



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

I love solving mysteries and researching stuff. Back a few years ago when we bought our 57' Chevy, I told Hubby that it was not the shade of turquoise I remembered as a child of the fifties. He thought I was wrong but upon further investigation, in the trunk, we discovered the car had been repainted sometime in the 1990's before paint replication equipment had been invented and the painter came pretty close but had left evidence of the original color in the trunk. I also found a 1957 color chart online and discovered the original color was called "Larkspur Blue" and the current paint was a bit more green in color.

At that time I was writing an article about the purchase of the car and why it meant so much to me to buy this one. The summer of 1956 we were living in Taylorville and my Dad was hired by Sunshine Biscuits as a route salesman and we had to move to Decatur where the office was located. Daddy was hired as a vacation salesman for the first year and had to sapply his own car; after a year with the company he would be given a company car. The car we were driving was not in good enough condition for the rigors of driving all around central Illinois so he had to buy a different

car. He bought a turquoise Chevy and he drove it for the first year of his job and was then given a company car; to his dismay he was given a Ford Falcon. It was not only smaller than our Chevy, it was constantly having mechanical problems and many times he had to resort to using our Chevy. After three years of mostly sitting in the parking lot behind our house my parents decided to sell our car and I and my girlfriends were devastated because I was only one year away from getting my student drivers license and as a group of high school girls we thought we had it made; "I" was going to have a car! It was a very long time before I forgot about that car; it had so many special memories for me. Daddy and I babied that car; we washed and waxed it every Saturday and I scrubbed the interior and washed the windows religiously. When the car was sold the buyer commented that he had never seen such a clean car.

I thought about that car often over the next forty some years and was thrilled when we found the one we bought. I immediately called Mom and asked her what the year of the car was that they had owned and she could not remember. Hubby and I tried to put all the information we had about my age, the dates we moved

and the colors of the Chevy's from the 1955/1956/1957, but nothing added up. Hubby decided that the year of the car my parents had bought would have had to have been about 1953 or 1954 because our family finances, at that time, would not have allowed us to buy a new 1957 car; but in my mind's eye the colors were all wrong.

Well, I was right! Mom finally remembered, seven years after I asked her. They did, in fact, buy a 1957 Chevy in August of 1957 but it was second hand. Our car had been sold new to a Doctor in the fall of 1956 right after it appeared on the Gilbert H. Large Chevrolet Dealership showroom floor and was traded in in July of 1957 so that the wife could have a sportier car. Daddy was lucky to have gone to his friend's dealership the day after it was traded in and bought it at a much reduced price but it was really a new car. The Doctor would have paid around \$2000.00 for his new car but Mom remembered that they paid \$1,400.00 for it and made monthly payments of \$50.00 until they sold it. When we bought our 57' Chevy we paid \$7,800.00 for it and I thought it was worth every penny. Even though I had found the car in time for it to have been an anniversary present for Hubby, he liked it enough to buy it. I would not find out until a year later that the 57' was not his choice for a Chevy. He had owned a 56' Chevy and would have preferred that year but he decided not to tell me because I was so excited. Whew, now my mind can rest easy, a fifty year mystery solved. My mind's eye was right about

the color too. Sadly, five years after we bought my coveted 57' Chevy we had to sell it when Hubby got sick and neither of us could drive it.

I am glad I was a child of the fifties and I found a cool fifties website (<https://fiftiesweb.com/pop/prices-1957/>) which I visit for reference material. I looked up prices in the 1950s and was amazed at how cheap things looked to be as compared to today.

- House: \$10,000
- Average income: \$4,494
- Ford car: \$1879-\$3408
- Milk: \$1.00/gallon
- Gas: \$.24/gallon
- Bread \$.19
- Postage stamp: \$.03
- Can of Libby's peaches, 17 oz.: \$.25
- Swanson TV dinner: \$.75
- Vermont Maid Syrup, 12 oz bottle: \$.33

Can you imagine buying a new house for \$10,000 or a new car for around \$2,000? When my Dad started his new job his salary was raised to \$600.00 a month with commission and I thought we were rich. His pay check was almost double the average income, noted above, for that year in history, but we still pinched pennies. When I started working in 1964 my hourly wage was 75 cents an hour and I was thrilled as I worked up the ladder to \$1.25 an hour plus commission. I brought home at least \$60.00 for a 40 hour week and I made more money than any of my friends. If the minimum wage rises to \$15.00 per hour people today will make as much in one week as my Dad did in a month in the 70's.

Thinking about the 1970 era always brings me to

school lunch food and I have a couple web sites I like to read about those times. You might enjoy looking at them and remembering your youth.

Old School Lunch lady recipes <https://www.pinterest.com/jmiles1957/old-school-lunch-lady-recipes/>

Taste of Home Vintage recipes <https://www.tasteofhome.com/collection/vintage-recipes-from-the-50s/>

Recipe Goldmine-<https://www.recipegoldmine.com/school/school.html>

We had either beige plastic or metal trays and they always smelled like spoiled tuna to me. I wondered if they ever rinsed them as good as my Mom did and I always asked for two napkins so I could wipe out my tray before the lunch ladies slopped the food into the tiny holes. We had red and blue lunch tickets and if you left the tickets on the tray and they got wet the ink would run onto the tray. My favorite foods were the tuna noodle casserole, mac and cheese and of course, chocolate milk in the waxed carton but my all time favorite was a cinnamon streusel peach cake. I know it was made from canned peaches and not a peach pie filling because my dad sold the school the peaches and they were the freestone variety. This recipe might not be the exact one my school used but it is a pretty good copycat recipe. When I make and eat this peach cake I feel like I am ten years old again.

Enjoy a blast from the past!

Old-Fashioned Cinnamon Streusel Peach Cake Recipe

Ingredients:
 * 1 (16.5 ounce) box yel

- low cake mix
- * 1/2 cup canola oil
- * 1 cup chopped peaches (I used fresh peaches, but you could also use frozen fruit. Just make sure that the frozen peaches are completely thawed before adding them to the recipe)
- * 2 eggs
- * 1 cup water, apple juice, or white grape juice (I used a White Grape-Peach juice blend)
- For the Streusel:
- * 1 1/2 cups brown sugar
- * 1/2 cup diced pecans
- * 2 teaspoons cinnamon
- Optional (for serving):
- whipped topping or vanilla ice cream

Instructions:

1. Preheat the oven to 350 degrees F.
2. Spray a 9x13-inch baking dish with cooking spray and set aside.
3. In a small bowl, mix all of the streusel ingredients until completely combined. Set aside.
4. Using an electric mixer on medium-high speed, blend cake mix, oil, peaches, eggs and water for 2 minutes.
5. Pour half of the batter into the prepared baking dish. Sprinkle with half of the streusel.
6. Pour the rest of the batter into the dish and top with remaining streusel.
7. Bake for 25-30 minutes, or until a toothpick inserted in the center comes out clean.
8. Allow cake to cool in pan slightly before serving. <https://www.recipechatter.com/cinnamon-streusel-peach-cake/>



REAL LIFE WELLNESS

By Dr. Bill Hemmer

Healthcare Re-Imagined

Last week, I described an infographic which outlined our current healthcare system. To summarize, on one end of a bell-shaped curve, 15 percent of people are chronically sick and rely on government programs, such as Medicare or other private insurance to pay for access to healthcare providers. On the other end of the curve is another 15 percent of people who are wealthy, educated and who can afford paying out-of-pocket for our current

healthcare system. This leaves 70 percent of us in the middle of that bell-shaped curve who struggle to access our current healthcare system. We can't afford insurance premiums with a reasonable deductible to go to a doctor. We wait until it becomes a severe or potentially life-threatening situation. We continually put off and ignore small problems and hope they will just magically go away. But when they don't, thousands of dollars

in testing, office visits and medications decimate our finances and reinforce our view of only going to the doctor when it becomes an emergency.

I believe a new model is developing that will turn this whole problem upside down.

The COVID-19 pandemic created a huge rip in the way healthcare was being delivered. Telemedicine, Electronic Health Records and home-based treatment diagnostics and treatment plans were pushed to the forefront and are now commonplace. The time has come to make foundational healthcare changes to embrace the middle 70 percent of us who struggle with the current healthcare model.

I plan to do my part in bringing this new healthcare model forward. This model is

really very simple. It contains four parts. Each part builds the foundation for the next part and the vast majority of us 70 percenters won't have to pay much, if anything, out of our pockets to access this system.

By reading this article, you are already enjoying the first part of this model. Free healthcare related information is the first part and can be used to educate yourself and begin to understand all the basic health problems we all face. Building a healthy lifestyle prevents and treats the biggest, most threatening diseases we all face today. But we all need to have a better understanding of how diet, movement, sleep, social interaction and hygiene play important roles in our future health.

The second part of this

model is Do-It-Yourself programs that can be bought at very low cost. Programs that teach you about a specific diet, or exercise program, or detox plan can be used at home and done at your leisure. Spending \$10 or \$20 on a DIY type of program makes you put "a little skin in the game" but doesn't break the bank.

The third part of the model engages Group visits done virtually or in person. These group visits bring together others with the same issues and provides a community of people you can learn from and become a part of. These visits are facilitated and run by Certified Health Coaches that have been trained to educate, set goals, create accountability and become your trusted partner in health creation. Some insur-

ance companies are embracing this idea to keep cost down, so many companies are covering this type of service. But even if your insurance doesn't cover it, the cost is very reasonable.

The final part of this new model is the classic one-on-one visit with the doctor. This can also be done virtually or in person and is the highest cost but can have some insurance reimbursement. But this doesn't help most of us in the 70 percent because our deductible is too high. So, this should be used as a last resort.

I'm currently building a new website that is embracing this new model. Stay tuned and I will keep you updated when it goes live.



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Support your Local Honor Guard at SavMor May 13

By Doris Elmore

The Operation Honor Guard is asking all local businesses and individuals to help support the local Honor Guard with donations on the Day of Giving, Thursday, May 13. Persons will be able to donate at the SavMor Pharmacy parking lot on Rt. 36 in Tuscola from 6 a.m. to 6 p.m.

Ways to contribute include:

- * Ask each employee to make a donation of their choice and bring to drop off site.
- * The business can make a donation themselves directly or in conjunction with the employees' donation.

All money stays in the local area and is used to buy matching uniforms, and supplies for your local Honor

Guard units.

Operation Honor Guard, NFP is a 501(c)(3) that raises money for veteran service organizations that provide military funerals for fallen veterans. The organization was started by a funeral director in Danville, IL, who saw the need to help the Honor Guards in his hometown replace mismatched and worn uniforms. Members of Honor

guards often pay to acquire their own uniforms and gear. Many even pay their own travel expenses. Operation Honor Guard, NFP's mission is to outfit every Honor guard in the United States.

If you have questions about the event, please contact Heather Madden at SavMor Pharmacy 217-253-2309 or Jerry Hall at WCIA 217-373-3691.

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