



Susan Smith smiles proudly at her new twin daughters, Mandy Lynn on mother's left and Penny Leigh on the right. The girls were born September 9 at York Central Hospital, Richmond Hill. (Liberal Photo by Bruce Hogg).

Look who's arrived

Following is a list of babies born during the past week at York Central Hospital, Richmond Hill.

Monday, September 10
Leslie and Larry Cull, Brampton, a daughter at 9:13 a.m.
Valerie and Peter MacKinnon, Richmond Hill, a daughter at 10 p.m.
Carol and Gary Wayne, Lake Wilcox, a daughter at 8:39 a.m.
Catherine and Jim Tuckerman, Omeme, a son at 10:10 a.m.

Wednesday, September 12
Anne and Dion McGuire, Richmond Hill, a son at 8:19 p.m.
Linda and Roy Bridge, Barrie, a son at 11:47 p.m.
Valeria and George Taylor, Richmond Hill, a son at 11:53 p.m.

Thursday, September 13
Lynn and Richard Tymczyszyn, Newmarket, a daughter at 8:27 a.m.
Joanne and Peter Haslem, Thornhill, a son at 5:45 p.m.
Peggy and Clayton Chapman, Aurora, a son at 11:42 p.m.

Friday, September 14
Julianna and Barwick Francis, Richmond Hill, a daughter at 3 minutes after midnight.
Christine and Gary Baker, Richmond Hill, a daughter at 7:32 a.m.
Judy and Wayne Frye, Thornhill, a daughter at 10:49 a.m.

Saturday, September 15
Linda and Jim McKinney, Richmond Hill, a son at 4:51 a.m.
Nahboobeh and Hamid Katirai, Scarborough, a daughter at 6:18 a.m.
Margaret and Mario Chiarocci, Thornhill, a daughter at 12:45 p.m.
Sandra and Joe Barclay, Richmond Hill, a son at 9:06 a.m.

Janet and Paul Wilson, Maple, twin girls: one at 10:24 a.m. and one at 10:27 a.m.
Sunday, September 16
Kathleen and Karl Kamper, Thornhill, a son at 10:01 p.m.

TRAVEL:

The tourist is important in Jamaica

By Anne Wanstall
Travel Editor
DRAGON BAY, Jamaica — Of all the Caribbean countries whose tourism was walloped by internal political disputes in the past, Jamaica has made one of the most remarkable recoveries.

On this lovely lush island where the greens of the mountains sweep down to the chalk of the cliffs and azure blue of the sea, the tourist is made to feel very important.

A constant radio campaign explains to any reluctant Jamaican that it's the tourist dollars which help to provide the small luxuries of life that have to be imported, and the people have responded with understanding that has grown into genuine friendliness.

Because so many items have to be imported and are "rationed" by the simple expediency of high prices, guests on the island sometimes come across small inconveniences.

In the classic tradition I forgot my toothbrush, and spent a week brushing what was visible with a nail brush!

Imported wine is strictly luxury class (the home brewed version, made from imported concentrate is reasonably palatable and often given free on package trips).

But these are small problems for the visiting Canadian who seeks sunshine, unbelievably exotic scenery and the kind of good time that suits every taste and pocket book.

Dragon Bay is my personal favorite place in Jamaica. Once the resort of millionaires, it seems to have dropped from the centre of Rome or Milan. Cottages, built on a hillside overlooking a quiet bay, are available for families — or doors can be locked so that they are divided into suites for couples. Some even have kitchens for those who prefer to cut costs by doing their own cooking with the readily available Jamaican produce and fish.

It has an air of elegance you'd expect to find in a far more expensive resort — yet there's a disco on the promontory of the bay for the young crowd.

Strand Tours packages start at around \$500 per person, double occupancy.

Another Strand vacation is quite different. Built like many North American hotels, Seawinds practically sits on the beach and offers go-go entertainment and games every hour on the hour. Beloved by the young couples who want to dance their vacations away through the night, I found the best part was early in the morning when I could have the beach almost to myself, apart from the joggers, with dogs in tow.

FOOD COLUMN

By ANNE WANSTALL
One of the greatest quotes I ever heard from a producer of food came from a cheesemaker in Switzerland.

"To make a good cheese," he said, "you have to love it, just as a vintner loves his wines, a baker his fresh bread and a man his wife."

The Canadians' love for cheese has been growing rapidly, although the courtship has not always been an easy one. Constantly rising prices for both domestic and imported cheeses have caused fluctuations in buying patterns, hesitation at the point of sale, and reluctance to consider it as a substitute protein for meat.

Today, when we look at our meat prices, cheese no longer seems an extravagance. True, the best cheeses are still expensive especially if they are confined to their more traditional role as an after dinner palate teaser. But use cheese as the main meal from time to time, and you'll see the advantages it offers to save on the budget.

Even when it sits in a vacuum package, cheese is a living, breathing organism temporarily stilled. Once released, it lives again so a word as to its care.

Refrigerator manufacturers who put a cheese compartment in the door of the appliance make a basic mistake. The door is so frequently opened that the cheese is constantly exposed to less than the chill it needs to remain dormant. Consequently open packages of cheese tend to mold quickly, and the sight of that green bacteria has housewives heaping it into the garbage at too early a stage.

It's best to keep your cheese in a bowl in the body of the refrigerator to retard bacteria growth.

Seawinds is near Montego Bay, and it also has a villa complex for those who prefer less activity — or to bed the children down early. These are more expensive, but again you can do your own cooking. Prices start at \$299 in The Towers, and \$329 at the apartments.

Payment for all extras at Seawinds is with "bananas," the chain of poppets you purchase and wear around your neck instead of carrying paper currency.

Negril Beach Village about two hours by bus from Montego Bay, is hep on hedonism. Packages include everything other than hard liquor, laundry and cigarettes.

There are hour to hour activities from first thing in the morning to last thing at night, and a nude bathing beach. Package prices start at around \$800.

For a truly all-inclusive package go to Couple's at St. Mary. There isn't even a cashier's desk! Even cigarettes and liquor are included (and you can drink all night at the piano bar), but the catch is that you have to be a couple — as the advertisement says, "Go with someone you love." Prices start at \$1,200, inclusive of airfare.

But perhaps you really want to be alone, and Jamaica can help you out there as well. Rockhouse in Negril is staggeringly beautiful from every view out of the windows of your palm-thatched villa.

Rockhouse is the location for the loafer. The small villas contain everything you want, from a small kitchen, living and bedrooms, to an outdoor, enclosed shower where you can scrub down with the palm trees waving over your head.

Below the villas, a turquoise sea crested with white breakers crashed against the hollows in the rocks that lead into small caves for the swimming explorer. Rates start at around \$50

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Arc welder causes truck to explode

A pickup truck blew up Saturday evening but no one was hurt. A trailer, hitch was being installed on a 1979 Ford pickup truck at 9030 Yonge Street, Richmond Hill.

An electric arc welder caused the truck to burst into flames. The owner, Frank Geschonek drove his truck away from the scene, and away from people. When he jumped out of the truck, it blew up.

Damages are estimated at \$13,000.



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