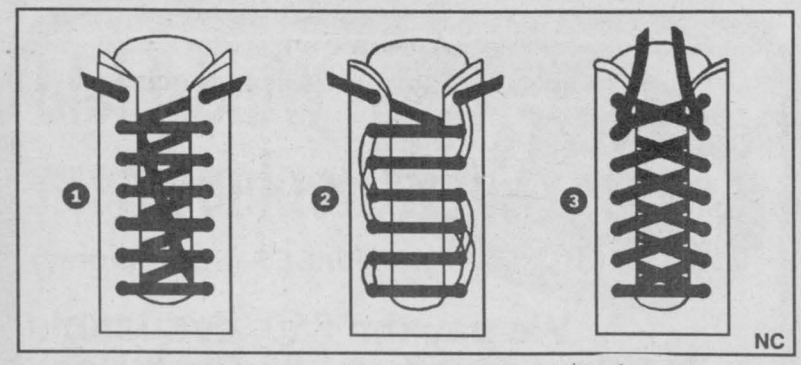
Here are lacing systems for three of the most common foot conditions that benefit from better lacing:

• High arches: Use a parallel lacing system, making sure the laces never crisscross over the top of the foot (diagram 1). High arches can cause pain in the arch of the foot, the heel and the top of the foot.

• Long second toe: If the second toe is a quarter inch or more longer than your big toe, the joints in that toe may bend upward and get sore. Lace from the inside front eyelet to the opposite last eyelet (diagram 2), to pull up the front toe box and relieve pressure on the toes.

• Narrow heels: To hold your foot more snugly in the shoe, use the criss cross and loop lacing system (diagram 3). Narrow heels are more likely to slip up and down in the shoe, causing heel blisters.

This information is sponsored by the Ontario Nurses' Association, the voice of about 50,000 registered staff nurses in the province.



NC

Commitment to LIFE ONA

Women who have given birth to a large baby (over nine pounds or four kilos) are at greater risk of developing diabetes. If you've had a large baby, please discuss this with your doctor.

For more information about diabetes, contact the Canadian Diabetes Association.

So much can be done.

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October Declared Schizophrenia Awareness Month

Tina* first learned of her son's fate one night about nine years ago. After taking Richard, then 16, to a nearby hospital emergency ward following his first full-blown psychotic breakdown, she spoke with a psychiatrist who had just examined him. "I was crying and I said to the doctor, "I suppose I should be glad he doesn't have cancer," and he put his hands on my shoulders and said, "dear, if Richard has what I think he has, your crying has just begun."

That night Richard, now 25, was diagnosed with a relatively common organic brain disorder called schizophrenia. Affecting one in 100 Canadians, schizophrenia is characterized by hallucinations, delusions, paranoia and anxiety. "This is a disease that strikes teens, and young adults," says Stella Giroux, president of Ontario Friends of Schizophrenics' (OFOS) Cornwall Chapter. "Schizophrenia is all encompassing: it affects thinking, perception, mood and behaviour."

OFOS - a family-based, mostly volunteer organization - has declared October, Schizophrenia Awareness Month in hopes of boosting public understanding of this devastating illness.

The first hint of trouble for Richard came the day he began the eighth grade. "When he didn't come home after school we called the police - it was so unlike him not to let us know where he was," says his mother, Tina. When Richard did arrive home late that evening, he was "totally confused," she recalls. "He couldn't remember who he was or where he lived." Richard's odd behavior continued over the next couple of years: staring into space in class; hiding under the school stairwell for hours at a time; breaking things in his mother's house; out of control emotions.

After Richard was diagnosed with schizophrenia, Tina discovered that this is a disease with no known cure. "Its exact cause is also unknown," says Giroux, "though overwhelming scientific evidence points to faulty brain chemistry or structural abnormalities in the brain."

Like many with schizophrenia, Richard has attempted suicide several times over the course of his illness (10 percent succeed). And, also like many with schizophrenia, he was often denied medical treatement because his family could not get him admitted to hospital when he was too sick to realize he needed help.

Today, after having lived in a string of group homes and hospitals, Richard has his own one-bedroom apartment with support from a case worker who helps him with day-to-day living. "Other people suffering from schizophrenia are living on the streets, or in jail. Too many others," says Giroux. "Through our awareness activities this month, OFOS will take a step towards helping people see that these aren't bad people or weird people. They have a physical disease of the brain."

*Names have been changed to protect the identity of "Richard".

HOROSCOPES

October 3-9

ARIES – March 21/April 20
A feeling of increased control will inspire you to be more productive. Now is a good time to make arrangements for an upcoming trip. A Pisces of the opposite sex is interested in you. Tuesday and Wednesday are lucky days for romance. Learn from your mistakes.

TAURUS – April 21/May 21
Finances will start looking good. Now you can safely splurge without concern. You will be rewarded for recent acts of kindness and generosity. A friend will seek your advice. Try to give an unbiased opinion. An "old flame" may try to contact you. Proceed with caution!

GEMINI – May 22/June 21
An ugly scene could be avoided if you refrain from saying insensitive words during the heat of an argument. Try not to let your temper get the best of you. Edgy moods can disrupt your work. Good news comes in the mail at the week's end. Financial matters take a positive turn.

CANCER – June 22/July 22
Try not to let a busy schedule get the best of you — and don't take your frustrations out on loved ones. Things should calm down soon. A romantic time is in store for the weekend. Your creative juices will be flowing this week, and you could make an important discovery.

LEO – July 23/August 23
Watch your spending! Luxuries are nice, but debt isn't so good. Only buy things you really need. You could be faced with an important decision this week. If you follow your gut reaction, you will know what the right choice is. A good week for making long-term plans.

VIRGO – Aug 24/Sept 22
A new hobby or interest could prove to be more expensive than you had expected. You may have to make some sacrifices in order to balance your budget. At the last minute you may be asked to take a trip for business. This could be an excellent opportunity for you. Go for it!

LIBRA – Sept 23/Oct 23
A family member may call with news of a pregnancy or birth. Your advice will be sought by a troubled friend. Giving your honest opinion is the best way to help. Sarcasm is a "no no" in the workplace, especially with Taurus co-workers. What you think is funny may be offensive to others. Use diplomacy.

SCORPIO – Oct 24/Nov 22
Give careful consideration to a business offer. Set terms that are reasonable, but that also will be to your benefit. It's okay to accept a social invitation that may take you away from your work. Fun is something you could use more of. A good week for making major purchases.

SAGITTARIUS – Nov 23/Dec 21
You could be in for a rude awakening when it comes to a new romantic relationship. It may not be as perfect as you had previously thought. Pay close attention to details at work. You could make a rather expensive mistake. Finances will be an issue later in the week.

CAPRICORN – Dec 22/Jan 20
Being overworked and underpaid is probably getting to you right about now. Maybe it's time to look for something better in your life. You will realize that playing the martyr is not the way you want to spend your life. This is a good time for success and advancement.

AQUARIUS – Jan 21/Feb 18
Just when you thought everything is going wrong, something wonderful happens and life is good again. Maybe you do have a guardian angel on your side! Be prepared for a romantic weekend. You will be spending a lot of time with Libras and other Aquarians.

PISCES – Feb 19/March 20
Personal and work matters seem to merge and become a strong issue. You will have to make some sort of compromise. You may be misinformed about something. Check facts before repeating information or you could end up looking like a fool. Extra money comes in handy.

YOUR BIRTHDAY THIS WEEK
The next 12 months:
This will be a year of change. Marriage and children are big possibilities. You may take on a new job or a different career altogether. Stress may accompany these changes, so don't take on too much at one time. You may experience a period of frustration and indecision during the winter months. This will be replaced with a longer period of happiness and success, so hang in there! A hobby may turn out to be profitable for you. You will have several opportunities to increase your income. Financial goals will be much more attainable. Summer is a good time for travel.

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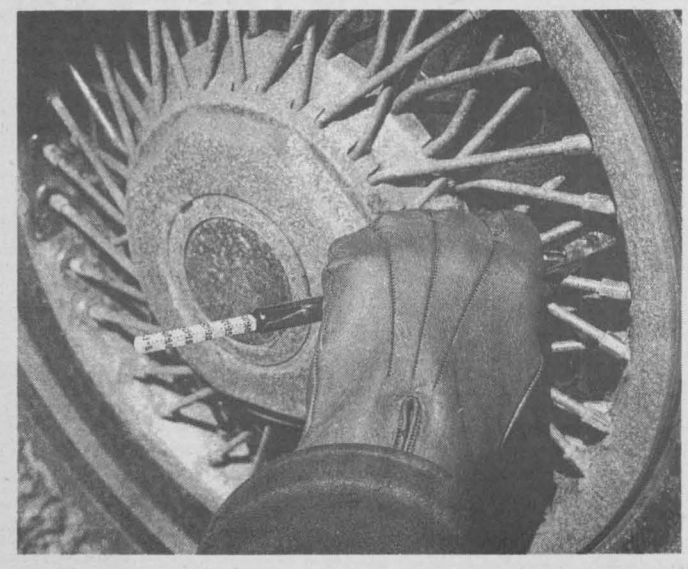

Regardless of the fuel you use, driving a car will have an impact on the environment. Here's how to minimize that impact, and save money:

- Whenever possible, leave your car at home. Try car pooling or use public transportation. In good weather, give the old bike — and the old muscles — a workout.
- Keep to the speed limit. Today, leave a little earlier than usual; then sit back, relax, ease up on the gas pedal...and enjoy.
- Improve fuel efficiency by lowering your vehicle's wind and rolling resistance. Keep tires properly inflated and remove roof racks when not in use. For highway driving, close the sunroof and windows: use the vehicle's flow-through ventilation instead.
- To help you accelerate slowly, imagine placing a raw egg between your foot and the gas pedal.
- Keep the engine properly tuned.
- Avoid idling. If you will be stopped for more than a minute, turn the engine off.
- Listen to local traffic reports and bypass traffic snarls.
- Watch the traffic ahead of you and adjust your speed to changes in traffic flow. Ease off the gas pedal or downshift well in advance, allowing the car to slow gradually and smoothly.
- Combine errands so that you can do several in the same trip.
- Use the overdrive gear on the highway.
- Remove any unnecessary weight from the vehicle.
- Be sure the parking brake is off. Don't rest your foot on the brake pedal while driving.
- In winter, avoid prolonged warm-ups. Thirty seconds should do it. Drive slowly for the first few kilometres to allow the engine components to warm up.
- Use a timer switch to turn on your block heater two or three hours before you plan to drive. A warm engine means easier starting.
- In summer, use the car's flow-through ventilation instead of the air conditioner.

For further information, Energy, Mines and Resources publishes a free booklet entitled: The Car Economy Book. To obtain a copy, please write to:

Energy Publications
c/o Canada Communication Group
Ottawa, Ontario K1A 0E4

Exhibition Inspired by "Primeval Abstractions"

Mary Dolan will be the featured artist at the Cornwall Regional Art Gallery until Oct. 23rd. Symbol forms, geometric abstraction, collage, as well as Paleolithic and Neolithic art are the stimulus for Dolan's large-scale, energetic work on canvas. Also on exhibit will be a selection of Dolan's smaller work on paper and canvas.

The exhibition takes place at the Cornwall Regional Art Gallery, 164 Pitt Street Promenade. Gallery hours are Monday to Saturday from 10:00am to 5:00pm. Admission is free.



Wild



Bird-watching for the Beginner

Bird-watching is one of the fastest-growing outdoor activities in Canada. In fact, it has become so popular that many communities have established clubs exclusively for "birders."

Some people consider bird-watching a sport, while others think of it simply as a relaxing hobby. But one thing is for certain: it's an excellent way to get in touch with nature.

Unlike some outdoor activities, bird-watching requires very little equipment. All you need to get started is a good pair of binoculars, a field guide so you can identify different species, and a note pad in case you want to record your sightings. Most of these items can be purchased at a local sporting goods or outfitter's store.

You may also want to pick up a beginner's guide to bird-watching. After all, the more you know about birds, the more you'll enjoy observing them. Another good idea is to learn the names of common plants and trees in your area.

Here are a few tips to remember on your first bird-watching adventure:

- Avoid making any sudden movements. Always raise and lower your binoculars slowly.
- Approach a bird gradually from the side rather than straight on to avoid frightening it.
- If you're with one or more companions, keep conversation to a minimum.

For more information on bird-watching, write to

Canadian Wildlife Federation
Communications Department
2740 Queensview Drive
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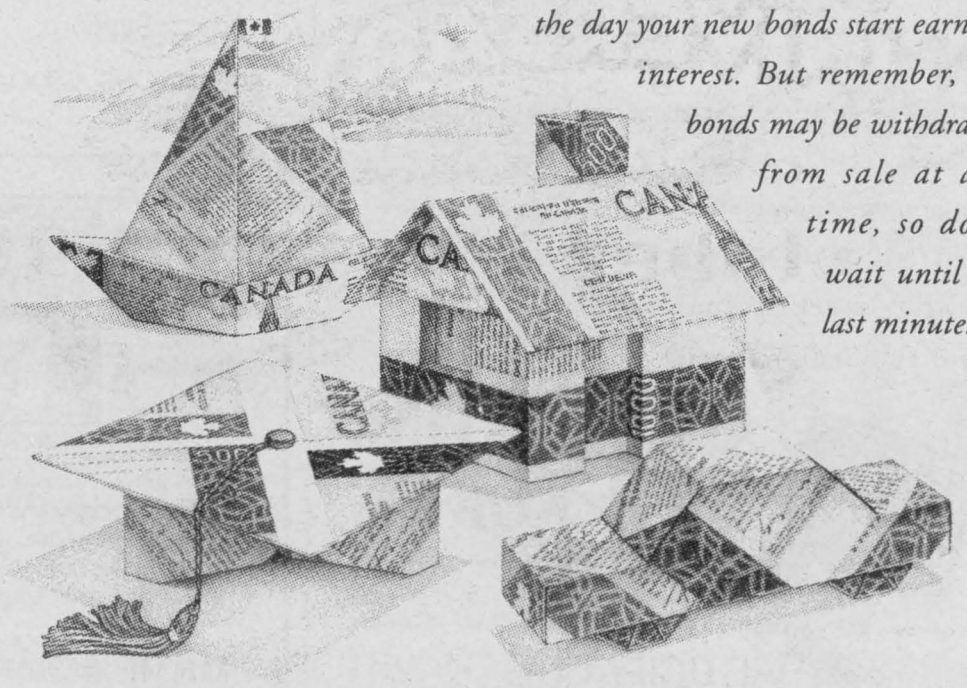
Canada Savings Bonds also offer a competitive rate of return. This year's interest rate and purchase limit will be announced in mid-October.

The sales period is from Monday, October 18 to Monday, November 1. You may date your payment November 1, the day your new bonds start earning interest. But remember, the bonds may be withdrawn from sale at any time, so don't wait until the last minute.



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Lant On Business - Finance - Taxation

Now that we have said "good-bye" to summer, we now say "hello" to fall. As outlined in my first column that, during the month of October, the main topic of this column would deal with Finance. I had hoped that I would have received better response from the financial institutions here in Cornwall, but that was not the case. Therefore, I will deal with other financial matters.

As always, one of the most important topics of conversation at this time is the sale of Canada Savings Bonds. The information received from the Department of Finance is that the new issues of Canada Savings Bonds will go on sale on the 18th of October. The last day the bonds will be available for purchase at face value will be November 1st. The details on the rate of interest to be paid on the new bonds as well as the purchase limit will be announced in mid-October. The October announcement will also specify the rate of interest to be paid on all outstanding and unmatured Canada Savings Bonds for the year starting November 1st. This new series of bonds (Series 48) will have a 12 year term to maturity. They will once again be offered in two types. The regular interest bonds which pay interest annually by cheque or direct deposit. The other type is the compound interest bond on which interest is left to accrue and compound annually to maturity. Also certain provinces, such as British Columbia, Saskatchewan, Manitoba and Quebec have their own provincial savings bonds. Provincial savings bonds traditionally pay a higher return than federal bonds. According to analysts, the best advice for people considering provincial savings bonds is to examine their investment goals seriously. The bottom line is that a lot of people get hung up on rates rather than results. I am certainly in agreement with Peter Volpe, vice-president of Kerr Financial Corporation in Toronto, when he said the following: "Consumers are in a state of confusion about interest-rate products."

On Thursday, September 23rd, the Finance Minister for the Province of Ontario, Floyd Laughren stated that early figures show Ontario's revenues could be down by as much as one billion dollars for this fiscal year because of continuing economic weakness. The government's revised deficit forecast was made despite a massive austerity program to cut almost six billion dollars in spending and raise taxes by a record two billion dollars in this fiscal year.

To S.D., I trust that you now have most of your problems resolves with Revenue Canada - Taxation. Now that we have a fall chill in the air, Canada's snowbirds will be thinking about returning to their winter roosts. It is most important that you check your health plans before heading south. I will have more to say on this matter in next week's column. My final thought for this week's column comes from a quote from the late Don Marquis, who said "An optimist is a man who has never had much experience."

Succeed in the recession with Power Presentation skills

(NC)—As a manager, you constantly make presentations to get your points across. Success depends on your ability to communicate effectively with customers as well as employees. To be competitive in the 90's, you must become a first-class presenter.

But what you say is not as important as how you say it. Words account for only a small part of the total message you convey to others. The rest comes from style, use of voice, body language and other non-verbal forms of communication.

There are five quintessential elements in a presentation: speech, body language, equipment, environment and preparation. To be effective you have to control all of them.

Here are some tips on how to help others understand you:

• Have a *worthwhile* message and be ready to communicate it.

• *Relate your message* to something of interest to your audience. If you don't you won't keep their attention for long.

• *Obtain feedback.* Find out if your audience understands you. If they do not grasp your concept, you did not do a good job of communicating.

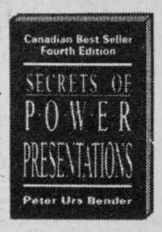
• *Watch your tone.* Do not let strong emotions and argumentation interfere with your message.



• *Keep persuasion to the end.* Only when you are confident your audience understands you, should you focus on getting them to adopt your point of view.

• *Be specific.* Unless you tell your audience exactly what to do in reaction to your message, no changes will occur. They will forget everything you said and all your efforts will be wasted.

Peter Urs Bender authored ***Secrets of Power Presentations****, a Canadian Best Seller in its fourth print, available in most bookstores.*



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No need to report capital gain

By Patrick Fellows

☐ In 1983, we owned two houses jointly and moved from the city home, which we rented out, to our country place. In 1984, the city home was sold for a capital gain of about $30,000. It was not reported since we were each allowed $100,000 tax-free gains and the sale would not have been taxable.

We have since been told we should have reported the capital gain. Should we do it now, or is it too late? If we did find it necessary to sell our present home, we would prefer the gain on the city house to be reported.

D.B.

☐ You speak of selling your city house tax-free under the personal capital-gains exemption, which suggests that the property was not being treated as your principal residence.

In this case the sale should be reported even at this stage because all sales of capital property have to be logged for Revenue Canada, whether you have a gain or loss or neither.

It's important that both you and the tax department keep track of the use of your exemption.

If the city house had been your designated home throughout, the full principal residence exemption (not the limited personal exemption) would be allowed and reporting would not be required.

The use of the property changed to income production before it was sold, but in this circumstance you could retain the principal residence designation for up to four years, provided no capital cost allowance was taken.

The added year, however, would slightly reduce the residence exemption on your present abode. And the sale should probably be reported for record-keeping purposes for both you and the tax department.

For one thing, the gain could have an effect on the use of the personal gains exemption as applied to your present home before you moved in.

Another element is the possibility of extending the principal residence exemption to the second property for a period prior to 1982, when a family could have a double exemption.

These complications often call for professional advice.

Transfer in order

☐ I am a secretary with the Peterborough County Board of Education and contribute to the OMERS pension plan. Since OMERS now allows members to purchase past service, I want to purchase four years of prior service with the North York Board of Education.

In 1992, I bought 18 months' past service by transferring a portion of my RRSP funds. I don't have enough RRSP cash to cover the remaining 30 months. Could my husband contribute to a spousal RRSP to provide funds that I could then transfer to OMERS?

B.S.

☐ Your husband can allocate his allowable RRSP contribution (this year, 18 per cent of 1992 earnings to a maximum of $12,500), or part of it, to your plan.

The spousal plan is your property and a transfer to your pension plan is allowed if it is made directly from plan to plan. There is no "income attribution" (to your husband) because the tax shelter remains intact.

You may be making such a transfer because you feel the pension plan will give you a larger benefit. In any case, this method simplifies matters. There are no tax consequences because the deductions have already been claimed.

This has the advantage of avoiding some mind-numbing calculations on what can be deducted if past service is paid for by way of pre-tax funds (as shown on pages 9-13 of the Pension and RRSP Tax Guide).

Report world income

☐ I am thinking of investing in United States and international equity funds. How are they treated by Canadian tax law?

M.C.

☐ Income and capital gains on foreign investments have to be reported along with all other items of "world income," even where no tax slips are issued, but tax treatment occasionally differs.

Dividends, for example, from non-Canadian sources do not enjoy the dividend tax credit. Foreign holdings are restricted if they are in RRSPs.

Capital gains and losses are figured in the usual way and gains may be included in your $100,000 personal exemption.

Generally speaking, Canada will give a credit for any taxes that are withheld in other countries.

Note that some Canadian mutual funds invest in foreign securities and pay dividends eligible for the tax credit.

You should be aware that if you invest in U.S. securities, you may be liable for U.S. estate tax if you die and your assets in that country exceed $60,000 in value.

Because Canada has no similar tax, this country offers no credit for U.S. estate tax paid.

☐ *Questions on money and investment problems may be sent to Your Money, The Toronto Star Syndicate, 1 Yonge St., Toronto M5E 1E6. Not every question can be answered but all will be considered for use in the column.*

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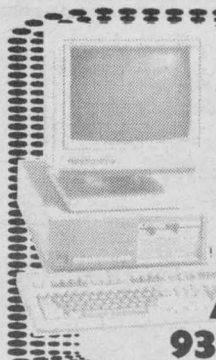
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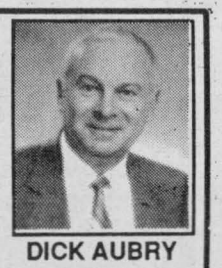
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YOUR MONEY

Exploring the mysteries of stock warrants

By Patrick Fellows

☐ I am just starting out in the investment game and, even though I am getting the hang of it, there is one thing I find rather confusing. This is warrants, which, I understand, give the right to purchase capital stock under certain conditions. What are they and are there any strings attached?

If stock XYZ is priced at $1 and the warrant is 10 cents, does that mean that at a future time I must pay $1 for the stock, even if the price goes up or down? If the stock is expected to go up, are the warrants a good buy? W. B.

☐ A warrant gives you the right to buy the stock of XYZ at a specific price within a stated period, or maybe perpetually.

Warrants are usually issued with new securities as a "sweetener." They are similar to rights, but have a longer life, measured in years rather than a month or two for rights.

If the exercise price of stock XYZ is $1 and the market price is $1.10, the warrants could be expected to trade at 10 cents. Warrants, however, often trade above this theoretical value.

The warrants buyer in this case is banking on the stock price going higher. The warrant gives him a call on more stock than he would have by buying the actual shares.This enhances his profit potential.

If all goes well the warrant can be exercised at the appropriate time at a favorable price or sold at a profit.

But warrants are by their nature more volatile than the underlying securities, which means that the loss potential is also greater.

Unexpired warrants will always have a value even when the stock is trading below its exercise price. (The warrant is then "out of the money.") The longer the period of time to expiry, the more the warrant may be over-valued.

The purchaser should pay particular attention to how much time is left to the exercise date. An obvious loser should be discarded, but many inattentive investors do nothing and are left with worthless paper.

Full exemption?

☐ I am the sole owner of a residential property since June, 1987. It was transferred to me at non-arm's length by my daughter's mother-in-law for $75,000 when the appraised value was $275,000. I occupied 50 per cent of the house and rented the rest in 1987 and 1988. Since 1989 to the present I have occupied 40 per cent and rented 60 per cent.

I have never claimed capital cost allowance, do not have a mortgage on the property and have made no structural changes. Net rental income has been reported.

Now I want to transfer the house to my daughter or son-in-law as a gift or in lieu of $75,000, although the fair market value is around $500,000. Do I or my daughter have to pay capital gains tax? If so, how much? Could it be deferred for the next five years? H. C.

☐ Regardless of the value you place on the house as a gift to your daughter or son-in-law, Revenue Canada's interest is in what the place will fetch in the marketplace. And no matter whether money changes hands or not, the property will be deemed to have been disposed of at fair market value.

If it's taxable, it will be to you, not your daughter. But is it really worth almost double its 1987 value? It's almost as though the real-estate market hadn't slumped in the past four years.

A possibly knotty issue is determining the proportion of the gain that may be taken tax-free under the principal residence exemption.

The entire gain will be exempt if in Revenue Canada's view the income-producing use of the house is ancillary to the main use as residence and no depreciation has been taken.

It's a matter of accepting the rental element as "ancillary."

If the disposition is deemed partly taxable, you would be taxed at your personal rate on three-quarters of the gain. Your personal gains exemption could be used but not on real estate profits relating to the period after February, 1992.Taxes are normally due as they are incurred but may be spread over a maximum five years if a mortgage is involved.

☐ *Questions on money and investment problems may be sent to Your Money, The Toronto Star Syndicate, One Yonge St., Toronto M5E 1E6. Not every question can be answered but all will be considered for use in the column.*

Community Calendar Features Non-Profit Organizations

Recently, John Cleary, MPP for Cornwall, Cornwall Township and Charlottenburgh Township, extended an invitation to local non-profit organizations who may be interested in appearing in his 1994 Community Calendar.

Mr. Cleary explained, "The Community Calendar notes celebrations and activities around Ontario. At the same time, I am pleased to highlight a few of the many groups and service associations that contribute to our community."

Organizations which have appeared in Mr. Cleary's calendar in the past include the Injured Worker's Association, Wheels to Meals Program, Agape Centre, Lights of Hope Campaign, Block Parents, and the Lung Associations.

Interested organizations are encouraged to contact Mr. Cleary's constituency office at (613) 933-6513 or visit 404 Montreal Road.

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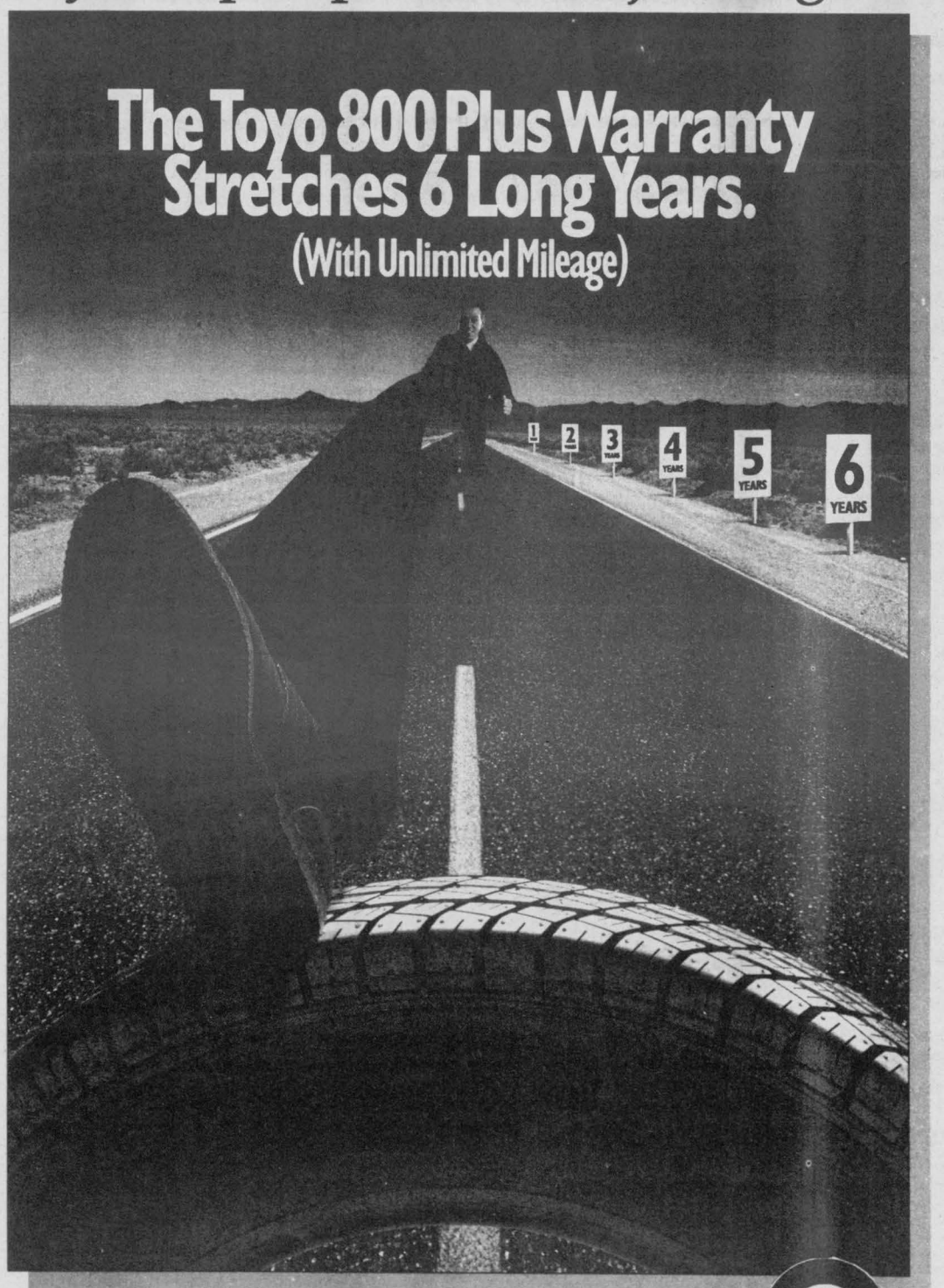

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Calendar of COMMUNITY EVENTS

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* **TRI-COUNTY LITERACY COUNCIL** offers free reading groups in Crafts, Student Newsletter and a series of mini-workshops on topics such as psychology, first-aid, budgeting and more. To register or for info: 932-7161
* **ST. COLUMBAN'S CATHOLIC WOMEN'S LEAGUE** will hold a euchre every Friday afternoon in the parish centre. Prizes & refreshments. Everyone welcome.
* **BONNEVILLE LIONS CLUB** will hold euchre on Oct. 6th. Lunch & prizes. Everyone welcome.
* **SEAWAY SENIORS, 205 Amelia St..** Weekly activities: Mon., 9:30am Beginners Line Dancing, 10:30am Seniorsize, 1:30pm Cribbage: Tues., 10am Intermediate Line dancing, Noon Lunch, 1:30pm Euchre: Wed., 10am Tap Dancing and Chess, 1:00pm Bridge, 1:30pm Knitting Club: Thur., 9:30am Walking Club, 1:00pm Darts. Everyone welcome. Ph: 932-4969.
* **OVEREATERS ANONYMOUS** meet every Wednesday at 7:30pm at Milles Roches Hall , 801 Fourth St. E., Room 111. Info: 932-1936
* **GLEN-STOR-DUN-LODGE** needs volunteers for Day-Away Program, Activity Program, Day Away Volunteer, Telephone Assurance Program, Bingo Helpers. If interested call 933-3384 from 8-4pm.
* **K OF C COUNCIL NO. 10974** hold a Bingo every Wednesday afternoon from 2:30-4:30pm at the Bingo Palace, Cornwall. Everyone welcome.
* **LINE DANCING CLASSES** at Vincent Massey Public School, 1520 Cumberland on Tuesdays from 7-9pm. Info: 931-3190
* **SEAWAY TOASTMASTERS** meet every Tuesday evening from 7-9pm at TCTI on Montreal Rd. Learn and practice public speaking while gaining self-confidence in a friendly and supportive environment. Visitors welcome. Info: 936-2945
* **LIFE CHAIN 1993** will be held on Sunday, Oct. 3rd from 2-3pm along 2nd St. This is a silent time of prayer. Please join 1500 other Pro-Life Supporters. Info: 937-0536 to register.
* **ST. LAWRENCE CHAPTER OF O.A.R.N.A.** will be having a meeting at Cornwall General Hospital at 8pm on Mon., Oct. 4th. All R.N.A.'s and Student N.A's are welcome.
* **KOREAN VETERAN'S ASSOCIATION, UNIT 297**, meeting at Canadian Legion Branch 297, Cornwall on Mon., Oct. 4th. Executive Meeting 7pm and General Meeting at 7:30pm. All Korean War Veterans welcome.
* **MEALS ON WHEELS** will meet in the boardroom of Knox St. Paul's United Church on Mon., Oct. 4th at 1:30pm. Please plan to attend.
* **MENTAL ILLNESS AWARENESS WEEK October 4th-11th.** Activities include: Oct. 4th, Free morning coffee to promote "Mental Illness Awareness "sponsored by the "Mental Illness Awareness Committee of the Canadian Psychiatric Assoc." Oct. 4th-8th, information and pamphlets available from psychiatric staff, ground floor, from 10am-11am and 12pm-1:00pm. Tickets on a hooked rug available, Oct. 7th, OPEN HOUSE DAY Hospital from 13:00-16:00hrs. Come join us for coffee and donuts.
* **CORNWALL SENIOR CITIZENS, 205 Amelia St.** will start Beginner Bridge Lessons on Mon., Oct. 4th at 1:00pm; Starting Thur., Oct. 7th at 10am an eight week Self-Defence Course; Dinner/Dance tickets for the Oct. 13th dance are now available;Tickets for the Ottawa Day Trip on Oct. 14th at 1pm are now on sale; Bowling, Sat., Oct. 16th at 7pm.

EASTERN STAR REBEKAH LODGE #48 will hold a euchre at 7:30pm on Oct. 5th at 305, 13th St. W., Cornwall.

* **CORNWALL CAROUSELS ROUND DANCE CLUB** starts Oct. 5th at Viscount Alexander School, 1401 Dover Rd. from 7:30-8:30pm for new dancers and 8:30-10:00pm for all levels of dancers. Info: 930-9410
* **THE NEWCOMERS CLUB** will meet on Tuesday, Oct. 5th at 7:30pm at the RCAFA building. Info: 937-4347 or 936-8909
* **BLESSED SACRAMENT C.W.L.** will sponsor a euchre on Wed., Oct. 6th at 1:30pm in the parish hall, Tollgate Rd. Prizes, lunch. Everyone welcome.
* **CORNWALL WHEELS TO MEALS** Day Away for Seniors are providing door to door transportation, nourishing meals, crafts and activities, starting Wed., Oct. 6th. To register or information call 930-9292.
* **ST. ANDREW'S PRESBYTERIAN CHURCH, Martintown** will hold their Annual Harvest Supper on Wed., Oct. 6th from 4-7:30pm.
* **THE ROYAL CANADIAN LEGION BRANCH 297 "Over 60 Club"** monthly meeting will be held at 1:30pm in the Legion Auditorium on Thursday, Oct. 7th at 415 2nd St. W.
* **MIDNIGHT BINGO** sponsored by Cornwall Kinette & Kinsmen Clubs on Oct. 8th at Cornwall Bingo Hall. Proceeds to CF.
* **BAKE SALE** at Long Sault Shopping Plaza on Friday, Oct. 9th from 9-12 noon. Sponsored by St. Andrew's-St. Marks's UCW
* **OCTOBER IS SCHIZOPHRENIA AWARENESS MONTH** . This disease strikes one in 100 Canadians. There is no cure. The Ontario Friends of Schizophrenics, S.D. & G. Chapter will have an information booth at Sears Mall on Oct. 8 & 9th from 10am to 5pm. Info: 932-4078 or 932-4977
* **FRIENDS HELPING FRIENDS** are selling tickets for the Kinsmen "200 Grocery-Dollar Draw" to be held on Sat., Oct. 9th at 6pm. Volunteers will be selling tickets at Loebs on Thursday and Friday from 1-9pm, Oct. 7-8th and Sat., from 10-6pm. Info: 936-1888 from Mon.-Fri. between 10-5pm.
* **BARRY MOORE MINISTRIES** presents "MINISTRY IN SACRED SONG" with Art Perri on Oct. 9th at 7:30pm at First Baptist Church on York & 3rd Sts.
* **ONTARIO FRIENDS OF SCHIZOPHRENICS S. D. & G. CHAPTER** will hold a meeting on Oct. 12th at 7pm in the library at G.V.S.S., 1500 Cumberland St. Guest speaker.

THE MULTIPLE SCLEROSIS SOCIETY SELF HELP GROUP OF CORNWALL & DISTRICT will meet Wed., Oct. 13th at 7:30pm at the MS Office, 1315 2nd. St. E., Cornwall. Persons with MS, their family and friends are welcome to attend.Info: 938-MSSP

* **CORNWALL SENIOR CITIZENS CLUB 353**, 119 Pitt St. will have "Birthday Cake & Tea" free, on the first Wednesday of each month for members only. Don't forget the dinner and dance (Here's To Our Seniors) at the Legion Hall on Wed., Oct. 13th. Doors open at 5pm, dinner at 6pm. Free tickets for members only at the club. Info: 932-0980.
* **IMMANUEL CHRISTIAN REFORMED CHURCH,** 2264 Pitt St., N. will hold their annual Harvest Supper on Friday, Oct. 15, from 4:30-7pm. Everyone welcome.

TRAPDOOR THEATRE presents "Old Wine In A New Bottle" by Murray Schisgal on Friday, Oct. 15th & Sat., Oct. 16th at 8pm and Fri., Oct. 22nd & Sat., Oct. 23rd at 8pm. Dinner 6pm, Oct. 23rd at Transport Canada Training Institute, 1950 Montreal Rd., Cornwall. Info: 933-6250

* **PRO-LIFE CORNWALL PRO-VIE** will hold an Auction Sale on Sat., Oct. 16th at 10am in Chisholm Auction Barn in St. Andrew's W. To donate good used articles please call 937-0536 and leave a message. Also Pro-Live Cornwall Pro-Vie is saving cash register tapes from Your Independent Grocer. Please drop them off at the office at 812 Pitt St.
* **ST. ANDREW'S C.W.L. BAZAAR**, tea, bake sale, & crafts will be held on Sat., Oct. 23rd in the parish hall-St. Andrew's W. from 1-4pm. Everyone welcome.
* **ART START 93** will be held on Oct. 23rd at Brookdale Mall. Artists-to book your table call 931-2366 or 932-2381
* **ST. JOHN'S PRESBYTERIAN CHURCH,** 28 2nd St. E. will present three evenings of dinner theatre to the public on Oct. 28, 29, 30. Dinner at 6:30pm, play at 8pm. Both will be held in Caldwell Hall at St. John's. Tickets call 932-4319.
* **SEAWAY SENIORS, 205 AMELIA ST.** in conjunction with Ottawa Valley Tours, are pleased to offer THE PINES RESORT IN THE CATSKILL MOUNTAINS Nov. 1-5th, and THE FESTIVAL OF LIGHTS, the unbelieveable Christmas Lights Nov. 20-22nd. Info: 932-4969.
* **CORNWALL CHORAL WORKSHOP '93** will be held Nov. 5-6 at Knox St. Paul United Church. Registration fee. Info: 932-2334 or 936-1161.

CORNWALL CHORAL WORKSHOP '93 CONCERT will be held Nov. 6th at 7:30pm at Knox St. Paul's United Church. Tickets at the door.

DEADLINE: Wednesday at 3:00 pm

ATTENTION: RE COMMUNITY EVENTS NOTICES. Deadline: Wed. prior to Sun. publication, 3 pm. Copy must be legible (printed or typed). Text to contain only "basic" information (Who, What, Where, When & telephone contact if required). Minimum wording, please! Notices can be mailed in, or brought into the office or faxed (933-0024). Notices will not be taken over the phone. Thank you. Short & sweet makes better reading.
Please Note: Only one week per insertion, permitted.

CONCERT PACKAGES

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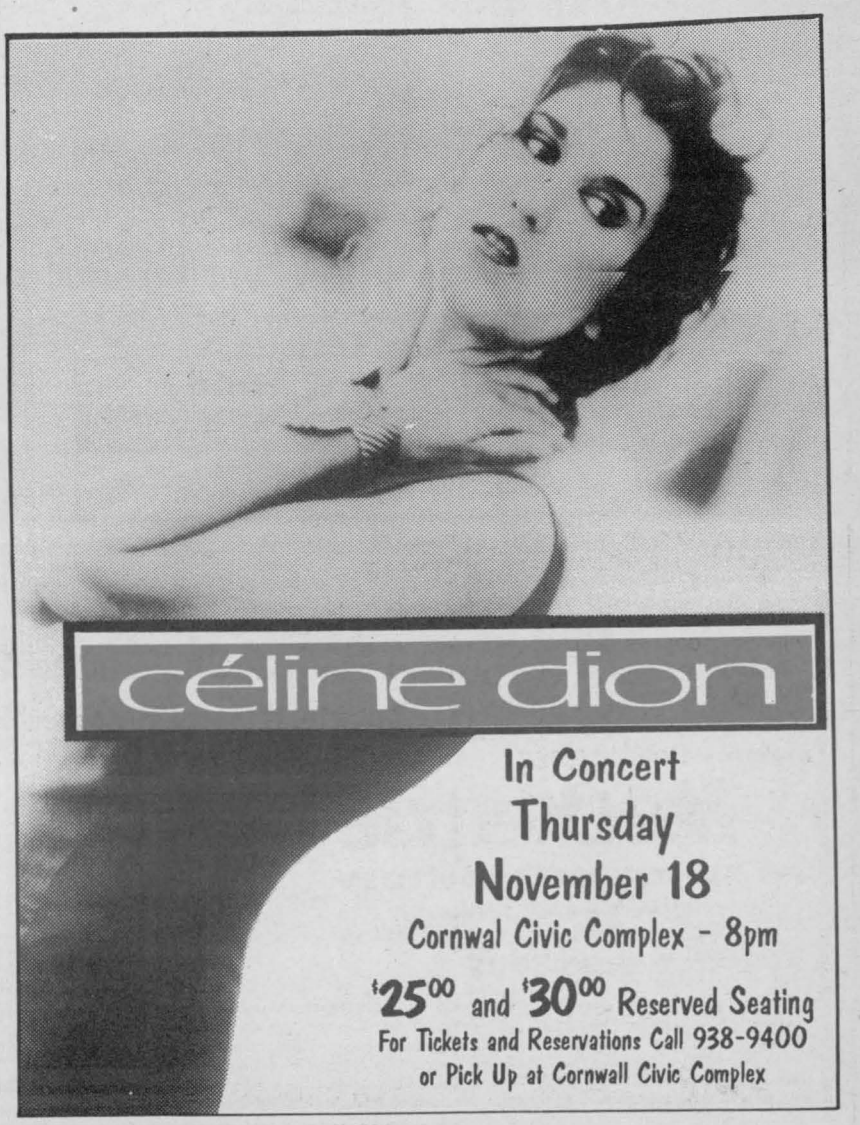

Marvelous Muffins



(NC)—With cooler weather on the way, it is time to put soup back on the lunch menu. Forget the usual soup and sandwich combo. Look to eggs to provide a change from ordinary fare.

The following muffin recipe is light and nutritious and the eggs it contains provide the boost of high quality protein and a variety of vitamins and minerals you need for good health.

Double Corn Muffins

1 1/2 cups	375 mL	all-purpose flour
3/4 cup	175 mL	cornmeal
1/4 cup	50 mL	sugar
1 tbsp.	15 mL	chili powder
1/2 tsp.	2 mL	each: salt and baking soda
1/4 tsp.	1 mL	dried crushed chilies (optional)
3	3	eggs
2/3 cup	150 mL	buttermilk or soured milk
2 tbsp.	25 mL	vegetable oil
1 cup	250 mL	frozen corn kernels, thawed, or 1 can (12 oz./341 mL) niblets, drained
1/2 cup	125 mL	chopped red or green pepper

In large bowl, mix together flour, cornmeal, sugar, chili powder, salt, baking soda and chilies. In small bowl, mix together eggs, buttermilk and oil; add corn and chopped pepper. Stir into flour mixture, mixing just enough to moisten. Spoon into 12 paper-lined or nonstick muffin cups. Bake at 375° F (190° C) for 15 to 18 minutes, or until golden and firm to touch. Serve warm. Make 1 dozen.

Please Drink Responsibly

Jazz-up steak the Creole way

(NC)—The Brewers Association of Canada invites you to try this tasty summertime recipe contained in the association's cookbook, ***Beer & Cooking***.



Barbecued Steak Creole

2 T-bone steaks 1" thick
garlic powder
1-1/2 cups of beer
1/3 cup olive oil or salad oil
2 tbsp. honey
1 tbsp. salt
3/4 tsp. black pepper
4 cloves

Sprinkle steaks with garlic powder. Combine the beer, olive or salad oil, honey, salt, black pepper and cloves in a flat dish. Put the steaks into the marinade and leave to marinate for 12 hours turning occasionally. Cook the steaks on one side on the barbecue, brush the upper side with the marinade juices, turn the steaks and cook the other side.

If you would like to obtain a free copy of *Beer & Cooking*, please write to: Brewers Association of Canada, Suite 1200, 155 Queen St., Ottawa, Ontario, K1P 6L1.

The brewers of Canada wish you a safe and happy summer, and remind all Canadians to please drink responsibly.

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RESERVE NOW
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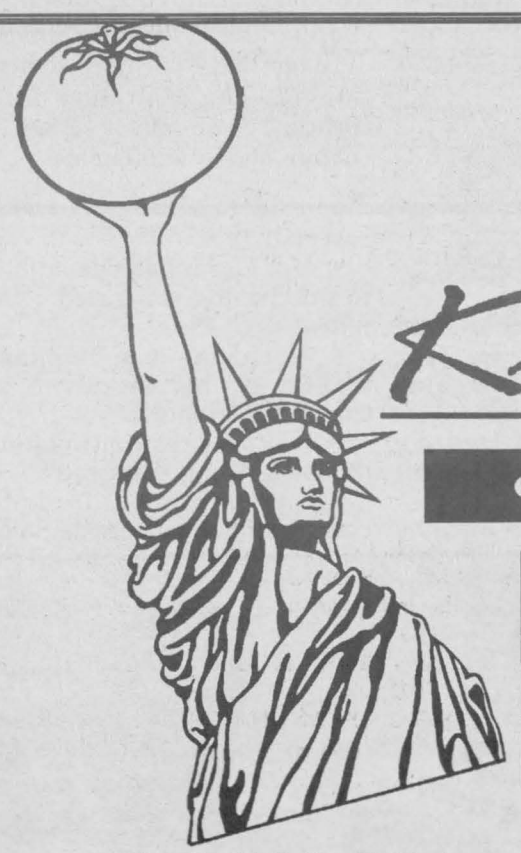
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SEAWAY NEWS
ENTERTAINMENT

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With the cool temperatures upon us these days I can't think of a more appropriate escape than to a new movie in town called *COOL RUNNINGS* with John Candy. It offers us some comedy relief during these trying times. The movie is all about a Jamaican Bob Sled Team and their entry in the Olympics. Show times will be 7 pm & 9 pm and the matinee on the weekend in Cinema One at Brookdale Cinemas. In the Cinema-2 offering it's *HOCUS POCUS* at 7 pm and *THE FUGITIVE* at 9 pm with *HOCUS POCUS* as the weekend matinee. In Cinema-3 catch *STRIKING DISTANCE* at 7 pm and 9 pm and *FREE WILLY* as the matinee for Sat. & Sun.

Here are some upcoming events that you may wish to prepare for now. Tickets are on sale as of September 27th for the appearance of *THE RANKIN FAMILY.* They will be appearing at Cornwall's Aultsville Theatre on Tuesday October 26th for an 8 pm show. The Rankins have won the hearts of countless audiences with their Cape Breton humour, breathtaking step-dancing and fiddle playing, but above all with their unique and beautiful vocal harmonies. Tickets available at Ran-Gal Photofinishing, Brookdale Mall at $21.50 (GST incl.) or call 962-1232.

Also on the way is the popular *CAROUSEL ENTERTAINMENT FOR CHILDREN* concert series. This will be the third great season for the concert series. The three productions this coming series will begin with *AL SIMMONS* in Something Fishy at Camp Wiganishie. It features the multi-talented Al Simmons - musician, singer, comedian, magician and inventor. Take a peek at a day in the life of this wacky guy at pretend camp. Come along and celebrate the imagination with this whimsical combination of music, lyrical imagery, weird instruments and eccentric props. The show will be held on Saturday, November 13th at 2 pm at Aultsville Hall. The other two concerts will be in January and in March. We will tell you about those later. Tickets for the series opener are available at *LE BOOK STOP,* 167 Pitt Street.

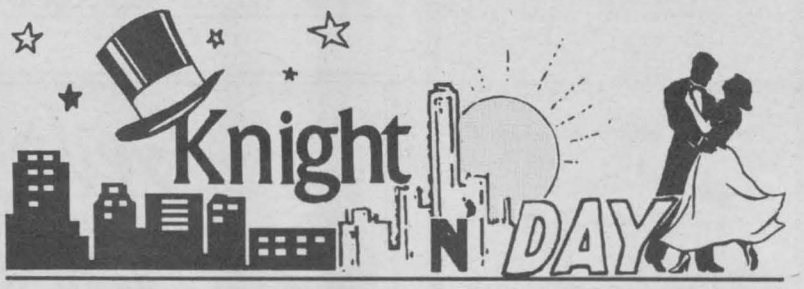
A couple of happenings happening at Upper Canada Village that you may wish to attend. The Migratory Bird Sanctuary will offer a variety of nature and environmental programs including "Life In The Slow Lane", a study of plants and animals living in a pond and also daily hikes. Daily "duck banding" and "goose feeding" will also be held daily. You still have time to catch the Upper Canada Playhouse production of "The Seaway Story" as it runs until October 3rd. Call the box office at 543-3713.

Here is something of a departure from the usual attractions in the area. It's a *TOURISM PLANNING CONFERENCE* hosted by the Cornwall Regional Visitor & Convention Bureau and you are invited to attend. It will be held at the Cornwall Civic Complex on October 13th from 9 am to 3:30 pm. The first hour is devoted to several guest speakers with information on what provincial and eastern Ontario "tourism" partners are planning for 1994. Then from 10 am until noon a workshop called "Advertising Game" with a panel of professionals in advertising. They will deal with media advertising, brochures and how to track results. Following lunch, sponsored with the help of the Eastern Counties Hotel, Motel & Restaurant Association and Glen Services, you will have an opportunity to meet with many publishers of tourism related publications offering promotional opportunities for your business or organization. The cost is $15.00 per person and that includes conference registration, refreshment break, lunch and all taxes. You can call the bureau at 938-4748 for information.

Here's a program tip for you on the appearance of Cornwall Bass Player Paul Makariak and his band *THE INTRUDERS.* They will be featured in a human interest story on CBC Ottawa Newsday with Mark Van Dusen during the second or third week of October.

Before closing we offer *CONGRATS* to Denise McClements and her staff on the grand re-opening of *DENISE'S COUNTRY KITCHEN & DELI* (formerly Mother's Cupboard) at 115 Main Street in Lancaster. If you read this early enough you can join everyone for the draws, free coffee and doughnuts until Saturday October 1. Or just drop by anytime and enjoy the food and hospitality. Good luck.

Gotta go. G'Day and G'Knight.



Entertainment - Special Events & Restaurant Review - By Bud G. Knight

Last Week:

- Reporters challenge Martelle's smuggling fear claims while he still remains under police protection.
- Mohawks accept Hydro's $1.5M offer to complete state-of-the-art arena.
- Gas war flares up in city's east end.
- Ald. Norm Lalonde admits to purchasing smuggled cigarettes.
- World famous Bluenose makes 12 hr. stopover at Cornwall Harbour.
- St. Regis resident claims Mohawks being "harassed"
- Low enrollment leads to closure of St.Francois de Sales school.
- Kinsmen Club & Chumps sponsor Monday meet-the-candidate night.
- Security reasons keep mayor from attending council.
- NuMED Canada Inc. expands work force tripling staff to 12 employees.
- Long Sault Parkway Lodge owners fined $15,000 in death of 3 residents.
- City plan to ban number of waste products from Cornwall's landfill site.
- In Tues.tv interview Mohawk leaders threaten war over end to smuggling.
- City selling several Cornwall residences to cover delinquent tax bills.
- Cornwall woman gets 5 years for killing 11 year old step-daughter.
- Cornwall Island man arrested after high-speed chase in van loaded with cig's.
- Cleary admits to also receiving several smuggling-related threats.
- College opens individualized community learning centre.

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SEAWAY SPORTS

CANADIAN SPORTS

There's still plenty of jump in these old legs - Foligno

By Paul Hunter

It's a tangible symbol of Mike Foligno's unbridled optimism.

With talk of a possible youth movement the buzz at the Maple Leafs training camp, Toronto's oldest player hit the ice wearing a new helmet.

Forget the winds of change that are supposed to blow the 34-year-old into retirement. Foligno's too busy getting ready for his 15th NHL campaign to give it much thought.

And, to that end, gone is the inverted salad bowl that has protected Foligno's cranium since he lept out of junior hockey in 1979. In its place is a high-tech, gleaming piece of ultra-modern plastic with internal suspension support that looks, well, like an inverted salad bowl.

"I finally found a new helmet that looks like the old one I had," says Foligno, tapping on the blue plastic dome that looks like a Stan Mikita hand-me-down. "It's time to put the old ones away. Maybe I'll have a burial for them. They've had their day."

Some hockey observers have been saying the same thing about Foligno. With a good crop of young right wingers in camp — including Rob Pearson, Kent Manderville, Patrik Augusta and Grant Marshall — there have been suggestions that maybe it's time for the gritty veteran to step aside and make room for the new breed.

Foligno, though, has heard the whispers and read the speculation and, as is his nature, he laughs it off. As far as he's concerned, he'll be on the ice when the puck drops to open the season on Oct. 7.

"I have to feel that way, otherwise why would I waste my time with training camp," he says. "I still feel I have the emotion for the game and I still feel dedicated. I still feel I can be a contributing factor. It's when you lose that love of the game and that competitive edge that you have to start thinking about retirement. I haven't."

Although Foligno is still passionate about the game, there was a time when it didn't love him back. Two seasons ago, his right leg was snapped in an ugly centre-ice collision two days before Christmas. At the time, it was assumed his career was over. He battled back, but a stainless steel plate in his lower leg, held in place by eight screws, is a constant reminder of the frailty of the human body and a career in sports.

Almost two years later, that injury remains a motivating force for Foligno.

"It made me more dedicated because I had a taste of having this all end before I wanted it to," he explains.

"It's made me more aware of being in good condition. You can't let yourself go. You have to be dedicated to the care of your body. It's the only one you've got."

Refusing to yield to an injury and an intense off-season of conditioning are not the only factors that have Foligno pumped for the upcoming campaign. He views last season, and Toronto's glorious playoff run, as a tease. He says he wants to be part of the Leafs' run at hockey's holy grail again this season.

"(The playoffs) were very uplifting for me," he says. "I feel an obligation to continue what we did last year.

"It felt good for me and a lot of other guys on this club to compete at a higher level. The veterans on this club were asked to do a certain job and we were able to do it. I think we proved ourselves and it was great to be a part of it. It was a winning season and I'd like to have another one of those."

And as for any youth movement, Foligno clearly doesn't think it should be wasted on the young.

"I think it's good for a team to upgrade its youth and its depth," he said, "but at the same time, you have to realize there are a lot of veterans on this team who can play. We proved it last year. But when you get older, you have to prove yourself again and again. All we can do as individuals is work hard. Then it's up to management to decide what will help this team move forward."

CORNWALL COLTS

JR. "A' HOCKEY CLUB

Hawks Here Thursday

by Ken McLaughlin
Colts Director of Public Relations

After a seventeen year absence, Jr. "A" Hockey will return to its original Cornwall home when the Hawkesbury Hawks visit the Water Street Arena this Thursday October 7 at 7:30 pm, for the Colts 1993-94 season home opener. This historic night will mark the first Jr. "A" game held in the WSA since April of 1976, when the Cornwall Royals called Cornwall's Hockey Shrine home. The game is sponsored by Rookie Season Sports Card Shop. Be sure to buy a program to have a chance at two $25 gift certificates or a 1993-94 Fleer Hockey Card complete set.

Last season, the Cornwall Colts returned Jr. "A" hockey to Cornwall. This year the Colts will return Jr. "A" hockey to the building that holds so many great memories for local hockey fans. Plan to be at this game for all the right reasons: support of a local business, value for your money, fun, and the excitement of CJHL hockey in the WSA. Admission is $6 for adults, $5 for students and seniors, and $1 for children (12 and under). The evening promises to be a night to remember for all fans.

The night after the opener, Friday October 8, we travel to Brockville for an 8 pm start with the Braves. Sunday October 10, the Cumberland Grads visit the WSA ast 7:30 pm. The game is sponsored by the Downtown Business Improvement Association. The Grads are a greatly improved team from last season. It should be a great game.

With a doubleheader hockey weekend at the WSA, all fans have a chance to come out and see "The Future of Jr. "A" Hockey", your Cornwall Colts.

Be sure to tune into Rogers Community 11 on Tuesday October 5, for the 1993-94 season opening telecast of Colts Talk, the official news and information show of your Cornwall Colts. I'll be hosting again this year, with players and coaches as my guest each show. As always, we welcome you to call in with your questions and comments.

Have a great week and we'll see you this Thursday and Sunday at the Water Street Arena. Get ready, your Colts are going to make you stand up and cheer.

Chumps Seaway Valley Major Atoms Have Rough Start

In three pre-season games the Seaway Valley Chumps Restaurant Major Atoms have been blown out as many times, twice in a row by a very strong, disciplined and physical Rideau-St. Lawrence Squad. Not only have the young local team averaged over 10 goals against per game, but left winger Louis King suffered a broken collar bone in a game played in Brockville. The other defeat came at the hands of Kingston. On the bright side the Chumps squad is beginning to adjust to the speed and physical style of play. So far Jason Vickers is leading the Chumps team with 3 goals, Jonah Leroux has 2 markers with Jeremy Leroux and Jesse Winchester notching one apiece.

Sharing the goaltending and facing a barrage have been Craig Helmer and Jeff McIntyre. The Chumps regular season debut has been delayed by scheduling problems at the Ottawa District but the coming weekend should see meaningful games commence.

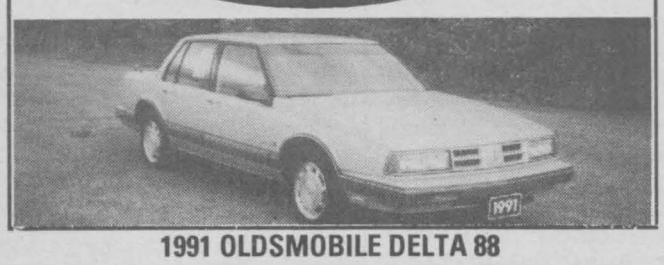
WORLD RECORD

PARKING TICKETS: Mrs. Silvia Matos of New York City has set what must be a world record in unpaid parking tickets, totaling $150,000. She collected the 2,800 tickets between 1985 and 1988, but authorities have been unable to collect any money; she registered her car under 19 addresses and 36 license plates and cannot be found.

The Guinness Book of Records

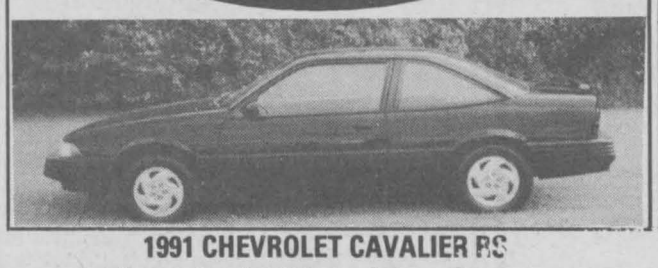
CMS SPECIALS OF THE WEEK

15,300



1991 OLDSMOBILE DELTA 88
silver, auto., loaded, 6 cyl., 77,000 kms, balance of factory warranty

10,900



1991 CHEVROLET CAVALIER RS
red, 6 cyl., auto, air, cruise, 56,000 km, balance of factory warranty

15,800



1991 LUMINA APV
blue, 6 cyl., auto., loaded, 48,000 km, 7 pass., balance of factory warranty

SALES HOURS
Mon. to Thurs. 9-9
Fri. 9-6; Saturday 9-3

CMS

CORNWALL MOTOR SALES (1989) LTD.
933-3000 Brookdale Ave. at the 401, Cornwall

SERVICE/PARTS HOURS
Mon. to Fri. 7:30 to 5:30
SATURDAY 8-12

A Sunny Success On A Soggy Sunday

Despite the type of weather even a duck wouldn't fly in, the clay birds did. The Fourth Annual Jim Robertson Memorial Trap Shoot held at the Cornwall Beagle Club was a tremendous success. Forty-two terrific shooters from locally and as far away as Ottawa and parts of Quebec, braved the rain to shoot.

Pete and Linda Embling would like to thank everyone involved for all the time and effort put into this tournament. The donations for trophies and all the prizes is greatly appreciated. An added word of thanks to Arne Vilmansen and The Ottawa Trap Club for their support.

A very special thank you is also extended to the Seaway News for the much appreciated article that appeared in the Sept. 13th issue, about the overlooked sport of trapshooting.

The winners for the day were:

Owen Scott for the gun raffle.

Ladies Division
1st - Sue Pilon
2nd - Helene Paquette
3rd - Dawn Kuhn

Men's Division

A Division
1st - Leo Lalonde
2nd - Eli Jarbouh
3rd - Jean Guy Hamelin

B Division
1st - Arne Vilmansen
2nd - Rolland Paquette

C Division
1st - G.B. "Mud" Ouderkirk
2nd - Daniel Arcand
3rd - Girard Andre

D Division
1st - Rick Lalonde
2nd - Norm Paquette
3rd - Don Wiebe
4th - Frank MacDonald

Junior Division
1st - Raymond Paquette
2nd - Martin Auger
3rd - Jeff McDonell
4th - Mike Woolfore

Doubles
1st -Leo Lalonde
2nd - Eli Jarbouh
3rd - G.B. "Mud" Ouderkirk

High Overall
1st - Eli Jarbouh
2nd - Leo Lalonde
3rd - Marcel Tessier

Handicap Division
1st - Abboud Jarbouh
2nd - Eli Jarbouh
3rd - Arne Vilmansen

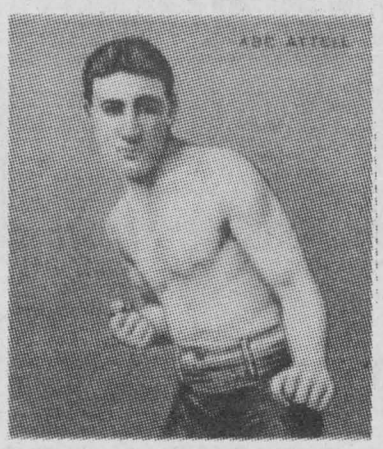
High Average for the Year

16 Yard Singles
1st - Rolland Paquette - 93.16%
2nd - Marcel Tessier - 92.84%

23 Yard Handicap
1st - Marcel Tessier - 84.80%
2nd - Rolland Paquette - 83.23%

Once again, "Thank You" very much to all the shooters and everyone for all their hard work!!

THE CARD CORNER by Phil Erwin



ABE ATTELL was one of the best boxers of the first decade of this century, holding the featherweight title twice, 1903-4 and 1906-12, defeated only six times, and never knocked out in more than 360 bouts ... Unfortunately, "The Little Champ" is remembered more for his involvement in the "fixed" World Series of 1919 than for his boxing exploits ... A friend of gambler Arnold Rothstein, Attell approached Rothstein about paying White Sox players to lose to Cincinnati ... Rebuffed, he pursued the fix himself, telling the players Rothstein was involved ... Rothstein eventually participated, and he and Attell stole from the honest gamblers by betting on the Reds ... Attell's card, from the 1909-10 Mecca cigarette set, is worth $10 today ...

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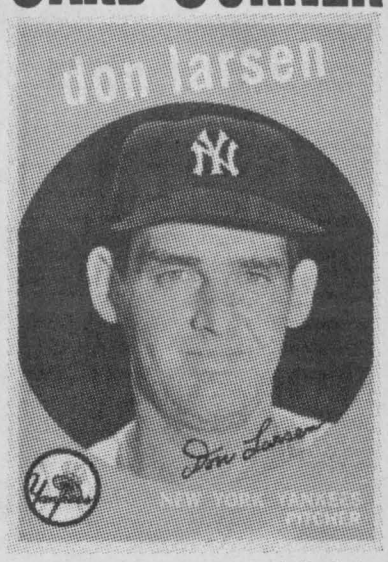
Cash in on the collecting craze with Phil Erwin's booklet, *Sports Card Investing for Fun and Profit*! Send $3 (check or money order payable to King Features) with a self-addressed, stamped (52 cents), legal-size envelope to: Card Investing, Box 5669, Riverton, NJ 08077.

THE CARD CORNER by Phil Erwin



In 1956 **DON LARSEN** pitched the greatest game in World Series history ... Larsen had gone 11-5 during the season but had lost Game 2 of the Series, taken out in the second inning because of wildness ... In Game 5, though, he set down all 27 Brooklyn batters in order — a perfect game, the only such masterpiece in Series history ... Despite a mediocre career, Larsen appeared in five World Series, going 4-2 with a 2.75 ERA ... He was the last active member of the St. Louis Browns, playing to 1967 ... Larsen also was a good hitter, batting a career .242 with 14 homers ... His 1959 Topps card, #205, is selling for about $6 ...

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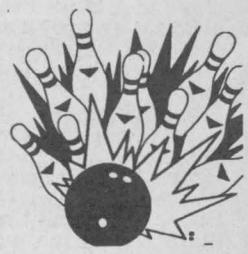
Men's Major Bowling League - Olympia Bowl



This week in the Men's Major League at Olympia Bowl, Troy Hagen's team defeated Filion Trophies 2 to 1. For Troy's, Bernie Menard led the way with a 351 single and a 921 triple. Also helping out was Ed Michaud with a 782 triple and Murray Mattice with a 758 triple. For Filion Trophies, Mike Pilgrim had a 303 single and an 815 triple and Mort Belmore bowled a 746 triple.

The second match saw Chumps nip Paquette Glass 2 to 1. For Chumps, Frank St. Louis had a 331 single and an 836 triple. Also Dale Abrams bowled a 308 single and an 808 triple and Todd Hagen finished with an 820 triple. For Paquette's, Scott Dumoulin had a 732 triple.

The last contest saw Motard Advertising outbowl Robert J. Bourgon Ass. 2 to 1. For Motard, Moe Thompson led the way with a 347 single and an 840 triple. Also helping out was Shawn Sloan with a 745 triple. For Bourgon's, Craig O'Byrne bowled a 741 triple.

ROGERS Community 11
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FANTASY REALM Comics & Cards
- COMICS & CARDS -

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Working Together To Solve Crime

SEAWAY VALLEY CRIME STOPPERS

STORMONT

Crime Stoppers needs your help in solving the theft of building material and tools from the Andy Blair residence located on the 6th Conc. of Roxborough Twp., South West of Maxville. There were two separate thefts between Sept. 1st and 13th, 1993.

Stolen property includes: 5 basement windows, 2 picture windows, 1-1/2 moon type window, 2 doors with framing, 1 door. With a total value of approx. $3,000.

Theft #2: 2-Myers Sump Pumps, 1 Sears Radial Arm Saw, 1 Black & Decker Professional Chop Saw, 1 Hilti T22 Hammer Drill, Pioneer Farmsaw and other assorted tools.

Anyone with information on this or any other crime may be eligible for a cash reward of up to $1,000.

DUNDAS

Crime Stoppers needs your help in solving a break, enter and theft at the Becker's Store on King Street, Chesterville at 4:10 a.m. on Monday, September 20th, 1993.

Entry was gained by smashing the glass in the front door. Stolen property consisted of $1550.

Suspect: male, dark hair, long in back, full beard, wearing sweat pants and ball cap.

Anyone with information on this or any other crime may be eligible for a cash reward of up to $1,000.

WE WANT YOUR INFORMATION - NOT YOUR NAME
534-TIPS 1-800-265-TIPS
534-8477 1-800-265-8477

Cornwall Mens Flag Footbal League

	GP	W	L	T	PTS
Elco Electric	16	13	2	1	27
Danaher Construction	16	10	5	1	21
Huron Hockey School	16	9	6	1	19
Upper Canada Mortgage	16	8	8	-	16
O'Neill Printing	16	3	12	1	7
Esso	16	3	13	-	6

TOP TEN SCORERS

	TEAM	PTS
Ian Yates	Elco	118
Guy Lamarche	Huron	110
Gerry Merkley	Elco	94
Dave Watson	Elco	82
Wayne Joseph	U.C.M.	70
Steve McNaughton	Elco	64
John Merelic	Danaher	60
Shawn Filion	Esso	58
John Wood	Danaher	55
Don Pilion	U.C.M.	48

Sports Hall of Shame by Nash & Zullo



CJHL

CENTRAL JUNIOR "A" HOCKEY LEAGUE

STATISTICS AS OF SEPTEMBER 27, 1993

Standings	GP	W	L	T	GF	GA	PTS	BP
Robinson Div.								
Gloucester	4	4	0	0	34	14	8	-
Cumberland	3	1	2	0	15	24	2	-
Hawkesbury	4	1	3	0	24	25	2	-
Ottawa	4	1	3	0	19	27	2	-
Cornwall	2	0	2	0	4	15	0	-
Yzerman Div.								
Kanata	4	3	1	0	33	17	6	-
Pembroke	4	3	1	0	25	18	6	-
Smiths Fall	2	2	0	0	12	4	4	-
Nepean	5	2	3	0	20	39	4	-
Brockville	2	0	2	0	9	12	0	-

BP-Bonus Points

Game Scores - Sept. 20 - 26

22/09	Nep	8	at	Ott	6
23/09	Cor	1	at	Kan	7
24/09	Nep	1	at	Glo	9
	Pem	6	at	Haw	5
	SF	5	at	Bro	4
25/09	Cor	3	at	Cum	8
26/09	Haw	7	at	Bro	5
	Ott	2	at	Pem	4
	SF	7	at	Nep	0
	Kan	7	at	Glo	10

Rapids Tie

Seaway Valley AA minor peewee Rapids came out with a 4-4 tie against Rideau St. Lawrence. Trailing 3-1 at the beginning of the third period, Rapids managed to tie the game with only 30 seconds remaining in the game. Goal scorers for the Rapids were Kirk McSwayne Ben Smith, Sylvain Matte and Jeff Legue. Adèle St. Denis was very strong keeping the puck out of our net.

Announcement



Rodger Grant is pleased to announce the appointment of Mr. Brian Strachan as PARTS MANAGER of Rodger Grant Toyota. Brian brings to the position an extensive background in Toyota and extends a welcome to his existing clientelle. Brian looks forward to providing the same degree of knowledge and service to his new customers at Rodger Grant Toyota.

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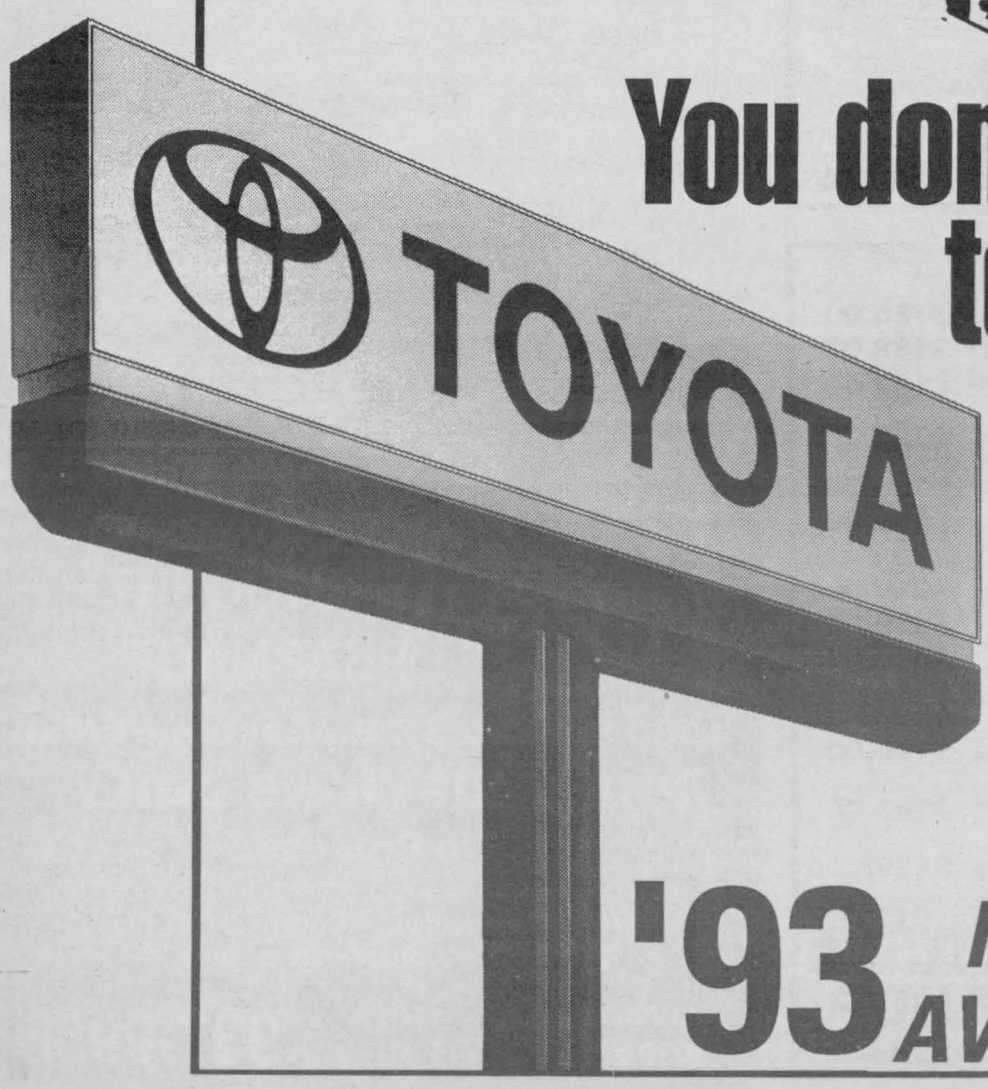

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'93 MODELS AVAILABLE '94 ARRIVING SOON!

Season a blot on Morris' career

By Dave Perkins

This is not the way it was supposed to end for Jack Morris.

His Blue Jay career is over, all except for the buying out, and too many people, afflicted with short memories, will recall only a 7-12 record and 6.19 ERA.

This is wrong. It is as wrong as some people remembering Willie Mays as some old guy who couldn't catch a fly ball when he was a Met and whose batting average was so low, they wouldn't put it on the scoreboard his final year.

Framing Morris with that 6.19 is next to impossible for anyone who was there to see him toss that magnificent shutout of the Braves in Game 7 of the 1991 World Series.

You might just as well ask a golfer to forget his only hole in one.

No doubt, Morris will be back from Birmingham, Ala., today spitting fire and talking about next year, talking about rest and rehab and mending his partially torn elbow ligament and going out there to pitch again next season. Somewhere.

For his sake, let's hope he does.

As it stands now, he goes out on 5⅓ innings of no-decision eight-hitter against Oakland Sept. 9. Somebody named Kurt Abbott hit a home run.

If the Blue Jays are losing a pitcher with a 6.19 ERA, granted they are not losing a lot.

If their lead, a comfy five games after Todd Stottlemyre's brilliant 5-0 three-hit number on the Red Sox, somehow does not hold up, a lot more than Jack Morris will have gone missing.

Regardless, Morris had too good a career to finish with this kind of blot on it.

He isn't the only one, either. Too many landmark-type pitchers go out this way.

No one here is calling Jack Morris a Hall of Fame pitcher today. Some will; that will all be determined later. But if this statistical disaster turns out to be his final season, Morris compares to several Hall of Fame pitchers in the way he went out.

Take a sample of a few modern Hall of Famers and their stats in their final season:

You can pick a Hall of Fame pitcher from almost any era — several of them from any era, if you have the space — and find the same kind of stats:

The point is that Morris is not alone here. A lot of great pitchers — and a lot of pitchers better than Morris — reached the end with abrupt numbers.

Maybe they always wanted to squeeze out another year for pride reasons, maybe they needed the money. Maybe the reasons are different every time, even though the story ends up the same.

Whether a healthy Morris could have helped the Blue Jays in the deep stretch this year is something no one will ever know for sure.

He likely would have been dropped from the rotation for the playoffs, but there is a chance he would have been reinstated for the World Series, if the Jays had advanced.

Baseball history has its cornball moments and who can say there would have been no repeat of the Howard Ehmke story here.

What's that? You don't remember Howard Ehmke and the 1929 World Series? Pull up a chair.

The Philadelphia Athletics, run by kindly old Connie Mack, wanted to chop Ehmke, a 35-year-old veteran. Ehmke was 7-2 with an ERA of 3.29 at the time; it must have been tougher to be a pitcher then.

Anyway, Ehmke, tears in his eyes, approached Mack and said, approximately, "Mr. Mack, we've gone a lot of long roads together and I promise you there is one great game left in this old arm. Give me a chance to pitch it for you."

Mack, possibly an old sentimentalist, told him to stick around. For weeks, Ehmke sat there watching, but not pitching.

Mack then shocked everyone by starting him in the first game of the 1929 World Series.

Naturally, Ehmke set a World Series record (since broken) of 13 strikeouts in pitching the A's to a complete-game 3-1 win over the Cubs.

Apparently, the story won't end this nicely for Morris. Too bad, too.

Pitcher	Year	W	L	ERA
Bob Gibson	1975	3	10	5.04
Catfish Hunter	1979	2	9	5.31
Gaylord Perry	1983	7	14	4.64
Fergie Jenkins	1983	6	9	4.03
Jim Palmer	1984	0	3	9.17
Tom Seaver	1986	7	13	4.03

Pitcher	Year	W	L	ERA
Walter Johnson	1927	5	6	5.10
Grover Alexander	1930	0	3	9.14
Red Ruffing	1947	3	5	6.11
Bob Feller	1956	0	4	4.97
Warren Spahn	1965	7	16	4.01
Robin Roberts	1966	5	8	4.82

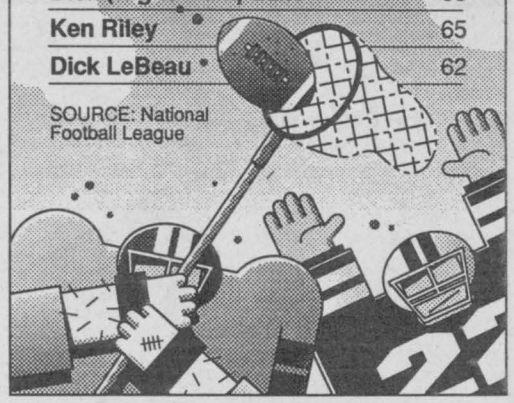
Sports facts

Pro football

Top interceptors in NFL history:

	Interceptions
Paul Krause	81
Emlen Tunnell	79
Dick (Night Train) Lane	68
Ken Riley	65
Dick LeBeau	62

SOURCE: National Football League



IN OTHER WORDS

BY MICHAEL A. TEDESCO T.M.

The solutions to the word-clues are names, places, or general words. To solve them, replace each of the words that appear in the groups below with other words. Use synonyms (different words that mean the same thing) — antonyms (words that mean the opposite) — or analogous/related words that spring to mind.

Example: **Faucet-Donkey-Sapling**
Tap-Ass-Tree

Answer: **TAPESTRY!**

FALSE — MEND..... (General Word)

CRAVAT—JOGGED—NOTCH—EVERYTHING..... (General Word)

MALE SHEEP — COW..... (General Word)

MIX — HEATHER..... (First Name)
STRAW — LAIR..... (Last Name)

ANSWERS:

TRUE-SEW
TROUSSEAU

THE-RAN-NICK-ALL
TRANNICAL

STR-LING / HAY-DEN
STERLING HAYDEN

RAM-BULL
RAMBLE

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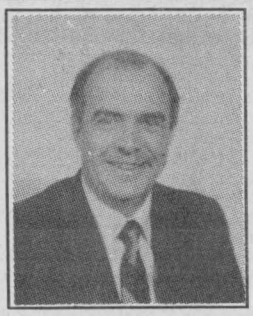

Hubert Amyot

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HOME IMPROVEMENT

Haley's Handy Hints



What do you get if you cross a fridge with a charcoal briquette? ... The sweet smell of success!

Remember that leftover onion you put in the fridge last week? Obviously you don't remember or your fridge wouldn't have that nasty odour. But there's still a way you can help get rid of it ... with this deodorizing tip. Keep a few charcoal briquettes in a small tub in the middle of your refrigerator and that will go a long way toward eliminating most common fridge odours. And every so often revitalise those briquettes by heating them mildly in a cast iron pan on the stove, you'll find that your briquettes will last almost indefinitely.

Another solution to fridge odours is to add a fleasant fragrance instead. I've heard that the best choice is vanilla or lemon extract. Simply dab a little extract on a cotton ball or swab and leave that in your fridge overnight.

And here's something else you can put in your fridge ... your children's clothing. No, it won't help deodorize the fridge, but it will enable you to remove that blob of chewing gum from the pocket. Simply place the item in the freezer compartment for an hour or so. This will harden the gum and allow you to dislodge it easily. And who knows, maybe your kids will want to recycle it!

Now I know that in this modern day and age most fridges are frost-free. Which we're all grateful for, even though I have heard, by the way, that a frost free refrigerator uses almost 50% more electricity than the old ones. However, if you still own a fridge without frost-free, here's a handy tip to make your life a lot easier. After defrosting your freezer, just dip a cloth in glycerin and wipe all the sides of your freezer compartment, including the coil coverings. And next time you come to defrost, you'll find that the ice will fall off a lot easier. This way you'll be saving more energy ... your own!

To order Graham Haley's 120-page "Home Reference Book" send ... $9.95 cheque or money order (+$2.00 ea. tax & shipping) to:

Haley's Handy Hints
Box 114, Station Z
Toronto, Ont. M5N 2Z3
or call: 1-800-665-3692.

SEAWAY NEWS
DOUG & MAGGIE'S CORNER

/ Doug & Maggie Fobert of St. Clair Paint & Wall Paper

Wallpaper borders have been around for a long time. Originally, they were used to hide the top edge of poorly trimmed wallpaper strips, but as wallpaper and wallpapering techniques advanced over the years, this use was no longer necessary and they are now used for decorative effects.

Borders are in fashion now. They are tremendously popular for the impact they add to a wallpapered room or as a decorating medium on their own. What better way to break up a monotonously bare, painted wall.

Wallpaper borders can be hung along the top and bottoms of walls, around ceilings, baseboards, door and window trim, and above and/or below chair rail mouldings. Since most borders are pre-pasted, just like wallpaper, it's simply a matter of soaking, applying the border to the wall, using one of the above mentioned edges as a guide, and then smoothing it out.

If you are running the border along the wall away from a convenient edge for guidance, just draw a few light pencil ticks along the wall at the correct height and align the edge with it. Use an H or 3H pencil to make sure that the ticks are very faint.

Cut a strip long enough for one wall at a time. If one person is hanging the border, fold it accordion style and work from one corner to the other, unfolding and applying only about one to two feet at a time. It is easier though, if two people work together to hang borders.

When applying borders over wallpaper, a special vinyl over vinyl adhesive, Shur Stik #66, must be used. The paste on pre-pasted borders will not adhere to a solid vinyl, or vinyl coated wallpaper.

While it is okay to brush the paste onto the border dry, I have found it easier if the border is dampened with a sponge, then pasted. This makes the border more pliable and the brushed on adhesive is easier to work with, which in turn makes the border easier to hang.

At corners, run each strip around the corner about one half inch and lap the strip on the new wall over this. This avoids the wall from showing through in the corner.

Once the border is on the wall and positioned, smooth out wrinkles and air bubbles with the appropriate smoother. For best results, avoid smoothing with a cloth or sponge as they are prone to stretch the border.

Rinse the surface of the border and adjacent wall with a sponge and clean water to remove any excess paste that may have oozed out when positioning and smoothing it.

If you have short strips which must be joined to span the wall, overlap the edges to where the pattern matches and then carefully do a double cut.

If you are hanging a border around a window, door or in a panel arrangement on a wall, the corners look best if they are mitred - where the border meets at a corner, extend each length past the corner so that they overlap each other completely. Now take a straight edge and run it diagonally over from the inside corner (formed by the overlap of the two lengths of border) to the outside corner, and cut through the two pieces with a sharp light weight wallpaper knife.

When you remove the ends of each length and smooth them back down you will have a perfectly mitred, professional looking corner.

If you have any questions, ask a professional. There is also a wallpaper and border pamphlet available that explains these procedures in detail.

Energy EnviroTIPS

Use the revolving, not swinging doors to help keep buildings warmer in winter and cooler in summer.

• • • • •

If you find injured or dead birds with bands on their legs, contact Environment Canada's Canadian Wildlife Service or your provincial wildlife department.

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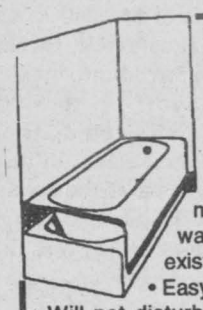
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Walker Contracters Atom 'A' Royals would like to thank **Andre Lapointe** of Brookshell Pontiac Buick ... for his "great" support of the team at a recent BBQ. "Now that's community spirit." We also thank **Maynard's** YIG for their contribution in helping make our day so successful!

Some people think they're "busy" when they're really only "confused"!

We're wondering if Kathleen Mitchell, of St. Regis, has reconsidered her comments that "we are being blamed for an awful lot of things" ... & if she viewed Tuesday's (Sept.28) 5th Estate. Not only is cigarette smuggling an issue ... gun running & drugs have become part of the trade! According to those interviewed ... they believe these illegalities will help in the creation of a "sovereign Mohawk nation". (Program will be repeated on CBC News World.)

Don't leave your HOME ALONE!
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General Vanier Secondary School is this year's proud "host school" for 4 foreign exchange students ... **Santhamaria Ragee** of Malaysia (here since Feb. & returning home end of Jan./94) ... **Stephanie Maze**, France, **Jonas Andersen**, Denmark & **Paul Kramer** of the Netherlands, who arrived in Aug. & returns home in July/94.

Not yet being "goof proof" ... we goofed! Last week's issue, front page ... altho a worthy organization, it was not Muscular Dystrophy being featured in the ribbon-cutting pix, but the ... MULTIPLE SCLEROSIS SOCIETY whose headquarters phone number is **938-6767** ... with our apologies!

SCUTTLEBUTT



An Eiffel Fact: Milestone visitors typically receive a car. This 25 millionth winner, in 1953, got the car but never got a driver's license!

Recession: A period in which you "tighten" your belt. Depression: You have no belt "to tighten".

How is it **Carol** can stay out all night partying, while the rest of us can only last until 1 a.m. AND she didn't even "phone home" to let ET, no ... that's **KC**, know. We think she should be grounded for a month!

Raising the ire of Montrealers ... those "poor" judges (salaries of $150,000+) who went "to court" & won the right to "free" parking. The decision was made by Superior Court Justice Jean Frappier. How's this for an "independent" ruling! In the meantime, the Province is studying the judge's decision & may appeal.

It won't be long now, you snow bunnies ... as the Cornwall Nordic Ski Club prepares for its upcoming season. Just board the bus & let it take you where the snow flies. The club offers something for all level of skiers & both novice & expert skiers are welcome to join in the many Sundays of fun!

CBC 5th Estate moved up programming date on "Smugglers' Alley" ... to ensure that smuggling was still going on at time of airing. Now, how's that for "dedication" on keeping the public informed.

Almost-60 ... those who managed to get born despite the 1930s Baby Bust ... the last generation in which even poor folks got high-school diplomas. Today, many blame "poverty" for illiteracy ... teachers in the 40's didn't buy that excuse. The generation not raised by tv ... "entertainment" involved interaction with other people. The last generation to believe in the institutions of society, God, the flag & motherhood & country. The Silent Generation ... the last generation of optimists!

Cornwall Chamber of Commerce "1-Year-Free-Membership" winners ... **Vanessa Bennett** (Charlottenburgh Twnsp.) ... **J.C. McDonald** (SDG Sanitary Supplies ... **Peter Pyefinch** (Heavy Duty Truck & Automotive Products).

Police Chief **Claude Shaver** finally did it! After 29 years! His first! A hole-in-one on a par 3 at the Brockville Golf & Country Club. Everything should be so easy!

A passion for lazing around, thinness, soft drinks & cigarettes is setting teens up for an old age riddled with brittle bones says an expert on osteoporosis. Osteoporosis is a common bone disease, among the elderly & has reached epidemic levels in North America & Europe. The single best piece of advice he gives ... "Avoid inactivity like the plague".

This small business being annoyed with promo calls from Quebec ... when they "reacted", were told not get "get testy, the list was supplied by the provincial gov't for a nominal fee (from the Registration Office)". Will you sign in please ... but be aware "you're for sale" & have no control over this infringement of privacy ... something about "freedom of information"!


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Feeling the pinch ... Canada's high-technology superstar ... Northern Telecom Ltd.! The humbled giant forced to make sobering readjustments as to the way it does business. The "much-touted" Vision 2000 campaign (to be the world's leading supplier of telecommunications equipment by the year 2000), has been toned down considerably!

To a successful stewardship ... the new Student-Council at Central Public ... **Anuja Bharti** Pres., **Stefanie True** VP, **Jennifer Dyck** Sect., **Monique Robertson** Treas.

Still plenty of time to view the portrait works of local artist ... **Leslie Anderson Stidwell**, on display at CRAG until Oct. 9.

Debate? What debate? ... scoffs this caller (of all-candidates night at Chumps). Charged admittance, candidates given prepared questions & responded with scripted answers. The event was "falsely" advertised. (Sammy says: In "defence" of candidate's night sponsored by the Kinsmen Club of Cornwall ... "it's pretty obvious someone used an incorrect noun to describe the purpose of the evening. To have labelled it an 'information session', 'forum' or 'meet-the-candidate' would have been more accurate".)

So, you're not a "pig person"? You may yet become a fan as biotechnology looks to these fine fat creatures as suppliers of pure, Aids-free, hemoglobins!


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How do you know "you've **really** arrived" (as in social status & "you" as in Cornwall)? Whenever you pick up the Montreal Gaz. (Sat., Sept.25/93 issue) & find Cornwall as the butt of Aislin's biting editorial wit again & again & again & again!

A beer glass should never be cleaned with soap ... clear, hot water only. Soap can detract from beer's own flavour & bouquet.

"Only once"? ... sure, **Norm**! And I'll bet you didn't "inhale" either!

"Wolves of competition" nipping at the heels of Ma Bell as she beligerantly makes veiled threats that they will be forced into making cutbacks & layoff up to 5,000 because CRTC rejected their request for rate increases ... in turn, the customer will be at the receiving end & "will pay" through decreased services! What was that spelling again? ... U-N-I- ...

Wanda Deschamps & David Locey looking forward to seeing everyone at their reception on Oct.9th at MadDonell's Inn (back).

Sandra Kuck
Canadian Collectible Of The Year Award Winning Artist

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See Our Displays
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John Brunet a mite upset with the Cornwall Minor House Hockey League for not having the courtesy to inform him he had not been selected as coach ... feels there are too many 'chiefs' & not enough 'indians'... "Someday, they will require additional assistance, but it may be too late", he says.

And here are a few tips on how to handle stress ... Pay your electric bill in pennies ... Bill your doctor for the time you spend in his/her waiting room ... Drive to work in reverse ... Retaliate for tax increases by filling out your tax return in Roman Numerals ... Pay your Visa with your Mastercard ... & then have a "nice week"!

Shane McCormick bowled over 100 "first-time-out"! His mom bowled a "50-something" her "first-time-out". Rumour has it **Kathy** will be taking lessons from Shane!


halloween hits
"Witch" costume should you wear to the big party? We've got so many choices, it's almost frightening!
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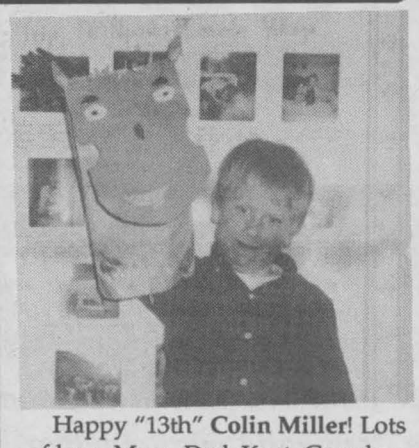
Let's Celebrate

• **Birthday's** • **Anniversaries**
• **Announcements** • **Births**

Send Yours In By 5 pm Wednesday to: "LET'S CELEBRATE EDITOR"

Due to the popularity of Scuttlebutt, we have started a new column "Let's Celebrate". This is your column to share your "special days". There is a $5.00 charge for those annoucements with photos. We cannot guarantee quality of poor photos. No refunds. Cash, Visa, Mastercard, M.O.'s accepted. Include copy information particulars (name, date, age, year of ... etc.) Also include your name & phone number for information purposes. Deadline Wed. 5:00 pm. You may claim your photo after publication.



Happy "13th" **Colin Miller**! Lots of love. Mom, Dad, Kent, Grandma & all of your Aunts, Uncles & Cousins.



Jennifer Barkley.

Graham & Maureen Barkley proudly announce the recent graduation of their daughter, Jennifer, from the Eastern Ontario School of Radiological Technology, Kingston. *Best wishes* from Mom, Dad, Chris & Christine.



50th Anniversary . Fern & Annette (nee Morin) GADBOIS. Married in Cornwall on *October 2nd 1943* & have three sons, Bernard, Jacques & Michel; five grandchildren & one great grandchild.

Karin & Kevin will be soon hearing the pitter patter of little skates, congratulations! Seems they've been waiting for the Metcalfe grandchildren to arrive before they build the new arena in Long Sault.

Congratulations to **Wanda Deschamps & David Locey** on their upcoming marriage. *Best wishes* from family & friends.

Congrat's going out to **Louise Durocher & Mike Tessier** on their recent engagement. From your friends.

Sept.15th/93 saw the arrival of **Lindsay**. Second daughter for **Paula & Richard Sabourin.**

It's a boy! **Alexander Brabant** ... born Sept. 23/93 at the Hotel Dieu to a happy mommy, Jacqueline.

Welcome to **Ashley Dianne** (Aug.12th/93) to **Jean & Linden Aitken.**

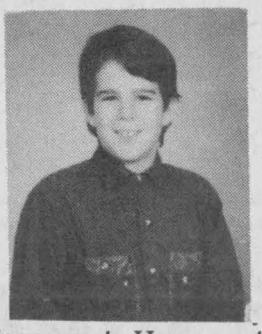
Recent celebrants at the Community Nursing Home Alexandria were treated to a birthday party hosted by the Ladies Auxiliary of Branch 423 RCL ... **Rose MacRae, Paul Brunet, Evelyn Gourley, Margaret Nixon, Roseann Deprato, Teresa Legault, Pauline Joanette, Amelia MacIntosh, Olean Carriere, Margaret Larocque & Eldred Renaud.** *Sto lat* (Polish) *Live to be a hundred!*

Congratulations & best wishes ... **Charles & Stella MacDonald**, of Cornwall, who will have been married **73 years** on Sun., Oct.3rd/93.

Happy Birthday to **"Bear"**, Oct. 6. I won't give your age away ... but have a good day! From a friend.

This week's "Party Animals" ... **Shannon Amell** ... **Michael Mills** on Oct. 2nd ... **Anne Marie Rivette** ... **Patrick Patenaud** ... **Micheline Villeneuve** on Oct. 3rd ... **Linden Aitken**, Oct. 9th.

It's a happy *8th* anniversary on Oct. 4th for ... **Don & Edith Bariteau** from your friends.



Hear yea! Hear yea! **Tod Cameron** turns the *BIG 11* on Oct. 5th. Now, if mom & dad can "survive" the party, it will be a day to remember! Happy birthday from Mom, Dad & Tara.



Sewell
Don & Doreen
Happy 40th Anniversary on October 10th, 1993
from all the kids ...
Blake & Diane
Scott & Michelle
Janice, John & Jessica

Local Poet Published

Judith Scott Currier of Cornwall has just had her contribution of original poetry published in Wind In The Night Sky, a treasury of today's poetry compiled by The National Library of Poetry. The poem is entitled "The Battle" and the main subject is love gone wrong.

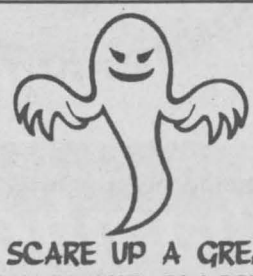
The National Library of Poetry seeks to discover and encourage poets like Judith Scott Currier by sponsoring contests that are open to the public and by publishing poems in widely distributed hardback volumes.

Judith has been writing for three years and her favourite subjects and ideas are love and its benefits and setbacks.

Poets interested in publication may send one original poem, any subject or style, 20 lines or less to: The National Library of Poetry
11419 Cronridge Drive #10
P.O. Box 704NR
Owings Mills, Maryland
21117.

Please by sure to include your name and address with your poem.

All poems received are also entered in The National Library of Poetry's North American Open Poetry Contest, which awards over $12,000 in prizes annually.



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Cornwall Chamber of Commerce ... Update

Chamber Meet The Candidates Debate

The Cornwall Chamber of Commerce announced today it will hold their traditional "Meet The Candidates" debate, to foster a straightforward debate about issues of interest to the community during this federal election campaign.

Candidates Bob Kilger, Liberal Incumbent; Leslie Ault, Progressive Conservative; Annette Turner, Reform; David Moss, New Democratic Party; and Andy Boyle, National Party will face questions from the public and members of the Cornwall Chamber of Commerce.

The debate is scheduled for October 14th, 1993 from 7:30 p.m. - 10:00 p.m, at the Cornwall Civic Complex, Salon B. This event is FREE to the public. We encourage the public to ask questions to any one or all of the candidates.

"Like other voters, business people need to inform themselves about where each candidate stands on many issues," Chamber President Denis Thibault said today. "We have a special interest in hearing how each candidate responds to the concerns of the business community".

Subjects for discussion at the debate will include issues such as fiscal responsibility and global competitiveness. Topics of general interest to the public will be part of the proceedings as well.

"We share a responsibility to make sure our elected representatives reflect our needs" Thibault said. "This debate will give everyone in the community an opportunity to make informed decisions when it comes time to vote October 25th, 1993.

The debate co-sponsors are the Standard Freeholder and CJSS-CFLG Radio Station.



Santa Claus Parade Confirmed

Planning for this year's Santa Claus Parade is well under way, and arrangements with the jolly old man from the North Pole have been confirmed for Sunday, November 14th, 1993.

The parade will start at 1:00 p.m. from the east parking lot of the Cornwall Civic Complex and finish at the Royal Canadian Legion on Second Street. The parade will reach the Legion at approximately 2:00 p.m.

Santa Claus Parade Kits are now available at the Chamber office. Have you or your business colleagues considered participating this year? Call Janice Peters of Chris Charlebois for more information at 933-4004.

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Home & Trade Show A Success!

The 17th Annual Chamber of Commerce Home & Trade show is over and the response this year was tremendous! Our feedback from visitors was excellent and the exhibitors boasted record sales for the weekend.

Congratulations to the winners of the following Home & Trade Show door prizes:

$1000.00 Shopping Spree
.....Marguerite Wagoner, Cornwall, Ontario.
$1000.00 StoneCourt Farm Beef
.....Debbie Chartrand, Cornwall, Ontario.
$250.00 Family Portrait
.....Diane Dixon, Cornwall, Ontario.
$250.00 Family Portrait
.....Lori Menard, Cornwall, Ontario.
$250.00 Family Portrait,
.....Julie Lefebvre, Cornwall, Ontario.
$200.00 Shopping Spree
.....Huguette Frigault, Cornwall, Ontario.
$100.00 Shopping Spree
.....Bill Wilkinson Verdun, Quebec.
$100.00 Shopping Spree
.....Larry Pairier, Oka, Quebec.
$100.00 Shopping Spree
.....P. Campbell, Cornwall, Ontario.
$100.00 Shopping Spree
.....Cindy Cummings, Cornwall, Ontario.
$100.00 Shopping Spree
.....Daisy Pecore, Cornwall, Ontario.

A special thank you to the following Chamber members who generously donated the above prizes and made hosting a show of this nature not only possible but a real pleasure:

Canadian Tire, Brookdale Mall, Le Village, Gaby of Cornwall, StoneCourt Farm, Downtown BIA, Cornwall Square, Eastcourt Mall, Loeb Club Plus Seaway, Maynard's/Ladas' Your Independent Grocer.

Our strength comes through the support and generosity of members. The above are just to name a few. On behalf of the Fall Home & Trade Show Committee, the Board of Directors and our entire membership, thank you once again for your generous donation.

Also, a special thank you to all who participated ... exhibitors and visitors. See you all in the Spring!

Furniture Plus
A Member of The Cornwall Chamber of Commerce
CAMERON'S FURNITURE PLUS
3060 Pitt St. 932-2751



Sign It Handcrafted Signs Wins Best Exhibitor!

A special congratulations to Nancy Beaudette and Noella Cotnam who won "Best Booth/Exhibitor" in the 17th Annual Home & Trade Show. Both Nancy and Noella have been exhibiting in the show for five years.

Nancy and Noella set up their booth as a mini studio and did actual sign work at the show. This enabled them to help walk their customers through the production stages. Many impressive signs were on display which truly represented their talents.

Sign It Signs employs 5 full-time staff, and has been in operation for eleven and a half years. They are located at 812 Pitt Street (City Centre Plaza) which is the former Hodgins Lumber Building.

Many Sign It sings are present throughout Cornwall and the United Counties. If you're interested in a business or personal sign, please contact Nancy or Noella at 933-7447.

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Special Activities & Committee Volunteers

The Board of Directors have dedicated their efforts in helping build the business community of Cornwall, and to serve as the voice of the business community through their participation in the Chamber of Commerce Committees.

Would you like to be called upon as a volunteer for any of our special activities, or sit on a committee of your interest?

The Chamber of Commerce Committee Structure is as follows:

Membership: *All activities related to retention, recruitment, fee recommendations, delinquency, etc.*
Gerry Owen, Chairman
Mike Sullivan, Julia Simpson

Economic Development: *All activities related to the retention of existing businesses, attraction of new business, tourism and support of City and Counties initiatives related to economic growth in our area.*
Roy Perkins, Chairman
David Dick
Mike Sullivan

Government Affairs: *All activities related to federal, provincial, municipal initiatives and civic affairs or positions of concern to our members.*
Denis Carr, Chairman
Brian Hunt, Bill Willis, Rick Eamon

Public Relations:
Special Events: *Julia Simpson, Chairman.*
Example: Home & Trade, Business Awards, Citizen of the Year, Santa Claus Parade, Annual Golf Tournament, etc.
Julia Simpson, Chairman
Rick Shaver, Roy Perkins, Gerry Owen, Keith Clingen, Brian Hunt.

Education: *All activities involving school boards and colleges, relevant to the education of the workforce, present and future, plus the education of our board and members on matters related to better business and Chamber of Commerce vision of the future.*
Keith Clingen, Chairman
Brain Hunt, Mike Sullivan, Rick Shaver.

Environment: *All activities related to the pursuit of an Environmental Institute for our City, recycling, St. Lawrence River Clean Up Public Advisory Committee etc.*
Rick Eamon, Chairman
Keith Clingen, Rick Shave, David Dick.

Business Council & Breakfast Meetings: *Denis Carr, Chairman*
David Dick, Brian Hunt, Rick Eamon, Bill Willis

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DEADLINE: - Thursday 4 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occured, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisment.

NOTE TO CLASSIFIED ADVERTISERS
Customers are allowed one copy change prior to ad publication. Copy changes, after the ad has been published, are treated as a "new ad" and will be paid for accordingly. On "sold" items, no credits are issued.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 25 words or less and enclose $24.00 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 25 word, 19¢ per additional word. Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8. Mail pick up, no charge. Mailed replies: $5.00

For Readers: to respond to an ad, there is "no charge", just send your letter to the appropriate CC number, c/o Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.

ATTRACTIVE MALE, early 40's, dependable, honest & caring w/varied interests. Interested in meeting slim, 30's-early 40's, female for a solid, loving, sincere relationship. CC 1492.

ATTRACTIVE MOM (33), long brown hair & dark eyes. Seeking special man to develop a meaningful friendship based on mutual respect. If you enjoy classic rock 'n roll, nature walks, movies, dining out, send your photo & phone #. CC 1491.

ATTRACTIVE, tall family man, 46, caring, gentle, somewhat shy, good sense of humour. Wishes to meet a gentle lady, over 40, for sharing. CC 1494.

ATTRACTIVE, TALL SLIM WIDOW, (49) with sense of humour who enjoys dancing, walking, travelling. Looking for gentleman 50-65 with similar interests (non-smoker pref.) CC 1488.

COUPLE 30's, attractive fit, open minded, seeking female for friendship and intimate times. Phone and photo appreciated. All replies answered. CC 1489.

MALE, 32, tall, brown hair, hazel eyes. Looking for that "special" girl to share pleasant times together. I enjoy good conversation & friendship. Please include phone number. CC 1486.

PETITE LADY, honest with old-fashioned morals. Enjoys fishing, dancing, nature. Seeking an honest gentleman to enjoy the little things in life with. Starting with friendship. Photo appreciated. CC 1493.

SINGLE MALE, 30, tall, thin. Looking for female companion who likes horseback riding, downhill skiing, going for walks. Likes soft rock and dining out. Phone number & photo appreciated. CC 1490.

1 NOVENAS

THANK YOU ST. JUDE for favour received. H.M.C.E.D.

O HOLY SAINT JUDE Apostle & Martyr, great in virtue & rich in miracles, near kinsman of Jesus Christ, the faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart & humbly beg you, to whom God has given such great power, to come to my assistance. Help me in my present & urgent petition. In return, I promise to make your name known & cause your name to be invoked. (Say 3 Our Fathers, 3 Hail Mary's, 3 Glory Be's for 9 consecutive days). Publication must be promised. This Novena has never been known to fail. D.G.

THANKS TO ST. JUDE for favours received. A.D.

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1 BDRM. w/fridge & stove, near Hotel Dieu Hospital. $350/mos. + util. 347-2858 or 347-7739.

2 BDRM. APT. on Alice St. Large living room & kitchen. Parking. Avail. immed. 932-2135.

3 BDRM. ON WALTON ST. Avail. immed. Large kitch. & basement. 4 pc. bath. $440/mos. + util. 1st & last months rent. 347-2593.

3 BDRM. UPSTAIRS APT. Washer/dryer hookups. $475/mos. + util. One month deposit. 932-1610.

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PLEASANT 1 BDRM. APT. avail. now. Apply at Long Sault Motel.

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PARTLY FURNISHED ONE BDRM. for rent. Stove, fridge, table, couch, four piece bath, etc. On Marlborough St. Very clean. Available immediately. Call 938-0480 or 932-8192.

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4 YARD/GARAGE SALES

GARAGE SALE. Everything & anything you want or need. Every Sat. & Sun. starting Sept. 12. Household furniture, etc. MacIntosh St. (3rd house), St. Andrews. For info. 933-5387

5 ARTICLES FOR SALE

16 CU.FT. HOTPOINT FRIDGE, almond, 3 yrs. old. Asking $375. Ph. before 8:30 pm 933-8204.

2 UTILITY TRAILERS, 2 doors/pine, TV aerial. Sheds: 1 steel & 2 wood. Man's bicycle, lawn mower, table saw, 30" gas stove. 537-2318.

3 HOUSEHOLD OIL FURNACES. 85,000 BTU, $200 ea. One natural gas hot water tank, 80 gal., $50. Cascade 40 hot water tank, $60. Ph: 932-1546.

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Advertising is accepted on the condition that in the event of a typographical error, that portion of the advertising space occupied by the erroneous item together with reasonable allowance of signature will not be charged for but the balance of the advertisement will be paid for at the applicable rate.

In the event of a typographical error advertising or services at the wrong price(s), goods or services need not be sold. Advertising is merely an offer to sell. The offer may be withdrawn at any time.

There shall be no liability for non-insertion of an advertisement beyond the amount paid for such advertisement.

The Publisher reserves the right to edit, revise, classify or reject an advertisement.

The views of contributing writers are not necessarily the viewpoints of this newspaper or its publishers.

Letters to the editor are welcomed. They may be reprinted with changes in spelling or grammatical construction. All letters must be complete with signature, address and phone number. If not, they will not be printed.

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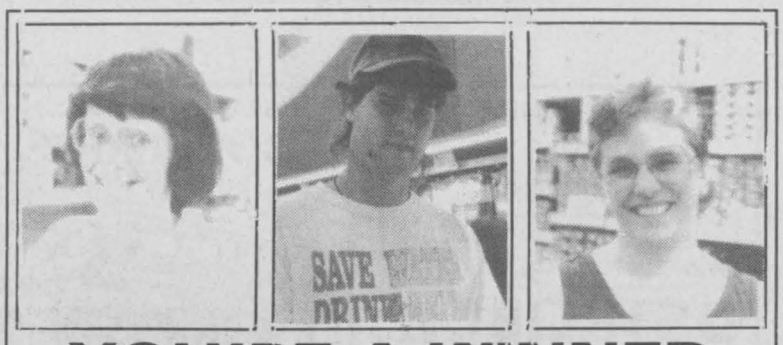


YOU'RE A WINNER

Check this week's photo. If you are in one of these photos, clip out this ad and bring it to the Ready Wall at LOEB CLUB PLUS™ at 1400 Vincent Massey Drive. You will receive a LOEB Pizza, Large, Deluxe, 14" Regular Crust compliments of LOEB CLUB PLUS™ and Seaway News.
Open Mon. - Sat.
8 a.m. - 10 p.m.

CLUB plus™ LOEB Seaway

31" TIRES w/15" rims. 3 turbine 4 bolt 14" rims. 2 Eagle GT 195-60-15 B 303 roller cam for 5.0L. Wayne Gretzky RC & other rookies. 52 Parkhurts to 91. B.O. or trade for skidoo. Pioneer, Clarion, MEI EQ's, $25 ea. 1982 Nissan P/U, fresh body & paint, rebuilt cylinder head. Runs good, needs little to safety. B.O. or trade. Frame connectors for Camaro Firebird, $100. Truck cap full-size Ford, Chevy, $200. Ph: 936-0620.

40 CHANNEL CB w/upper & lower sideband. 16' base antenna, magnet mount car antenna. 2 sets of 40' cable, regulated 12 volt DC power supply. New $620, asking $300. Ph: 936-2127.

APPLIANCE BLOW OUT! Super clean. Written warranty. Every day low prices. 2 dr. fridges, $195 up. Large stoves, $145 up. Large washers, $145 up. Large dryers, $95 up. Colour TV's, $95 up. Also couches, beds, tables & other furniture. Akar's Used Appliance, TV-Furniture. 12-6th St. East. 938-1355.

APT. SIZE PIANO. $1200. Ph: 933-0381.

ATTENTION ALL BIRD LOVERS, now in stock many new bird feeders of all kinds & prices. Many different wild bird seed mixtures; squirrel feeders & food; charts, books, birdbaths, heaters, bird carvings; bird feeder & house kits; suet & holders & many great gift items for all bird lovers at Wild Bird Emporium, 407 Water St. East, Cornwall. 936-8088.

BEES WAX CANDLES, ceramics, gold, jewellery, crafts & much more at Bonville Flea Market, every Sunday from 10 am to 5 pm. Booths available. 937-FLEA.

CAR STEREO. Pioneer w/Alpine speakers, 2 amps, $275 or B.O. Also bench press & weights, $90 or B.O. 537-8725.

CARPETS, CARPETS, CARPETS. As low as $4.95 sq.yd. Also carry large selection of vinyl flooring. Stain Magic carpeting, 52 colours available. Reg. $14.95 sq.yd. Sale $11.95 sq.yd. 20 oz. commercial carpeting, 10 year wear warranty, 18 colours available. Reg. $8.95. Only $6.95 sq.yd. Call for free shop at home service. City Carpets 938-0480 or 932-8192.

CHESTERFIELD SET, 2 yrs. old, 2 bdrm. sets w/double beds, TV - 26" colour, dishes, radio-phone-alarm clock, 2 electric toasters, plus much more. Ph: 933-5422 or view at 210 15th St. W., Cornwall.

COLONIAL CHESTERFIELD & matching love seat. One double bed with brass plated head board. All like new. 930-2149.

COMPUTERS IBM COMPATIBLES. Bought, sold, rented. Complete systems: XT/$500, 286/$775, 386/$814, 486/$976. Programs, $2.50/disk. Blank disks, 45¢ each. Deal with the owner. Dealers welcome. By appointment please. Crazy Horse, 1247-2nd St. West. 932-6343.

DBLE. STROLLER, high chairs, play pen, crib & infant car seats. 936-7296.

DINING TABLE, 4 chairs & china cabinet, $800. King size waterbed with bookcase headboard, $400. Sofa, loveseat & footstool, $395. Electric organ, $1925. Rowing machine, $50. Phone 347-1754 after 5:30 pm.

DRY BAR & 3 BAR STOOLS, $350. 12 spd. supercycle, $50. Senator graphite drivers, $75. Nylon golf bag, $25. After 5 pm 938-1487.

ELECTRIC TYPEWRITER. Commercial IBM. Excellent condition. $100. Call 932-4005.

FREE PICK UP of unwanted fridges, stoves, washers, dryers, freezers, colour TV's or furniture for recycling (depending on model & location). 932-8023.

FREE PICK UP of unwanted trophies for inside parts. 936-0176.

KENMORE DRYER and stove, and GE fridge for sale. All good condition. Call 933-6778 or 937-3115 after 5 pm.

KITCHEN CABINETS FOR SALE. Oak finish. Complete set. Excellent condition. Phone 537-8528.

LIKE NEW DOUBLE CHAISE LOUNGE, beige. 20" colour TV, 4 yrs. old. Manual typewriter, Olivetti. TV stand with wheels. Call 932-6201.

LOVE SEAT, like new, beige with very light stripes. $200. Phone 347-3824.

MOVING BOXES & moving supplies for sale. St. John's Transfer, 725 Boundary Road. 933-1492.

ORGAN LOWREY "Geni 98". Excellent condition. $2,000 or best offer. Call 931-3415.

PIANO, C.W. Lindsay Ltd. Very good condit., $750. Two combine tires (23.1 x 26). Like new. $700 or B.O. After 6 pm 538-2851.

"RAILROAD TIES" ideal for flower beds, garden plots, driveways, posts, etc. 8' lengths, $3 each. Switch ties also available. 2 miles north of Harrison's Corners on Avonmore Rd. 346-5574.

RUSTY RACOON FUR COAT, size 13 to fit 5' to 5'2" person, ex. condit. Comforter, bed skirt & 2 pillow shams in Dusty Rose for dble. bed. Ex. condit. For more information 937-0219.

SEALY POSTURPEDIC electric adjustable single bed w/massage. Paid $1600, asking $900. As new. Old piano $50. Reclining chair, $25. Vibrating lazy boy, $25. Evenings 938-2744.

SLIPPERS FOR SALE. Women & men/ $4.00. Children & babies/ $3.00. 836 York St., Cornwall anytime or phone 932-8225.

TAMA DRUM SET. Custom made, drum wood shell. Howe & cymbals. $1200 or B.O. 1984 Ford Econoline Van, $750. Ph: 938-8607.

TEMPERED GLASS, 2 sheets 40-1/2"x84"; thermal pane window, 43-1/2"x82". 30" circular blade. Swivel rocker. Press-back high chair. 2 Victorian chairs,. Small antique buffet & hutch. Lincoln rocker. Ph: 534-8423.

TWO BEAUTY SALON, commercial hair dryers with chairs for sale. Asking $100 each. Please telephone 933-4659 for any further information.

USED NINTENDO w/6 games. In ex. condit., $125. After 4:30 pm 537-8366.

UTILITY TRAILER 2 wheel with plywood box. men's Rawleigh 10 spd. bicycle. Ph: 534-2461.

VIKING STOVE, almond. Ex. condit. Very clean. Self-clean oven, $275. Ph: 931-3217.

VILLAGE HOBBY & TROPHY SHOP has quartz clock movements, pendulums, for the do-it-yourselfer. 335 Montreal Rd. 936-0176.

6 ARTICLES WANTED

BRIO, PERIGO or Criss-Cross carriage (with large wheels) that will convert to stroller. 346-2683.

TOP DOLLAR paid for your fridges & stove depending on make, model & condition. 936-9330.

WANTED: BIRD CAGE for budgie. In good condit. 932-5674.

WANTED OLD CAMERAS. Will pay from $5 to $10 a piece for old obsolete folding Kodak or box cameras. Wanted for parts. Ph: 347-3393.

WANTED: USED SET OF DRUMS for beginner. After 5 pm 984-2727.

8 FLEA MARKETS

BONVILLE FLEA MARKET is expanding and needs more vendors. Booths avail. at $12.50 per day. Ph: 937-FLEA.

FM WINDOWS DOORS SIDING STONE FACING VINYL FENCING

BONVILLE FLEA MARKET
OPEN SUN. 10 a.m. - 4 p.m.
Hwy. 138 at Bonville
Vendors Welcome
937-FLEA

WATKINS PRODUCTS SINCE 1868 673-1931 797-8454	Mizan NATURAL GEMSTONES	F.M. Industries 537-8818	Mens Ladies and Childrens Clothing LOW LOW prices	QUALITY WORK CLOTHES	JOHN & CAROLANN Woodcrafts & Tole Painting Projects
Menards Econo Cupboards Plus 933-6270	SUNDAY Bonville Flea Market 10 - 5 at the old cheese factory for more information call 937-FLEA				GIGI'S Variety Crafts
BEESWAX CANDLES					Salman Gifts Sweat Shirts Lamps Balloons
Jerry's USED BOOKS NEW AND USED MERCHANDISE 933-2026					USED BOOKS & RECORDS
Crafts by Cyndy	Country Belles STUFFED ANIMALS		CONCESSION BOOTH		Verna's Hobby Shop CERAMICS MISC CRAFTS
EAGLE ENTERPRISES KNIVES OUR SPECIALTY	Butterflies and Woodcrafts 936-0322	Libby's New and Different Crafts 936-9362	Personalized Items by Something Special 932-1316	Woodcrafts by Nicole 937-0130	Annies JEWEL BOX 10K GOLD - SILVER HOME PARTIES FREE GIFTS 932-2210

SEAWAY NEWS PROFESSIONAL G·U·I·D·E

CHIMNEY SERVICE
Have you checked your chimney/fireplace lately?
Need repairs? Broken flue? Bad flashing? Cleaning?
Free Estimate
J.R. RESTORATIONS
938-1465

DAY CARE
TRINITY DAY CARE
is now accepting Winter Registrations, ages 2 - 5 yrs.
Licensed, qualified teachers w/a knowledge of sign language.
Subsidizing also available.
Non-denominational
105-2nd St. West, Cornwall
936-0847

FLOWERS/ FRUIT BASKETS
Fresh & Silk flowers for any occasion.
Fruit & Gourmet baskets for home, hospital & business gifts.
Wedding Specialists.
BARBARA'S FLOWER BOUTIQUE
213 Cumberland
933-5902

FOUNDATIONS
JOE'S FOUNDATIONS
Chipped, cracked, leaking, unfinished foundation?
For repairs & parging call "Joe" Sauve at
932-8160
• Reasonable Rates
• Free Estimates

KARATE
* Chito-Shin-Kai (Traditional & Competition Style) Karate
* Jr.-Int.-Sr. Classes
* Mon.-Wed. 5:30-7 pm Jr. (Novice) 8:30-10 pm Sr.
Tues.-Thurs. 10-11:30 am Sr
*Tues.-Thurs. 5:30-7 pm Jr. (Advanced) 8 pm-10 pm Sr.
* Sat. 10-noon (Novice/Adv.) noon -2 pm Kumite
* Compare! 5 hrs. ea. week for less $$$ per class
TRI-COUNTY KARATE & SELF DEFENSE
145 Montreal Road
"With Your Best Interests At Heart"
937-1769

LOG HOMES
GENERAL LOG HOMES & Solar Electric Products
Kiln-Dried Quality
Pre-Cut /Lifetime Warranty
Save $$$ During Our "Time is Money Sale"
Free Delivery & Presorting
Call now
613-575-2277
Mon.-Sat. 9:00 am - 9:00 pm
Authorized Kuhns Bros. Builder/Dealer

MASONRY
FRED'S MASONRY
Cement work • pointing • parging • foundation repair • chimney repair • sidwalks • walkways
Free Estimates
Call 936-2483

NURSERY SCHOOL
CHILD'S PLACE
is now accepting registrations for our half day classes which begin in September. Qualified staff provide a stimulating child-centred program full of arts and crafts, stories, music activities and creative learning. Visit our centre at **412 5th St. East** or call **933-1910** to see the quality of care we provide.

PRESSURE CLEANING
"Under New Management"
CANADIAN RESTORATION SERVICES
Exterior cleaning of brick, wood, aluminum, etc.
Graffiti removal.
Garage & industrial floor degreasing. Clean & seal interlocking brick. Insured.
Free estimates & demo.
932-9113
A division of Gerald Menard Renovations

RENOVATIONS
ROOF BUSTERS & RENOVATIONS
Shingle roofs, drywall, patio decks, siding, etc.
Work guaranteed.
Free estimates
Richard Longtin
936-2713

BONUS BUY 5 WEEKS GET 1 WEEK FREE

9 FARMERS MARKETS

MacDONELL'S INN FARMERS MARKET, Pitt St. North open Saturday and Wednesday mornings 7 am 'til noon. Featuring fresh local produce. Established over eleven years. Info: 932-7980 or 347-3121.

13 AUTOS FOR SALE

1975 CHEV 1 TON CAB & chassis, body completely redone, $1650. 1973 GMC 5 ton 2-car carrier. Runs & works well, $5500. 1980 GMC 1/2 ton, new body & paint. 1 owner. $3250 safetied. Larry at 534-2096 before 5 pm or 534-2626 after 5 pm.

CLASSIC CARRIAGES

Restoration and Performance Parts for Muscle Cars

- Body Panels
- Decal
- Weather Stripping
- Interior
- Carpets
- Emblems
- Stripe Kits
- Seat Covers
- Engine

Authorized Dealer For Over 45 Suppliers

Service For Your Classic

- Engine Detailing
- Interior Dye
- Chassis Work
- Alarms Installed
- Body Detailing
- Show Preparation

3007 Pitt St., Cornwall 930-2361

1981 CAMARO Z-28. T-top, blue int. w/white ext., black louvres & bra. Never winter driven. Well maintained. Call 938-6073 after 5 pm.

1982 DATSUN p/u long box, step bumper, cap, 4 cyl., auto. transm., radio. 80,000 kms. Sold as is $1500. Ph: 932-4867.

1983 CHEV. CAVALIER. 2 dr., 2.2L. Good gas mileage, new paint. As is. In mint condition. $1500 or B.O. 932-0923.

1983 CHEV. CAVALIER. As is, $350 firm. 936-6793.

1983 MAZDA, 2 door. Needs new brakes and shocks. Body in excellent cond. Great buy for anyone at $500 (firm) as is. Call 932-6661.

1984 ACADIAN SCOOTER. 30 mil. to the gal. Good running condit. Can be seen anytijme. $1200 certified. Call & leave msg. 932-1198.

1985 LADA SIGNET in good running condit. Needs an exhaust system. $300 as is. Also 82 Ford Country Squire, PS, PB, runs well. Body fair. $300 as is. Ph: 984-2274 after 7 pm.

1986 CELEBRITY EUROSPORT. 6 cyl., blue exterior & interior, p/w, air cond. Good cond. $3000 or B.O. As is 346-2066.

1986 HYUNDAI STELLAR, auto., fully equipped. A-1 condit. Rebuilt motor & new paint job. $1800 w/safety. 1981 Dodge camper van, safetied, $2500. Phone 932-1546.

1986 OLDSMOBILE WAGON. 4 cyl., good cond. Located 1st house on Headline Rd. E. off Hwy. 138 or call Maria 932-2870.

1987 FIREFLY. Auto., radio., cass. Safetied $1500. After 5 pm 537-2501.

1990 SAFARI LXE, ex. cond. Electric starter, new slides, $2900 or B.O. Call 525-2076.

1977 Z-28. As is $1000 or B.O. 936-8729 please leave msg.

ONE OWNER 1989 Sonata, white with blue interior. 2.4 litre, four door, air/c, power sunroof, 5 speed overdrive, cruise control, fully loaded. $5900. 534-2149.

1992 FORD TAURUS GL, 4 dr., 3.8L, V6, auto., cruise control, air cond., Premium JBL stereo system, power windows and door locks, 4 wheel ABS brakes, driver and passenger air bags, 15" aluminum wheels, 6 way power drivers seat, remote fuel and trunk release, power outside mirrors, 140,000 kms. Asking $12,500 firm. Call 984-2881.

REDUCED! 86 CHEVETTE, light blue, 4 dr. 83 Pontiac Phoenix, 4 dr. 88 Suzuki, 4 dr. 76 Cadillac, 4 dr., $995. 86 Chevette, dark blue, 4 dr. Apply at 209-11th St. West, Mon.-Fri., 8-5 pm.

UP TO 40% OFF TIRES. 30% paid on U.S. Funds. 1500 new & used tires in stock. Tire repairs, $5.00 & up, while you wait. New & used truck caps bought & sold. 138 Motor Sales. 938-4865.

18 BUSINESS OPP.

UNIQUE NETWORK MARKETING PROGRAM of the '90s. 1,000's of dollars on part-time basis. No sales quota, or inventory required. Meeting, Murphy's Inn, every Tuesday 7:30 - 9:00 pm. Parking at school. Contact 938-5459.

WANT ADS work WONDERS!

CALL 933-0015 to place your ad

19 CAREERS

RESUMES - PROFESSIONAL AND EFFECTIVE. Seeking a career change, or that new job? Let Calpré Enterprises create an effective resume to best sell your individual skills & experience. Resumes developed from scratch after consultation & interview; functional; functional/chronological; chronological & other formats; restructuring &editing; powerful cover letters matched to individual & resume; job search & interview advice; confidential service. Call 613-938-8521 for free consultation or leave message on machine. "Satisfaction guaranteed."

20 EMPLOYMENT WANTED

ANYONE NEEDING CLEANING, laundry, groceries, errands, or house sitting. Reasonable rates. Ph: 932-2223.

SECRETARY/RECEPTIONIST available on Tuesdays & Fridays for Cornwall area. Seven years experience. Can use Wordperfect 5.0 & 5.1. Beginners Lotus. Unilingual. Two years Federal Government experience. Ph: 936-6878 (home) or 933-0014 (work).

21 HELP WANTED

EARN UP TO $346.00/WEEK to assemble Christmas and holiday decorations year round, at home. Work available across Canada. For more info. send a self-addressed stamped envelope to Magic Christmas - 130 Slater St. ste 750, ext. 401, Ottawa, Ontario, K1P 6E2.

GET PAID FOR reading books! Up to $100 per title. Books sent free. Write today. FREE Report: Gateway Publico, Dept. SN1, #150-1857 West 4th, Vancouver, B.C. V6J 1M4.

IMMEDIATE OPENING for hairstylist. With or without clientele. Salary + comm. For more information, call Mary 936-9283 or 931-3320.

LOOKING FOR A CHANGE? Prepared to work hard for a career opportunity? No experience necessary. Call 937-4499.

VOLUNTEERS NEEDED to drive visually impaired individuals to local medical appointments. It only involves one or two trips a month. Please call CNIB at 936-2300.

22 HOME SERVICES

CHIMNEYS CLEANED, any size. Now is the time before the snow flies. Call Dave at 937-3706 anytime.

COMPUTER SERVICE offering resumes, business letters, reports & family history. 933-2455.

DAVE'S RENOVATION, Electrical, Painting, Plumbing, odd jobs. Reasonable rates. 938-2045 or 932-1090.

ERNIE'S CLEAN UP SERVICE. Basement,s garages, yards. Painting. Drywall. Roofing. Also will do moving. 938-1684.

HANDY LADIES: READ ME! Treat yourself or someone you know to a house cleaning. Heavy duty cleaning walls, ceilings, floors, cupboards, windows inside/out. Will do general cleaning weekly. Will also do yard maintenance. Don't be shy, give us a try! 936-9362 or 938-8673.

MIKE'S CHIMNEY REPAIR & foundation parging. Also brick repair. Free estimate. After 5 pm 933-5829.

CLASSIFIEDS WORK CALL 933-0015

PAINTING: RECESSION SPECIAL OFFERING NEW PRODUCT. Now available. Odorless, pollutant-free, ozone friendly! $40 per room per coat plus paint. Free estimates. 20 years experience. After 6 pm 938-8839.

QUALIFIED ELECTRICIAN for hire. $12 per hour with you as my helper. Phone 932-7951.

RICHARD'S RENOVATIONS. We do all types of work like siding, roofing, decks, patios, verandahs, garages & sheds. Inside work: hardwood flooring, drywall, joints, decorative mouldings, doors & bifolds etc. Free estimates. Call Richard, 8 a.m. - 6 p.m. (613) 525-1415.

THE PERFECT HANDYMAN. Builds patio decks, verandahs, sheds, garages, additions etc. Sheds: 8'x8'/ $900; 8'x10'/ $1150; 8'x12' /$1350; 10'x12' /$1450; 12'x12' / $1750. All finished w/vinyl siding, shingled roof & dble. Doors from 32"-72". Also specializing in vinyl siding, roofing. Free estimates. Guaranteed customer satisfaction. References available. Call Robert 525-2197 or (613) 932-3496.

WATKIN'S QUALITY PRODUCTS, famous since 1868. Concentrated health/personal care & home care products. Susan Robertson, Independent Representative. After 4 pm 938-7865. Free catalogue available.

WORKERS ARE AVAILABLE for odd jobs including snow shovelling, yard work, lawn mowing, garage & basement cleaning. Contact Employment Support Services & ask for Diane 938-9550.

23 BABYSITTING

BABYSITTER WANTED. Starting Nov. 15 for 6 mth old girl. Non-smoker & no other children. References. 936-6793.

LONG SAULT. Wanted: mature sitter in our home, 4 days/wk. Our 4 mos. old enjoys walks & activities. Light housekeeping. Non-smoker. 534-8505.

MOTHER OF TWO WILL BABYSIT one child (aged 1-4), my home, full time. Fenced in yard, playroom, baby-proofed home. For information please telephone 933-9781.

25 BOATS/MOTORS

14' FIBREGLASS BOAT w/1986 Mariner 45 hp motor, also fish finder, $3300. 932-5854.

14' FIBREGLASS BOAT w/good 50 hp Evinrude motor & trailer. Also incl. 4 life jackets, 2 gas tanks, anchor. $1400. After 3:30 pm 534-2315.

28 TRAILERS/ CAMPERS

ONE WEEK ONLY!! Tent trailers. 6 & 8 sleepers (rental units). Ex. condit, at wholesale prices. Starting $1300 & up. For appt. 534-2149 or 932-7306.

CONSIGNMENT AUCTION

SATURDAY OCTOBER 16

CHISHOLM AUCTION BARN, ST. ANDREW'S WEST

We are now taking consignments for the next auction, i.e. good cars, trucks, trailers, RVs, machinery, antiques, furniture, toys, collectibles, etc. Yes please! Junk - no thanks! Don't wait for spring - DO IT NOW.

Realty Broker/ Auctioneer
Carson Chisholm Auction Services Ltd.
St. Andrews West 937-0201

29 REAL ESTATE

EXECUTIVE COUNTRY RETREAT, unique design, 2800 sq.ft. on 28 treed acres. 25 min. from Cornwall. Exceptionally neat 70 acre hobby farm. You'll love the home & barns; mature 35 acre brush, only $118,000. Nice small 1 bdrm. bungalow. Ideal for singles, only $42,000. Attractive bungalow right on the lake in Alexandria. Perfect for retirement, only $109,000. Active Maxville King George Hotel with store attached. Offering a great deal of potential. Call me for sensational details. Lake St. Francis home, don't wait. Satisfy yourself now. Call Sauve Real Estate Ltd., Alexandria off./ 525-2940; Lancaster off./ 347-1633; nights (Maurice Sauve) 931-2953.

34 HOUSES FOR RENT

EXCEPTIONAL. Ingleside. New luxurious, executive 3 bdrm. beautiful house. Appliances, central vacuum, spacious living room with fireplace, eat-in kitchen, automatic garage & much, much more. $995 plus utilities. For further details please call 936-1488.

TWO BDRM. HOUSE for rent on Marlborough St. Very clean. Basement, washer & dryer hook up, carpeted, 4 piece bath. Call 938-0480 or 932-8192.

M. JEAN CAMERON REAL ESTATE LIMITED
195 Main St., Alexandria 525-3039 or 938-3860

$11,400 - $19,900	Country lots, some wooded, some clear.
$22,500	3 treed acres, Chapel Rd.
$23,500	16 acres, mature cedars, Apple Hill area
$23,900	6 acres, Williamstown area
$30,000	75 acres treed land, Apple Hill area.
$32,500	2 bdrm. home, Prince Arthur
$32,500	South Branch Road building lot.
$44,900	Large lot at Westley's Pt., river access.
$45,000	13 treed acres, South Branch
$69,900	3 bdrm. bungalow, rec room, 2 acres, Chapel Rd.
$83,900	Duplex, 2-2 bdrm. units, central
$87,000	historical 3 bdrm. log house, outbuildings, Martintown
$89,900	brand new 2 storey semi, Glen Oaks
$99,900	3 bdrm. split level, fireplace, 869 Laflin.
$119,900	3+1 bdrm. bung., 1450 sq.ft., Glen Road
$119,900	Waterfront home - Summerstown.
$119,900	3 bdrm. summer home, Hamilton's Island
$123,700	Like new 3 bdrm. bungalow, garage, large lot, King's Rd.
$135,000 - $429,000	Cornwall commercial properties, downtown
$150,000	Triplex, all ground floor units, good income.
$159,900	3+1 bdrm., family room, garage, pool, Hilbert St.
$165,000	Like new Cape Cod home, private location, Martintown area.
$219,000	Ultra-modern bi-level home, fireplaces, 3 car garage, 7 acres
$230,000	Hotel in local village, licensed for 85
$289,000	Former Stedmans store in Alexandria.
$350,000	Superb waterfront 12 room home, Treehaven.
$499,000	Executive home, over 4,000 sq.ft., office space in Cedar Grove, 17 acres

AMY WARD 347-2858 **D.A. MacMILLAN 347-7739**

Independent Member of the Canada Trust Franchise

35 HOUSES FOR SALE

FOR SALE OR RENT@ $875/mos. + util. 10 min. from Cornwall, country house. 3+2 bdrm. w/air-tight wood stove on 3 acre lot. Att. garage. Tower 35'. Paved road. Nice location to start business. No down payment. Call for appt. 936-2313.

JUST LISTED & won't last long. 44 acres, good bush, maple & cedar, attractive 3 bdrm. farm home, barn, etc. Only $69,000. Roxborough.
BUNGALOW on 35 acres with new barn. $92,000, Avonmore area.
AFFORDABLE. 2 bdrm. bungalow on 2 lots, $55,700. Roxborough.
COUNTRY LIVING. Only $28,000 for this 3 bdrm. mobile.
2-1/2 ACRES on Hwy. 43, only $9,300. Commercial
REDUCED TO $23,500. Approx. 26 acres, frontage on 3 roads.
VIEW OF ST. LAWRENCE. Reduced to $99,400. Renovated 4 bdrm. home, garage, large lot. Ingleside.
2 DUPLEXES in Cornwall for $80,000.
BUILDING LOTS from $10,000

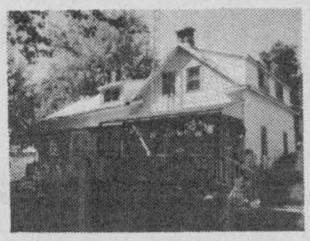
buying or selling call
HERB or GERRI SCHWARTZ
346-5721 or 346-2377
representing
Sauve Real Estate Ltd.



NEW CONSTRUCTION. 3 bdrm. bungalow, 2201 Tollgate Rd. West. Brick & siding. P. City sewer & water. Basement dry-walled. $92,000 incl. GST. Cal 932-3530. SOLD

REAL ESTATE AUCTION

ESTATE OF CRANSTON WELFORD
3 MAIN ST., AVONMORE
THURSDAY OCT. 7
6:30 pm SHARP!



Solid old 1566 sq.ft., 3 bdrm. home and garage on a beautiful lot 141'x195'. Lots of mature hard maples, carriage shed 24'x60'. Excellent well, approved septic system. Immediate possession if required.
This property WILL BE SOLD on the above date, subject only to a minimum bid of $35,000.
Terms: $1000 deposit, balance due Oct. 30/93.

Realty Broker/ Auctioneer
Carson Chisholm
Auction Services Ltd.
St. Andrews West **937-0201**

28 ACRES- barn. $29,900.
COUNTRY - remodelled mobile.
50 ACRES - St. Andrews West.
RR 1 LONG SAULT - 2 bdrm.
MOOSE CREEK - 1300 sq.ft., 3 bdrm.
CORNWALL - 2 bdrm. bung. $59,900
LUNENBURG - remodelled home.
NEW CONST. - 3 bdrm. bung. $79,900. Country.
SOUTH BRANCH RD. - New 3 bdrm. bung. $96,000. GST included
20 LOT SUBDIVISION - water hookups. $99,000.
COUNTRY - raised bung. on 1-acre.
REMODELLED - bung., St. Andrews.
4 PLEX - annual income $20,064.
CITY LIMITS - 4 level split. $129,900
LONG SAULT - 4 level split.
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COMMUNITY LIVING - Stormont County is currently looking for volunteers to support individuals with developmental disabilities in a variety of activities. Please call Pam McIntosh at 938-1702.

DOES YOUR MOTHER/ FATHER'S DRINKING bother you? You are not alone. Call 937-4880 for "Alateen" or join us every Thursday nite at 7 pm at 101 Anthony (basement of Holy Cross Church Hall).

EMOTIONS ANONYMOUS have meetings every Tuesday from 8 - 9 pm. For more info. 938-2952.

HAS SOMEONE'S DRINKING been affecting you? You are not alone. Call 937-4880 for information meetings.

HIV &/OR AIDS. Are you concerned or afraid? Do you need help in coping or just afraid? No name, no address required. Please call 10 am to 8 pm at 1-800-267-7432 or write U-Cap, Box 362, Cornwall, K6H 5T1.

IF YOU ARE INTERESTED in forming a parent support group through "Tough Love" for Morrisburg and surrounding areas, beginning Aug. 25, call Susan at 543-2675.

TROUBLED BY YOUR TEEN'S BEHAVIOUR? You are not alone! Come to a parent support group "Toughlove". Meetings every Thurs. 7 pm at Bob Turner Centre (upstairs). For more info. Susan at 937-3407 (evenings) or 933-8030 (days).

VOLUNTEERS NEEDED. A.B.L.E. A service provided to assist individuals with developmental handicaps in meeting the "needs" for friendship. For further information, please call 936-6780.

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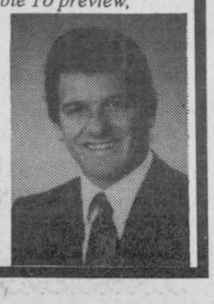

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Dirty injectors can throw your system for a loop

UNDERSTANDING YOUR CAR
TIPS FROM Walter



by Walter Smith

(NC)—Car manufacturers are always telling us about the wonderful improvements to their cars-air bags, ABS and so on. But, perhaps the most important thing that has happened to cars in the past decade is fuel injection. It's not as glamorous, so many drivers are not aware of what a great job fuel injection is doing for them.

In the old days, cars had carburetors that mixed air and gas at about a constant ratio and that mixture was supplied to cylinders. Then European engineers evolved fuel injection systems that continuously measured the car's fuel needs. The gas was injected right into the engine where it mixed with the air for a near perfect combustion mix. Those fuel needs and therefore the fuel/air mixture must constantly change when the car is accelerating, going up a hill and so on.

Today, almost all cars use sophisticated fuel injection with microchip computers to assess the car's needs. A very accurate fuel/air mix is always fed to the car to provide the power it needs while very little gas is wasted.

One of the few things that can throw the system out of whack is dirty fuel injectors. The computer determines the right fuel mixture, but the system doesn't deliver what it's told. To keep the injectors clean and get the most out of your high tech injection system, just add a bottle of Wynn's Hot Shot Injector Cleaner with Octane Booster every two or three tankfuls. It will ensure that your car runs just the way it was designed to. Try it and you'll see what I mean—you'll feel the difference as soon as you add it.

Walter Smith is technical advisor for Wynn's Canada. Call 1-800-668-5626 for more information.

CCVS NEWS

By Lara Smiltnicks

Well, here I am back again with a look at what's HOT (as in cool/fresh/wickedy-whack) and what's NOT ... here at the dope school (that's "dope" as in "cool", not the other "bad" as in "illegal", not "cool" thing). "Roadside Attraction" concert tees are HOT ... "Beach Boys" '83 Tour tees are NOT ... hiking boots are HOT ... crocheted slippers for school are NOT ... bedhead is HOT ... hair that is so stiff with spray that it snaps when bent is NOT ... grade nines who respect their elder seniors are HOT ... certain grade nines who mouth off to seniors are definitely NOT (you know who you are, so squirm ... squirm!)

Anyhow! I'm getting sidetracked here. In the arena of school events, last week (which will be two weeks ago by the time you read this) we held our postponed "Kangaroo Court". Some highlights included Kelly smearing peanut-butter on Harry's chest, sticking Smarties in it, also, Christine, Lisa and Bridget rubbing deodorant on the Colts.

The vocal ensemble is getting all ready to learn some new rockin' moves when their choreographer from the University of Buffalo comes down October 6, 7 & 8. Can't wait! Those moves are just so dang FINE! I've gotta say though that vocal is just THE funest class ... although it's really tough to learn all the moves and lyrics. Still, I'm going to miss being able to kick back and watch the performances.

The girls basketball teams played at a tournament at Queen's two weekends ago. They put forth a really good effort and had fun, I hear, initiating all the rookies.

The boys volleyball teams also had a tournament two weekends ago and I hear are most concerned about GVSS who they also played against last Thursday. But just like in that zany new movie about the Jamaican bobsled team, I say, "no problem"!

School photos arrived Tuesday and heard pelting throughout the halls were cries of love, as in "oooh, I look so foxy, I want to get a poster-size" and mutters of disappointment, as in "Oh well, at least the black and white photography in the yearbook hides zits".

That just about sums it up for this week folks. Tune in next week when I promise more exciting event coverage.

Oh, one more thing, Q.U.I.P. the Quebec Universities info session will be held Oct. 7 here at 7 p.m. All students and parents should make a point of being there. Also, we're looking forward to hosting the all-candidates forum Oct. 5 at 9:30 a.m. for all highschool students. Now, I'm really done.

Chamber Meet The Candidates Debate

The Cornwall Chamber of Commerce announced recently that it will hold the traditional "Meet the Candidates" debate, to foster a straightforward debate about issues of interest to the community during this federal election campaign.

The debate is scheduled for October 14th, 1993 from 7:30 pm - 10:00 pm at the Cornwall Civic Complex, Salon B.

Subjects for discussion at the debate will include issues such as fiscal responsibility and global competitiveness. Topics of general interest to the public will be part of the proceedings as well.

"We share a responsibility to make sure our elected representatives reflect our needs," Thibault said. "This debate will give everyone in the community an opportunity to make informed decisions when it comes time to vote October 25th, 1993.

Obituaries

BARNHART
Elga

Passed away at the Hotel Dieu Hospital on Saturday, September 25th, 1993. Mrs. Elga Barnhart, in her 79th year, born in Cornwall, of 1315 Lascelle Avenue, formerly of 120 Augustus Street, Apt. #512. Dear daughter of the late Frederick Lalonde and the late Helen Labonte. Beloved wife of the late Gayland Barnhart. Loving mother of Catherine (Mrs. Edward Michaud) of Cornwall. Dear mother-in-law of Betty Jean of Massena, New York. Loving grandmother of seven grandchildren and five great grandchildren. Dear sister of Katherine (Mrs. George Black) and Mary (Mrs. Aurele Lanteigne), both of Cornwall. Predeceased by one son, Carl Barnhart and by three brothers, Rodolphe, Ralph and Alex Lalonde. The funeral was held on Monday, September 27th, 1993 from The Derry Funeral Home Inc. and to St. Columban's Church and to the Parish Cemetery. Reverend Kevin Maloney of St. Columban's Church officiated. The pallbearers were Carry McDonald, Glen Barnhart, Todd Barnhart, Gerald Carrier, Chris Crosby and Marc Loiselle.

BOILEAU
Yvonne

Passed away at the Parisien Manor on Thursday, September 23rd, 1993. Mrs. Yvonne Boileau, in her 86th year, born in Cooper Cliff, Ontario, formerly of R.R. #1 Cornwall. Dear daughter of the late Aldege Montsion and the late Georgianna Leduc. Beloved wife of the late Albert Boileau. Loving mother of Theodore (husband of Rogene Sawinski) of Syracuse, N.Y., Henri of Toronto, Paul (husband of Margaret O'Neil) of Syracuse, N.Y., Lucien (husband of Aldena Cardinal) of Summerstown, Edgar (husband of Marie Gear) of R.R. #1 Cornwall, Marcel (husband of Jeannine Levac) of Alexandria, Richard (husband of Lise Lecuyer) of R.R. #1 Cornwall, Jeannette (Mrs. Richard Martel) of Cornwall and Dorine (Mrs. Maurice Secours) of North Augustus, Ontario. Loving grandmother of twenty-six grandchildren and sixteen great grandchildren. Dear sister of Clara (Mrs. Jack Stevens) of Cornwall. Predeceased by one son, Leo Boileau, three brothers, Eugene, Osias and Hector Montsion and by sisters, Miss Ida Montsion and Mrs. Rose Pitre. The funeral took place on Saturday, September 25th, 1993 from the Boulerice Funeral Home Ltd. to Precious Blood Church, Glen Walter, interment in Notre Dame Cemetery. Reverend Denis Vaillancourt of Precious Blood Church officiated, assisted by Roger Desrosiers. The pallbearers were members of the Nativity Guards.

LALONDE
Rose Marie

Passed away at the Hotel Dieu Hospital on Friday, September 17th, 1993. Mrs. Rose Marie Lalonde, in her 89th year, born in Curran, Ontario, of 524 Burton Avenue, Cornwall. Dear daughter of the late Patrick Chatelain and the late Mary Laundrie. Beloved wife of the late Rodolphe Lalonde. Loving mother of Alfred (Margaret) of Thorold, Ontario, Rodolphe (Betty) of Nova Scotia, Gregory (Jean) of Morrisburg, William (Bill) of Cornwall, Ellen Shaw of Cornwall, Katherine (Mrs. Harold Manto) of Stoney Creek, Theresa (Terry) McKeeghan) of Cornwall, Verna (Mrs. Keith Hawn) of B.C., Rosemary (Mrs. Don Sucese) of Massena, Mary Trenear of Cornwall and Joan (Mrs. Guy Seguin) of Cornwall. Dear sister of Frank Chatelain of Cornwall. She will be sadly missed by many grandchildren, great grandchildren, great great grandchildren and great great great grandchildren. Predeceased by one daughter, Anne Sucese and by four brothers, Albert, Donald, Harry and Victor. The funeral was held on Monday, September 20th, 1993 from the Derry Funeral Home Inc., 326 Augustus Street, Cornwall to St. Columban's Church, Cornwall, followed by Cremation. Reverend Rory MacDonald of St. Columban's Church officiated. The pallbearers were friends of the family.

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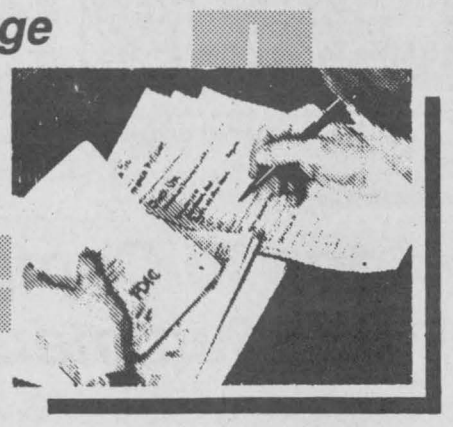

Today, more and more people are making funeral arrangements in advance. Pre-arranging funerals is especially important to anyone considering - Senior Citizen Housing - Rest Home Lodging - Nursing Home Care.

In addition to a set amount of cash assets, the Province of Ontario allows residents to pre-arrange their funerals.

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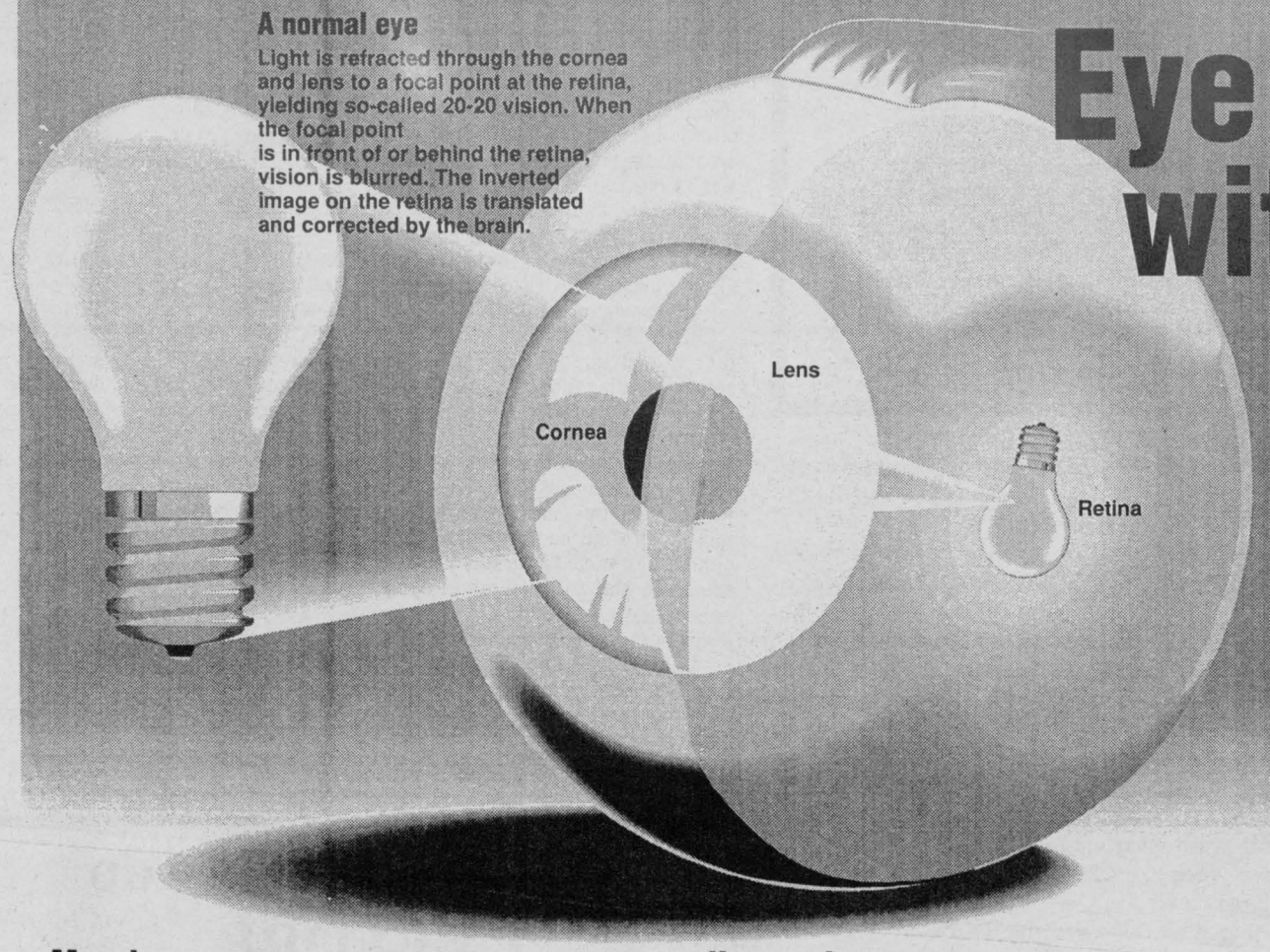
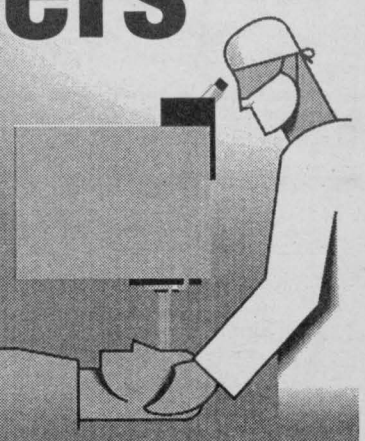
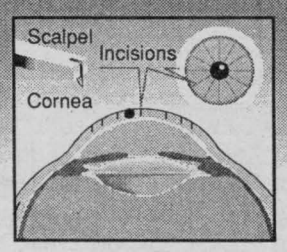


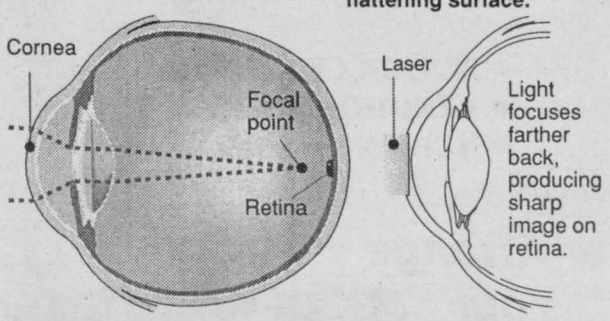
The excimer laser
is being tested for the treatment of eyesight disorders — the kind that now require glasses or contact lenses to correct. Its unique ability to sculpt rather than cut into the cornea could make it useful in correcting several disorders.





Radial keratotomy
The surgeon cuts the cornea to adjust its shape in an attempt to correct nearsightedness. While more doctors are trained in its use and refinements have made it more reliable, radial keratotomy carries a slight risk of rupture if the eye is injured, and vision can fluctuate during the day.

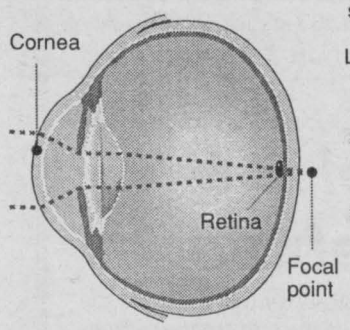
Myopia
Nearsightedness
Blurred vision of distant objects.



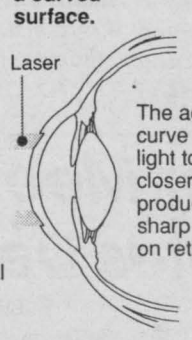
Laser removes 10% or less of cornea's thickness, flattening surface.

Light focuses farther back, producing sharp image on retina.

Hyperopia
Farsightedness
Blurred vision of near objects.

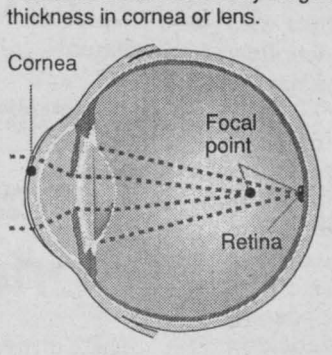


Laser creates a curved surface.

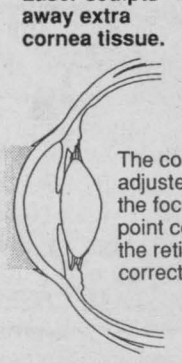


The additional curve causes light to focus closer, producing sharp image on retina.

Astigmatism
Blurred spots
Part of vision are blurred by irregular thickness in cornea or lens.



Laser sculpts away extra cornea tissue.



The cornea is adjusted so the focus point contacts the retina correctly.

SOURCE: Department of Ophthalmology, University of California, Irvine; American Academy of Ophthalmology; Mayo Clinic Family Health Book.

Orange County Register, KRT Infographics/JAMES ZISK

Loan To Campground In Summerstown

A $200,000 provincial government loan is helping T and I Campground in Summerstown carry out major improvements to provide better facilities for visitors.

This Destinations East loan was announced today by Ontario Minister of Culture, Tourism and Recreation Anne Swarbrick.

The improvements include the expansion and upgrading of recreational facilities, renovation of the campground's restaurant exterior and the installation of a new sewage system.

One full-time and three part-time seasonal jobs will be created once the work is completed next spring.

"The improvements to T and I Campground will create jobs and enable Summerstown to better accommodate visitors," Minister Swarbrick said. "This Destinations East loan will help the campground improve its competitiveness in today's sluggish economy."

Destinations East is a component of the Ministry's Ontario Tourism Loan Program, an enhanced $10 million financial assistance package for the tourism industry. Funding is available to eligible organizations developing business restructuring plans, in the form of loans for financial restructuring and capital assistance.



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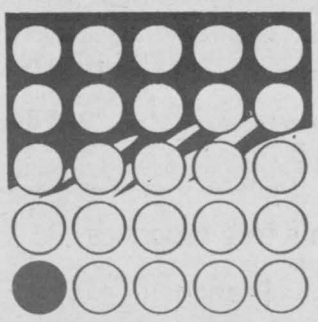

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Canadian Cystic Fibrosis Foundation

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