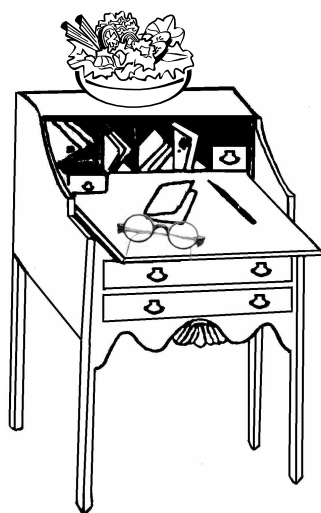


From: Her Desk Drawer

Fresh market ingredients deliver wholesome dinners

There's no better time of year than summer to visit your local farmers' market, find a fresh arrival you love and build a menu around it. Here are two dinnertime ideas from www.homebasics.ca to help inspire you to support your local farmers.



Creamy Bacon & Tomato Chicken Salad

1/2 cup Hellmann's Smokey Bacon & Tomato Mayonnaise
 1/2 cup chunky salsa
 1 tbsp lime juice
 6 cups fresh local lettuce leaves, washed and torn
 2 cups diced cooked chicken or turkey
 4 slices bacon, cooked, crisp and crumbled
 1 cup cherry tomatoes

In medium bowl, combine mayonnaise with salsa and lime juice; set aside. In large bowl, combine lettuce, chicken, bacon and tomato. Just before serving, toss with mayonnaise mixture. Serves 4.

Pasta Primavera with Asparagus and Fresh Peas

1 lb trimmed asparagus, cut into 1 1/2-inch lengths
 1/2 cup Hellmann's Lemonnaise
 1/4 cup grated Parmesan cheese
 1/4 cup milk
 1 tbsp finely chopped fresh basil
 1/4 tsp salt
 1/4 tsp hot pepper flakes, optional
 1/2 lb penne pasta
 1 cup fresh green peas
 1 cup black pepper

Steam asparagus just until it turns bright green, about 3 minutes. Rinse under cold running water to prevent overcooking. Set aside. In a small bowl, stir together mayonnaise, Parmesan, milk, basil, salt and hot pepper flakes. Set aside. In a large pot of boiling, salted water, cook penne until almost tender. Add peas to the boiling pasta 3 minutes before it's finished cooking. When the pasta is tender but not mushy, drain thoroughly, then return to the pot. Add asparagus and mayonnaise mixture, tossing over medium heat just until heated through. Season with pepper and serve immediately. Makes 4 servings.

- News Canada

Ask The Chiropractor

Does cracking my knuckles increase my risk of arthritis?



DR. KRISTA CARTER

The answer to this commonly asked question is "likely not". I'm not saying "definitely no" because, while crackling knuckles is common, research on its effects is not. There are only a handful of studies on the subject and none show a definite link between knuckle cracking and arthritis.

However, cracking your knuckles is neither harmless nor desirable. The arthritis connection may be an old wives' tale, but cracking your knuckles can hurt your hand in other ways, and there's no benefit to it. Some students crack their knuckles after writing a great deal, but cracking knuckles isn't a solution for writer's cramp. Instead, take a break, and bend and stretch out your fingers a few times.

Kids may develop a habit of cracking their knuckles because they like the sound.

The "crack" comes because of a change in the synovial fluid, the lubricant that bathes the joints. When finger bones are suddenly stretched apart, the space between the joints widens, and an air bubble forms in the synovial fluid. The bubble quickly bursts and makes a sharp sound.

Nature did not intend us to repeatedly stretch the ligaments of the finger joints. Many people argue that cracking knuckles causes

our joints to move in ways they were not designed, putting extra stress on cartilage or ligaments. One study reported a higher incidence of hand swelling and lower grip strength in people who admitted to being habitual knuckle crackers.

What does cause arthritis? There are many kinds of arthritis, but the most common, osteoarthritis, is a function of age and genetic predisposition. If you x-ray the hands of people 65 years of age, 70 percent will have arthritis. Osteoarthritis tends to be a bit worse in the dominant hand.

So, should you crack your knuckles? Hard to say. It may make your knuckles bigger or it may cause your hand to become weaker. It might cause arthritis or it might not. Either way, it definitely annoys many people. Although it may feel good, it does not clearly do anything good, so it's probably a habit worth breaking.

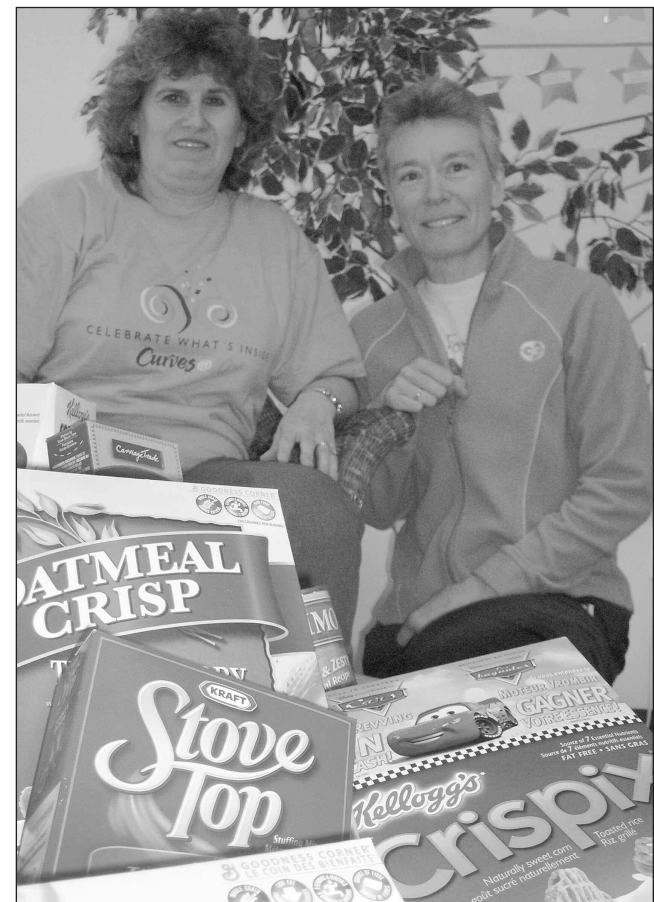
ATV owners on the search for trails

The Essex County ATV Club will hold a public open house at 7:30 p.m. on Tuesday, May 1 in the banquet room above the Amherstburg Arena to discuss plans to make safe, legal ATV riding in Essex County a reality.

The club is hoping to establish partnerships with landowners by offering property protection, compensation for crops and liability insurance.

The group hopes to work with local municipalities to build trails, allowing ATV owners to remain in the area to enjoy the sport, rather than travelling to find safe and legal trails. For more info, call 519-726-5207 or visit www.ec-atv.com.

CANS FROM CURVES – Visitors to the Essex Area Food Bank have members and employees of Curves for Women to thank after nearly 400 pounds of canned goods and other donations were collected over the past weeks. Gym member Noreen, left, and circuit coach Sandy were both instrumental in the success of the annual food drive.



Essex Parks & Rec Presents... Wines of Essex Tour

Join us on an exciting tour of Essex County's thriving wine industry. Discover the vineyards, production processes and of course the wines!

- Sanson Estate Winery
- Muscudere Vineyards
- Colio Estate Wines
- Erie Shore Vineyard
- Pelée Island Winery

Saturday May 5th

Departing Harrow Arena:
10:15 a.m. - 4:30 p.m.

Departing Essex Recreation Complex:
10:45 a.m. - 5:00 p.m.

\$50/Person

Cost includes transportation, all tours & tastings and light lunch in the vineyard

In accordance with Ontario law, all participants must be 19 or older.

CALL 519-776-8992 FOR INFO

Essex and Community Historical Research Society

GENERAL PUBLIC MEETING
Wednesday, April 25, 2007

Essex Community Centre, Community Room
25 Gosfield Townline W.

Doors open at 6:45 p.m.
Meeting begins at 7:00 p.m.

To prepare for our grand opening, we need...

- Family genealogical files or information.
- Letters, photographs and memorabilia related to Essex and surrounding communities.
- Books, videotapes, DVDs & audiotapes that record our past.
- You! New members and visitors are always welcome!

For more information, call Linda Iler at (519) 796-3393

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