



VARIAN WINS FEDERAL CONTRACTS

Varian Associates of Georgetown has been the recipient of three contracts from the federal government for a total of \$46,955 since November. The contracts are for chemical analysis equipment, data processing equipment

and spare micro-processor parts. Pictured above is Varian machinist Bob Vanderham operating a lathe. One handful of the parts Mr. Vanderham is machining would number about 500.

A story to warm these chilly days

Editor's Note: Mr. and Mrs. Albert Presswood of RR 5, Georgetown spent a pleasant vacation on a cruise ship on the Mediterranean Sea last fall. Mrs. Presswood has kindly consented to write about the experience.

Though we had been on a Mediterranean cruise in 1971, and enjoyed every minute of it, we thought the Delphi would take us to places we had not seen before.

Leaving on Sept. 25, we went to Montreal and had a quick look at its new airport before taking off for our overnight flight to Malaga, Spain.

The weather was sunny and beautiful and we were able to enjoy the beach and the sea before boarding buses to take us to the port and our ship which was to sail at midnight.

Our cabin was adequate, though not luxurious, and we were to find the meals throughout the cruise sufficient and slightly different to what we were accustomed. Of course, one of the interesting things is sampling the food of the countries you visit.

Our first port of call was Gibraltar. We toured the rock and visited the cave of St. Michael used as a hospital

during wartime and now equipped with seats for concerts.

Spain is only minutes away, but unfortunately the gates on the Spanish side are locked and it is necessary to go by sea on a ferry.

We saw a woman who lived in Gibraltar calling across the space between the gates to friends on the Spanish side. So close and yet so far away, separated by a locked gate.

The town was interesting and the shores of North Africa clearly visible across the Strait. We would have two days at sea before our next port of call.

The English entertainment committee was busy organizing activities such as bridge and scrabble tournaments, dancing lessons, and evening entertainment with a floor show and singer. We always seemed to find something to do if only to sit in a deck chair and bask in the sun.

Our next call was Sardinia and it is possible to book shore excursions in advance on board ship.

We booked a tour of Cagliari the capital which lies over seven hills and shopped for a while along the main streets.

We had left Spain on Sunday and now Friday we embark at Palermo Sicily. A full day tour took us across the island to Agrigento to see the wonderfully preserved Greek temples to Zeus, Hercules and Juno set among almond trees.

Leaving Palermo at 8 p.m. we arrived in Naples 8 a.m. Saturday. Since we had been in Naples before and had visited Capri again and were delighted to find we were seeing everything different this time.

We went in a small motor boat to the White Grotto, climbed 85 steps to view a magnificent cavern and napped the vivid green of the water. Since we had been to the Blue Grotto this was quite different.

We lunched in a beautiful

restaurant set among orange and lemon trees with grape vines trailing along the fence around the grounds.

We returned to the port on the funicular and came back to Naples and the ship by hydrofoil. Departure from Naples was at 9 p.m. and 8 a.m. Sunday we arrived at Civitavecchia the port nearest to Rome, forty-four miles away by bus.

Sunday and Monday were spent in Rome but as we had been there we explored the port and surrounding country. A great advantage of a cruise is having your accommodation and meals always available - no motels or hotels to book. Everything is planned for your comfort.

Our next call was Cannes and as the ship anchors out in the harbour, passengers are taken to port on a smaller tender.

Cannes is of course, beautiful with plenty of opportunity for shopping but we had booked a tour to Monte Carlo and Monaco.

As the ship was late reaching port because of rough weather our tour to Monaco was confined to a view of the palace of Prince Rainier and Princess Grace and a quick visit to the Casino at Monte Carlo. As we had been fortunate to see the Changing of the Guard on our previous trip we were not as disappointed as others on the cruise.

We played the slot machines - won and lost a few francs - and watched the other games being played, then it was back to the bus for the return journey to the ship.

Wednesday morning took us to the city of Grasse the centre of the perfume industry and a visit to see perfume mixed. We heard of the way the oil was extracted from the flowers - violets, roses, and many others then blended with other ingredients to produce perfume, toilet water, shaving cream and soaps.

Our ship sailed at noon for Majorca arriving at 10 a.m. the following day. This was the most beautiful of all the places visited. The capital city, Palma, was so clean and white and shining. We toured the island enjoying the countryside with its vineyards, olive groves and almond trees and occasionally a pomegranate tree usually in front of a house.

We crossed in a small launch to Cap Formentoros where magnificent high cliffs plunge straight into the sea. Then we walked through a magnificent park to board our bus and proceed back to Palma.

On the way we stopped at a leather factory to admire the craftwork displayed for sale and also at an old monastery to sample the wine produced in the area.

Once more we went aboard the Delphi and after a day at sea arrived back in Malaga. Saturday was spent browsing around the town where my



IF I HAD A MILLION . . .

Mary Hurst displays lottery tickets which can make someone an instant millionaire

Invest in real estate, three money advisors say

Three members of the financial community consulted by The Herald agreed million dollar lottery winners would be wise to invest in real estate.

Bank of Nova Scotia manager Reg McQuig suggested taking out first mortgages but cautioned such money would be "locked in." Therefore, he also advocated purchasing easily accessible guaranteed bank certificates, presently offering a higher interest rate than some bonds.

Besides real estate, acting Bank of Montreal manager Carl Winger said retirement savings plans and blue chip stocks are practical to invest in.

He also cautioned against "lump sum deposits."

Pointing out the security of owning a house and that rates on a second mortgage from private lenders are up to 16 per cent, Ian Finnerty, of Household Finance advised real estate investment "with the hope that values will appreciate."

Terry Dickenson, Toronto-Dominion Bank manager, feels "diversity" is important when investing a large sum. He suggested some easily liquidated, high interest investments and putting the remainder into stocks, bonds, and mortgages for "an overall good yield."

He also stressed the advantage of seeking direction from a good investment councillor.

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SELECTED ITEMS

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Gained a few pounds over the holidays? Here are a few tips on getting them off

A 1977 new year's resolution to lose weight will be realized if you adhere to the following diet plan, a local nutritionist promises.

Diane Wolder, nutritionist for Georgetown and District Memorial Hospital, explained inactivity coupled with overindulgence in high-calorie low nutrition foods are major contributors to widespread weight problems.

Medical studies show a maximum of 10 per cent of obese people suffer from medical disorders while 50 per cent consume the same amount of food as average-weight people but do not exercise, said Mrs. Wolder.

She advises increased activity while following a diet plan to shed pounds more quickly. Exercise doesn't have to be weight-lifting or football; try dancing, vacuuming twice a week instead of once, yoga, or walking to work.

Most overweight individuals spend a lot of time in the car, sitting at a desk job or lying in front of the television, she said. Instead of combining a balanced weight loss diet with a little more movement, they remain inactive and revert to crash diets.

Fad eating for prompt pound peeling is impractical because unbalanced diets result in health disorders, explained Mrs. Wolder.

Based on the five food groups in the Canada Food

Guide, Mrs. Wolder's diet will result in a one or two pound loss weekly according to the amount of exercise indulged in. Two pounds is the maximum weekly loss recommended by physicians, she said.

Slow weight reduction usually has more permanence than quick loss because Mrs. Wolder's diet establishes sensible life-long eating patterns.

She pointed out fad dieters often revert back to the pizza and donuts syndrome because "crashers" consisting of nothing but steak and salad or grapefruit and yogurt are monotonous.

Not only does Mrs. Wolder's formula for weight loss reduce calorie intake without creating hunger pangs or illness, it is nutritionally sound.

Lung association plans drive on no smoking

Cigarette-smoking parents now enduring scoldings from health-conscious youngsters will have to put up with more lectures from the younger generation if the Halton Interagency Council on Smoking and Health has its way.

Miss Hilda Clark, local Board of Education

The basic guidelines are: Don't use sugar or sugar products or fried foods, and avoid liquor. Outside of these taboos, there's a lot to choose from, to fill the 1,200 daily calorie quota.

Mrs. Wolder suggests three meals a day, since the body can accommodate food taken at regular intervals more efficiently than 10 cups of coffee from 9 a.m. to 5 p.m. followed by a seven-course evening meal.

Dieters may snack, but not skip meals as is the pattern of obese people, she said.

Breakfast need not be the traditional boring fare. Mrs. Wolder suggests variations: one piece of any fruit or serving of unsweetened juice unsweetened cereal with four ounces of skim milk or one piece of buttered toast

an egg, or one ounce of hard cheese or one tbsp. peanut butter or one slice meat unsweetened beverage, preferably skim milk.

Lunch and supper menus are basically the same. Choose from: one serving fish, eggs, meat or cheese, but remember: frying, broiling, gravies and sauces are out.

one slice of bread or one small potato with trace butter or margarine

one cooked vegetable or salad with low-calorie dressing unsweetened fruit

beverage without sugar

In addition, Mrs. Wolder suggests one or two snacks of fruit saved from meals, diet drinks or cheese and crackers. This is allowed because nutritional pick-me-ups are important, she said, and also

long-time snackers or nibblers have difficulty changing to regimented eating habits.

The beauty of this diet, pointed out Mrs. Wolder, is the convenient three meal schedule consisting of common and available foods.

People of average weight should guard against gaining through simple self-discipline and wise eating, she cautioned, since a mere 500 extra calories daily adds up to 3,500 weekly or one pound of fat. Note that 500 calories of junk food snacks are not filling, but are fattening she says.

By following this sensible program, Mrs. Wolder "guarantees success" of reaching your annual new year's resolution weight loss goal this time.

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