



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

For forty of our fifty-two years Hubby were "on the road" for the July fourth holiday. Many years we were north of the Canadian/USA border and watched American fireworks across the Great Lakes and the phrase: "rocket's red glare, bombs bursting in air" had a special meaning for us. We also celebrated July fourth in twenty-five different states of the forty-eight we visited on our vacations. I treasure these memories and am so glad that we are getting back to traveling.

olina we pigged out on deep dish pecan pie topped with red, white and blue, rum flavored, homemade whipped cream and thankfully we did not share this dessert. It was so good that Hubby bought one to go and put it in the cooler. I told him that the whipped cream would melt before we got back to the hotel so we proceeded to eat it while we watched fireworks at the Charleston Harbor. This was a beautiful sight as the fireworks exploded high above all the big old historic houses.

July fourth food favorites vary from state to state and we experienced some really great holiday meals on our travels. I think my all time favorite was one year we attended an ice cream social in Rockville, Maine and the hit of the celebration was their Firecracker Sundae. Piled high in a large bowl was a huge scoop of Maine wild blueberry ice cream, a scoop of strawberry ice cream, a scoop of vanilla ice cream topped with fresh blueberries and strawberries, a ladle of marshmallow topping and red, white and blue sprinkles. This delicious Sundae was served with a red spoon and a small American flag and was almost more than Hubby and I could eat as we shared the Firecracker Sundae.

Nags Head is a town in the region called The Outer Banks, a line of islands in North Carolina, and fireworks off the pier overlooking the Atlantic Ocean is an extraordinary experience. During the day we shopped and Hubby ate southern BBQ without the slaw and I dived into a yummy lobster boil plate. That night we watched fireworks over the water while eating flavored shaved ice. Hubby chose blueberry and I opted for a combination of strawberry and blueberry. So much fun!

Out west we attended several chuckwagon July fourth celebrations and the food was tremendously delicious. In Wyoming we feasted on bison hamburgers and locally made wild huckleberry cobbler. In South Da-

kota we attended the Mount Rushmore and Black Hills July fourth celebrations and ate more good food than we should have. After a day of walking the hills and rocks of Mount Rushmore we listened to the Native American band "Brulé & AIRO" which is a contemporary Native American new-age/worldbeat music group based in South Dakota. (<https://brulerecords.com/>) They just happen to be playing at the Crazy Horse monument July fourth celebration this year. We ate at a unique place called "Bobkat's Purple Pie Place" in Custer, South Dakota which is famous for strawberry rhubarb jalapeno pie but I was not brave enough to try it with the peppers so I ate regular strawberry rhubarb pie. Hubby chose a gigantic slice of banana cream pie and for the first time in his life he did not finish his pie.

Returning from Northern Canada one year we found "The Pix Patisserie" in Portland, Oregon while looking for our hotel. "Pix Patisserie is a little slice of France that landed in Portland in 2001, offering both innovative and traditional French desserts, chocolates and house made ice creams (<http://www.pixpatisserie.com/>) Having missed out on the famous French desserts at a Canadian hotel the night before we decided to splurge and Hubby ordered a slice of "The Concord" a Chocolate meringue, chocolate mousse, and chocolate ganache hidden by sticks of meringue and I had "Un Couteau", Une Nuit, a Chocolate mousse, amaretto crème brûlée and raspberries top a chocolate sponge cake soaked in Dash of late harvest Zinfandel. Af-

ter this delectable dessert we watched fireworks over the Columbia River.

On our first visit to California we drove north on the California Pacific Highway, Route number one and had the pleasure of attending two days of celebrations. On July third we stayed in Mendocino, California and spent the day walking on the beach. "Mendocino Village is surrounded on three sides by beautiful ocean bluffs, known as the Mendocino Headlands; with walking trails that afford incredible views of the ocean and New England style Victorian houses that have been lovingly restored into romantic Mendocino Bed and Breakfasts, specialty shops and Mendocino Vacation Rentals." (<https://mendocino.com/>) We ate at the world's largest salmon BBQ festival; hubby would not try the salmon and it was to die for. We then attended the afternoon parade and evening fireworks over the Pacific Ocean. The next day, July fourth, we drove north to Gold Beach, Oregon, another Pacific Oceanside town and spent the day celebrating all over again.

In Flagstaff, Az. and Park City, Utah we watched fireworks in the mountains and in Georgetown, Colorado we ate BBQ at their yearly festival, after which we hiked a small mountain and in the evening we ate a very late dessert in the city center and watched fireworks from three towns in the surrounding mountains.

In the years we were home for the fourth I was "ordered" to make a family favorite dessert which was simply called "cold cake for the fourth". Our son named

it when he was four and the name stuck. My Mom started this tradition when I was in high school and I thought it was special enough to serve my in-laws on our first fourth holiday as a married couple. It is simple and delicious, and you can serve it as a frozen cake or just refrigerated. When you slice the cake you get a festive red, white and blue dessert.

The BLT deviled egg recipe I am sharing is from my cousin and she made it especially for her husband because he had asked for BLT sandwiches instead of hotdogs on one July fourth holiday. He was appreciative of her efforts but she used lettuce in the first recipe and it wilted in the egg mixture. She found this recipe using basil leaves and the new recipe was quite a hit.

I hope you have a wonderful July fourth holiday!

Cold Cake for the Fourth Ingredients

- * 1 round angel food cake, homemade or store bought
 - * 1 can of raspberry or strawberry pie filling
 - * 1 can of blueberry pie filling
 - * 2 large containers of whipped topping at room temperature
 - * Red, white and blue sprinkles
- Method**
- * Slice off 1/3 of the top of the cake and set aside.
 - * Hollow out the large portion of the cake leaving at least 1/2 inch wall thickness
 - * Mix strawberry or raspberry pie filling with one of the containers of whipped topping and fill the hollowed out cake.
 - * Place the top back on the cake and fill the hole with

the blueberry pie filling
* Frost the whole cake with the second container of whipped topping
* Sprinkle with red, white and blue sprinkles and place in freezer the day before the 4th.
* Remove from freezer, slice and serve.

BLT Deviled Eggs
Bacon, Basil (in place of lettuce), and Tomato form this BLT Deviled Egg. This appetizer may be simple, but it packs a punch. The secret is the candied bacon.
* 1 dozen hard-boiled eggs peeled
* 1/4 cup mayonnaise
* 1 tablespoon honey mustard
* 4 strips candied bacon diced small (maple bacon or any bacon)
* 2 handfuls small cherry tomatoes quartered
* 1 handful basil leaves chopped
* Chili powder to dust

Instructions
1. Slice each egg in half lengthwise and remove the yolk. Put all the yolks in a small mixing bowl and all the whites on a platter.
2. Add mayo and honey mustard to the yolks and mix until well combined and sort of fluffy.
3. Fold in the diced bacon, tomatoes, and basil (reserving a little of the basil for a garnish)
4. Spoon filling into the centers of the whites. Garnish with basil and dust with chili powder.
<https://thestayathomechef.com/blt-deviled-eggs/>



REAL LIFE WELLNESS

By Dr. Bill Hemmer

What does a Chiropractor Do?

This was a question asked recently by a long-time patient. At first, I was confused. We had been through many health episodes together; I couldn't believe she didn't know what I did! She just knew when she came in, she felt better and could live a better quality of life.

So, I promised her I would write an article about what a Chiropractor does.

First and foremost, Chiropractic is a healthcare model designed to allow the body to heal itself naturally without drugs or surgery. When you cut yourself, your body will immediately go to work to heal that cut. This automatic response to heal yourself is called your Innate Intelligence in the Chiropractic world.

can be hindered by your lifestyle. If you don't sleep well, eat well, or have healthy relationships, your Innate Intelligence slows down and can speed up the aging process. The more inflammation you have, the quicker you age. Your Innate Intelligence is at work 24/7/365 to keep your inflammation in check and slow down aging.

Chiropractors work under the natural law that your Innate Intelligence is always trying to heal you. Remember, 30 percent of your health is controlled by your genes, but 70% is controlled by your lifestyle. Therefore, if you change your lifestyle you increase your Innate Intelligence power to allow yourself to heal naturally.

Different Chiropractors use different methods to

stimulate your Innate Intelligence. But all of those methods fall into three categories. I like to call it the Triangle of Health (Structural, Chemical and Mental). Many Chiropractors focus on Structural Health. Most Chiropractic adjustments increase your body's ability to heal structurally. Other Chiropractors focus on Chemical Health. They work with your diet, exercise, sleep and detoxification to stimulate the chemical Innate Intelligence healing response.

The third side of the Triangle of Health really pulls together the other two sides into a complete fortress surrounding your body's Innate Intelligence. Your Mental Health has never been more important than it is right now. Having the positive attitude, the right people around you and embracing a plan of action to keep yourself healthy is the only way we will continue to stay on course to aging gracefully.

Your Mental Health starts with your ability to visualize what you want your future health to look and feel like. Next, you must ask yourself why your future health is so important to you. Unless you understand WHY your future health is so important, your motivation to continue will slowly fizzle and you will fall back into your old patterns that got you where you are right now.

The final part of your Mental Health is that you need to come to an agreement with someone else to hold you accountable to your word. Every person who has accomplished great things in life have been held accountable by someone else. This is my job for many people. If you tell me what you would like to accomplish, I will help you and keep you on track when you come to see me.

In a nutshell, a Chiropractor unleashes your body's natural healing response called Innate Intelligence using the Triangle of Health as the roadmap. Then, they help you stay focused and hold you accountable to your goal of living a great life and aging gracefully.

Illinois Master Naturalist Program accepting applications for training

By Jenny Lee

University of Illinois Extension, Coles-Cumberland-Douglas-Moultrie-Shelby Counties will be offering Illinois Master Naturalist training from August 3-October 5 with the majority of classes every Tuesday from 5:30 p.m. to 8:30 p.m. held at Douglas-Hart Nature Center. There will also be classes onsite at Warbler Woods and Shelbyville Visitor's Center.

The mission of the University of Illinois Extension Master Naturalist Program is to provide science-based educational opportunities that connect people with nature and help them become engaged environmental stewards.

The program educates and trains adult volunteers so they are better equipped to share natural resource information with others in their communities and to assist with environmental conservation and restoration activities. We all have a responsibility to protect the natural

resources in the places we live to ensure our world is "fit for the future."

Volunteer Option

For those wanting to become a Master Naturalist volunteer, the University of Illinois requires each applicant to complete an application, background screening paperwork, and schedule an interview with Master Gardener and Master Naturalist Coordinator, Jenny Lee. The fee to participate is \$200 and covers classroom sessions, field training, handouts, and the Master Naturalist manual. Upon completion of the Master Naturalist training, graduates will become Master Naturalist Interns and have two years to complete 60 volunteer service hours to become an Active Master Naturalist. To continue as an Active Master Naturalist, volunteers must fulfill 30 volunteer hours and 10 continuing education hours annually.

Applications, screening paperwork, interviews, and

course fee must be received and completed by July 23, 2021. If you have any questions, please contact Jenny at 217-345-7034.

If you will need an accommodation in order to participate, please email uieccdms@illinois.edu. Early requests are strongly encouraged to allow sufficient time to meet your access needs.

About Extension
Illinois Extension leads public outreach for University of Illinois by translating research into action plans that allow Illinois families, businesses, and community leaders to solve problems, make informed decisions, and adapt to changes and opportunities

For more information on University of Illinois Extension programming in Coles, Cumberland, Douglas, Moultrie and Shelby county, visit our website at <http://extension.illinois.edu/ccdms> or call us at 217-345-7034.

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Horizon Health offers safe sitter class for 11 to 13-year-olds July 30



HORIZON HEALTH

Horizon Health will offer a Safe Sitter class for boys and girls ages 11-13 on Friday, July 30. The class will take place from 8:30 a.m. to 3 p.m. in Conference Room A.

Safe Sitter is a nationally recognized class that provides babysitters with basic life saving techniques so they are prepared to act in a crisis. The class

provides tips on safety and security precautions, facts about child development and age-appropriate activities, and explains the business aspects of babysitting.

In addition to becoming well-qualified babysitters, adolescents who complete the class are also better prepared for parenthood. Other benefits include enhanced self-

esteem, introductory employment skills, personal safety, and other life skills.

The cost is \$35, which covers materials and lunch. Register by Thursday, July 15, as class size is limited. Visit MyHorizonHealth.org/SafeSitter. For more information, call 217-466-4333.