



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

Super Bowl weekend is here!

The Goat vs. The Kid

The Super Bowl is set to be a showdown between quarterbacks Tom Brady of Tampa Bay against Kansas City's Patrick Mahomes, the GOAT vs. the Kid. (GOAT means 'greatest of all time')

I copied that last sentence from Yahoo news and that is just about all I know about the 55th Super Bowl other than I am somewhat disappointed that the Clydesdales will not have their own commercial this year. A number of the usual advertising companies have elected to sit out this year's game and some of them are donating the millions of dollars they spend on the ads, to virus research and vaccine distribution. I think this is a very commendable idea

but Budweiser still had a four minute ad, which was pre released last week and dedicated to the front line workers.

I will miss the Super Bowl ads and have looked forward to them and the half time activities for years. Another article I read stated that people were not in a light hearted mood and the advertisers were concerned about what tone their ads should take. I, for one, was looking forward to a new Clydesdale commercial to lighten my heart. To me, those ads are executed so well that they are like mini movies and I watch them over and over. My all time favorite Super Bowl ad was the EDS Company "Cat Herding" ad. It was a take off or herding cattle in the wild, wild, west featuring cowboys on horses

herding hundreds of cats.

So for old time sake I have spent time on YouTube watching all the previous commercials and would still vote the "Cat Herding" and the "Goat" with all the Clydesdale commercials second. That is with the exception of the Budweiser frog commercial where the three frogs croak out "Bud "weis" "er". My son loved that ad and he spent months' trying to croak "Bud "weis" "er", like a frog.

In 2005, the "Animal Planet TV channel aired the first "Puppy Bowl" before the actual football game. "Shown each year on Super Bowl Sunday, the show consists of footage of a group of puppies at play inside a model stadium, with commentary on their actions. The puppies featured in the Puppy Bowl are from shelters. The entire program is designed to raise awareness about adopting pets from shelters and rescuing abandoned animals. According to its associate producer, about 53 hours of filming are needed to produce a single Puppy Bowl. On Febru-

ary 2, 2014, the Hallmark Channel partnered with New York's North Shore Animal League and Last Hope Animal Rescue to debut the Kitten Bowl during Super Bowl XLVIII" according to Wikipedia.

The top rated Super Bowl foods are chips and dips, pizza, chicken wings and fried chicken. One can always tell the Super Bowl is a couple weeks away by the giant displays in the grocery stores. Last year there was a huge push on ranch dressing and almost every grocery store I visited long after the Super Bowl, still had tons of it on their shelves.

According to a report released by the National Chicken Council, Americans will eat over a billion chicken wings this Sunday. Which dipping sauces will be used to accompany these wings? According to the same report, ranch dressing is easily the most popular choice. Frankly, we're surprised that the tangy salad dressing trumped the more traditional blue cheese (57 percent prefer ranch, whereas 35 percent prefer blue

cheese), which boasts a creamy texture that nicely complements the spiciness of hot wings.

The survey also states that Americans prefer barbecue sauce and hot sauce to blue cheese, which only beats celery as a wing add-on by one percent. <https://www.huffpost.com>

What will I be doing on Super Bowl Sunday? I will most likely be eating my usual Sunday pizza and chips while flipping TV channels.

In 2017 we vacationed in Banff, Canada and ate in a small restaurant close to the famous Fairmont Banff Springs hotel. We were surprised to see chips and dip on the menu and ordered it as a side dish. When it arrived I was in heaven, Hubby was not pleased because the dip was made with smoked salmon but he tried it because it was a Canadian staple, we were in Canada and he had ordered it in French. To my surprise he liked it and we made it many times since. If you would like to make a hit at your family Super Bowl party, I suggest you should try this smoked

salmon dip. It is great with chicken tenders as well as chips.

Enjoy the Super Bowl! Smoked Salmon Dip

- * 6 oz smoked salmon
- * 1 stalk celery hearts
- * 1/2 cup light sour cream
- * 1/2 cup light mayonnaise
- * 3 tablespoons finely chopped fresh chives
- * 3 tablespoons finely chopped green onions
- * 1 tablespoon minced fresh dill
- * 1/2 teaspoon finely grated lemon rind
- * 1 teaspoon lemon juice
- * 1 pinch salt
- * 1 dash hot pepper sauce

Method

Finely chop salmon and celery; place in bowl. Add sour cream, mayonnaise, chives, dill, lemon rind and juice, salt and hot pepper sauce; mix well. (Make-ahead: Cover and refrigerate for up to 2 days.) <https://www.canadianliving.com/food/recipe/smoked-salmon-spread-2>



REAL LIFE WELLNESS

By Dr. Bill Hemmer

How to Stay Motivated

For the last two weeks, I've described how to use your unique view of the world as a way to live your best life and stay motivated. No one looks at the world the same way you do. But if your current worldview isn't getting you where you want to go with your health, there are things you can do to mod-

ify your views to meet your health goals.

The first thing you must do is have a shift in your conscious awareness. In other words, you have to have an "Ah-Ha" moment about what you think about a specific idea. A great example for me was about 20 years ago. My nutritional education un-

til that point drilled into my head that dietary fat was bad and unless I wanted to die of heart disease, I should stay away from it.

As new research and multiple different experts began to explain how important dietary fats are to your health and that only trans fats and polyunsaturated fats are guilty of causing heart disease, my consciousness shifted and now I enjoy monounsaturated and saturated fats on a daily basis. I teach people every day about how heart healthy good fats are and how they keep your inflammation down, which keep heart disease from starting in the first place.

Once my consciousness shifted about fats, changes occurred in the way I felt and the energy I had. I began to lose weight and my focus became much better. I slept better and I wasn't hungry all the time. I did have to make changes in my digestive system to digest the increase in fat in my diet. This is a quite common obstacle to be overcome when people start to eat more fat. But I made the necessary changes in my digestive health and continued to enjoy my newfound energy and focus.

Once your consciousness shifts you need to support those conscious changes, plus there will be things you

need to address immediately to keep your new motivation going. To use the above example, I had to throw out all the margarine, vegetable oils and everything else that contained trans fats and polyunsaturated fats. I went and bought real butter and didn't worry about how many saturated fat grams were in my meals.

I also need to educate my family on my newfound shift in consciousness so they could understand and support me. This was another example of me going against popular belief, so it took some time and convincing. But, over time, they began to see the benefits also, so it all

worked out.

Once you change your worldview, make the necessary changes in your environment, and meet your immediate needs to support your change, your ability to keep the change going will be much easier.

Then, when your change has made your life better, you can begin to teach others about your success. This is always the best way to positively reinforce your motivation and create the new habit that will stick with you for a lifetime.

Just like I'm doing with this article!

How to contact Senator Darren Bailey's office

As he begins his first term in the Illinois Senate, State Sen. Darren Bailey (R-Louisville) is reminding constituents how to contact his office with questions or issues.

Senator Bailey's office at 152 S. Church, St. Louis, Mo., 62858, is still serving as his primary district office. The phone number there is 618-665-4109.

He is also opening a new district office at 88 Broadway,

Suite 1, Mattoon, Ill. 61938. This office can be reached by phone at 217-234-6139.

Senator Bailey's new Capitol office address is M103C Capitol, Springfield, Ill. 62706, and his phone number in Springfield is 217-782-6674.

To reach the Senator by email, individuals can reach him at Darren@SenDarrenBailey.com. His website is available at SenDarrenBailey.com.

Douglas County Agriculture for January 2021

By Larry W. Dallas, Illinois Farm Bureau District 12 Director

The main story for Douglas County agriculture in January has been the unexpected strength in grain prices. The U.S. Department of Agriculture Supply and Demand report that came out Tuesday, January 12 showed both a smaller crop size and smaller world stocks. At the same time sales of our grain into export markets have continued. We are the only nation with any big amount of exportable corn or soybeans right now.

Some think countries around the world are responding to the coronavirus by building both food and feedstocks. Russia has instituted both an export tax and export quotas on wheat to try to stabilize domestic bread prices, despite raising a good wheat crop last year. China continues to buy all types of commodities, including some they have never purchased from the United States in any quantity before this year. Most of our corn export increase this year has gone to China.

The weather problems we have talked about continue. The major growing areas of the U.S. remain dry. South American rain patterns are still spotty with many areas needing a good rain. They will start harvest a couple of weeks late because of delayed planting. Those supplies of corn and soybeans will come to the world later than usual and most people think in smaller quantities. Many areas of South America plant a second crop, usually corn. That two-week differential leaves the corn more susceptible to frost in what will be their fall.

there is grain moving off the farm. We have been hauling corn when the driveways are fit. The warmer than average temperatures have been nice, but a good freeze would be helpful in several ways. There are more than a few grain bins in the county that do not have all-weather access. Frozen ground would let us get to those.

In the last two wet springs we have compacted our fields. A good freeze would help to remove that. We planted both of those years in less than ideal conditions and put compaction into our fields with the tractor passes. These inhibit root growth and slow water infiltration. Water freezing and swelling in the soil will help take that out.

It is hard to know when to pull the trigger and sell the grain we have left. Prices are attractive, the best we have seen in years. Many farmers would like to hit near the top with their remaining crop and make up for the less than average sales early this year. Where to start selling the 2021 crop is on our minds too. Fall corn is a dollar cheaper than cash corn but it is a dollar higher than a lot was sold for this fall. If we come out of winter with continued dry weather this spring, prices might move on up.

Selling a crop at a profitable level seems harder than raising it. There are any number of people and companies that offer advice about the markets, both free and at a price. Our Farm Bureau Marketing committee has tapped a multitude of speakers over the years trying to educate ourselves about the markets. I have tried to access as many sources of information as

possible hoping to distill that knowledge into a useful plan of action. At least part of the time I may just have too much information.

There are possible bumps in the road with our higher price environment. High prices ration the demand for a commodity. You need less of an expensive item. Ethanol use is already down because of coronavirus shutdowns. High priced corn will hurt that industry even more. High prices may lead to increased planted acres too. We do not have that much land available to put into crop production, but South America does. The soybean growing areas of Brazil are not rain forest as most think but pasture with scrub trees growing in them. It is easily converted to row crops.

The fertilizer manufacturers and importers think that we might make more money this year and are hiking their prices to get part of that. There has been an upward trend in fertilizer prices since the fall. It might total only a few dollars an acre but that can be a large amount over a whole farming operation. Locking those nutrient prices in with application this fall looks like a good strategy.

Planning for the next growing season continues. A lot of seed has already been booked and paid for but there are herbicide and in-season fertilization programs to figure out. More than ever the characteristics of the seed you are planting and the weed control you use need to be coordinated. Toss in the weed species you need to control and possibly the crop you want to plant next year, and it becomes fairly complicated. It

becomes a complex field by field decision.

The seminars and meetings we usually attend in person are nearly all online this winter. They are still valuable for the most part. They can be viewed at any time unless you want to be interactive during the presentation and you save the road time to and from the meeting. There is not the chance to interact with other attendees and discuss the presentation. That can be as important as the presentation itself.

The American Farm Bureau Federation was virtual during the second week of January. I was able to view parts of it and participated in the delegate session. It had the glitches you might expect but overall, we are fortunate to have the technology to allow these virtual meetings and educational sessions.

If you are a regular reader of these local newspapers, you are aware that I was elected to the Illinois Farm Bureau Board in December. Illinois Farm Bureau has 18 districts. We are in District 12 with Champagne, Edgar, and Vermilion counties. Traditionally, a president resigns from his county duties when he goes on the state Board and I have done that. A person might do both, but I do not want to try. I plan to continue to write this column unless someone from Douglas County Farm Bureau wants to take it over. The byline will change to Illinois Farm Bureau District 12 Director and the scope may become a little wider.

Thank you for reading about Douglas County Agriculture this month.



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