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Wednesday, July 19, 1995

Winston MacKelvie came up with Drain Gain after late-night bath Inventor contributes to a clean environment

By Maurice Crossfield

KNOWLTON — Winston MacKelvie does not like to see hot water running down the drain and he came up an idea to put it to good use.

It was after a shower one morning several years ago when the inventor came up with the genesis of the Drain Gain, a device which recovers the heat from used hot water to warm up fresh water before it hits the hot water tank.

"I was watching the steam rise off the water as it ran out on the driveway," he said. "It's so commonplace that most people never give it a second thought."

Since heating water requires energy, he saw the potential to recover the wasted energy from used hot water.

No one had done it before, but he decided to give it a try.

After six months of research and thought, MacKelvie still hadn't managed to figure out what to do. But a late night bath changed all that.

At the time MacKelvie had a bath tub set up on his porch. One winter night he was taking a bath under the stars when he realized that the bottom of the tub was the first to get cold, while the water on top was the last to cool off.

COILED PIPE

Eureka! Using the principle of heat rising and cold sinking, he came up with the first basic design for the Drain Gain. A coiled pipe inside the tank carries the waste water through the Drain Gain, where it gives off its heat. The tank is filled with water, which picks up the heat and rises to the top. There, a second coil carrying fresh water is warmed up before it reaches the hot water tank.

"Pure water holds more heat than anything else," MacKelvie said.

As the water in the tank cools off it returns to the bottom of the tank where it once again collects heat from the bottom coil. With no moving parts and using no electricity, the Drain Gain recovers over 40 per cent of the heat from waste water.

But along the way to designing the

Drain Gain, MacKelvie, 54, had to come up with two other inventions.

First there was the problem of sediment build up in the coils. This sediment collects in the layer of water closest to the surface of the pipe, known as the boundary layer. This layer of water doesn't move, and can quickly lead to clogged pipes.

PEBBLE PIPE

But after some experiments, which included blasting a piece of pipe with a 12-gauge shotgun, MacKelvie came up with the Pebble Pipe. Hundreds of tiny indentations on the coiled pipes create water turbulence which keep everything neat and clean. He then built a machine to produce the Pebble Pipe.

The next problem involved larger waste, such as food or faeces. To solve this problem, MacKelvie developed the Xcluder. This device is installed in the existing vertical drain pipes, allowing liquid waste to pass into the Drain Gain while solid waste passes on through.

Without the Xcluder, MacKelvie said it would have been necessary to replumb an entire house to make use of the Drain Gain. But with these two new creations, installation has become relatively simple and inexpensive.

With a patent on the Drain Gain and patents pending on the Pebble Pipe and Xcluder, MacKelvie is now looking to find a company to produce them. With six other patents under his belt already, the inventor has an experienced hand at knocking on doors.

In fact MacKelvie's search for a producer may be at an end. A numbered company is waiting for the green light to begin building facilities to produce the Drain Gain.

An early model of the Drain Gain is now operating at the Knowlbanks senior citizens residence. Expected to last at least 20 years, the Drain Gain should pay for itself within 14 months.

IMPACT

According to MacKelvie's calculations, the Drain Gain will have a significant impact on the environment, cut-see INVENTOR: p. 3



Winston MacKelvie... the Drain Gain will cut down on carbon monoxide while generating electricity by 7,500 pounds per year. RECORD/MAURICE CROSSFIELD

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Brome County Community Billboard

Community Calendar

July 21, 22, 23

Live music at the Knowlton Pub! Blues weekend featuring *Copperhead* with guests *True Blue*. Sponsored by Labatt Blue. For more information, please call (514) 242-6862.

July 22

Food and Jeans Sale in Sutton Junction Hall from 10-3:30. Sponsored by St. Aidan's Guild.

July 22, 23

La Retraite West Shefford will be holding an Open House (not on August 15 and 16 as reported in *Brome County News*. We regret the error.)

July 24-30

Heritage Week at Bolton Centre Town Hall, daily from 9-4:30. Displays: Janina Grygar — paintings and painted eggs; Regional Mineral Display; old photographs and documents. Everyone is welcome, admission is free.

July 28

An invitation to all Townshippers to support Townshippers' Association and local theatre by attending the annual benefit night to be presented at the Piggery Theatre in North Hatley. The show is *Marry Me A Little* with songs by Stephen Sondheim, conceived by Craig Lucas. Show starts at 8:30 with tickets costing \$20. For more

information, please call Jonathan Nagle at (819) 566-5717 (before 4:30) and evenings at (819) 346-4033.

August 3

BMP Hospital Auxiliary is sponsoring a Luncheon/Theatre day. Lunch at Auberge West Brome at 11:30 a.m. then *Heat Wave* at Theatre Lac Brome, Knowlton, at 2 p.m. Cost is \$25 per person. Come and bring your friends for a fun day. Please make reservations or pick up tickets at the BMP Hospital Boutique. Tel: (514) 266-4342, ext. 4137.

August 5

Annual benefit beef barbeque and dance for the Brome County Agricultural Society at the Brome fairgrounds at 5 p.m. For more information, call 242-EXPO.

Arts Calendar

Theatre Lac Brome presents *The Pinchpenny Phantom of the Opera*, an adaptation of the classic tale with a different sense of humor. An original and cleverly entertaining musical evening. Until July 29. All shows at Theatre Lac Brome run from Wednesday through to Saturday at 8 p.m. with a matinee on Thursday at 2 p.m. Ticket prices range from \$10 to \$18. For more information, please contact the box office at (514)

242-2270.

The 7th Annual Tour Des Arts, covering Knowlton, Mansonville and Sutton, will take place from 10 a.m. to 5 p.m. daily through July 23. Forty artists are opening their studios to visitors. For further information, please contact 1-800-8455, or pick up a flyer with the map at Sutton and Knowlton

tourist bureaus.

The Bedford Municipal Library is open all summer this year to accommodate people looking for books for entertainment or information during the summer holidays. Come see us and browse through the selection available to enrich or entertain you on your vacation.

Potton's multi-cultural fest set for August 5

MANSONVILLE — Singers, square dancers, cloggers, German folk dancers, the Musikmeisters rhineland music group will all help celebrate the diverse ethnic make-up of Potton at the fourth edition of Potton's multi-cultural festival on Saturday, August 5.

The festivities, taking place at Place Manson Park in Mansonville, begin at 10 a.m. with a parade and continue through till midnight with many different activities.

Pleasure for your palate is offered by various ethnic delights and delectable sweets. Also, a corn roast and a succulent beef and pork barbecue will be held from five to seven p.m. at Reilly House.

Local artisans and artists will exhibit their wares throughout the day. Starting at 11 a.m., clowns, face-painting and other surprises will be available for kids.

Also, from three p.m. to closing, enjoy musicians and singers from this summer's Echo Art Production *Oh, What A Circus*.

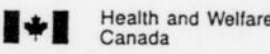
Later in the evening, local rock group The Flyers and the Montreal reggae band Kali and Dub with Wayne Stoute will entertain.

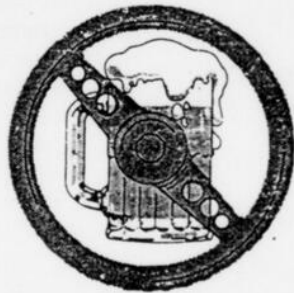
All performances are free. A tent will be set up in Place Manson Park.

For more information, please call Lucie Lessard at (514) 292-3203 or Karen Muzerall at (514) 292-3235.

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 <p>88 Lakeside Knowlton, Que. JOE 1VO 514-242-1188, 514-242-6892 Fax 514-243-5155 Published every Wednesday by Record a division of Groupe Quebecor Inc. Offices and plant located at 2850 Delorme, Sherbrooke, Quebec, J1K 1A1</p>	<p>Randy Kinnear, Publisher800-463-9525 Charles Bury, Editor800-463-9525 Lloyd G. Scheib, Adv Dir800-463-9525 Sharon McCully, Off Mgr242-1188 Tara McCully, Sec242-1188 Lynda Bellavance, Adv242-6892 Kelly Hume, Adv242-6892 Thelma Wright, Adv800-463-9525 Richard Ouellette, Adv242-6892 Christine Van Tilbrough, Adv263-2794</p>
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Thousands turn up for Christmas

KNOWLTON — Thousands of people from across the province braved the heat wave to celebrate Christmas in July in Knowlton last weekend.

This annual event has become widely known as merchants dig out the Christmas decorations and sale signs.

Young and old alike were entertained with fire truck rides, magic shows, music and sales.

Demonstrations of everything from sign-carving to devil sticks also livened up the day.

A highlight of this year's Christmas in July was the window display contest. This year, boutique Chic-a-boum took top honors and a bottle of wine home for their elaborate window dressing. Runners up included Paddie's Boutique, Van Doorn, Rowland's and Ben and Jerry's.

Plans are already underway for the upcoming Fall Harvest and Prelude to Christmas celebrations.



Camelin's got into the Christmas spirit by providing passersby with live music. RECORD/MAURICE CROSSFIELD

INVENTOR:

continued from p. 1

ting down on carbon monoxide produced while generating electricity by 7,500 pounds per year. With two-thirds of all acid rain coming from electricity generation, the Drain Gain will help contribute to a clean environment.

He's now getting several organizations involved in the Drain Gain: The National Research Council, CSA, Canada Mortgage and Housing Corporation, Public Works Canada, the Ecole Polytechnique and the Industrial Research Assistance Program. MacKelvie is also trying to get Brome-Missisquoi MP Denis Paradis to help get the device installed in the 55,000 government-owned buildings across Canada.

Always looking for new ideas, MacKelvie is enthusiastic about the future of his latest creation.

"It could end up in every building in the world," the former high school teacher said. "But even if it only ends up in one tenth of a per cent of those buildings, that's still a significant amount of energy saved."

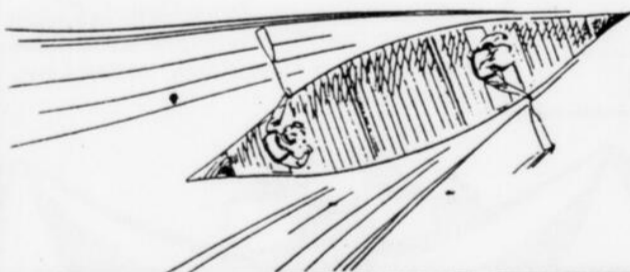
MacKelvie points out that everything that has ever generated wealth was the result of an inventor. Billions of dollars are still generated every year from a device created in a workshop by Alexander Graham Bell.

"No one can predict if something is going to be successful or not," he added. "But historical precedents like Bell or Goodyear show just what new inventions are capable of."



Winston MacKelvie with a part of the Drain Gain... 'It could end up in every building in the world.' RECORD/MAURICE CROSSFIELD

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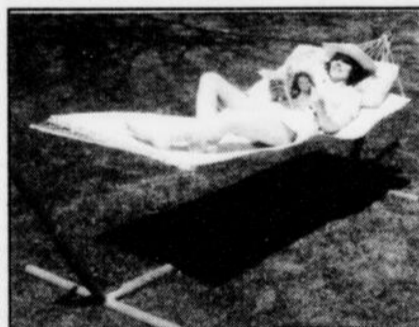
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As the region's only daily community newspaper, **The Record** is committed to bringing its readers news that is important to them.

To begin receiving **The Record** at your home or office, simply fill out the attached form and return it to our office at 88 Lakeside, Knowlton, or call us at 242-1188.

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JULY 29
1:00 p.m. 18th annual Christmas in July
8:00 p.m. Talent Show "You Are The Entertainment"



Un thé contre le cancer?

Entre Nous

Par Thérèse Bernard

Dans le dernier numéro de **HEALTH & HEALING**, le Dr Julian Whitaker raconte l'histoire du thé Essiac. En 1922, une infirmière canadienne du nom de Renée Caisse rencontra une femme qui avait eu le cancer du sein, qui disait avoir été guérie en buvant un thé des Indiens Ojibway et qui lui donna la recette. Ce thé était composé de quatre plantes: l'oseille (sheep's sorrel), la racine de bardane (burdock root), l'orme rouge (slippery elm) et la racine de rhubarbe Turque (Indian rhubarb root).

Renée Caisse ne se servit de la recette que lorsque sa tante fut atteinte d'un cancer inopérable. Elle fit alors un thé selon la recette et le le donna à sa tante qui fut complètement guérie. Renée fut tellement impressionnée qu'elle passa le reste de sa vie à distribuer ce mélange guérisseur.

Des milliers de patients disent avoir été guéris par le thé Essiac (Caisse épelée à l'envers). Comme on peut se l'imaginer, Renée Caisse fut persécutée pendant 40 ans. Elle fut menacée d'arrestation des douzaines de fois, mais à chaque fois, des médecins qui lui avaient référé des patients vinrent à son secours. Elle ne demandait pas d'argent et les patients lui faisaient des dons qui lui permettait de vivre très modestement.

Le Dr Whitaker écrit que la résistance de la médecine conventionnelle envers cette approche est compréhensible puisque la médecine croit qu'il faut «tuer» les cellules pour guérir le cancer. C'est la base de la chirurgie, de la radiation et de la chimiothérapie. Mais

après près de cent ans, ces traitements sont des échecs, de dire le Dr Whitaker, qui ajoute que c'est pourquoi on craint tellement le cancer.

Les ingrédients du thé Essiac ont été utilisés indépendamment en naturopathie depuis des siècles. Ils purifient le sang et nourrissent les cellules.

Cette thérapie contraire aux traitements conventionnels fut la source de beaucoup d'hostilité envers Renée Caisse. Le thé Essiac ne guérit pas tous les cancéreux et Renée Caisse n'a jamais dit que le thé était un remède. Selon le Dr Whitaker, ce thé soulage la douleur et améliore les chances de guérison. Des centaines de patients complètement guéris du cancer attribuent leur guérison au thé Essiac.

Selon le Dr Whitaker, le thé Essiac peut aussi aider les diabétiques. En fait, un diabétique fut évalué par le Dr Banting, qui a contribué à la découverte de l'insuline, et il dit que le thé Essiac semble régénérer le pancréas pour lui permettre de produire de l'insuline. Le Dr Whitaker dit qu'il a vu les dossiers de plusieurs patients diabétiques qui ont pu éliminer l'utilisation de l'insuline après avoir utilisé le thé Essiac. Il recommande fortement à tous les gens atteints de cancer ou de diabète à quel que niveau que ce soit d'ajouter à leur programme deux onces de ce thé une heure avant les repas. Il est facile à préparer et ne goûte pas mauvais.

Pour la santé générale, on peut boire deux onces de ce thé deux fois par jour pendant deux semaines en ensuite une fois par jour.

Le Thé Essiac est disponible dans les magasins d'aliments naturels ou on peut le commander aux États-Unis de Essiac International (800-668-4559) ou de Aloe Vera Products from North America Inc. (800-998-2563).

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Students to promote tourism in Brome-Missisquoi

By Maurice Crossfield

KNOWLTON — This summer a team of 60 young people in Brome-Missisquoi will be acting as ambassadors, promoting the region to potential American tourists.

At a press conference last Wednesday, the high school, CEGEP and university students were joined by Brome-Missisquoi MP Denis Paradis. The pilot project, funded by Ottawa, is aimed at making the public more aware of the numerous tourist attractions in the region.

The eight-week program divides the 60 students into five groups, each group working on a different aspect of tourism growth. They'll be looking at everything from producing a pamphlet to make it easier for American tourists to get their sales tax refunds to researching local history and pinpointing tourist attractions.

Communications with the media,

working with tourist organizations and researching New England tourist tastes will all combine to make the region a more attractive place for Americans to spend their tourist dollars, according to organizers.

The \$150,000 program is on a trial run this year, and its future depends on the level of success.

"We have to see how it will affect the tourist development of the region," said Paradis. "But I am confident it will bring many tourists to the Eastern Townships."

Jason Ball, an arts student at Dawson College, said he's getting about six dollars an hour plus mileage on his car. As one of the artists hired to design the logo for the program, he now spends much of his time doing odds and ends jobs for the other groups.

Organizer Alain Roy said the project was conceived and brought to light by the efforts of young people. With a little work, he says it should pay off.



Students will be working together to bring tourists to Brome-Missisquoi.



Denis Paradis... The future of the pilot project depends on its success in attracting American tourists.

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What's the role of your pharmacist?

From behind his elevated counter, the pharmacist may seem out of reach. His daily routine is filled with pills, ointment and liquids and it looks like counting those pills with very exotic names and unscrambling the doctors prescriptions is all they are doing. But in reality it is very

The Health Beat

By Jean-François Richard

different.

First of all, you should know that a prescription is: "an authorization from a doctor given to the pharmacist to dispense a medication...". It's always up to him to decide whether to accept or refuse to fill it according to his own professional judgement. The main role of the pharmacist is to insure rational use of drugs. This very vast description of our role implicates that we make sure that: 1- the prescribed medication is the one best suited to the needs of the patient considering his condition, other illnesses and previous allergic reactions, 2- the treatment won't interact with his other medications, 3- the dose is appropriate considering the patient's condition, age and weight 4- it will be dispensed in a form easily accepted by the patient, 5- it will be taken at the right time of the day considering his other treatments and his working schedule, 6- the most common side effects have been explained and understood, 7- the explanations given by the doctor have been understood and accepted, 8- the patient knows which food or drinks to avoid, 9- and of course, that all his questions have been answered.

Giving information on over-the-counter products is a big part of the pharmacist's day. He must also communicate his knowledge of drug treatment with other health professionals. He also has to make sure that the society as a group is using medication in the most optimal way, avoiding waste or abuse. By giving presentations, or writing articles in local

papers, or by addressing children in schools on the danger of a misuse of medication, he gets involved in his community in order to improve drug usage. Taking blood pressure to detect hypertension or follow up on the effectiveness of the treatment, making house calls to explain patient's medications, collecting outdated drugs or used diabetic syringes can improve the pharmacist's image, but being there every day in the community, available and attentive to the patient's needs is still the best way he can help. With better information, every citizen can make a better decision concerning their treatments.

In a health system facing rapidly growing costs, the pharmacist, because of his expertise in drug usage can help stop some needless use of medication, but he can't force the drug companies to slow down on the "sky's the limit" pricing policy... In an ideal world, the companies would send the bill of the bought medication direct to the patient, and the pharmacist would only get paid for the "added value" of this product: the information and the follow up he provides. In an ideal world...

I could also have discussed the role of the hospital pharmacist, present in every hospital and responsible for all the medications hospital patients receive and facing constant pressure of government budget cuts, or all my colleagues in pharmaceutical industry trying to discover new improved ways to fight disease... but I am running out of space.

Please note that there will be no health presentation in July. The next meeting will be on Cholesterol (a replay), Monday August 21, at 7:30 P.M. at the Community Center. I hope to have the pleasure of seeing you there.

Jean-François Richard, pharmacist
Obonsoins member 242-1444
305 Knowlton rd. Lac Brome

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Gone camping II: Tossing the coin and rolling the dice

Trying to keep up with advances and breakthroughs in science is a major challenge. The huge body of knowledge that's being piled up can be confusing and scary, making a person feel nostalgic for a time when the flat earth was the centre of the universe and there were only four elements to worry about.

There is one increasingly accepted scientific theory that I feel comfortable with, though. That is the 'Chaos Theory' which claims that whatever has happened, or is in the process of happening, is the result of chance and disorder. Now that's something a lot of people can identify with.

Camping has perhaps brought more believers to the 'Chaos Theory' than any other activity. There are more unknown and uncontrollable factors in a camping trip than most undertakings.

The camper must make more decisions in the first few days out than he or she would normally make in a month. Some of these choices are critical to the

Bird fans surf 'net

KNOWLTON — Bird lovers will get a chance to discover the Information Highway while learning about birds from across the globe at a special presentation in Dunham on July 25.

The Internet is a recent arrival in the region, with a service now available out of Dunham eliminating long distance charges. The service puts a world of information at the user's fingertips.

Internet fan and bird lover Michel Viala has worked with other bird watchers to construct a Page Web, a compilation of information about bird watching in the Brome-Missisquoi region. As other Internet users from around the world add their own information to the page, it will quickly become a vast store house of information.

The demonstration of the Internet will take place at Les Trois Clochers vineyard in Dunham. Demonstrators will begin surfing the 'net' at 7 p.m., offering handy advice on how to make the best use of this new technology.

For more information, contact Michael Viala at (514)-248-3527, or 295-3432.

The Country Squire

By Brian Eddington



voyage being the dream vacation or tent trip from hell.

WHAT TO TAKE

Deciding what to take is the first task, especially important for first-timers. This can be a simple, logical exercise, using a check-list, putting everything to go in one separate space, and making sure that space is empty when you leave.

In terms of equipment, you need about the same stuff whether the trip is for two nights or two months. Complications arise in direct proportion to the number of people involved. And chance is never far away. On a recent trip, I proudly unpacked the new shiny blue propane stove I'd bought. (My eyebrows and knuckle hairs had finally grown back following a bad experience with the traditional naphtha burner).

I took the plastic off the three-pack of propane canisters, then quickly discovered that the valve and hose needed to complete the set-up had been left at home... 500 km away. None of our fellow campers had compatible equipment and, as usual, MacGyver was nowhere to be found when we needed him.

RESERVATIONS

Making reservations does not come naturally to some folks, myself being one. But a few years back, on a driving and camping trip from the Townships

to Blanc Sablon on Quebec's lower north shore (via Sydney, Nova Scotia, the CN ferry service, and the west coast of Newfoundland), we decided to make chance a lesser factor and book ahead. (Some people had real jobs to get back to). We selected a campground from a tourism ministry booklet that advertised being "Close to the ferry terminal."

That part was true. Maybe too true. The 'campground' was a gas station lot, with about 10 'sites' against the back fence. The car took up most of the space. The ground was coarse gravel, splashed with oil drippings. The 'facilities with hot water' consisted of the one toilet at the rear of the garage. Com-

mercial and Industrial North Sydney began just the other side of the fence.

All this was before the coming of self-inflating Beautyrest-like camping mattresses that roll up to the size of a poster tube.

It rained, of course, and yes, there were mosquitoes. At least we were up in plenty of time to catch the ferry.

That was the low point. The highest point was about 4000 feet above sea level in a place called Grosse Morne National Park. You could appreciate all 4000 feet because the sea was right there too, one leap away from the peak. That was something any camper could appreciate that 'Chaos Theory' doesn't apply to.

Letter to the Editor

Thanks for the help

Dear Sharon,

On behalf of the committee I would like to thank you for your assistance in publicizing this year's Canada Day celebrations.

Our only fundraising event, a car wash, was an above average success which assisted us in providing the entertainment and activities which formed an essential part of our efforts on the day itself.

We are grateful indeed for your help

in making this particular Canada Day an outstanding example of the harmony and collaboration so often found in this community. Our celebration was attended by a record-breaking 2000 adults and children who participated enthusiastically in the numerous events and activities available.

Robert S. Pincott
President, Canada Day Committee
Cowansville

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Dominion Bond ratings and their meanings

Question:

Recently the Dominion Bond Rating Service downgraded Quebec's AA rating to A, which means that the provincial government must pay a higher rate of interest to borrow capital. What do the different ratings mean?

AAA Near Perfection

These bonds are of the highest investment quality. The degree of principal and interest protection is of the highest order. There are few qualifying factors present which would detract from the performance of the company, and the strength of liquidity ratios is unquestioned for the industry in which the company operates.

AA Well Above Average

Bonds rated AA are of superior investment quality, and principal and interest protection is considered high. In many cases, they differ from bonds rated AAA to only a small degree.

A Up to High Average, Upper Medium Grade

Bonds rated A are upper medium grade securities. Protection of principal and interest is still substantial, but the degree of strength is less than with AA rated companies. Companies in this category may be more susceptible to adverse economic conditions.

BBB Up to Low Average, Medium Grade

Bonds rated BBB are medium grade securities. Protection of capital and

Q & A on Money Matters

By Johanne Coiteux Neil

interest is considered adequate but the company may be more susceptible to economic cycles, or there may be other adversities present which reduce the strength of these bonds.

BB Mildly Speculative

Bonds rated BB are lower medium grade obligations, and are considered mildly speculative or below average. The degree of capital and interest protection is uncertain, particularly during periods of economic recessions, and the size of the company may be relatively small.

B Middle Speculative

Bonds rated B are middle speculative. Uncertainty exists as to the ability of the company to pay interest and principal on a continuing basis in the future, especially in periods of economic recessions.

CCC Highly Speculative

Bonds rated CCC are considered highly speculative and are in danger of default of interest and principal. The degree of adverse elements present is more severe than with bonds rated B.

CC In Default

Bonds rated CC are in default of either interest or principal, and other severe adverse elements are present.

C Second Tier of Debt of a Company in Default

C is the lowest rating provided. Bonds rated C differ from bonds rated CC with respect to the relative liquidation values.

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Montreal 'golden girls' visit Bromont



Ada Potter, Amanda Brian, Doris Kirby, Mabel Southwood, and Ida Deerham are guests of Anne and Ernie Presseau of Bromont.

These five ladies range in age from 80 to 99 and are Mabel, 92, and Ida, 99, relaxing near the pool.

having a great time vacationing in the Townships. They said they all loved the Townships and plan to return next

summer. They've visited Granby, Waterloo, Knowlton, Sutton, Brome, Sutton Junction, Iron Hill, West Brome,

Cowansville and Foster. They plan to visit Magog and Sherbrooke before the week is out. When they are not driving

around, they spend their time in the pool, playing cards or bingo, and doing the crossword puzzles in the *Gazette* and *The Record*.



Ada, Amanda and Doris relaxing after a countryside run.

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SUTTON Lawn Sale on Saturday, July 22, 9 a.m. to 4 p.m., 279 Woodard Road. Toys, children's and women's clothing, etc., household goods, many other articles. Something for everyone! Rain date: Sunday, July 23. 18288

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SUTTON 42 Western. Saturday & Sunday, July 22 & 23 at 9 a.m. Antique tools, clocks, chairs. Something for everyone. Phone (514) 538-3542. Rain date July 29 & 30. 18310

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Bands wanted for music competition

KNOWLTON — Aspiring musicians get ready, the Townshippers' Association will once again be holding a Battle of the Bands competition on September 16th.

Six bands will be chosen to go head to head at Townshippers' Day in Mansonville.

First prize will be \$500, with \$300 going to second place and \$200 for the third place band.

Anyone interested in getting in on the competition is asked to submit a tape with three songs and a fact sheet about the band to either of the Townshippers' offices by Friday, August 18th.

For more information, please contact the Townshippers' Association at 203 Main St. in Cowansville at (514) 263-4422 or in Ascot at (819) 566-5717.

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Reading is Fundamental

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Children need both types of dietary fibre

By Susan Taman Levy

(AP) — Fibre is a wide variety of compounds found only in plant foods, such as fruits, vegetables and grains. Children need fibre in their diets to maintain good health.

There are two types of fibre — soluble and insoluble.

Soluble fibre is found in such food-stuffs as oat bran, oatmeal, legumes, fruits and vegetables. It helps maintain digestive regularity and is believed to help reduce blood cholesterol and blood sugar levels.

Insoluble fibre is commonly referred

to as roughage. It is found in the chewy outer part of seeds or fruits. Insoluble fibre can help prevent constipation and other digestive disorders and may also serve as some protection against colon and rectal cancer.

For children between the ages of three and 18, the recommended daily amount of fibre in grams can be determined by adding five to children's ages. For example, an eight-year-old child would need 13 grams of fibre.

Children who eat a fibre-rich diet also reap additional health benefits related to increased intake of fruits and

vegetables. The addition of plant foods often results in a decrease in meat and a reduction of the fat in a child's diet. The result: a healthy eating pattern that can last a lifetime.

A few adjustments in the family diet can help ensure that children get the fibre they need.

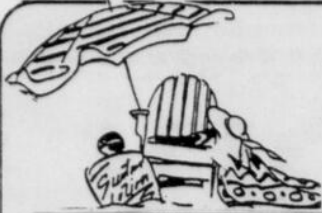
Parents can start by checking for products that are made from whole rather than processed grains — for example, wheat, barley, rice or oats that have not had the bran, or outer layer, removed through processing.

Foods made from these unprocessed

grains are generally rich in fibre, low in fat and contain little or no cholesterol. Whole-grain foods also provide more nutrients than processed grains since vitamins and minerals are generally stripped away during processing.

Product labels usually list ingredients from highest to lowest content. Those containing a substantial amount of whole grains will list the grain as the first or second ingredient.

Other ways to add fibre can include using bananas or raisins in cereal, adding fresh fruit to yogurt or putting vegetables directly into sandwiches.



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 (207) 934-2553
 Kitchenettes • Condos • Apts
 35 yards to beach
 Heated pool • A/C • Above all clean
 Call for color brochure

Aquaboggan Water Park

Rte 1 Saco, Maine
 (207) 282-3112
 8 water slides & much more!
 Show Canadian I.D. & get a
 \$3.00 US Discount!

Crest Motel

35 East Grand Ave.
 (800) 909-4060
 Ocean front
 Heated pool

NORMAN'S MOTEL

205 Saco Ave.
 (207) 934-2201
 Quiet Location
 Jacuzzis available

Seashore Realty

4th Avenue
 (207) 934-4391
 ☆ Rooms - motel apts \$350 wkly
 ☆ Ocean front condos
 ☆ Cottages 1-5 bdrms
 ☆ Family oriented

The Winward Sail Motel

76 Miliken St.
 (207) 934-4054
 • Kitchenettes • Air Cond.
 • Phones • Cable • Pool • Parking
 • 1-1/2 min. walk to beach

Cascade Water Park

762 Portland Road, Saco
 (207) 284-6231/284-6232
 All day pkg \$14.95 includes all slides,
 heated mansion, go-carts, miniature golf,
 bumper boats, hydro-flighter, & more.

Exit 5 Motel & Cottages

1-800-905-4727
 18 Ocean Park Road, Saco
 • 2-1/2 min. to beach • Heated pool
 • Tennis and basketball courts
 • Playground for kids

OCEAN HOUSE & MOTEL

(207) 934-2847
 — Directly on beach
 — Studios, 1+2 bedroom suites
 — Fully equipped kitchenettes
 \$20 US/night discount
 (min. 3 nights)

Seaview Motel

65 West Grand Ave.
 (207) 934-4180
 (800) 541-8439
 Directly on beach
 Most rooms have kitchenettes
 Reservations set 20% Can ex

Tiffany Village

2 Summit Lane
 (207) 934-7600
 FULLY EQUIPPED CABINS
 LOW RATES +
 CANADIAN DISCOUNT

Mr. Goodbar's Pool Hall

Riptide Row Bar & Restaurant
 Home of the 75¢ Draft
 (207) 934-1621
 Breakfast • Lunch • Dinner

Flagship Motel

54 West Grand Ave.
 (207) 934-4866
 CAA approved • A/C
 • Pool • Refrigerator
 Only 75 meters to beach
 Rates starting at \$69.00 US

Ocean Walk Hotel

195 East Grand Ave.,
 Old Orchard Beach
 For reservations & brochures:
 1 (800) 992-3779

Spruce Lodge

Tent & Trailer Park
 corner of Hillside & Park Ave.
 For res. & info:
 (207) 934-2283
 2 streets from beach
 8 min. walk from downtown

Viking Motel

80 West Grand Ave.
 1 (800) 870-1720
 Rentals: Bicycles, cribs & strollers
 June Special: \$25.00 US & up
 Kitchenettes - Phones - Full baths

Palace Playland

(207) 934-2001
 Maine's Premier
 Beachfront
 Amusement Park

Guay's Village and Camping

42 Walnut St.
 (207) 934-4154
 10% discount with this ad
 3 min. walk to beach
 20 all equipped cottages

• Highest CAA rated hotel
 in O.O.B.
 • Kitchenettes
 • Some A/C
 • Directly on beach
 • Senior discounts June
 and after Labor Day

THE CAROLINA MOTEL

1 Roussin St.
 (207) 934-4476
 ➔ On the beach ➔ Pool
 ➔ Kitchenette ➔ Patio Bar

STORES

The Village Inn Family Restaurant

213 Saco Ave.
 (207) 934-7370
 Seafood • Pasta • Steaks •
 Prime Rib • Chicken • etc.

KEBEK MOTEL 3

53 West Grand Ave.
 (207) 934-5253
 Reservations: (800) 631-5253
 on the beach
 kitchenettes with microwave
 weekly rates

OLD COLONIAL MOTEL

61 West Grand Ave.
 (207) 934-9862
 (800) 653-2656 Reservations only
 • Special Cdn rate • On the beach
 • Newly remodeled • A/C
 • Heated pool • Kitchenettes

The Colony Motel & Cottages

83 East Grand Ave.
 Pine Point
 (207) 883-6806
 Only 5 min. to Old Orchard Beach
 75 yds from ocean in quiet section

HAROLD'S

If you haven't been to Harold's, you
 haven't been to O.O.B.
10% discount with coupon
 (excluding liquor, cigarettes, sale items)
 Largest selection of sweatshirts & T-shirts
 11 East Grand Ave.

MOTELS

CAMPSITES

SACO/PORTLAND KOA CAMPING

Quiet, 2 miles to Maine's longest beach
 Water & amusement parks
 Harbor cruises & Whale watching
 Beach shuttle, Blueberry pancakes
 Free Brochure: (207) 282-0502
 Reservations only: (800) 468-6567

Old Orchard Beach, Maine Summer Rentals

Call today for 16 page color booklet:
 1 (800) 662-4039
 Apartments, condos, motels, cottages
 Daily, weekly, monthly rentals
 Starting at \$19 US/p.p./night/dble occ.

The Concorde Motel

Townhouses, Motels & Apartments
 Clean, Comfortable, Reasonable Rates
 200 Yds from Beach
 Tel. (207) 934-9673
 136 West Grand Ave., O.O.B.

GOLF

The Pride Motel and Cottages

Route 1, Scarborough
 1-800-424-3350
 A/C • Cable T.V.
 Heated Pool
 5 minutes to beach

Luxor Motel

1 Heath St.
 1-800-22LUXOR
 — 25 units — Swimming Pool
 — Kitchenettes & A/C
 — 3 min. from beach
 Come vacation with us

Point of View Inn

3 Camp Comfort Ave.
 (207) 934-2373

The Dunes at Grand Beach

95 East Grand Ave., Pine Point 04074
 Tastefully remodeled cottages & Motel
 Beautiful, quiet location. Walk or take
 ride to downtown O.O.B.
 Reasonable rates.
 (800) 699-5829

Bliddegord-Saco Country Club

18 holes • 6,300 yards • Par 36
 Practice area • Full snack bar
 & bar
 Old Orchard Road, Saco
 (207) 282-5883

BROOKSIDE CABINS

48 Portland Ave., Old Orchard
 (207) 934-4753
 "Close enough to walk,
 far enough to sleep"

Maine Stay Motor Court

Rte 5, 168 Saco Ave. O.O.B.
 (207) 934-2126/1 (800) 545-2126
 Pool, Cable, Visa/M.C.
 Some A/C, Heat Control, Playground
 Restaurant & Gift Shop on premises

Powder Horn Family Camp

Box 366 Hwy 98 O.O.B.
 1 (800) 934-7038
 3 Pools • 2 Jacuzzis
 2 Playgrounds • 18 hole mini golf
 Shuttle to Beach

The Oceanic Inn

43 West Grand Ave.
 Info: (207) 934-2023
 Close to restaurants &
 shopping outlets
 Live entertainment
 Overlooking the Atlantic
 Ocean & 7 miles of white
 sandy beach

WILLOWDALE GOLF CLUB

New club house
 18 holes, 5,980 yds., par 70
 Watered fairways
 52 Willowdale Rd., Scarborough
 (207) 883-9351