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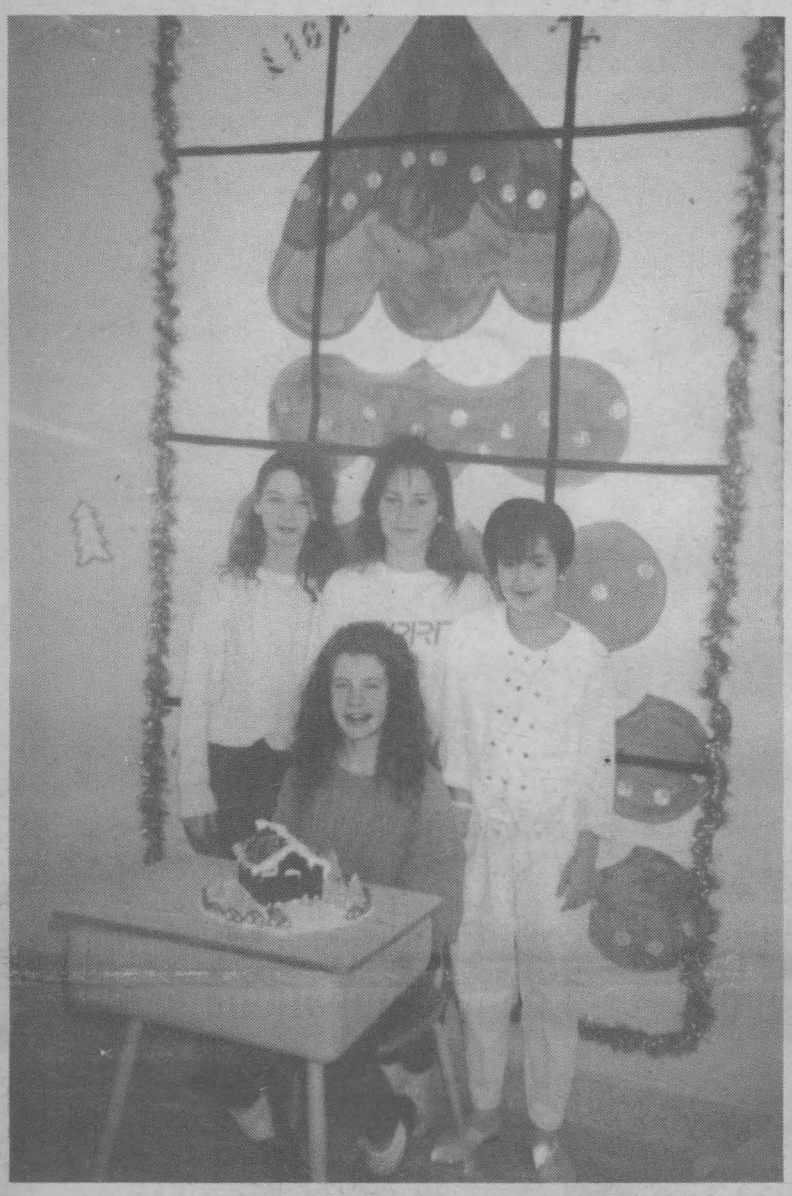
December 11, 1989 8 6th Street E., Cornwall, Ont. K6H 2N4 933-0014 50-89



Pictured above is: (sitting) Shana Murree; (left to right) Angela Webber, Lisa Prieur and Tam Bui from Bishop MacDonell School.

Raising Money For Pediatrics

The students at Bishop MacDonell School are helping to raise money in aid of the Pediatric Groups' "Lights of Hope Campaign". A chocolate house has been donated to the school to further the cause. Each class is hoping to raise enough money to purchase a light. The proceeds will go toward the purchase of a badly needed Pediatric Resuscitator for the Hotel Dieu Hospital Emergency Room.

INSIDE THIS WEEK

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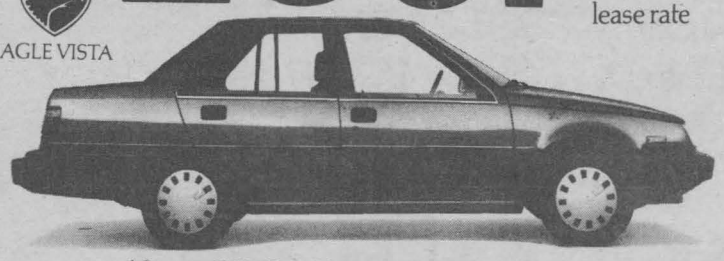

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EXPECT THE BEST

Christmas With A Difference

It's easy to add a little thought to this year's Christmas season of peace and goodwill, suggests the Public Liaison Committee (PLC) of the Stormont-Glengarry Waste Management Master Plan.

"It's time to think about contributing some peace and goodwill to the planet," suggest PLC co-chairs Michael Cowley-Owen and Patricia Gregory.

One way to do that, they suggest, is to think before you buy. Be careful about buying disposable products and products with excess packaging.

"When you buy something, try to think about where it's going to end up. Doesn't it make more sense to buy something that you can use over and over again rather than buying something that has a short life?" ask the co-chairs.

Try to be sensible about packaging too. If the gift you're buying has more packaging than product, reconsider the purchase. You can also point out the problem to the store manager or write to the manufacturer.

PLC co-ordinator Anne MacGillivray has some suggestions that have come out of discussions with area schoolchildren.

"The students mention that buying lots of Christmas wrapping paper and then throwing it out seems kind of crazy and a waste of money. What we came up with were a few suggestions."

"If you're going to buy wrapping paper, save it for reuse next year, after you've used up what you saved from the year before."

"Or you can create your own wrapping paper by saving colored comic sections from newspapers and using that for wrapping presents. The comics have nice, bright colours and look as attractive as Christmas paper under the tree. Besides, it's fun to read the comics again.

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The draw will be held Friday, December 22 at 2:00 p.m.

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★ **VOLUNTEER DRIVERS.** We need you. There is an urgent need for volunteer drivers for the Children's Aid Society of Stormont, Dundas and Glengarry. Drivers provide an essential service to our children by transporting them to therapy and medical appointments and parental visits. Cars for volunteer drives are provided by the Agency. For more information please contact Miss Audrey Moores at the Children's Aid Society, telephone 933-2292.

★ **A TURKEY BINGO** will be held on Dec. 15 at St. Raphael's Parish Centre. The draw for the basket of cheer and other prizes will be held at the same time.

★ **A.B.L.E. VOLUNTEERS NEEDED** ... A.B.L.E., "A buddy is a learning experience", is a program offered to help fulfill the needs, for friendships and feeling a part of one's community. If you are over the age of 16 and would like to become a buddy, please contact the A.B.L.E. office for further information at 938-1702. Open from 8:00 am -4:30 pm. Hoping to hear from you soon.

★ **THE LONG SAULT BR. 569** Ladies' Aux. are having a Christmas Euchre on Wed. Dec. 13/89 at 8 pm. Drawing for Christmas basket. Lunch served. The Ladies' Aux. are also having a New Year's Dance on Dec. 31 at Long Sault Legion Br 569. "Lunch"

★ **LEGION BRANCH 297.** Monday, Dec. 11, Euchre - hall at 8 pm. Tuesday, Dec. 12, Men's Darts - hall at 7:30 pm, Ladies' Darts - hall at 7:30 pm. Wednesday, Dec. 13, General Meeting - hall at 7:30 pm. Thursday, Dec. 14, Crib - basement at 8 pm. Friday, Dec. 15, Friday Night Bowlers Xmas Party - basement. Saturday, Dec. 16, Children's Christmas Fund-Voucher Delivery at 9 am.

★ **GLEN STOR DUN LODGE** is in need of volunteers for the following positions: outreach ... friendly visitors ... french & english. Time commitment 1-2 hrs. per week. If interested please call Linda Geisel at 933-3384 from 8 am - 4 pm.

★ **THE CORNWALL REGIONAL ART GALLERY.** It is time for their annual juried exhibition. This is open to all artists from the general region of Brockville & east to the Quebec border. For more info. call the Art Gallery at 938-7387.

★ **"MOTHERS & FATHERS"** appearing on Jan. 18th, 19th & 20th/90. Aultsville Hall Theatre at 8:00 pm. For ticket information call 347-2990.

★ **PARKS AND RECREATION** ... State Of The Arts ... Pioneer Corner Craft Co-Op opened it's rustick doors from Nov. 30 and will remain open Thursdays through Sundays (10 am - 5 pm) right up to Dec. 23/89.

★ **CANADIAN FEDERATION OF UNIVERSITY WOMEN** ... will hold their annual Christmas Auction at 8 pm on Dec. 12/89 at the home of Teen Dancause. Please bring gifts to be auctioned. For more info. call Margaret Davies ... 932-0531.

★ **CORNWALL CHRISTIAN WOMEN'S CLUB** ... will present a demonstration of how to make bows by Janice Montreuil at the December meeting on Wed. Dec. 13 from 1-3 pm at the Holiday Inn. There will be dessert and beverages, Carol singing and a speaker. Everyone is welcome. Free babysitting at St. John's Presbyterian Church, 28 Second St. E.

★ **A CHRISTMAS CANTATA** by Marty Parks "Tidings of Great Joy", will be presented by the Senior Choir at First Baptist Church, corner of Third & York Streets, on Dec. 17 at 7 pm. Pastor Gordon Finlay invites the public to join in celebrating the joy of the Christmas season through music. Music director is Ralph MacDonald.

Long distances rates fall by up to 16.5 per cent

(NC)—For the fifth time in less than three years, Bell Canada customers have seen long distance rates fall.

The reductions have lowered by 16.5 per cent, on average, the rates for calls from Bell territory to other parts of Canada. (Bell territory covers Ontario, Quebec and parts of the Northwest Territories.)

The rates for long distance calls within Bell territory have fallen by an average of 2.2 per cent.

How much will you save?

Sample rates for a five-minute, direct-dial call on an average business day are:

*Toronto-Vancouver, $2.85—a saving of 55 cents;
*Toronto-Montreal, $1.95—a saving of 15 cents;
*Oshawa-St. Catharines, $1.75—a saving of five cents.

The savings to be realized are even greater if calls are made during discount periods (see box).

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

Letters to the editor are welcome. They may be reprinted with changes in spelling or grammatical construction.

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Dear Editor:

I would like to express sincere thanks to the people of Cornwall for their support and gracious hospitality shown to all participants and organizers during Sun Life Skate Canada International.

The success of this wonderful event is mainly due to many volunteers who devoted countless hours and always went out of their way to ensure the comfort and well-being of the skaters, officials and visitors. The excellent and gracious organizational skills of the Civic Complex staff; the superb hospitality, assistance and support shown by local hotels, restaurants and merchants; the generosity of the many local sponsors; the superb press coverage; all contributed substantially to the overall success of this prestigious event.

We proved to the world that Cornwall, Ontario can host a major international event in a first-class manner and it is my hope that the precedent established by Skate Canada will place us in a position to host future events of this calibre.

Standing in the Ed Lumley Arena watching 3700 Cornwall citizens cheer on the world's top figure skaters was one of the proudest moments in my career with the Cornwall Tourism and Convention Office (Department of Economic Development). Your enthusiastic response was heartwarming and all responses from the participants indicated how much they appreciated your support and encouragement. I'm thrilled to have played a part in bringing Sun Life Skate Canada International to Cornwall in 1989.

Three cheers for us CORNWALL - we deserve it!

Sincerely
Joyce Gravelle,
Tourism & Convention Officer
City of Cornwall

Dear Editor:

On behalf of the Public Liaison Committee (PLC) of the Stormont-Glengarry Waste Management Master Plan, I thank you for your coverage of our activities over the past year.

You and your staff are to be congratulated on your demonstrated interest and enthusiasm for environmental issues.

The PLC also thanks the residents of Stormont, Glengarry and Cornwall for their support, interest and enthusiasm regarding our activities over the past year. We particularly thank those who filled out our questionnaires, visited our mobile display and welcomed us as speakers at many meetings.

The public has the crucial role in the success and development of a satisfactory Waste Management Master Plan. The PLC extends its best wishes to all for an environmentally friendly holiday season and a peaceful, co-operative and productive New Year.

Sincerely
Anne MacGillivray
PLC Co-Ordinator

OPINION PAGE



PERSPECTIVE By Bob Roth

Are Garbage and Pollution Everyone's Responsibility?

It's quite common these days to hear slogans such as "Pollution is everyone's responsibility" or "We all have to pitch in," etc.

Once again, we're being conned — conned into believing that the environmental degradation of our planet is "everybody's" fault.

Municipalities rush to implement re-cycling programs and the City of Ottawa is considering charging people so much per bag for the garbage they put out every week.

Rubbish, I say.

More than 80 percent of the garbage and pollution produced in this country is produced by industry. Individuals may dispose of garbage, but very few generate it.

Who makes the spray bombs that pump ozone-destroying chemicals into the atmosphere? Who produces the styrofoam packaging for Big Macs? Who produces acid rain? Who dumps chemicals into the watercourses? Who makes those chemicals in the first place? The answer to all of these questions is industry.

It's not trendy these days to question re-cycling programs and, indeed, no one can deny they do help with our garbage problem. But I would suggest that emphasis on such disposal problems detracts us from the real issue.

Pollution and garbage should be stopped at the source, not at the disposal level.



Why should taxpayers have to foot the bill to clean up industrially-generated garbage? It would be cheaper and more effective to deal with the matter at the source.

For example, I was very impressed by the school teacher featured on television a couple of weeks ago who took her whole class to McDonald's and asked that their hamburgers be wrapped in napkins, rather than styrofoam containers. Since styrofoam, unlike paper, is not bio-degradeable, it presents a much greater danger to the environment. The children were planning to eat the hamburger right then and there, so it made no sense to package the hamburger in the styrofoam container merely to walk three feet and throw it into the garbage can.

Nevertheless, McDonald's wouldn't agree to the use of the napkins. The company has said it will start a recycling program for the containers. Nonsense, I say. Ban excess packaging. That is the solution.

Remember the days when you could get fish and chips wrapped in the newspaper? Excess packaging is little more than a marketing tool. It serves no real, useful function. On the other hand, such excess packaging contributes greatly to pollution.

Over the past decade or so — thanks to groups such as Greenpeace, Pollution Probe and Great Lakes United — people have become more aware of the environment and more conscious of industrial pollution. I think it is more than a coincidence that the response of government has not been to enact legislation banning excess packaging but rather to convince people that pollution is "everybody's" fault.

The fact of the matter is, "everybody" does not have control over the sources of pollution. That control rests in the hands of corporate executives. Re-cycling merely encourages industry to keep pumping out the garbage.

In other worlds, "everybody" suffers equally from pollution, but not "everybody" has equal power to stop it. By attempting to make the individual feel guilty about pollution, government is doing more to obscure than solve the problem. It is deflecting attention away from the real solution - stopping pollution at the source.

But, then, blaming the victim is an age-old tactic. And it is much easier to put out a bunch of blue boxes - at taxpayers' expense -than it is to interfere with the profitable marketing preferences of powerful and influential corporations.



SHOE CARE CORNER
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Winter boot care

(NC)—To build a boot wardrobe, it is necessary to take care of those purchases. If boots last longer and look better longer, new and different styles ca be added instead of always having to replace.

There are four steps in the care of boots:
1) protection 2) cleaning 3) polishing 4) inside care

... but protection has top priority. Remember the old saying, "and ounce of prevention is worth a pound of cure".

Boot protectors are available in spray, wax, oil, grease and liquid form. The protector is absorbed into the boot to keep dirt and stains on the surface for easy cleaning.

Boot protection must be continued all winter long. One application is not enough as protection wears off through perspiration and contact with the elements...the wetter the weather the more often protection is necessary.

Shoe stores usually advise consumers on the right protector for the boots they are buying—there are special protectors for the different types of boots. For shiny leather boots, look for the combination package Spray'n wax—the spray protects against staining and the cream wax, around the seams and sole edges, helps to prevent snow and slush from seeping in.

Ask for Nylon protector and Suede protector when buying this type of boot.

Salt stains must be removed from leather, suede and nylon boots after each wearing with Salt stain cleaner.

Polish shiny leather boots regularly with shoe creams or shoe wax.

Protect again after cleaning and polishing.

Retain the original shape of the boot by inserting boot shapers after each wearing.

Never dry boots near a radiator.

For more information or for a free pamphlet, write Del Foxton, Shoe Care Corner, 8505 Dalton Road, Montreal, QC., H4T 1V5.

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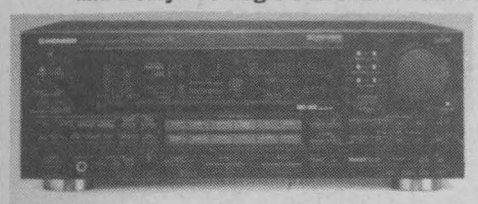
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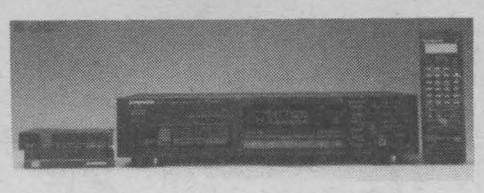
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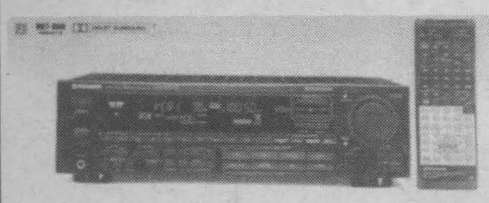
VSX-4400
Audio/Video Quartz-Synthesizer Receiver

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• Continuous average power output: 10W + 100W at 8 ohms, 20Hz—20,000Hz, with 0.008/ THD (front); 15W + 15W at 8 ohms, 40Hz—15,000HZ, with 0.4% THD (surround)
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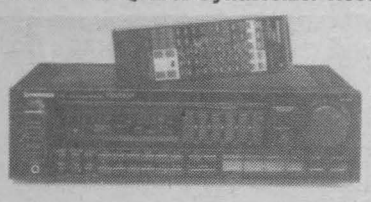
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• Continuous average power output: 80W + 80W at 8 ohms, 20Hz—20,000 Hz, with 0.05% THD
• Programmable Smart Remote (VSX-3300S): One remote handles the functions of most others. It has 65 keys for 170 functions (max.) of which 40 are programmable
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PD 4350
Compact Disc Player
With full function SR remote

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Reg. $380
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• Random programmed play of 20 tracks
• 6 digit fluorescent display

BEN-DAV AUDIO VIDEO
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933-7244

Gypsum board is easy!

In the past 20 years gypsum board has almost revolutionized the residential building industry. And it has also given birth to an unexpected benefit for the do–it–yourselfer.

Gypsum board is a material that gives you an almost finished wall without difficult to master skills. This material is easy to install and can be cut with either a knife or a saw.

The one big *disadvantage* is the weight of a sheet of gypsum board. Working with this product can be very tiring. It is wise to recruit some help if your are embarking on a gypsum board project, especially if you have health problems.

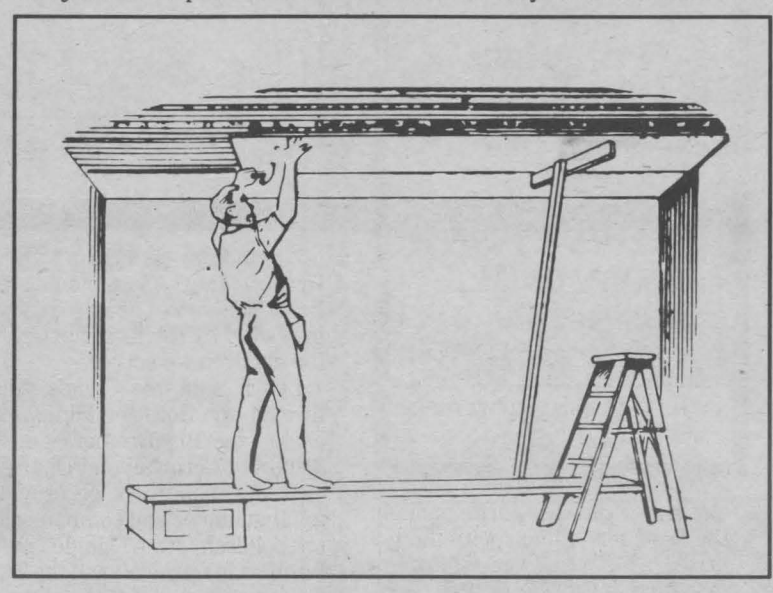
The board is usually applied over stud framing or a strapped wall and is fastened with nails or drywall screws. The joints are taped and filled with compound as are the nail or screw holes. This results in a smooth (after sanding) joint–free wall ready for painting.

*How to cut drywall...*Wall board can easily be cut with a scoring or trimming knife and a four–foot straight edge. A T–square is even better for accurate straight cuts.

When cutting, hold the knife at right angles to the board and score completely through the paper face of the sheet. The board will break easily at the point where it is scored. After it is snapped the paper on the uncut side can be cut with a sharp knife.

Drywall can also be cut with a sabre or keyhole saw but this is much more messy than using the knife.

Openings for electric switches and outlets must be carefully marked and cut with a keyhole or sabre saw. If the opening does not quite fit the patch can easily be made with joint compound. Always use a straight edge and never try to make freehand cuts as they are too hard to control.



Installing gypsum wallboard... If the gypsum board is being applied horizontally install the top boards first. Push is firmly into place and nail snugly against the ceiling. In areas where ceiling boards are already installed put a row of nails seven inches below the ceiling. If the wallboard is being nailed only once, place all nails about seven inches apart. If you are using nails and adhesive use nails around the edges only — the glue will hold the board snug in the middle.

Should a board bow in the centre, a temporary nail may hold it until the adhesive sets. If the wallboard is applied vertically the same procedures are followed.

Applying gypsum board to the ceiling... Gypsum board should always be installed at right angles to the ceiling joists. Holding the ceiling board in position can be difficult. A big help can be obtained from the use of a 2 x 4 T–brace. This brace should be of sufficient length to reach from floor to ceiling, plus one inch. This brace can hold the sheet of gypsum board tight against the ceiling while the nails or screws are being applied.

When working on gypsum board it is wise to wear eye protection particularly when working on a ceiling installation. The dust and gypsum chips can be very irritating to the eyes.

Finishing... The joints and nail holes are filled with joint filling compound. The compound is applied with a four–inch joint finishing knife for the first coat, and with a broader knife for the finishing two coats.

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1990 Big Brothers and Big Sisters Bowl for Millions

Tom Wallace, chairman of the 1990 Big Brothers and Big Sisters Bowl for Millions announced that Bowl for Millions in the City of Cornwall will take place on Saturday February 3. The Challenge Cup, featuring teams in various divisions, will be held at the Olympia Bowl beginning at 1:30 pm and the Celebrity Day will be held at Nativity beginning at 1:30 pm.

Wallace said that a new feature of Bowl for Millions this year is the Counties Challenge Cup which will be held at Ingleside Lanes on Sunday February 11. Teams from the Three United Counties in various divisions will be encouraged to bowl for millions.

Bowl for Millions has been a major fundraising activity for the Big Brothers and Big Sisters of Cornwall and District since 1979. Last year $30,813 was raised from Bowl for Millions.

Wallace is challenging residents of Cornwall and the Three United Counties to take part in Bowl for Millions on a team of 5 or 6 coworkers, friends, fellow students, committee, club or family members.

Many prizes have been lined up again this year for participants in the Bowl for Millions with the top prize being one week's accommodation in Florida for two.

Executive Director, Brian Lynch stated: "The public's participation will be greatly appreciated by the local agency and the children we serve."

Lynch said that funds raised through the Bowl for Millions will enable the Big Brothers and Big Sisters of Cornwall and District to continue their work or providing adult guidance and companionship to children from single parent families in Cornwall and the Three United Counties of S.D. & G.

Registration forms for teams and sponsor sheets can be obtained now by contacting the agency office at 933-8035 or by dropping by the office at Mille Roches Hall, 801 Fourth St. E.


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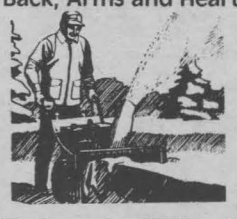

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News From The Lung Association

Did you know ...

There are no wonder drugs to cure asthma. But there are medications which help to prevent and control asthma symptoms. New asthma medicines developed in recent years have changed the lives of millions. Don't suffer needlessly by failing to use medicines that can help you keep well. If you would like to find out more about asthma, contact the Lung Association for a copy of "The Asthma Handbook" or ask about AIR FORCE Asthma Program for asthmatic children and their parents. Call 932-4999.

The Lung Association's new AIR FORCE Asthma Program, is designed to help asthmatic children and their parents gain control of their asthma and lead active full lives. Learn about: triggers, treatments, medications, self-management skills, early warning signs ... and more. Contact the Lung Association at 932-4999 for information on the AIR FORCE Asthma Program.

There are approximately one million asthmatics in Canada. Asthma restricts the activities of adults and children alike, but through programs like the AIR FORCE Asthma Program conducted by your Lung Association, families are able to cope with children who have asthma. Call the Lung Association for further information at 932-4999.

The U.S. Surgeon General states, "We believe there is all the medical evidence necessary to support reasonable and sensible protection for the non-smoker against the irrational and potential harm that comes from other people's smoke." You can help to clear the air by sending a donation to the Lung Association, and by using Christmas Seals on your holiday mail and packages.

Young women are continuing to smoke cigarettes. The Lung Association is concerned about the alarming increase in women smokers. Give your lungs a break ... the minute you stop smoking your body will go to work to start repairing the damage cigarette smoking has caused. Contact the Lung Association in your area and enroll in Countdown, a program to help you stop smoking. Call 932-4999. Remember - lungs are for life.

Mothers beware. Smoking is dangerous for you and your family. The nicotine and carbon monoxide found in abundance in a burning cigarette affects the unborn baby. The amount of carbon monoxide in the baby's blood increases with the number of cigarettes the mother smokes daily. Call the Lung Association at 932-4999 and ask for these informative pamphlets - Smoking and the Two of You;

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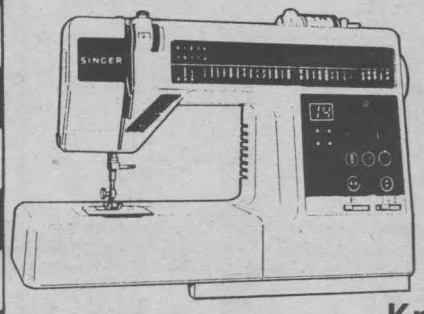

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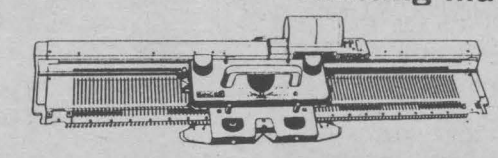

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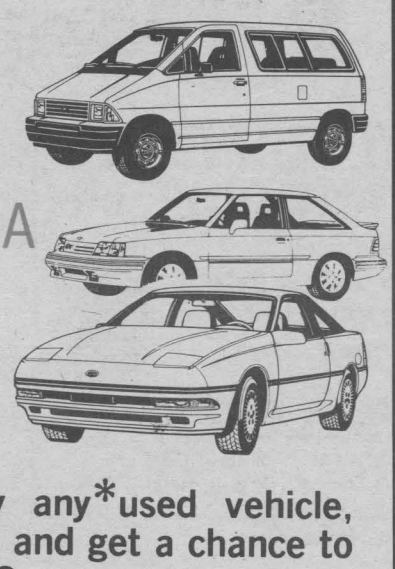

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1986	TEMPO, red, auto., 4 cyl.	70,000
1986	TEMPO L, 2 dr., red, 5 spd., 4 cyl.	62,200
1986	TEMPO GL, blue, auto., 4 cyl.	—
1985	TEMPO L, brown, auto., 4 cyl.	60,832
1985	TEMPO L, dk. grey, auto., 4 cyl.	84,950
1985	F-150, silver, std., 6 cyl.	122,686
1985	LTD., blue, auto., 6 cyl.	130,703
1985	CROWN VIC WAGON, grey, auto., 8 cyl.	138,000
1984	TEMPO GL, red, auto., 4 cyl.	88,710
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1984	ESCORT WAGON, auto., 4 cyl.	—
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1983	DODGE RAM, std.	—
1981	SKYLARK, silver, auto., 4 cyl.	68,000
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CABLE NOTES

Cable 11 recognizes that there are some people in our community who may not benefit from our service because they are visually impaired. Our community bulletin board is a prime example. There are many visually impaired people in our community who like to participate in the many activities happening in the city but are not aware of what is happening because they cannot see the television screen. Therefore we are asking for interested persons who would like to volunteer and help us provide this service. Our aim is to provide a daily voice-over in English and French of Cable 11's community bulletin board of upcoming events and program schedule. The program would air daily at 5:45 p.m. until 6:00 p.m. What is required is a host to provide the voice-over and due to the daily commitment a rotation of hosts may be required. The technical requirements would be furnished by Cable 11 staff member Angie Johnson, our playback operator is co-ordinating the project and if you require any more information please contact her at 932-1632 after 6:00 p.m.

And remember Cable 11's "video Christmas card" on television. This is your opportunity to come down to the Cable 11 studios and videotape your one minute greeting. All the cards will be compiled and played back later in the week for your friends to see. The "video Christmas card" taping date will be Sunday, December 17th. Appointments are necessary to avoid being disappointed. So book your time slot early by calling us at 932-1632.

Here now are some of the other highlights featured on Cable 11 this week. Monday evening at 7:30 p.m. we'll have live coverage of Cornwall City Council. Giant Tiger presents Kinsmen TV Bingo Tuesday at 6:30 p.m. followed by live coverage of the S.D. & G. County Board of Education at 7:30 p.m.

Sunday, December 10:
10:00 Money Matters With Marc Lefebvre
10:30 Cornwall Royals Hockey v.s. Oshawa Generals
12:30 Christian Impact
1:00 Cornwall Christian Council Weekly Service — from Long Sault Pentecostal Church

Monday, December 11:
6:00 Tell Me A Story
6:30 Financial Freedom
7:30 Cornwall City Council Meeting — Live

Tuesday, December 12:
6:00 Il Vit
6:30 Kinsmen TV Bingo Presented By Giant Tiger
7:30 S.D. & G. County Board of Education Meeting — Live

Wednesday, December 13:
6:00 The OHL/QMJHL All Star Challenge Press Conference
6:30 All About Alzheimer's
7:00 State Of The Arts Presented By Cornwall Parks and Recreation
7:30 Christian Impact
8:00 Ekklessia 2000

Thursday, December 14:
6:00 Queen's Park Report With John Cleary M.P.P.
6:30 The Sinor's Show
7:00 Tell Me A Story
7:30 Money Matters With Marc Lefebvre
8:00 Cornwall City Council of Dec. 11/89

Friday, December 15:
6:00 Ekklessia 2000
6:30 State Of The Arts Presented By Cornwall Parks and Recreation
7:00 The OHL/QJMJHL All Star Challenge Press Conference
7:30 Cornwall Royals Hockey Game Of The Week v.s. Ottawa 67's



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(1238) 1989 PONTIAC BONNEVILLE, 4 dr, auto, air cond, grey, 28,000 miles
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(1222) 1989 MERCURY TOPAZ, 4 dr., auto., air cond., blue 25,000 miles
(1252) 1989 DODGE SPIRIT, 4 dr., auto., air cond., red, 21,000 miles
(1253) 1989 DODGE SPIRIT, 4 dr., auto., air cond., blue 22,000 miles
(1233) 1989 DODGE DAYTONA, 2 dr., auto., red, 16,000 miles
(1223) 1989 FORD ESCORT LX, 4 dr., auto., red, 26,000 miles
~~(1226) 1989 FORD ESCORT LX, 4 dr., auto., g~~ SOLD ~~000 miles~~
(1240A) 1988 BUICK CENTURY, well equipped, air cond., 4 dr., auto., brown, 39,000 miles
(1168) 1988 CHEV. CAVALIER, 4 dr., auto., silver, 30,000 miles
(1169) 1988 PONTIAC FIREFLY, 4 dr., auto., red, 38,000 miles
(1163) 1988 DODGE ARIES, 4 dr., auto., maroon, 30,000 miles
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New door lock systems

(NC) — For years car thieves have been successful breaking into cars by using what's commonly referred to as a "Slim Jim," a thin metal strip slipped down between the window and door. However, General Motors has developed a theft-deterring, shielded door lock that features a steel shroud to protect the interior locking mechanism from entry by a "Slim Jim" device.

Introduced on General Motors' personal luxury cars this past year, the manual door lock system will be standard equipment on the new Chevrolet Beretta, Corsica and Pontiac Tempest model lines being introduced in early 1987.

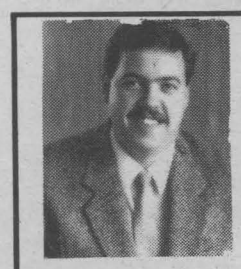
In addition to improved anti-theft protection, the shielded door lock system offers increased ease of operation and helps improve reliability of the door lock system. The door lock system is available in both power and manual styles.

Officials at General Motors of Canada say that the company is actively exploring numerous door-locking systems to help reduce the incidence of car theft, a growing problem in North America. Last year an electronic code system, designed to deactivate the ignition and engine system, was introduced on the Chevrolet Corvette sports car. The system is controlled by computer, making theft nearly impossible.

(NC) — With the use of modern trim materials in today's cars, it is important that car owners use the proper cleaning techniques and cleaners. Failure to do this could result in damage such as water spots, spot rings, or setting of stains or soilage — all of which are harder to remove in a second cleaning.

According to specialists at General Motors of Canada, it is recommended to first remove dust and loose dirt that has collected on interior fabrics with a vacuum cleaner or soft bristle brush. Wipe vinyl or leather trim regularly with a clean damp cloth.

Car dealers and automotive supply stores carry a wide range of spot lifter and multi-purpose cleaners. Consult your owner's manual for the proper cleaners to be used for your particular vehicle. And *always* read and follow instructions for any cleaning product.



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4.	1986 PONY GSL, gold, (stk. no. PVOO1)	$4,795
5.	1986 PONY GSL, 48,000 km, red, (stk. no. C-816C),	$4,295
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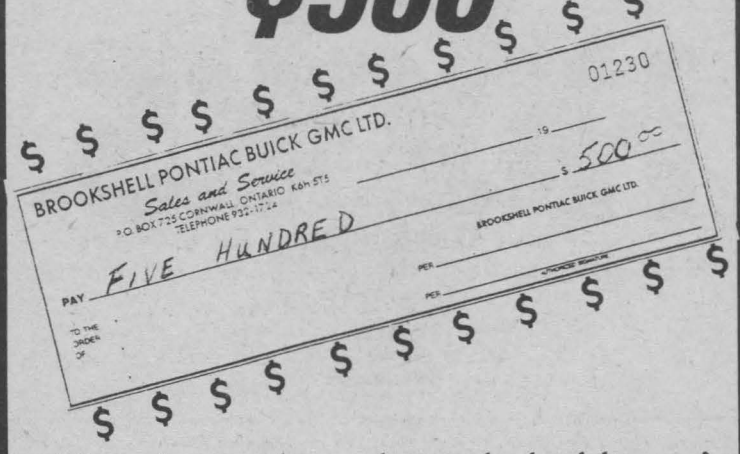

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YOUR INSURANCE NEEDS

By Mark McDermid
Great West Life

Warrants What You Should Know

A warrant is an option to purchase a security of the issuing company at a given price (exercise price) until a specified date. While usually exercisable into a common share, other 'investments' including gold, preferred shares, other warrants or bonds are also used.

Warrants are usually issued with other securities as a package or unit to 'sweeten' a new equity offering, although there have been issues of warrants alone. From the issuer's perspective, it's able to complete a public offering which may not otherwise have been sold because of market or company conditions. It also assists the issuing company in its longer term capital requirements as the exercise of the warrants will provide more funds in the future.

For the purchaser the benefits include:

1. Participation in the longer term growth of the company.
2. An investment at a total cost generally below the cost of investing directly in the common share.
3. Potentially greater capital gains through leverage.

Selection Criteria

The most important aspect of warrant investing is the outlook for the underlying security into which the warrant is convertible. As indicated this is usually common stock. It follows that should the prospects be favourable, then by purchasing the warrant you would be able to participate in a move up from the underlying stock with greater leverage.

Besides valuation of the underlying securities, other considerations for warrant investments include:

1. The prevailing level of interest rates and divided yields. As the entire return on a warrant is capital gains, high prevailing rates on other investments would represent a lost investment opportunity. Projected warrant returns should be compared with other available rates of return.

2. Since a warrant is a wasting asset due to its limited life, there is the risk of a warrant depreciating to zero. Warrants with a life span of two years and longer are more attractive.

3. The premium that the investor pays to purchase a warrant instead of the common stock can be determined using these two formulas.

A. $ = Exercise price + Warrant Price - Stock Price

B. % = $ Premium ÷ Stock Price × 100

As a rule of thumb this premium should not exceed 10 percent per year.



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YOUR FURNITURE



By Richard Komorowski

Patina

Patina is a lovely word used by some antique dealers and owners, usually in order to increase the value of the piece. However, very few people could actually tell you what it is. Patina is simply the appearance a piece gets over time.

Patina occurs on both the wood and on the finish, and is caused by both aging and normal wear and tear.

Let's consider a hundred year old kitchen table. When new, the top was smooth and looked new, and probably had an oil finish. But the table was bought to be used and to work on. Potatoes would be peeled on it. Turnips and meat chopped, apples cut up, and probably half an acre of pie pastry rolled out on it. Now and then things would be spilt, and eventually wiped off. Occasionally the table would be cleaned off and waxed, and then the whole process would start over. Gradually, the combination of grease, vegetable matter, blood, soil, etc., etc., would build up and alter the appearance.

Is this patina worth preserving? That is a personal matter of taste. You can consider whether you would want to go to a furniture store and buy something brand new, which was all scratched up and looks like it spent the last five years in a day-care centre. Or consider the family car. It is constantly subjected to sun, rain, snow, hail, salt, dust, mud, gravel, possible other people's cars, and so on. Do you want to preserve its current looks? My own car has a rather unique patina, but all the same, I would like to restore it to a new condition.

Consider also that when the piece of furniture was made, whether one hundred years ago or one hundred days ago, the craftsman or factory which made it wanted it to look perfect and unblemished, and it probably would not have been sold had it not been.

Some unscrupless dealers have all sorts of neat tricks to make a piece look older than it is. The fastest way to make new wood look old is to bury it in horse manure or let chickens roost on it for six months. Others will take a shot gun and fill it up with bird shot to simulate worm holes, or beat it up with a length of chain to simulate wear (can you imagine anyone in their right mind beating up an inoffensive Queen Anne dresser like a member of a motorcycle gang on the rampage, merely to make it look old?)

Check a piece before you buy it. Are the wear spots where you would expect them, or has someone tried to imitate them with a grinder and sandpaper? Ink spots on the top of an old oak desk may be genuine, but the dents on the side, would you normally expect wear there? Well, it's all a matter of taste, but remember, buyer beware!

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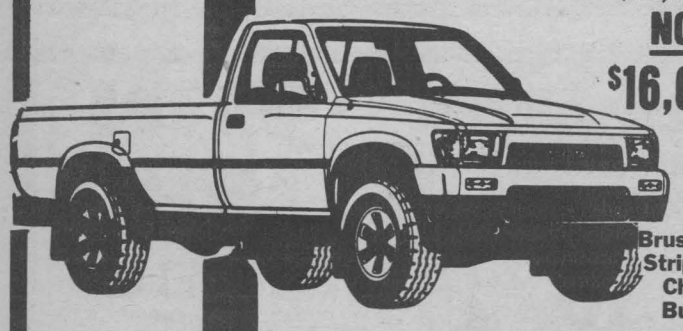
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(613) 933-0671 ask for Denis Lapierre



DISC NEWS

By Chris Wilson

J & B Disc Break in downtown Cornwall has celebrated its moving to new quarters in the old St. Lawrence Power Commission building on the pedestrian mall by installing a $3000 compact disc merchandising system pioneered by the Lift organisation of Austria.

The compact disc inventory formerly spread over sixty four square feet of conventional bins is now displayed in a three tiered "gondola" about 12 foot square at the back of the store.

In it are the jewel boxes of over 500 compact discs which have been stripped of their plastic "blister packs" or generic cardboard packaging and are now open for inspection.

The customer can check the booklets for more information than is usually visible on the outside, read-up about the artists and generally get the feel of the product.

The discs themselves are kept in a secure cabinet in a simple hanging vertical file system. Only the staff handle the disc, but a customer may ask to hear excerpts at one of several listening stations and with a remote control unit select the tracks he wishes to hear before making the decision to buy. There are no surprises when the music is taken home and the product remains covered by the manufacturer's warranties.

A compact disc is quite a chunk of money and in a store specialising in jazz, classics and other less familiar music, one of the big problems has always been the customer's lack of familiarity with the recordings. Few of them are ever played on the radio, one would have to subscribe to several magazines to read all the reviews. The Lift system solves this.

There are a few hang-ups. Some don't like the thought of buying a disc which "has been played". This is a doubt carried over from records and cassettes. With a compact disc, it is read by a lazer and the technology does not "play" through to contact. There are no needles or abrasive tape heads to cause damage. The CD is no more "used" than the new car you take on a demo run before delivery. You are the first owner.

There are not many Lift systems operating in the area: one in Ottawa, two in Montreal. This is because of the North American record industry's pre-occupation with wasteful "protective" packaging. In fact, discs were often more damaged being repackaged when imported from Europe than at any other stage of their journey to the consumer.

The Lift System is everywhere in Europe. It is soon to be introduced to 200 Jean Coutu pharmacies, but solely for the secure dispensing of pop items. There will be no listening stations. Try to see Lift in action before Christmas.

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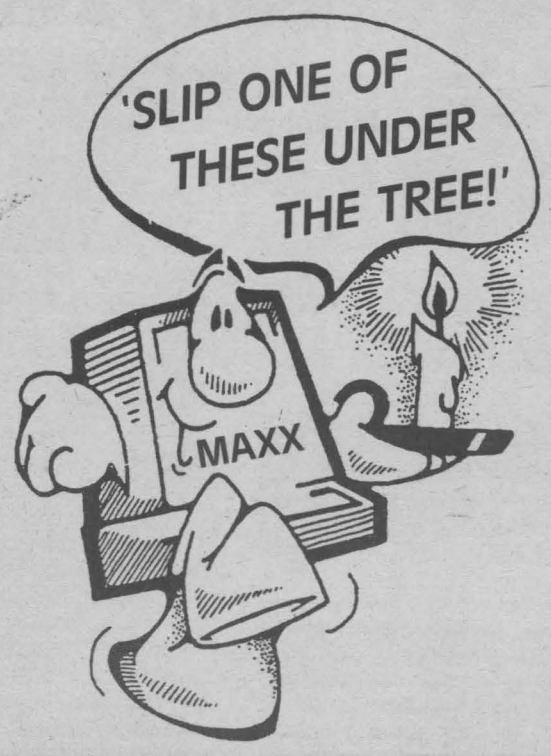

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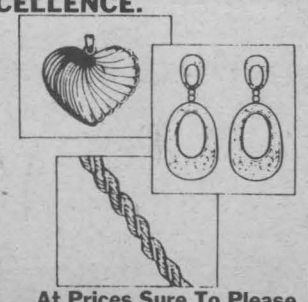

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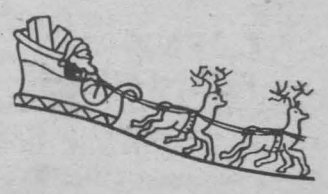

202 Montreal Rd.
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Money Sense

by Phil Hale

Independent Financial Advisor



Trying to "beat the market" to make a financial killing is one of the most frustrating challenges which investors face.

Playing the stock market as if it is a Las Vegas casino is a crapshoot. Why try something that confounds even the experts? You either have to be a clairvoyant or extremely lucky consistently.

Soothe your nerves. Try another, more sensible strategy: dollar cost averaging.

This strategy calls for the investment of a fixed amount of money in mutual fund shares at regular intervals during a specified period of time. By following this strategy, investors will actually lower the average cost of their periodic investments.

The principle of dollar cost averaging is simple: As the share's value rises, investors buy fewer shares. As the value falls, investors buy more.

For example, suppose you decide to invest $100 a month in a mutual fund. When you start, the fund's shares cost $10 each. So, your $100 buys you 10 shares. During the next four months, the fund's price per share rises from $10 to $11, then drops to $9 and later to $8. At the end of these four months, you will have 42.7 shares, or 2.7 additional shares than if you had invested a lump sum of $400 to buy 40 shares all at once.

The beauty of dollar cost averaging is that investors don't have to worry about market timing. They are buying shares consistently, whether the market goes up or down. It also eliminates the temptation to stop buying when the shares drop in value or to go wild spending when shares start rising. You become detached, oblivious to market shifts. Like the classic advice says, you are buying low and selling high.

By taking advantage of dollar cost averaging, the average cost of all the shares investors have bought is less than the average price of those shares when the investor bought them.

The lower average cost will improve the investor's position even more, and also provide him/her with capital gains.

For example, let's say you invested $100 a month for only six months. Since the share price in the first month was $15, you bought 6.66 shares. During the next six months, the price swung up and down, reaching as high as $16 and falling as low as $11, then returning to $15, as you can see in the following table:

Month	Share Price	Shares Bought	Investment	Total Value
1	$15	6.66	$100	$100
2	$13	7.69	$100	$186.58
3	$14	7.14	$100	$300.90
4	$12	8.33	$100	$357.88
5	$16	6.25	$100	$577.12
6	$15	6.66	$100	$641.05

Av. Price	Total Shares	Av. Cost Per Share
$14.16	42.73	$14.04

As you can see, your investment grew by $41.05, for a gain of 6.8 percent. If you had made a single $600 investment, you would have about broken even after six months. By using dollar cost averaging, you have come out ahead.

However, to really benefit from this strategy, you must invest for the long term. What is interesting is that investors benefit more using dollar cost averaging during a time of falling share prices than one with rising prices.

So, what are you waiting for? Talk with your stock broker or mutual fund specialist to learn more about dollar cost averaging investments. In the long run, you could be a big winner.

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Independent Financial Advisor
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REAL ESTATE AND YOU

Jamie Johnston

One stop financial shopping

(NC) — It seems only yesterday that "One Stop Financial Shopping" was supposed to take over the world. People would deal with only a single financial institution for all their needs, usually through one individual for banking, borrowing (including mortgages), and on to real estate.

This has not happened. Many now believe that the concept is dead and buried.

One reason is that there are few, if any, "supermen" or "superwomen", capable of being all things to the customer — namely, having the skill and knowledge to sell all products. And, that's understandable.

However, "one stop shopping" is not dead. Rather, it needs to be approached a little differently. Certainly, from a consumer's point of view, there is a need. First, convenience — dealing with one organization rather than many can save time. Secondly, being already known with one company establishes a track record. That allows a consumer more flexibility in planning their financial affairs without constantly having to make new applications every time they want access to a new product.

"One stop shopping" exists, but at a slightly less visible level. Take real estate, for example. You deal with a salesperson who evaluates what you can afford in terms of a mortgage when showing you properties. When you need a mortgage, you are referred within the same company — but to a second person — one who know mortgages.

Rather than one person handling all of your financial needs, you will, instead, be referred to experts in various areas — all within the same organization. That's how "one stop shopping" will have to work — minimizing consumer inconvenience while making sure that consumers deal with experts in each field. This is probably not as dynamic as visionaries first perceived. But it can work better!

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Sport fashions colorful this year

By AMBER BROOKMAN, JR.

ISPO, Europe's sport fashion show in Munich, revealed a tremendous range of trends, themes, colors and details throughout the collections.

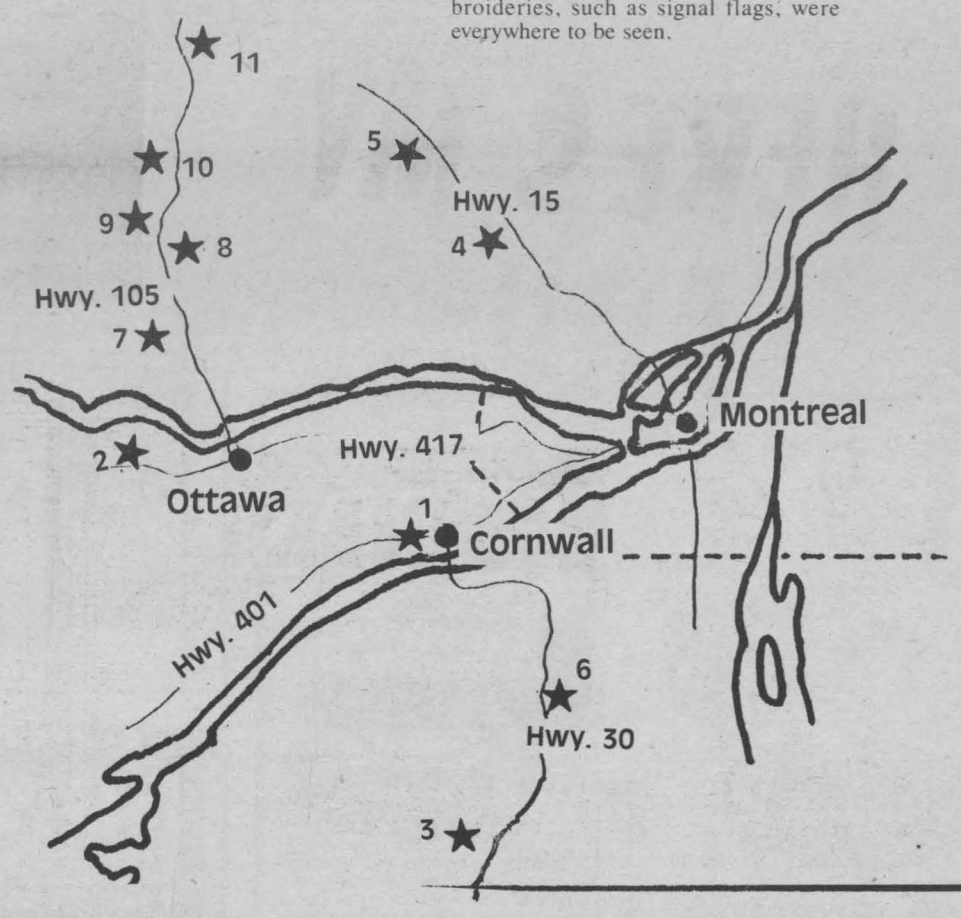
Ethnic inspiration was one of the most important themes at ISPO. Locales that influenced color, print and fabrication were Mexico, the Caribbean, the Middle East, India and Africa.

Exotic and primitive motifs such as batiking as well as madras stripes, in colors from palm green and kiwi to desert brights of golds, mangos, chutneys, tobaccos and sunset pinks were displayed. Belfe and Steinnebronn were beautifully influenced by this desert flare.

The Caribbean influence gave us prints using huge tropical flowers, butterflies and parrots in sunny island colors such as intense greens and turquoises, yellows, fire reds and very important lilacs and purples.

Sixties styles were displayed in very bright colors and fun designs influenced by the great surf of Australia, Hawaii and California. Items shown included micro minis as cover ups, swimsuit tops in sixties bra cuts and the reconfirmation of the typical Hawaiian shirt.

Yachting looks for next summer are timeless and fashionable but with a hint of an old fashion flare which echos of the '20s and '40s. Prints were stripes and dots and appliques; emblems and embroideries, such as signal flags, were everywhere to be seen.



7/CAMP FORTUNE



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bonjour QUÉBEC Québec Association touristique de l'Outaouais

SCUTTLEBUT

Sammy Saver



Happy 40 something to Madeleine Lemieux from Cable 16. Could this be the start of a new TV show, ten years later??

More from football pool at Gedoro's. Seems Steve Burns & Wayne Thompson are doing a scientific experiment. They entered their own picks for week 14 and then they did a 'Flip of the Coin' set to see which method was better, theirs or the coin's. Results next week!

We see where Jack Clifton took some expensive golf lessons from Jim Daye and friends while they were away south of the border.

Callin' 'em as he see's them. Highlight of Week 13 in the football pool at Gedoro's saw Cornwall's Number 1 sports editor drop 8 points. People were wondering if the newly-wed was getting too many back rubs and it affected the flow of blood to the brain?

Hear Brendon Hunt is avoiding cousin Brian on the squash court lately.

John Baird! Have you learned how to turn on the Kinsmen Bingo machine?? Everybody hopes Burl Miller is back next week.

They tell us Paul Joncas'Motel is doing well in Florida.

David Suzuki says "business people and lawyers are absolutely the worst in terms of knowledge of scientific info."

Seems past president Martelle has not given CJSS back their microphone.

It's too bad that director Mills got defeated in the Chamber elections. He was one of the few who attended most of the meetings, contributed greatly to all events and was a force in the new financial situation the chamber is now in (complete attendance stats are available upon request). Our source also informs us that Mills was not a high profile director because most of his discussion was moved to closed session so other directors would not get quoted.

The best way to knock a chip off anyone's shoulders is with a pat on the back.

See where Pet Food Plus is now open at Tudor Place. Good luck, Ted.

Ron Adams looking fit as a fiddle these days.

Remember when you were a kid the game called Simon Says?? Simon de Jong gives a whole new meaning to it, doesn't he?

Congrats to Jim Shea on his election to the Presidency of the Chamber.

Exhilaration is that tremendous feeling you get just after a great idea hits you, and just before you realize what's wrong with it.

The guys who work on construction never cease to amaze us. Those working on Hwy. 138 were out there in the cold this week from early morning 'til early evening. Brrrrr!!

Rudolph will be "flying with a full sleigh" as MacMillan and Howes staff (& spouses) kick up their heels at their annual party being held Dec. 14th at the Glengarry Country Cottage.

"Congratulations" going out to Bill Gallant who is the newly elected president of the Cornwall Irish Assoc. Also elected vice-president is Colin Stockdale and treasurer Frank Nevin and secretary Barbara Redicker. Congratulations again to all!

Hear a rumour about a possible work stoppage Dec. 18 or 19 at one of the school systems???

To Ron Martelle; the Federal Government, the Provincial Government, and the City Council are all arrogant, incompetent, and all doing a lousy job. Everybody's wrong but Ron!!!

FOUND recently ... a sum of money outside a Cornwall restaurant .. is it yours? call 347-7440.

It would seem that the odd customer does receive a "free pizza" ... that's great! But don't overlook that driver who had to bring it to you ... "free pizza" doesn't constitute "no tip".

It seems that a Beckers truck, while bringing a load of milk to Cornwall broke down in the cold near Kingston. While the driver was in a diner phoning for help, a cattle truck rear ended the milk truck. With all the milk & cows all over the road, some confused passer by came into the diner & was heard to say "Beckers let their cows loose all over the road."

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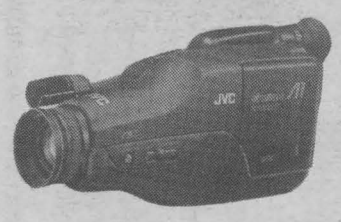

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NUTRI-SITE: People On The Way To Health



Nancy Geronazzo has only been with the Eastern Ontario Health Unit since October but she knows she's riding a winner. She's the co-ordinator of NUTRI-SITE and she may be bringing it to Cornwall.

Her new project is designed to bring better eating habits to the workforce and has been hailed as a major health promotion initiative in the region since the Ministry of Health decided to fund the 12-month program earlier this year.

The reasons aren't hard to find. We shell out millions of dollars each year on the treatment of illness and disease. Since heart disease is Canada's No. 1 killer, heart health has become the main focus of public health and nutrition is at centre-stage.

NUTRI-SITE is a critical stepping stone on the way to better lifestyles. Because it is directed at workplaces it will reach large numbers of people at one time. And there will be no charges for the service.

Nancy Geronazzo says that presentations at worksites will be her main vehicle for reaching the target population. "The material presented can be adapted to the particular needs of individual places of work", said Nancy Geronazzo and she added "fats, cholesterol, eating out and adopting wise food choices are likely to be on the menu everywhere."

Managers and unions in the Cornwall area are invited to contact her at (613) 933-1375, local 215, for more information. She says that the program will be spread across the five counties covered by the Eastern Ontario Health Unit but Cornwall might be wise to get its food in the door. "First come, first served" says Nancy Geronazzo as she starts to wind her cordon blue around the waits of the region.

John O. Darbyshire, Ph.D.
Health Promotion Consultant

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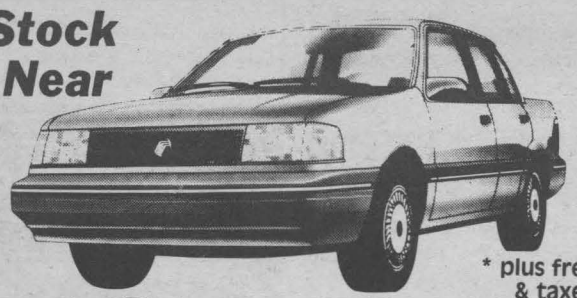

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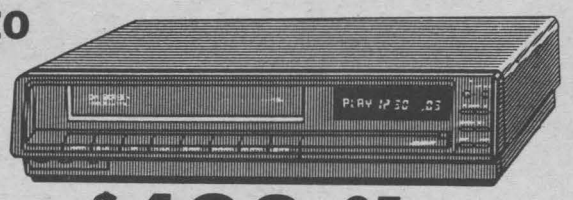

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Companions' Corner

To Place Your Ad: Write your ad of 25 words or less and enclose $10.00 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Mail to Companion's Corner, Seaway Shopping News Ltd., 8-6th St. E., Cornwall, K6H 2N4.
For Readers: To respond to an ad send your letter to the appropriate C.C. number, c/o Seaway Shopping News Ltd., 8-6th St. E., Cornwall K6H 2N4.

AVAILABLE — Special Xmas gift for you. Unattached gentleman wanting long term relationship? Should pursue. Do you value health, happiness, humour & loyalty? Combined with in/outdoor varied interests & activities? This youthful, caring, employed, attractive, 40's woman is seeking an active, stable, romantic, warm, working companion. Please reply by letter, describing "you" and we will see what a meeting will do. CC 820.

GENTLEMAN, 6 ft., alone, middle age, non-smoker, non-drinker, non-Hotel goer. Seek and you will find. Well, I'm seeking a middle aged lady friend. CC 819.

THE CHILDREN ARE GROWN, and I'm mostly alone. Wanting someone to share in my life. A companion to talk to, that's all we would do. If you don't want a wife. Non-smoker, non-drinker, a challenging thinker. Compatible likes & dislikes. Reply to CC 817.

LOVING MALE (37), 5'9", 150 lbs. blonde & sincere. Enjoys long walks, dining, movies, children & loving evenings. Desires "special lady" (25-45) for relationship. Photo & phone number appreciated. CC 816.

MALE, 27. Would like to meet a female, between 27 & 30 for friendship and love. I don't smoke or drink. Photo & phone number, please. CC 813.

DON'T BE ALONE FOR XMAS. Male, late 50s would like to meet lady between 50-65 to enjoy quiet evenings, walks & short trips. Unattached. Phone number & please Santa's waiting. Reply to CC 815.

YOUNG 40, single executive. Financially secure with own home and two sports cars. Considers himself good looking, affectionate & considerate. Wishes to meet a slim, attractive, secure lady (30-37). I enjoy music, dancing, skiing, tennis & boating. Please send photo & phone number. Reply to CC 814.

THANKS TO ST. JUDE for favours received with promise to publish. J.D.
12/11/1

THANKS TO ST. ANNE for favours received with promise to publish. N.H.
12/25/1p

2-APARTMENTS FOR RENT

1 BEDROOM FURNISHED APT. kitchen dinette, large bathroom & balcony. Upstairs on Walton St. Available for Dec. or Jan. 1st. $350 monthly plus utilities. Call 932-8233.
12/18/2mc

2 BEDROOM APARTMENT: EMMA AVE. Modern, 4 pc. bath, basement of triplex, ample parking, washer & dryer hookups, pets OK. Utilities included, $440 monthly. Available January 1/90. Call 937-4940.
12/11/2p

LARGE 1 BDRM. APT. downstairs. New carpet & paint. Heat & hot water paid. Parking. $400/mos. East end. 938-8453 or 932-4771.
12/11/2p

THREE BEDROOM APARTMENT newly renovated $600. Monthly. Main floor. Including utilities, parking, available Jan. 1/90. Call 932-2631.
12/4/2/P

LARGE 2 BDRM., 2nd floor apt. available Jan. 1st/90 (flexible). All utilities paid. Quiet. Central. 239-B First St. East. For appointment to view call 932-3344 after 5 pm.
12/5x/2oa

ONE BEDROOM BASEMENT APARTMENT $425 monthly including utilities, parking, washer & dryer hook ups. Call 932-2631. Available January 1, 1990.
12/4/2p

3, 2, &1 BEDROON APTS. for rent. Immediate occupancy. Utilities included. Near bus. Parking. 933-9457.
12/11/2oa

TWO 2 BEDROOM APTS. $475 monthly, heat included. Pay own electricity. Available Dec. 1. Anthony Street (near Water). Call 936-0903
11/27/2p

228-A McCONNELL. 2 bedroom. Washer & dryer hook up. Parking. $350/month, does not include utilities. 931-2105.
12/11/ 2p

5-ARTICLES FOR SALE

1 ARTIFICIAL CHRISTMAS TREE 6', $10.00. 2 Persian Lamb fur coats, 1 grey long, 1 black short. Best offer. 2 large snow scrapers, $10.00 each. 2 bird feeders, $5.00 each. 1 pair men's golf shoes, $15.00. 1 pr. ladies golf shoes, $10.00. 1 pr. ladies bowling shoes, $10.00. Call 931-2978 OR 932-7293.
12/11/5p

SNOWMOBILE SNO-JET 72 Yamaha twin engine cylinder for parts, $65 or B.O. Alternator for GM product from 73 and up, $35. 938-8373.
12/11/5p

NO CHARGE.
We pick up, at no cost to you, unwanted refrigerators, stoves & furniture.
Tues., Wed., Thurs. 9-6, Fri. 9-8, Sat. 9-4. Closed Sunday & Monday. Call
Gerard's Used Furniture & Appliances
Call 534-2247

YORK GLIDER EXERCISE BENCH, like new. Velvet chesterfield (lt. beige with rust & brown flowers). Very clean. 932-1077
12/11/5p

REBUILT TRANSMISSIONS used transmissions & parts, also remove and replace. Call 932-4093.
12/25/5d

OIL BURNING FURNACE, used T.V. antenna, small wood stove, burner only for oil furnace, aluminum storm windows. Call 537-2548 after 6 P.M.
12/11/5p

PYKE'S HONEY we deliver within the city limits. With own container your cost $1.20 per pound. Various other prices & we have containers. Call 938-5446.
12/11/5p

SATELLITE DISH, $700 takes it away. Franklin stove. After 5 pm, 932-6686.
12/11/5p

5 KITCHEN CHAIRS. Swivel/chrome base, curved wood backs, vinyl cushion floral green seats. Excellent condition. $20 each or B.O. Call evenings 938-2744.
12/4x/ssn

TOY BOXES ... Great Christmas gift made from solid pine. 2 sizes. Also solid pine bookcases. Starting at $45.00. Phone 937-3570.
12/25/5p

WOMENS FISCHER CROSS COUNTRY SKIS, size 8 boots $90 o.b.o. Call 932-5734 after 5 p.m.

FREE PICK-UP Fridges, stoves, washers, dryers. Working or not. 936-2214

FIREWOOD FOR SALE & LUMBER. Split & delivered. Mixed wood. Call 528-4262.
12/18/5p

LANOUE'S USED FURNITURE. Visit us at our new location. 3469 St. Andrews Rd. We buy & sell. Call 938-9794.

FRIDGE & STOVE, white. Both in good condition. $450 or B.O. 937-0527.
12/18/5p

2 PR. X-COUNTRY SKIS & poles, $50/pr. Boots (sizes 7 1/2 & 8), $10/pr. 537-2456.
12/11/5p

FRESH CHRISTMAS TREES for sale. 528-4748.
12/18/5nc

WALL UNIT, WASHER, dryer, bedroom set, dressers, single bed, bar, stools, wood/coal furnace, coffee table, bookcase, bench work, rocking chair, couch, stacking chair, chesterfield chairs, 54" mattress. 528-4328.
12/11/5p

VICTORIAN ANTIQUE CHESTERFIELD & chair, green brocade ... $800. Also long dark green & gold brocade drapes ... $35. Beige or green 72" long drapes ... $20 a pr. Grey persian lamb coat & hat, size 14-15 ... $125. Skates ... all sizes ... Single Bed 39" ... $45. Call 932-3936.
12/11/5

TIRED OF SHOVELLING? 5 hp A.M.F. snowblower. 2-stage, self-propelled, 26 inch, elect. start. Very good condition, $250. Also CB radio, Model TRC 427 (Now TRC 474) 40 channel, 9 priority switch, trunk mount antenna complete. $125. Guaranteed, less than half price. 938-0909.
12/18/5p

SNOWBLOWER, 5 hp, Brigg's & Straton older model. $150. Call 933-5976.
12/11/5p

A New Idea At A Price You'll Like

BUY 6 WEEKS GET AN ADDITIONAL 3 WEEKS ... FREE

BUY 13 WEEKS GET AN ADDITIONAL 6 WEEKS FREE

BUSINESS & SERVICE DIRECTORY

ACCOUNTING & TAXES

CORNWALL ACCOUNTING 931-1117. Tax planning, farmers, business, incorporation, individuals. Computerized accounting/tax preparation. **Free consultation.**

AIR DUCT CLEANING

BREATHE CLEANER AIR. Improve furnace efficiency. Call Steamatic for free estimates & superior results. 932-4595.
jan/1

BOARDING

STARDUST KENNELS Boarding facilities for dogs and cats. Reasonable rates. Spacious kennels, leash walking, large runs. For more info. call 984-2636.
3/12/busp

HORSE TACK

HORSEY GIFTS, riding clothes, equipment & supplies. **BOB-T TACK SHOP,** Hwy. 2, Summerstown. **347-7459.**
sd/Jan22

DOG TRAINING

QUALIFIED INSTRUCTOR offers private lessons at your convenience, in your home. **1-874-2062 messages promptly returned.**

CARPET CLEANING

STEAMATIC. Professional top quality results on carpets & furniture. Biodegradeable products only. Free estimates. 932-4595.
jan/1

3 STAR MAINTENANCE. Professional cleaning. Carpets & upholstered furniture. Scotchgard stain protection available. Home renovations. Free estimate. **932-2186.**

GIFT BASKETS

Specially Designed For Each Occasion
Never the same. Prices for every budget.
Order Now. BUG-A-BOOS 932-9577

HOME RENOVATIONS

WANT YOUR BASEMENT FINISHED? Bathroom remodelled? Call for free estimates. But wait ... we do much more! Plumbing, counter-tops, framing, minor elect., painting, interior finishing work, flooring, drywall, drop ceiling, etc. **Gerald Menard Renovations & Painting. 933-7028.**

Kitchens, washrooms, rec rooms, patios, decks, roofing. General repairs. Free estimates. **SABOURIN RENOVATIONS. 937-0851.**

LIMOUSINE SERVICES

PEACE OF MIND SERVICES LTD. Guaranteed lowest rates, highest professional standards. Luxury sedan service. **938-7561.**

NURSERY SCHOOL

CHILD'S PLACE offers half day programs for ages 2 1/2 to 5. Play time, arts & crafts, activities, music & story times. Reasonable rates. Call 933-1910.
mar/12

MOTORCYCLES

MOTORCYCLE ENGINEERING. Service to all makes. Engine rebuilding. Snowmobile repair. RR 2, South Branch Rd., Cornwall K6H 5R6. **931-3093.**

OFFICE SERVICES

BOOKKEEPING, payroll & typing services completed in my home. Reasonable rates. Pick-up/delivery available. Call Cathy, weekdays after 3:30 & weekends. **346-5565.**

SNOW BLOWERS

Have your snowblower tuned up. **Small Engine Repairs.** Pick up & deliver. **Phone 932-9392.**
sd/jan22

REMODELLING

PREPARE FOR CHRISTMAS "specials on" wall paneling, paper, plaster & painting **Contact Paul 933-2542 after 3:30 P.M.**
1/15/90

BRAY RENOVATIONS. 932-5264 or 933-6717 (evenings). Home improvements, renovations, additions, kitchen, rec room, bathroom, windows, doors, siding.

SATELLITE SYSTEMS

CHANNEL MASTER. General instrument, complete systems. Discover satellite TV. Lloyd Renaud TV, Martintown. 528-4471.

VIDEO EXPERTS

MEMORIES Video-Taping: Weddings, birthdays, baptisms, sports, meetings etc. Computerized graphics and titles. **10% OFF WITH THIS AD. Call 937-3195.**
sd/jan22

TV & VCR REPAIRS

AUDIO VIDEO ELECTRONICS REPAIRS to TV's, VCR's remotes, converters. 10:00 am to 8:00 pm
Owner Del St. Louis, 936-0405.
1/8/90bus

AUTHORIZED SERVICE CENTRE for Panasonic, Hitachi, Technics, TV's, VCR's, stereos. Also repairs to most makes of TV's & VCR's. Cameron's Furniture, TV & Appliances Ltd. 3050 Pitt St. N. 932-2751.
mar/12/sd

SECURITY SYSTEMS

- bars for windows & doors - free estimates - protect your home - also refrigeration repairs. **Call 984-2626.**

BABY SITTING

I WILL BABYSIT IN MY OWN HOME in Ingleside. Call Linda at 537-2186. **Reasonable rates.**

5-ARTICLES FOR SALE

CHESTERFIELD & CHAIR, floral/brown. Good condition. Asking $350 or B.O. 938-3924 or leave message.

12/18/5p

ADDED PLEXIGLASS WINDOWS are an effective barrier against heat loss and make your home a safer place. Plastics of Ottawa, 216 Pretoria. 235-1465.

12/11/5oa

K'S CRAFTS PLUS ... silk house plants, trees, bushes & flowers. Home made quilts also Christmas supplies & center pieces. Lay away now for Christmas. Phone 938-1928.

12/11/5

FOR SALE "LEGEND" Blacksnow snowboard. Used 5 times. 135 cm long with ski type bindings. Asking $60.00. Call 938-2141 ask for Mark.

10/23x/05NC

MRS. G'S DOLLHOUSE SHOPPE. Complete line of dollhouse kits, dollhouse furniture, lighting, accessories, miniatures, handcrafted dolls etc. Vis/Mastercard. 407 Water Street East. 932-1765.

10/30x/5

WEDDING DRESS. Headpiece & crinoline for sale. If interested call 938-4776 or 932-5364.

7/10x/5

APPLIANCE S FOR SALE ... Call 932-2010

12/25/5p

McCULLOCH CHAIN SAWS -Tomorrow's Technology Today. For parts, sales and service let Kelly's Small Engines be at your service. 932-9450.

TFN

THE PERFECT WEDDING & SHOWER GIFTS. Hand-embroidered, white coton, pillow cases at $9.95/pr. White cotton guest towels at $4.00 ea. A fine selection of lace placemats & tablecloths. Also, we are the Exclusive Agent for "Folkart" by R. Goyer. Jenny William, 14 Main St., Alexandria, Ont. (613) 525-4226.

SLIPPERS FOR SALE ... Ladies ...$3.50 ... Men ... $3.75. Apply 836 York St. (upstairs) front door or call after 6 pm ... 932-9438.

USED BUT NOT ABUSED! Audio equipment, tape decks, receivers, tuners etc J & B DISC BREAK. 937-DISC.

5/22x/5

BERGERON FURNITURE. 39" box & mattress set, reg. $259 for $169/set. 54" box & mattress, reg $289, for $179/set. 1005 First St. East. 932-2214.

6/5x/5

COLOUR TV (suitable for video games) $50. Gold dble. bedspread & drapes (62" l.) $50. Beige, green drapes (72" l.ea.) $70/pr. Dble. dark green chenille bedspread $20. Dble. floral bedspread $20. Red dble. bedspread w/drapes $35. Persian lamb coat (14-15) w/hat, $125 or B.O. Boys & girls skates (all sizes) $10/pr. 932-3936.

12/11/5d

A GIFT FOR THE FAMILY THAT HAS EVERYTHING. Give them a water treatment unit and improve the taste, odour and clarity of their drinking water. Contact Lane Snow NSA independent distributor. 538-2390

12/11/5p

SNOW PLOW FOR SALE ... 7 1/2 ft. power angle western plow, 5 yrs. old. Good working order, new seals last year. To fit G.M. extended mount on frame. $1500 or B.O. Call 932-1752.

12/11/5p

RACOON FUR COAT, natural, full length (size 9-10). Very good condition. $500 firm. After 5 pm. 346-2432.

12/11/5p

MEN'S GOLF CLUBS by Wilson. Like new. R.H. w/reminder grip, 1 & 3 wood, putter, sand wedge, 3, 5, 7 & 9 irons. Deluxe cart & red bag. $475 or B.O. Call mornings 938-8609.

11/4x/ssn

WASHERS, DRYERS, REFRIGERATORS, stoves and color televisions for sale. All clean and working. Call 938-1355 anytime or leave message. St. Andrews.

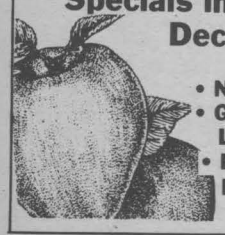
10/30/5p

GREAT SAVINGS

Expo MARGARINE 100% soya Save $2.00	$5.99 7 lb. pail
Product of Ontario POTATOES	99¢ 10 lbs.
Florida WHITE GRAPEFRUIT	5/99¢
Product of U.S.A. LETTUCE	69¢ head
Neilson's 2% MILK	$2.99 4 L
Neilson's HOMO. MILK	$3.89 4 L
Lean Ground PORK	$1.59 lb.
Minute STEAK	$2.99 lb.
Fresh Daily ST. ALBERT'S CHEESE	$3.69 lb.
Pan Dandy WHITE BREAD	69¢ 24 oz. loaf

QUALI FRUIT

231 McConnell Ave.
Open Sunday
Specials in Effect
Dec. 12-16



- No Gimmicks
- Great Everyday Low Prices
- Fresh Meat & Produce

REMI GILLET & SON

SIMPLE! BUY NOW SAVE BIG

* * * * * * *

Sectional Living Room Suite
Reg. $1,209.00 — $599

Chrome Table & 6 chairs
Reg. $994.00 — $599

Maple Bar Stools 2 Only
Reg. $199.00 — $129

Large Entertainment Centre
Reg. $589.00 — $299

Maple Kitchen Set
Reg. $869.00 — $499

Day Beds Complete With Linens
Reg. $599.00 — $399

Berkline Recliner Chairs
Reg. $329.00 — $199

Sofa Bed
Reg. $999.00 — $499

Wing Chairs
Reg. $469.00 — $289

Assorted Love Seats
Reg. $729.00 — $349

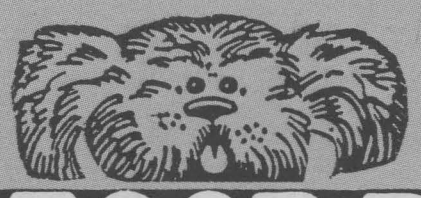
* * * * * * *

REMI GILLET & SON FURNITURE

407 Water. St. E.
932-1765

OPEN MON.-FRI.
9 - 9

REMI GILLET & SON



NEW HOURS 9-9 Mon.-Fri. 9-6 Sat.

PET FOOD PLUS

NOW AT OUR NEW LOCATION 841 SYDNEY ST.

SPECIALTY FOOD

- Science Diet
- Techni-Cal
- Pro Plan
- Nutram Dog
- Domestic Feline
- Shurgain
- Neura
- Iams Dog
- Iams Cat
- Eukanuba

NOW OPEN IN A NEW LOCATION TO SERVE YOU BETTER

Regal (Dry Dog Food)
20 kg. $12.99
8 kg. $5.99

DERBY
14 oz. .69¢
24 oz. .98¢

Dr. Ballard PREMIUM
14 oz. .89¢
24 oz. $1.59

Wild BIRD SEED
$5.49 9 kg.

EXTRA SPECIAL
Hartz Cat LITTER 10 kg. $2.99
Pounce Cat TREATS $1.09

Jumbo Covered LITTER PANS
$24.99 ea.

FANCY FEAST
.49¢

MISS MEW 6 oz.
.45¢

PURRR
6 oz. .39¢
14 oz. .69¢
24 oz. .98¢
1 kg dry $1.89

COUPON
$2.00 OFF
any 8 kg. or 40 lb. bag or Techni-Cal Food

SUPPLIES

- Rawhide Bone
- Dishes
- Vari Kennel
- Kennel Cages
- Leashes
- Collars
- Vitamins
- Flea Powders
- Scratching Posts
- Hamster Food
- Toys
- Small Animal Foods
- Fish Food
- Bird Food

VISIT US AT OUR NEW LOCATION

PET FOOD PLUS

"Your Specialty Pet Food Store"



933-8136
841 Sydney St.
Tudor Center
across from Brewers' Retail Store

- ALL MAJOR BRANDS OF PET FOOD - PLUS SPECIALTY FOODS FOR BOTH DOGS & CATS.
- BUY INDIVIDUALLY OR BY THE CASE FOR GREATER SAVINGS. (MIX & MATCH YOUR CASE SELECTION)
- WE OFFER A FULL LINE OF PET SUPPLIES
- ALL BREED GROOMING AVAILABLE BY APPOINTMENT

MasterCard VISA

5-ARTICLES FOR SALE

HIDE-A-BED, brown tweed. Very good condition. Asking $275. Call 933-0800.
12/11/5p

STEREO SYSTEM. Reg. $1,000 asking $500. Call 932-4876.
12/11/5p

GREAT XMAS IDEA! Farfisa elect. organ. In good condition. Asking $325. Singer sewing maching w/small cabinet. $75. Call 346-5748.
12/18/5p

CATS, DOGS, KIDS scratching your beautiful furniture tops? Protect with Plexiglass, cut any shape. Plastics of Ottawa, 216 Pretoria. 235-1465.
12/11/5oa

BOY'S SKATES Bauer, size 7 ... $25.00. Girl's skates size 3 ... $17.00. Also ski boots size 7 & poles ... $65.00 complete. Call 938-1377.
12/18/5p

Q.S. WATERBED box spring & mattress type.. $350 (orig. $700). Call 937-0527.
12/18/5p

5-ARTICLES FOR SALE

LUGGAGE, bird cages, girls bicycle, floor polisher, drapes, electric blanket, exhaust fan & motor, 2'' foam mattress 52'' w & other items ... Call 932-3048.
12/11/5p

T.V. 20'', 2 months old, $290. Dresser ... $35.00. Dining table & chairs ... $125. 1982 Dodge Aries, excellent condition ... $2,700. Available Dec. 20/89. Call 936-9306.
12/11/5p

SOFA WITH HIDEAWAY Queen size bed (for a cottage). Also Parsons bench & baby carriage. Please call 938-2571.
12/11/5p

6-ARTICLES WANTED

WANTED: FROST FREE GOLD FRIDGE. In very good condition. Call 938-0790.
12/11/6

WANTED: WWI & WWII GERMAN MEDALS, badges, daggers, swords, etc. 932-5185.
5/15x/6

9-AUTOS FOR SALE

1986 CHEV. CELEBRITY ... 4 dr., V6, air, Christmas bonus ... 1 yr. power train warranty, $6,895. L.F. Auto Sales ... 933-1315.
12/11/9oa

1980 DATSUN 1/2 TON long box with cap. As is. Best offer. Call 347-3147.
12/18/9p

1988 FORD RANGER p/u truck. New cap. Asking $8500. Call 932-4867.
12/11/9

1976 CADILLAC, 4 dr., painted & safetied ... 1980 Pontiac Lemans, V6, auto ... 1980 Ford Pick Up, 6 cyl., auto. ... 1981 Honda Civic ... 1975 Oldsmobile, V8, auto ... GMC Jimmy 4x4, V8, auto... 1979 Mercury Marquis, 4 dr., V8, auto... 1982 Chev. Pick Up, 4x4 ... 1983 Oldsmobile 88, V8, auto. Call Linton Systems, 335 Balmoral Ave. 938-1226.
12/18/9oa

1980 LEMANS STATION WAGON ... new gas tank, radiator, oil pan, tires, etc... Please call 938-2571.
12/11/9p

Thinking of Buying A New or Used Car? *Give Me A Call*



MICHAEL J. STILES
Sales Consultant
For All Your Transportation Needs
Cornwall Motor Sales
1989 LTD.
Brookdale & 401
933-0671

1983 MERCURY LYNX ... recently safetied. New paint job. Asking $2,000. Call 534-2147 after 5 pm.
12/18/9p

1984 MAZDA PICK UP. Auto., cab with cap, 68,000 km. One owner, 1 yr power train warranty. $5200. Call 933-1315.
12/11/9

1985 MAZDA 626 4 door, 5 speed. Original paint. Extra clean. New tires & muffler certified. Block heater. 514 Carleton St. 933—2152

1981 AUDI 5000 TURBO. Air, cruise, ps/pb. Power sunroof, seats, mirrors & locks. Fast, solid car, $3,000. Call 534-8538.
12/11/9p

1978 CELICA. Passed safetly two months ago. New paint, brakes, exhaust. $800. Call 534-8538.
12/11/9p

17-HOME SERVICES

PARENTS! Take the guess work out of finding a reliable sitter. Cornwall Babysitting Service has over 150 sitters to serve you. Annual membership fee, only $30. Call 938-2934 for further information.
12/25/17oa

WINDOW CLEANING and CARPET CLEANING
3 STAR MAINTENANCE
932-2186

LOOK GREAT FOR LESS
GIANT TIGER
837 PITT STREET
Corner of Ninth
CORNWALL, ONTARIO

Order Your Christmas Pies from our Bakery
2 day delivery
fresh daily
FIFTH WHEEL
AUTO/TRUCK PLAZA
1901 McConnell Ave. 933-8363

GUESS WHAT?
BALLOON BOUQUETS & GIFT BASKETS
ANY OCCASION DECORATING
LARGE SELECTION OF UNIQUE GIFTS
CARDS TO SUIT ANYONE'S HUMOUR
DELIVERY AVAILABLE
936-1530
1916 Pitt (AtTollGateRd)

GTS GLORIA'S TRAVEL SERVICE
"Your Pleasure Is Our Business"
Fully Computerized
135 Montreal Rd. 932-2224

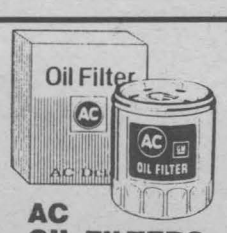
MEXICALI ROSA'S SINCE 1979
Come Experience
A FESTIVE MEAL
with us
GREAT FUN
FANTASTIC SERVICE
58 Pitt St. 937-3000

JEAN COUTU
DISCOUNT
PHARMACY
OPEN 365 DAYS A YEAR
Corner of Pitt & Ninth

CORNWALL ROOF TRUSS LTD.
White Vinyl Siding $69.95 sq.
Stock Windows 60% off
932-1416
900 BOUNDARY RD.



MICHELIN
Because so much is riding on your tires.
go with GUINDON
des gens de chez-nous
1300 Pitt St. 933-6763
Apple Hill 527-2844



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OIL FILTERS
BOURKS IGNITION
447 11th St. W. 932-1194

OLCO
FULL SERVICE
GAS STATIONS
- 1313 Brookdale Ave.
- 910 Montreal Rd.
- Glen Walter, Hwy. No. 2

Ongoing Promotion
TOOLS/FOOD Keepers
With Minimum Gas Purchase

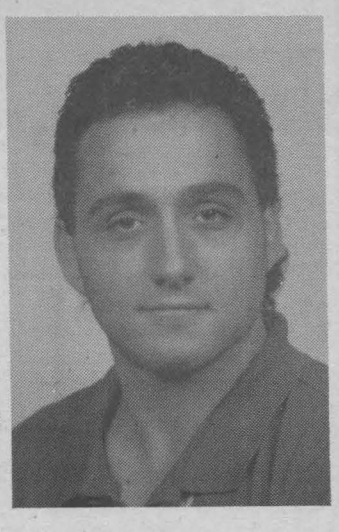
Thursday Dec. 14
vs Ottawa 67's
"Seaway Shopping News Night"

WIN ROYALS

WEEKLY TICKET DRAW
Here's How: Go through all the ads on this feature and find the 3 ads that have the name of the featured Royal on them. Only send in the ads with the 3 names to: Royals Tickets c/o SSN 8-6th St. E., Cornwall, Ont. K6H 2N4. Winners will be notified by phone the day before the next game. Entries to be into SSN no later than 4 p.m. Wednesday.
ENTER TODAY!

JASON CIRONE
No. 14

Position: Centre
Hometown: Toronto, Ontario
Age: 18
Height: 5' 10''
Weight: 190 lbs.
Nickname: JAY
1988-89 Stats: GP:64; G:39; A:44; Pts.:83; PIM:67



Jason's marvellous playoff showing with 19 goals in 17 games last spring caught the attention of the Winnipeg Jets who made him their 3rd round NHL draft choice. Jason underwent surgery on his right shoulder in September and is just about ready to return to the lineup. He's a dominant man in the faceoff circle, possesses a heavy shot with a lightning release.

Thursday Dec. 14
vs Ottawa 67's
"Seaway Shopping News Night"

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5/8x/17

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12/11/17p

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12°25/17p

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12/11/20pv

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1/8/20p

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GARAGE FOR RENT ... in centre of town. Cement floor & large enough to accomodate a large vehicle. $38.00 monthly. Call 932-7088.
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Northern New York Toyota and Honda dealership has job openings for qualified technicians. Flat rate or hourly, company benefits. Pay commensurate with experience. Send resume to TJ Toyota, Inc., Box 730, Potsdam, NY 13676 or stop in person for application.

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12/11/31p

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12/4Xssn

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11/27/33oa

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Now Under New Management
and beginning Dec. 1/89 it will be open
24 hours a day for your convenience
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— Joyce, Surgenor, Pescod, Leonard, Dover

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St. Lawrence's Continuing Education Catalogue is in the mail NOW!

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You'll find numerous part-time courses... everything from Accounting to Home repair... offered by ST. LAWRENCE COLLEGE SAINT-LAURENT.

And, two full pages of courses offered by the Cornwall Campus of the University of Ottawa.

Circle these dates on your calendar!

Most classes begin the week of Feb. 5
Mail-in Registration starts January 8
Phone-in Registration starts January 8
In-person Registration starts January 15

Some classes begin the week of Jan. 8
You can register for these courses by mail, by phone or in person as of December 11.

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40-LOTS FOR SALE

TWO LOTS FOR SALE, on paved road, 10 minutes from Cornwall. For more information call 932-6918.

12/18/40p

48-MOVERS, STORAGE

U-DO-IT STORAGE. Save money on heated storage by renting a room and handling your own goods. A division of St. John's Transfer, 150 Edward Street. Phone 933-1492.

MOVING Boxes for sale. St. John's Transfer, 150 Edward St., Cornwall. Telephone 933-1492.

11/13x/48oa

49-NOTICES

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12/18/49p

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5/29x/51

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12/18/51p

52-PETS, LIVESTOCK

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PUREBRED ALASKAN ESKIMO w/papers. Male, 4 months old. Perfect Xmas surprise. $350. Please call 932-9290.

12/18/52ssn

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12/11/52nc

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12/18/52p

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59-SPECIAL ANNOUNCEMENTS

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12/11/60oa

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1—1990 Phazer II 485 man.
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1—1988 Sno Scoot 80cc man.
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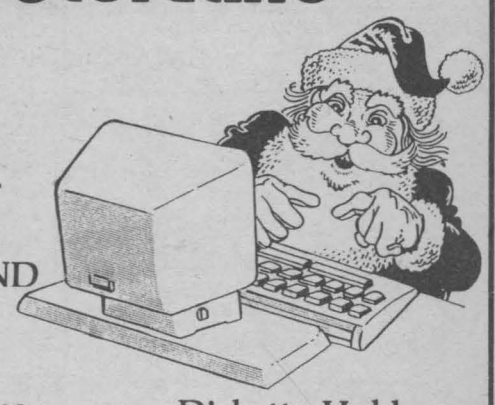

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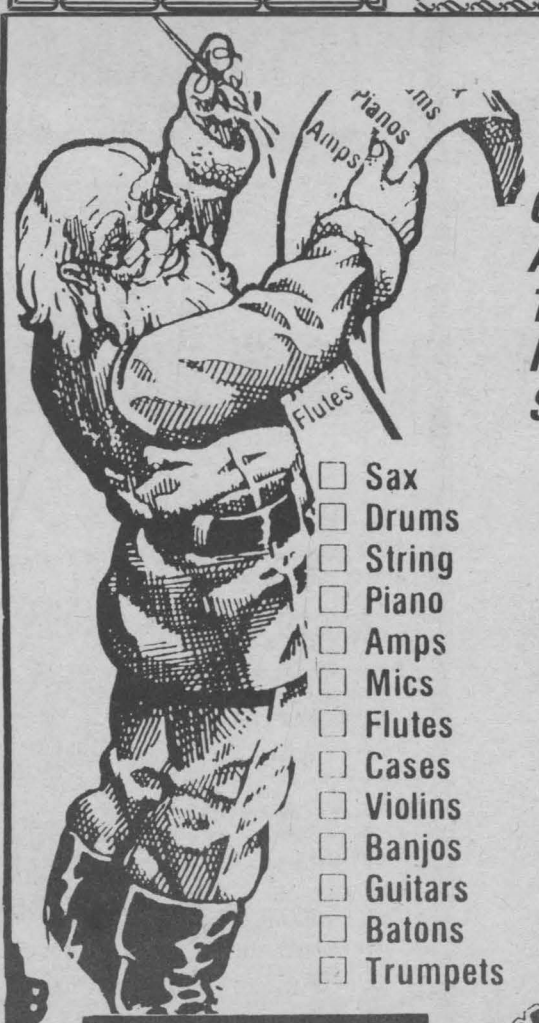

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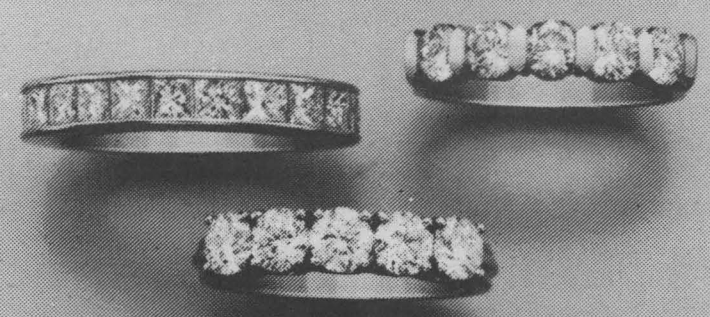

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Leather Jackets, Skirts, etc.
Sterling Rings, Chains, etc.
1990 "Harley" Calendars, assorted clocks, lighter, buckles, bolo-ties, etc.

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(except craft items)

Includes counters, cash register, shelving, coffee machine, etc....

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NOLAN WINS 1ST SEGMENT OF BROOKSHELL "HEART" AWARD!

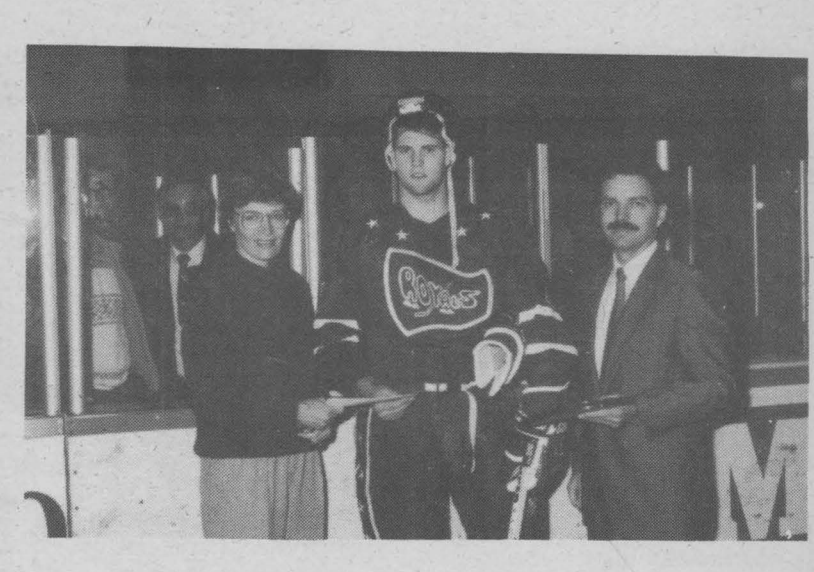
Rightwinger Owen Nolan, the 1989 OHL Rookie-of-the-Year, is the fans choice as the winner of the Brookshell Pontiac Buick "Heart" Player Award for the September-October segment.

Nolan becomes the very first winner of this new award which was instituted this season by the Royals and Andre Lapointe, the President of Brookshell Pontiac Buick GMC Limited. "Brookshell recognizes how important the Royals are to the city of Cornwall," explains Lapointe.

"But we also wanted to get the fans involved while at the same time returned something to the community through a worthwhile cause."

Brookshell donated a cheque for $200, in Owen Nolan's name, to Palliative Care Service of the Hotel Dieu Hospital. Mrs. Lyann Poirier, Coordinator of Palliative Care Service, attended the Royals thrilling 6-5 overtime win against Hamilon on November 2nd and accepted the cheque during a brief, pre-game ceremony.

All fans attending Royals home games are encouraged to make their vote count for the Brookshell "Heart" Player Award. Ballots are available in the program or at the Brookshell table located near the Royals souvenir booth.



Royals rightwinger Owen Nolan accepts "Heart" Player Award from Brookshell President Andre Lapointe. Accepting the $200 Brookshell donation, in Owen's name, is Mrs. Lyanne Poirier, Coordinator of Palliative Care Service, Hotel Dieu Hospital.

THE YEAR
... 1990
THE DAY
... Every..... of 1990
THE DINNER
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THE PRICE
for two.....$19.90
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9 REGULAR GAMES....$35.00 5 SPECIALS...$50.00
1 EXTRA SPECIAL . . . $1,525
If Won in 6 numbers (Over 6 Numbers-10 of Extra Special)
1 JACKPOT $250.00 1 BONANZA 2 SHARE THE WEALTH
We Use Bingo Sheets with dabber system
EVERY THURSDAY
Early Bird 7 p.m.
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DAT's Not All, Folks!
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Santa's On The Mall
Come and meet Santa until December 23rd,
Monday to Friday 10:30 to 7:30 p.m.
and Saturday 10:00 to 5:00 p.m.
Souvenir photos are available on request
for only $4.25 each.
—YOU COULD WIN—
A New 1990 Toyota Corolla Sedan LE

Shop often at Cornwall Square this Christmas because everytime you do, you will receive a ballot for a chance to win our CHRISTMAS DREAMSTAKES DRAW, a value of $15,000, compliments of the Merchants of Cornwall Square and Seaway Toyota. Details available at the The Square.
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all you could ask for

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1 7:00 & 9:00 p.m.
NATIONAL LAMPOON'S CHRISTMAS VACATION
Chevy Chase PG
2 7:00 & 9:05 P.M.
BACK TO THE FUTURE PART II
A PARENTAL GUIDANCE
3 7:00 & 9:10 P.M.
MICHAEL DOUGLAS KATHLEEN TURNER DANNY DEVITO
AA THE WAR OF THE ROSES
Tues. $3.50 Night



in the kitchen with JOANNE DIONNE

Mexicali Rosa's

Meat Ball Soup

1 egg
2 oz. bread crumbs
1 small onion (diced small)
1/2 tsp. garlic powder
1 tsp. oregano
3 oz. beef base
1 green onion (chopped)
3 carrots (chopped)
3 celery ribs (chopped)
2 cups egg noodles (or broken spaghetti)
4 oz. tomato juice
3/4 lb. ground beef
6 cups water

— Combine parsley, egg, bread crumbs, onion, garlic and pepper
— Add ground beef, make 1" round meatballs (about 45)
— Cook meatballs in skillet, drain fat
— In pot, add water, meatballs and rest of ingredients
— Bring to a boil, cook 'til vegetables are done.

Serves 6

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