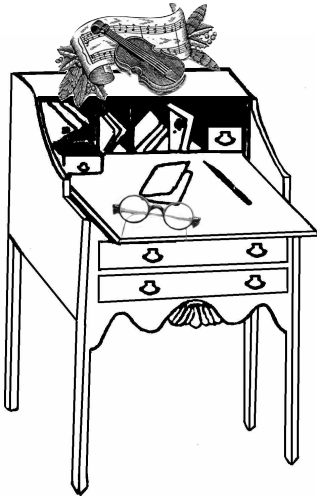


From: Her Desk Drawer

Sweet and Spicy Peanuts

Simplify your holiday cooking with hors d'oeuvres that can be prepared in advance and stashed in the freezer for nibbling on later. These peanuts are also great when coarsely chopped and sprinkled over salads or stir-frys.



- 1 tbsp brown sugar
- 1 tsp salt
- 1/2 tsp cayenne pepper
- 1/2 tsp chili powder
- 2 tsp peanut oil
- 2 cups unsalted skinned peanuts, about 1/2 lb.

Preheat oven to 350° F. In a medium bowl, stir brown sugar with salt, cayenne and chili powder. Stir in oil. Add nuts and stir until evenly coated.

Pour onto a baking sheet. Bake in preheated oven, stirring occasionally, until nuts are toasted and fragrant, about 10 minutes. Turn into a bowl, taste and

toss with additional salt if necessary. Serve warm or at room temperature. Peanuts will keep well stored refrigerated in an airtight container for several weeks or freeze. Makes 2 cups.

- Courtesy of the *Peanut Bureau of Canada - News Canada

Ask The Chiropractor

How can I protect myself from getting colds and the flu this winter?



DR. KRISTA CARTER

With cold weather knocking on the door, many are concerned about falling victim to colds and flu. The flu vaccine - the most effective way to prevent the flu, according to the Centres for Disease Control and Prevention - remains a controversial subject. First, most flu vaccines still contain thimerosal, a mercury-based preservative. Second, because of the unpredictability of upcoming flu strains, the available vaccine often doesn't match the strain of flu that hits the population.

With the flu vaccine effectiveness unclear, many are looking into natural ammunition against winter viruses. Here are some suggestions:

Garlic

Garlic has been used as a health food for more than 5,000 years and touted for its antibiotic properties and effect on allergies, cancer and general immunity. Research shows that it improves cardiovascular health and inhibits cancerous growths. In addition, a recent study found that a group of people treated with a garlic supplement for a period of 12 weeks between November and February had significantly fewer colds than the group that took a placebo and recovered faster if infected.

Vitamin C

Vitamin C is an antioxi-

dant used in the prevention and treatment of respiratory infections. When taken on a regular basis, vitamin C has been shown to boost natural defense mechanisms thereby reducing severity of cold symptoms and speeding rates of recovery from colds.

Echinacea

Echinacea has been widely used to prevent and treat colds.

Tea

Green and black teas both show promising results according to a recent study. Participants who drank five cups of black tea a day for two to four weeks increased their levels on interferon, an important immune defense hormone - up to four times normal levels. Drinking the same amount of coffee for 12 weeks produced no such effects.

Zinc Lozenges

Zinc lozenges are another home remedy for fighting winter viruses. A recent study involving school-aged children showed shorter

cold duration and fewer colds with the use of zinc lozenges.

Stress Reduction

Stress is another powerful factor that influences health. Here's what research shows:

- Chronic stress, such as unemployment or interpersonal difficulties with family and friends that last a month or longer, may substantially increase the risk of catching a cold.
- Children with history of recurrent colds and the flu have higher rates of exposure to stressful experiences, stress-prone personality traits, and signs of emotional disturbance than healthy children.
- Stress management reduces the duration of the flu and colds.

Acupuncture

Acupuncture has been shown to be effective against preventing and curing the common cold.

Chiropractic

Many chiropractors have also noticed that chiropractic adjustments have helped prevent or reduce the duration of their patients' colds. Preliminary results of an ongoing chiropractic study show that adjustments increase immunoglobulin A levels and decrease levels of cortisol, a major component of stress. Chiropractic adjustments may therefore affect the common cold by boosting immune defenses and reducing stress.



"Rehab With A Personal Touch."



MEET THE STAFF

Graduated from the Academy of Physical Education in Wroclaw, Poland with a Masters of Physiotherapy degree and is currently seeking her registration in Ontario. Sylwia has worked at Erie Shores Rehab since June 2005. She is presently working at the Essex clinic and running an exercise program at Southgate Residence and the Essex pool.

SYLWIA WIDECKI

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Anything's Possible III Photo Contest entries on display

The third annual Anything's Possible photo contest consists of over 20 local area amateur photographers with over 50 photographs on display.

The photos consist of anything from landscapes of Essex County to an extreme close up of a famous musician; there will definitely be a photograph that will satisfy everyone's

artistic palette.

All contestants will have their photograph displayed with matting courtesy of "Photography and Framing by Anna Boudreau" in the main gallery of the Arts Centre in Leamington January 10 to February 10, 2007.

Along with having their photos up for an entire month there will be an

awards evening held at the Arts Centre on January 10 from 7-9 p.m. This is an open reception to the public, so bring your friends and family to enjoy a night out with the arts.

The Leamington Arts Centre is located at 72 Talbot Street West, beside the big tomato.

Sundays are community days at Fort Malden Historic Site

Join costumed animators and learn open hearth cooking techniques at Fort Malden National Historic Site of Canada on Sunday, January 14 and Sunday, January 28 from 1-3 p.m.

Step back into the past and cook over an open fire just as the soldiers and their

families would have done. Help prepare popular sweets and treats of the 19th century.

The class is offered to all ages and family participation is encouraged. Space is limited so please reserve your place in advance.

Fort Malden National

Historic Site is located on the banks of the Detroit River in the historic town of Amherstburg. The site strives to preserve and present the military and cultural heritage of the region to all Canadians and visitors.

For information, call 519-736-5416.

LAVIN AUCTIONS INC.

Bailiff Sale Friday, Dec. 29th at 10 A.M. (Preview 9 A.M.) at 13400 Desro Dr., Tecumseh. Contractor Tools & Van will be sold for a secured creditor to include good selection of tools - drills, air nailers, routers, jig saws, drywall screw guns, cut-out tools, grinders, tile cutter, hardwood nailers, alum. cement trowel, air hose, ext. cords, new Weiser lock and handle door sets, tool boxes, grease and caulking guns plus other related items. **Van:** '98 Ford Econoline 150 w/49 k's. **Also Consigned:** 3 - airless line paint sprayers plus lg. assortment of generators, air compressors, power and hand tools plus other related consignment. 10% Buyer Premium. Note: Sealed bids will be accepted for a 1990 J/D model. 310 - D 4 wheel dr. w/4 way bucket - shows 3050 hrs. For further info on this unit call

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