

## You are what you eat and boy it shows!

If all the health and nutrition pamphlets that are currently being published were laid end to end, they would circle the globe.

Such were my thoughts while attending the conference of the Society for Nutrition Education, held recently in Montreal.

Tables staggering under educational material for the general public, seminars on how best to put the message across, films to increase the impact.

It was mind boggling. Yet one fact came up time and again, that the average person in America and Canada is much more ready to accept the half truths and usually unsubstantiated claims of pseudo scientists who are primarily out to make a quick dollar from their highly advertised publications, than the carefully researched reports of responsible medical scientists.

How to combat the quackery, how to do something about the millions of dollars that people are spending on unnecessary vitamin, mineral and fibre supplements, how to get the true facts across to the public in a way that might influence lifestyles to change for the better, these were the subjects of conversation among the delegates to the conference while in meeting rooms dozens of papers were being presented on current research projects.

One thing I noticed was that the educators must certainly follow their own advice for healthy living, for among the one thousand or more delegates I saw no stout people.

An unusual sight in

modern America.

The value of using the media for spreading good nutrition education and combatting misinformation was stressed and in the coming weeks I will be doing a series which could perhaps be called "From the Cradle to the Grave" except that I will be starting at a point before the cradle.

It could be called "Nutrition Matters" except that is too trite, or "You are What You Eat".

## Grass Roots Concert shows Canadians

Molson and Barrie Jaycees will co-host the fifth annual Grass Roots Concert to take place at Molson's Park July 26, at 5 p.m.

The Grass Roots Concert was started in 1976, the purpose being to promote Canadian talent.

Since its beginning it has become a well known non profit show with many different styles of music being represented.

Such bands as the Good Brothers, Jackson Hawke, Ian Thomas, David Wilcox and Marc Jordan to mention a few, have performed at Grass Roots and immensely pleased the audiences.

For the 1980 show the line-up is as follows:

Ronnie Hawkins  
The Cooper Brothers  
Surrender  
Uranus  
and Eastcoast Rider with Frenchie McFarlane as the Master of Ceremonies.

Although Ronnie Hawkins hails from Fayetteville Arkansas, he has been performing and recording in Canada for the past 20 years. During 1964

There must be among the readers someone with an idea for a heading for a column on nutrition that will be aiming at updating knowledge, burying some of the myths and legends and giving a factual account of how to keep healthy and keep our families healthy by proper eating.

I will be eagerly awaiting a great idea to top my first column.

Alleyne Attwood,  
Registered Professional Dietitian

through 1967 he launched his Hawk label in an attempt to showcase struggling young Canadian artists.

He is highly respected and loved by both his fellow musicians and fans. It is most appropriate to have him perform and celebrate this fifth year of Grass Roots.

## Poor weather has little effect on Penetang tourism

As everyone knows, the weather so far this summer has been poor, unpredictable and a weekend-wrecker upon occasion.

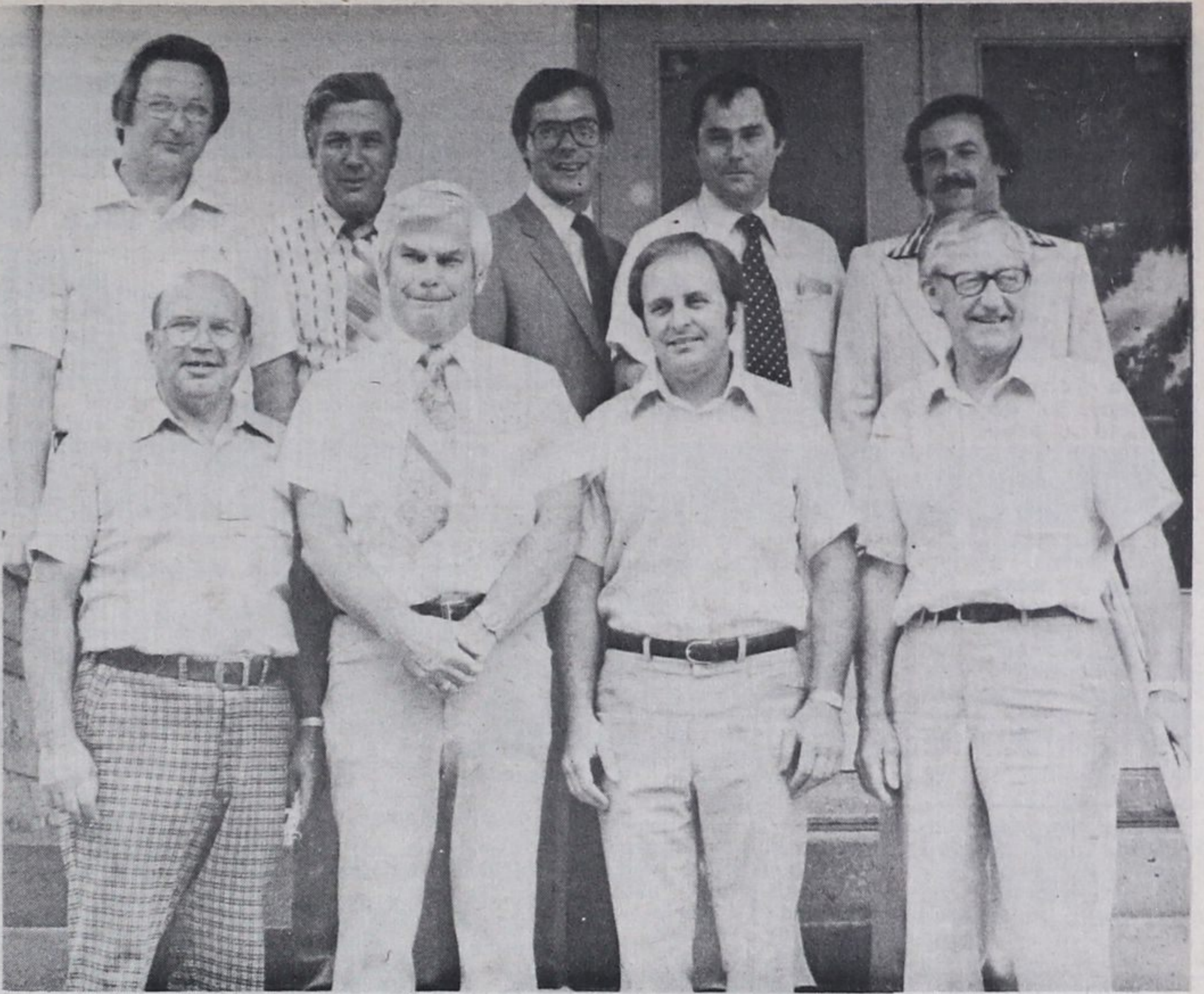
Amazingly enough, revenue dollars are up this year over last at Penetanguishene's two public campsites Robert Street West park and Huronia Park.

Figures to the end of June 1980 show a slight increase over last year. At Huronia Park \$8,154 has been taken in,

## New executive for 1980

The new executive for Midland Rotary Club for 1980 is shown here: front left: Howard Markham, past president; Don McNee, president; Nelson Cote, special projects director; Tom Hawkins,

international services; back left: Herb Henderson, vice president; Harry Cox, treasurer; Dan Herbert, community services; Carl White, secretary; Steve Orr, director of club services.



compared to \$6,745 for 1979. The increase is partly due to modest rate increases at the camp site.

At Robert Street West campsite, the town is \$200 ahead of last year's June figures, to \$2,900. Parks chairman on the municipal arena, parks and recreation board, Ray Baker, says he has received "excellent reports" from the park staff. He feels it will be another year or so before the campsite

dock. More than half that number has arrived since the temperatures warmed up.

A year ago only 41 boats docked overnight. This summer overnight docking has brought 276 visitors to Penetang.

Enquiries at the Chamber of Commerce dock office are down

from last summer. The unseasonal weather has definitely contributed to the slower traffic.

A Chamber employed estimates only 500 people have made enquiries thus far, although an exact count has not been kept until this week. The office averages 10 queries per day, "but it's not nearly as good as last summer," the employee feels. Neither is the weather.

Charter cruises aboard the "Georgian Queen" are up from last year, with a slight decrease in passenger ticket sales on the 2 p.m. daily cruise.

"gains back its credibility" as a quiet place for vacationers. There have been problems in years past with noise and late night disturbances.

### Boaters increase

Town dockmaster Bill Geere says there is also an increase in boat traffic this summer, despite the poor weather. To date 109 boats have tied up overnight at the municipally operated

## And how was your month?

During the month of June, members of Midland police force investigated 24 reportable and 14 non-reportable motor-vehicle accidents in which at least 12 persons suffered a variety of injuries.

The force also laid 31 charges under the Criminal Code of Canada, 26 under the Liquor Control Act, 77 under the Highway Traffic Act including 39 speeding charges.

Five charges were laid under the Narcotics Control Act while a total of 696 parking tags were issued during June.

### HELP WANTED

## AVON

Time on your hands? SELL AVON

You set your own hours while the kids are in school. Meet interesting people.

For Details Call:

**526-3512**

Open Territories In:

1 open in Elmvale

3 open in

Tiny Township

2 open in

Penetang

Midland

Christian

Island 78TF

### HELP WANTED

## WELCOME WAGON OPENINGS

If you like people, want flexible hours, pleasant working conditions, and a chance to perform an important community service, then consider a career with WELCOME WAGON. This is a part-time job that requires the use of a car. To arrange an interview:

Please call: 549-3001

After Aug. 1st,

please write to:

Mrs. Mae Smith

51 Wallis Drive

Peterborough, Ont.

K9J 6B8

58

## Zoning problems reviewed

Midland Planning Board will get another kick at the cat, as it were, concerning the zoning of certain parcels of land west of King Street, namely properties owned by Roger Hunter and Dr. C. E. Leitch.

Both men were present Monday night when members of town council met.

Dr. Leitch, reading from a prepared text, called upon the town to zone both properties in question so that they could be zoned Highway Commercial for the full depth of 800 feet.

At present the front half is zoned Highway Commercial while the back sections are zoned RS1-D, a holding zone.

It was pointed out to both men that should they want to develop the rear parcels of their property(s) and came up with a plan, then both the town's planning board and the town would be receptive to changing the current zoning.

Alderman Richard Platt indicated, that as a member of the planning board, he had been opposed to zoning property with such depth totally Highway Commercial, however he was the first to agree the planning board take another look at both property owner's requests taking into consideration Dr. Leitch's presentation.

During his deputation, Dr. Leitch noted that both he and Mr. Hunter provided a service to the community and as well employed local people.

Deputy-reeve Catherine Dion in suggesting the matter go back to the planning board again for a further look, indicated she could appreciate both men's concerns.



## A premier speaker

Special speaker at the launching of two Goman Boat Ltd. sailboats in Midland harbour last Friday, Premier William Davis, is officially on his holidays. A half-dozen people with Canadian Citizens for Bilingual

Unity signs were gathered in the parking lot to, they said, remind him the issue of the new French school in Penetanguishene is not dead. They did not meet the premier. Behind is Midland Mayor Moreland Lynn.