



MEMORIES MUSINGS

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

Back in the 1980's, when I started my first herb garden, a friend sent a recipe for basil bread and of course I tried it the minute my basil began to grow. Since that time basil bread has been a staple in our house especially during the summer when the basil is fresh. This bread like the beer bread I make uses baking soda instead of yeast; it is less time consuming to make and we decided we liked it better than the yeast recipe I tried first. I have since then lost the recipe but I continued to make it by memory. Something always seemed to be missing in those post recipe card batches until I found a basil bread recipe on the Land o Lakes web site. How I forgot that the recipe needed parmesan cheese I do not know but I just made a loaf today and I am thrilled to have the old recipe again. Basil can be quite strong on the first harvest but that is when I like the bread the best. I have made it many times in the winter, with dried basil, but it just is not the same.

I have still been tending the garden at the old house while the new owners travel and have been given permission to pick any of the herbs I want and so far I have harvested a huge chunk of thyme and quite a nice picking of chives. I know I am rushing the season a bit but I had a yummy salad tonight with fresh basil, thyme and chives and they sure did wonders for the store bought salad ingredients. For those of you who don't garden very much, this would be a good year for you to start an herb garden. Since we are staying home so much more than usual you might find that a bit of gardening will raise your spirits. I started the new herb garden last summer before I moved and as I mentioned last year, the sun garden space is much smaller and will take a lot of planning to grow as many herbs as I like. I am so glad we visited pioneer gardens on many of our trips; the kitchen gardens of our ancestors are what started my love of gardening, and

most especially herb gardening. Luckily Rural King in Charleston just received their first order of herbs and I was able to buy a flat of the culinary heirloom sage which has an oval shaped leaf. Granny called it turkey sage and to this day I find myself referring to it the same way. Italian sage is a bit stronger and does not give the down home flavor I am used to but Hubby liked to use it in homemade sausage. I use sage in so many of my recipes and I did not have enough to dry last year so I am going overboard in my planting this year. Since the concrete company has finished the north walk I have also begun to design the north foundation garden. I decided I needed a refresher course in shade gardening so while last week's rain kept me in doors I rooted through all the picture boxes looking for pictures of all the shade gardens we have taken through the years on our travels. My all time favorite is the Joan of Arc gardens in Quebec city, Canada and if I could construct just one small garden like they have I would be so happy. The gardens are a city block long and wide with a statue and grass in the center and border gardens surrounding the rectangle. As luck would have it, part of the garden is sun loving plants and part is dedicated to shade plants. We have visited larger

and more ornate gardens in the USA and Canada but the Joan of Arc garden makes one feel like they might be able to make something similar as opposed to the opulence of some gardens which are so extraordinary; that you just know you could never be satisfied trying to emulate them. I don't want to copy a garden but I would like to make my final endeavor something special. I am so happy the State Parks in Indiana and Illinois are open for hiking and garden viewing. I have spoken with one of the park rangers at McCormick's Creek State Park and they are open this summer with unlimited visitors, with COVID regulations to follow. The Illinois Gov web site has announced that many Illinois parks will open on May 1 following social distancing rules. This is great for those of us who enjoy the outdoors and I have a feeling that those numbers will increase this year. Treat yourself to a new pair of hiking boots, buy a walking stick and let's get out there and shake off some of the cobwebs! There are over 100 State and local parks in central Indiana and Illinois and most all the parks have trails that range from novice to experienced hikers. If you don't want to actually hike in the woods, pack a lunch and just take a long walk along the

road ways. You will still enjoy nature and all that fresh air. Spring Mill State Park in Indiana is one of our favorite places to walk the roads and hike the trails. This was the first Pioneer garden we ever visited and I remember it fondly to this day. If you are looking for gardens to tour in person or virtually this is a great web site with an almost complete list of gardens in every state. "I love Gardens", (<http://ilovegardens.com/>) is a great read with short descriptions and a link to most of the garden web sites. I have bookmarked it for further research. Enjoy the outdoors!
Basil Bread
* 2 1/2 cups all-purpose flour
* 1/3 cup grated Parmesan cheese
* 1 tablespoon sugar
* 2 teaspoons instant minced onion (I use teaspoon onion powder)
* 1 teaspoon baking soda
* 1 teaspoon dried basil leaves (I use teaspoon finely chopped basil leaves)
* 1/2 teaspoon salt
* 1 cup sour cream
* 1/3 cup milk
* 1/3 cup chopped sun-dried tomatoes in oil
* 1/4 cup Land O Lakes Butter, melted
Topping
* 1 large Land O Lakes® Egg (white only), slightly beaten

* 2 tablespoons grated Parmesan cheese
- Substitute 1/4 teaspoon dried basil leaves, 1/4 teaspoon dried marjoram leaves, 1/4 teaspoon dried oregano leaves and 1/8 teaspoon dried sage.
How to make
Step 1
* Heat oven to 350°F.
Step 2
* Combine all flavored butter ingredients in bowl. Beat at low speed, scraping bowl often, until creamy. Set aside.
Step 3
* Combine flour, 1/3 cup Parmesan cheese, sugar, onion, baking soda, basil and salt in bowl. Stir in sour cream, milk, tomatoes and 1/4 cup melted butter just until moistened. Turn dough onto lightly floured surface; knead about 10 times or until smooth. Divide dough in half. Pat each half into 4 1/2-inch round loaf.
Step 4
* Place loaves 3 inches apart onto greased baking sheet. Brush tops with egg white. Sprinkle with 2 tablespoons Parmesan cheese. Cut an X about 1/2-inch deep in top of each loaf. Bake 30-35 minutes or until golden brown. Remove from baking sheet; cool completely. Serve with flavored butter.
<https://www.landolakes.com/recipe/16717/basil-to-mato-bread/>



REAL LIFE WELLNESS

By Dr. Bill Hemmer
Am I Crazy, or just on the Bleeding Edge of Healthcare?

I was talking to some professional colleagues this morning about my current research and they reminded me of the multiple cutting-edge healthcare providers that have been jailed, bankrupted, persecuted and even killed for being too far in front of the medical status quo. One of my friends even called it

the bleeding edge of healthcare instead of the leading edge. Not that any of my current research is anything close to Earth-shattering, but I believe your health is the most important thing you can control right now. So many other things in life are not in your control, but what you

eat, think, and do with your energy is completely under your control, if you make the decision to take control of it. Fear and mixed messages are everywhere. Who do you listen to? What kind of diet should you follow? What exercise is best for you? Is our society really crumbling the way it is being portrayed in the media? These are all questions you must answer on your own, using sources of information that doesn't rely on fear, shame, guilt or social pressure. I'm really working hard to answer all of these questions for myself, but it is becoming more and more difficult to find sources of information that look at all

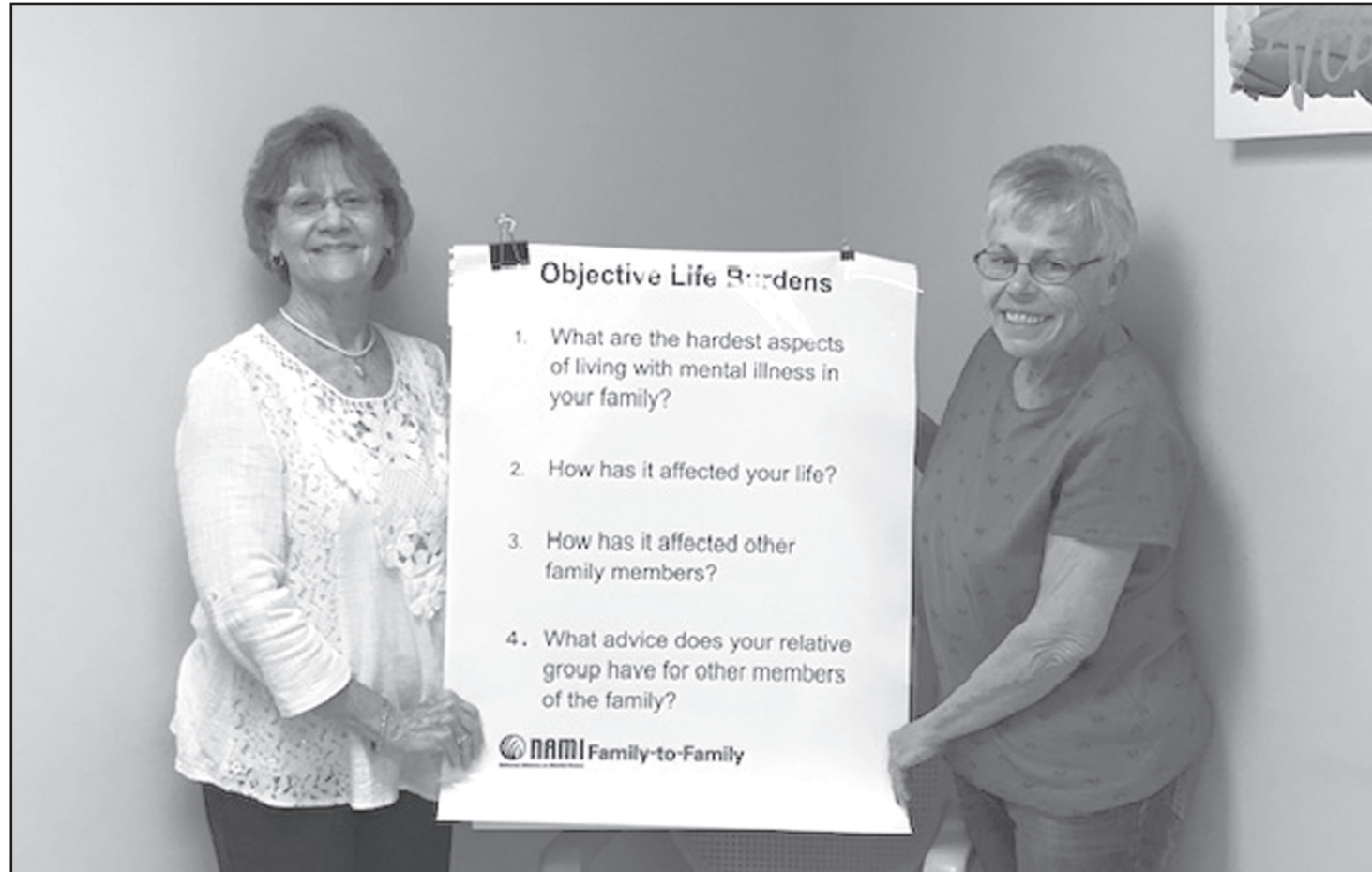
sides of any issue. I'm now relying on information I have had in paper form, because the same resources I have used to get different viewpoints of information in the past are no longer available digitally. For those of you who don't know me very well, I have questioned everything in modern healthcare since the very beginning of my career. Ever since I was told I would be on disability by the age of 30 when I was just 15 years old. I listen, research, test and validate my results every day in my office. If something works for the majority of patients, I use it for the next patient. What doesn't work, I continue to

search to find something that does work. Something that has always worked is living a healthy lifestyle. Eating real food, getting good sleep, getting outside in the fresh air and sunshine to get some exercise and socializing with your family and friends are all some of the best medicine I know. But someone has to be the promoter of all these things because this is found nowhere in our current healthcare system. So, I find this as my job. Healthcare before Big Pharma took over was very simple. It focused on health. Today, you have to weed your way through so much to get to any mention of actual

health. Drug therapy is not designed to create health. It is designed to decrease symptoms. If you get rid of the actual problem, you don't have symptoms, so you don't need the drugs anymore. That's not very good for business. So, I find myself in the same situation as so many other health care providers of the past. I am considered a little crazy for my views on many subjects. I'm totally good with that. Because everyone needs to have two sides of every story to ponder before they can make a proper decision. My job will continue to give you the fundamental health side of the story.

May is Mental Health Awareness Month: NAMI hosting Family to Family class

NAMI Champaign is offering a free eight-session family class in Mattoon, IL. Facilitated by local community members, the classes will start May 4th, 2021. NAMI's signature Family-to-Family education program is for family members, caregivers, and significant others of people with mental health conditions such as Bipolar disorder, Schizophrenia, or Depression. This program includes a crisis plan, information on various serious mental illnesses, discussions on communication with a loved one, and finding and using local support and services. Time is



Sue Yarnell and Donna Mayer are trained by the National Alliance on Mental Illness to be facilitators of the NAMI Family-to-Family program.

VID-19 meeting guidelines. The number of participants

will be limited to 10-12. To register for Family-to-Family in Mattoon: Call Sue at 217-259-2550 or Donna at 217-273-9934 or email info@namichampaign.org
The National Alliance

on Mental Illness (NAMI) Champaign affiliate advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of

those in need. See the website at namichampaign.org or email us at info@namichampaign.org for more information regarding NAMI, Mental Illness, or Mental Health Awareness.

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ERBA offers college scholarships

The Embarras River Basin Agency, Inc. (ERBA), in cooperation with the Illinois Department of Commerce and Economic Opportunity (DCEO) through the Community Services Block Grant (CSBG), will have scholarships available for income eligible individuals who want to attend college this fall. ERBA serves the following nine counties: Clark, Coles, Crawford, Cumberland, Douglas, Edgar, Jasper, Lawrence and Richland. A limited number of \$500 Scholarships will be awarded to eligible applicants in each of these counties. To be eligible for consideration, applicants must be attending an Illinois College, University or Community College as a full time student during the fall 2021 semester, have at least a C average, and must meet CSBG income guidelines. All interested individuals are encouraged to apply. You may pick up an application beginning April 1, 2021 at the local ERBA office in the county, which you reside, or on www.erbainc.org website, and schedule an appointment to return your completed application before June 18, 2021.