

Cruise putting a lot of thought into her preparations for competition

15...away, Cruise has been putting a lot of thought into her preparations.

"I have the list of the ingredients that are required to be included in the dishes. I have been practicing them since. A few of the ingredients I am not familiar with," she said. "It will be challenging for sure!"

Cruise was recognized as one of the top eight after she submitted one of her recipes to the organizers.

She was late to enter, but just two days after giving them her dish, she was accepted into the competition.

"I submitted my favourite recipe, Hambaagu with mushroom sauce, which is a Japanese take on the Canadian hamburger favourite,"

Cruise said.

"I was worried it might seem a strange thing for a Danish culinary competition but I guess they loved it because I got an answer two days later!"

Her family and employer are supportive, doing everything they can to cheer Cruise on or help her out.

"I am so incredibly proud of Quinn and all she has accomplished in her short time as a chef. She has overcome so many obstacles (being a female and deaf in such a difficult industry," said Claudia Cruise, 31, Quinn's sister.

"I am so excited, as I feel like this is the beginning of great things for her in the future."

Cruise's cooking has a lot of Asian inspiration

to it; she did an internship in Shanghai and one of her aunts is from China. She brings a strong eastern influence to the kitchen.

"The Asian styles and traditions are always on my mind when I cook. And I love to ex-

plore and experiment," she said.

"To be honest, nothing makes me happier than seeing people enjoy what I cook."

For more information on the competition, visit www.deafchef.org.

CLIMBING OUT OF DEBT CAN FEEL LIKE AN UPHILL BATTLE

The professionals at SPERGEL can help you get on top of your debt.

FREE CONSULTATION
Person-to-Person infolines 7am - 10pm
(289) 971-5707

450 Bronte Street South, Suite 103, Milton

A Spergel Customized Proposal:

- STOPS INTEREST
- REDUCES TOTAL DEBT
- ALLOWS CUSTOMIZED PAYMENTS

OTHER OFFICES

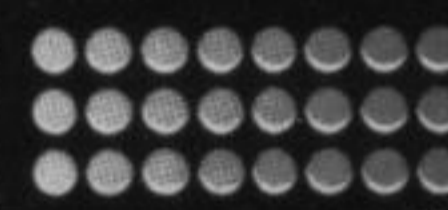
Mississauga

1425 Dundas Street East, Suite 204
(905) 602-4143 Main Office

Brampton

14 Nelson Street West, Suite 5
(905) 874-4905

For further information & Online Application
www.spergel.ca



SPERGEL

msi Spergel inc.
Proposal Administrators • Trustee in Bankruptcy

Proud member of



Custom Build • Makeover • Unique Art

Quality gently used furniture, home decor and unique finds.

NOW 'N AGAIN
Yesterday... And Today's Furnishings and Gifts

Custom services available. Give us a call for a free quote!

Why buy new when we make it possible to love your furniture all over again...
182 Main Street East, Milton * 905.693.6527 * www.nownagain.com

CUSTOMER APPRECIATION NOVEMBER 5TH & 6TH

8PC CHICKEN (Mixed) (Mild or Spicy)

for **\$8.95** +tax

Add
3 Biscuits & Regular Side

Only for \$3.95 +tax

Quik Chik™
Crispy & Crunchy
Discover the chicken difference
www.QuikChik.ca /QuikChik

905.636-7863 • MILTON 6521 DERRY RD. W. #4 **Free WiFi**

MEDICAL foot SOLUTIONS INNOVATIVE HEALING

Does Your Child Have Foot PAIN?
Stop The Suffering

Your Child Will Be Pain Free, Happier, and Enjoy Activities

CALL US FOR AN APPOINTMENT
(289) 878-7334

OVER 100,000 HAPPY FEET TREATED

350 Main Street East, Milton, ON L9T 1P6

ROBERT (PIE) LEE INSURANCE AGENCY

Life • Disability
Critical Illness • Annuities • RRIFs
• LIFs • RRSPs • T.F.S.A.s
RESPs

PLATINUM 2013

Celebrating "40" years of "Home Town" Business

Turning 71 this year?
Don't forget to convert your RRIF's by Dec. 31, 2014.

www.robertleefinancial.com
kim@robertleefinancial.com bob@robertleefinancial.com
"Specializing in Retirement Financial Planning"

CALL FOR NO OBLIGATION CONFIDENTIAL CONSULTATION
245 Commercial St., Milton, Ontario L9T 2J3
TEL: (905) 878-5786 FAX: (905) 878-3692