



## Guide to the Outdoors

**Julie Pomeroy**

Hiking is a great way to enjoy the outdoors. When travelling on foot it is important to take good care of your feet. Smartwool Hiking Socks, \$22.95, work in combination with a properly fitted boot to keep your feet comfortable. The Smartwool Hiking Socks reduce the chance of blisters by wicking, absorbing and evaporating the moisture from your feet. Without the moisture your feet slide less in your sock, reducing the chance for a blister to form. The cushioned sole also helps to protect against blisters and absorbs shock. The wool is a natural insulator that keeps you cool in the summer and warm in the winter. Smartwool Socks do not shrink and always fit. My Smartwool socks have kept my feet comfortable when hiking for a month on the Appalachian Trail. Written by: Kevin Moore

Winston Churchill Blvd. 1 blk. N. of #7 in Norval  
**905-846-5000**  
[www.canoe-country.com](http://www.canoe-country.com)



## Family cooks start young

**W**hat fabulous food experiences I had with my grandsons this week!

Last Friday, about noon, I received a phone call from my oldest grandson in Windsor (he is two weeks shy of 12). He expressed his wishes to make a surprise dinner for his mom after work and could I help him?

He had a recipe in his head for a Southwestern pizza with chicken. He had been to the market himself and purchased the ingredients he wanted to use: two boneless chicken breasts, broccoli, onions, pizza sauce, pizza dough and cheese.

His first question was "Grand-ma, how do I marinate the chicken?"

How many 11-year-olds even know the word marinate? So, while he held the phone to his ear, I gave him a list of ingredients and he measured them into a bowl, as we spoke. In went the chicken and into the fridge for two hours.

The next phone call came mid-afternoon and now we were ready for step two. He sautéed the broccoli and onion, while he prepared the barbecue (something he had not done on his own before). He cooked the chicken, while I stayed on the line, talking him through every step.

A few minutes later—and another call—it was time to assemble and have the meal ready for 4 p.m. Turn the oven on to 400F. Now, he was trying to spread the pizza dough to cover the pan. After a couple of suggestions, it finally worked. Then he assembled

### What's cookin'?

**Lori Gysel  
Gerry Kentner**



his pizza and put in the oven. Voila!

Between noon and 3 p.m., his mother called three times and each time he said, "I can't talk, I'm on the phone with grandma."

Of course, she thought this was one long continual conversation on her bill. But as my grandsons all know, call 1-800-KENTNER anytime and I'll be there.

When mom arrived home, she was seated with her favourite beverage and two pieces of pizza. The grandsons and a friend had demolished the rest! And, it turned out great! My daughter was amazed and thrilled! So was I.

Thank you Connor!

While the pizza was being eaten, my other grandson, Marcus, 8, got to go one block to the corner store by himself for the first time. His mother had given him two items to buy. I guess when he got there he forgot and went to a pay phone and called home for help. Kids do get distracted in a block.

Boys, you are growing up and give me reason to smile with every story.

Have fun and keep cooking!

[www.kentnerscatering.com](http://www.kentnerscatering.com)

## Coconut lime macaroons

(Makes 12-14)

### Ingredients

- 4 large egg whites
- 3 cups sweetened desiccated coconut (dry shredded)
- 1 3/4 cup granulated sugar
- 2 tsp vanilla extract
- 1 1/4 cup all-purpose flour
- 1 cup icing sugar, sifted
- grated rind of one lime
- 3-4 tsp lime juice
- 1 tbs pistachio nuts, chopped



### Method

1. Preheat the oven to 350F. Line baking sheets with parchment paper.
2. In a large pan, mix together egg whites, coconut, granulated sugar, vanilla and flour. Mix well.
3. Place pan over low heat and cook 6-8 minutes, stirring constantly to ensure it does not stick. When the mixture becomes the consistency of thick porridge. Remove from the heat.
4. Place spoonfuls of the mixture in rocky piles on the baking sheets. Bake for 12-13 minutes, until golden brown. Remove from the oven and leave to cool completely on the baking sheets.
5. To make the topping, put the icing sugar and lime rind in a bowl and add enough lime juice to give a thick pouring consistency. Place a spoonful of icing in each macaroon and allow it to drip down the sides. Sprinkle with pistachio nuts and serve.

**BIGGEST SHOW EVER!**

## TORONTO STAR National BRIDAL SHOW



**September 10-12, 2004**

International Centre, 6900 Airport Road

SHOW HOURS: Friday 5pm to 10pm  
Saturday 10am to 9pm • Sunday 10am to 6pm



Enter for your chance to win the **\$25,000 TORONTO STAR DREAM WEDDING** to be held at the 2005 Spring National Bridal Show. This incredible package will include the reception, bridal gown, photographer and videographer, music, flowers, wedding bands, bridesmaid dresses, formal wear, limousine, cake, plus a \$400 Hbc Gift Card. Fill out a ballot at the Fall National Bridal Show.

For no purchase entry and complete contest rules go to [www.thestar.com/contests](http://www.thestar.com/contests).

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**THE BAY AND HOME OUTFITTERS GIFT REGISTRY** offer one lucky couple a chance to win a prize package of stylish home accessories and giftware valued at \$5,000.00.

**"HONEYMOON IN ST. LUCIA"** You could win a romantic honeymoon to the Windjammer Landing Villa Beach Resort from Just Honeymoons/Weddings Away and Air Canada Vacations.

**CASTING CALL FOR SEXY GIRL!** Life Network is looking for a bride-to-be to star in a special wedding episode of their new makeover reality series.

Sposabella, one of Toronto's top bridal retailers, is hosting the **"ONCE IN YOUR LIFETIME BRIDAL GOWN SALE"**. Featuring a fantastic selection of bridal gowns priced \$299-\$499, hundreds of bridesmaid dresses at \$150 each, and mother-of-the-bride apparel.

Admission \$15.00

For information call 905-815-0017 or 1-800-265-3673

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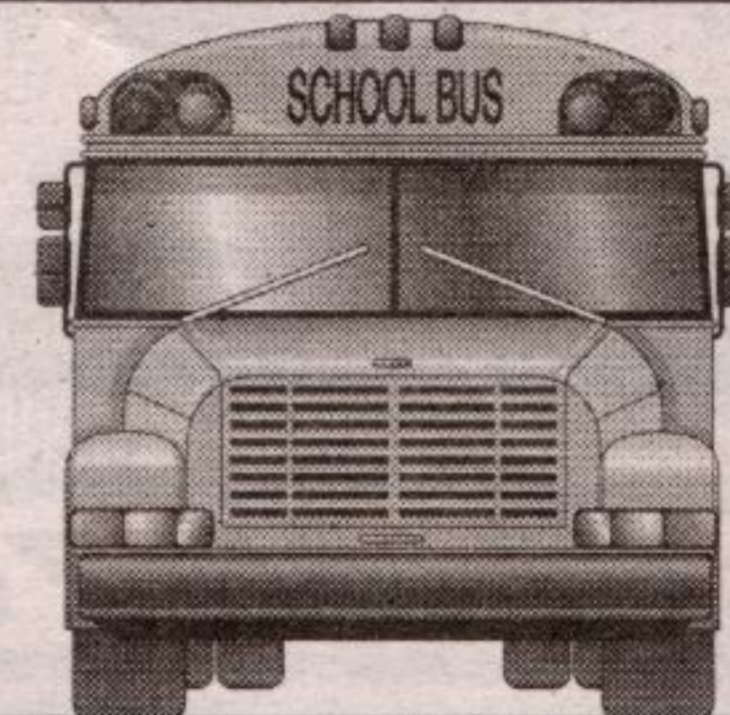
### TWO FOR ONE ADMISSION

**NATIONAL BRIDAL SHOW**

SEPTEMBER 10-12, 2004

This coupon is good for one complimentary admission with one paid admission. TWO admissions for the price of one. Original coupons only accepted. Not valid with any other offer. No cash value. (This coupon is not valid for one half price admission)

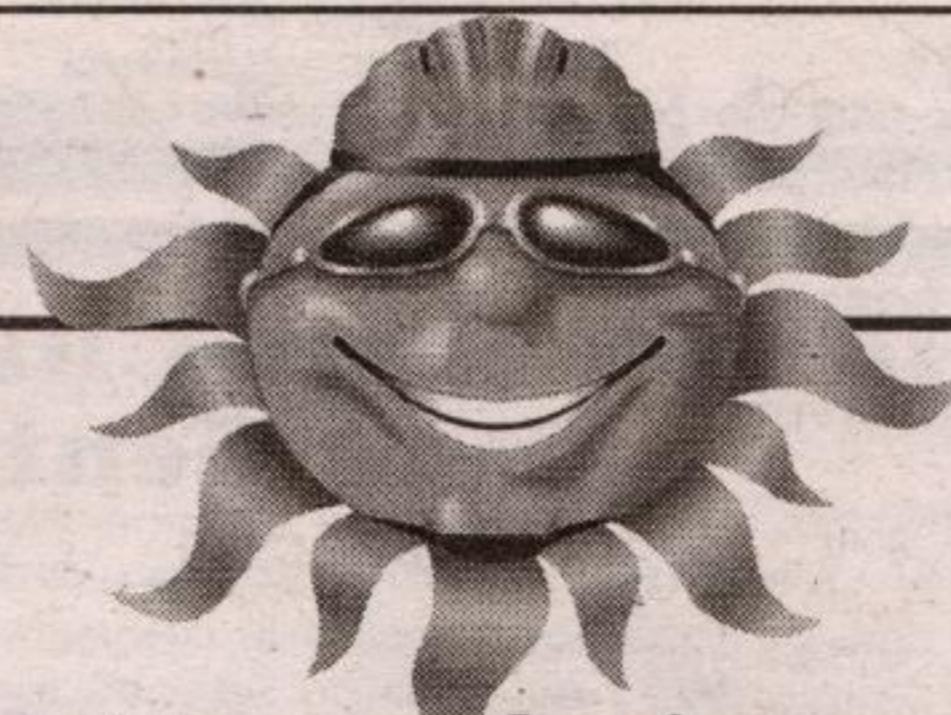
METROLAND



### Hop On Board With School Bus Safety.

While you're on the school bus, follow these simple safety rules:

- Remain seated throughout the ride.
- Keep your arms, hands and head inside the bus.
- Keep your belongings away from the aisle.
- Do not distract the bus driver with loud noises or sudden movements.



It's a no-brainer...

## WEAR A HELMET!

Sports injuries are preventable, and wearing a helmet can help, especially when in-line skating, biking or climbing...

As if dying in your 30's isn't hard enough to swallow... What if you needed a fistful of pills just to digest your food? Now that you know more about cystic fibrosis, won't you please help?

Canadian Cystic Fibrosis Foundation  
 1-800-378-CCFF  
[www.cysticfibrosis.ca](http://www.cysticfibrosis.ca)

TOWN OF

**HALTON HILLS**  
 Working Together Working for You!

### ROAD CLOSURES

The following community events will be held within the Town of Halton Hills as follows

**A. GEORGETOWN FALL FAIR**  
 From 3:30 p.m. on Friday, September 10, 2004 to 6:00 p.m. Sunday, September 12, 2004  
 Park Avenue, westbound from Charles Street to Fairgrounds.

**B. ACTON FALL FAIR (Parade)**  
 Saturday, September 18, 2004  
 approximately 11:30 a.m. to 1:30 p.m.  
 Acton Boulevard to Mill Street East to Main Street North to Knox Street into Prospect Park.

If you require any additional information regarding these temporary road closures please contact Kelly Withers at 905-873-2601, ext. 2330. 118

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