

Free software shows the cost benefits of renewable energy

(NC)-Renewable energy technologies can be smart investment. Are they suitable or cost effective for your home? The answer to this question can be found on a new website developed by Natural Resources Canada. By visiting <http://retscreen.gc.ca>, you can download software free-of-charge

that helps you evaluate the annual energy costs and financial viability of eight different renewable energy technologies for your home. For more information on how you can use renewable energy at home to help save money and the environment call toll-free 1-800-387-2000 or visit <http://www.nrcan.gc.ca/es/erb/reed>.

The vestibule says "Welcome Home"

(NC)-In designing the vestibule or entrance hall, think about the atmosphere inside your home and the personalities of the people who live there. It's essential to make it practical but you also want it comfortable, warm and welcoming for the people who enter into your home. The success of your vestibule design lies in the choice of decorations you make: colors, lighting, furnishings. In other words, it's all a matter of choice!

Warm, welcoming colors

Good color matching gives a new dimension to a room. Colors that give the impression of being cool in summer and warm in winter. Off-white tones, natural tones like beige or woody colors... or maybe yellow ocher or raspberry red. Pleasing and inviting colors for the entrance to your home.

Light your way in

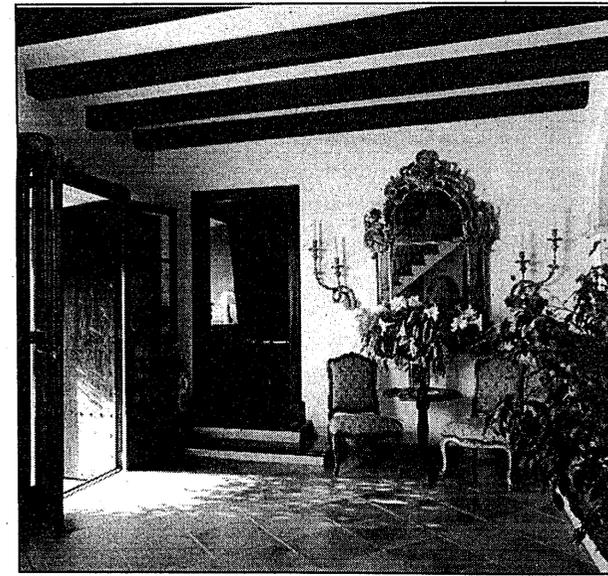
Lighting in a vestibule is very important. A ceiling light with a dimmer switch will give you the flexibility you need in lighting. You can adjust the intensity and strength of the light to match the time of day. Wall appliques or a small table lamp are both great ideas if space allows. Either of these will give your entranceway a warm, homey character.

Furnish for convenience

The vestibule is also the place where we leave everything when we come in: keys, handbag, schoolbag, attaché case, boots, coats, hats... so it has to be furnished accordingly. A rectangular table, or half-moon, and a mirror. A small chair where people can sit to remove boots or shoes. A wooden box or wicker basket you can use to hold children's scarves and mittens. An armoire or a coat stand or wall pegs to hang outer garments. An umbrella holder and a shoe brush, to clean mud off shoes. Last but not least, a small carpet that's easily washable on a wood or ceramic tile floor.

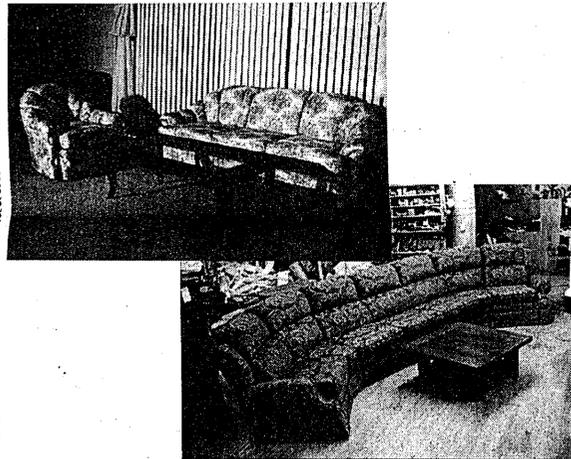
Make your own vestibule

If you don't have a vestibule, you can always create one. Use a folding screen and a large plant to mark off the area, and set up a small table. Add a mirror and a lamp, and presto, the job is done!



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Let the sun shine in and reduce your hot water heating costs

(NC)-So why should you buy a solar water heater instead of a conventional one? Because you'll save money and contribute to a healthier environment, two good reasons! A solar water heater will lower your hot water heating costs and reduce the amount of greenhouse gas your home releases into the atmosphere. A solar water heater can eliminate up to 2 tonnes of CO2 emissions per year, in proportion to your energy savings.

Most solar water heating systems are easily retrofitted to your existing water heater and, properly installed, solar water heaters will not detract from your home's appearance or disrupt your normal household routines.

Modern solar collectors are usually finished in an attractive aluminum casting with a glass cover. The only other part of a solar water heater that may be visible on the outside of your house is the insulated piping connecting the solar collectors with the solar storage tank. A good installation will often pass this tubing through a special roof flashing in an unobtrusive place.

For more information on solar heating and how you can use renewable energy at home to help save money and contribute to a healthier environment call toll-free 1-800-387-2000 or visit <http://www.nrcan.gc.ca/es/erb/reed>.

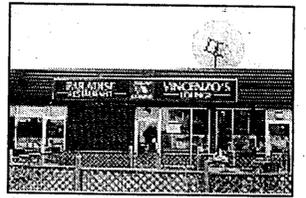


Potential portion of water heating energy savings obtained by installing a solar water heater. Figures assume a freeze-protected system with 6 m² of single glazed flat plate solar collectors and two 270 litre (60 gallon) hot water tanks. Simulations were completed with WATSUN 13.2 software, and use local climatic data.

Paradise Restaurant - 2 locations provide great locales for family or office parties

By **BERNIE BELLAN**

The neighbourhood family restaurant occupies a special place in the heart of many a Winnipegger. Lucky as we are to have a fine assortment of such places from which to choose in this city, it is especially enjoyable to visit a restaurant where the owner has remained the same for years - someone who you can say has become as familiar a face as Sam's was on Cheers, for example. Such is the case with Paradise Res-



One of the two Paradise Restaurants: Local neighbourhood favourites for over 15 years



Server Shella Shersty of Vincenzo's Paradise Restaurant (assisted by Peter Magro)

taurant, at 789 Portage Avenue, and Vincenzo's Paradise Restaurant, at 662 Leila Avenue. Owned by John and Vince Magro respectively, both Paradise Restaurants have been serving traditional Italian fare for years, to succeeding generations of Winnipeggers.

It is especially during the cold months of winter, however, that the Paradise Restaurants offer a welcome retreat for thousands of us. With their cozy and warm interior decors, both restaurants offer a relaxing environment in which to while away a lazy winter evening.

Open for lunch as well as dinner, you cannot go wrong trying a spicy meatball sandwich at lunch, for instance, accompanied either by a fresh salad or crispy fries. Or, dig into one of Paradise's terrific pizzas. The Paradise Special, for instance, comes topped with backbacon, cheese, salami, mushrooms, onion, green pepper and Italian sausage.

For dinner, the veal parmigiana, served with soup, salad and spaghetti, has long been one of the favourites. Or, you might want to consider one of the baked pastas with mozzarella cheese. If you are not sure what you might like, you can ask the waiter to have the chef come up with something special

that will feature a combination of the best Paradise has to offer. (These specialty prepared dinners are available for from one to four individuals.)

Now that the holiday season is just about upon us, think of either Paradise location when you are looking for a great spot in which to hold your get-together. (The Paradise on Portage Ave. has a private room that can accommodate from 25-100 people.)

As well, either Paradise offers catering service for both home and office parties. Just remember, both Paradise locations become especially busy around this time of year, so if you're planning a special function it's wise to book well ahead. Call John at the Portage location - phone 772-2539 or Vince at the Leila location - phone 338-4659.

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