

From: Her Desk Drawer

Ontario Potato-Crusted Salmon

Crisp golden brown potatoes create a lacy exterior crust to a moist and flavourful salmon fillet. Serve them up with crunchy green beans tossed with chopped tomatoes for a variety of colour on your dinner plate. More nutritious and delicious recipes are available online at www.ontariopotatoes.ca.

- 1 each small round white and red Ontario Potatoes, scrubbed
- 2 tbs vegetable oil
- 1/2 tsp ground cumin
- 1/4 tsp each salt and pepper, divided
- 3 tbs chopped fresh Italian parsley
- 1 tsp grated lemon rind
- 4 boneless skinless salmon fillets (about 1-1/2 lb total)
- 2 tbs butter
- 4 lemon wedges

Grate potatoes on coarse side of cheese grater into bowl. Squeeze potato and discard liquid. Using fork, toss potatoes with oil, cumin and half each of the salt and pepper. In small bowl, combine parsley, lemon

rind and remaining salt and pepper. Rub parsley mixture all over salmon. Coat salmon fillets on both sides with potato mixture, pressing firmly to cover. In large nonstick skillet, heat remaining oil over medium high heat and panfry fillets for about 4 minutes or until golden brown on one side. Turn over and cook for 3 minutes. Transfer fillets to parchment paper-lined baking sheet and roast in 425°F oven about 8 minutes or until golden brown and fish fillet is firm. Serve with lemon wedges.



2007 Pesticide Forum announced

Imagine inviting your friends, family and pets to your safe, chemical-free lawn and garden, instead of warning them to stay away. Come out to the 2007 Pesticide Forum and learn

how to get your lawn and garden off drugs. Hosted by the Friends of Mill-Wigle Creeks, this year's forum will be held on Thursday, March 29, from 7:00 to 9:00 pm, at the

Essex County Civic and Education Centre, 360 Fairview Avenue West, in the Council Chambers. The event is free of charge and refreshments will be available. The first one hundred attendees will receive a free hand-held weed puller, donated by the Detroit River Canadian Cleanup.

The goal of the Pesticide Forum is to provide an opportunity for Windsor and Essex County residents to learn more about the effects of pesticide use on our environment, and to learn about a wide variety of alternatives that are effective for lawn and garden maintenance.

This year, the Pesticide Forum will include four dynamic speakers. Dr. Delores Sicheri from the Windsor Regional Cancer Centre, Su Morin from the Canadian Organic Growers, and Donna Hunter and Percy Dufour

Advancements in cataract surgery

One of the most common surgeries performed today is cataract surgery. Cataracts can occur at any age, however they typically occur in people older than 65. Other causes include trauma, certain medications, etc.

What is a cataract? Inside the eyeball is a clear lens that supplies most of the power that enables the eye to focus. As we age, the lens becomes cloudy; this is what we term a "cataract".

Most patients will report seeing a "film" over their vision. In the early stages of a cataract, a change in the spectacle prescription may be all that is needed to improve vision. Over a period of several years the cataract may increase. When vision becomes worse than 20/40 (the provincial limit to legally drive a car), even with corrective lenses, surgery is usually considered.

The surgery is performed by an ophthalmologist (eye surgeon) at a hospital on an outpatient basis. During the surgery, the ophthalmologist makes small incisions in the cornea to remove the old, cloudy lens. It is replaced with a clear artificial lens.

Most patients find that after the surgery, their vision is significantly less hazy and colours are more brilliant. Vision usually sta-

bilizes in approximately one month post-operatively. New spectacles may be prescribed to further enhance any vision loss.

Several cataract patients have asked me if they elect not to have the surgery, will they go blind? The answer is no, except in the case of infants who are born with cataracts. If you feel your vision is still acceptable despite the development of a cataract, then there is no urgency to have surgery.

In the last few years, there have been advancements in the type of artificial lens implants used during cataract surgery. The AcrySof implant is made of a patented acrylic material. This material helps to reduce the incidence of the



DR. TODD WILBEE
OPTOMETRIST

films that can grow over the implant months or years after surgery. This new implant also blocks out shorter wavelength light which may reduce the incidence of macular degeneration.

More recently the Tecnis lens implant has been approved for use. This implant provides sharper vision in varying light conditions. It has been proven in studies to improve nighttime driving vision. The Tecnis lens also reduces the incidence of the film that can grow on the implant when compared to the standard lens implant that is used.

The ReStor or ReZoom lens implants are also available. With traditional cataract surgery, reading glasses will almost always need to be prescribed after surgery. The ReStor or ReZoom implants attempt to reduce the dependency on reading glasses.

Cataract surgery is a very safe and effective procedure. However, there are risks and limitations that need to be discussed with your local optometrist or ophthalmologist if you decide to have it done. With improved technology, there are now options to consider when in comes to selecting the proper lens implant for your eyes.

Grass Root Gardens, Munger Lawnscape, and Windsor Cancer Prevention Coalition.

Handouts will be available on a number of topics, including water smart gardening, backyard composting, impacts of pesticides on wild birds, lawn alternatives and organic care of groundcovers, organic fer-

tilizers, organic weed control, natural insect management, natural plant disease management, and natural home-cleaning recipes.

Everyone is welcome to attend. For more information, please contact Caroline, Friends of Watersheds organizer, at 519-776-5209, ext. 245, or cbiribauer@erca.org.

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