



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

My garden is talking to me and I don't like what it said. I think it is laughing while saying, "lady, gardening time is almost up this year"! Some of the plants are beginning to die back and the trees are already losing leaves but the humming birds are still drinking at my feeder and the squirrels are scurrying about collecting nuts as I try to dodge the falling nuts while I garden. I have accomplished more than I thought possible while fighting heat, rain and mosquitoes, but I am not complaining about Illinois weather because I am not fighting fire or hurricanes.

The young man who helped me move all my garden art did a great job placing it all around the house and I have had to move very little. I told him he had a knack for placement so I have just gardened around each piece except for the sundials. I had forgotten all about them until one night, while on the computer, I watched a video of her majesty

Queen Elizabeth as she walked through one of her gardens with Sir David Attenborough. They approached a beautiful stone sundial and she stopped and admired it with a puzzled look on her face. Sir David commented on the placement of the sundial in the shade and the Queen looked toward her gardener and questioned, "Had we thought of that? It wasn't in the shade originally, I am sure. Can we move it?"

It dawned on me that both of my sundials were on the wrong side of the house and I had better "make haste", as the British would say, and move them to the south side where there is sun. The larger one I have placed in the new south garden which I have named "CW's" garden after the sweet stray cat we just had to lay to rest. CW would lie under the sundial at the house I sold last year, if you recall I have continued to feed him when the new owners are away.

The south garden is

a narrow garden bordering the house but it is the only sun I have now. I have lengthened it a bit by removing one of the Yew bushes I planted when we lived here fifty years ago. The garden is centered on a fifty year old lilac, which I also planted fifty years ago, and it was not pruned properly for a long time. I am trying to save it with much love and care. I have had to hire Advantage Tree Service to prune the yew bushes, they have grown way too tall even with my attempt to cut them back last year. I do not feel safe wielding an electric trimmer while on a nine foot ladder. Those days have passed and I will now delegate that task to Mike Hash and his trained crew. Edward Scissorhands I am not!

My beautiful green pepper plant produced seven huge peppers, just enough for dicing and freezing for winter. I love green peppers but my tummy has decided that a little goes a long way. I love fried potatoes with banana peppers and onions the way my Granny made them, fried in bacon grease and, again, thanks to friend Larry, I have just had a most delicious dinner and wonderful memories of eating with my grandparents. At the end of the summer garden season, af-

ter Granny had picked all the veggies we would have a special evening meal. Granny had the largest iron skillet I have ever seen and she would peel potatoes and chop banana peppers and onions for what seemed like hours and pile them in that skillet which was full of bacon grease, which she kept in a huge tin on the back of their big black wood stove.

I always knew from the aroma that this was going to be a special evening meal and very soon all the aunts and uncles would arrive bringing food. Aunt Georgie would have spent the day in the kitchen too, slicing tomatoes and onions and more often than not cooking down apples and cinnamon. My Mom would make cottage cheese and green pepper salad with French dressing and my Aunt Doris always brought chopped broccoli swimming in real butter. Aunt Dorothy would contribute pineapple upside-down cake and just before we were ready to sit down at the table Grandpa would walk over from his barber shop, which was on the hard road side of their house, hauling a huge tub of sliced smoked ham which he had tended all day in the smoke house attached to the barber shop. Ahhhh the memories!

My Grandpa was very

fond of relishes and piccalilli; I had to acquire that taste and now they are not around so I can't eat their recipes. Years ago I found a pepper relish recipe on "cooks.com" which sounded like the one my Granny made. I am not a hot pepper fan so I reduced the amount of hot peppers called for in the recipe. Granny also used molasses in the relish so I added 1/2 a cup to the recipe I am sharing. Grandpa liked to eat it out of the cook pot as it was bubbling on the stove, which is how it was first given to me, so to this day I like my relishes served warm.

I spent enough time with my Grandparents in their huge garden to appreciate the end of summer bounty and all the hard work they experienced when putting up food for the winter. I was especially happy when Granny would say it was turnip time, after she canned as many turnips as she could stand she would make creamed turnips with cheese on the top. I knew it was a special day when grandpa brought home a huge chunk of cheddar cheese because it was not a staple in their house in 1950.

Granny's recipe was simple, she peeled and diced a huge pot of turnips, green onion tops, about a pound of chopped bacon

and salt and pepper and boiled them until the turnips were soft. After draining the water she emptied the pot into a big roasting pan (she cooked daily for six people) and then cut thick slices of the cheddar cheese and placed them on top of the turnips. Then she placed a big wooden board over the roaster and set the pan on the stove until the cheese melted and the bottom of the turnips has "crisped up" (her term). She ladled big scoopfuls onto our plates and that was our dinner. My mouth is watering.

Happy Fall!

Pepper Relish

Ingredients

- * 1 dozen sweet peppers (use some red for color)
- * 2 dozen sweet banana peppers
- * 3 hot peppers
- * 7 med. Onions
- * 3 c. vinegar
- * 2 tbsp. mustard seed
- * 2 c. sugar
- * 2 tbsp. Salt
- * 1/2 Cup molasses

Directions

1. Chop or grind peppers and onions.
 2. Combine with other ingredients and boil 30 minutes.
 3. Pack in sterile jars and seal.
- Make your meat and vegetable dishes take on a special savor with a spoonful of Pepper Relish.



REAL LIFE WELLNESS

By Dr. Bill Hemmer

We are so Blessed

As I sit here thinking about writing another article, it struck me how lucky we are in Central Illinois. We have plenty of space to spread out and live. We have local officials who listen and care about us. Plus, we are cautious about change simply for change's sake.

So, this week, I'm going

to share some tidbits that will give hope to many of us about where we are and where we are going with the COVID-19 situation. On 9/3/21, the CDC reported that 83 percent of Americans now have antibodies for COVID-19. In other words, more than eight out of ten Americans have been exposed to COVID-19 in

one way or another.

Why is that cause for hope?

Because that means eight out of ten of us have the means to fight off this virus. Our Immune system has now seen it and can mount an attack against it early to keep us from getting really sick. Plus, if you keep yourself healthy, your ability to fight it off increases as your numbers of antibodies for different variants also continues to grow for future exposures.

You could have got your antibodies two ways. First, is by getting vaccinated. The two different types of vaccinations allow you to

produce different types of antibodies. The Pfizer and Moderna shots provide you with the ability to produce antibodies for the spike proteins of COVID-19. The Johnson & Johnson shot gives you the ability to produce antibodies for five different viral proteins.

The other way you get antibodies is you get infected with COVID-19. I have been infected twice. When you have had COVID-19, your body is ready to fight it off again, just like any other infection, unless your Immune/Inflammation balance is not working correctly. This is why it is so important to get and stay healthy.

If you are in balance, you get back to normal quickly. If you are not, then problems can be on your horizon.

We now know that COVID-19 isn't ever going away. It will become "endemic". What endemic means is that COVID-19 will be like Influenza B, Norovirus and all the other viruses we fight off every year. This isn't bad news, it's just reality. The reason it will never go away is that, unlike smallpox, COVID-19 can infect animals. We were able to totally get rid of smallpox because it couldn't infect anything but humans. We didn't get that

fortunate with COVID-19.

With all that being said, eight out of ten people's Immune system is now ready to fight off this virus. It will not take long for the other two out of ten of us to be exposed. This leads to the end goal of Herd Immunity. Our bodies were designed to fight off all types of viruses. We have done it successfully eight times in the last 130 years. I guarantee this won't be the last time we have to do it either.

Thank GOD our Immune system is as wonderful as what it is. But you have to be healthy to have it work at its peak efficiency. That's your job.

Lake Land College to host first annual Math & Science Open House

Lake Land College math and science faculty will host the first annual Math & Science Open House from 10

a.m. to noon Sept. 24. The event allows high school juniors and seniors to learn more and ask questions about

Lake Land math and science academic programs such as chemistry, biology, physics, math and engineering.

Tours of facilities and labs will allow those interested to see and experience the state-of-the-art technology and equipment available to students in these programs. As part of the biology lab tour, participants will also have the opportunity to view a cadaver.

"We are fortunate to have labs furnished with up-to-date equipment that go a long way in preparing our students to be successful when they graduate or transfer," Division Chair of Math & Science/Biological Science Instructor Ikemefuna Nwosu

said. "Our hope is that when students and their parents or guardians visit the open house, they can get a hands-on perspective of the quality education they will receive at Lake Land College."

The event will consist of three sessions based on different aspects of the math and science programs at Lake Land. The first session will include information about geographic information systems (GIS). GIS links data and descriptions to specific locations, allowing users to connect patterns and context within that data.

The second session will include information about biological science, and the third session will involve physical science. As part of these sessions, faculty will be presenting hands-on demonstrations showcasing equipment, animal specimens, cadavers and laboratory experiments that are part of the Laker experience that provides students an advantage when transitioning to the workforce or to four-year universities.

For more information or to register for the event, visit lakelandcollege.edu/visit.

WE ARE HEALTHCARE

We live here. We work here.

WE ARE CHRISTIE CLINIC.

Trusted and local for more than 90 years, we care about delivering personalized, accessible healthcare for you and your family.

TUSCOLA
300 N. Main St.
(217) 253-9258

- Dermatology
- Dietitian
- Family Medicine
- Internal Medicine
- Laboratory
- OB/GYN
- Pediatrics
- Radiology

TUSCOLA
109 W. Pembroke St.
(217) 366-1323

- Physical Therapy

CHRISTIE CLINIC

CHRISTIECLINIC.COM

TERMITES

BE PROACTIVE!

Call **Crist Termite & Pest Solutions, Inc.**

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

TRI COUNTY JOURNAL

115 W SALE ST

PO BOX 170

TUSCOLA, IL

253-5086