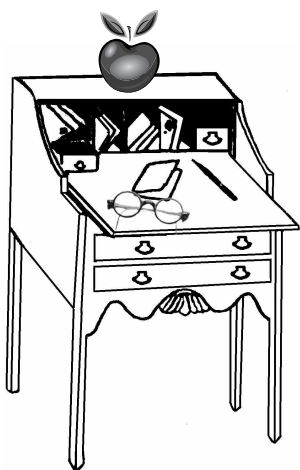


From: Her Desk Drawer

Apple Rice Pudding Brûlée

Rice pudding is by no means solely a comforting Canadian dish. In fact it's widely eaten in South America too. We've stirred in Ontario Apples for a hint of Canadiana. Pure Ontario Maple Syrup is a lovely substitute for the sugar. If you like raisins, feel free to toss in a handful.



- 1/4 tsp salt
- 3/4 cup arborio rice
- 3 cups milk
- 1/2 cup granulated sugar or pure Ontario Maple Syrup
- 2 cinnamon sticks
- 2 wide strips well-washed lemon peel
- 3 Ontario Apples, such as Empire or Cortland
- 2 egg yolks
- 1 tsp cornstarch
- 2 tsp vanilla
- Packed brown sugar



In large saucepan, bring 1 1/2 cups water and salt to boil. Add rice; cover, reduce heat to low and simmer for 15 minutes or until softened and most of the water is absorbed. Stir in 2 1/2 cups milk, sugar, cinnamon sticks and lemon peel; bring to boil. Reduce heat and simmer gently, uncovered and stirring occasionally, until fairly thick but some liquid still remains, 25 to 30 minutes, adjusting heat as necessary. Meanwhile, peel, core and dice apples into 1/4" pieces. Stir

apples into rice; simmer, uncovered and stirring occasionally, until thickened, about 5 min. In measuring cup, whisk together remaining 1/2 cup milk, egg yolks and cornstarch until cornstarch dissolves. Stirring constantly, gradually pour into rice mixture and bring to boil. Reduce heat and simmer for 1 minute. Remove from heat. Discard cinnamon sticks and lemon peel. Stir in vanilla. Turn into bowl; refrigerate until cold. Spoon pudding into 6 oz custard cups, smoothing surface. Sprinkle with enough sugar to lightly cover. Place cups on baking sheet. Broil about 3" from heat until sugar has bubbles and deepens in colour, 30 to 60 sec.; watching carefully to prevent burning. Serve immediately.

Note: The pudding is delicious hot or warm, without the brûlée finish. Or place plastic wrap directly on surface, refrigerate until cold and serve without the sugar topping.



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Ask The Chiropractor

Prevent sledding accidents this winter



**DR. KRISTA
CARTER**

With the first snowfall, toboggans and sleds come out. But did you know that sledding accidents send thousands of Canadian children to the emergency room? Don't let your child be one of them.

Every year, emergency departments treat children injured in sledding accidents. When minor bruises and bumps give way to broken bones and serious injuries of the head and spinal cord, it's a sign that parents and children should be reminded of safety while playing outside.

There are several precautions you can take that can help protect your child against injuries.

The safest tobogganing hills have no trees, fences, rocks, wires, or other objects that may pose a risk of injury. A young child should always be under the

watchful eye of a parent or adult. A Canadian Standards Association (CSA) approved hockey helmet, with a warm hat under it, is recommended for children under 12 years of age. It is dangerous to wear long scarves while sledding, as they can increase the risk of choking. Always make sure that your child's toboggan or sled is in good condition. Remember, certain positions on a sled are better than others at minimizing

the risk of injury:

- Kneeling provides the most protection.
 - Lying on the stomach increases the risk of head injury.
 - Lying flat on the back increases the risk for spine injury.
- Teach your child:
- to be aware of his or her surroundings
 - to watch out for other sliders
 - to avoid sliding down the hill in the direction of a road, parking lot, river, or pond
 - to walk to the side and away from the sliding path when walking up the hill
 - to go indoors when their clothing is wet and they feel cold to avoid hypothermia and frostbite
- Knowing how to prevent injuries can make for a fun and enjoyable winter.

Vet says stray cats becoming a problem

BY DANIEL SCHWAB

They may be cute and cuddly but a local veterinarian has identified them as being a problem.

Dr. Janice Huntingford told Essex council Jan. 22 that more and more stray cats are showing up in boxes on the doorstep of the Essex Animal Clinic since the Humane Society of Windsor-Essex County introduced a drop-off fee two years ago.

Residents are charged \$40 per cat or \$60 per litter when dropping them off in the city. Previously the Humane Society would take in strays for free. This means fewer felines in Essex are being taken to the Humane Society. Instead they are being dropped off at the local animal clinic, Huntingford said.

She said with no provisions in Essex to deal with feral cats, she is often forced to foot the bill.

"I don't think I should be funding stray cats," she said, adding that about 50 cats have been dropped off on her doorstep since the surcharge was implemented.

Last fall, council met with Windsor's Jazzpurr Society for Animal Protection about partnering in a local catch, neuter and release program to control

the population of feral cats. But council is still waiting for Jazzpurr to send a proposal, said Essex Chief Administrative Officer Wayne Miller.

Coun. Randy Voakes called the town's feral cat population a problem worth looking into.

"Cats carry diseases and in our neighbourhoods people are being challenged by concerns," he said. "We're still wrestling with how to find a solution."

In the meantime, Huntingford is left with few options.

"I need some direction if I have boxes of kittens at my door," she said. "The town should foot the \$60 bill."

Since Aug. 2001, Huntingford and staff at the clinic have been able to save some cats through the Angel Pet Fund.

The project is supported by the clinic and clients who make donations in memory of pets that were put to sleep. The cash goes toward treating stray or injured cats. They are treated, dewormed, neutered and an attempt is made to find them a home.

But the initiative is often strapped for cash, making it difficult to treat the animals, Huntingford said.

With the Essex dogcatcher not picking up cats,

Huntingford suggested the town provide a subsidy for the Humane Society's drop-off fee.

Council agreed to gather more information from Jazzpurr before making any further commitments.

Jazzpurr president Doris Girash said she expects to send the catch, neuter and release program proposal to council in about two weeks.

Windsor Military Studies Conference

The second Windsor Military Studies Conference will be held at the Windsor Armouries on Sandwich Street, Friday evening and all day Saturday, 2 and 3 February 2007.

This conference is a joint enterprise involving the University of Windsor Humanities Research Group (HRG), the Laurier Centre for Military, Strategic and Disarmament Studies (LCMSDS), and the Essex and Kent Scottish Regiment.

Friday night's Keynote address will be given by Colonel Mike Capstick, Canadian Forces (retired) on the topic - "Canada's Mission in Kandahar".