

## Famous speaker guests at Ladies Dessert Night

World renowned speaker Kim Phuk, an innocent victim of the Vietnam War at the age nine will be the headline guest at the Georgetown Alliance Church's annual Ladies Dessert Night.

The evening will be held on Monday, April 23, 7-9 p.m. at the church, 290 Main St. S.

Kim Phuk's photo was taken by Pulitzer Prize winning AP photographer, Hyung Cong Nick Ut, as the screaming girl was fleeing naked down a Vietnam road. The photograph exposed the harsh cruelty of war.

Kim Phuk will share her incredible strength and spirit as she speaks about forgiveness and world peace in the wake of tragedy and a life still inflicted by chronic pain. To attend an evening of thought-provoking discussion and inspiration, tickets are available by calling the church at 905-873-0249.

## War Child Canada founder to speak at CFJW dinner

Canadian Federation of University Women Georgetown will hold its Spring Dinner on Tuesday, May 1 at Eagle Ridge Golf Club. Guest speaker will be Dr. Samantha Nutt, founder and executive director of War Child Canada.

Everyone is welcome to attend. Tickets are available in advance only, \$40 for members and guests, \$50 for non-members. Please contact Mimi Burdett, 905-877-5158 or Saroj Anand, 905-873-8237.

## Resetting your digestive tract—the good, bad and the hunger

The cleanse is over. Here's how it went:

Day One: I ate my breakfast and everything was perfectly fine until 11 a.m. Now I am hungry. Oh God, where is that stupid book— what can I eat? I must be able to eat a banana. Whew.

Made it through to lunch. Salmon, grilled veggies (with a bit of olive oil; I'm not sure if that's cheating or not) and an orange. Feel okay. 2 p.m.: hungry again— small piece of chicken and a piece of melon. 3 p.m.: REALLY tired. I could fall asleep right now. 4 p.m. hungry again— can you have dried fruit? I think I remember the nutritionist said I could have seeds and nuts (in moderation). What the heck, couple of handfuls of unsalted trail mix— it's only apricots and cranberries in with it. How bad can that be? Not quite so tired now.

6:30 p.m.: dinner of shrimp and veggies. Hey, wait a second— I always crave dessert, but I'm not craving dessert... hmmm.

Day Two: Worked out. Good girl. Breakfast, no problem. 12 p.m.: hungry, thank God for bananas. 1 p.m.: lunch— chicken and veggies. Can't finish it— weird. 3:30 p.m.: hungry again and have a headache— am REALLY craving a cup of normal tea with milk and sugar. Okay water and almonds instead. 4 p.m.: Why can't I have tea? 5 p.m.: Why does everyone around me have a Tim Hortons and I don't? Tired. Headache. 5:30 p.m. I can't believe the tea can be that bad for you. God, who would have thought the worst thing about this cleanse was the lack of orange pekoe tea with milk and sugar.

Day Three: Headache. All I can think about is tea. Running out of ideas on what to eat. Baked sweet potato with chicken and veggies, veggies, more veggies. The powder version of the supple-

Lori Gysel & Gerry Kentner



ment is yucky— will have to buy capsules next time. My skin is not dry— must be the fish oil supplement. Still no cravings...hmm.

Day Four: I'M STARVING!!!!!!!!!!!!!!!!!!!!!! All day today, every hour I am hungry and can't get my mind off it. Going to movies with girlfriends tonight— how will I live without popcorn? Hmm... ate a good dinner, went to movies and didn't really miss the popcorn. Just kept telling myself there would be more popcorn; not like popcorn was being eliminated from the planet today.

Day Five: Feeling good. Headache gone. Not starving. Starting to miss some of the grains though.

Saturday: The cleanse is over. I did it! Feeling good. Three pounds lighter. Not feeling bloated and full. Skin is not dry. No cravings all week (I have cravings for something sweet after every meal— but not this week). Most of all I feel like I was the one in control of my eating for five whole days. Now what? I am going back to drinking DECAF orange pekoe tea, but I'm giving up the sugar. I'm going back to eating grains, but only whole wheat and in moderation. Going to keep up the supplements.

Going to read the next chapter in the book the nutritionist gave me. She has been right so far, so why not? Have fun and keep cooking!

(Lori and Gerry can be reached at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com))

## Asparagus Bundles

Makes 8 bundles

### Ingredients

- 1 pkg phyllo pastry sheets, thawed
- 1 bunch fresh asparagus (about 24 stalks)
- 1/2 cup butter, melted
- 2 cups shredded mozzarella cheese or freshly grated parmesan
- fresh ground pepper
- poppy seeds (optional)

### Method

1. Wash asparagus and break at the natural line. Set aside.

2. Remove two sheets phyllo pastry from the package. Keep remaining sheets covered with a damp cloth.

3. Keep the sheets piled on top of each other. Cut lengthwise into three strips.

4. Brush with some melted butter and sprinkle with a 1/4 cup cheese.

5. Lay three stalks crosswise at the end of the phyllo and rollup. Asparagus should be flat on phyllo and the tips and the bottom should poke out of the pastry.

6. Complete remaining two bundles.

7. Repeat whole procedure until all asparagus is used up.

8. Lay the bundles on a parchment lined baking sheet. Brush the tops with remaining melted butter. Sprinkle tops with poppy seeds if desired.

9. Bake in a preheated 400 F degree oven approx 10-12 minutes until golden and crispy.

*Cook's Note: For a twist on the recipe, try adding a slice of ham or prosciutto to the bundle by wrapping it around the asparagus before you roll it in the pastry.*



# Georgetown District High School

Established in 1887

“**ABEUNT STUDIA IN MORES**”



**Georgetown District High School  
has received formal approval from**

**The International Baccalaureate Organization**

**and has been admitted to**

**The International Baccalaureate Diploma Programme**

**Congratulations to  
The G.D.H.S. International Baccalaureate Team  
and to  
Dr. Bev Moore, International Baccalaureate Coordinator**

**Ken & Jody Foster**