



MEMORIES MUSINGS

By Cheri Sims
Cheri lives, writes and gardens in Charleston.

I thought I would die laughing at a recent news story about a popular social media site sanctioning an 81 year old British woman for hate speech as she was posting about the knitted white piglets she was making for charity. I rush to state that a couple days later, after further investigation and causing her much anxiety, the social media site apologized to the woman and admitted that their "robots" made a mistake. The report continued to state that this woman had joined a knitting group after the death of her husband; she was a retired teacher who had never even had a late library book. I really feel bad for this lady and would not be surprised if she never posted again.

I am concerned that social media and the "bots" and the watchdogs are far stepping the bounds and am so glad that Hubby expressed his concern, to me, back in 1996 when we got our first computer. He was adamant in his hesitation about those

early chat rooms and posting boards and encouraged me not to give out vital information. I am glad I followed his direction back then.

Since that time I will admit I have participated in a few social media sites but a couple years ago I decided it would be best just to be a watcher and not a poster. I do find it enjoyable to read what my friends and family are doing but posting one's whereabouts is not the safest thing to do. I love seeing all the pictures of the family but it also concerns me that those pictures might be used for unsavory purposes. This all ties in with the article I wrote a while back about robo and scam phone calls.

Speaking of scam calls, there is a new Social Security robocall floating around the nation and if you receive one telling you that your Social Security number is in jeopardy; just hang up! I received four of the same call in one day last week; two on my home phone and two on my cell phone. No one knows



how they get our numbers because as I mentioned they are registered on the US Gov "Do not call" list. I called the Effingham Social Security office and was told that the Social Security office does not call people. They also gave me the Social Security National fraud number to call if you receive one of these calls; 1-800-269-0271. Please don't hesitate to report these calls; who knows, your reporting just might be the one that breaks the case.

I am writing this article with ants in my pants. The temperature outside is 49 degrees and I am itching to go outside and play in the mud. I know this is just a small break in winter but it sure feels good to see the sun and not all the snow and ice. The birds are singing, which is a definite sign spring is just

around the corner and I will admit to doing a little garden clean-up today, I just could not wait any longer. I have so many garden plans I am anxious to get started on but I realize this is just a teaser week.

My herbs did so well in the containers that I experimented with while working on the new old house last year that I have decided to expand the container gardening. Unfortunately, the north side of the house proved too shady and wet for some of my transplanted things so I will have to invest in some new plantings. Oh Boy! The fun thing about gardening is that unlike many things in life one does get "do overs". I have decided to try my hand at Hydrangeas again; my country Hydrangea garden failed miserably because they

became food for the deer. I don't really mind, they went to a good cause. Sometime in my life I would like to grow at least one successful blue Hydrangea like the ones we used to see in Maine. Perhaps this is my time.

A couple weeks ago I shared a pickle pie recipe and received many email and text messages from readers who remembered the pie or wanted to try it. This week I thought I would share another unusual recipe, Wieneroni casserole. Yes, you read that right but the funny thing is that my mom made this all the time when I was a kid and I did not think it was odd at all. We called it wieneemac.

By the way if you have a recipe for vinegar pie that does not call for eggs, please send it to me. My friend has looked for a long time to find

a recipe like the one her Mom made but so far all the ones she has tried were just not right. Bonnie, let's see if the readers can help! (ccsims@consolidated.net)

Wieneroni casserole


Ingredients

- * 1/2 pound bacon, diced
- * 1/2 cup chopped onion
- * 4 tsp Worcestershire sauce
- * 1 cup Karo All-Purpose Syrup (dark corn syrup)
- * 3/4 tsp salt
- * 1/4 tsp paprika
- * 1/3 cup lemon juice
- * 2 cups water
- * 1-1/2 cups chili sauce
- * 1 pound frankfurters
- * 1 tablespoon Argo Corn Starch
- * 2 tablespoons water

Directions

Combine bacon and onion in a skillet, fry until bacon is crisp and the onion is soft. Drain off excess fat. Stir in Worcestershire sauce, KaroSyrup, salt, paprika, lemon juice, water and chili sauce. Bring to boil. Reduce heat; cover, simmer for 10 minutes.

Add franks, simmer until franks are hot, about 8 minutes. Blend corn starch with 2 tablespoons of water, stir into sauce; stir and boil 1 minute. Serve on hot spaghetti, ziti or any other macaroni. Makes 5 to 6 servings. <https://clickamericana.com/recipes>



REAL LIFE WELLNESS

By Dr. Bill Hemmer

Take Out Your Parasite Trash!

A few weeks ago, I talked about how much parasite trash (I called it Viral trash a few weeks ago, but I think parasitic trash is a more appropriate description) you are carrying right now? This concept is extremely important because we all carry nasty bugs that have infected us over the years and continue to lead to problems now and into the future. This is

important to understand because this trash has a huge impact on your ability to recover completely from a COVID-19 infection.

Since humans have been on Earth, different types of parasites have infected us and have found ways to stay inside of us forever. Shingles, HIV, Herpes and Lyme's are just a few of the parasites that have evolved to live inside of

us and avoid being killed by our immune system by hiding themselves inside our tissues. The more parasitic trash you carry around, the higher your chances of adding Covid-19 trash to your list.

The more trash you carry, the better your chances of having long-hauler COVID-19 problems if you do get infected.

So, the question becomes, how can you take out as much parasite trash as possible before or after you have been infected? The answer is really boring and simple but is one of the hardest things you will ever do. You must live a high-quality healthy lifestyle forever...not for a month or two. The better

your quality of life, the more parasitic trash you can take out. This is true regardless of your age, gender, income or background.

Your diet, fitness level, sleep habits and social interactions will dictate how much trash you can take out and how much you will carry around long term. Of course, there are different targeted treatments to speed up taking out your trash and keeping your trash heap low. These short-term targeted treatments can come in many different forms. Some treatments are supplement based. Others are whole body based, such as, using an infrared sauna. Others are medication-based, such as chemo-

therapy or chelation therapy.

I have found the most effective long-term solution to taking your parasitic trash out and keeping your parasitic load low is living the healthiest lifestyle you can and then periodically using a supplement-based approach to remove any extra trash that accumulates over time. This supplement-based approach also includes staying hydrated all the time. Most people don't concern themselves with their water intake, but it is one of the most important things you can do every day to stay healthy.

Your parasitic trash swims in the extracellular spaces between your cells. When you don't have enough

water between your cells, the trash gets stuck and embedded in the space between your cells and you can't clear them. The more water you have available, the more space there is for your immune system and the supplement-based approach to find, kill, and then clear those nasty bugs from your system.

So, if you want to keep your parasitic trash from piling up, do everything in your power to live a healthy lifestyle and periodically use a supplement-based approach to clean up any extra parasites you might have caught since the last time you did it.

So when is your next trash day?

Eastern Illinois University's Booth Library CSI offers technology for checkout

Eastern Illinois University's Booth Library has announced the opening of its Center for Student Innovation. The CSI includes a new Technology Checkout Station, an Active Learning Classroom and Design Lab.

The CSI is located on the first floor of Booth Library, on the east side of the atrium. At the Technology Checkout Station students can check out laptop computers, MiFi hotspots, webcams, microphones/speakers

and GoPro Fusion 360 cameras. Students with a valid Panther Card can check out the technology for a limited time period.

The Technology Checkout Station is open from 3 to 8 p.m. Sunday through Thursday in the CSI. For more information visit <https://www.eiu.edu/booth/csi/tech.php>. Funding for the technology checkout program was provided through the Governor's Emergency Education Relief (GEER) fund.

"It became apparent at the start of the pandemic that many students didn't have

access to the technology they needed when all classes transitioned to remote learning," said Zach Newell, dean of Library Services. "Thanks to GEER funding, we now can help alleviate that by offering various pieces of equipment available for checkout."

Renovation of the first phase of the CSI project – the Active Learning Classroom, Design Lab and breakout rooms – was completed in November 2020 and was made possible thanks to a grant from the Charleston Area Charitable Foundation. The renovation included

new flooring, electrical and Internet upgrades, updated lighting and paint.

The space is home to a variety of new technology, including a podcasting studio, gaming computers, 3D printers, Google jamboard, large computer monitors and a green screen, purchased with a grant from the Illinois State Library.

"Our goal is to provide our students and scholars with services and spaces to make their academic pursuits engaging, productive, and enjoyable," Newell said. "Although the pandemic has delayed the implementation

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of activities in the CSI, we look forward to opening the space to students, faculty and the community so they can learn, experiment and innovate."

For more information about the Center for Student Innovation, visit the website at <https://www.eiu.edu/booth/csi/index.php>.

For more information about EIU, or to learn more about its growing assortment of programs and services, visit the university's website at www.eiu.edu, or call EIU's public information office at (217) 581-7400.

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Master Gardeners to host tree pruning workshop

Proper pruning is important to the long-term health of fruit trees. It can reduce the occurrence of diseases and increase fruit quality. Knowing when to prune, what to prune and how to do it can be daunting. Join us at the Moultrie-Douglas Extension office for a fruit tree pruning workshop. Local Food Systems and Small Farms Educator Doug Gucker will teach proper fruit tree pruning and training techniques along with different types of pruning cuts, training systems, and proper fruit thinning approaches.

This workshop will be held on Saturday, March 20 and will begin with classroom instruction at the University of Illinois Extension office in Arthur, 304 E. Progress St., at 10:00 a.m. We will then travel to a local residence for hands-on techniques.

Workshop participation is limited to 20 individuals. To register, please call the Moultrie-Douglas Extension office at 217-543-3755 and leave a detailed message

with your name and phone number. Social distancing will be practiced, and masks required. Please bring gardening gloves, pruners if you have them, and drinking water.

If you will need an accommodation in order to participate, please email uieccdms@illinois.edu. Early requests are strongly encouraged to allow sufficient time to meet your access needs.

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Osteoporosis information the from LifeSpan Center

Osteoporosis is a debilitating disease affecting the bones. It starts as a silent disease. Bones become very brittle and break easily.

Osteoporosis occurs when bones do not contain enough calcium and minerals or the body does not make enough. This causes bones to look very porous and contain large holes.

The large holes indicate bone density is low and there is simply not enough mass. Bones with less density break more easily. Osteoporosis is more common in women.

In the beginning, there may be bone loss, but no pain or other physical symptoms. A person could have continued bone loss over several years before finding out and over time the condition becomes more serious. A hunched back is another common symptom of later-stage osteoporosis.

The following are some risk factors of osteoporosis:

* Women are at a higher risk for osteoporosis than men and the risk factors increase after women go through menopause because estrogen levels decrease.

* Having family history of the disease increases the risk.

* Smoking and consuming alcohol can also increase the risk.

Excessive dieting can be harmful if not enough of calcium is consumed. Calcium makes up the major part of your bones and helps keep them healthy. Vitamin D enables your body to absorb calcium.

Knowing the risk factors and symptoms can greatly reduce one's chance of getting this disease. Talk to your doctor about getting a bone density test.

Some doctors say women age 65 and men age 70 need to be tested. Some doctors think a test should be done at a much younger age.