



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

My goodness prices certainly are rising thanks to production delays and shipping problems due to our recent health crisis. It is not the time to be interested in conversion vans and bicycles but I am. Even the prices of used cars are on the rise but my paycheck does not reflect this irritation. I am continuing my quest for a minivan to convert for camping and have driven a couple but have not been happy with the space. I don't need a lot of conveniences but as my camping friends have told me I do need a sink and toilet and so far nothing has fit the bill.

I have been investigating bicycles for a grandchild and am quite surprised at the prices nowadays and the lack of stock in many of the shops with which I have checked. Besides that I was told by a number of bike shops that supplies are really costly now due, in part, to expensive importing. I think it is way past time to bring manufacturing back home! We have always liked to buy local, especially with anything that might need

to be serviced. The last time I looked at bikes was about forty years ago; I thought they were expensive back then but I just got sticker shock this time around. We bought all our son's bikes at Harrison's Bike Shop on Lincoln back in the 1970's and it was really nice that they were just a few blocks from the house. We could walk to the shop to buy parts and the Harrison's were great about servicing.

A couple friends, in Decatur, are ready to build their first house and they, too, had sticker shock when they were informed of the cost of their proposed home. I compared their quote to two of the houses we built, one in 2005 and one in 2016, and the square foot price was more than doubled what we paid here in Charleston. I am glad I am no longer in that phase of my life. I am still doing some remodeling and the cost of supplies is pretty staggering even at the DIY stores.

Food prices are going up too and the price of cat food is outrageous. I can cut back on my extravagances, but I don't

like to skimp on the cats. There are too many stray cats around and I enjoy making their life a bit easier. Yahoo news reports, "Global food prices have risen to their highest point since September 2011. Thursday's recent report from the U.N. Food and Agriculture Organization documents the 12th consecutive month of price increases."

* Cereal prices have increased 36.6 percent since last May, reported the Food and Agriculture Organization.

* Vegetable oil has increased 124 percent over the last year, said Al Jazeera.

* Dairy products have become 28 percent more expensive over the last year, the Food and Agriculture Organization said.

* Meat prices have increased by 10 percent since May 2020, the Food and Agriculture Organization reported.

* Sugar prices are up 57 percent since last year.

Why have food prices risen worldwide?

Food prices have increased for a number of reasons, said Reuters.

* Southeast Asia slowed its production of vegetable oils while the biodiesel sector increased demand globally, Reuters reported.

* Brazil, the world's largest exporter of sugar, experienced droughts in key growing areas causing a delayed harvest and crippled crops, said Al Jazeera and Reuters.

* Demand for grains unexpectedly surged in China,

causing global stores to be depleted, per Al Jazeera.

* It's unclear how the COVID-19 pandemic has played a role, if any, in the rise in food prices.

Gardening used to be a cheap hobby but not so this year. 2021 is not really the year to put in new landscaping and I must admit to wincing a bit at the price of plants. Even the price of baking my favorite Toll House cookies and Magic Cookie Bars has almost doubled. I will just have to suck it up because women can not live without chocolate chip cookies!

On the positive side, all the rain has kept my watering bill for this month of the year more reasonable than in many years past. That is a good thing! I have had great success, so far, planting the new grass on the north side of the house where it has not grown for more than fifty years. When we rented this house in the 1970's Hubby toiled many months trying to grow grass and when I bought the house last year, I was determined to make grass grow there before I died! Thanks to the help of Advantage Tree Company, who cut back many of the overgrown trees, the north side now gets some much needed sunlight.

Last week's storm damaged my Beefsteak tomato plant and although the first two are ripening, I had to remove them from the plant because the vine broke and I am trying to ripen them on the ta-

ble. My friend, Larry, who has the most unique garden enclosure, (it should be featured in a garden magazine) and he just brought fresh picked green beans. I have just cooked up a pot with bacon, potatoes and onion. I can't wait to chow down. Thanks Larry! Vegetable plants did not seem as expensive as many other things this summer. I hope you took advantage of the lower prices and have a successful garden.

I am always looking for new recipes and copy cat recipes of dishes I have eaten on our trips and I surfed to a web site "Momma Can" (<https://mommacan.com/southern-crack-smothered-green-beans/>) and found a recipe I had eaten on a trip to Georgia. It is called "crack" green beans but I can't seem to find out the definition of the word "crack" when associated with the recipe. It sounds delicious so I will share the recipe. I enjoy fresh green beans better than canned so I tend to eat a lot of them in season.

Years ago I found an herb green bean recipe in a Canadian Living magazine and have recently found it on their website (<https://www.canadianliving.com/food/recipe/herbed-green-beans>). It must be very popular up north because many of the restaurants serve them this way in the summer and they are very quick to make and are delicious.

Happy gardening!
Herbed Green Beans (Canadian Living)
 * 1 lb trimmed green

- bean
- * 1 tablespoon vegetable oil
- * 2 cloves garlic minced
- * 1/4 teaspoon dried thyme
- * 1/2 teaspoon salt
- * 1/4 teaspoon pepper

Method

In saucepan of boiling salted water, cook green beans for 7 minutes; drain. In same pan, heat vegetable oil over medium heat; cook garlic and thyme for 1 minute. Return beans to pan; toss with salt and pepper.

Southern Crack Smothered Green Beans
Ingredients

- * 3 (14.5oz. cans) cut green beans drained
- * 12 Slices Cooked to a crisp and chopped.
- * 2/3 Cup Brown Sugar
- * 1/4 Cup Melted Butter
- * 6 Teaspoons Tamari Soy Sauce
- * 2 teaspoons garlic powder
- * 2 teaspoons onion powder
- * Cooking Spray for Pan

Instructions

1. Spritz 9 x 13 pan with your favorite cooking spray. I use plain old Pam for this recipe.
2. Put drained green beans into the pan.
3. Mix the brown sugar, melted butter, tamari soy sauce, garlic powder, and onion powder. Pour over green beans.
4. Add Cooked Bacon
5. Bake 40 Minutes in 350° F oven.



REAL LIFE WELLNESS

By Dr. Bill Hemmer

Radical Longevity

Sounds pretty good doesn't it? Having your health span equaling your life span. Deep down I believe we all have this primal drive to be the best we can be. I recently read a book by the title "Radical Longevity, The Powerful Plan to sharpen your brain, strengthen your body, and reverse the symptoms of aging." by Anne Louise Gittleman, PhD, CNS and it had seven major rules

it made. The first rule states, "Immunity is everything". After the last 16 months, I can certainly agree with this logic. Your Immune system is your security system. Most of the time it doesn't have to work very hard to keep things in order. But, when it is needed, it needs to be trained, sharp, strong and ready to take on any virus, bacteria, parasite or any other critters out there.

What you can do right now to help your Immune system is eat less sugar. Sugar decreases your Innate (the Immunity you were born with) response to any invaders. Another important thing is to get enough sleep. If you don't get enough sleep, your ability to handle stress suffers which decreases your Immune response.

The bottom line is...take better care of yourself.

The second rule is to take on your toxic overload. When I began practice in 1988, the amount of treatment necessary to return someone back to health was significantly longer than it was back then. What took two weeks back then can be a month or more now. I believe there are multiple factors that cause this

increase in healing time, but one of the major ones is the amount of toxins we all carry around in our body every day.

You have two major ways you can get rid of toxins. The first way is one of my favorite subjects...pooping. Your ability to take a good healthy bowel movement is the absolute best way for you to get rid of toxins on a daily basis. Healthy bowel movements continuously deposit toxins into your digestive tract from your liver.

The more soluble fiber you have in your diet, the more toxins you can absorb in your digestive tract. Soluble fiber is also the food of your good bacteria in your intestines. Soluble fiber is found in vegetables, fruit, beans, some whole grains

and nuts and seeds. Fiber also acts as bulk, so it scrubs the sides of the intestine and gives the muscles of the intestines something to move along down your digestive tract.

The second way you get rid of toxins is through your skin. Skin is your second biggest organ of detoxification. Sweating and movement are extremely important for your skin to get rid of toxins. Movement increases your lymphatic flow and sweat gets rid of toxins as it evaporates.

Bottom line...eat your vegetables and move!

The third rule is the one I personally need to work on most. It says to stop eating AGE'S. AGE stands for Advanced Glycation End Prod-

ucts. These sticky molecules bind together throughout the body and cause chronic inflammation. Chronic inflammation leads to premature aging. I am totally on board with that idea, but it comes with a cost.

That cost is not frying, grilling or smoking your food. That hurts me a little. I have grown up loving my grilled, fried and smoked foods! AGE's form when the outer layer of the meat is presented with high heat. The char marks are a good example of what I'm talking about. Those marks are AGE's.

Bottom line...bake, boil or crock pot your food.

Next week, I will continue with the other four rules. Stay tuned!



Photos: Ariana Cherry

Left: Amish Clothing Display. On display at the Illinois Amish Heritage is a variety of men's, women's, and children's clothing which varies in Amish communities around the country. Right: The Wedding Corner. The six people in the wedding party traditionally sat around a corner table called the "eck" and it is set with specially chosen china for the wedding party.

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HERITAGE

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individuals of the Amish lifestyle.

As you enter into what would have been the living area, an Amish wedding table is set with simple colors of blue and white. It is an accurate replica of the table that was set for Owen and Katie Schrock on their wedding day on January 9, 1975. Owen Shrock is the grandson of Noah Schrock, who grew up in the home. The only thing missing on Owen and Katie's special table was their home-made three-tier Amish wedding cake. The dishes also displayed are not the exact dishes that were present on that day, but it does give you a general idea of how an Amish wedding table is set. Amish weddings were often simple, complete with a dinner menu chosen by the couple and basic colors that often followed themes such as spring or fall with coordinating colors such as gray,

purple and green (spring) or blue, purple and gray (fall). An Amish wedding could also consist of eight to eleven songs which the bride and groom would pick out beforehand.

Moving through the rooms of the Schrock House, Weiman went on to explain how the Amish have church in each other's homes once a week. Once the church outgrows the homes, another district is created. A music box sits where you can listen to an Amish hymn sung a cappella in German -with male voices only. Females are not to "over-shadow" the men and also were not allowed to sing during that time.

In another nearby display, you can see an Amish Bible, known as the Froschauer Bible. In 1529, it was the first Bible completely translated into the German language. It was a popular Bible because of its clear type, pictorial decoration and popular German language.

During the tour, Weiman also shares stories from

some of Daniel Schrock's childhood and how the Amish lived their lives back in those days. In the Daniel Schrock home, there are places where you can see parts of the original flooring, walls and paint colors. "It is said that the Amish are very pragmatic and reused many of the items to make updates and change their homes," said Weiman. Upstairs, you view an Amish bedroom, a closet that holds original clothing from the Amish wardrobe. Their clothing often consists of simple designs and plain colors - as the Amish prefer not to attract attention to themselves.

A short time was spent in the Moses Yoder home, as it is still very much under reconstruction. Inside, you can see a lot of the original walls, flooring and paint colors. Although while viewing the inside of the home, you can gather a general idea of what it once was just by standing inside the literal "time-capsule."

Towards the end of the tour, Weiman spoke about

some of the future plans that the IAHC would like to carry out. Some of those plans include adding two barns and a museum for more Amish historical exhibits. "The buildings are being renovated to "before living memories," described Weiman. There is also a plan to purchase more farmland once the center can receive enough funding to buy it - which is about \$5,000. Other details to the plans include bringing livestock so that there will be a live working farm. Donations are always welcome so that the IAHC can bring their plans to life in order to provide a learning experience for everyone and carry out their mission. The Illinois Amish Heritage Center is available for tours on the weekends. Tours are \$5 and \$10. You can visit the website to make donations and contact the center for information about booking a tour: <https://www.illinois-amish.org/>.