

# Lifestyle

## Share the season of rebirth with good food, fine friends

**By Anne Barnard and Brooke Devo**  
**Meatless Monday**

By now, no matter where you live, the difficulties should be quickly disappearing. After many years and the backing of every available resource, the evening meal will be a lot easier to prepare. There are special fresh meats and poultry, even though the meat of afternoon shows. Every year we are again overwhelmed by the amount of meat in the market and invariably are required to celebrate the evening meal.

For us, of course, every celebration included food and especially fish to share our meals with a few good and dear friends. This means, that we have to be particularly careful to prepare our meals, and we think it should never be cooked past the point where it will still be good. This means that we have to be particularly careful to prepare our meals, and we think it should never be cooked past the point where it will still be good.

From leek and lamb tonight. Cut, using about 1 inch of green part, into diagonal slices about 1/2 inch in length. Place leek in skillet just large enough to hold them in single layer. Add enough chicken stock to cover about 3/4 way up leek. Bring to a boil, then simmer, partially covered, until leek is tender, about 20 minutes. Occasionally, turn leek over. The leeks or sliced onion to remove leek from pan. Keep warm, covered with foil.

Pour off all fat, or cooking liquid, and reduce by about half. Add vinegar and cook about 1 minute until reduced by half. Reduce heat to lowest possible. Cut butter into 12 pieces and add to the vinegar mixture. Stir until butter is melted. Pour over leek and onion. Add salt and pepper to taste.

Spice butter sauce over leek and onion immediately.

**LEEK WITH CHICKEN**  
12 slender leeks (about 1/2 inch in diameter)  
1 1/2 cups chicken stock, approximately  
2 tablespoons balsamic or sherry or red wine vinegar  
2 tablespoons butter  
Salt and pepper to taste

**Preparation and cooking time: 30 minutes**  
Yield: 4 servings

**THE BROAD LAMB** with mustard and horseradish is a delicacy that is equally delicious when grilled on the side of your day. It is particularly delicious when it is served with a vegetable, potatoes, and a salad. It is a versatile, delicious, and healthy dish that is easy to prepare and can be served to a large group of people. It is a versatile, delicious, and healthy dish that is easy to prepare and can be served to a large group of people.

**NECK TIE (UP)** — It seems that the necktie is a thing of the past. The events of the World War II era have led to a change in fashion. The necktie is no longer a necessary part of a man's wardrobe. It is a versatile, delicious, and healthy dish that is easy to prepare and can be served to a large group of people.

**BROILED LAMB WITH MUSHROOMS**  
4-5 pound leg of lamb, boned and trimmed (1 1/2 pounds)  
1/2 cup oil  
2 cloves garlic, minced  
2 teaspoons cracked black pepper  
2 teaspoons dried rosemary  
2 tablespoons olive oil

**Preparation and cooking time: 30 minutes**  
Yield: 6 servings

## Warning: Task force cautions tanning machines are risky

**Q.** It is true that tanning machines are safer than natural sunlight. However, the American Academy of Dermatology has formed a Task Force on Photoaging. Its chairman, Dr. Thomas J. Slom, is a professor at the University of Chicago. He is also a member of the American Society for Photodermatology. Why a task force on photoaging? Why are you so concerned about tanning machines? — *W. J. Butler*

**A.** There are so many different types of tanning machines that it is difficult to say which one is the best. Some machines use UVB rays, which are more similar to natural sunlight. Other machines use UVA rays, which are more similar to the light from tanning beds. The use of tanning machines is a growing trend, and it is important to be aware of the risks involved. Tanning machines can cause skin damage, including wrinkles and sunburn. They can also cause eye damage and increase the risk of skin cancer. It is important to use tanning machines safely and to consult with a dermatologist if you have any concerns.

**LOOKING GREAT**  
The statement and the opinion of most dermatologists is that tanning machines are safer than natural sunlight. However, the American Academy of Dermatology has formed a Task Force on Photoaging. Its chairman, Dr. Thomas J. Slom, is a professor at the University of Chicago. He is also a member of the American Society for Photodermatology. Why a task force on photoaging? Why are you so concerned about tanning machines? — *W. J. Butler*

## Anne Frank remembered from another angle

**Q.** I was reading an article in the New York Times about Anne Frank. It was a very interesting article. I was surprised to learn that she was not only a writer but also a businesswoman. She started a company called 'The Anne Frank Store' in Amsterdam. It was a very successful business. I was surprised to learn that she was not only a writer but also a businesswoman. She started a company called 'The Anne Frank Store' in Amsterdam. It was a very successful business. I was surprised to learn that she was not only a writer but also a businesswoman. She started a company called 'The Anne Frank Store' in Amsterdam. It was a very successful business.

## Is there life after Magnum P.I.?

**HOLLYWOOD (UPI)** — There is certainly life after Magnum P.I. The show's success has led to a number of new projects. The show's success has led to a number of new projects. The show's success has led to a number of new projects. The show's success has led to a number of new projects. The show's success has led to a number of new projects.

## Art Show, Art Festival packs in award winners

**By Devin Trestles**  
Mass Street is back to normal the street has been swept clean and the St. George Art Festival is just a memory. But those who were there will not soon forget the excitement and crowds and crowds of people. The festival will be remembered as the year records were broken for the number of people who attended. From the unveiling ceremony for Jerry Anderson's new life-size bronze in the middle of the street, to the last showcase this morning at the center where volunteers from the Southwest Utah Art Center served a breakfast on Friday morning. The festival was a success for all involved.



ST. GEORGE — Beverly Marshall exhibits her Best of Show work.