



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

The weather on September 1 could not have been more perfect to usher in autumn; one expects cool, crisp, low humidity days and we were treated to such a day. I must say my walk that day was quite a relief from the past two weeks of 90 degree and high humidity days. Fall doesn't really start until September 22 but I have always used Labor Day to put away the white and summer colors and revel in the fall colors of oranges, browns and gold. With fall on my mind comes the changing of the colors: I am not speaking of the tree colors, that will come later, I am thinking about changing to my fall bedspread, the door wreaths and the pleasure of decorating with pumpkins and dried floral arrangements.

I have spent a lot of time this summer driving to farmers markets all over the tri-county area and I plan to continue this diversion through fall. I have found that it is a great way to get out of the house but still avoid crowds. Many of the seasonal fall orchards and markets are beginning to open so those will be fun to visit as well. I especially love peach and apple season and need to make one more trip to Grissom's, Lost Creek orchard in Greenup

for a bushel of peach seconds for my sugar free preserves. My recipe is more like frozen stewed peaches with cinnamon and clove but it tastes really good in the dead of winter and I especially enjoy it on hot cornbread.

I first had peaches on cornbread on our first trip to Red Top Mountain State Park in Georgia. If you would like a secluded vacation, Red Top is a ten hour drive from Charleston and well worth the trip. From the website "This popular park on Lake Allatoona is ideal for swimming, water skiing and fishing. Visitors can bring their own boats or rent from nearby marinas. A sand swimming beach is nestled in a cove and surrounded by trees, providing a great place to cool off during summer. Picnic shelters and group shelters may be rented for meetings, parties, reunions and other celebrations. Guests often stay overnight in rental cottages, a spacious campground, or the park's lakeside yurt.

While best known for the 12,000 acre lake, Red Top Mountain is also a hiker's haven. More than 15 miles of trails wind through the forested park, providing opportunities for exercise and nature photography. A short, paved trail behind the park



office is suitable for wheelchairs and strollers, welcoming guests to explore a reconstructed 1860s homestead. The gravel-topped 4 mile Iron Hill Trail is open to both hikers and bikers, offering pretty views of the lake's shoreline." (<https://gastateparks.org/RedTopMountain>)

We ate in a small restaurant in Cartersville, Georgia and peaches were in season at the time we were there and every dessert on the menu was a form of peach delight.

I chose the peach cornbread because I had never heard of it and Hubby stuck to peach pie, which he said was the best he had ever tasted. This is also where I purchased my first sugar free peach butter and it too was the best I have ever eaten. I think Georgia peaches really do not need sugar. I will admit to using a recipe which uses "Jiffy" cornbread mix, I found the box mix worked better than fresh corn meal.

I hope that you get a

chance to get out and enjoy the beautiful September temperatures. Enjoy!

Peach Cornbread Dessert Ingredients

- * 1 T. melted butter
- * 1/4 c. sugar
- * 1/2 t. cinnamon
- * 1 can sliced peaches in a light syrup, drained
- * 2 Jiffy Corn Muffin mix packages

Directions

1. Preheat oven to 400 degrees.
2. Combine the first three

ingredients and stir mixture into the peaches.

3. Mix the corn muffin mixes together following the directions on the box.

4. Put 3/4 of the corn muffin batter in a greased pan. I used a cast iron skillet.

5. Spoon peaches onto batter leaving a 1/2 inch border around the edge. Dab the remaining batter on top of the peaches.

6. Bake for 20-23 minutes. (<https://the2foodies.wordpress.com>)



REAL LIFE WELLNESS

By Dr. Bill Hemmer

Pandemics Compared

We have all been profoundly affected by COVID-19. The other day, I spoke with a patient about it and they shared with me an insight I had never thought of. They watched a documentary on the Spanish Flu and learned that the Roaring 20's was kicked off by the whiplash effect after everyone went through that ter-

rible time in 1918 and 1919.

As I thought about that, I wondered how all of the other Flu Pandemics compared to our current situation. I did some research and here is what I found.

Of the ten viral pandemics that have occurred since 1889, most of them have lasted approximately two to three years. The Russian

Flu was from 1889 to 1890. The Spanish Flu was from 1918 to 1919. The Asian flu was from 1957 to 1958. The Hong Kong Flu was from 1968 to 1970. The SARS Flu was from 2002 to 2003. The Swine Flu was from 2009 to 2010. The Ebola virus was from 2014 to 2016. Finally, we are currently in the COVID-19 pandemic since 2020.

Only two of the ten are still presently ongoing for more than three years. HIV/AIDS (since 1981) and MERS (since 2012) have been continually with us. This is not to say that the other eight diseases have been eradicated. Eradicated means gone forever. The

only disease that has ever been eradicated has been smallpox.

No one currently believes COVID-19 will be eradicated. It is believed that it will follow the same path as the other 7 pandemics, and it will become endemic. Endemic means it will be part of our world ongoing forever, just at a much lower level.

You might be asking yourself why all of these things are important? I believe it's important so we can all move forward and be confident that life will get back to normal.

Vaccines were first used to fight pandemics during

the Asian Flu. It didn't have any impact on that pandemic because of lack of technology. During the Hong Kong Flu, a vaccine was too late to provide any protection. Then, during the Swine Flu, a vaccine was then used, but again, production was slow and didn't have much of an impact on the pandemic. In today's environment, vaccines are being used and distributed more effectively than any other time in history.

But as I just described, six of the eight Flu pandemics didn't have effective vaccines available. So, if we think about the timeline of those six, they all sug-

gest that within the next six months to one year, COVID-19 will run the same course in the same way the other pandemics did. Then, if you take into account all of the other mitigations in place right now, there is plenty of room for hope for our near future.

We all want our life back. Our current pandemic will be added to history and we will learn much from what we have tried. But just remember, Mother Nature is always in charge and we can never overpower her. So, get and stay healthy, enjoy Nature and another roaring 20's might be fun.

CEO

Continued from 1

to work together and learn more about their leadership styles. Last year's CEO class was very successful with

their creation and production of masks. Myers commented that the non-traditionalness of the class is one of the wonderful things about the program, noting that of course they want students to do well, but in a lot of cases

they want them to fail.

Myers said, "we want them to know that this isn't going to work out because I didn't follow through with my end." This allows for students to learn from their mistakes, and correct them as necessary.

Condill, Lead Facilitator of the program, said that he "enjoys giving back to the community that has given so much to me and my family for the last six generations." He continued, "I am excited to be working with the CEO program as I believe it combines my interests for developing youth for the future, growing businesses for our region, and inspiring creative learning. I also believe

the CEO program is making a positive impact on the future of rural communities which will expand the students' minds as to what is actually offered in their own backyard."

Myers originally began with the program last year as a mentor. She exclaimed that she was very excited to join the program because (she) "strongly believes that active citizenry is a necessary component for a healthy, functioning community." Myers stated that she "is so excited as to what the Illini Prairie CEO program can provide to both students and communities. From touring area businesses to meeting with experienced local leaders, the

CEO program will leave this program with a better understanding of local economies, forged strong business connections and will have learned important life skills that will no doubt set them apart from their peers. I, for one, am incredibly honored to be a part of such an amazing program and am excited to help guide the next generation of community leaders."

Myers said that she looks most forward to exploring area communities with students. "I am hoping we have an impact on smaller communities. I think now more than ever we are all learning and re-examining the roles of our local communities and what they do for us, and

having students that see that same desire in these small towns. That's what is great about the CEO board and the communities, because we are all invested. These communities are hopefully encouraging and cultivating the sense of entrepreneurship because they want these kids to come back and help make these communities great, and I think that all starts with this program."

Illini Prairie CEO students have an exciting year to look forward to. You can follow them on Facebook at Illini Prairie CEO or visit their website www.illiniprairieceo.com for more information.

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