

## From: Her Desk Drawer

KELLOGG'S CELEBRATES 100 YEARS AT THE BREAKFAST TABLE

### Kellogg's Corn Flakes Double-Coated Chicken

- 7 cups Kellogg's Corn Flakes cereal
- or
- 1-3/4 cups Kellogg's Corn Flakes Crumbs
- 1 egg
- 1 cup skim milk
- 1 cup all-purpose flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 lb chicken pieces (with or without skin)
- 3 tbsps margarine melted

1. In a shallow dish or pan, place crushed cereal or crumbs. Set aside.

2. In small bowl, beat egg and milk slightly. Add flour, salt and pepper. Mix until smooth. Dip chicken pieces into batter. Coat with cereal. Place in single layer, skin side up, in foil-lined shallow baking pan. Drizzle with margarine.

3. Bake at 180°C (350°F) about 1 hour or until chicken is tender, no longer pink inside and juices run clear. (Do not cover pan or turn chicken while baking.)



Recipes courtesy of Kellogg Canada Inc. For additional recipes, check out Kelloggs.ca.

- News Canada



**Jim Augerman**  
B.A. B.Ed CFP FMA  
Kingsville  
733-8005



**Scott Collier**  
(Hons) B.Comm  
Harrow  
739-7777 ext 2274



**Tamara Cooper**  
Cottam/Essex  
839-5965



**David Wiens CFP**  
Leamington  
326-4462 ext 223



**CLARICA**  
A Sun Life Financial Company

[www.clarica.com/windsorsex](http://www.clarica.com/windsorsex)

Associated with Clarica Financial Services Inc. and Clarica Investco Inc.

## FAMILY, COSMETIC & ORTHODONTIC DENTISTRY

Dr. Rudy Heiser,  
Dr. Bob Pohlman  
& Nick Cohen (Denturist)



**ONSITE DENTURIST**

New Patients Always Welcome  
113 Talbot St. S., Suite 2  
Phone: (519) 776-5215

# Ask The Chiropractor

### What are the key elements of a well-balanced fitness program?

If you've taken the winter off from exercise, it's easy to cause an injury when you get started again, whether you're gardening, spring cleaning or playing tennis. So make sure you warm up and stretch before any activity, and don't try to do too much at once. Each new activity puts stresses and strains on your body, so ease into it. There will be lots of beautiful days ahead to get everything done.

Before jumping into any exercise routine, it's a good idea to consult a chiropractor or a fitness professional about what's best for you and your body. Work with these experts to discuss your fitness goals and develop a balanced workout program.

Whether you want to lose weight, out-jog your neighbour or win gold at the Olympics, the following are the key elements of a well-balanced fitness program:

**1. Cardio endurance:** How well your heart and lungs supply oxygen to your body when you exercise. You build cardio endurance by regularly doing a minimum of 15 to 20 minutes of activities like running, walking, swimming, biking

or ballroom dancing.

**2. Muscular endurance:** How long you can repeat a movement or hold a position. Weight training and other activities that work your muscles will help you build muscular endurance.

### 3. Muscular strength:



**DR. KRISTA CARTER**

How much weight you can comfortably and safely lift. Again, many activities contribute to muscular strength, but working with weights is key to increasing your ability to lift.

**4. Flexibility:** How limber your body is. Activities like yoga, as well as a good program of stretches, help you increase and maintain flexibility.

**5. Body composition:** The ratio of fat to bone and muscle in your body. There are guidelines for the ratio based on your height, weight and body type.

Talk to a fitness professional about which exercises will address your needs

and above all, are safe for you to do. A chiropractor may be able to guide you in selecting activities that will limit aggravation of old injuries. It's essential to always use the right techniques for any sport or fitness activity. Check with a trainer or health club staff for the recommended way to use weights and other equipment.

Exercising regularly has great benefits for your body - including your back! Weight bearing activities such as hiking, brisk walking, stair climbing and dancing all strengthen your bones, and may help protect you against osteoporosis (a serious disease that results in deterioration of bone mass, especially in older people).

If you have strong abdominal muscles, this too will benefit your back. An oversized waistline leads to weak muscles in your abdomen, which means your lower spine and organs are not being held correctly inside your body. This may lead to back pain. Exercise doesn't have to be vigorous to be beneficial. Even a little activity three times a week can go a long way to improving your overall health and well being.

## Walk-in Wednesdays at Children's Safety Village

Visit the Children's Safety Village for Walk-In Wednesdays - every Wednesday during July and August from 1-3 p.m.

Kids learn life saving lessons and enjoy a unique learning experience in a miniature kid sized village. Safety lessons will be taught to the children regarding traffic and pedestrian safety, fire safety and summer safety.

During the visit, the children get a chance to test

their traffic safety knowledge, take a traffic safety test while riding kids' cars or bikes in their own little kids' world.

The Village is all kid-sized including roads, buildings, traffic lights, crosswalks and railway crossing. As they drive, they must watch for pedestrians and experience all the things adults negotiate in the real world.

Children are encouraged to bring their own helmet to

obtain a helmet safety check. This program is designed for children five to 11 years old. There is a \$5 donation per child upon arrival.

A visit to the Children's Safety Village will ensure your kids have the vital information to prevent harm and injury this summer!

For more information call 519-945-5500 or email [info@rotarysafetyvillage.com](mailto:info@rotarysafetyvillage.com)



### ESSEX COMMUNITY SERVICES

Helping, Sharing And Caring For The Community

35 Victoria Avenue, Unit #7, Essex, Ontario  
Phone: (519) 776-4231 • Email: [ecs@essexcs.on.ca](mailto:ecs@essexcs.on.ca)

### LOOKING FOR WORK?

A Computerized Job Search Station is available for public use at Essex Community Services, 35 Victoria Ave, Essex. This computer is linked to several employment and job search related sites. We also offer a computer and printer for preparing or updating your resume. Bring your own floppy disk and paper, or pay just 5 cents per sheet to use our paper.

A Free Publication from the Government of Canada, entitled "Looking for a Job - Youth Employment Strategy" is available at our office. This booklet can help you learn the what, where, and how-to of job hunting and help you learn about yourself. It has information on how to write a resume and cover letter, and interview preparation tips. It will also show you why it's important for you to continue to learn and develop your skills and abilities. Pick up your copy today.

**WHAT IS LETTER CARRIERS' ALERT?** It is a program provided by Essex Community Services that provides a watchful eye through the local Letter Carrier, to ensure the safety of area senior citizens (55+) or disabled persons. How does it work? Your letter carrier will watch for any build-up of mail or some other sign that you, as a homeowner, may be in trouble. If you do not answer the door, the letter carrier will notify our office, and we will check your registration form and contact your emergency contacts (family or friends), or police to make sure you are safe. To receive a registration form, or for more information, contact us at 776-4231.

For more information on any of these items, please call 776-4231.



375 Main Street East, Kingsville  
**519.733.4008**

35 Victoria Avenue, Essex  
**519.776.7222**

**PHYSIOTHERAPY  
OCCLUSIVE THERAPY  
MASSAGE THERAPY**



**REHAB WITH A PERSONAL TOUCH**