



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

St. Patrick's Day is Wednesday, March 17 and one of my favorite holidays for unique recipes. My Dad was of Irish heritage and in later life took great pleasure in researching his ancestry before it became the popular thing to do. He had suffered a stroke and part of the physical therapy on his hands was to learn to type on the computer but it seemed boring to him so I suggested that he find something to research. After a bit of web surfing he landed on an Irish web site and everything fell into place. The research kept him interested in typing and the therapy worked wonders.

He discovered that "the name McGarry has changed considerably in the time that has passed since its genesis. It originally appeared in Gaelic as MagFhearadhaigh, derived from the word "fear-adhach," possibly meaning "manly." Daddy loved that his name meant a "manly man" since he was only 5'4". We would try to pronounce "Mag Fhearadhaigh" and laughed every time our tongue twisted on the words.

The surname McGarry was first found in Connacht (Irish: Connachta, (land of

the) descendants of Conn), where they held a family seat from ancient times. During the Middle Ages, a standardized literary language known by the general population of Ireland was a thing of fiction. When a person's name was recorded by one of the few literate scribes, it was up that particular scribe to decide how to spell an individual's name. So a person could have several spelling variations of his name recorded during a single lifetime. Research into the name McGarry revealed many variations, including Garry, Garryh, Hare, O'Hare, O'Hehir, MacGarry and others. Thousands of Irish left in their homeland in the 18th and 19th centuries to escape the religious and political discrimination they experienced primarily at the hands of the English, and in the search of a plot of land to call their own. These immigrants arrived at the eastern shores of North America, early on settling and breaking the land, and, later, building the bridges, canals, and railroads essential to the emerging nations of United States and Canada. Although there had been a steady migration of Irish to North America

over these years, the greatest influx of Irish immigrants came to North America during the Great Potato Famine of the late 1840s. Early North American immigration records have revealed a number of people bearing the Irish name McGarry or a variant listed above <https://www.houseofnames.com/mcgarry-family-crest>

Hubby and I were interested in one fact Daddy uncovered, "Mr. William McGarry, aged 45 who was emigrating through Grosse Isle Quarantine Station, Quebec aboard the ship "Marchioness of Bute" departing 10 June 1847 from Belfast, Ireland; the ship arrived on 31 July 1847 but he died on board" Daddy was doing this research just before one of our Canadian trips so we decided to drive to the Grosse Isle area which is about fifty miles north of Quebec City on the Eastern Shore in the St. Lawrence River. Unfortunately the Irish Historic Site was closed the day we arrived but it was fun to eat at a local restaurant and drive around the historic town. We also discovered that there is a surprising amount of Irish history in French speaking Quebec. Isn't history fascinating?

"Wearing of the green", did you know that the color blue was associated with the Irish before the color green was adopted as the color of choice? Why was green chosen you might ask: "According to the Irish government, green on the national

flag symbolizes the Gaelic political and social order of Ireland or the Catholic side while orange symbolizes the followers of William of Orange in Ireland or the protestant side." Isn't history fascinating?

Irish food history is equally interesting and the web site "The History of Irish Food in a Nutshell" is good read. I especially enjoyed reading about their life before the potato. Irish butter is the best I have ever eaten and some of their traditional desserts are great. We were fortunate to be in Grosse Isle during rhubarb season and I had the most delicious slice of rhubarb tart with a shortbread crust and I found the recipe while researching Irish foods. Not all Irish foods have whisky or Baileys Irish Cream in them even though those foods are common to Irish culture.

Happy St. Patrick's Day! Rhubarb Tart with Shortbread Crust

- Ingredients**
- * 3-3/4 cups chopped fresh rhubarb (about 1-1/4 pounds)
 - * 1/4 cup sugar
 - * 2 tablespoons water
- Crust:**
- * 1 cup all-purpose flour
 - * 1/2 cup ground pecans
 - * 1/2 cup cold butter, cubed
 - * 1/3 cup confectioners' sugar
 - * 1/4 teaspoon salt
- Curd:**
- * 6 large egg yolks
 - * 1/2 cup sugar
 - * 1 tablespoon lemon

- juice
- * 1-1/2 teaspoons grated lemon zest
 - * 5 tablespoons butter, cubed
 - * 4 drops red food coloring, optional
 - * Additional confectioners' sugar
- Directions**
- * In a large saucepan, bring rhubarb, sugar and water to a boil. Reduce heat; cook and stir until thickened and rhubarb is tender. Cool slightly. Transfer to a food processor; cover and process until mixture is smooth; set aside.
 - * For crust, place the flour, pecans, butter, confectioners' sugar and salt in a food processor; cover and process until crumbly. Press onto the bottom and up the sides of an ungreased 9-in. tart pan with removable bottom. Bake crust at 350° for 18-20 minutes or until lightly browned.
 - * Meanwhile, in a small heavy saucepan over medium heat, whisk the egg yolks, sugar, lemon juice, zest and rhubarb mixture until blended. Add butter; cook until butter is melted, whisking constantly. Stir in food coloring if desired; pour into prepared crust.
 - * Bake at 350° 12-15 minutes longer or until center is almost set. Cool completely on a wire rack. Refrigerate for at least 1 hour. Just before serving, dust with confectioners' sugar. <https://www.tasteofhome.com/recipes/rhubarb-tart-with-shortbread-crust/>

- Colcannon**
- Ingredients:**
- * 4 medium-sized potatoes, such as Yukon gold
 - * 4 ounces Saga Bleu, diced
 - * 2/3 cup milk or half and half
 - * 1 small onion, thinly sliced
 - * 1 cup shredded cabbage
 - * 1 tablespoon extra virgin olive oil
 - * 1 tablespoon butter
 - * 1 lemon, zested
 - * salt and freshly ground black pepper
- Directions:**
1. Put the potatoes into a large pot, cover with water, and bring to a boil over medium heat. Salt the water and cook the potatoes until tender.
 2. While the potatoes are cooking, heat extra virgin olive oil and butter in a separate saucepan. Once the butter starts to melt, add the onion and cabbage and cook on medium until they soften and caramelize, about 5 - 8 minutes.
 3. Once potatoes are done (when they are tender), drain and return the potatoes to the hot pot. Add the Saga Bleu, the caramelized onions, the cabbage, and the milk. Toss to coat the potatoes (the mixture will look slightly mashed).
 4. Stir in the lemon zest and season with salt and pepper, to taste.
 5. Transfer to serving bowl and serve! <https://www.amazinggoodwill.com/>



REAL LIFE WELLNESS

By Dr. Bill Hemmer

What Should You Eat?

Isn't this the question everyone asks themselves? Keto? Paleo? Mediterranean? How do you know?

I have been looking into this question for my entire 32-year career, and I still can't give you an answer, until we have a conversation. Personally, I have found a combination of Paleo and Intermittent Fasting is best for me to keep

my weight where it belongs. My wife tried the same kind of diet and she about shot me because she didn't lose any weight and she was tired all the time.

I listened to a podcast over the weekend that gave me the best overall advice about diet I have ever heard. This advice is relevant for every person, in every climate,

in every society. This advice has been given for over 200 years and has always worked if you stick to it.

So, what is this transformational advice?

Eat locally, seasonally, organically, and modestly. First, eating locally means, we as humans began getting our nutrition by hunting and gathering. We ate what we could kill, pull out of the ground, pick off a tree and catch. Our genes adapted to this diet over hundreds of thousands of years to extract vitamins, minerals, and amino acids.

It has only been in the last two thousand years or so, that we have been able to

do anything different. Plus, it has only been the last two hundred years or so that we have been able to refrigerate and transport foods from far-away lands for us to eat. Both amounts of times are drops in the bucket of ancestral time. Our basic genetic blueprint cannot change in that short time.

What can change and has led to most of the problems with diet we all face, is called epigenetics. Epigenetics refers to turning on or off different genes by the foods you eat. Think of your genes as your hardware and your epigenetics as your software.

We have all been hardwired to eat the types of

foods our hunting and gathering ancestors ate. So, two thousand years ago, the software and the hardware were the same. There was no other choice, you had to eat what you could kill or gather locally. Then, about two hundred years ago, foods began to be refrigerated and transported, all the sudden, a new software could be installed and tried to talk to our ancient hardware.

This has led to what I call "The Great Food Experiment" of the last 200 years. Preservatives, additives, dyes, and fillers have been added to our food so they could be transported and not go bad. These chemicals

change the message your food is supposed to communicate to your body.

As we all know, those software changes have not helped our body's over the last 200 years. We are fatter, sicker, and less vital than we were before "The Great Food Experiment" began. Next week, I will continue this conversation by talking about the other 3 factors, seasonal, organic, and modestly eating.

You can get to your healthy weight again. But it is not by simply eating less and exercising more. I will talk about that more next week.

Eastern Illinois University receives First-gen Forward designation

National honor for commitment to first-generation student success

The Center for First-generation Student Success, an initiative of NASPA – Student Affairs Administrators in Higher Education and The Suder Foundation, recently announced Eastern Illinois University as a member of its 2021-22 First-gen Forward cohort. As a member of the cohort, EIU joins a devoted community of higher education professionals dedicated to sharing evidence-based practices and innovative resources that will continue to advance the success of first-generation students throughout

Illinois and across the country.

The First-gen Forward designation recognizes institutions of higher education who have demonstrated a commitment to improving experiences and advancing outcomes of first-generation college students. Selected institutions receive professional development, community-building experiences, and a first look at the Center's research and resources.

"First-gen Forward Institutions contribute to a national movement of two-

and four-year institutions dedicated to advancing the success of first-generation students; redefining student success as a movement. We commend Eastern Illinois University for their leadership and look forward to witnessing continued progress throughout their participation," offered Dr. Kevin Kruger, president and CEO of NASPA.

"The Center is so pleased to welcome Eastern Illinois University into the 2021-22 First-gen Forward cohort. Through the application process, it was evident that EIU is not only taking steps to serve first-generation students but is prepared to make a long-term commitment and employ strategies that foster an environment of success for this important population," added Dr. Sarah E. Whitley, assistant vice president, Center for First-generation Student Success.

As a First-gen Forward Institution, EIU faculty and staff will be afforded multiple opportunities to engage

with peer institutions who are also creating environments that improve the experiences and outcomes of first-generation students. Selected institutions will send representatives to the First-gen Forward Workshop slated for early June and will participate in monthly phone calls, virtual professional development, goal setting, blog development, annual reporting, and more. After two successful years in the program, institutions are eligible to apply for the Advisory leadership designation.

EIU President Dr. David Glassman shared his excitement at hearing of EIU's inclusion in the cohort. "Eastern Illinois University is absolutely thrilled to be recognized as a First-gen Forward organization by NASPA, and even more thrilled to join other like-minded, high-caliber institutions dedicated to advancing the success of our nation's expanding pool of first-generation students," Glassman said. "I'd like to

thank [Executive Director of EIU's Office of Inclusion and Academic Engagement] Dr. Mona Davenport and her team for helping EIU earn this distinction."

Research by the Education Advisory Board, a best practice research, technology, and consulting agency based in Washington, D.C., suggests that nearly a third of U.S. undergraduates are first-generation students, meaning they are the first members of their family to attend college. As higher education journalist David Haney points out, these students desire the practicality of safe, affordable, supportive, and community-engaged institutions. And because many of these students are already involved in their local civic and faith communities, their on-campus presence can be responsible for boosting local and regional economies as well.

Josh Norman, associate vice president for Enrollment Management at EIU, hinted that Eastern's status

as a First-gen Forward institution may encourage even more prospective students to consider EIU in Fall 2021.

"EIU is already known for its welcoming, inclusive, and inviting culture, personal attention, and incredible student support infrastructure, and I believe the First-gen forward designation clearly demonstrates our commitment to the success of each and every student on our campus," Norman said. "That demonstrated commitment is something that truly resonates with prospective students and their families."

To learn more about the Center for First-generation Student Success, visit first-gen.naspa.org.

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.

Good Riddance, Rodents.

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Scholarship open for agriculture students

For many years, the Douglas County Ag Center has provided scholarships to deserving agricultural students in Douglas County. Funds are derived from lease income from the center. The Douglas County Ag Center committee will once again be accepting applications for the scholarship.

"At our last meeting, our committee voted to change the name of the scholarship

to the Dale Bateman Memorial Ag Scholarship," says Ag Center chairman, Dennis Ochs. "Dale served as Ag Extension adviser in this county for many years. Before the world of the internet and electronic technology, he was the resource to use when a person had a question about farming."

Bateman was instrumental in the planning and building of the current Douglas

County Ag Center.

Requirements for this scholarship are: 1) resident of Douglas County; 2) course of study is agriculture; and 3) in at least their second semester or more as a student. Advanced degree Ag students are also encouraged to apply.

Interested college students need to supply college grade transcripts, resume, and information indicating career intent in the field

of agriculture. Applications may be mailed or turned in by March 15th to: Dale Bateman Memorial Ag Scholarship c/o East Central IL Farm Business Farm Management at 900 South Washington St., Suite B — Tuscola, IL 61953.

For more information, contact Dennis Ochs at (217) 202-2333 or Pat Titus at (217) 202-5204.