



# MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

When I was a child and on into early adulthood television was our major source of inside entertainment. There was no computer, no video games, and no cell phone on which to spend hours away from the family. Television specials, Presidential speeches, parades, award shows, the Miss America Pageant, and the World Series, just to name a few, were the highlight of our lives. We planned for them for days, as a family, and more often than not, my Mom would either make a special meal or a special dessert to be eaten during the important show. My personal favorite was popcorn and coke. Popcorn lasted longer than a piece of cake or pie and I didn't want the special event to end.

Although we did not eat in front of the TV during the week, as a rule, Daddy did bring the radio to the table for two very important events, a Presidential speech and the World Series. Saturday and Sunday nights were a little different; since I most likely did not have homework to do and Daddy would not have

bookwork on the weekends, we did eat our evening meal in the living room while watching "Sky King" or "The Adventures of Superman". The Sunday night meal usually consisted of Campbell's chicken noodle soup, a cheese toastie and we each got to have our own bottle of "Bubble Up". We would have normally had a large meal of roast beef, potatoes and gravy for Sunday lunch so the evening meal was of lighter fare.

Mom, on the other hand, ate her lunch by the TV every day. She could not stand to miss even one day of "As The World Turns" and we were regaled with the adventures of Nancy Hughes and her family at the dinner table every night. I really enjoyed being sick and allowed to stay home from school just so I could watch all the soaps with Mom. I was allowed to lay on the couch, in front of the TV and my day consisted of watching "Captain Kangaroo", "As The World Turns", "The Secret Storm", "Search For Tomorrow", "The Edge of Night" and "Queen for A

Day". That was a perfect day, sick or not! To this day I miss the characters on those soaps.

Of great importance was "The Miss America Pageant" and "The Oscars". "The pageant was first televised nationally in 1954, hosted by Bob Russell. Future television star Lee Meriwether was crowned Miss America 1955. It would also be the last time Russell served as host. He recommended, and was replaced by, Bert Parks, who served as the host for the second televised pageant in 1955 and stayed as host until 1979. Television viewership peaked during the early 1960s, when it was the highest-rated program on American television." (Wikipedia) I do not remember Mr. Russell but I will never forget Bert Parks, I had a crush on him.

The first televised Oscar show was in 1953 and was only fifteen minutes long. The show was hosted by Bob Hope but Mom and I do not recall anything but seeing Elizabeth Taylor and Tony Curtis. We had listened to the Oscars on radio for years but when my parents got to see their beloved show on TV I thought they would burst with excitement. The ladies gowns were beautiful and the men were quite glamorous in their tuxedos.

For years we looked forward to the Oscars, even though we did not go to the movies very much, my parents knew all the stars and their movies from the 1940's.

In the 1960's I was introduced to movie magazines and by that time I was allowed to go to the movies. My group of high school girlfriends all went together to see the musical "West Side Story"; we were all infatuated with actor/dancer George Chakiris and as a group we learned all the songs and even tried to learn the dances. By that time the Oscars were important to me and in 1962 I was glued to the TV for the entire show and was thrilled when Mr. Chakiris won best supporting actor for his portrayal of the gang leader, "Bernardo" of the "Sharks". We girls re-lived those moments for many years and I still have my scrapbook of all his movies.

As I grew up those programs my parents watched were a constant of mine, especially the Oscars. That is until the presenters and winners began to insert politics into the show. My favorite host became comedian Billy Crystal and as a family we would gather to hear his monologue. Generally I ended up being the only one in my family of three to watch the whole show; Hubby and son would become bored with the fashions and Hubby did not like all the political overtones. I watched the Oscars this year and may never watch another. Yes, the virus precautions have changed everything but I did not recognize most of the movie stars and had not heard of any of

the movies with the exception of one and that was Anthony Hopkins movie, "The Father". I had seen the trailer and thought this would be a good movie to watch on TV or buy when it was released but I was unfamiliar with anything else on the show.

There was no host, no opening number or monologue; nothing started off the show to hold my interest and I recognized so few of the stars that I spent the whole two hours reading and playing games on my phone while listening to the show in the background. Sadly, I was not the only person in the world who thought this was the worst Oscars ever, it was also the lowest viewership in the show's history, so said many newspapers and other TV and computer news shows.

TV has changed so much in the last sixty years, there are so many stations I can't keep count but the quality of the shows, in my opinion, has suffered greatly. I seem to be drawn to cooking shows, Hallmark shows and the history channel. I must have jumped over the generation gap because I am not comfortable with the relaxed regulations on content. Not too much can be objectionable on a cooking show! I miss all the old shows. I think the character development was better on the half hour shows. On most of the hour shows it seems like we are watching unrelated scenery or a

travel log instead of the actual show. I also miss shows like Ed Sullivan, Carol Burnett and Sid Caesar comedy hours; reality shows do nothing for me, I like to watch TV to escape reality. I do still have my evening snack just like when I was a kid at home with my parents but it is not quite as special not sharing it with my parents.

Speaking of food, My Mom made great popcorn with real butter but to her dismay (she thinks I have ruined a tradition and ruined popcorn forever) I make great herb popcorn. Yes, I have used my herbs, both dry and fresh, and added them to freshly popped corn with interesting results. I tried the first time for a wedding shower, for a friend who was a popcorn addict. I made a batch of regular buttered popcorn and a second one and added finely chopped fresh, basil, lemon thyme and tarragon. It was delicious with her favorite lemon daiquiri drink. Since then I have perfected the recipe and now I mix my herbs with the hot butter before pouring it over the popcorn. If you are not fond of popcorn the herb and butter mixture is great on Chex mix or unsweetened mini shredded wheat. Try it you, might like it.

Enjoy a special Tv night with the family. Happy Mother's Day! Thanks for the memories, Mom.



# REAL LIFE WELLNESS

By Dr. Bill Hemmer

Which Group Are You In?

I always strived to make health information easy to understand and use. My hope is to let my reader find a pearl which resonates with them and empowers them to make positive lifestyle changes that lead them to better health.

This week is no different. What is different, this week, is how I will describe the big picture for future healthcare reform in the US.

The graph I'm going to describe is the best one I've ever seen to understand how our current healthcare system discriminates and isolates certain groups and then what needs to happen for all of us to live a healthy happy life in the future.

The healthcare graph is a classic bell-shaped curve. On one end is 15 percent of people who have multiple severe chronic problems. They

are typically elderly, have a great deal of degeneration physically, chemically and socially and have multiple chronic illnesses, such as, arthritis, diabetes, heart disease and energy problems. These people typically have their healthcare access paid by Medicare and supplemental insurance.

On the other end of the bell-shaped curve is another 15 percent of people who are healthy and vital for their age. They have educated themselves about health. They eat well, exercise, socialize, pray and meditate. They learn new things about their health all the time. They have access to healthcare because they have enough income and medical insurance from their employer that

they can afford to get help of all kinds when they need it.

This leaves the middle 70 percent of us. We usually have one chronic disease we are dealing with. Most people are taking at least one prescription medication. Many people are moving toward another chronic disease state, like pre-diabetes or heart disease. We don't feel like we have a good grasp on how to take care of ourselves correctly. We feel hopeless and helpless and there is too much conflicting information about health to make us feel confident about what to do next.

Another big part of this 70 percent is behavior change is really hard to do and sustain. We have all got into our own rut and chang-

ing our diet, lifestyle habits and social interactions are very difficult to do on our own. It is much easier to continue to do what we have been doing, but we will continue down the path of getting what we are getting.

The final part of this 70 percent group is the amount of social isolation occurring, especially within the last year. We haven't been able to meet, talk, bond and have fun with others the way we did before. Isolation can lead to depression, fatigue and a feeling of being disconnected.

The financial side of this 70 percent is also very important to understand. We can't afford to go to the doctor all the time. We accept high deductibles so we can

afford the monthly health insurance premiums. But then we can't go get checked out because we don't have 1000's of dollars to pay out-of-pocket for a deductible. This makes us not likely to see what can be done about a health condition until it becomes an emergency, and we have no other choice but to go. By then the problem is worse and leads to other problems that keeps pushing us into the 15 percent that has to go because they are now very sick.

So why did I describe all of this? Because next week, I'm going to explain a new way out of this mess and how we all can be part of the solution of healthcare in the future. Stay tuned.

# Registration now open for 2021 Girl Scout Camp of Central Illinois

Girl Scouts of Central Illinois to host day camp experiences beginning June 7; Weekend FAMILY CAMP available for the first time at three GSCI Camp Sites

Girl Scouts of Central Illinois (GSCI) are safely opening the camp experience for area girls this summer. GSCI will host four weeks of Day Camp and four weeks of Resident Camp at its central Illinois camp sites. Registration is now open and slots still available for day camps at both Camp Widjiwagan in Springfield and Camp Kiwanis in Mohomet to

#GSCIgirlswhocamp.

For the first time, Girl Scouts of Central Illinois is also welcoming families to share a unique experience at camp. For one weekend in June and one weekend in July, three GSCI campsites will host families overnight to cook over a fire, go for a hike, and pick from a variety of outdoor adventures to try, such as boating, swimming, and archery.

"We are extremely excited to be able to get the girls back together at camp this year," said GSCI CEO Pan Kovacevich. "We are so

proud of the way our girls stayed engaged and worked virtually together over the last year, overcoming challenges and finding creative ways to collaborate and strengthen learning. We're all looking forward to our time together again and excited to welcome families for the first time to spend a weekend at our sites."

All camps will open at limited capacity as communities start to reintegrate group social activities. Day camp registration will be open to 144 girls, about a quarter of full capacity in a typical year. The programs are all designed for appropriate social distancing and will follow CDC safety guidelines including the requirement of a negative COVID test, daily temperature checks, and all campers and staff will be required to wear masks.

GSCI operates three camp locations across Central Illinois including Camp Tapawingo in Metamora, Camp Widjiwagan in Spring-

field and Camp Kiwanis in Mohomet. Each camp location has a unique environment that allows for a variety of summer camp experiences including horse-back riding, canoeing, hiking, ropes courses, and dozens of outdoor adventures designed specifically for girls to explore both their creative and adventurous sides.

**Some 2021 camp experiences include:**

**Bucket List**

For girls entering grades 1-5

Girls can check off all the fun things they want to do summer in just one week! Archery, boating, hiking, fishing, swimming and crafts will fill the week. This group will also play traditional camp games and go on a bug hunt to learn about ecosystems at camp.

Monday, June 7 - Friday, June 11 (Max capacity 36)

**Mad Scientist**

For girls entering grades 1-6

Grab a lab coat and safety glasses and prepare to get sticky, make a mess, and watch things explode! Girls will compete in engineering challenges, peer into a microscope, and conduct experiments as we explore the wonderful world of science.

Monday, June 14 - Friday, June 18 (Max capacity 12)

**Widji Mysteries Inc.**

For girls entering grades 1-5

Monday, June 21 - Friday, June 25 (Max capacity 36)

**Cosmic Camp Astronauts**

For girls entering grades 1-5

Girls can harness the moon by creating their own rocket and traveling to the skies! They'll bring home a moon rock as a souvenir. Design a new constellation and use a telescope to explore the skies. Families are invited to stargaze at the best spot at camp with an optional family camp overnight.

Monday, July 26 - Friday, July 30 (Max capacity 36)

**Camp Ooey Gooley**

For girls entering grades 1-6

Dig out the mud boots and oldest clothes- it's time to get messy! Take part in a food fight, condiment twister, shaving-cream fights, and ooey gooley slime making. Don't forget a swimming suit - we will be hosing down our mess with plenty of water games!

Monday, July 26 - Friday, July 30 (Max capacity 24)

**Mission Impossible**

For girls entering grades 1-6

Monday, July 26 - Friday, July 30 (Max capacity 24)

1-5

There's something "fairy" suspicious going on at camp and we need help to solve the mystery! Girls will need to boat, swim, shoot arrows and go on the hunt to gather clues and crack the secret code before time runs out.

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Girls can discover and demonstrate their skills by competing in a variety of activities. They'll work as a team to solve puzzles, decode ciphered messages, and complete scavenger hunts. They will also create messages for their friends using invisible ink, challenge their friends and learn the importance of communication and teamwork.

Monday, August 2 - Friday, Aug 6 (Max capacity 24)

For a full list of summer camp experiences, visit [www.getyourgirlpower.org](http://www.getyourgirlpower.org)

**About Girl Scouts**

Founded in 1912, Girl Scouts is the preeminent leadership development organization for girls with 1.7 million girl and 750,000 adult members worldwide who believe in the power of every G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader) to change the world. Girl Scouts of Central Illinois serves over 13,000 girls and 4,000 adult members in 38 counties throughout central Illinois. For more information, visit [www.getyourgirlpower.org](http://www.getyourgirlpower.org) or call your local Girl Scout Service Center at 888-623-1237

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# Horizon Health hosting Twilight Walk

In recognition of National Nurses Week, Horizon Health will sponsor its annual Twilight Walk honoring all nurses on Wednesday, May 12, at 6 p.m., on the Edgar County Courthouse lawn.

The walk is free and is a tribute to all active, retired, and deceased nurses. Participants can purchase a luminary for \$3 each to honor a nurse/or nurses of their choice, which will be displayed during the walk.

Luminaries can be purchased at MyHorizonHealth.org/Twilight through Friday, May 7. For more information, contact Christina Hoffman at CHoffman@MyHorizonHealth.org or 217-466-4294.