



# MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

I have had the TV on more this past year than ever before, even though I don't sit and watch it anymore than usual, I have it on for company. My Mom did this for years, she said the house was too quiet when Daddy and I were not at home but I didn't feel the need; until this year. After a few weeks of staying home I truly believe that the cats became tired of my talking to them and I noticed they were spending more time in the attic so the next best thing was talking back to the TV. Yes, I said I have talked to the TV but the scary thing is that I think a couple of the newscasters talked back to me.

Even though most of the current shows on TV are pretty boring I found several old shows that captured my interest. I discovered many of the shows from my childhood and early adult TV life were being re-aired and it is fun to hear old shows like 'I Love Lucy' and 'The Carol Burnett Show' and 'Perry Mason' in the background. If I were generating shows for the homebound I would re-air the old 'Soaps'. I would just about bet that 'The Guiding Light' and 'As The World Turns' would have a huge audience right about now.

It is odd how certain TV shows and actors can impact one's life. We have been fans of the actor Tom Selleck since

the first time we saw him on the premier show of 'Magnum P.I.' in 1980. Watching Magnum was a family affair; even our preteen son who was going through the stage of not sitting in the same room with 'parents' would deem us worthy enough to spend that one hour a week in our presence. As I write this week's missive; I am watching a 'Magnum' rerun. I have seen this one so many times over the last forty years I can even recall some of the dialog.

Thomas, TC, Rick and Higgins (or Higgy baby as he was affectionately referred to) and the two Doberman dogs, Zeus and Apollo were pretty much a part of our family as we would repeat catch phrases from the show all week long as we waited for the next episode. Who would have ever thought a comedy/crime drama would become so popular? Suffice is to say that we were sorry when the show was cancelled in 1988. By that time our son had graduated from high school and would even stay home sometimes on 'Magnum' night. Since we had enjoyed 'Magnum' so much we were pleased when Mr. Selleck began the 'Jesse Stone' TV movie series; but those shows would span over a fifteen year period; we wished it had been a weekly

series and we liked the 'Jesse Stone' movies so much that they finally reached the DVD market. Luckily, for us, Mr. Selleck also began the 'Blue Blood's' series in 2012 and I am still watching it today. I just checked the Internet movie dataBase website and a new 'Jesse Stone' movie was just announced on IMDB.

For those of us who binge watched the original 'CSI' (Crime Scene Investigation) we are thrilled that the show is scheduled to return as 'CSI Vegas' with original cast members William Peterson (Gill Grissom) and Jorja Fox (Sarah Sidal). The theme song of 'CSI' by The Who, 'Who Are You', was famous in its own right and topped the charts again when the show first aired in 2000. 'CSI' launched an entire new genre of forensic criminalists TV shows with multiple spin-offs which are still being aired today. It will be interesting to see how scientific technology, which has changed dramatically, will be referenced in the new show. 'CSI' was reported to have been the most watched drama for seven years.

Believe it or not I am actually looking forward to a comic based TV show. I loved 'Iron Man' with Robert Downey Jr., which surprised my whole family and I did watch Jason Momoa in 'Aquaman' but that was as far as I went with the whole Marvel Studios movies but then I found out that one of my favorite British actors, Tom Hiddleston was to revise his character 'Loki' in a TV series. I watched a couple YouTube video clips of Hiddleston in character and de-

cidated I would have to watch the TV show.

'In Marvel Studios' 'Loki,' the mercurial villain Loki (Tom Hiddleston) resumes his role as the God of Mischief in a new series that takes place after the events of 'Avengers: Endgame.' Kate Herron directs and Michael Waldron is head writer. Debuts on Disney+ in June 9, 2021.' <https://www.marvel.com/tv-shows/loki/>

I also wish the TV gods would bring back some of the old cooking shows. I still remember my Mom and Granny talking about the first cooking show and it was on radio. The Betty Crocker School of the Air ran from 1924-1945. 'As if the baking legacy were not enough, Betty Crocker also used to be on the air. Washburn Crosby bought a radio station in 1924 and launched the Betty Crocker Cooking School of the Air, where listeners could tune in for helpful kitchen tips from Betty Crocker (well, an actress who played Betty Crocker). Not only did NBC eventually pick up the show and air it nationwide, it was one of the longest-running radio programs in U.S. history.' (<https://www.taste.com>) My Mom said she learned how to cook by listening to the radio. After watching so many cooking shows on TV I can't imagine a radio cooking show.

Hubby and I really enjoyed the 1972 show 'Cookin Cajun', with Justin Wilson and the 1985 'Frugal Gourmet' with Jeff Smith. 'Jeff Smith was United Methodist minister who began teaching Food as Sacrament at the University of Puget Sound in Tacoma, Washington. His television career began on a

local PBS station, but really took off when he appeared as a guest on Phil Donahue. By the mid-1980s, The Frugal Gourmet was the cooking show everyone was watching.'

I can't explain why some TV shows and movies become favorites. Most likely it is because the writing and acting are above standard with the ability to retain one's interest till the end. They are so beautifully executed that the viewer can escape reality for a while. Other TV shows have intrigued us as well. I have planned my summer TV watching so now I will have to work it in with my gardening, since I like to garden for a while after dinner.

The Frugal Gourmet was my foray into herb infused oils and vinegar. I have been making this lemon-olive oil recipe for almost forty years; we like it better than plain olive oil and it stores very well.

### Jeff Smith's Lemon Olive Oil

- \* 6 large lemons
- \* 4 cups extra virgin olive oil

1. Peel the lemons, using a potato peeler, making sure not to remove any of the white pith. This should yield about 1 cup of lemon peel. Save the peeled lemons for juice in other dishes.

2. Place the peel in a mortar along with 1/4 cup of the olive oil. With the pestle, pound and rub the peel and oil together for one minute.

3. Remove to a 2 quart glass jar or sealed plastic container and add the remaining 3 3/4 cups of olive oil. Allow to marinate four days at room temperature.

4. Strain the oil and discard the peel. (<http://recipeofhealth.com/recipe/>)

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### Betty Crocker Prize Coffee Cake

The recipe by which all coffee cakes are compared in our family.

- \* 3/4 cup sugar
- \* 1/4 cup soft shortening
- \* 1 egg
- \* 1/2 cup milk
- \* 1 1/2 cups sifted gold medal flour
- \* 2 tsp. baking powder
- \* 1/2 tsp salt

1. Mix together the sugar, butter and egg. Stir in the milk and flour mixture (flour, baking powder, salt).

2. Spread batter in greased and floured 9 inch square pan. Sprinkle with desired topping. Bake until wooden pick thrust into center of cake comes out clean. Serve warm, fresh from the oven.

### Streusel Topping

- \* 1/2 cup brown sugar
- \* 2 Tablespoons flour
- \* 2 tsp. cinnamon
- \* 2 Tablespoons butter, melted
- \* 1/2 cup chopped nuts (optional)

1. Bake at 375 for 25 to 35 minutes!

Tastes just like mom used to make!

\* For an orange variation of this coffee cake follow the recipe above - except use orange juice for half of the milk, and add 1 1/2 tsp. grated orange rind. Sprinkle top with Crumb Mixture, given above, adding to it 1 1/2 tsp. grated orange rind. (<http://kitchenklique.blogspot.com/>)



# REAL LIFE WELLNESS

By Dr. Bill Hemmer

How to Chemically Age Gracefully

Last week, I discussed the Mental aspect of Aging Gracefully. Your Mental outlook has a huge impact on your ability to decrease your daily stress and keep your inflammation down, which is the primary factor in slowing the aging process.

The second part of Aging Gracefully is your Chemical environment. Your diet, sur-

roundings and your internal terrain are the three most important aspects of your Chemical environment and dictate how well you age. We have all met members of the same family, with the same genes, that age extremely differently. Some look great, while others...not so great. This is a great example of what your Chemical envi-

ronment can do, or not do for you.

I'm not beating the dead horse of how important your diet is too much here. If you have ever read anything I have written, you know how important I believe what you put into your mouth is. Simply put, if you eat high quality, nutrient dense food that once was alive, you will be feeding your body exactly what it was meant to eat. We are currently in the fourth or fifth generation of people who got away from eating real food and our overall health and vitality has been suffering ever since.

I like to explain it to people this way. Your body

is like your car. If you put premium gas in your car, you get better performance. If you put regular gas in it, you won't get the same level of performance. There is nothing different with our body's. Put in premium foods, you will perform better. Put in crappy food, your performance will definitely suffer.

Your chemical surroundings also play a huge role in your ability to age gracefully. Do you live in a moldy house? Do you live with a smoker? Is there a lot of chemicals used in and around your home? How about at work? Do you work around a lot of chemicals?

All of these things affect

your aging process. When your liver and detoxification system is worked too hard for a long period of time, it will start to break down and you begin to fill up with fluid. Remember, the solution to pollution is dilution. Toxins must be diluted by your body to keep you from getting really sick. So, the harder your detoxification has worked, the more fluid you will carry.

The final part of your chemical environment is your internal terrain. In other words, how well is your body working to keep your inflammation down. The key to aging gracefully is to keep your inflammation in check. Is your blood healthy? Are

you digesting your food normally? Are you pooping every day? Are you staying hydrated?

These are all questions that help you decide how well your internal terrain is doing right now. Once you can check off all the boxes above, you know your ability to keep your inflammation down and age gracefully is being realized.

Next week, we will discuss the third area of aging gracefully. Structural health is also important to age gracefully. Learn more about that next week.

## CDC announces major masking guideline changes for those vaccinated

The Centers for Disease Control (CDC) announced Thursday afternoon that fully vaccinated people no longer have to wear masks or physically distance for most indoor and outdoor activities and gatherings. While there are a few exceptions, the new guidelines offer considerably more freedom

to those who are at least two weeks past final doses of their COVID-19 vaccine.

Officials say the pronouncement is a result of emerging "real world" scientific data showing vaccination has had an efficacy rate over 90 percent in preventing mild and severe disease, hospitalization and

death; and has been effective against COVID variants currently circulating in the United States. Data also shows vaccinated people appear less likely to spread the virus.

There are exceptions to the no-mask guidance. Masks will still be required when using public transpor-

tation, in most healthcare settings, schools, and in correctional facilities and homeless shelters. Anyone with a compromised immune system, even if fully vaccinated, should consult with their medical provider regarding appropriate precautions. It should be noted some businesses and work-

places may still elect to require mask use as well.

This change in policy is a huge step in reclaiming normal life, and Douglas County Health Department is hopeful numbers continue to decline so these measures can stay in place. We remain fully committed to helping provide CO-

VID-19 vaccines to eligible residents wishing to take this life-saving step. For more information, log onto our website at [dchealthdept.org](http://dchealthdept.org). You can also find us on Facebook, Twitter, Instagram and YouTube; or by calling 217-253-4137.

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## Youth Entrepreneurship Camp to be held June 14 - 18 at Elevate in Mattoon

Summer is just around the corner, so now is the time to sign up your budding entrepreneur, ages 11-16, for Camp Start-up, a day camp held from 9 a.m. to 3 p.m. at Elevate, Cross County Innovation Center, in Mattoon, IL on June 14-17, 2021. Campers will learn what they need to start up, market and run their own business or start a busi-

ness with friends. This camp is perfect for creative, curious, adventurous risk-takers wanting to: turn an idea into a money-making adventure, explore starting a business all while having fun with scavenger hunts, guest speakers, tours, games and video/ad creation. \$50 will be awarded for the best business pitch. The registration deadline is June 1, 2021 and

there are still some scholarships available to attend this camp thanks to Eastern Illinois Education for Employment Systems.

Camp Director, Jeanne Dau, MBA & entrepreneur, has conducted many entrepreneurial youth camps (Camp e3 at Eastern Illinois University) and clubs in the area. She also taught ClassE, the Coles County

high school entrepreneurship class for eight years. ClassE alumni, who have all started their own businesses, will coach each camper. Register online at: <https://www.dauconsultingservices.com/camp-start-up/>. If you have questions or need more information, please contact Jeanne Dau, at (217) 549-2564.

## State Board of Education calls for in-person learning this upcoming school year

ISBE unanimously passed resolution supporting upcoming decision by the state superintendent

By Raymon Troncoso Capitol News Illinois

The Illinois State Board of Education unanimously passed a resolution Wednesday calling on all public schools to return to in-person learning during the upcoming school

year.

The resolution doesn't institute any mandates or requirements for Illinois schools to follow, but shows unified support from ISBE for an upcoming decision by State Superintendent Carmen

Ayala.

In a weekly blog posted to the ISBE website, Ayala said she plans to make the mandate official "at the conclusion of the current academic year," meaning the change will not take effect until next

school year.

Once Ayala issues an official declaration, all public schools will be required to return to in-person learning for the 2021-2022 academic year

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