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*From the kitchens of Weight Watchers*

**M**ARINATED STEAK WITH ONIONS AND PEPPERS

*Baked Potato with Light Sour Cream and Chives  
 Cooked Sliced Carrots*

*Iceberg Lettuce, Tomato, and Radicchio (red chicory) Salad with Reduced-Calorie Italian Dressing  
 Coffee or Tea*

**MAKES 2 SERVINGS**

- 1/4 cup chopped fresh cilantro (Chinese parsley) or Italian (flat-leaf) parsley
- 1/4 cup lime juice (no sugar added)
- 1 tablespoon seeded and minced jalapeño pepper
- 2 garlic cloves, minced
- Dash pepper
- 1/2 pound boneless sirloin steak
- 2 teaspoons olive or vegetable oil
- 1 cup diced onions
- 1/2 cup diced red bell pepper
- 1/2 cup diced green bell pepper
- 1/2 cup canned ready-to-serve beef broth
- 1/2 teaspoon cornstarch

1. In glass or stainless-steel pie plate combine cilantro, lime juice, jalapeño pepper, garlic, and pepper; add steak and turn several times to coat with marinade
2. Preheat barbecue or gas grill on high for 10 minutes. Arrange steak on rack, reserving marinade, and cook until rare, 2 to 3 minutes on each side, or until done to taste.
3. While steak is cooking prepare onion-pepper mixture: In 9-inch non-stick skillet heat oil; add onions and bell peppers and cook, stirring frequently, until onions are translucent, about 1 minute.
4. Add broth and cornstarch to reserved marinade, stirring to dissolve cornstarch. Stir into onion-pepper mixture and cook, stirring constantly, until mixture comes to a boil. Reduce heat to low and let simmer until flavors blend, about 3 minutes.
5. To serve, arrange steak on serving platter and top with onion-pepper mixture.

**EACH SERVING PROVIDES:** 1 FAT; 3 PROTEINS; 2 VEGETABLES; 15 OPTIONAL CALORIES

**PER SERVING:** 266 CALORIES; 28 g PROTEIN; 11 g FAT; 13 g CARBOHYDRATE; 45mg CALCIUM; 386 mg SODIUM; 76 mg CHOLESTEROL; 2 g DIETARY FIBER; REDUCED CHOLESTEROL, REDUCED SODIUM.

Recipe from "Simply Light Cooking 250 Recipes from the Kitchens of Weight Watchers", ©1992 Weight Watchers International, Inc.  
**Return to basics. For information on a meeting location near you, call 1-800-387-8227.**



The tea is brewing, the conversation flowing and the cards shuffling at the new seniors' drop-in centre in Glen Williams.

The centre operates out of the St. Alban's Anglican Church parish hall Wednesdays from 10 a.m. to 3 p.m. and all Glen Williams' and surrounding area seniors are welcome to attend, said Rev. Carol Skidmore. St. Alban's is located on Main Street in Glen Williams. For more information contact the church at 877-8323, or Peggy Dalimore at 873-7603.

**Seniors for the Future**

by Florence Wilkinson

Anyone brought up by parents and teachers like those who tried to bring me up, must cringe regularly at today's language usage. One of the best examples of what I mean is the use of the word "kids."

In a recent publication which was introducing the new teachers to the area, the transition of language was quite obvious — either that, or it has become acceptable for the teacher's of today to use slang. Of the twenty-five teachers written about, nine were definitely quoted as using the word "kids" for students, and, it was implied, that two others had used the word. Four teachers spoke of "students" and the rest did not get quoted on the subject.

Use of the word, when referring to children or students is constant, not only in advertising done to

catch the eye, but also in official kinds of information in both TV and other media. My 1982 Pocket Oxford dictionary still list the usage of "kid" to mean "child" as slang.

I remember what a teasing any of my schoolmates would get if the word "kid" was used to mean child or student. Being called a little goat, or nanny, nanny, nanny would soon shut one up. At home it was not a teasing. It was a scolding.

But was I cured of the habit? I am sure that I do not use the word "kid" for "child" as often as some, but I certainly cannot say "not guilty", nor can many others of my generation.

The word kid is a very obvious example of how words change meanings over a time of usage, but there are many expressions or words which gradually take on new meaning, not counting the ones

which come and go with the passing fads (such as neat, blast). Is it any wonder that misunderstandings arise?

As much as we claim to be tired of the discussion surrounding the constitution, we at least have had a chance to get some of the talking done and some understanding to take place. True, no one will agree with, or understand all, but we have had a chance to, each one, do some of the talking and, each one, do some voting whether we have taken the opportunity or not.

In spite of the fact that language changes over the years, and that understanding each other is difficult, working on the constitution has been an effort to leave a better heritage for our "kids." They, in their turn will have the chance to do their talk, talk, talking, and make their decisions for the next generation of — goodness!


What will they be called then?

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