



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

I have apparently jumped over the generation gap in more ways than one. My nightly computer regimen begins with a look at the Yahoo news page and of late I have noticed that I do not recognize any of the politicians, movie stars or many of the sports figures in the news. I read these names and I ask myself, ‘Who are these people and what have they done to warrant all this front page news’? After I research the names I answer myself, ‘I don’t think they deserve a news story’! In my opinion there are also a few too many stories about 60ish year old female stars with toned abs and still able to wear daring bikini swimsuits while the younger stars are baring it all or wearing nearly nothing. (Yep, I am envious) I call this clickbate. I also watch “YouTube shorts (short videos) on my cell phone, primarily the shorts about cats and whatever current court trial with which I am interested but these shorts are random and the occasional car chase or stupid human tricks videos are interwoven between the cute cat videos. I have become increasingly aware of cop bating shorts which concern first and second amendment rights. I support these rights but some of these people are just wasting our officer’s time by engaging them in superfluous conversation. Granted it is our right to film in public but some of these people just seem to want to get in trouble, just my opinion and it is a waste of my

time to watch these clickbate videos.

Then I jump to the music news page, here again I have no clue who the current pop favorite bands are so when I “Googled” them I still had not heard of them or their music; but I can tell you who the top all time favorite bands are; Pink Floyd, The Beatles, Led Zeppelin, Queen, The Rolling Stones; this is Google’s list, I would have to add Aerosmith, Jefferson Airplane, Fleetwood Mac, James Gang. As I peruse the sports page the only name I know is LeBron James and the only reason I know his name is because of his association with Michael Jordan. The Entertainment news page is just as mystifying; I have no clue who many of the actors are with the exception of Bryce Dallas Howard who is Ron Howards daughter, you know “Opie” of the Andy Griffith TV show. I guess, I am still in the world of the 1970’s, but you know that was a pretty nice place to be. I joked with my 96 year old Mom about feeling like the world is passing by me and I had to laugh because she had no clue about any the people I was remembering and began to tell me all about the movie stars and sports figures of the 1940’s and 1950’s; so I guess I won’t worry too much about the current world news.

Here we are again already to celebrate July 4. My goodness this year is flying past me and I am thankful for that because the last two years seemed much too long.

I have been checking all the area town celebrations and it looks like everything is a go for this year. It is nice to know we will have some semblance of normalcy this holiday. Charleston will be celebrating the fourth in Morton Park on July 3 and the 4 with fireworks at the Coles County airport. (<https://charlestonredwhite-andblue.com/>). There will be a free concert by “Rick K and the Roadtrip” at 6:30 p.m., and “the Bruce Springsteen Tribute Band” at 8 p.m. on July 3. The Mattoon, Illinois annual Independence Day Parade lineup begins at 8:00 a.m. and the parade begins at 9:00 a.m. on July 4. Having attended all of these functions over the years, I know you will be sure to have a fun filled weekend.

A little history about our July 4 that you might not know: in the beginning the Democrat and the Republican party were one party and they disagreed with the Federalist Party. An excerpt from the Zane Baker website (<https://zanebaker.com/history-behind-july-4th/>) “By 1817, John Adams complained in a formal letter that the new America seemed uninterested in its past. But that changed shortly after that. After the War of 1812, the Federalist party started to come apart, and the new parties of the 1820s and 1830s all considered themselves inheritors of Thomas Jefferson and the Democratic-Republican Party. Printed copies of the Declaration started to circulate again, all with the date July 4, 1776, listed at the top.

The deaths of Thomas Jefferson and John Adams on July 4, 1826, even further helped to promote the idea of July 4th as an important date to be celebrated. Celebrations of the 4th of July became more common as the years went on and in 1870,

almost a hundred years after the Declaration was written, Congress first declared July 4th to be a national holiday as part of a bill to officially recognize several holidays, including Christmas. Further legislation about national holidays, including July 4, was passed in 1939 and 1941”.

You might be surprised at the menu for the first July fourth celebration at the White House. According to Yahoo history, “On the first celebration of America’s birthday, John Adams and his wife, along with thousands of other Americans on the East Coast, enjoyed a meal of turtle soup, Yup, you heard it right—green turtle soup. The traditional meal also included poached salmon with egg sauce, green peas, boiled potatoes, Indian pudding, and apple pandowdy”. That is a far cry from hotdogs, BBQ, potato salad and pop.

We had huge family picnics at the park when I was a kid. I don’t recall any July fourth parades in my younger years, but there was always music in the bandstand at the park and in later years fireworks at the fairgrounds in Taylorville. I liked it when our fireworks were at the pond on the EIU campus. We could walk to them, if we so desired, and by that time I was pretty worn out after our picnic, which was usually at Fox Ridge State Park if we were actually home on the fourth. We started taking our vacations around the fourth and spent many of those trips celebrating in towns around the country. I was particularly fond of the many times we attended July 4 celebrations on the East Coast, especially if the displays were around water. My all time favorite July fourth fireworks display was in the year we visited Madeline Island which is an island in Lake Superior in

Wisconsin. Not only did we watch the fireworks from the hotel gazebo but there were many other displays we could all around the shore line and the simultaneously scheduled finale was spectacular.

What is your July 4 favorite picnic food? Mine is fire roasted cabbage and hotdogs. Mom would clean and wedge heads of cabbage and wrap each wedge in foil with salt and a couple tablespoons of butter and Daddy would throw them in the campfire and turn them as we roasted our hotdogs. The cabbage would be slightly smoky and browned but still firm enough for us to hold the wedge in our hands and we would let the butter drip down our chin while we ate. In later years we made the roasted cabbage on the grill but it never tasted quite right without the wood smoke flavor. If we were vacationing out East we might attend a fish boil or chowder festival and out West it was all BBQ. If we were down south we would seek out fried chicken and up North, if we were close to Canada, we would have Poutine with hotdogs. (Canadian Poutine is French fries with curd cheese and Canadian gravy)

My Mom made the best dessert for July fourth celebrations. It was very simple and colorful. She would make a large bowl of fresh whipped cream with a bit of extra sugar and fold in fresh sliced strawberries and whole blueberries. Sometimes she would serve it on homemade shortbread or sliced angel food cake but if money was tight she would simply serve it in a bowl which was the way I preferred to eat it. Since I am a strawberry rhubarb fan I like to make that for the fourth but I add blueberries for the topping and the addition of the blueberries makes the shortcake even better.

Have a safe and fun July

4!

Strawberry Rhubarb Shortcake

Ingredients

- Rhubarb and Strawberry Layer
- * 250 grams rhubarb-sliced
- * 250 grams strawberries – stem removed and roughly chopped
- * 1/2 tablespoon water
- * 1/2 tablespoon caster sugar (+ extra if fruit is not sweet enough)
- Cake**
- * 125 grams Butter - melted
- * 115 grams Caster sugar
- * 215 grams self raising flour- sifted
- * 1 egg
- * 1 heaped teaspoon brown sugar
- * 1 teaspoon raw sugar

Instructions

1. Place the fruit, water and 1/2 tablespoon of sugar in a saucepan over a low heat. Stew slowly until the fruit has broken down. Set aside to cool.
 2. Melt the butter and add the sugar, flour and egg. Mix until it forms a loose dough like mixture.
 3. Place 2/3 of the mixture into the base of a lined slice tin, pushing down firmly with your hand.
 4. Place a layer of the cooled fruit mixture on top and sprinkle with brown sugar.
 5. Crumble the remaining 1/3 of the dough on top of the fruit roughly. It does not need to cover the slice completely as it will expand.
 6. Sprinkle with the raw sugar.
 7. Bake in an oven on 170 degrees for 25-30mins or until the top is golden.
 8. Cool before cutting or serve warm with custard, cream or ice cream.
- <https://smartpartyplanning.com/rhubarb-strawberry-shortcake-recipe/>



REAL LIFE WELLNESS

By Dr. Bill Hemmer

Fat Metabolism... Why it's Really important!

Last week, I started my discussion about Metabolism. It’s one of the most mysterious processes in our body. Basically, you burn (or metabolize) three different substances, carbohydrates, proteins, and fats to make energy. As we discussed last week, carbohydrates and proteins turn to sugar, usually glucose, and are then used to build new cells or create energy.

This week, we are going to discuss what happens to fat when you want to turn it into energy. The first thing you need to know about fat metabolism is it is extremely important in producing energy for your daily life. Our bodies were designed to switch back and forth from carbohydrate/protein metabolism to fat metabolism instantly.

When we were hunting

and gathering, thousands of years ago, we would go through times that we had plenty of carbohydrate or protein-based foods, like during the summer when plants and animals were plentiful. But when the winter came, we had to rely on our own fat stores for survival. Our ancestors might not eat or get out of their dwellings for days or even weeks at a time.

Today, our food supply is totally different. We have more carbohydrate/protein-based foods than we know what to do with and we have all been told to stay away from fat like it’s the plague. Both factors have led us to where we are today. The most obese society

the world has ever seen!

But let’s get back to the topic of fat metabolism. When you eat fat, your gallbladder secretes bile into your upper small intestine to begin to break the fat down into smaller pieces. These smaller pieces (called triglycerides) are absorbed into the walls of the intestines and combined with cholesterol. Then this combination is transported into your lymphatic system.

What most people don’t know is that these triglycerides are then taken to your heart and used for fuel. In fact, triglycerides are the preferred fuel of your heart muscle! The combination of triglycerides and cholesterol that doesn’t go directly to

PARADE

Continued from 1

civic spirit when you were growing up in Thomasborol Rantoul?

Oh, definitely! The Fourth of July was always a big celebration. We would always get together and stay up late to watch the fireworks, cookout and play games out in the street.

How many years has this event taken place?

This is our fourth year. *How do you think it has evolved over those years?*

I think that the community has really come together to boost the event. We have a lot of people that

want to donate and be a part of the event. A lot of people in the community come out for the event and really go above and beyond to decorate their bikes, strollers, wagons (anything with wheels) and parade in the event. The Journal Newspaper has always donated Holiday World tickets for the event. This year, they donated four family four-packs of tickets that we’re giving away.

That’s quite an incentive to get out there and decorate your bike and participate! How are they judged?

The Miss Villa Groves will be there again this year to help out, make announcements etc. and they

will have four jars for four different age groups, and will draw for the tickets.

Got it! They’re not being judged on their decoration for the Holiday World tickets.

Right, but we have other prizes that we’ll be giving away based on their decoration. We’ll have categories such as most patriotic, best use of decorations and Judge’s favorite. We’ll have a couple of cash prizes and Monical’s Pizza donates individual pizzas and a few Family Pleaser certificates every year and we give those away based on the overall theme of how the participants have decorated. We also have a huge

prize table, thanks to a donation every year from the Villa Grove State Bank, so each participant can pick a toy or patriotic item, everyone gets a participation gift!

Anything new this year?

Thanks to a very generous donation from the Rotary Club, we were able to purchase a microphone and speaker box and give away a couple of cash prizes. We are really excited to be able to play patriotic music while the parade is taking place! We feel extremely blessed to be a part of this community and to have the community’s support for an event like this. We’re happy that we’ll be able to play the music, make announce-

ments, and announce the winners and everyone will be able to hear us. We also bought small American flags that we will use to line the entire parade route this year.

What time should folks assemble?

We’re going to start lining up at 6:30, but we’re going to hold off on starting the parade until 7 p.m., because the kiddie tractor pulls are starting at 6. We are hoping that they’ll be finished by 7, when we start.

Anything you want to add?

First of all, I want to thank Elizabeth Hamilton, my co-organizer of this event. She has been very in-

interesting tidbit about fat burning energy is cancer cells cannot live when you are burning fat for fuel. This was proven back in the 1930’s and won the Nobel Prize for Medicine. Cancer cells only grow when glucose burns inside the cell.

The last word in Metabolism is you need to be able to switch between burning sugar and fat easily and efficiently throughout your day. The best way to make sure this happens is by using Intermittent Fasting and eating enough fat in your diet.

Remember, fat doesn’t make you fat...it helps you lose weight...mic drop!

involved since the beginning, and it wouldn’t be the same without her. I also want to point out that this event is completely free, and everyone is welcome to participate. We’ll have free water and popsicles, as well. Jackie Wells has donated the water this year. I hope to see a lot of new faces and I hope that everyone that’s come in the past continues to come out. They really put their hearts into decorating, and I can’t wait to see them as we celebrate this holiday. For more information visit our Facebook Page: Villa Grove Annual Fourth of July Bike Parade

* Approved the hiring of Michelle Thurber as paraprofessional.

* Approved the hiring of Emily Scribner as paraprofessional.

* Approved the hiring of Beth Pugh as TCHS girls cross country coach.

* Approved the hiring of Bart Brewer as Junior High girls head basketball coach.

* Approved the non-certified salary schedule of 2022-23.

* Approved adjourning until the July 25 board of education meeting.

IFB

Continued from 6

mate-related activities those companies may be involved in. Supposedly, an investor could look at this information and decide if they want to support a company with their capital. Agriculture interests are concerned this may filter down to farmers who would have to track their activities that might affect the climate. As we have noted before, agriculture is an en-

ergy-intensive business. Already some companies want to know how the grain they buy, or use was raised. It would be a burden for a farmer to track all his activities to satisfy the SEC requirements. Farm groups have responded accordingly, asking legislators to stop this intrusion. Computerization has made record-keeping easier but we don’t need the extra work this would require. No doubt there would be penalties for providing incomplete information. This rule is 510 pages

long with 1,068 footnotes. The public was given 39 days to respond. There are huge privacy concerns for farmers since we for the most part live at our place of business. This Administration’s climate policies appear to be leading to very obtrusive and expensive reporting requirements for small businessmen. Thank you for reading about agriculture this month. We will hope for a nice rain and cooler weather. That would be good for man, beast, and our crops.

BOARD

Continued from 3

tion of Wendy Wallace as TCHS educator.

* Approved the resignation of Adam Carver as TCHS head baseball coach.

* Approved the resignation of Josh Shelmadine as TCHS assistant baseball coach.

* Approved the resignation of Emma Silver as paraprofessional.

* Approved the resignation of Natasha Martin as

paraprofessional.

* Approved the hiring of Jeri Cardiff as TCHS/EP Chorus teacher.

* Approved the hiring of Bryan Thomas as Special Ed Teacher.

* Approved the hiring of Beth Gibson as Special Ed Teacher.

* Approved the hiring of Jo Grgurich as Special Ed Teacher.

* Approved the hiring of Nicholle Shay as East Prairie PE Teacher, EP Athletic Director, and Junior High assistant girls basketball coach.