

*Don't Stick Sticks Up Your Nose! Don't Stuff Stuff In Your Ears!* was written by Dr. Jerald Altman and helps teach children why doing those things are not a good idea.

"Foreign (and often dirty) objects in a child's nose or ears can lead to serious health risks ranging from infections to blocked airways to punc-

tured eardrums... things neither you nor your child wants to experience," warns Altman. "When I realized that there were no children's books dealing with the subject of sticking small objects in noses and ears, I decided to team up with a creative friend and fill that void."

The book is \$12.50 and is available at [www.dontstickdontstuff.com](http://www.dontstickdontstuff.com).

## New Book for Parents and Kids

Let's face it—kids love to put small items up their nose or in their ears! A local ENT wants to help discourage the practice, and so recently wrote a book that parents can read to their kids.

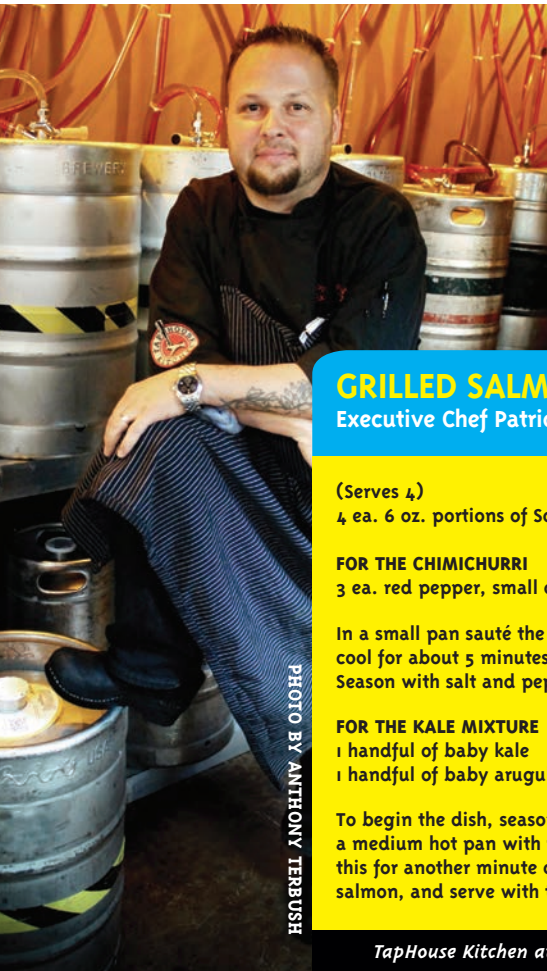


PHOTO BY ANTHONY TERUSH

## GRILLED SALMON, BABY KALE, AND CHIMICHURRI

Executive Chef Patrick Karvis at TapHouse Kitchen

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|---|---------------------------------------|--------------------------------|
| (Serves 4)                              | 2 ea. red Fresno chili, small diced   | 1 tsp. chopped Italian parsley |
| 4 ea. 6 oz. portions of Scottish salmon | 1/2 red onion, small diced            | Splash of red wine vinegar     |
| <b>FOR THE CHIMICHURRI</b>              | 1 tsp. chipotle pepper in adobe sauce | 1 oz. olive oil                |
| 3 ea. red pepper, small diced           | 1 tsp. minced garlic                  | 1 tsp. smoked paprika          |
|   | 1 tsp. chopped oregano                | Salt and pepper to taste       |

In a small pan sauté the peppers, garlic and onion with a little olive oil and cook on low heat until the mix becomes soft. Let cool for about 5 minutes. Puree in a food processor with the remainder of the ingredients. Should be a salsa-like consistency. Season with salt and pepper. Set aside in the refrigerator until ready to serve salmon.

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|-----------------------------|---------------------------------|----------------------|
| <b>FOR THE KALE MIXTURE</b> | 1 handful of hydro watercress   | Juice from one lemon |
| 1 handful of baby kale      | 1 bulb of fennel, thinly sliced | 1 tbsp. olive oil    |
| 1 handful of baby arugula   | 1 tsp. minced garlic            | Salt and pepper      |

To begin the dish, season the salmon with salt and pepper. Grill on a hot grill, about 4 minutes on each side. Sauté the fennel in a medium hot pan with the olive oil. Cook this for about 2 minutes then add the kale, arugula, watercress and garlic, and cook this for another minute or until wilted. Finish with lemon and salt and pepper. Place the kale mix onto a plate and top with the salmon, and serve with the red chimichurri sauce. Enjoy!

TapHouse Kitchen at Hilton Village, 6137 N. Scottsdale Road, #108, Scottsdale; 480.656.0012; [www.taphousekitchen.com](http://www.taphousekitchen.com).