



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

I have resumed my pre-Holiday form of evening entertainment, watching YouTube videos and playing word games online. The computer is not only a good source for information; it is a great way to waste time. I don't like to think that I am a wasteful person but sometimes I have too much time on my hands and not enough energy to execute projects of value.

In the late 1990's I joined an online garden and pet chatroom and a few of us have remained online friends all these years. Even though we are no longer in the chatroom we are Facebook friends and have joined many of the same online game sites. Some of the group have progressed to Zoom and other new real time chat capabilities but I have not delved into that, as of yet.

I had a microphone when we were in the old chat rooms but have not updated that on my new computer; I also do

not have camera capabilities, which my friends think was a dumb move because "everyone" has a camera and microphone now days. I guess I am just a bit behind the times but my excuse is that I don't like how I look when I facetime on the cell phone so I don't want to broadcast that image to the world!

You could say that I obsess on "Words With Friends" and "Puzzly Words" which are both like my favorite board game "Scrabble". I could always beat my family at "Scrabble" but playing people all around the world is a greater challenge. My eye-hand coordination and trying to beat the clock need much improvement and my stats reflect that problem but I win sometimes so that keeps me going back time and time again. "Words With Friends" does not have the clock to beat so I am a bit better at that game.

Watching "Youtube" videos has no skill to deal with,

unless you call sitting in one place a skill! I discovered "YouTube" a few years ago when I wanted to research the first season of the making of the TV series "Game of Thrones". I am amazed at the plethora of subject matter and the amount the time people take to make the videos. I guess I should not be surprised because when I entered into the "world wide web" in 1996 I had my own web site and spent hours making my web page from HTML script. I will pat myself on the back because I was pretty good and learning that script and it was hard. Sadly, for me, technology surpassed me and they came out with automatic web page makers and I stopped learning. Sure the new improved auto web page makers were great but they eliminated individuality. It would not be long before personal web pages took a back seat to more advanced social media and having a posting board and a chat room on your web page did not reach enough people to satisfy the public.

I must admit I do miss the involvement of a personal web page. "Facebook" just does not do it for me and I find some of the other social media sites full of less than courteous people. Being the administrator of one's own web page gave me the

authority to keep an eye on the content of subject matter in order to keep it clean, respectful and on topic. I joined a couple fan websites. In the early days, and those were fun. We were able to get great tickets to concerts for Celine Dion, Adam Lambert, Aerosmith and Queen and Hubby was able to get tickets to see some of his guitar favorites and to attend tennis matches by buying tickets online.

Cooking websites have grown far beyond my expectations and the sheer numbers of sites and recipes is staggering. I love reading the "history of" websites; they are like reading an encyclopedia without going to the library. I feel bad for libraries nowadays and for books with the invention of the computer and all the "Kindle" like reading tools. Imagery has taken the world by storm. There were so few pictures available when I started surfing the web that when I think back on it I am shocked. I remember telling Hubby that I had to do something to get pictures on my web page and he surprised me with a "very" expensive "\$49.00" scanner. I went crazy! I spent hours scanning pictures of the cats and food and uploading them to my web site. I even won a couple web awards which really made me happy.

It is funny reliving the

"old days" of my computer experience and fun to recall just how unsophisticated everything was. When I think back on those days it was a great learning experience but everything is so advanced now that it is hard to find a unique perspective to offer. If one does not produce a video or have the availability for the viewer to click and subscribe you are out of the game. Back then the most important rule was making it easy for the viewer to get right into the site, now it seems like one has to click around just to find anything of interest.

If I had to vote I would still give The Food Network web site (www.foodnetwork.com) my top vote for consistency, content and imagery. With that in mind, here is one more idea for you football fans to consider serving for the big weekend. Reuben meatball sliders sound absolutely delicious and a great change from hamburger sliders. I may just have to make these for myself.

Reuben Meatball Sliders Ingredients

- * 2 pounds ground beef, chuck preferred
- * 1 cup shredded Swiss
- * 1/2 cup toasted rye bread, processed into fine breadcrumbs
- * 1 teaspoon caraway seeds

- * 1 teaspoon salt
- * 1/2 teaspoon crushed black pepper
- * 2 large eggs
- * 1/2 cup parsley leaves, chopped
- * 1 tablespoon vegetable oil
- * 2 cups sauerkraut, drained
- * 1 cup 1000 island dressing
- * 12 slider buns, buttered and griddled

Directions

1. Preheat the oven to 400 degrees F.
2. Mix the beef, cheese, breadcrumbs, caraway seeds, salt, pepper, eggs and parsley in a bowl until uniform but not overworked. Scoop out a 1/4 cup of the mix and roll into a ball. Repeat to use all of the meat.
3. Heat a cast-iron skillet over medium heat add the oil. Fry the first side of the meatballs, in batches if necessary, until golden and crusty, 7 to 8 minutes. Flip and place in the oven to finish cooking, until no longer pink in the middle, 10 to 15 more minutes.
4. Sandwich Build: Heat the kraut in a small saucepot and mix in the 1000 island. Place a meatball on the bottom slider bun, top with the kraut/sauce mixture, top and skewer. Enjoy with all your closest and most respected friends.



REAL LIFE WELLNESS

By Dr. Bill Hemmer

8 Steps to become Motivated

Last week, I discussed how your personal worldview molds your life purpose and leads to your motivation for the future. Every person reading this has a different worldview based on your experiences, education and values. Therefore, you are in total control of your ability to create health for yourself.

You just need to go through the following 8 steps to follow your own path to health.

The first step is to simply listen to your self-talk and acknowledge when you are actually thinking about and working within your true-life purpose. For me, it's helping others by providing health information you can use.

Whatever it is for you, listen for it and accept it and use it to your advantage.

The second step is to consistently and consciously seek your purpose. Understand that it is the foundation of your future motivation and health. Pay attention to things you find effortless and fun, those things are usually part of your purpose.

The third step is once you find your purpose, own it! Nobody can tell you what your purpose is. You must pay attention to your actions and feelings, but once you are totally convinced of your purpose, embrace it.

The fourth step is to begin to experiment in differ-

ent ways on how to use your purpose for the good of the people you love. How can you use your purpose to help them? What kind of things can you provide them? This is where you can become creative.

The fifth step is to learn different ways to use your purpose in your daily life. Once you find different ways to manifest your purpose, play with different ways to use it. This article is a great example of me utilizing my purpose creatively to help others I couldn't help in my office today.

The sixth step is to integrate your purpose into your everyday life as best you can.

Begin to build your daily routines and activities around your purpose. By doing this, your daily activities become effortless and easy. You don't need to be motivated to do it because you are doing stuff you love and would be doing anyway.

The seventh step is very important. This is when you protect your ability to live in your purpose for your entire life. Begin to build in safeguards that will allow you to fend off distractions, obstacles and diversions to you working daily in your purpose. Make a list of things you can and can't do to stay on purpose. If the task you are faced with is not on that

list, don't do it or put it off until another time.

The final step is to begin to teach others about your purpose so you can help them find theirs. As your personal power and motivation continues to grow, your ability to find the time and energy to help others find their purpose will also grow. This is when you know, you have found your own rhythm and will be able to live your best life.

Next week, I'm going to talk about another topic that I'm working on myself that will also help you. It's called closing the loop.

Bailey sworn-in as state senator; excited to begin 102nd General Assembly

On the first day of the Illinois General Assembly, State Senator Darren Bailey (R-Louisville) has taken the oath of office and is beginning his first term in the Senate.

"I'm excited to get to work with my new colleagues in the 'upper' chamber and to finally get back to work for the people," said Bailey. "My goals as legislator remain the same, to fight for limited but effective government, to protect the freedoms we hold dear, and to stand up against corruption."

Bailey, a farmer and lifelong resident of Clay County, was elected to the Illinois Senate in November. He has been married for 34 years and has 4 children and 10 grandchildren.

Previously, he served in the Illinois House as the 109th District Representative since 2019. His current term in the Senate runs through 2022.

Bailey's time in the House was highlighted by his fight for limited government and personal freedom, particularly as an advocate for businesses and workers hurt by government-ordered closures.

Senator Bailey will continue to operate his district office at 152 S. Church St. in Louisville, and will also take over former Senator Dale Righter's district office at 88 Broadway Ave. Suite 1 in Mattoon. His website is available at SenDarrenBailey.com.



Senator Darren Bailey taking the oath of office.

Submitted photo

Good Riddance, Rodents.

BUSTED

Mice giving you a fright?
Call Crist Termite - they do it right!

The Sentricon difference. No more colony. No more problem.

Crist Termite & Pest Solutions, Inc.
David Crist
217-543-2890
207 N Oak Street Arthur, IL 61911

VISA MasterCard DISCOVER
https://cristtermite.com

LLC to host Nursing Virtual Information Week

Lake Land College will host a Nursing Virtual Information Week Jan. 25 through Jan. 28. Attendees will learn why Lake Land's Nursing programs are ranked third in the state, as well as the various options for a nursing career.

The informational sessions are customized to meet the interests of those considering a career in healthcare to those who have been working

in the nursing field for years and would like to advance in their careers.

The first session gives associate degree nursing students and associate degree nurses the opportunity to hear from nursing faculty members on options for completing a Bachelor of Science Nursing through completion and dual enrollment programs. The ADN to BSN session will take place at 6 p.m.

Jan. 25.

By attending the second session, current licensed practical nurses (LPN) can hear from nursing faculty members on the admissions process for the Associate Degree Nurse program. This PN to ADN Admissions Process session will be at 6 p.m. Jan. 26.

Those who attend the third event will hear from nursing faculty members on the admissions process and learn why Nursing Explorer ranked Lake Land College's nursing programs third in the state. This event is intended for prospective students. The

event will take place at 6 p.m. Jan. 27.

The final session will be a chance for high school students who have applied through the Partnership for College and Career Success program to hear from Lake Land College nursing faculty members on the admissions process for the Associate Degree Nurse program. Students eligible for the program have received invitation letters for the event and are encouraged to attend. This event will be at 6 p.m. Jan. 28.

To register for one of the sessions, visit lakelandcollege.edu/visit.

PORTER
Auto Body

Serving You at 2 Convenient Locations

1607 Madison - Charleston 2116 Lake Land - Mattoon
345-7832 234-8855

Tri-County Journal
(217) 253-5086