

ST. LAWRENCE COLLEGE

Thanks to knowledge acquired at a unique St. Lawrence College workshop, Margaret MacLeod was able to assist 2 choking victims.

"I was successful in immediately using the 'choking manoeuvre' when it was needed on two separate occasions; I feel strongly that everyone should know this technique," she said. She learned that and more during a one-day Heart Saver Workshop. Taught by Gail Easton, the participants learn to help someone who is choking, how to help a heart attack victim, how to apply cardio-pulmonary resuscitation and ways to prevent heart attacks. "Knowledge gained is valuable anywhere," said Mrs. Easton, who is a teaching master. "You can use these skills at home, the beach, camping, travelling or even in a restaurant." She summed up the workshop this way: "You will acquire the ability, self-assurance and satisfaction of knowing that you could save another person's life."

To register or to learn more, please contact St. Lawrence College at 345-0660, Ext. 210. The workshop fee is \$15; hours are 9 a.m. to 4 p.m. on Nov. 6th. The next workshop will be Dec. 7th. For more information, contact Mike Sykes, Information Officer, 345-0060, Ext. 247.

CAREERS AFTER COLLEGE

Post-secondary education is no longer the exclusive reserve of the young. Most people change jobs several times in their lives. To avoid the threat of obsolescence, unemployment or 'under-employment', many adults today are asking themselves whether they should go back to school. Most do not know much about what a community college can offer them. Community colleges may not have existed when they were in high school, or they may have an inaccurate idea of the range of offerings available.

St. Lawrence College will be offering an opportunity to the Kingston and area community to find out more about the careers college grads can enjoy in a special open house on Thursday, Nov. 1st from 1:30 - 9:00 p.m.

Recognizing the value of "hearing it from the horse's mouth", 100 past graduates from St. Lawrence will be available at display booths to share their career experiences since college with the public. Graduates from as far back as 1969 will be on hand from business, secretarial, engineering technology, science and graphic design.

"Careers After College" is intended as an information opportunity for adults as well as high school students.

O Poppy

O Poppy of Flanders, what would you say
To Canadians if you could speak today
You who witnessed the battle in war-torn years
The carnage, the wounding, the anguish, the tears.
What is the message you would impart
To a nation with a broken heart?

"Priceless freedom do not cast aside
But nurture forever with Canadian
Pride.

Each race is a jewel in a nation's
crown

But understanding and love must abound.
Yes, strife is ours - it needs must be
For Canada to fulfill its destiny!"

Dorothy Allen.
Kemptonville, Ontario.

THE BEAUTY Box



SEELEYS BAY
387-3626

MYRA MURPHY

MANICURES FACIALS HAIRSTYLING

ARCHERY SEASON ANNOUNCED FOR PARTS OF UNITED COUNTIES

An archery season will take place in those parts of the United Counties of Leeds and Grenville lying south of that part of the King's Highway known as No. 401.

The season dates are October 22nd. to November 4th. and November 9th. to November 30th. for residents and non-residents. Only bows and arrows may be used and no person shall use or be accompanied by a dog.

The United Counties of Leeds and Grenville will also host a four day deer season for rifles, shotguns and Primitive weapons and flintlock or percussion cap muzzle-loading guns.

During the November 5th. to November 8th. gun season, hunting is allowed south of Highway 401 in Leeds and Grenville Counties.

CHINESE COURT COSTUME EXHIBIT

In Chinese symbolism, the sea green colour of azure together with the dragon is the symbol of the East.

Photographer Lorna Schueler's search for the East began with a visit to the Royal Ontario Museum's exhibit of Chinese court costumes. Transported in imagination to the long ago "Dragon Court," Mrs. Schueler returned again and again to the exhibit to capture the spirit of her fantasy on film.

The result of this labour of love will be on view at the St. Lawrence College art gallery from November 5th to 28th. Called "In Search of the Azure Dragon", the exhibit contains Mrs. Schueler's photographic capturing of the temporal and spiritual life of the Ch'ing Dynasty. Also on display are actual examples of Chinese embroideries, jewelry and accessories borrowed from the Royal Ontario Museum.

Art gallery hours are 1:00 - 4:00 p.m. Monday to Fridays and 7:00 - 9:00 p.m. Monday to Thurs. evenings. Admission is free and the public is invited to attend.

GOOD WATER SOFTENERS & DISTILLERS

WE OFFER YOU A PERSONAL SOLUTION
TO WATER POLLUTION

DISTILL YOUR OWN PURE WATER
FOR PENNIES A GALLON
BY NATURE'S OWN STEAM PROCESS

INTERESTED IN IMPROVING YOUR
HEALTH AND ENVIRONMENT NOW?

CALL ME - JEAN SKORYNA - REPRESENTATIVE FOR:

PURE WATER CANADA Ltd

ELGIN 359-5266