



# MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

I hope you had a wonderful Memorial Day! I decided to drive up to Prairie Gardens on the Thursday before and I was certainly surprised by the Interstate traffic. In all my years of driving I do not believe I have ever driven in bumper to bumper in semi-truck traffic. Last June I drove to Champaign for a Doctor appointment and I was just about the only car on the road. We have traveled extensively over the years but Hubby preferred to do all of the highway driving and I would take over in the towns and smaller cities. I am truly grateful for his confidence behind the wheel especially since he had to put up with my constant warnings from the passenger seat!

Many of my friends and relatives are poised for summer travel and I was surprised at just how many have thought of purchasing motorhomes and campers. I have entertained the thought as well; since I am allergic to most sanitizers and many cleaning supplies, I will steer clear of hotels for a bit longer. A couple acquaintances have purchased motor homes the size of their houses but I am looking at Micro motor homes. I do not feel com-

fortable driving anything much larger than a car and I really don't want to pull a camper. I have researched a couple of the micro styles and they look right up my alley. I also have not completely convinced myself that I will be comfortable settling down at a campground traveling alone. My mother thinks this is a hair brained scheme and I should forget it, but I think I would feel quite safe ensconced between two big campers.

My first choice would have been the mini Winnebago but they are way too expensive for me and are a bit too tall. My next choice would have been the Japanese built "Kei" Mini-camper van. It is the perfect size and has all the amenities I would want but, unfortunately, it is right hand drive and I don't think I want to challenge myself this much at this stage in my life. The "Kei" motor home also still has some import problems and they are really hard to find, which is too bad because it is a cute conversation piece complete with fridge, AC and toilet. This micro van, sort of looks like a marshmallow on wheels. The VW Caddy Camper is really cute and looks like it

would be quite efficient. Touted as easy to drive and easy to park sounds like my kind of motor home. "A VW Caddy Camper may be small, but this doesn't mean they're not mighty, you may be surprised by how much you can comfortably fit in such a tiny space. Despite their small dimensions, these compact camper vans can make the perfect small homes to take with you whenever you travel. Inside, there is easily enough space to sleep two and, with good design, there is even enough space for a full kitchenette and even a place to shower." (<https://vanclan.co/vw-caddy-camper/>) Hubby always wanted a VW bus so he would most likely opt for this mini/micro.

My next choice is a Toyota Sienna conversion camper van. I have researched this one and it looks promising. My friend, who has a large motorhome, maintains I will not like a mini but one does not need a lot if you are parking in a family member's driveway. If nothing else I am enjoying the prospect and all the research. Since I am so comfortable driving my car I should try to find someone to do a conversion kit for it. It is long enough for a bed and a fridge but I am not sure how one would install a toilet. I am sure that it would be easier to buy a used micro van especially since it would have already had the conversion kit installed. Like everything else this year prices have raised considerably since I considered



this idea last year.

Hubby and I almost bought a motorhome a couple years ago but that was when we were planning our trip to Nova Scotia and we were advised that many of the back roads were too small for them and Hubby decided he would rather see the back country than buy a motorhome. While on that trip, in a town just south of Halifax we encountered a couple who had invested in a large motor home for the same trip we were taking and they confirmed our suspicions. They had to park their motor home and rent a car in order to see anything other than the highway. They also discovered that they could not take any of the smaller ferries and on a couple occasions they had to turn around and retrace their steps to larger roads. They apparently encountered a harrowing ride along the east coast of Cape Breton where the roads are barely wide enough for two cars passing. That ride is so beautiful and a bit scary even in a car. I would do it again in a minute!

I have been watching conversion van videos on

YouTube and it is pretty amazing what all can be packed in such a small space. I doubt that I would need much of a stove but it would be nice to have a microwave to heat tea and coffee and warm up something I had bought at a deli. I am not much for building fires but it might be fun to cook over an open fire for the first time. I can not imagine our Pioneer for-mothers having to cook out for months as they crossed the frontier. When I think of camping, my first thought goes to making "smores", but one can't live on chocolate and marshmallows forever. Thinking about cooking over an open fire sounds really appealing and I am ready for a new adventure so this thought sent me searching for Pioneer recipes and I would actually make many of these recipes. I found "20 Lost Recipes From The Pioneers: What They Cooked On Their Journey Westward": <https://www.prepperfortress.com/>. This is a really interesting web site and one that deserves a good long reading.

A couple other Pioneer

websites I found you might want to peruse for yourself.

Free old Pioneer recipes: <https://lostwaysbooks.com/free-old-pioneer-recipes/>

19 Pioneer recipes that survived the Oregon Trail: <https://homesteading.com/pioneer-recipes/>

A melting Pot of Pioneer recipes: <https://abn.churchoffjesuschrist.org/>

I plan to try a couple of these recipes at home but I am sure they will not taste as good as if they were cooked over an open fire.

Try something old for a new treat!

### Spotted Pup

- \* Take whatever amount needed for hungry cowboys of fluffy, cooked rice.
- \* Put in Dutch oven and cover with milk and well-beaten eggs.
- \* Add a dash of salt.
- \* Sweeten well with sugar.
- \* Add raisins and a little nutmeg and vanilla.
- \* Bake in slow oven until egg mixture is done and raisins are soft.

### Lemon Pie

- \* One cup of hot water
  - \* One tablespoonful of corn-starch
  - \* One cup of white sugar
  - \* One tablespoonful of butter
  - \* Juice and grated rind of one lemon
  - \* Cook for a few minutes; add one egg; bake with a top and bottom crust.
- This makes one pie.



# REAL LIFE WELLNESS

By Dr. Bill Hemmer  
What's Your Plan?

Now that summer is here. What's your plan to make this your healthiest summer ever? You can go places and do things. You can be with your family and friends. There is no reason you can't build a plan to become the best you ever are.

Any good health plan

looks at what we have talked about over the last three weeks. Your Mental health includes social aspects, brain health and proper sleep. Your Chemical health includes your diet and staying away from all the toxins you can. Finally, your Physical health is dictated by how much you move, stretch and hydrate

yourself.

So, how do you come up with these plans? Is there a simple way to do it? The easiest way to make your plan is to use the SMART goal principle. SMART stands for Specific, Measurable, Attainable, Realistic and Time-based.

Specific goals are always easier to attain. If you want to lose ten pounds, you know if you did it or not by the end of the specific time. If you just say you want to lose weight and don't put a specific number to it, then you will never know if you made your goal.

You can't manage what

you can't measure. Using the weight loss example again, you can track your progress and know if you are on track by weighing yourself. I recommend weighing yourself at the same time and place every time you weigh. Don't get caught up using different scales and weighing different times of the day. Use the same scale at the same time when you weigh in. It's just a number you can use to track your progress. Don't put any emotion into it.

Your plan has to be attainable. If you make your goals too large, you are setting yourself up for failure before you start. I believe it

is always better to set a goal you know you can achieve and then stretch yourself a little farther each time you set a new goal. This way you build on your success and have momentum for your next stage of the plan.

Your plan also has to be realistic. This goes along with being attainable. You know how you operate. You know in your gut what you can do. Your goals should push you, but not make you feel stressed. If you truly believe you can reach your goal, then it's probably a good goal. If you have hesitancy about your ability to reach your goal, you might

want to re-think it.

Finally, your plan needs to be time-based. You will work on your plan for three months, for example. Giving yourself a specific time period to make things real. Your plan must be for a specific amount of time to be doable.

I have followed these rules for years. It is the best way I know to create an environment of success. You deserve to live your best life. We all have a new lease on life because we are able to get out and enjoy our world again. Let's not waste this golden opportunity!

## Lake Land College John Deere Tech Graduates honored in ceremony

Lake Land College honored the Spring 2021 John Deere Tech graduates at a ceremony May 14 in the Ag-Tech Building.

"I think it's wonderful that we get to celebrate in person with our graduates this year after all everyone has been through," Lake Land College President Josh

Bullock said. "This is one of the most challenging programs we have at Lake Land College, so it is certainly something to celebrate."

Each graduate drove through the building and received a John Deere plaque from John Deere Technology Instructor/Program Coordinator Russell Neu and John

Deere Technology Instructors Matt Rodgers and Brent Curry.

"These graduates did a great job, and I think they will be very successful," Neu said. "I am sure they will have good futures at their John Deere dealerships."

The graduates sponsored by Sloan Implement include Patrick Bell, Brockton; Cole

Dial, Louisville; Steven Holder, Raymond and Ian Lowry, Sadorus.

AHW LLC sponsored graduates Wyatt Brownlee, Gibson City; Eli Ennis, Charleston; Austin Huffman, Roachdale, Indiana; Clint Krug, Wingate, Indiana; Austin Laffoon, New Richmond, Indiana; Brady Moore, Hoopeston; Andrew Pickel,

Roachdale, Indiana; Ethan Stultz, Darlington, Indiana and Shane Young, Wayne-town, Indiana.

The graduates sponsored by Prairie State Tractor were Mark Corrigan, Pontiac, and Kaden Swanberg, Pontiac.

Riechmann Bros LLC sponsored Andrew Hagen, Aviston; SNP sponsored Zachary Lott, Jerseyville;

Shiloh Valley Equipment sponsored Jared Phillips, Lebanon and Alliance Tractor sponsored Skylar Rhoads, Mattoon.

For more information on the John Deere Tech program at Lake Land College, visit [lakelandcollege.edu/guided-pathways](http://lakelandcollege.edu/guided-pathways) and explore Agriculture.

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## Sarah Bush Lincoln modifies visitor policy

Beginning Tuesday, June 1, Sarah Bush Lincoln will return to a more lenient visitor policy.

Visitors must be at least 16 years old and remain

masked throughout their visit to any SBL facility, including when in patient rooms. Patients are permitted more than one visitor, however, depending on the

patient's health and care needs, multiple visitors may be restricted. On the Women & Children's Center, pediatric patients are allowed two visitors only,

and labor and delivery patients are still permitted one visitor.

Visitor continue to be restricted for patients who have COVID-19.

## Deal said to be near on energy overhaul package

General Assembly delays adjournment of session

By Peter Hancock  
Capitol News Illinois

Illinois lawmakers are staying open for business as they await a possible deal on a sweeping energy proposal that would keep the state's fleet of nuclear power plants online while providing incentives for development of more wind and solar generation.

Senate President Don Harmon, D-Oak Park, issued a statement Tuesday saying he had been informed that a deal had been reached between Gov. JB Pritzker and Exelon, the parent company

of Commonwealth Edison and the owner of six nuclear power plants in Illinois.

"I'm informed that an agreement has been reached between the governor and Exelon on a proposal that would save jobs, which has been our goal all along. That's why we support the governor in these talks," Harmon said. "We also stand with the governor on de-carbonization targets that need to be in a final deal."

The statement came less than 24 hours after the House and Senate passed a \$42.3 billion budget plan

for the upcoming fiscal year, which begins July 1. Passage of a budget is typically one of the last things lawmakers do before adjourning a legislative session.

This year, though, talks on an energy package were continuing behind closed doors even as lawmakers were working into the wee hours of the morning Tuesday to push through the budget package. After it passed, the House adjourned "until the call of the chair," meaning it could be called back into session at any time, while

the Senate scheduled another day of session for Tuesday.

"The Senate remained in session with the hope of voting on an agreement today (Tuesday)," Harmon said. "We stand ready to return to the Capitol when the governor's plan is ready for action."

Pritzker campaigned in 2018 on a pledge to shift Illinois' electric energy industry more toward renewable and zero-emission sources, and he has set a goal of achieving a 100 percent non-carbon power