

# Grilling recipes for summer

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Preparation Time: 5 minutes  
Cooking Time: 20 minutes  
Serves: 4

1 small red onion  
2 tablespoons finely chopped fresh parsley  
2 teaspoons capers  
2 teaspoons chili

powder  
1/2 cup Hidden Valley(r) Spicy Ranch dressing  
1/4 cup melted butter or olive oil  
2 tablespoons lemon juice  
1/2 teaspoon cayenne pepper  
4 soft-shell crabs, cleaned, rinsed and patted dry  
1 cup flour or cracker meal

4 small baguettes, sliced lengthwise  
Chopped lettuce and tomato for each sandwich

In a blender, blend the first five ingredients until well mixed to create spicy Ranch aioli; refrigerate. Light grill using Kingsford(r) Charcoal with Sure Fire Grooves(tm). Mix butter or olive oil, lemon juice

and cayenne pepper in a large bowl. Roll crabs in mixture. Lightly dredge in flour or cracker meal.

Sauté in large pan 3 to 4 minutes on each side; transfer to grill and cook for 5 to 10 minutes on each side.

Warm baguette on grill. Spread inside of bun with spicy Ranch aioli; add lettuce and tomato and top with crab.

## Asthma and air quality

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comes, air quality is also important in maintaining proper asthma control.

What is air quality?

Asthma arises from a chronic inflammation of the passageways in the lungs. When inflammation occurs, these airways become narrower, making it more difficult for the person to breathe. Allergens and pollutants in the air can cause inflammation, thus triggering an asthma attack.

In 1999, the Environmental Protection Agency (EPA) developed the "Air Quality Index." This number is an indicator of outdoor air quality and, when interpreted, can inform people regarding how this air quality will affect their day-to-day lives. The index ranges from 0-300, where 0 is the best possible air quality and 300 is the worst. It is especially important for people living with asthma to pay attention to the Air Quality Index and to take any necessary precautions to prevent asthma exacerbations.

According to the EPA, the air quality levels and precautions are as follows:

0-50: Air quality is good; there are no precautions necessary for the general public.

51-100: Air quality is moderate; unusually sensitive people or the immunocompromised should limit time spent outdoors.

101-150: Air quality unhealthy for sensitive groups; children and adults with respiratory disease (including asthma) or cardiovascular disease should limit outdoor time.

151-200: Air quality is unhealthy; everyone should limit outdoor exertion, as this level can cause respiratory effects in the general population.

201-300: Air quality is very unhealthy; increasing the likelihood of respiratory effects in the general population.

301+: Air quality is hazardous; severe respiratory effects can be caused in the general population. Everyone should avoid exertion outdoors.

What about indoor air quality?

In addition to outdoor environmental hazards, there are hazards indoors in the workplace, schools, and home that can induce asthma attacks and other negative respiratory effects. Common workplace allergens include chemicals used in laboratories, pesticides, asbestos, animal proteins, some plants, tobacco smoke, dust mites, and latex. According to the CDC, negative health consequences from these substances can be prevented by using proper ventilation systems, eliminating overcrowding in office and lab spaces, and using protective clothing such as masks, gloves, and gowns.

Contribution by Sarah Fahey

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Sunday June 17th 8am - Until - Marilyn Griffin Turner Scholarship Award - Youth Seminar - Talent Show - Empowerment Stage - HIV/AIDS Seminar and Screening - Sunday Services Conducted by: UPBC - Gospel Explosion - Tribute to Fathers

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