

It's pumpkin time

Carve and cook the seasonal veggie

Celebrate the pumpkin harvest this month by visiting a farmer's market in the country with your family! You'll see wagonloads of bright orange pumpkins, and many farms hold special harvest events including hayrides!

Be sure to bring several pumpkins home too. The kids can help carve Jack-O'-Lanterns for Halloween, and you can pull out your favourite pumpkin recipes.

World's biggest pumpkin

Fall fairs often include contests for the heaviest pumpkin. Al Eaton of Port Elgin, Ontario, holds the 2004 Guinness World Record: his giant pumpkin

weighed 1446 pounds, which was 66 pounds heavier than the 2003 world record!

Cooking pumpkins versus carving pumpkins

For cooking with pumpkin, look for

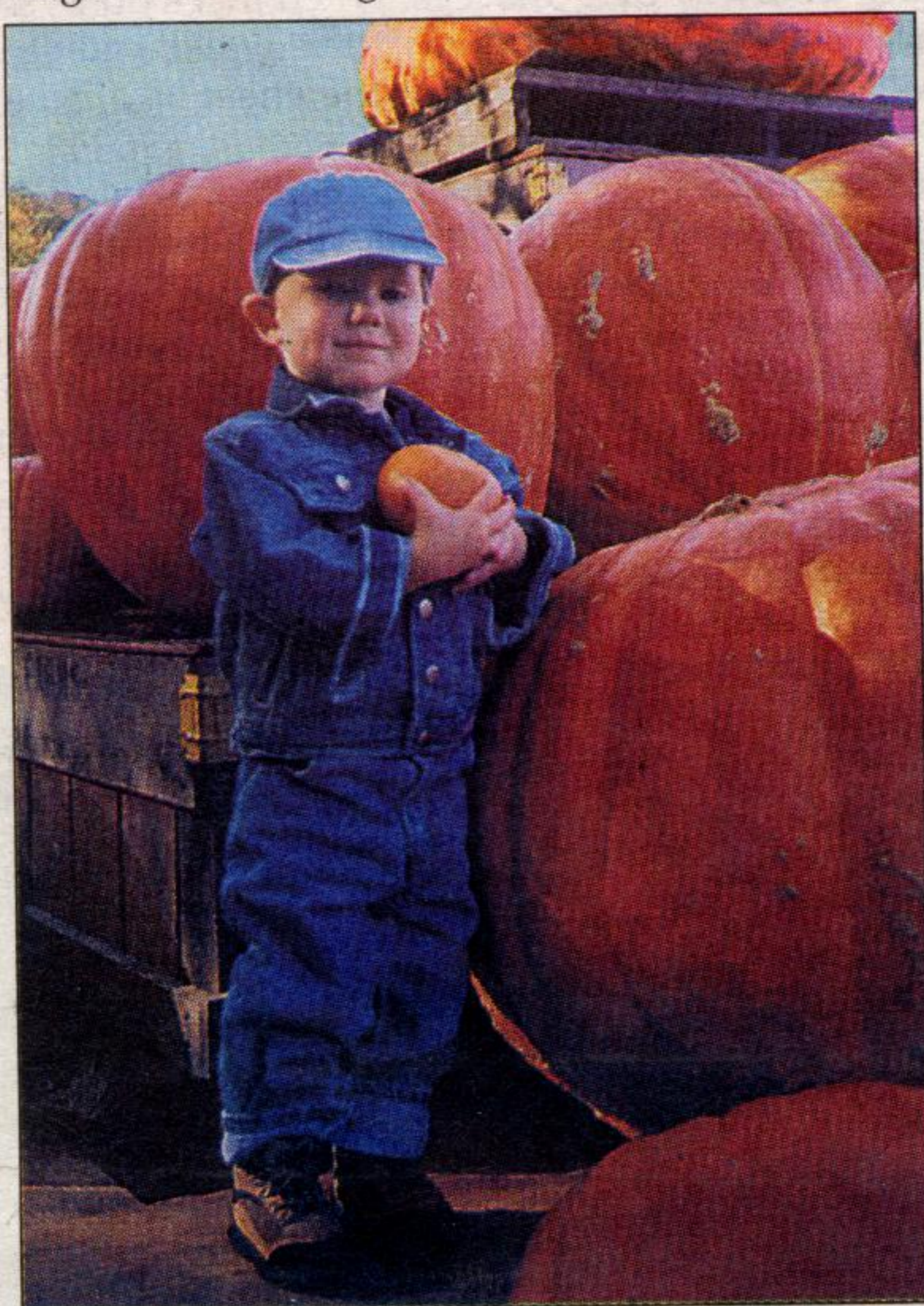
small sugar pie pumpkins that have firm, flavourful flesh. Larger field pumpkins are great for carving but usually too fibrous and watery for cooking. (Note that winter squashes such as butternut or hubbard are excellent substitutes for pumpkin in recipes.)

How to cook

Cut pumpkin into wedges and remove seeds. Place cut sides down on a shallow baking dish and bake at 350 degrees for 30 minutes or longer. Test for doneness (it should feel tender) by piercing pumpkin flesh with a fork. Allow to cool, and if

unpeeled, spoon out soft flesh. (Alternatively, place cut sides down on microwave-safe plate and microwave on high for 15 minutes or until fork tender.)

—News Canada



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Isn't it time to Listen to Your Heart?

Stop Taking it for Granted

The answer may be difficulties with your hearing. Every year, millions realize that, for a variety of reasons, their hearing isn't what it used to be. Available whenever we need it, our hearing is easily ignored or taken for granted. Yet in today's fast paced world, it is our most vital, every-day communications link with others.

A SELF-CHECK for your hearing

1. Do you sometimes feel that people are mumbling or not speaking clearly?
 YES NO
2. Do you find it difficult to follow conversation in a noisy restaurant or crowded room?
 YES NO
3. Do you get accused of hearing only when you want to?
 YES NO
4. Do you have difficulty understanding speech on the telephone?
 YES NO
5. Do you hear better with one ear than the other?
 YES NO
6. Do your family and friends complain about your hearing?
 YES NO

If you've answered "yes" to several of these questions may mean that you have a hearing problem and it strongly suggests that a hearing check is necessary.

At The Georgetown Hearing Clinic, we are committed to your individual hearing needs. Find out how we can help.



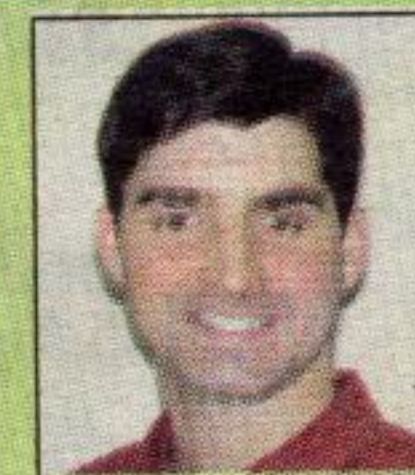
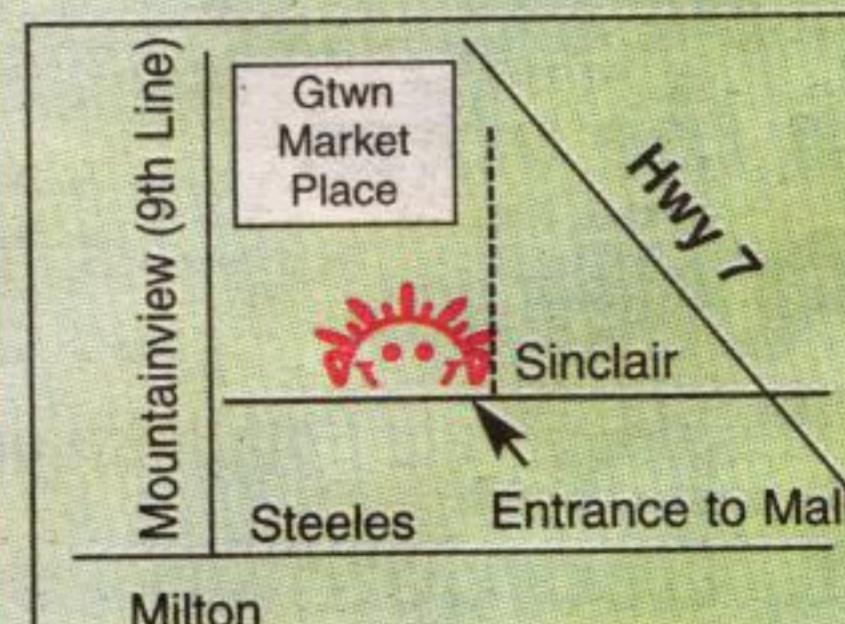
Yvonne Oliveira
 M.C.I.S.C., S.L.P.C., Aud.
 Reg. CASLPO
 Audiologist

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