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Halton Hills This Week
873-2254

ATTENTION

boys & girls...

EARN \$s FOR CHRISTMAS!

Be a Carrier for

Halton Hills THIS WEEK

Register Today for routes that are becoming available.

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Halton Hills Mayor Russ Miller was on hand last Saturday to help Sam Cracchiolo (right) and Brian Edgar (left) open the Fire and Ice Jewellery Shop. The shop is located on Guelph St. behind Pizza Hut along the driveway to the Georgetown Market Place Mall. The store specializes in custom designed pieces.

Never cross a dog's turf knowingly

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described dominance aggression. A territorial dog does not bite members of its own family; it will be very noisy and aggressive toward an outsider approaching the family

home or car; once that person is inside some dogs will quiet down and become quite friendly. If unwittingly, a child (or adult) finds that he or she has stimulated this type of aggression, it is important

not to turn and run, hard as it is to avoid this reaction; running can trigger more intense aggression.

Children and adults both should avoid backing a reluctant dog into a corner; many dogs can handle this but the occasional one may be what is called a fear-biter.

Role playing how to approach unfamiliar dogs is an excellent way to reduce the risk of children being bitten.

Firstly, any dog not accompanied by an owner should be avoided. An "owned" dog can be approached quietly, after the child has checked with the owner to see if it is friendly, by extending the hand, palm down, to below the dog's nose so the animal can sniff and lick the hand if it wishes.

If the dog responds positively to this approach, the child then should pet the animal under the chin and the neck. It is important to emphasize to children that not all dogs are sociable and that they can watch for clues from the dog's behavior that it is not feeling friendly.

Most veterinarians can advise on animal behavior problems and are happy to consult with clients having concerns in this area.

Behavior specialists are also available in both Guelph and the Toronto area for more persistent and complex aggression problems.

From the kitchens of Weight Watchers

BRAISED VEGETABLES WITH COUSCOUS

MAKES 2 SERVINGS

- 2 teaspoons vegetable oil
- 1 cup sliced onions
- 1/2 cup sliced carrot
- 1/2 cup sliced celery
- 1/2 cup sliced zucchini
- 1/2 pound rinsed drained canned chick-peas

- 1 tablespoon dried currants
- 1 packet instant vegetable broth and seasoning mix
- 1/4 teaspoon paprika
- 1/4 teaspoon ground cumin
- Dash pepper
- 2 ounces uncooked couscous (dry precooked semolina)

1. In three-quart saucepan heat oil; add onions, carrot, celery, and zucchini and cook over high heat, stirring frequently, until onions are lightly browned, about three minutes.
2. Add 1 3/4 cups water, the chick-peas, currants, broth mix, paprika, cumin, and pepper. Reduce heat to low, cover, and let simmer until carrot is tender, about 10 minutes.
3. Remove 1/2 cup of broth from chick-pea mixture and pour into small saucepan. Cook broth over high heat until mixture comes to a boil stir in couscous. Cover saucepan and remove from heat, Let stand for five minutes.

To serve, on serving platter arrange couscous; top with chick-pea mixture.

EACH SERVING PROVIDES: 1 FAT; 2 PROTEINS; 2 1/2 VEGETABLES; 1 BREAD; 1/4 FRUIT; 5 OPTIONAL CALORIES

PER SERVING: 353 CALORIES; 13 g PROTEIN; 8 g FAT; 57 g CARBOHYDRATE; 97 mg CALCIUM; 649 mg SODIUM; 0 mg CHOLESTEROL; 8 g DIETARY FIBER (THIS FIGURE DOES NOT INCLUDE COUSCOUS; NUTRITION ANALYSIS NOT AVAILABLE).

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.

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