



# MEMORIES MUSINGS

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

The Illinois fair season is coming to a close, but the DuQuoin State fair starts this weekend, August 27-September 6. I have never understood why Illinois has two State fairs but I read that Illinois has a law which states that we have to have two agriculture State fairs. Further research informed me that, in the past, there has been support for eliminating the DuQuoin fair but there are also supporters of that fair who feel like down state needs to keep the DuQuoin fair.

"The Fair started back in the spring of 1923 when a group of successful and ambitious Du Quoin business leaders came up with an idea to sponsor an event that would attract people from all over Southern Illinois. Several of the business leaders also owned horses and needed a convenient place for them to compete. Not shy about making big claims, even from the very start, the group called it "The DuQuoin State Fair" because they wanted it to become as nice, as attractive, and as well accepted in the area as the Illinois State Fair in Springfield. And that happened quickly -- crowds were estimated at 50,000 to 60,000 in the first few years of the Fair during the 1920s." (<https://www2.illinois.gov/>)

The DuQuoin fair has an impressive entertainment lineup this year featuring; REO Speedwagon, En Vogue, Ron White, Ludacris and harness racing for those who may not have been able to attend the fair in Springfield. *Illinois.gov* website also has a comprehensive list of Illinois festivals which continue through October for the leaf peeper inside you. I can't believe it is time to think about fall festivals; so many were cancelled last year but my beginning research has informed me that most of our favorite festivals are planned for this year.

Should you choose to stay a bit closer to home I would suggest a drive to downtown Arcola to shop at the new store "d&m Fueling Station" (<https://www.dmfuelingstation.com/>) and on Facebook, (<https://www.facebook.com/dmfuelingstation/>). I happened upon it quite by accident on a return trip from Champaign; I like to drive through the historic shopping districts, and the creatively designed window sign beckoned me to stop. Everything is unique in the store from the historic exposed brick décor to the expansive inventory of coffee and tea, jams and spices, to the gift items. The moment you open the door you are greeted by the de-



lightful aroma of coffee and tea as opposed to sanitizer or strong perfumes, which is quite a delight. I finally found a source for "Gourmet Warehouse" Applewood smoke seasoning, I am thrilled because now I don't have to order it from Oregon and they also carry one of my favorite coffees which I can only buy in Nashville, In.

Owners, Dorinda and Mike Prince, chose the novel name as a tribute to Dorinda's parents who owned a Shell gas station and Cafe in Arcola in the 1960's. We had a lovely conversation as I shopped and I discovered that they had considered the Charleston Square for their business endeavor but ultimately decided on Arcola as the town is actively working to restore the business district and she has ties to the business community.

I was impressed with the inventory, most of which I

have not seen anywhere in the Tri-County area and was told that they had made that a priority when marketing merchandise. A quote from their website, "One of the main services we offer our customers is the opportunity to show kindness and goodness with our "D&M Fueling Kindness Gift Boxes." These are a box or basket of your choice personalized with items to send to someone in your life that you want to encourage, send a sentiment to, thank them, or for no other reason than you like them! We delight in preparing these for you, or helping you pick them out." My best wishes to "d&m Fueling Station" and I vow to become a frequent customer.

Speaking of aromatic coffee, while vacationing in Seattle, Washington we visited as many of their coffee shops as I was able to coax Hubby into visiting and one of the desserts I had was cof-

fee infused "Gelatin". It is a cool summer dessert, easy to make and one can use their favorite coffee flavor. I chose a hazelnut Havana coffee similar to the flavor I buy in Nashville, In. and the dessert was delicious. The server told us that the Gelatins were unique to the area but she could not give us the recipe and I spent years trying to find the recipe I am sharing. I have served the Gelatins a couple times and found them to be very well accepted.

I told a friend I was writing about tea and coffee this week and she shared a three-ingredient cake recipe using tea as one of the ingredients. My friend has a passion for Earl Gray tea and uses it in this recipe.

She found the recipe on "The Whoot" (<https://thewhoot.com/>) web site which I perused and found to be very interesting with some really different recipes. "The Whoot" is not just about food, there are pages and pages of interesting reading on cooking, sewing, knitting, gardening and much more. Enjoy!

### Coffee Gelatins

- Ingredients**
- \* 1 cup water, plus 1 cup boiling water
  - \* 3 tablespoons powdered gelatin (from 4 individual packets)
  - \* 1 tablespoon instant espresso powder
  - \* 1/2 cup sugar, preferably superfine
  - \* 2 cups homemade or store-bought cold-brew coffee (see headnote)
  - \* Whipped cream or chilled heavy cream, for serving
- Directions**

1. Pour the 1 cup of water

into a 9-by-5-inch loaf pan, then sprinkle the powdered gelatin over the water's surface. Let sit for 5 to 10 minutes, until the gelatin firms up.

2. Combine the 1 cup of boiling water and the instant espresso powder in a large liquid measuring cup, stirring until the granules have dissolved, then quickly add the sugar, stirring until it has dissolved.

3. Pour the sweetened coffee mixture into the pan, then use a fork or flat whisk to thoroughly incorporate it into the gelatin mixture, making sure there are no clumps of gelatin. Pour in the cold brew coffee, stirring gently to incorporate. Any foam or bubbles on the surface should subside after a few minutes; if not, stir gently to make it disappear.

4. Cover with plastic wrap (not touching the surface) and refrigerate for at least 4 hours, or until firm.

5. Uncover and invert the slab of coffee gelatin onto a cutting board. Cut into 1-inch cubes and divide among dessert cups. Top with whipped cream, or pour a little heavy cream over each portion. Serve chilled.

Recipe, Based on "Adam's Big Pot: Easy Meals for Your Family," by Adam Liaw (Hachette, 2014). Tested by Bonnie S. Benwick. <https://www.washingtonpost.com/recipes/coffee-gelatins/16108/>

### Three-Ingredient Fruit Cake

**Ingredients**

- \* 1 kg mixed fruit (2 pounds)

See MEMORIES page 3



# REAL LIFE WELLNESS

By Dr. Bill Hemmer  
Viral Transmission Basics

There continues to be a great deal of confusion around how you get COVID-19. We have all spent the last 15 months trying to make our way through this confusion. When this happens to me, I go back to the basics. Viral transmission has been studied for decades, so I have gone back to my past research and education to

make better sense out of this current situation we all find ourselves in.

The basics of viral transmission is not difficult to understand. The first thing you need to understand is a virus is not alive until it infects a host. When a virus is floating around in the air, it is called a virion. A virion is nothing more than a piece of genetic

material. It floats around looking for a host to infect. Virions are everywhere, all the time.

Once a virion finds its way into your body, it infects your cells by entering the nucleus of that cell. This is when a virion hijacks that cell and the virus becomes alive. That cell begins to produce millions of new virions within that cell. When that cell can't hold the millions of virions inside of it anymore, that cell explodes, and those virions are free to infect all the cells around it. This is the beginning of a viral infection.

Another basic characteristic of viral infections is that the virus will mutate con-

tinuously attempting to stay ahead of the host's immune system. If the virus didn't mutate, the host immune system would create antibodies for that virus and the virus would be killed from the host. So, in order for the virus to continue to spread and thrive, it has to continually mutate.

The best example of this is our yearly flu shot. Every year, scientists from around the world get together and take their best guess at which mutated strain of the Flu (which is also a Coronavirus) will dominate that year.

Viral mutations will never go away. Just like our immune system will never quit

producing new antibodies for different strains of nasty bugs. This is why we all need to do everything we can to stay healthy. If we have a healthy immune response, we can all stay away from getting really sick with any new viral mutations.

This brings me another point of viral transmission basics. In general, with each mutation, viruses tend to become easier to transmit to other hosts but become weaker in how sick it will make you. This only makes sense from a survival point of view. The more hosts a virus can infect, the less likely it is to become extinct. It also makes sense that a virus doesn't want to

be strong enough to kill the host, because if it does, then it will also become extinct.

The best example of this was a strain of the Coronavirus called the Middle East Respiratory Syndrome. By November of 2019, it had infected 2,494 people and had killed 858 people. The virus is so strong, it kills over 30 percent of the hosts so it couldn't spread effectively.

Thank God COVID-19 isn't anywhere near that strong and if it follows natural laws of viral transmission, will continue to get weaker over time.

Everybody likes that idea!

# Community Ambassador Program to welcome new residents & recruits

Chambana Welcome Crew, a new community ambassador program, launched today with the goal of attracting and retaining new residents to Champaign County by creating a welcoming environment and a sense of belonging.

Featuring a dozen ambassadors with a range of backgrounds, demographics, and experiences, the program will match newcomers to ambassadors based on their interests to help them navigate their new home.

The program is a collaboration between the Champaign County Economic Development Corporation, Visit Champaign County, and the

Dual Career Program at the University of Illinois at Urbana-Champaign.

"Recruiting and retaining talent is a top priority for cities across the country," explains Carly McCrory-McKay, Executive Director for the Champaign County Economic Development Corporation. "For several years, our organizations have partnered with our local employers to provide resources to attract talent to our community, and the Chambana Welcome Crew is the next step to ensure these recruits land here in the Champaign-Urbana area."

Ambassadors will connect with their recruits to

serve as a "first friend" in the community, helping find the resources they need to settle here. "Moving to a new community is challenging, finding the resources you need so you can enjoy your new surroundings," says Terri Reifsteck, Vice President of Marketing and Community Engagement for Visit Champaign County. "By sharing authentic experiences our ambassadors will be helping these new residents find everything from a school for the children to their favorite new restaurant. We hope by engaging from day one, these newcomers will love Champaign County as much as we do."

"The University of Illinois at Urbana-Champaign strives to attract diverse talent from all over the world. The Dual Career Program assists the equally talented part-

ners of our recruits to make Champaign County their location of choice," says Dana Cohen, Assistant Director of the Dual Career Program at the University of Illinois at Urbana-Champaign. "The Chambana Welcome Crew is an essential piece of the puzzle to onboard talent to our community and attract even more to this amazing place we call home."

The program will be open to any residents that moved to Champaign County since early 2020 and to anyone considering a move to the area. "We anticipate that our local employers will rely heavily on our ambassadors to help share their living and working experiences, so they can see what life here will be like beyond their career," states McCrory-McKay.

The Chambana Welcome Crew will continue to

add new ambassadors regularly to meet the demand in the community. Community members that are passionate about the area that want to serve in an ambassador capacity are encouraged to apply at the website, <https://yourewelcomecu.com/cwc/>. The organizers of the program are seeking a diverse group from all races, ethnicities, sexual orientations, religions, and stages of life. "It's important that our ambassadors look like our community—an international destination that is welcome to all," explains Reifsteck.

For more information on the Chambana Welcome Crew and how to be involved or request an ambassador, visit <https://yourewelcomecu.com/cwc/> or email [cwc@champaigncountyedc.org](mailto:cwc@champaigncountyedc.org).

About Visit Champaign County

Visit Champaign County's mission is to promote a welcoming destination experience for visitors to strengthen economic opportunity and enhance the lives of residents.

### About Champaign County EDC

Champaign County EDC is a public-private partnership dedicated to fostering a cooperative, county-wide approach to economic development; works to improve the economic well-being of all Champaign County through efforts that entail job creation, job retention, tax base enhancements, small business development, and promotion of quality of life; and brings together community partners to support economic development by aligning interests through productive relationships, open dialogue, and advocacy efforts.

# TERMITES

## BE PROACTIVE!

Call **CristTermite & Pest Solutions, Inc.**

David Crist  
217-543-2890  
207 N Oak Street Arthur, IL 61911  
<https://cristtermite.com>

# Meadowview Herbs

ORGANIC PRODUCE & WHOLE FOODS

We moved into our new store! Lots of new products with clean, all natural ingredients.

WHY EAT ORGANIC WHOLE FOODS?  
· Feel Better · More Energy · Lose Weight · Reduce Sickness & Chronic Health Issues · Reduce Brain Fog

Did you know? Conventional food is raised with toxic chemicals, herbicides and pesticides. These toxins and chemicals build up in our body and cause all sorts of health issues— allergies, obesity, sinus, inflammation, pain, and chronic health issues.

## YOUR FOOD IS YOUR MEDICINE. CHOOSE IT WISELY.

· Essential Oils · Whole Foods · Herbs · Teas · Health Products · Water Filters · Wholesale & Retail

¼ mile south and ¼ mile west of Beachy's Bulk Foods. Or 1½ miles south and 1¼ miles east of Arthur.

Hours: M-F = 7:30-5:30 | Sat = 8:00-4:30

WILLIAM & ELIZABETH SCHLABACH  
160 E CR 240 N · Arthur, IL 61911 | Ph: 217-439-3774 | [safemvh@ibifax.com](mailto:safemvh@ibifax.com)