

# Columns

## Inflation only good for coupons and chicken coops

Easy, ready, willing, over-time

Where does it stop  
Where do you dare me  
To draw the line  
You've got the body  
Now you want my soul  
Don't even think about it  
Say, no go — Hall & Oates  
Why? Why on earth would your humble scribe be quoting "I Can't Go For That" with its instantly recognizable synthesizer bass line and catchy lyrics? Who can forget "I can't go for that! No can do!"?

Because 41 years ago this week, in 1982, this song was the number one song in the USA.

Do you want to know what else was happening in January of 1982? Indiana Jones and the Raiders of the Lost Ark was number 1 at the box office,

with another of my sleeper all-time favorites, Arthur, ranked number 2. "Indecent Obsession," Colleen McCullough's follow up to her 1977 worldwide smash "The Thornbirds," topped the New York Times best seller list. At number 8 after its earlier peak? Stephen King's *Cujo*. Bad dog. Sit.

On America's roads, for the first time, people were driving more Ford F150s than any other vehicle, a tradition that remains strong today, as the F series was the number one selling vehicle of 2022 as well. As for cars, the Ford Escort moved more units than any other in 1982. Thankfully, that line has receded into the faded pages of history.

At this point, if you're still reading you're probably wondering what in the world

sparked this little trip down memory lane. It's not the fact that I was starting my final semester of high school. ('82 rules, '83 drools!) It's not the fact that Joe Montana led the 49ers to the first of three Super Bowl victories in his career with a 26-21 win over the Bengals. It's not even the fact that my beloved Cardinals would go on to win the world series later that year.

No, unfortunately, according to usinflationcalculator.com, January 1982 was the last time, until last month, that U.S. inflation soared to 8.0. What does that mean to us? It means that the prices of goods and services rises, and the value of a dollar goes down. Anyone who doesn't own an egg laying chicken can relate, as the price of eggs has risen more than

## Hook, Line and Sinker

By Tony Hooker



39% over the course of the past year, according to Forbes.com, and that's just one example of so many. Anyone happy with their January power bill? How about gas prices?

Now, the question is why it's happening and what, if anything, can be done about it. There are myriad causes of inflation, with governmental policy being one of the biggest. Again, according to

Forbes, rising costs for producers has a direct impact on inflation, so when wages go up, the cost is passed on to the consumer. The pandemic caused major disruption in the supply chain and those challenges are still being sorted out. When demand outstrips supply, it causes "Demand pull" inflation as businesses work to scale their production. "Cost

push" inflation, touched on earlier, is when production costs escalate, either through employee increases in wages and benefits such as Illinois SB 208, the "Paid Leave for All Workers" Act, which is set to begin in January 2024, or in price increases for raw materials.

The war in the Ukraine and the subsequent embargo on Russian exports have both been major contributors to the rising prices for many goods here in the U.S. as well. As for when we might expect prices to come back down, the prospects seem so bleak that Forbes suggests that we start couponing. Ouch. At least they didn't say we should build our own chicken coops. But I'm tempted. Believe me.

## Eliminate the bad stuff in your diet

We're all guilty of this. We eat certain foods which taste so good at the time but make us feel yucky later. If I eat anything containing MSG, my eyes will begin to water, and I will start sneezing within about 5 to 10 minutes. But there are certain foods that contain MSG that I really have a hard time staying away from because they taste so good!

While these allergic reactions are by no means life threatening most of the time, they can lead to an increase in inflammation and make your Immune system hypersensitive if you continually eat them. When you are inflamed, you retain water, increase your

pain and can lead you down the road to an autoimmune disorder.

Elimination diets have been proven to help many different diseases by not putting continuous fuel on the fire. IBS, Celiac disease, ADHD, Eczema and Migraine headaches are just a few conditions that an elimination diet have been proven to help. Also, when you are not eating food inflaming you all the time, you will probably lose some weight because you won't be as bloated and holding on to excess fluid.

The seven most popular food eliminated are Dairy products, Wheat, Eggs, Soy, Nuts and seeds and fish. Each

## Real Life Wellness

By Dr. Bill Hemmer



of these foods contain components that can trigger an immune system response for some people. Dairy products contain a substance called casein. Wheat contains gluten. Soy contains many allergic substances, but the biggest one is estrogen. Nuts and seeds contain substanc-

es called ligands, which can cause an allergic reaction.

Fish and Eggs also contain proteins that can cause an allergic reaction. It has been my experience that if the fish or eggs has been locally sourced and are clean (meaning organic), they don't cause as many issues. But any way you slice it,

when you eat something that doesn't agree with you, it will take you further away from your true health potential.

Most food elimination diets work by taking away all seven of these foods to start. In other words, you don't eat any of these seven foods for at least one week. Then you begin to re-introduce one of these foods back into your diet at a time for a week and pay attention to how that food makes you feel after you eat it.

If you experience an allergic symptom, such as sneezing, watery eyes, a runny or stuffy nose or you just don't feel good after you eat it, then chances are you are not able

to tolerate that food right now. You can also experience these symptoms up to 2 to 3 hours after you eat, and it still means you can't tolerate that food right now.

If you don't have any symptoms after you introduce a specific food back into your diet, then chances are you are not having a problem with it, and you can begin to enjoy that food again. But, even if you can't tolerate a certain food right now, doesn't mean you can't ever eat it again.

More on that next week.

## Chocolate cake recipe perfect for Valentine's Day

If you are thinking ahead to Valentine's Day and want to prepare a special dessert, here is a recipe for a chocolate cake that is absolutely amazing. Whenever I make it, I get rave reviews, even from people who are not big fans of chocolate cake. This cake starts with a cake mix and store bought frosting, but with some doctoring it turns into something really special! The recipe may sound like a lot of work, but it is worth the effort.

**Sweetheart Fudge Cake**  
1 18 1/4 oz box chocolate fudge cake mix  
1 tsp vanilla  
1/4 cup currant jelly, warmed  
3/4 cup whipping cream  
3 1 oz. squares semi sweet chocolate, chopped  
16 oz container vanilla frosting  
8 oz. Cool Whip  
Grease and flour two 9 inch round cake pans. Make cake as directed on the box, adding 1 tsp vanilla. Pour into the two pans, bake at 350 degrees for 25 to 30 minutes. While the cakes are in the

oven, in a small pan, combine the cream and chocolate. Cook and stir over low heat until chocolate is melted. When cakes are done, place the pans on racks to cool for 15 minutes. Remove cakes from pans to racks. While the cakes are still warm, poke lots of holes in the cakes to within 1/4 inch of bottom. (I use several toothpicks held together to make small holes). Then brush the warmed jelly over the tops and sides of the cake. Be sure to use it all.

While cakes are still warm,

## Let's Cook

By Linda Hoskins



brush the melted chocolate over the tops and sides of cakes. Allow a minute or so for chocolate to soak in, then brush more on. Repeat until the chocolate gone. Allow to cool.

In a large bowl, beat frosting with an electric mixer until fluffy, fold in Cool Whip. Place one cake layer on a serving plate and frost the top. Place a second cake layer on top, and frost top and sides. Refrigerate for several hours before serving.

**Please note**, this recipe calls for whipping cream and Cool Whip. That's two different things. The whipping cream comes in a small carton, and is often called heavy cream. Also, when you are

poking holes into the cake, I do not not recommend using the end of a wooden spoon. For this recipe, you want smaller holes.

This next recipe is a soup that I consider to be a "comfort food". I had it for the first time at my sister's home, and I asked for the recipe. I had it for supper on a chilly and damp night and it was so comforting. And the next day, I asked to

have it for lunch. I liked it that much!

**Green Pepper Soup**  
feeds 4 people  
1 1/2 lbs lean ground beef  
1 large onion, chopped  
2 or 3 large green peppers, chopped  
2 cans tomato soup  
2 cans beef broth  
1 28 oz. can crushed tomatoes  
1 tsp salt  
1/2 tsp pepper  
1 1/2 cups rice, cooked

Brown meat, drain fat. Add onions and peppers. Sauter until onions are soft. Add tomato soup, beef broth, tomatoes and seasonings. Simmer for at least one hour. Add rice, heat through.

If you have a recipe to share, please send to letscook!@heraldpubs.com or mail to Mascoutah Herald, PO Box C, Mascoutah IL 62258. Thanks and Happy Cooking!

# Obituaries

### Lance Tay

Lance A. Tay, beloved son, brother and uncle, passed away on January 16, 2023, at his home in Chicago.

Lance was born to Neal and Jan Tay on August 31, 1968, and was raised in Camargo. After graduating from Villa Grove High School, he attended Illinois State University and graduated in 1991 with degrees in Computer Science and Economics.

After graduation, Lance began a long and successful career in IT and consulting with KPMG International Limited, a Big Four accounting organization. He then became VP of Global Information Technology at Jones, Lang LaSalle, retiring after nearly 13 years.

A lifelong Cardinals fan, Lance got a kick out of wearing his Cardinals hat around Chicago. His quote: "I get at least one positive remark a day!" Lance always enjoyed animals — especially dogs, and was a



Tay

donor to the Lincoln Park Zoo. He loved fishing trips with his grandpa and dad, and a yearly trip with his college friend, Chris Muller. He also loved golfing with his mom.

Lance spent years traveling the globe for his work and had endless stories about all of his trips. But he liked nothing more than hanging out with all of his friends in Chicago.

Lance always loved visiting with children around his Lincoln Park neighborhood, as he valued their point of view. He especially loved his nephews, Lucas and Andrew, and enjoyed talking to them and hearing about their accomplishments in sports and life.

Life was fun to Lance and his constant humor was always that reminder.

Lance was preceded in death by his father, Neal. He is survived by his mother, Jan of Camargo; a brother, Lon of Philo; and his two nephews, Lucas of Tempe, Ariz., and Andrew of Philo. He will be missed by family, friends, colleagues and neighbors.

A Celebration of Life was held at the Camargo United Methodist Church, Camargo, on Saturday, January 21.

In lieu of flowers, donations can be made to the Camargo United Methodist Church, Douglas County Animal Shelter, or donor's choice.



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