



MEMORIES MUSINGS

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

The term “ugly American” has always annoyed me but friends from other countries have explained their definition and in some ways it fits. Webster’s Dictionary defines the term as “an American in a foreign country whose behavior is offensive to the people of that country”. When Hubby and I traveled we were conscious of this moniker and always tried to show our good side. One Canadian friend mentioned that Americans always seem to be in a hurry and a friend from England told us once that Americans are very impatient and don’t seem to like to wait in line.

business and I commend all those who made the best of a difficult situation. Not only have lines become longer and waiting time greater but one can now walk up to a drive up window. Did you know that walking up to a drive up window was frowned upon in many towns and states? Pedestrian safety is the major concern for the rule, law or suggestion, that one refrain from walking up to a drive up window but I have seen it numerous times lately with no apparent consequences.

Driver courtesy has become of major importance and I have witnessed a couple of “ugly American” situations and also been the recipient on two occasions. The first was in a multi lane DQ in another town. Three lines converged into one and the wait was quite exasperating. Every driver played fair until one woman decided she was tired of waiting and zoomed around a car filled with teenagers who had placed a very long order. The result was not pretty. The driver actually misjudged the space in front of her and hit the teen filled car causing an immediate stop of all movement. Luckily, I had not placed my order and was able to maneuver my car out of the lane and onto the road.

The second time a driver

decided not to play fair was at a two lane drive up where each car alternated moving into the single lane. Both lines were very long and neither side could really see the other line so respect was in play but not for one guy. He decided to take his turn ahead of me and unfortunately he was driving a very big truck and I was not about to exercise my right even though I was in the next position to move and had crept up quite close to the car ahead of me. This guy gunned his motor and zipped in front of my car barely missing my front bumper and as he did it he rolled down his window and shouted something in my direction. I muttered a few choice words but smiled at the guy behind him as he made a sympathetic gesture in my direction. I think we need to take a step back and remember that everyone is in the same situation and a bit more tolerance is needed for us to make it through life.

Last week’s article on camping cooking elicited a couple of great responses and recipes. Thanks to Jenny and Kaleb for the links to some really interesting camping recipe web sites.

“33 Old West Cowboy Food Recipes”; <https://www.recipielion.com/Editors-Picks/23-Old-West-Cowboy-Recipes>

“35 Easy To Make Camping Recipes”; <https://outdoorish.com/learn/camping-recipes/>

“55 Easy Camping Recipes, for your next trip to the great outdoors”

I am thankful that on this Fourth of July, some will be able to celebrate almost as

usual. Naturally I had to do some in-depth research on favorite foods of the fourth and found this amazing information, about the “History of July fourth foods”: (<https://honestcooking.com/history-fourth-july-foods/>): “On the first celebration of America’s birthday, John Adams and his wife, along with thousands of other Americans on the East Coast, enjoyed a meal of turtle soup, Yup, you heard it right—green turtle soup. The traditional meal also included poached salmon with egg sauce, green peas, boiled potatoes, Indian pudding, and apple pandowdy. “Wow, this is a far cry from BBQ and hot dogs! I wonder what President Adams and his wife would think about our current July 4 menu.

Hubby and our son despised mustard and mayonnaise and would not eat anything made with those ingredients. On the other hand my Mom’s family seemed to make all kinds of salads with with both of the aforementioned products and whenever we attended their family fourth celebrations we were sure to be inundated with the aroma of potato salad, egg salad and ham salad; you name it and it contained mustard and/or mayonnaise. At one fourth picnic there was nothing to eat but those kinds of salads and hotdogs. Daddy and the other men in the family toiled over the open fire roasting multiple hotdogs on their hand shaved wood sticks and the hotdogs were delicious.

My Mom decided she would succeed in making my two guys like these salads so she proceeded to make hot-

dog salad. She cut up roasted hotdogs and added them to her dish of potato salad and while the rest of us thought it was a great idea, my guys would not go near it. Sadly this was an epic fail but then I had warned Mom that my boys would not even try her salad; they did not know what they were missing because Mom’s hotdog salad was the hit of the July fourth picnic. I can not make potato salad like my Mom did but I found a recipe for German potato salad with hot dogs that I thought I would share.

I searched the web and discovered new information about some local July 4 celebration : the Charleston “Red, White and Blue Days” Facebook page,” <https://www.facebook.com/Red-White-Blue-Days-Charleston-Illinois-116572325045220/>;

“Great News! We are happy to announce that the 30th Red, White and Blue Days celebration is coming to Charleston in 2021!” I followed the link to their Facebook page and the committee has posted a full list of events for the weekend.

* Mattoon Independence Day – “4th of July” – Parade

* <https://mattoon.il.gov/government/tourism/parades/july4th/>

* Scheduled for Saturday, July 3, 2021 starting at 9:00 a.m.

* Parade line up begins at 8:00 a.m. at 21st Street and Western Avenue.

* Arthur Freedom Celebration Fireworks

* June 26 @ 8:00 p.m. - 9:30 p.m.

* <http://illinoisamish-country.com/wp/events/category/special-event/>

* Arthur’s famous fireworks display is planning a return for 2021. We anticipate social distancing restrictions, especially for non-vaccinated people, and other guidelines from the state, but fireworks are expected to fill the skies over Arthur on the weekend before July 4.

Enjoy your fourth!

Hot Dogs with German Potato Salad:

<https://www.cooks.com/>

- * 3 c. cooked potatoes, sliced
- * 1 dozen hot dogs, sliced
- * 12 slices bacon, chopped
- * 1/2 c. pickle juice
- * 1/2 c. vinegar
- * 6 tbsp. sugar
- * 1/2 tsp. dry mustard
- * 1 tsp. salt
- * 1/2 tsp. pepper
- * 3 tbsp. flour
- * 1/2 c. water
- * 1 onion, diced
- * 1/2 c. celery, diced

1. Mix hot dog and potato slices. In an oven-proof skillet, sauté bacon until crisp. Add pickle juice, vinegar, sugar, mustard, salt and pepper. Simmer for 2 minutes. Mix water and flour until smooth and stir into bacon mixture.

2. Simmer until it thickens. Mix in potatoes, hot dogs, onion and celery. Place in a 300 degree oven for 15 minutes. Serves 4-6. Serve with sauerkraut and/or baked beans.

NOTE: Any type of cooked or smoked sausage can be substituted for hot dogs.

REAL LIFE WELLNESS

By Dr. Bill Hemmer
The Future of Healthcare as I see it

Now that the majority of the pandemic is behind us, each of us has a great opportunity to create a new, healthy lifestyle. Re-inventing yourself should be a positive part of every person’s life right now. We all go through phases of life, and each phase will ultimately lead you closer or farther away from health. It’s really your choice.

I want to share how I think the future of healthcare should develop in this post-pandemic world. First, I believe Healthcare starts with you. I also believe each of us must take ownership of our own health. It’s your body, therefore, you should have the final say as to what happens to it.

With these two concepts in mind, my future healthcare model contains four different levels of engagement to create your own healthy lifestyle. First, is free information. Everyone should have access to quality non-biased healthy lifestyle information that is complete and not a teaser to get you to buy something. I’m sick and tired of people holding back key pieces of information so they can sell it to you.

The second level of engagement is Do-It-Yourself programs that can be done from the comfort of your own home. If you decide to make a lifestyle change based on free information, the next step should be to purchase a low priced,

valuable program to move you slowly toward your goal, without much risk. If it works, great! If it doesn’t, then you haven’t committed much time, energy or money to it.

The third level is meeting with a healthcare provider for more support. I believe most people would benefit from using a Health Coach, in a virtual group setting, to begin with. This concept has been proven effective over the last five to ten years and now is easy to do using zoom so you still don’t have to leave your house.

This level of engagement is exclusive and private. No one has to know anything about your journey to health, unless you want to share it with them. It is also at this level; health insurance may help you pay for your healthcare engagement. Depending on your insurance plan, virtual group visits are being covered at different levels.

The fourth and final level of engagement is the classic One-on-One visit to the Doctor’s office we are all accustomed to. This can still be done virtually or in-person, depending on the situation. Physical Medicine, such as, Chiropractic, Massage Therapy, Rehab and Exercise and Regenerative Medicine, such as, Stem Cell Therapy, Exosome Therapy and Platelet-Rich-Plasma injections must be done in person at the office.

Many of these services and procedures do have insurance reimbursement levels. But I believe that the other three levels of engagement should be completed first to ensure the foundation has been laid for this fourth level of engagement to have the most benefit for you.

There you have it. It’s time to turn our healthcare system upside down. Don’t start with in-person visits. End with them. You can take care of yourself if you are given the right tools and support.

First mosquitoes testing positive for West Nile Virus are reported

The Illinois Department of Public Health (IDPH) has confirmed the first mosquitoes to test positive for West Nile virus in Illinois for 2021. The North Shore Mosquito Abatement District collected a positive mosquito batch on June 9, 2021 from Skokie, Illinois in Cook County. No human cases of West Nile virus have been reported so far this year.

“We are starting to see West Nile virus make its annual appearance,” said Illinois Department of Public Health Director Dr. Ngozi Ezike. “Remember to take precautions to protect yourself from mosquitoes and the viruses they carry by wearing insect repellent and getting rid of standing water around your home.”

Monitoring for West Nile virus in Illinois includes laboratory tests for mosquito batches, dead crows, blue jays, robins and other perching birds, as well as testing sick horses and humans with West Nile virus-like symptoms. People who see a sick or dying crow, blue jay, robin or other perching bird should contact their local health department, which will determine if the bird will be picked up for testing.

West Nile virus is transmitted through the bite of a Culex pipiens mosquito, commonly called a house mosquito, that has picked up the virus by feeding on an infected bird. Common symptoms include fever, nausea, headache and muscle aches. Symptoms may last from a few days to a few weeks. However, four out of five people infected with West Nile virus will not show any symptoms. In rare cases, severe illness including meningitis, encephalitis, or even death, can occur. People older than 60 and individuals with weakened immune systems are at higher risk for severe illness from West Nile virus.

The first mosquitoes to test positive for West Nile virus in 2020 were collected on May 26, 2020 in Naperville, Illinois. Last year, 26 counties in Illinois reported a West Nile virus positive mosquito batch, bird and/or human case. IDPH reported 39 human cases (although human cases are underreported), including four deaths.

Precautions to Fight the Bite include practicing the three “R’s” – reduce, repel, and report.

• **Reduce** - make sure

doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut.

Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, wading pools, old tires, and any other containers.

• **Repel** - when outdoors, wear shoes and socks, long pants and a light-colored, long-sleeved shirt, and apply an EPA-registered insect repellent that contains DEET, picaridin, oil of lemon eucalyptus, or IR 3535 according to label instructions. Consult a physician before using repellents on infants.

• **Report** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito larvae.

Additional information about West Nile virus can be found on the IDPH website.

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‘Juneteenth’ becomes official holiday

By Peter Hancock
Capitol News Illinois

The day that marks the anniversary of the day in 1865 when some of the last enslaved Americans learned that they had been freed is now an official state holiday in Illinois.

At a bill signing ceremony in front of a signed copy of President Abraham Lincoln’s Emancipation Proclamation, Gov. JB Pritzker signed House Bill 3922 into law, designating June 19 as Juneteenth National Freedom Day in Illinois.

“With this new law, no longer can a child grow up in Illinois without learning about Juneteenth in school,” Pritzker said. “With this change, the people of Illinois

will have a day to reflect on how the freedom that we celebrate just two weeks later, on the Fourth of July, was delayed to Black Americans.”

Lincoln signed the Emancipation Proclamation on Jan. 1, 1863. It declared that all slaves held in states that were in rebellion against the United States were immediately and permanently free.

That proclamation did nothing, however, for slaves held in states like Kentucky and Maryland that had not seceded from the Union. They would not become free until after ratification of the 13th amendment in 1865.

It also did not immediately free slaves who were held in territory that was still under the control of the Con-

federacy. Those slaves had to wait until Union forces captured their territory which, in many cases, did not happen until near the end of the war.

Most historians date the end of the war as April 9, 1865, when Confederate Gen. Robert E. Lee, who led the Army of Northern Virginia, surrendered to Gen. Ulysses S. Grant at Appomattox. But not all Confederate armies surrendered at that time.

It was more than two months later, on June 19, 1865, when federal forces reached Galveston, Texas, and informed enslaved people in that city, and throughout Texas, that they had been