



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

Our son jetted off to Las Vegas where he hoped to participate in open mike nights, over the July 4 holiday, at some of the comedy clubs on the strip. None of the rest of the family was able to go with him but thanks to amazing technology we spent his flight time tracking his plane as he flew from Chicago to Las Vegas. I happened on the website quite by accident as I have not flown in a long time and airline sites are not something I frequent much even though I had a short stint at a travel agency years ago; Hubby and I preferred to drive on our trips.

All I had to do was type in the American Airlines flight number and up popped a real time radar tracking page. The plane took the northern route and I joined the radar west of Kansas City as the plane flew toward North Platte, Nebraska. His girlfriend and I spent the next two hours texting back and forth commenting on the progress and I gave her history lessons about the lay of the land and events that had happened on our many driving trips on this route and she relayed facts from their first driving trip to Las Vegas. Forty years to the date we took our son on his first

trip to Pikes Peak and we drove this northern route; so as the plane traversed Kansas and Colorado we relived his first experiences.

It was so fun to remember giant hamburgers in Fort Collins, Colorado, hiking a small mountain in Georgetown, Colorado and playing with a donkey and whacking rocks, as our fun time, in Leadville, Colorado. As the plane flew over Moab, Utah I related some of the stories my father-in-law had told us about the cattle raising around the Murphy-Hogback Trail and the miners and ranchers in the area of Canyonlands National Park, Utah. The current hiking and biking of these areas is of major importance and this was where we experienced one of our most difficult trails and our first and last "Be Aware of Cougars" sign.

The plane turned south for a while and then headed west over the Grand Canyon. I was thrilled that my son would see this wonder of nature as we, here at home, continued to text about my serious fail of rushing up to the rim of the canyon and experiencing vertigo; which lasted for the whole three days we were there. I related our canyon trail walk which was not my

best adventure; I was petrified and hugged the canyon wall every step of the way to a half mile marker. The last straw was when the canyon security came running up the trail and we all were forced to stand on the rim as they passed on their way up the trail. Hubby said I turned shockingly pale and as soon as the security passed I immediately turned and followed them back to the top. Hubby completed the trail and he remarked it was the most scared he had ever been.

We followed the radar right to Las Vegas airport and knew he had landed well before he texted that he had arrived. As we questioned his trip we discovered he had seen none of what we had discussed as he had an aisle seat and could not look out the window. I was sure sorry about that but we had a fun afternoon and by tracking his plane we were less worried about the reported bad weather he may encounter. Sometimes technology can be fun!

Back here at home I have darted in and out of the rain showers to do some, much needed, weeding. Nothing needs watering except all the porch plants and I have been collecting rainwater to give to them. They seem to thrive when they receive rain water and I don't mind hauling buckets for the plants to drink. Sadly, some of my annuals have drowned with all the rain but the herbs are thriving. I will have enough sage this year; thank goodness, I was rationing it last year by the time Thanksgiving ar-

rived.

My tomatoes are not as healthy as I had hoped; I planted them in really huge pots but they too have received too much water. The yellow cherry tomato plant is producing but so far I have had only six tomatoes, but they were delicious. It remains to be seen if I get any 'Beefmaster' tomatoes. There were blooms and there are three tomatoes but they do not look healthy.

One of my favorite summertime desserts is lemon sage pie, which I ate for the first time on the Ile d'Orleans in Canada. I discovered this delicious pie while visiting the island more than twenty years ago and have made at least one pie every summer since. I purchased a slice of the lemon sage pie while shopping at a summer market on the island and thought it was so good that I went back and bought a whole pie. As I stood and talked to one of the gardeners and told her I was from the USA she kindly offered the recipe to me. I could not believe how simple it was to make and how delicious it is. The island does not grow lemons but they have a huge crop of sage and I have grown my own sage since that visit.

During our conversation I was offered a taste of freezer apple sage jam and discovered another way to enjoy sage all year around. My friend did not have the recipe for this delicious jam but she told me to find a freezer apple jam recipe and just to add one tablespoon of fresh chopped sage to the recipe. This is

another summer recipe I really enjoy making and I always save a jar for Thanksgiving. It goes really well with turkey and dressing and is especially good with the leftovers.

We have picked berries all over the USA and Canada and I have been amazed at how common it is to mix herbs and berries. My Mom never mixed anything with fruit except sugar so experiencing some new fruit and herb combination was always a joy. On Prince Edward Island, in Canada I enjoyed one of the best watermelon salads I have ever eaten. The salad was comprised of watermelon, strawberries, chopped fresh mint and lavender blossoms and drizzled with fresh lemon juice. It was the perfect compliment with my poached haddock dinner and whenever I find fresh haddock here at home I always make this delicious summer salad, even though I don't always have the lavender flowers the salad is still delicious.

As of this writing I have a lemon sage pie in the oven and the aroma is mouth watering. Enjoy some garden fresh foods for a nice change of pace!

Lemon Sage Pie

- * 2 lemons, thinly sliced
- * 1 tablespoon finely chopped garden sage
- * 2 cups white sugar
- * 4 eggs, beaten
- * 1 recipe pastry for a 9 inch double crust

Directions

1. Slice the lemons and combine in a large bowl with the 2 cups sugar and sage. Let stand for at least 4

hours, preferably overnight.

2. Add the beaten eggs and mix well. Pour into an unbaked 9 inch pie crust and cover with a top crust.

3. Brush the top with milk and sprinkle granulated sugar on top.

4. Bake at 450 degrees F (230 degrees C) for 15 minutes, then reduce heat to 375 degrees F (190 degrees C) and bake for an additional 20 to 25 minutes, or until a knife inserted into the pie comes out clean.

Freezer Apple Sage Jelly

- * 5 cups yellow apples (about 5), peeled and diced
- * 1cup sugar
- * 1/2 teaspoon ground cinnamon
- * 1tablepoon finely chopped fresh sage leaves
- * 1 box (1.75 oz) fruit pectin
- * Clean canning jars and lids

Directions

1. In large bowl, mix apples, sugar, cinnamon and sage; toss to coat. Set aside at room temperature 30 minutes.

2. Place the apples and any collected juices into large pot, and mix in pectin. Heat to boiling; reduce heat to medium, and cook jam until thickened and apples have softened, about 10 minutes.

3. Use ladle to transfer jam into clean jars, leaving about 1/2 inch space at top of each jar. Place lids on top, and allow to cool to room temperature (at least 2 hours), before freezing. Defrost jam in refrigerator before using.



REAL LIFE WELLNESS

By Dr. Bill Hemmer

How to Stick to your Healthy Lifestyle

I have been there 100's of times. I started a new diet or exercise program, then, tragically life happens (a physical, chemical or emotional trigger pulled me back into my

old patterns) and I couldn't keep my new lifestyle going. Another epic fail!

But over the years, I have found small ways to work toward a healthy lifestyle that I

have been able to keep going. But I have just found new research that will help me and everyone reading this article how to build a strong foundation that will help keep new behaviors going until they become a new normal.

This research highlights five different points allowing you to keep your healthy lifestyle changes stay on track. First, you have to have a strong enough WHY. Second, you have to be ready to change. Third, you have to make the changes in stages, not make huge changes quickly. Fourth, your new behaviors must be affordable. And finally, you need a Care Community to support you.

The first step is to keep everything going by having

a big enough WHY. Your WHY is your unwavering reason you want to live your new healthy lifestyle. For example, my WHY is providing natural healing information and treatments to my family, friends and community. If I don't stay healthy, there is no way I can fulfill my WHY. I remind myself of my WHY every morning during my quiet time. It grounds me and allows me to make great decisions about my lifestyle and to stay on track.

Next, if you aren't ready to change, wait until you are before you go into action. There is no reason to feel guilt or shame about not being ready. There are certain specific steps that must be taken to be ready to make

changes in your life. If you miss a step (which is what I have done many times in the past), your changes never turn into a new long-term healthy lifestyle.

Once you have found your change rhythm, the next point is cutting your new healthy lifestyle into small chunks or stages. If you begin small and then build, your chances of success are much higher. Making big changes are really hard to do and very difficult to sustain. If you layer many smaller changes on each other, your foundation is solid and can withstand the inevitable problems that will try to drag you back into old unhealthy habits.

The fourth point is expensive changes to your life-

style don't work long term. You can't expect yourself to rob Peter to pay Paul forever. Your new healthy lifestyle must fit into your current budget. This is really not that difficult if you become creative.

The last point is joining and contributing to a group of people that you care about and have the same healthy lifestyle values you do. Everyone needs others to talk to, bounce ideas off of, cry with and create a social bond that will help you get through the hard times and help you celebrate your successes.

Do you have these five points built into building your healthy lifestyle? I do now!

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These promotional sports physicals will be available at Horizon Health clinics in Paris, Chrisman, Oakland, as well as the EZ Care walk-in clinics in Paris and Marshall. Physicals will be performed during regular business hours.

The cost of a sports physical is \$25. Insurance will not be billed. For each physical performed, half the fee (\$12.50) will

be donated back to the booster club of the athlete's choice. The designation will be done at the time of check-in.

Students under age 18 must be accompanied by a parent or legal guardian.

To schedule a sports physical, call the Paris Clinic at 217-465-8411; Chrisman Clinic at 217-269-2394; or Oakland Clinic at 217-346-2353. No appointment is necessary at our EZ Care locations.



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