

How to avoid the homework struggle

(NC) Reluctance to do homework is not always about simply buckling down to do the work.

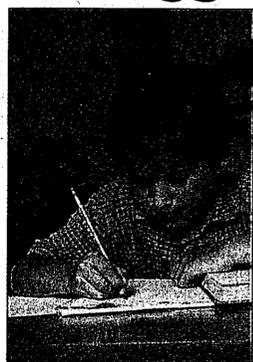
If you hear "I can't do it" or "I don't understand it", or if you think your child is hesitant to ask for help, these are signs of homework struggles and a possible lack of confidence, which will quickly add up to frustration, say education experts. This will change readily however, if you get to the root of the problem.

Being there for support is paramount. Talk about the homework, listen to the reasons

causing the struggle, and let it be known you understand. Be there to help remove the obstacles, but emphasize that the homework is your child's responsibility. You won't be doing it for him or her.

Talking Tips

Ask your children how they feel about their homework. Explain that homework is not easy for everyone, but avoiding it makes it even harder - and that will interfere with activities your child would rather be doing. Here are a few more tips to help ease your child's mind:



- Establish a routine and schedule with a regular time dedicated to homework. The best time is right after school.

- Organize the workspace with the right tools.

- Make the link between

completing homework and the good feeling of success.

- Help by answering questions, reviewing the homework, and providing necessary resources.

- Show how to break a large workload or assignment into manageable tasks.

- If the homework continues to be too difficult, talk to the teacher. Your child should be practicing concepts, not learning them for the first time through homework.



Veal with artichoke hearts

By Eric Fortier

Makes 6 servings

1 1/2 pounds thin veal cutlets

1/4 cup all-purpose flour

2 tablespoons butter

1 tablespoon garlic, minced

1 medium onion, minced

1/2 pound Italian mushrooms

1/2 cup pale sherry

1/2 cup veal stock

100 g veal artichoke hearts

salt and pepper to taste

Preheat oven to 350°F (180°C) and shake

off the oven. Melt butter in a large skillet

over a medium-high flame. Add onions

and mushrooms. Cook until onions are

translucent and mushrooms are golden

brown. Add artichoke hearts and

sherry. Cook until sherry has evaporated

and mushrooms are golden brown. Add

veal cutlets. Cook until veal is golden

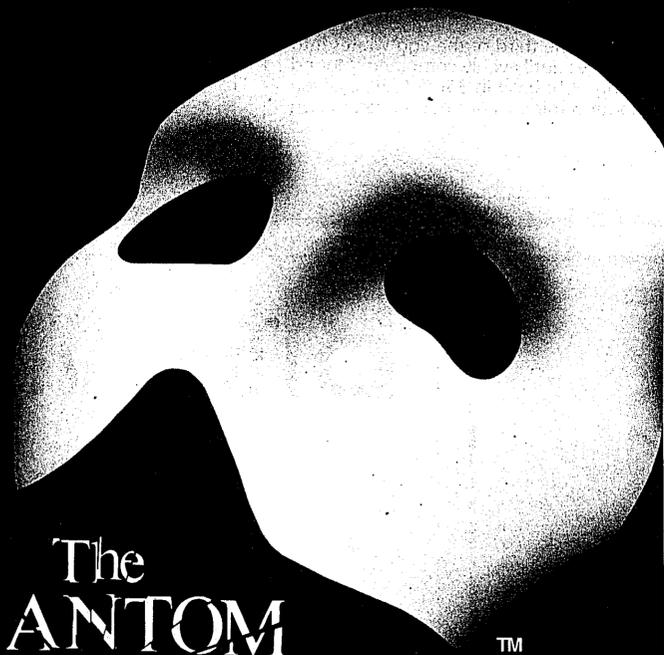
brown. Add veal stock and salt and

pepper to taste. Simmer until veal is

tender. Serve with a garnish of

parsley. Makes 6 servings.

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Individual Potato Soufflés

(NC)—Replacing potato for eggs makes horror stories of falling soufflés no more! Filling the potato with veggies and cheese makes for a nutritious meal, and with the power of egg whites, the filling will rise above the potato skin, creating a light airy filling.

4 large long white baking potatoes (about 2 lb/1 kg), scrubbed

1 tbsp (15 mL) butter

1 small onion, chopped

2 cloves garlic, minced

1 cup (250 mL) chopped mushrooms

2 tbsp (25 mL) chopped fresh Italian parsley

1/2 tsp (2 mL) dried thyme

1/4 tsp (1 mL) each salt and pepper

1 cup (250 mL) shredded Gruyere cheese

3 egg whites

Prick potatoes with fork a few times and place in 400°F (200°C) oven; bake about 1 hour or until tender when pierced with knife. Let cool slightly.

Meanwhile, in skillet, melt butter over medium heat and cook onion, garlic, mushrooms, parsley, thyme and half each of salt and pepper about 8 minutes or until softened and golden brown. Set aside.

Cut off top third of potatoes horizontally and scoop out flesh from top piece and entire potato into bowl, leaving 1/2-inch (1-cm) thick shell. Mash potato flesh with remaining salt and pepper and add cheese and onion and mushroom mixture; stir to combine.

In bowl, beat egg whites until stiff peaks form. Fold one third of the egg whites into potato mixture to lighten. Fold in remaining egg whites until evenly combined. Mound mixture into potato shells and place in small baking dish; bake in 350°F (180°C) oven about 20 minutes or until lightly golden. Broil about 3 minutes or until golden brown and slightly crisp on top.

Makes 4 potatoes.



Jerk Turkey Mango Wraps



1 1/2 lbs (750 g)

1/3 cup (75 ml)

1/3 cup (75 ml)

2 tbsp (25 ml)

1 tbsp (15 ml)

1 tsp (5 ml)

6

1

1

1/2

turkey breast strips

jerk seasoning or jerk marinade

light mayonnaise

light sour cream

lime juice

lime peel, grated

large flour tortillas

mango, sliced

5.12 oz (145 g) package alfalfa sprouts

sweet red pepper, thinly sliced

In a non-metal medium bowl, combine turkey and jerk seasoning; mix to coat turkey. Cover and refrigerate 1 hour to overnight.

Heat a medium non-stick skillet over medium-high; add turkey; stir fry 6 to 8 minutes or until cooked through. In a small bowl, combine mayonnaise, sour cream, lime juice and lime peel; mix to combine.

Divide mayonnaise mixture evenly between flour tortillas and spread to cover. Divide turkey, mango, alfalfa sprouts and red pepper evenly between tortillas; place in a line down the middle of each tortilla. Fold ends of each tortilla and roll to make a wrap.

Makes 6 servings

Recipe Courtesy of
Ontario Turkey Producers'
Marketing Board



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