



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

How could I have lived on my street for so many years and not known there was a Paw Paw fruit tree here in the neighborhood? After finally being made aware of the tree I was given a fruit; it is absolutely delicious and I wish I had known about the Paw Paw years ago! Friend Lynnette gave me a Paw Paw and everything I had thought about the fruit was wrong. It is not a pretty fruit and smells very tropical; I was told to cut it like one cuts an avocado. It sort of smells like a banana but it tastes like caramel, to me.

Where, oh where is pretty little Susie?

Way down yonder in the paw-paw patch.

Come on, boys [or girls, or kids], let's go find her,

Way down yonder in the paw-paw patch.

Pickin' up paw-paws, puttin' 'em in her pockets.

The above is an excerpt from a popular children's song of which I have a slight recollection. I don't believe it was very popular where I grew up but some of my friends remember the song and game. Now that I have been introduced to this fruit I am going to have to research

where one buys them and how to prepare them. Personally I enjoyed my one fruit so much I can't imagine adding anything to it.

I began searching for the Paw Paw and learned this from the "Appalachian History" website: "Call it the American Custard Apple or the West Virginia Banana, but it's neither apple nor banana. It's the Paw-paw (Asimina trilob), the largest native fruit of North America, and it grows throughout Appalachia. There are about seven other members of the genus Asimina, all growing in the southeastern U.S. Mature pawpaw trees produce fruits 2 inches wide by 10 inches long, which turn from green, to yellow, and then black as they ripen in the fall". (<https://www.appalachianhistory.net/2018/09/way-down-yonder-in-paw-paw-patch.html>)

Later in my research I looked at pictures of the mature leaves only to discover that we have been cutting out these trees, as weed trees, in this neighborhood, for years. On the National Park Service website I read, "With leaves and branches that deer avoid, and fruit that is loved

by all, the pawpaw (Asimina triloba) is a fascinating native tree. It's the only local member of a large, mainly-tropical plant family (Annonaceae), and produces the largest edible fruit native to North America. Despite being a small, understory tree, unlikely to ever grow into the forest canopy, pawpaw is the most frequently observed sapling in forest." <https://www.nps.gov/articles/paw-paw.htm>

I read on a number of cooking websites that bananas or pumpkins can be substituted in a paw paw recipe but after tasting the fruit I would imagine that neither of these substitutions would offer the caramel flavor. I did note that many of the recipes I read use molasses which might be the caramel-like flavor needed to replicate the paw paw taste. I am going to share a paw paw recipe just for fun.

On a more serious note: for the last couple weeks the news media and social media have been focused on a young engaged couple from Florida, who decided to travel out west to get away from the problems of life. They are not the first US citizens to undertake a cross country road trip; the Pioneers did it and so did Hubby and I as well as millions of others. We have hiked those same trails and driven those same back roads and discovered the beauty of the old west.

Self confessed sufferers of OCD and anxiety, Gabby Petito and fiancée Brian Laundrie spent a couple

months touring and hiking many of the National and State parks from Florida to the Tetons'. Gabby had embarked on her dream of becoming an internet travel blogger over multiple social media outlets, many of which I have perused for our travels. Hubby and I actually had a travel web page in the late 90's and I think this might have sparked my interest in this case. Without dwelling on the sad outcome of the dream trip, which was a foregone conclusion before any of the public ever became involved; social media enthusiasts from all over the world have invested hours trying to help locate the missing couple. Hundreds of tips and videos were submitted to the FBI, many of which proved quite helpful to the investigations.

News outlets across the board devoted countless hours reporting to us, the general public, and millions of people tuned into live stream programs hosted by hundreds of people across all media forms. I finally listened to a live stream that was not associated with music. Why, you might ask; because this couple fascinated me, they were young, attractive, and full of life; seemingly in love. They reminded me of Hubby and I as we began our hiking travels some fifty years ago. Then there were the detractors who stated the internet sleuths were wasting their time and should be doing something more productive with their lives. When,

in fact, if it had not been for a couple of these travel bloggers and true crime enthusiasts who actually found clues that might have been missed. One blogger even delved into the physiological significance of two of the couple's last texts relating it to the books they were reading and the music they were listening to and how she thinks it is relevant. This woman was fascinating to listen to, the depth of thought was positively "Sherlockian".

I spent some time watching the videos and listening to a few of the theories and was actually impressed with a couple of young people who might have a career in deductive thinking. The detractors condemned and criticized the bloggers, vloggers, and sleuths with silly suggestions and condemnations and as I read all this over a period of a couple of weeks I have come to the conclusion that the outpouring of sympathy and empathy might have been born out of frustration over the last year of our lives. We, the little guys, can't fix war, the border crisis or the pandemic but we can try to help someone who is missing and in need of help. In my opinion, these desk top detectives have actually contributed way more to society than most of the inane stuff I have seen across social media. I was an avid fan of Court TV which started in 1991 but I have not ventured into the internet world of true crime, hummmmm, hey this might be a new hobby!

Hundreds, maybe thousands, banded together in a common cause to make something better. They listened to the pleas of the parents and put their talents to work, together, and found information relative to the situation. I think these people should be commended not condemned. I know I learned quite a lot from the experience.

Be safe.

Paw Paw Cookies

- Ingredients**
- * 1 1/2 c. pawpaw pulp (or mashed bananas)
 - * 3/4 c. shortening
 - * 1 & 1/3 c. sugar
 - * 1 egg
 - * 3 c. sifted flour
 - * 1 Tbsp. baking soda
 - * 1 tsp. salt
 - * 1/4 tsp. ginger
 - * 1/4 tsp. allspice
 - * 1 tsp. nutmeg
 - * 1 tsp. Cinnamon

Directions

1. Cream the shortening and sugar thoroughly.
2. Add beaten egg and pawpaw.
3. Stir in the dry ingredients, and mix well.
4. Form into small balls and place on a cookie sheet.
5. Press into a round flat shape with the bottom of a glass that has been lightly greased.
6. Bake in a moderate oven about 15 minutes. (<https://nativeamericans.mrdonn.org/recipes/paw-pawcookies.html>)



REAL LIFE WELLNESS

By Dr. Bill Hemmer

The Enemy of Freedom

In a meeting last week, a very wise man explained to me the biggest enemy to Freedom we all face is convenience and attach-

ments. It took me a minute to grasp what he was saying, but once I thought about it, I realized he had just given me a great gift

and I want to share that gift with you.

Our country was built on the foundation of freedom. Life, Liberty and the pursuit of Happiness have been ingrained into each American for over 200 years. Our constitution starts with the Bill of Rights to insure our basic freedoms. Our forefathers fought and died to create this freedom for all of us. We all have a deep-seated

motivation to remain free.

Freedom from disease is my life focus. Every day I use my energy to help people move towards this freedom. But, as I stated in the beginning of this article, convenience and attachments have stopped freedom from disease for the majority of people.

My Triangle of Health contains Physical, Chemical and Mental sides. Each of these sides are just as

important as the other two. If you examine each side through the lens of convenience and attachment, you can figure out why we all struggle to have freedom from disease.

Physical health depends on your structure. Your bones, muscles, joints and nerves must all be healthy to allow for freedom of motion and allow you to continually do what you want when you want. But, one enemy of freedom, convenience, wants you to drive your car instead of walking. Being attached to your phone and computer keeps you from going outside to enjoy nature and other physical activities that will increase your physical health freedom.

Your Chemical health freedom is also being attacked. Fast food is the best example of how convenience has altered our ability to stay free from disease. We all know processed foods have less nutritional value than whole foods, but we don't make the time to prepare and enjoy our food the way we should. We drive-thru and eat on the run.


We have also become attached to our current sickness care system. As I have talked about many times, our current system doesn't kick in until you

have a full-blown disease process. If you don't feel right, but your lab tests aren't bad enough yet, you are told to "watch it" and you are sent on your way to get sicker or given medication to help the symptoms, not treat the underlying cause.

Your Mental freedom has also been under attack for years. The stress we have all felt over the last 18 months has been unprecedented. We have been confused, scared, threatened and talked down to. The convenience of the media has continually been used to tell a story that slowly wants to strip away our personal freedoms. Our attachment to cultural things, such as, concerts, flights, restaurants and social gatherings has also been under attack. Our personal choices are being judged like no other time in history.

I used to tell my kids; your decisions determine your destiny. I believe everyone has the God-given right to make a decision about their own health. You should decide what is right for you and your health, not me, the media or the government.

I personally will choose health freedom.



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