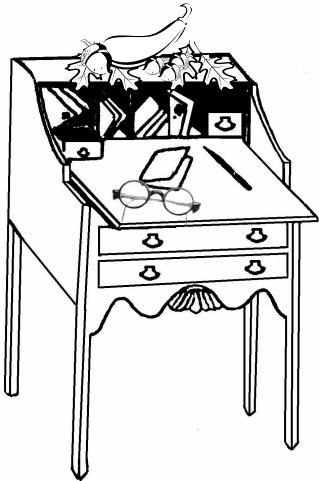


**From: Her Desk Drawer**

**Acorn Squash With Honey & Almonds**

*In this recipe, it's important to roast the almonds separately from the squash. If the almonds are roasted on top of the squash wedges, they won't become as toasty and crunchy as they should.*



- 1 large acorn squash
- 1 tablespoon almond oil
- 1/4 teaspoon fresh thyme leaves
- 1/4 teaspoon salt
- 1 tablespoon honey
- 3/4 cup slivered almonds, roasted

*Preheat oven to 375°F. Place squash in oven and bake 15 minutes, until soft enough to slice open. Cut squash in quarters and remove seeds and strings. Brush flesh with almond oil and sprinkle with thyme and salt. Return to oven and bake 45*

*minutes to 1 hour, until soft. Remove; drizzle with honey, sprinkle with roasted almonds and serve.*

- News Canada

**Ask The Chiropractor**

*Can you give me a heads-up on helmets?*

Remember the old days of professional hockey when no one wore a helmet? Looking back it seems incredibly foolhardy, like the days when smoking was allowed on airplanes. Few of us today would send our children onto the ice, hockey sticks in hand, without protective gear. But many ignore the risk posed by other common activities such as bike-riding, rollerblading, snowmobiling, skiing and snowboarding. It's great to feel the wind in your hair while whizzing down your path, but the price could easily be a serious head injury.

It's pretty simple. Wearing a helmet can reduce the risk of head injury from a fall by more than 30 percent. Today's lightweight helmets are comfortable, aerodynamically designed, and look great too. There is really no reason not to wear one. Choosing the right helmet and fitting it properly is the key to protection. Here are some tips.

There are two basic types of helmets: single-impact and multiple-impact. Skiing and snowboarding helmets are designed to protect your head against a single hard fall. They should be replaced after they've been in one crash even if there does not appear to be any damage. Hockey helmets are the mul-



**DR. KRISTA CARTER**

multiple-impact kind and are designed to withstand several falls. Both cover more of the back of the head compared to a bike helmet. Don't use a bike helmet for winter sports - it will not give you the protection you need.

While it may be tempting

to buy a second-hand helmet or use a hand-me-down, make sure you know the answer to two questions. Has this helmet been in a crash? Is it more than five years old? The plastic in a helmet becomes brittle and weak with age. Also, older helmets may not meet current safety standards. Look for certification by CSA, CPSC, ASTM or Snell.

Proper fit is just as important as choosing the right helmet. You want your helmet to be snug, level and stable. It should comfortably touch the head all the way around, and be snug enough to stay firmly in place. Your helmet should sit level on your head and ride as low as possible to protect the sides of your head. Don't assume that the first helmet you try on will be right for you. People's heads come in different shapes and sizes and you may have to try on a few different brands and models to find the right one.

So remember, have fun and be safe!



**Thank you to all who have supported me since I entered public service in 1991. I have had the opportunity to serve as a School Trustee, and more recently as Kingsville Town Councillor.**

I am retired from Ontario Hydro with experience in Billing, Collecting, Sales, Marketing and Electrical Distribution. Prior to Hydro, I attended St. Clair College, and sold Auto parts in the family business.

The Town of Kingsville is diverse and I welcome the opportunity to listen, and serve all the residents of this great community.

I am married to Lee and we have two Children Harmony and Skyler. Learning from Past generations, and listening to our youth we can work to Make all of Kingsville from Lake Erie, to Salem, North Ridge, New California, Bakerville, Olinda, and Cottam the best place to grow and raise a family.

- Member of The Power Workers Union, Retired Workers Chapter
- Member Union Water Board
- Member Fantasy of Lights & Migration Festival Committees
- Served as a Board Member Gesstwood Camp
- Served as a Trustee and Finance Chair Epworth Church
- Served as Secretary Kingsville Repertory Players

In my spare time, I enjoy white water rafting on the Ottawa River with my son, and attending live theater with my family.  
**This fall please be sure to mark your ballot, and return it .**

**Gord Queen  
519-733-4241**



**LITTLE MAN, BIG TRUCK** – Branden Shepley takes a seat behind the wheel of a rescue truck at Gesto Fire Station No. 2 during the Essex Fire and Rescue Service's annual open house Oct. 11. Firefighters invited the public to tour the area's three local fire stations in Essex, Harrow and Gesto. Those in attendance received a first hand look at firefighting equipment and information about fire safety. Chief Ed Pillon says the annual event gives volunteer firefighters a sense of accomplishment to see people interested in the local service.

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**THE COATS FOR KIDS PROGRAM** – will again be distributing winter coats to families in need this year from 4 sites in Windsor, and 5 sites in the County. At Essex Community Services, our distribution dates will be Saturday, November 4th, 9am-4pm; Tuesday November 7th, 8:30am – 5pm; and Thursday November 9th, 8:30am – 5pm. Our Harrow Satellite Office will be distributing coats on Saturday, November 4th from 10am-3pm; Wednesday November 8th, from 8:30am-4pm and Thursday November 9th, from 8:30am-4pm. For information on dates and times for other locations, please call: (519) 776-4231 or (519) 738-1105.

**SECURITY REASSURANCE PROGRAM** – is a free program for seniors or homebound individuals and is designed to help them to remain independent in their own homes. Our staff will place regular telephone calls to those registered, to check on their well-being and safety. Clients choose the day, time and frequency of calls. In the event that we cannot reach the client, we alert relatives, neighbors, or emergency services to check on them. This program is funded by the Ontario Ministry of Health and Long-Term Care.

**ALZHEIMER SOCIETY OF WINDSOR & ESSEX COUNTY** – provides assistance for caregivers, family and friends of those affected by Alzheimer Disease. Judy Carter, a social worker from the Alzheimer Society is available at Essex Community Services once a month, by appointment or for walk-ins (priority given to those with appointments). Judy will be available in Essex on Wednesday November 1st. Contact Judy Carter at 974-2220 ext 14 to arrange an appointment.

**WE ARE TRYING TO INFORM ALL OUR VALUED CLIENTS SO... GIVE US A CALL!**