



# MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

Oh my Goodness! I just heard a TV news report that there is a catsup shortage! The world will surely end now, first a toilet paper shortage and now catsup. What will we do?

I logged on to Fox.com and the New York Post web sites and read: "Prices for ketchup packets have gone up 13 percent since January 2020, according to data from Plate IQ, a restaurant industry technology platform, as reported by The Wall Street Journal. A shortage of America's favorite condiment is the latest to hit the foodservice industry amid an increased demand for takeout amid the ongoing coronavirus pandemic". Further reading informed me that there is also a shortage of pepperoni and "COLORADO PARK RANGER POSTS MESSAGE WARNING GUESTS NOT TO FEED PIZZA TO MOOSE!" Do you suppose

that not feeding pizza, which must contain catsup and pepperoni, to a moose, will solve catsup shortage?

Speaking of food, I am getting a bit tired of shopping in big box stores and for the last couple years I have traveled around to a lot of the little grocery stores in our area. I am particularly fond of IGA in Tuscola, Jerry's in Sullivan, My Store in Mattoon, Martin's in Effingham and Rick's in Villa Grove. I also like shopping at the IGA and Beachy's in Arthur and visiting the Butcher shop in Charleston, Morgan's Meat in Mattoon and Dutch valley meats also in Arthur.

I am so thankful that these smaller stores are still going strong and I can soak up the ambiance of a family run grocery. I have perused my grocery bill and have found out that except for the gas cost of driving to these stores I don't spend as much

money as I do at the larger stores. Driving to all these stores has been a mental life saver during this last year where grocery shopping has been just about the only thing we can do outside our homes. My appreciation and respect goes out to all these owners and employees for their continued service to their customers.

The friendliness one feels in the smaller stores is so reminiscent of my childhood; everyone talks to each other, some of the clerks remember your name if you are a frequent shopper and I don't feel like I am interrupting a clerk if I need help. When I was a kid, my Dad knew everybody in the stores. He was a food salesman and no one was a stranger to him and we had the most fun shopping. It was an event not a necessity to go to the store. Somewhere along the years going to the store became a chore. When the big stores started cropping up they were a novelty but that soon wore off with the hassles of trying to find a parking place, never being able to find the products needed and trying to get help was mostly nonexistent.

Don't get me wrong, there are advantages to the one stop shopping stores;

sometimes I don't want to drive to three or four places to get groceries, drugs, hardware and automotive products. I appreciate that we still have the choice to shop in both kinds of stores but at this time in my life I am really enjoying all the smaller stores.

Just my opinion: there is a food industry phenomenon I do not understand and that is the widely popular food kit meal delivery programs. I have counted at least thirty companies which offer a variety of programs to make our life more simple but for the life of me I can not imagine allowing someone I don't know to choose what I am going to eat on a given day let alone buying a long term subscription and receiving my food by mail. Granted there are many menus from which to choose but as I read many of the menu choices I decided I would starve if I were to partake of this new way of life. Some companies offer fully prepared meals which are immediately flash frozen before delivery. Beam me up, Scotty!

Other companies offer meals already prepared to pop into the oven and others offer all the ingredients plus an easy recipe to follow.

Somehow I feel like I would be eating leftovers all the time if I were to subscribe to a fully cooked meal service. I would also worry about how long my food sat somewhere in the country on some moldy dock awaiting delivery. You can have thirty minute meals or top chef haute cuisine menus and as I read on I discovered that these meals are quite costly in the long term.

I am sure that there are many people for whom this service is just perfect for their lifestyle but I simply do not want to give up the fun of shopping and cooking. I didn't spend my whole life learning how to cook to start taking the easy way out now. What kind of memories will the children of today, who are eating subscription service meals, have with which to reflect? No memories of gardening with granny, no memories of scratch baking with Mom or Dad, no joy of accomplishment. Only a memory of opening a cardboard box and cutting open a flash frozen meal while texting.

One of my most cherished memories is making hard boiled egg sandwiches with my Granny in the 1950's. I was five or six and one thing we had every

day was eggs of some kind. Granny had lots of chickens and the eggs production was so great that she would make extra money by selling a dozen eggs for a quarter. Every morning, while frying three eggs for Grandpa, she would boil about two dozen eggs on the big black stove and use them for both lunch and supper. I got to help gather the eggs and after she washed them I was allowed to "gently" place them in the big pot on the stove. At lunch time she would peel the eggs and slice them in half, length wise. I would lay out six slices of bread and she would place two halves on each slice. I would then stand beside her and watch as she sliced big sweet onions and we would cry all the while she was working. After she finished laying out the onions she would wipe away our tears on her apron. This was also the only time I was allowed to wipe my hands on her apron. She would say the apron was too dirty for my precious little hands.

I don't remember the rest of the recipe because I was so happy I had been given permission to use her apron! Have a happy memory!



# REAL LIFE WELLNESS

By Dr. Bill Hemmer

The Great Food Experiment

Last week, I talked about how you could live your best life by paying close attention to your environment. The air you breathe, the thoughts you think, the movements you do are all very important to turn on or off different genes that will contribute to you being healthy and vital.

But the most important thing you can do today to get healthy and vital

is by what you put in your mouth!

I have talked about diet so many times I can't even count anymore, but in his current book called Regenerate by Sawyer Ji. He brought up a new idea that makes it even easier to understand why your diet is so important. Every food you eat will turn on or turn off an Epigenetic switch. Whole foods turn

your good genes on, and bad foods turn those same genes off.

You can't make it much easier than that.

So, the question then becomes, why have bad foods become the biggest portion of our current diet? The answer starts back in the early 1900's. Before then, there was no refrigeration, preservatives, additives, or fillers. If you didn't eat your food when it was ripe, it spoiled and you had to throw it out.

Then companies figured out how to add or subtract things from our food to increase their shelf life. They figured out how to add fillers, preservatives, dyes, and other things to in-

crease profits. This is when the Great Food Experiment began in the US.

Since then, our food has been manipulated in countless ways. We are in the third or fourth generation of people that have eaten this way. When you look at the health and vitality of our current population compared to back then, the results are staggering. In 1900, the leading causes of death was infection. Which makes perfect sense, this was before antibiotics were discovered.

The two top causes of death since 2000 have been heart disease and cancer. Both diseases are metabolically based. They are both caused by changes in our

internal environment. If your internal environment is healthy, your rate of these two leading causes of death go way down.

The easiest way to keep your internal environment healthy is to keep your Epigenetic switches in the right position. Eating real food, that can spoil, contains the switches to keep you healthy. Foods that are processed, preserved, irradiated and died, all turn your switch the wrong way. This leads to your internal health continually declining and your metabolic activity becoming stuck.

Our bodies were designed to go back and forth between burning sugar and burning fat for fuel. Pro-

cessed foods keep us burning sugar 24/7. This keeps our Epigenetic switches in the wrong position consistently. Therefore, inflammation and toxicity continually build up in our bodies and lead to heart disease and cancer.

The bottom line is...eat real food. Food that spoils. Food that was alive. The Great Food Experiment is over, and it didn't go well for the last four or five generations. Thankfully, our bodies are capable of remarkable recoveries and we can get our Epigenetics in order for the generations to come.

## EIU announces new L.M. Hamand Dean of the Graduate School endowments

The Graduate School at Eastern Illinois University is pleased to announce the founding of the L. M. Hamand Dean of the Graduate School through the generous financial contributions of Dr. Carol Hamand Stephens and the Hamand family. The gifts to the University establish two endowments to support EIU's Graduate School.

Dr. Lavern M. Hamand, a professor of History at Eastern Illinois University, served as the first dean of the Graduate School from 1967 to 1974. According to a memo announcing the new endowments, Dr. Hamand's impact on graduate education was instrumental and continues to shape Eastern Illinois

University today through his efforts to create EIU's Graduate School and the Council on Graduate Studies.

Dr. Carol Hamand Stephens, daughter of the late Dean Hamand, and the Hamand's family financial gifts, including those of her sister, Dr. Wendy Hamand Venet, will endow two funds that build upon and strengthen graduate education at the Charleston, Illinois-based university.

The first endowment, the Hamand Society of Graduate Scholars, will annually honor graduate students who have achieved the highest distinction at Eastern Illinois University. Hamand Society members demonstrate leader-



ship through academic excellence, research and creative achievements, and campus and community leadership.

The second endowment creates the new Hamand Fund for Innovation in Graduate Studies, which will provide financial resources to graduate programs initiating new programs and strategies that bring new academic distinction to graduate education at Eastern Illinois University.

"We are so grateful to Carol and the Hamand family for their generous financial support to The Graduate School. Their gifts will make a significant impact to strengthen our exceptional graduate programs, and appropriately honors Dean Hamand's legacy," said Dr. Ryan C. Hendrickson, the inaugural L.M. Hamand Dean of Eastern Illinois University's Graduate School. While the Deanship itself is not included in the endowment, the

University's naming of the Deanship is an appreciative acknowledgement of the Hamand family's ongoing support of The Graduate School and its programs.

Dr. David Glassman, President of Eastern Illinois University, reinforced Hendrickson's assessment.

"Carol's and the Hamand family's financial support will make an immediate and long-term impact on EIU's Graduate School, our graduate students and our graduate faculty," Glassman added. "We express our sincere gratitude to Carol and the Hamand family for their support and generosity."

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](http://www.eiu.edu), or call EIU's public information office at (217) 581-7400.

# TERMITES



## BE PROACTIVE!

Call **Crist Termite & Pest Solutions, Inc.**

David Crist  
217-543-2890  
207 N Oak Street Arthur, IL 61911  
<https://cristtermite.com>



## GRANTS

Continued from 1

burg (Shelby County) will graduate from Stewardson-Strasburg High School and attend Lake Land College as an agricultural transfer. Grace's parents are Doug and Marla Rincker.

Jennifer Rudolphi of Olney (Richland County) will graduate from Richland County High School and attend Wabash Valley College to study agricultural technology business. Jennifer's parents are Mark and Maria Rudolphi.

Jaton Shaffer of Farmer City (DeWitt County) will graduate from Blue Ridge High School and attend the University of Illinois at Urbana-Champaign to study agricultural and consumer economics. Jaton's parents are Dyke and Kendra Shaffer.

Randy Shook of Dewey (Champaign County) will graduate from Fisher High School and enroll in the Parkland Pathways program before transferring to the University of Illinois at Urbana-Champaign to study agricultural and consumer economics. Randy's parents are Randy and Kristi Shook.

Taylor Talbert of Onarga (Iroquois County) will graduate from Iroquois West High School and attend the University of Illinois at Urbana-Champaign to study agricultural communications with a focus in advertising. Taylor's parents are Timothy and Anna Talbert.

Maggie Uphoff of Mattoon (Coles County) will graduate from Mattoon High School and attend the University of Illinois at Urbana-Champaign to study food science and human nutrition. Maggie's parents are Bill and

Kim Uphoff.

Patrick Wiemers of Alton (Madison County) will graduate from Marquette Catholic High School and attend the University of Illinois at Urbana-Champaign to study agricultural and consumer economics. Patrick's parents are Matt and Beth Wiemers.

Ali Willenborg of Vandalia (Fayette County) will graduate from Vandalia Community High School and attend Murray State University to study agribusiness economics. Ali's parents are Robert and Amy Willenborg.

### Community Improvement Grants:

4-H clubs and FFA chapters throughout central and southern Illinois will implement valuable improvement projects in their communities with help from grants provided by Farm Credit Illinois. FCI awarded \$500 grants to 50 4-H clubs and FFA chap-

ters to deliver projects that will make their local communities better places to live.

"FFA and 4-H members inspire Farm Credit each year by eagerly serving their communities," says Rod Stoll, vice president of marketplace engagement for FCI. "We are grateful to team-up with youth organizations investing in the future of their hometowns."

### The 4-H club and FFA chapter grant recipients (sorted by county) will complete the following projects:

Old Ripley 4-H Club (Bond County): Plant flowers and construct raised beds at Old Ripley Church of Christ in Pocahontas

Champaign Shamrocks 4-H Club (Champaign County): Plant pollinator garden at St. Matthew's Catholic Parish in Champaign

Fantastic 4-Hers of