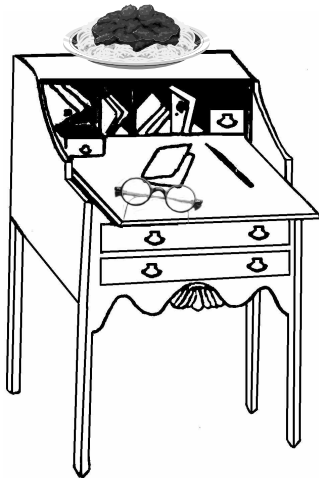


From: Her Desk Drawer

Do you have a penchant for pasta?

Pasta is the perfect convenience food for time-pressed cooks. After all, it allows you to prepare meals according to what's in season, what's in your refrigerator or what you're craving. From Homebasics.ca comes this spectacular new pasta recipe to add to your repertoire.



Linguini con Pesce

- 10 oz linguini
- 2 cups broccoli florets
- 1/3 cup Bertolli Extra Virgin Olive Oil
- 1 onion, thinly sliced (1)
- 1 lb large shrimp, peeled and deveined
- 1/2 lb scallops with their juice
- 1/4 cup white wine
- salt and freshly ground black pepper
- 2 tbsp chopped fresh parsley
- 1/4 cup Parmesan cheese

In a large pot of salted, boiling water, cook pasta until tender. Add broccoli to pasta water for the last few minutes of cooking. Drain and season lightly with salt and pepper. Meanwhile, in a large skillet over medium heat, warm olive oil. Add onions and cook until soft. Add shrimp and scallops and sauté until cooked through. Add white wine and simmer for 3 minutes. Combine pasta, broccoli, shrimp and scallops. Garnish with parsley and Parmesan.

- News Canada

Taking Care of Our Emotional Health

Friendship

Friendship – the songwriter/singer James Taylor extolls the power of it in the song “You’ve Got a Friend”. We watch television sitcoms with huge followings, such as “Friends” and the friendship circle of Jerry Seinfeld. Nearly 2000 years ago, the philosopher Ecclesiasticus described the life-giving value of it in the words, “faithful friends are life-saving medicine”.



john postons

M.S.W.

Now, medical science has extensive research to document the link between friendship and health. Supportive social relationships operate much like the body’s immune system to give us a kind of social immunity which is not only emotionally fulfilling but adds to the length and quality of our life as well!

Friendship is complex and varied. Some people have a large collection of friends who accompany them through many of their activities in life. Others have a few close friends or one person who they can rely on. More and more people are becoming disconnected from friends and spending their time on solitary activities, with dramatic declines in interpersonal activity and alarming increases in rates of isolation and loneliness.

Psychoanalyst Judith Viorst identifies different types of friendships:

- Convenience friends...those we car-pool with or who look after our cat when we go on vacation.
- Special-interest friends...those with whom we share an activity or an interest...a hockey league, yoga class, or church affiliation.

• Historical friends...friends who have known us since kindergarten or the neighborhood we once lived in.

• Crossroads friends... friendships at a certain time in life, when we shared an apartment together or worked in Africa as volunteers, or went through pregnancy and those first few years of motherhood together.

• Cross-generational friends...those who were a mentor or like a parent to us across the generation.

• Close friends...people with whom we connect deeply, can share private aspects of ourselves, and who ‘have our back’, to coin a modern phrase. They support us through the peaks and valleys of life.

Good friendships of whatever variety serve two basic functions for us. One, they provide us with a network. We are social creatures and friends give us a sense of belonging and integration. Our friendship ‘circle’ helps us to live life with a feeling of connectedness. Secondly, friends give us support. They comfort us when we are sad, encourage us when we are discouraged, and problem-solve with us when we are confused. They lend a helping hand with many of the basics of life, whether it’s building a shed or parenting our children. They broaden our horizons and help us look beyond ourselves, while at the same time reinforcing our sense of self... simply because we matter to them! It is no wonder that healthy friendships contribute to our growth and enrich the quality of our emotional life.



Re-Elect

Mary DiMenna

WECDSB, Area 2

“Your support and vote will be appreciated”

“Our schools play an important role in the religious, mental, physical and social development of students. I have served the community with integrity, insight and intelligence.”

- Lifetime resident of the area.
- Served on School councils as a teacher and community representative for many years.
- Visible force in the schools.
- Understands the needs of each school.
- Listens, communicates and works hard to meet the goals and concerns of students, parents, administrators and staff.
- Rational, level-headed thinker and is known to be fair to all stakeholders in education.
- Collaborates with other trustees to resolve Board issues.

Board Accomplishments In The Past 3 Years

- Investment in new computers for schools.
- EQAO test scores above provincial standards across the system.
- 4 year contracts for employee groups
- New parking lots for Queen of Peace and St. Louis
- Acquisition of 4 acres of property to increase school yard at St. Louis.
- Replacement of top soil, re-seeding and drainage at St. John de Brebeuf - Kingsville
- Established French Immersion program in the county - Holy Name, Essex.
- Eliminated Corporate Credit Cards
- Presently on Audit, SEAC and EWP Committees for the Board.
- Balanced budget for three years

CONTACT MARY AT: mdimenna1@coqeco.ca



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

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. PLEASE NOTE: ESSEX COMMUNITY SERVICES is still collecting coats. There is NO PARTICIPATING DRY CLEANER in the Town of Essex. Please drop off coats, mitts, hats, etc.... to our office. The need is great this year, and every little bit helps!!!!

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.

Taken from Mount Sinai School of Medicine Focus on Healthy Aging;

ACE Inhibitors Cut Heart Attack, Stroke Risk - High blood pressure medications called angiotensin-converting enzyme (ACE) inhibitors may reduce the risk of heart attack, stroke, and death in patients with coronary artery disease, according to a study in an issue of Archives of Internal Medicine. Past studies have found ACE inhibitors to be effective for patients with coronary artery disease or heart failure who also have problems with the left ventricle (lower chamber) of their heart. In this study, French researchers reviewed seven studies that included nearly 34,000 patients with coronary artery disease who did not have heart failure or left ventricular dysfunction. Patients in the study who received one of five different ACE inhibitors had a lower risk of heart attack (18% reduction), stroke (23% reduction), and overall death (14% reduction) than those who were given a placebo. This and past studies suggest that ACE inhibitors are an effective treatment for people who have coronary artery disease.

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