

FOOD FASHION FITNESS TRENDS

LIVE IT!

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Best burger on block

For many Canadians, barbecued burgers are a simple supper. To get the booklet *Burger Basics and More* online go to www.beefinfo.org or call 1-888-248-2333.

So Simple Back-yard Burger

2 lbs. lean ground beef
1 envelope dried onion soup mix
1 egg

1/4 cup dry bread crumbs

Crumble beef in large bowl; add remaining ingredients. Combine gently but thoroughly. Divide meat mixture in into equal-sized balls and use moistened hands to gently shape into 3/4-inch thick patties, making a shallow depression in the centre of each patty. This keeps patties from puffing up during cooking.

Place patties on lightly oiled grill over medium-high heat (400° F). Cook for 5 to 7 minutes per side, testing doneness with a



Big juicy burgers are a hit any time of year. — CP

digital rapid-read thermometer inserted sideways into centre of each patty — burgers are com-

pletely cooked when thermometer reads 160° F. Makes 8 4 oz. patties. — CP

She needs more friends



Rhona Raskin

SEX AND RELATIONSHIPS

Dear Rhona: My high-school sweetheart and I have been together for two years. Before graduation there was a split between my girlfriend and her circle of friends. I'm finding that as our relationship grows, the more the ties she places on me. Last week I said that I planned Saturday night out to celebrate my buddy's 19th birthday. She was furious that I would dance with other girls. On Friday my driver's licence was missing from my wallet. I

believe my girlfriend took it. With no photo ID I had trouble getting into the club and took a cab home. How can I confront her without it looking like an interrogation?

— Eggshell Walker

Dear Egg: The missing ID is just a tiny part of this problem. Your girlfriend's world has shrunk so much that she is in need of other diversions besides your wonderful self. No one person can be everything to another. You can say, "I don't want to fight about this, but I have something to say. My missing licence may have been my fault, but I think it had more to do with the idea that you wanted me not to go. I think we need to talk about our independence inside this relationship. I want a girlfriend, not a mother. And I'm sure you want freedom to decide your own actions." There's nothing to be gained by playing detective. Use your energy to address the bigger picture. She needs to reconnect to other people. askrhona@rhona.com

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Describing the world

NETWORK: B.C.
men and women
tell it the way it is

BY JEANI READ
STAFF REPORTER

Diane Johnson President, Descriptive Video Works

Described video: What is it?
DV gives the visually impaired and blind community access to television, movies and film. In Canada it's a CRTC-mandated chance for TV to become a totally inclusive medium. Ninety per cent of TV programming is closed-captioned for the deaf and we hope the same will soon be true for the blind.

What's the challenge?
We have to describe everything, including fast-action scenes, without stepping on the dialogue. On average, a one-hour show takes a describer eight hours to write.

What's the payoff?
When people who are blind tell us how our work has opened up an entire new world to them. It even helps them get more involved in discussions with family and friends.

Hardest shows?
Describing sex scenes without being too explicit but sticking to our guideline of "say what you see."

Easiest?
Corner Gas. We love this one. It makes us laugh and the description is as fun and effortless as the show is.

DVW: sudden inspiration?
I was in the broadcasting business for many years, in marketing for radio, TV and Disney. At one point I needed a break and started thinking about doing something that made a difference — and how to combine that



Diane Johnson, here with her dog Wilson, used to work for Disney.

LES BAZSO — THE PROVINCE

with all my broadcasting experience. Right then a friend from TV in Toronto called up to tell me about DV.

Focus groups: crucial component?

We do History TV, HGTV, the Comedy Network, everything. It's really important to me to get our audience involved, to know what information they need. On the TV news, for example, the money numbers are never voiced, there's just music.

Career low?
When I worked for Disney as

marketing manager, part of the training was to be a character at Walt Disney World. I was Chip of Chip & Dale and the bandana I wore under the costume fell over my eyes. Characters cannot speak so I just hung on to Tigger's tail and prayed they would lead us "backstage" before I fell on my face.

Career advice?
Always follow your heart. Set a goal. Believe, and make it happen. And don't be afraid to take a step back to take a step forward. jread@png.canwest.com