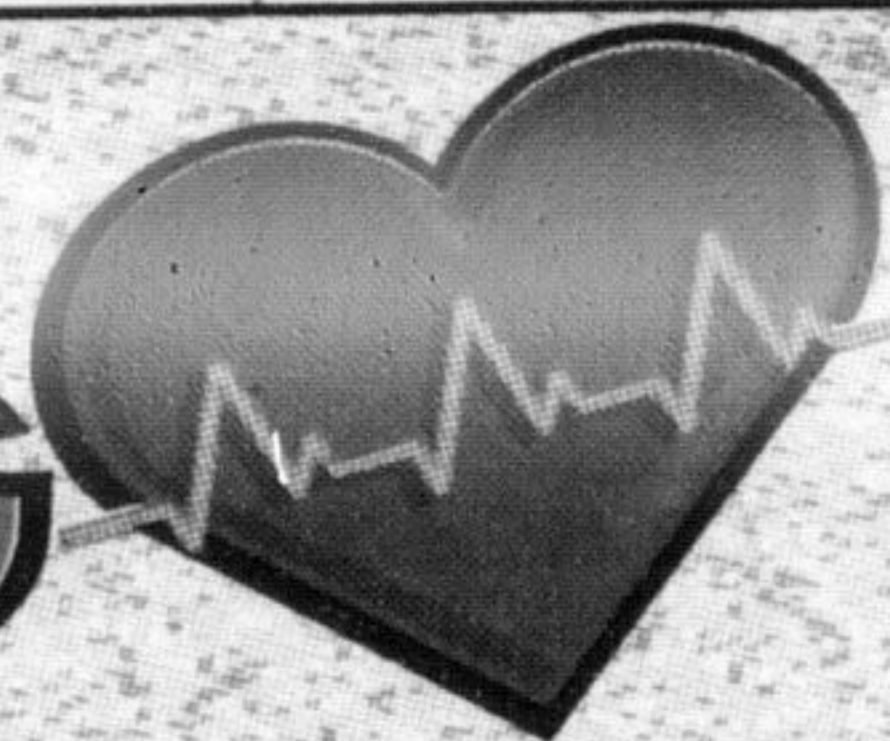


HEALTHY LIVING



Barbecuing a healthy cooking choice -- all round

Summer's here and the living is easy. And thanks to the return of barbecue season, the eating is healthy, too.

Slapping lean meat, fish or chicken on the barbecue is an instant and mouth-watering way to cut down on fat without sacrificing taste.

Steak is a perennial favourite on the grill and it packs a powerful protein punch. But for optimum health, choose lean cuts.

And keep in mind there's no need to reach for the salt. Rather than add flavour, salt is apt to rob steak of juices, leaving it dry.

Instead, seal in the juice by quickly searing both sides of the steak on a high heat. Then turn down the flame and cook according to taste. But avoid turning too often. Flipping a steak more than twice can suck out natural juices.

Using a fork as a cooking utensil is another culprit. Tongs do the same job without the piercing the meat and allowing the juices to flow out.

There are a several methods of testing when a steak is done.

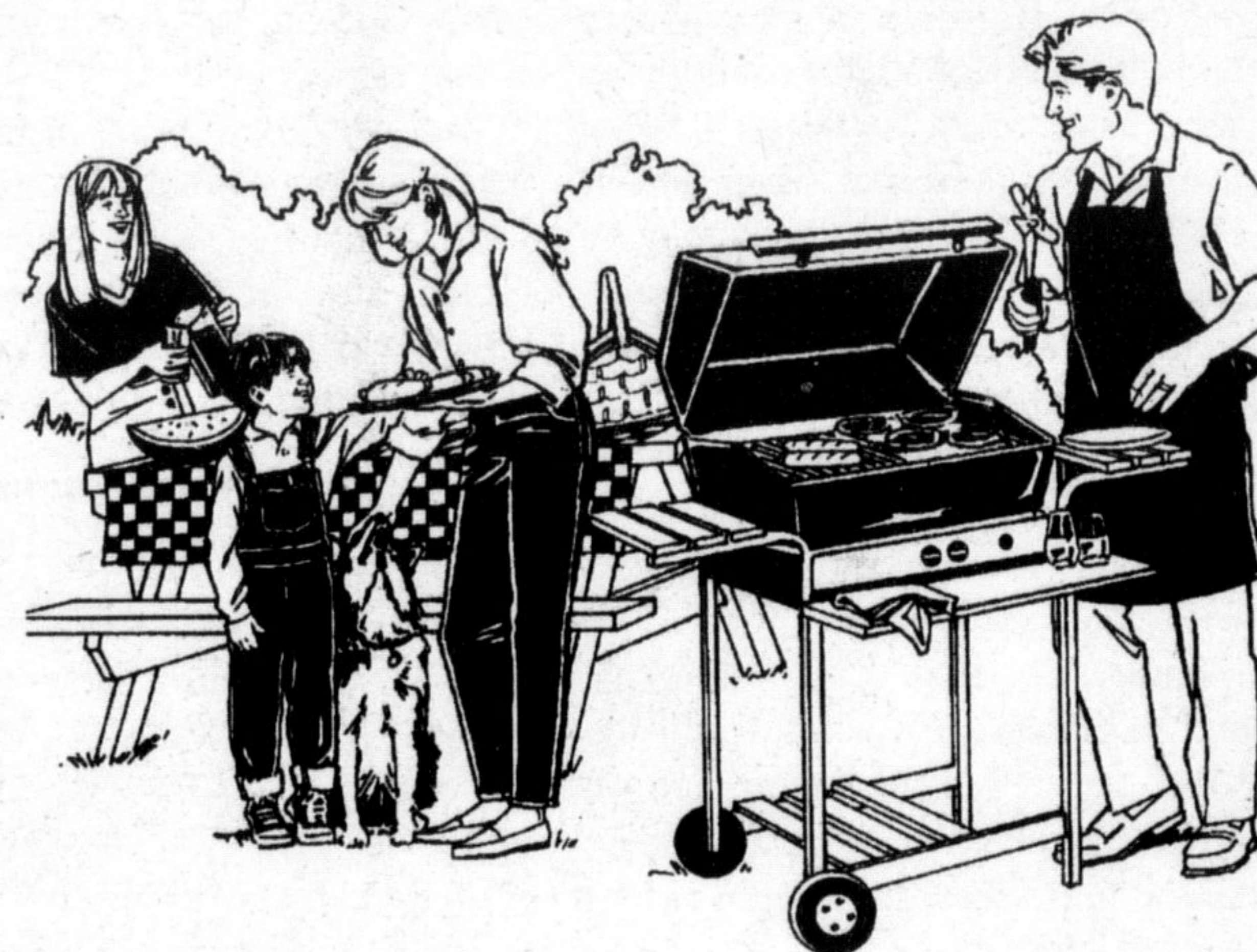
As a general guideline, a one-inch steak will be rare in four to eight minutes, medium in seven to nine minutes and well in nine to 15 minutes.

Make that seven to nine, eight to 11 and 10 to 15 for a 1.5-inch steak. And a two-inch steak should be rare in eight to 14 minutes, medium in 15 to 20 and well done in 25 to 30 minutes.

Touch is another method. According to M&M Meat Shops, a steak that feels as soft as a cheek is probably rare. A medium rare steak should feel similar to touching your chin, while medium is more akin to the touch of a nose.

A medium-well steak should feel like a forehead, while a well-done steak should feel as firm as the side of your nose.

Finally, there's the temperature guide. After sliding a meat thermometer into the thickest part of the meat, a medium rare steak will be 145 degree F or 63 degree C. Medium will be 160 degree F, 70 degree C, and well done will be 170 degree F or 75 degree C.



Slapping lean meat, fish or chicken on the barbecue is an instant and mouth-watering way for the whole family to cut down on fat without sacrificing taste. Steak is a favourite and it's high in protein. A medium-well steak should feel like a forehead, while a well-done steak should feel as firm as the side of your nose.

Wigs ■ Hair Accessories ■ Repairs & Styling ■ Sunveil Sunwear

Truly You Wig Boutique

Offers you a wide variety of award winning wigs, hats, stylish turbans and hair accessories. The look for today - versatile, comfortable, fashionable & affordable.

At Truly You extra care is taken to meet each client's needs discretely and confidentially. Home or hospital visits are available as well as private consultations. We are here to help you add to your peace of mind.

Please Call
(905) 821-1092

114-154 Queen St. S., Winchester Place Mississauga, (Streetsville) (<http://www.linkall.com/trulyyou>)

Hats ■ Turbans ■ Mastectomy Swimwear ■ Cosmetics ■ Hair Integrations

Helping you.....Look and Feel Better!

DIANNE'S PHYSIOTHERAPY SERVICES

(905) 693-0532

CONSULTING, ASSESSMENT AND TREATMENT

- Anti-Stress Massage, Reflexology
- Pain/Disability Management
- Back Care Education
- ADP Walker Assessments

DIANNE BAILEY, P.T. Reg.
192 Main Street East
starpages.com/diannes-physio

MILTON OPTICAL

COMPLETE PACKAGE

LAB ON PREMISES EYE EXAMINATIONS ARRANGED

INCLUDES:
✓ FRAME
✓ SINGLE VISION LENSES
✓ SCRATCH COAT
✓ 1 YEAR FRAME WARRANTY

\$129

15 Martin St. Milton
Carriage Square 876-0556

FAST EFFICIENT SERVICE

PERSONALIZED NATURAL WEIGHT LOSS

BECAUSE EVERYBODY'S DIFFERENT

This week only! **\$1 PER POUND!** (expires Tues, May 23rd)

*Excludes product, based on full program

Herbal Magic™

Systems International
Weight Management and Nutrition Centres

15 MARTIN ST.
693-9594

Yoga in the heart of Milton

Inner Sanctum
15 Martin St., #3, (Carriage Square) Milton

Yoga classes run year-round.
You may join us at any time.

Spring Schedule of Classes:

Tuesdays	9:30 - 11:00 am	Beginner
	7:30 - 9:00 pm	Beginner
Wednesdays	9:30 - 11:00 am	Intermediate
	4:00 - 5:30 pm	Beginner/Intermediate
	5:45 - 7:15 pm	Beginner
	7:30 - 9:00 pm	Intermediate
Thursdays	9:30 - 11:00 am	Beginner
	7:30 - 9:00 pm	Beginner
Saturdays	9:30 - 11:00 am	Beginner
	11:15 - 12:45 pm	Intermediate

Workshops:

- 3 Hour Beginner Yoga Workshop
Sunday, June 4th 10:00 - 1:00 pm
- Pranayama Clinic (2 hour experiential breathing workshop)
Saturday, May 27th 1:00 - 3:00 pm
- Meditations for the Chakras with Tony Murdock
Sunday, June 11th 10:00 - 1:00 pm
- Circle of Friends Meditation Group
4th Friday of every month 7:30 - 9:00 pm

For more information, and to register, please call:
(905) 876-0551

Advertorial

The Ground ~ The Breath ~ The Spine

Yoga Has Arrived In Milton

Walking through the doors you are aware that you have wandered in to a very special place. You are surrounded by a variety of scents, sights and soft music. You feel somewhat peaceful, and that is just the beginning...

Moving further inside you enter the Yoga Studio ~ students are cuddled up under blankets, lying on yoga mats, some with bolsters, the lights are dimmed. The instructor begins to talk in a soothing voice about relaxing the eyes, the jaw, the shoulders, about being on the ground. The class progresses through a variety of movement and aganas, or poses, which concentrate on relaxation and releasing any tightness in the body. At the end of class students are back on the mats, doing nothing but breathing. The sense of calm is overwhelming.

Wendy Sammut, the owner and operator of Inner Sanctum, is a certified Hatha Yoga Teacher working in the approach to yoga inspired by the work of Vanda Scaravelli. Wendy brings a compassionate, focused awareness to her teaching, believing that the body must be happy in order to find movement. She also brings a great deal of experience to her work; having taught full-time for over 3 years, doing corporate lunch hour classes, working at The Credit Valley Hospital, teaching for the MS Society, various community centres throughout Mississauga, Brampton, Oakville and as far away as Guelph, and also at The Helen Duquette Studio in Streetsville.

Having tired of travelling so much to teach the work she loves, Wendy has set up shop here in Milton. Located in Carriage Square, she has classes and workshops running year-round.

For more information, contact Wendy at Inner Sanctum (905) 876-0551