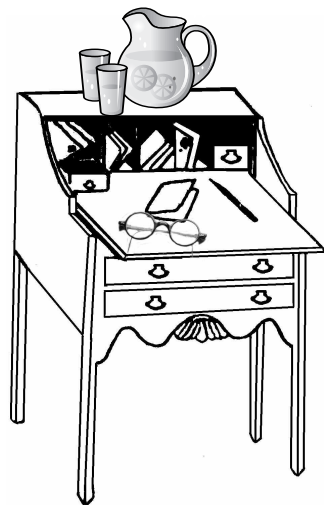


From: Her Desk Drawer

Argentinean Garlic Chicken with Corn, Tomato and Parsley Sauce

This easy and colourful dish is even good cold the next day - so plan for leftovers. For Chilean flavours, substitute cilantro for parsley; for Peruvian, use basil instead. Cook extra corn the day before and chill to use here.



- Sauce:**
 2 cups fresh parsley leaves, stems removed
 1/2 cup chopped Ontario Sweet Onion (Spanish)
 8 cloves Ontario Garlic, minced
 1/3 cup white vinegar
 1 tbsp dried oregano
 1/2 tsp each hot pepper flakes and salt
 1/4 tsp pepper
 2/3 cup olive oil
 3 Ontario Field Tomatoes, seeded and diced
 2 cobs cooked Ontario Sweet Corn (2 cups kernels)
- Chicken:**
 1 tsp each salt, pepper, dried oregano, ground cumin and garlic and onion powders
 6 boneless skinless chicken breasts



Sauce: In food processor, combine parsley, onion, garlic, vinegar, oregano, hot pepper flakes, salt and pepper; process until finely chopped. With motor running, slowly add oil and process until well blended but with coarse texture. Pour into

bowl. Stir in half the tomatoes. Cut corn from cobs; stir into bowl.

Chicken: Combine salt, pepper, oregano, cumin and garlic and onion powders; sprinkle about 1/2 tsp on each side of each chicken breast. Lightly oil barbecue grill and heat to medium. Place chicken on grill; close lid and barbecue for 3 to 5 minutes per side or until no longer pink inside. Serve with parsley sauce spooned over each one. Garnish with remaining tomatoes.

Ask The Chiropractor

Did You Know . . .

- Human thigh bones are stronger than concrete.
- The human heart creates enough pressure to squirt blood 30 feet.
- You were born with 300 bones. When you get to be an adult, you have 206.
- Your brain sends messages at the rate of 240 mph.
- When you sneeze, all your bodily functions stop, even your heart.
- Babies are born without knee caps. They don't appear until 2-6 years of age.
- After eating too much, your hearing is less sharp.
- The average human head weighs about eight pounds and the skull is made up of 29 different bones.
- Your heart beats about 100,000 times a day.
- The hair of an adult man or woman can stretch 25 percent of its length without breaking. If it is less elastic, it is not healthy.
- The body contains 10 pints of blood.
- Even if the stomach, spleen, 75 percent of the

liver, 80 percent of the intestines, one kidney, one lung and virtually every organ from the pelvic and groin area are removed, the human body can still survive.

- The small intestines are



DR. KRISTA CARTER

about 25 feet long.

- Your ears and nose continue to grow throughout your entire life.
- The average human male blinks their eyes 6,205,000 times each year but women blink nearly twice as much.
- The most sensitive cluster of nerves is at the base of the spine.
- The length of the finger dictates how fast the fingernail grows. Therefore, the nail on your middle finger grows the fastest, and on average, your toenails grow

twice as slow as your fingernails.

- The human body is comprised of 80% water.
- Relative to size, the strongest muscle in the body is the tongue.
- The entire length of all the eyelashes shed by a human in their life is over 98 feet.
- There are 45 miles of nerves in the skin of a human being.
- Human blood travels 60,000 miles per day on its journey through the body.
- Right handed people live, on average, nine years longer than left handed people.
- The average cough comes out of your mouth at 60 miles per hour.
- Most people shed 40 pounds of skin in a lifetime.
- Your stomach needs to produce a new layer of mucus every two weeks or it would digest itself.
- It takes the interaction of 72 different muscles to produce human speech.
- If you go blind in one eye, you only lose about one fifth of your vision but all your sense of depth.



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Pool and water safety tips

There are few activities that provide as much fun and excitement for children on a hot summer's day than swimming and Essex Police Service is reminding parents that responsible adult supervision around water is paramount.

By following a few safety measures, you can ensure your kids have a safe and happy summer holiday.

- Always know where your children are when around water. Stay close and

maintain visual contact with them.

- Never leave children unattended, even for a second. Water holds a fascination, particularly for toddlers, and you must take every precaution to prevent your child from entering the water without you.
- Never assume that someone else is watching your child.
- If you are around water and your child is missing, check the water first.

- Keep all entrances to pools closed and locked, making sure the locking device is well out of reach of young children.
- Keep objects children can climb on away from the fence. You'd be surprised what kids can do when they put their determined little minds to it.
- Consider investing in an approved pool safety cover. They can add another layer of protection.
- Enroll your children in

swimming lessons from an early age. Learning swimming safety skills is a vital supplement to a child's well being and these skills stay with them for life.

- Learn First Aid and CPR. These are life skills that can be utilized in all kinds of situations.

Do not develop a false sense of security around water. It is the responsibility of parents and caregivers to safeguard those in their care.

Lakeshore cultural lineup

The Town of Lakeshore is hosting the following cultural events to be held at the Lakeview Park Pavilion at the Belle River Marina, 100 Lake Road:

- Friday, Aug. 18 at 2 p.m. and 7 p.m. and Saturday, Aug. 19 at 2 p.m. – Playful musical adaptation of the Ugly Duckling "HONK JR." Admission by donation Production by the Space Arts and Performances School. Bring your lawn chairs. In the event of rain, the August

19th performance will be held at the Knights of Columbus in Emeryville.

- Sunday, Aug. 20, 2 to 5 p.m. – A Bluegrass Summer Celebration with the Essex-Kent Bluegrass Oldtime and Folk Music Association Free. Bring your lawn chairs.
- Friday, Sept. 1, 5 to 9 p.m. – Winston James, well known musician to Belle River and area. Come and enjoy an evening of entertainment free of charge. Bring your lawn chairs.



ESSEX COMMUNITY SERVICES
Helping, Sharing And Caring For The Community
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Phone: (519) 776-4231 • Email: ecs@essexcs.on.ca

FALL PREVENTION

Nearly 1/3 of all people over the age of 65 fall each year, and that figure increases to 50% by age 80. For seniors, falls in and around the home are the most frequently occurring accident. In fact, falls are the seventh leading cause of death in people over the age of 65. A study in The New England Journal of Medicine found that preventing falls and the resulting injuries can reduce or delay the need to move to a long-term care facility.

Two free brochures available at Essex Community Services are:

1. **The Fall Prevention Checklist** – this covers topics such as Major Causes of Falls in and Around the Home, Hazardous Situations in the Home, and a Fall Prevention Checklist.
2. **Fitness – A Key to Fall Prevention** – this covers topics such as Major Benefits of Staying Active and Exercises from a Sitting and Standing Position.

Pick up your copies today!

GREEN TEA MAY STAVE OFF MENTAL DECLINE – Green tea has been touted for its antioxidant effects in the body, and some studies suggest it may have anticancer properties. Now a study of more than 1000 Japanese adults, aged 70 and older, finds the more green tea consumed the lower the odds of cognitive impairment. The data support laboratory and animal studies showing compounds in green tea may protect brain cells from the oxidative damage of Alzheimer's disease. Participants answered a dietary questionnaire and completed standard cognitive tests. Those who drank two or more cups of green tea each day were about half as likely to show cognitive impairment as people who drank fewer than three cups. The researchers say this may help explain the lower rates of dementia in Japan compared to the U.S. and Europe. Taken from "Food and Fitness Advisor – Weill Medical College of Cornell University."

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

CLUBHOUSE SUMMER DAY CAMP

Essex Parks & Recreation

THE CLUBHOUSE PROGRAM IS A SOLUTION TO THE SUMMER BLUES!

ENROLL YOUR KIDS NOW FOR AN EXCITING AND FUN WAY TO ENJOY THE SUMMER.

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- ¥ KITCHEN FUN
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