

From: Her Desk Drawer

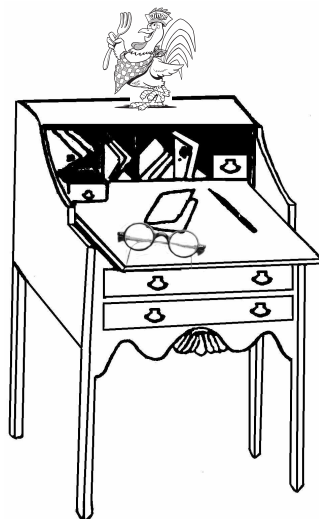
Mediterranean Chicken and Pasta Bake

Souperb supper you can prepare in a flash

Who says soup has to be sipped? In these weeknight wonders from www.homebasics.ca, soup brings to life family dinners in a flash!

- 8 boneless, skinless chicken thighs, trimmed, halved
- 1 tbsp Bertolli Olive Oil
- 4 cups baby spinach leaves
- 1 pkg Lipton SoupWorks Minestrone Soup Mix
- 1 can (28 oz.) diced tomatoes
- 1 tbsp dried basil
- 2 tbsp finely sliced black olives
- 1 cup shredded mozzarella cheese

Preheat oven to 350°F. In a large, nonstick skillet set over medium-high heat, brown the chicken in olive oil. Remove from skillet and arrange in a single layer in a well-greased 8-inch baking dish. Place the spinach leaves evenly over the chicken. Combine the minestrone soup mix with the tomatoes, basil and



black olives. Spread this mixture evenly over top of the spinach. Cover with foil and bake for 1 hour. Uncover and sprinkle with cheese. Bake 10-15 minutes or until cheese is bubbly. Serves 8.

- News Canada

Ask The Chiropractor

Am I at risk of developing osteoarthritis?

If your knees are sore when you climb a flight of stairs, do you say to yourself, "Stairs hurt my knees. From now on I better take the elevator so my knees don't get worse." Or do you say to yourself, "I'm out of shape. I better do some exercises so my knees don't get worse."

Many people think they are doing themselves a favour by resting and avoiding activities that hurt when the real problem is inactivity that allows the muscles around the joint to get weak. Increased weight can also cause more stress on the joint.

Stiff and painful joints don't have to be a normal part of aging. Remaining active and keeping your weight in a healthy range can reduce your risk of developing osteoarthritis (OA). If you already have OA, physical activity can reduce your pain, improve your function and reduce the rate of joint deterioration.

OA used to be called the "wear and tear arthritis", but researchers now know that normal activity does not cause the joints to wear down or tear. In fact, remaining active is one of the most important things you can do to help your joints stay healthy.



DR. KRISTA CARTER

Signs and Symptoms of Osteoarthritis of the Knee or Hip

- Pain over the front or inside of the knee joint or over the groin or outside of the hip joint
- Pain is worse with walking or standing and better with short periods of rest.
- Stiffness of less than 30 minutes in the morning or after a period of inactivity.
- Creaking in the joints.
- In later stages of OA, x-ray changes can show narrowing of the cartilage or extra bone growth.

Are you at risk? Overweight or Obese?

Each pound of weight the body carries creates four pounds of load through the knee when walking. The good news is that even a small weight loss can reduce the risk of developing OA.

Injury: Injury to the ligaments or cartilage of a joint can cause a 5-6 fold increase in the risk of developing OA. Preventing injuries with proper sports training, warm-ups and staying fit and strong is an important factor in reducing the risk of developing OA later in life.

Some Occupations:

People with occupations that require heavy manual labour, repetition, frequent bending, squatting or kneeling have been found to have high rates of OA.

Family History:

Children whose parents developed OA early in life are at higher risk of developing it themselves. If you have a family history of OA take precautions to stay within a healthy weight, stay fit and strong.

Mechanical Factors:

Poor alignment of the knees and feet can cause uneven loading through your joints and lead to the development of OA. Muscle weakness and looseness (laxity) of the joints can also lead to OA development. Some people require orthotics to help keep their joints healthy.

Poor Diet: Eating five

fruits or vegetables daily will reduce your risk of developing OA.

If you have OA, speak to your chiropractor and find out all the things you can do to stay healthy and strong. Don't let osteoarthritis limit the things you want to do.

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Stress management for parents of preschoolers

Most parents feel stressed from time to time and parenting preschoolers can be very stressful. You may not be the parent you want to be when you are stressed.

If you don't learn to manage your stress, you may respond in these ways:

1. Striking back. When you feel angry with your child, you may feel like yelling, "I said no!", "Didn't you hear what I said!" or calling names like "You little brat!"

2. Giving in. This is the opposite of striking back. You are exhausted. You cannot bear to deal with another

angry outburst, so you give in. The problem is that afterward you feel like you have been taken advantage of. Your child keeps pushing and asking for more. You get resentful and start to strike back.

3. Shutting down. Sometimes when the adrenaline hits, you shut down. You can't think. You feel like a deer caught in the headlights, unable to respond or perform. You feel helpless and fear that there is nothing you can do to make things better.

4. Breaking off. The fourth reaction is to throw up

your hands and emotionally break off your relationship with your child. You might say, "I just can't deal with you!", "I don't want to be with you!"

It doesn't matter whether you say these things verbally or stomp away silently, the message your child hears is the same: "I don't like you. I don't want anything to do with you."

These reactions tear relationships apart. They leave you feeling hurt, and your child feels angry and resentful. However, you can step back, collect your thoughts, and see the situation more

clearly.

Change the way you view your child.

- Instead of calling your child difficult, view him as spirited.
- Instead of loud, view her as enthusiastic and zestful.
- Instead of argumentative, view him as opinionated.

view her as assertive.

• Instead of wild, view him as energetic.

You can choose to look at your child in a positive manner.

If you are interested in learning more about dealing with your stress, the Windsor-Essex County

Health Unit is providing a workshop for parents of children ages 1 to 5 years. "Stress Management for Parents of Preschoolers" will take place Monday, April 23 from 7 to 9 p.m. at the Essex Civic Centre, Room C. To register, call 519-258-2146, ext. 1340.

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