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Hey kids, get cookin' over the March Break

Attention all junior chefs out there! Since it is March Break and you have some spare time—how about spending some of it in the kitchen? Gerry and I challenge you to create your own recipe (no restrictions, it can be anything you like) and send the recipe in to us. There aren't many rules to this contest, because we don't like rules very much.

Here we go:

- The recipe must be created, tested and written by the child cook.
- The recipe must be submitted by e-mail before the end of March Break (March 20).
- Your age, full name and phone number must appear on the recipe, but we will only publish name and age (not the phone number).
- Send the e-mail to whatscookin@independentfreepress.com

Today's recipe is an example of what we are looking for. This one was written by my younger son, Michael (Gysel). We will look over the recipes and publish in the paper what we think to be the most creative, most organized, most well thought-out recipe of the bunch. Good luck!

And now for another reader question.

What is puff pastry?

Funny we've been having so many pastry questions lately, but glad that you asked and we are happy to reply!

Puff pastry is a rich and delicate pastry made up of very thin layers. The preparation of puff

**Lori Gysel
&
Gerry
Kentner**



pastry is a long and complicated one, as butter is incorporated into a pastry dough and folded and turned at right angles many times. The folded and turned dough is left to stand, chilling between turns. The more turns there are, the more delicate layers of pastry the final product has.

However, few people actually make their own puff pastry now, as there is readily available puff pastry in either a block form or a pre-rolled format. The pastry is not sweetened, so it is used for both sweet and savoury creations—hors d'oeuvres, pies, tarts, vol-au-vents and many other dishes.

The puff pastry is baked at a high temperature so that the air trapped during rolling expands. This separates the layers and makes the pastry rise. The melting fat content and the heat sets the layers and gives the pastry its characteristic crisp texture.

Have fun and keep cooking!

Michael's Famous Fruit Salad

Ingredients

- cherry juice
- black cherry juice
- Tropicana Twister orange juice
- red maraschino cherries
- black bing cherries (pitted)
- banana
- 1 peeled apple
- 1/8 watermelon
- 1 handful of grapes



Method

Juices first, fruits last!
Parents or grandparents can get ingredients.

—By Michael
Gysel
Age 9

'Make it Work' during March Break at the library

Children are invited to visit Halton Hills Public Library during the March Break!

Beginning Tuesday, March 14 until Friday, March 17, kids can drop in anytime between 2-4 p.m. to make a fun gadget with a building, construction or science theme. Each day will feature a different gadget. While children are visiting, they can enter the Action Contraption contest, play a game and pick up some great reading too!

For more information about any of the library's programs, call 905-873-2681 ext. 2520 or 519-853-0301 or visit <http://www.library.hhpl.on.ca>.

Many exciting March Break community programs and activities are available to entertain your child and avoid the ever familiar "I'm bored!" Keep active at FREE recreational swimming through the sponsorship of Tim Hortons and FREE recreational skating through the sponsorship of the Optimist Club of Georgetown and the Rotary Club of Acton.

Pick up a March Break/Summer Camp flyer at any Town facility such as Cultural Centre, arenas, pools, Civic Centre. For details, call Recreation & Parks, 905-873-2601, ext. 2275.



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CALL FOR MEMBERSHIP

William Osler Health Centre is calling for memberships. Membership Application Forms are available through the Administrative offices of the Peel Memorial Hospital, Etobicoke General Hospital and Corporate offices at Airport Road.

The annual membership fee for 2006 is \$25. All applications and appropriate fees must be received by end of day, March 24, 2006, ninety days prior to the Annual General Meeting, in order for successfully admitted members to qualify to vote.

If you have purchased a membership between June 15, 2005 and now, you need not reapply as your membership is valid until the completion of the 2006 Annual General Meeting.

The Annual General Meeting will be held on June 21, 2006 at the Etobicoke General Hospital. For further information please call 905-494-6808 or your local hospital administrative office.

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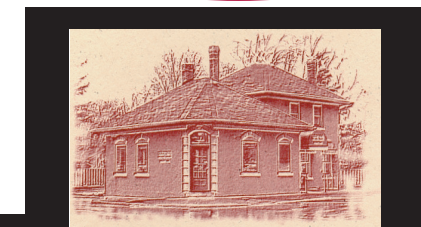
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