



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

Exciting news from across the pond; Queen Elizabeth has two new Corgi puppies. I bet you thought I was going to write about Prince Harry and his wife. The Queen received her two new puppies a couple days after her husband; Prince Phillip went into the hospital with heart problems. Reportedly, the Queen had stated a couple years ago that she would not replace any of her dogs due, in part, to her advanced age and her fear of falling after knee surgery but, as I have, discovered it is hard to live without animal friends.

The Queen's family has always been fond of the breed and HRH has owned thirty Corgi dogs throughout her reign. All of her puppies were descendants of her first Corgi. The two new Corgis are not of that line but are said to have impeccable lineage. "Crackers was one of the Queen Mother's corgis, and nearly a constant companion; he retired with the Queen Mother to the Castle of Mey in Scotland. In 1944, Elizabeth was given Susan as a gift on her 18th birthday. Susan accompanied Elizabeth on her honeymoon in 1947. The corgis owned by the Queen are descended from Susan. Rozavel Sue, daughter of

Rozavel Lucky Strike, an international champion, was one of the Queen's corgis in the early 1950s". (Wikipedia)

My family had dogs and cats when I was little but somehow Hubby and I became cat people. We always said we would have a dog if we ever moved to the country but when we did move we had three cats and Hubby did not want to add another animal to the household. I have always been afraid of dogs since a German Sheppard bit me when I was eight and a Dachshund bit me when I was in my teens. I have worked really hard to overcome that fear and have succeeded somewhat.

I have recently met a new puppy friend who just came to live next door. He is a little ball of black fur named Pepper and I have learned that he is a Bernedoodle which is a Bernese mountain dog and a standard Poodle mix. The first time I saw him he was pretty small, the second time I saw him I was able to play with him; I swear he tripled in size in just one week. I decided I had better make friends with him, now, because fairly soon he will be bigger than me! Pepper focused on my thumb and when he took it in his mouth he decided to

try to try to pull me around with him. It was the cutest thing I have experienced in a long time.

I was thrilled to discover he was part Bernese mountain dog because Hubby and I had an encounter with a full grown black one many years ago on a Canadian trip. We were staying at a small hotel in Sainte Adele, Canada and there was a lake behind the hotel complete with paddle boats. After dinner we decided to take a boat ride and on the far side of the lake we noticed a couple with a huge black dog playing in the water. We stopped our paddle boat to watch the dog and were amazed when he came out of the water; he was the largest dog we had ever seen. We were able to talk to the owners who told us the dog was a Bernese mountain dog and that his father was even bigger. They also told us that these dogs are usually tri color, brown, black and white but that dog was all black "These dogs were originally bred for pulling dairy carts and for herding cattle and sheep. Bernese Mountain Dogs are also known by the names Berner Sennhund and Bernese Cattle Dog. They faced near extinction by the end of the 19th century". <https://www.akc.org/>. It will be fun to watch pepper grow.

Mitten kitten and Pitou have also discovered the new neighbor. They seem to know when he is outside playing and I will find them high on their cat condo watching out the window. We also have another new puppy on the other side of

our house. He is a Pit-bull puppy but I have yet to meet him. Pepper has three cat friends in his home and he seems to like playing with them. We also have a couple new stray cats who have been visiting so this looks to be a fun summer with the animals.

Speaking of Queen Elizabeth, while researching her love for dogs I happened on a website about Easter traditions in the UK. Easter is on April 4 this year and it has crept up on me. With just over two weeks to plan Easter dinner I thought I should start my yearly recipe search. The search led me to a Royal Pastry Chefs website revealed the Queen's favorite Easter biscuit (cookie) recipe; then to a page on Royal Easter cakes and Royal Easter egg pages but the recipes were so complicated I was sure I would make a mess instead of a dessert. Changing the equivalents in cakes usually is a disaster for me. (<https://www.sheknows.com/food-and-recipes/articles/2216218/queen-elizabeth-spiced-easter-biscuit-recipe/>).

One recipe I found interesting is a Citrus cornmeal cake recipe. I checked a couple of my favorite USA based web sites and found a recipe for this cake. This Easter I am making one of my very favorite French Canadian recipes; Grands-Peres au Sirop d'Erable or (Canadian Maple Syrup Dumplings). If you have never had a maple syrup dumpling then I highly recommend that you try them, at least once! Hubby and

I have eaten these dumplings all over Canada and the northern USA. They are better than doughnuts, if you can believe that; but are not as greasy and filling. I thought they just might make a nice change of pace from the traditional pies I make.

Enjoy!

Grands-Peres au Sirop d'Erable (Canadian Maple Syrup Dumplings)

Ingredients

- * 1 1/2 cups all-purpose flour
- * 1/2 cup white sugar
- * 2 tablespoons baking powder
- * 1/2 teaspoon salt
- * 1/4 cup margarine
- * 1 cup milk
- * 1 cup maple syrup
- * 1 cup water

Directions

* Step 1: Combine flour, sugar, baking powder, and salt in a bowl. Rub in margarine until mixture is crumbly. Add milk and mix until a smooth dough forms.

* Step 2: Combine maple syrup and water in a large saucepan over medium-high heat and bring to a boil. Scoop the dough into dumplings using an ice cream scoop and drop gently into the boiling syrup. Reduce heat to low and simmer, keeping saucepan covered, until dumplings are cooked but not gooey and syrup has thickened, 10 to 15 minutes. <https://www.allrecipes.com/recipe/260814/grands-peres-au-sirop-derable-canadian-maple-syrup-dumplings/>

Citrus Cornmeal Cake (British)

Ingredients

- * 1/2 cup lemon yogurt
- * 1/3 cup honey
- * 1/4 cup olive oil
- * 1 large egg, room temperature
- * 2 large egg whites, room temperature
- * 1/4 teaspoon almond extract
- * 3/4 cup all-purpose flour
- * 1/2 cup cornmeal
- * 1 teaspoon baking powder
- * 1/2 teaspoon grated orange zest
- * 1 can (15 ounces) mandarin oranges, drained
- * 3 tablespoons sliced almonds

Directions

* Coat a 9-in. fluted tart pan with removable bottom with cooking spray. In a large bowl, beat the yogurt, honey, oil, egg, egg whites and extract until well blended. Combine the flour, cornmeal and baking powder; gradually beat into yogurt mixture until blended. Stir in orange zest.

* Pour into prepared pan. Arrange oranges over batter; sprinkle with almonds. Bake at 350° until a toothpick inserted in the center comes out clean, 25-30 minutes. Cool on a wire rack for 10 minutes before cutting. Serve warm or at room temperature.

<https://www.tasteof-home.com/recipes/citrus-cornmeal-cake/>



REAL LIFE WELLNESS

By Dr. Bill Hemmer

What Else Should You Eat?

Last week, I talked about how we all should be eating like we did 3,000 years ago. When we hunted and gathered our food from the environment. Our genes had been accustomed to digesting and metabolizing this food for 100,000's of thousands of years. Our bodies knew exactly what to do with this food and how to use it.

3,000 years is a spit in the bucket in the course of humanity, and back in the 1990's, another very important discovery occurred. It's called Epigenetics. Epigenetics describes a layer of control found between our environment and our genes. In other words, what we eat and the environment we are in, controls how our genes

work (or don't work) towards being healthy.

Before the discovery of Epigenetics, our environment and what we ate, weren't seen as near as important as it should have been. The Great Food Experiment which has occurred since the 1920's (which I talked about a few weeks ago) totally ignored the environmental impact our food has on our genes. The Great Food Experiment's focus was all about shelf life and quantity over quality. The more food they could produce, for the lowest price and could sit on the shelf without going bad, the better it was for the food companies.

This has led to us being overfed and under nutritious. If the food we eat isn't in sync with our genes, then our body can't function as it should. So, since the 1920's, much of our food has been modified to increase shelf life and profitability. This goes against 100,000's of thousands of years of what our genes are used to.

Back in the 1940's, Nutrition pioneers, such as Weston Price, Dr. Francis Pottenger and Royal Lee, described the effect local food sources had on different cultures of people around the world. They proved that in one or two generations, many harmful physi-

cal changes in people occur. Their work and discoveries fell on deaf ears, because the food companies were very profitable and powerful at the time.

Therefore, we have all been eating foods our whole life that aren't locally sourced. We eat food from all around the world, all the time. It doesn't matter the season of the year. It is available to us. We are all currently in the third or fourth generation of people who have been eating this way.

If you look at the famous Pottenger cat studies, it was in the third and fourth generations of cats that showed severe physical changes that

made these cats very sickly and weak. Then it took three or four generations of feeding those cats a local, whole food diet to return those cats back to health.

We need to be thinking about the same thing. Eating local, seasonal whole foods turns on the right Epigenetic switch to health. We didn't know about this until about 20 years ago. But, now that we do, it's time to be the first generation of people who bring our children and grandchildren back to a healthy baseline. The great news is that all you have to do is eat real local food!

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Submitted Photo
The Regional Office of Education #11 recently recognized Illinois State Police Trooper Tracy Lillard with the 'Friends of Education' award. Tracy Lillard has dedicated her career to public safety and service. Currently, Tracy is the statewide social media coordinator for the Illinois State Police. She conducts national presentations on safety and effective use of social media for students, administrators, and the community. Her educational, thoughtful, and fun social media posts reach tens of thousands of people bringing attention to important law enforcement topics.