

From: Her Desk Drawer

Cajun Parsnip Fries

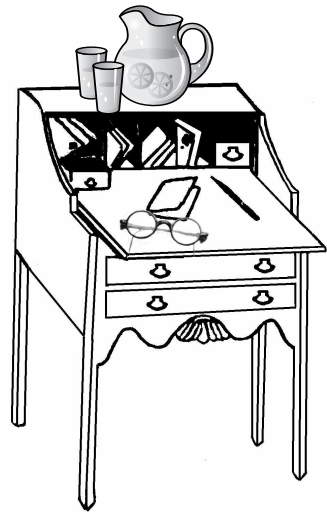
Spice up this mild-flavoured vegetable with a new take on fries. For spicier fries, add a pinch of cayenne pepper to the seasoning blend.



- 1 lbOntario Parsnips
- 1-1/2 tsp .olive oil
- 1 tspCajun or Tex Mex seasoning blend
-Salt
-Salsa or your favourite dipping sauce

Peel parsnips and cut into French-fry-size pieces. Place on parchment paper-lined baking sheet. Toss with 1 tsp of the oil; spread out in single layer.

Bake in 375°F oven, stirring once or twice, until golden and tender, 15 to 25 minutes. Toss with remaining oil, seasoning, and salt to taste. Serve with dipping sauce.



CANCER CENTRE DONATION – The McGregor Music Festival committee recently donated a cheque for \$11,000 to the Cancer Centre Foundation. The committee raised the money during the 17th annual festival on June 11. Nancy Gibbons of the Cancer Centre Foundation accepted the cheque. Front row, from left: Richard Prieur, Charlene Wilkinson, Pat Prieur, Chuck Galipeau. Second row: Karen Arps, Madeline Pehleman, Mary Jo Prieur, Barry Prieur. Third row: Sue Le Clair, Evelyn Baker, Nancy Gibbons and Richard Meloche.

Ask The Chiropractor

Is it true, “we are what we eat?”

If we are what we eat - then we're in trouble! According to an analysis conducted in Canada, fruits and vegetables sold in supermarkets today contain far fewer nutrients than they did 50 years ago. The report cites the potato, the most consumed food in Canada. The average potato has lost 100 percent of its vitamin A, 57 percent of its vitamin C and iron and 28 percent of its calcium. In addition, riboflavin and thiamine levels have decreased by 50 and 18 percent respectively.

The plummeting vitamin and mineral crisis has been blamed on the need to produce cheap food. Today, the emphasis is on appearance, storability, and transportability, with much less emphasis on the nutritional value of fruits and vegetables. Intensive farming on exhausted land is another important contributor to the decline in food's nutritional

content, as are modern farming methods and some crop-breeding practices.



DR. KRISTA CARTER

The result? That healthy meal you have prepared for your family may not be as nutrient-dense as you think.

If you are looking to make the best possible food choices, you should select fresh, unprocessed, locally produced foods whenever possible. But experts agree, everyone will benefit from some level of supplementation in their diet. While age, activity level, health status, heredity, lifestyle habits, and other variables all need to be considered, you should choose to comple-

ment your daily intake of food with quality nutritional supplements.

Follow these tips when purchasing nutritional supplements:

- Buy only from reputable companies; avoid discount store brands.
- Read the technical literature on the product ... science or hype?
- Choose food-based natural sources, whenever possible.
- Check them out with studies such as Consumer Reports.
- If it's not a multivitamin, know the Recommended Daily Intake and follow it.

Eating a healthy, balanced diet is important. But taking quality nutritional supplements is health insurance. You supplement your body with what is lacking. It is what you can do every day to help ensure a high quality of life, full of energy and vitality!"

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ARE YOU A SENIOR LIVING ALONE? Feeling isolated? The Security Reassurance Program can help. Our friendly staff will phone you regularly to check on your well-being and comfort. Choose the day, time and frequency of calls. In the event that we cannot reach you, we alert relatives, neighbours, or emergency services. The goal of this free program is to allow seniors to live safely in their own homes. Funding for this program is provided by the Ontario Ministry of Health and Long-Term Care.

VON HOME HELP PROGRAM – Do you require the assistance of others to maintain a healthy, safe and independent environment at home? The VON Home Help Program is a light housekeeping service for seniors and adults with physical disabilities, designed to help them to remain in their homes by having a Home Helper assist them. Home Helpers provide light housekeeping services such as vacuuming, dusting, cleaning bathrooms and kitchens, mopping floors, laundry and making beds. If you need the assistance of others to remain healthy, safe and independent, this program could help you. For more information, call the VON at 254-4866.

YMCA NEWS – Our Fall Program schedule will be out in September. Session 1 classes begin October 2 and go until December 8. Look for Babysitting, Home Alone and Safe, and First Aid classes along with our Karate, Fun N Games, Indoor Soccer, and Basketball classes in Essex. We are also accepting resumes for Program Instructor Positions until the end of August. Please fax to (519) 776-6852 or mail to 35 Victoria Ave. Essex, ON N8M 1M4

HARROW PARADE – Look for the Harrow Care-A-Van and the Essex Care-A-Van in the upcoming Harrow Parade on Saturday Sept 2nd. The parade starts at noon and zigzags through the town of Harrow, ending at the Harrow Fair Grounds.

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

Celebration of Two Cultures!
 Sunday, September 10
 3 - 7 P.M.
 72 Talbot St. W., Leamington
Come and Enjoy this Annual Mexican Themed Festival

- Lots of Entertainment
- Delicious Traditional Food
- NO ADMISSION CHARGE

Hosted by **MWC** Migrant Worker Community Program
 Sponsored in part by **MoneyGram** International Money Transfer

Students invited to health discussion

High school students and anyone concerned about health problems facing kids today are invited to a discussion hosted by Dash Phenomenon. The event takes place at 660 Ouellette Avenue, 2nd Floor, Windsor, Friday, Sept. 8 from 6 to 8 p.m. For more information or to register, call 519-562-2662 or email lizzy@dashvillhealth.com