

Columns

I didn't know my 'first-world problems' were so offensive

I had a string of "first-world problems" last week, so I thought I could have some fun with that. I wasn't sure that I had enough minor inconveniences to fill a whole column, so I thought I'd check the internet for similarly trivial problems.

And, of course, my internet was out. A first-world problem interrupted my column on first-world problems.

Not to worry. I can get internet on my phone. That's a first-world privilege.

But, horrors! My phone's internet wouldn't connect, either. Now I felt a tinge of panic. Now what am I going to do? I don't own a set of encyclopedias. I'm not sure I could even find a dictionary in the house. My first-world chuckle started to feel like a world-class

Ramblin' Man

By David Porter



chokehold.

Just calm down, I told myself. Try your other cell phone (another first-world privilege).

I checked the settings on the first phone to make sure it wasn't trying to use my wifi. It wasn't. Perhaps last week's power outage, which prompted me to use my phone as an internet hotspot, had used up all my fast data on my unlimited data plan.

That's another first-world beef that I have. You pay for unlimited data, but the phone company limits the number of megabytes you can use, after which they reduce the transfer speed, which renders your internet access practically useless. Grr.

Surprisingly, my other phone was able to surf the internet. I thought for a minute that I might actually have to write my thoughts down on

paper. I don't know if we have any paper. I have a typewriter, but the ribbon on that hasn't been replaced since 1984.

I typed in my search words and came across an article about how the phrase "first world problem" is offensive. The article said we aren't supposed to refer to poor countries as "third world" anymore. They are "developing nations." That's more optimistic.

I'm sure the children working in sweatshops in these countries will be uplifted knowing that they live in a "developing nation."

The term "first world problem" is condescending to people in those countries, the writer said. The fact that they will never know that I used it apparently doesn't mitigate my insensitivity.

It's also offensive to people in first-world countries for numerous reasons explained by the author. I won't go into all that because, frankly, it was a bunch of hooley.

So, anyway, I was putting my electric recliner down last week when the power went out and my chair was stuck in mid-position. For the several hours that we were without power, my chair was neither upright nor reclined making it uncomfortable to sit in.

We also couldn't use our garage door opener. We could open and close it manually, but I had no way to lock it from the outside. I also had to use my phone internet to upload my weekly webcast. All of these things would be humorous if it wasn't so gosh darn offensive to admit it.

I now wish I had never read the article about first-world problems. Reading can be such a buzz kill.

I'm buoyed a little by the fact that the article was in a British magazine and written by a British author. We stopped taking our cues from them 247 years ago.

Ironically, the article about first-world problems was also an example of a first-world problem. If saying so is offensive, then I guess I'm just an ugly American. Or is that too offensive? And do I care?

© Copyright 2023 by David Porter who can be reached at porter@ramblinman.us. My list of ways to offend people wouldn't be as easy to ignore if it wasn't so long.

Real Life Wellness: Is it time to eat yet?

Last week, I discussed the three parts of healthy eating. The first part is eating Real Food. Real food you must kill, pull off a tree or pull out of the ground, plus can go bad if you don't eat it in a few days. This week, I will discuss the importance of your frequency of eating. Next week, I will discuss the final part of healthy eating, hydration.

When you think about the frequency of your meals, you should focus on your blood sugar stability. Over the last 110 years, healthcare has been all over as to how often you eat. I have been taught all these confusing things over my 35 years of practice. But, over the last few years I have

been able to step back and look at healthy eating from a different perspective.

While I believe your blood sugar stability is important, you should also learn to eat the way cavemen did. Cavemen ate differently in each season of the year. Why? Because their genetic makeup pretty much stayed the same until about 10,000 years ago. That might sound like a long ago, but it's spit in the bucket of planetary time.

The agricultural revolution occurred about 10,000 years ago. Before then, we were hunters and gatherers. Which meant we ate what we could hunt or gather, and our diets changed according to

the season. In the Winter, our ancestors didn't have much food. They probably only ate one time a day to conserve and stay alive by living off stored fat. Their metabolism learned how to burn stored fat more efficiently during these cold months.

During the spring, summer and fall, food was much more plentiful, and they usually found much more to eat. Therefore, they probably ate multiple times a day to build up fat for the upcoming winter.

After the agricultural revolution, we always have food available no matter what time of the year. So, I have come to the realization I should eat the way my ancestors did before

Real Life Wellness

By Dr. Bill Hemmer



10,000 years ago. I do eat seasonally, but I also use intermittent fasting (which is basically what our ancestors did in the winter), followed by days of eating multiple small meals throughout the day (which is what our ancestors did the rest of the year).

This brings me back to how well you can control

your blood sugar. If you are Diabetic, Pre-Diabetic or have problems with keeping your blood sugar stable, Intermittent fasting is probably not for you right now. First, you need to learn to stabilize your blood sugar, then you can add Intermittent fasting to burn your extra fat for fuel. If your blood sugar is stable, you can

jump into Intermittent fasting immediately.

When you fast intermittently, you begin to burn fat after about 10 hours of no food. When you eat small meals throughout your day, your pancreas doesn't have to work as hard, and it can repair itself over time. You did this effortlessly in your youth, but most people have trouble with switching back and forth as they age. Switching back and forth between these styles of eating also allows you to create a better-quality metabolism in the long term.

So, learn to eat like a caveman! You will build a healthy lifestyle and maintain it.

Excellence requires commitment

I took my wife out to lunch the other day at the latest chicken joint to open in Champaign, and we enjoyed our visit.

Of course, there isn't a healthy option to be found on their menu. It's chicken fingers, fries and drinks. That's pretty much it, which is bad for the waistline, but good for the taste buds.

The simplicity of their menu led me to think about how that must make it a bit easier to control costs. You don't need to keep track of multiple items, some which are used often and others that are seldom ordered. You buy chicken, fries, and oil to cook them in, basically.

As my brain almost always

does, I then overthought this concept of simplicity right into a column idea. Luckily, people can't see the inner workings of my thought processes because it would probably be scary for an outsider to view how jumbled up the place is. At any rate, how I went from lunch with the little brown-haired girl to a column about single-mindedness is just a tiny glimpse of how the sausage is made when it comes to my writing, so without further ado, I present this week's HLS.

At zero dark thirty, (which is a military reference to early morning, in case you're wondering) on Monday, I decided to squeeze in a quick nine holes at the local club. Surprisingly, I wasn't the only person there.

Hook, Line and Sinker

By Tony Hooker



Standing, with ever present clipboard in hand, stood VG's very own version of Coach K, Cross Country Coach Jim Kestner.

Why would a teacher, who lives out of town, get up so early and drive to Henson Park? Because he's totally focused on helping his squad become the best versions of themselves that they can be, and if

that means having them run fartleks around Frank Thomas Way for an hour or two before the sun's heat becomes unbearable, then that's what he will do. Singularity of purpose, at least for the time he's allotted.

Go past the school during the summer and you might be surprised to see that the big shop class door is open,

almost before sunrise. Why? because there's a select group of football coaches who have opened up for weightlifting and conditioning. I am sure that they would much rather be at home, or at the lake or somewhere else, but they know that in order to be competitive in the fall, you've got to get work done in the summer. Again, do one thing, and do it as well as you possibly can, at least during the summer lifting season.

I know that summer workouts aren't exclusive to alma mater. In fact, I doubt if there is a team in the US that isn't prepping diligently for their upcoming season. I also doubt that a team or a player that isn't doing work now will find much

success later. My point wasn't to single out the blue and gold, although I like the coaches, especially that line coach with the beautiful wife and perfect son who will call me some iteration of Grandpa some day soon. The point is that singularity of purpose leads to excellence in all shapes and sizes. Want to be first chair in the orchestra? Practice. A lot.

Hone your craft, regardless of what it is. Forged in Fire contestants didn't get there by baking pies. They got there by constantly putting hammer to steel, which I think is a perfect metaphor for what I'm getting at. Keep hammering away, no matter what the endeavor. Now if only my golf game would listen.

Try this new way of roasting potatoes

Last week I tried a new way of roasting potatoes and it turned out great! We both liked it a lot, and I think I will be fixing these on a regular basis. The "Crispy Potatoes" take a bit of extra work, but is well worth it. Before roasting the potatoes in an oven, you boil them in water and baking soda. The baking soda draws the starch to the surface and the oven roasting gives a nice browning and crispiness while staying soft in the middle.

Crispy Potatoes

3 lb medium russet potatoes
1 Tbsp plus 1 tsp kosher salt
2 tsp baking soda

4 Tbsp olive, oil, divided
1/2 tsp garlic powder
1/4 tsp pepper
chopped fresh parsley, optional

Preheat the oven to 450 degrees. Peel and quarter the potatoes. Place into a pot, add 2 quarts of water. Stir in baking soda and 1 Tbsp salt. Bring to a boil, reduce heat and simmer uncovered until almost tender, about 8 to 10 minutes. Do not overcook!

In a large bowl, mix 2 Tbsp olive oil, garlic powder, pepper and 1 tsp salt. Add potatoes and toss to coat. Drizzle 2 Tbsp olive oil onto a 15x10x1 baking pan. Arrange potatoes one inch apart. Roast until golden brown, 35 to 40 min-

Let's Cook

By Linda Hoskins



utes, turning once about half way through.

Sprinkle with parsley before serving if desired.

We both liked the potatoes but thought it needed a bit more seasoning. The next time I make this, I plan to add more

pepper, more garlic powder and maybe some rosemary too.

I have been sharing some recipes for the grill and now have this one to add. The other day I was going through a cookbook and found this recipe. It

brought back great memories from long ago. I worked one summer as a camp counselor at a Campfire Girls camp, and we used to make something similar to this. This would be a great recipe for kids to make (and adults to do the grilling!). I haven't tried this actual recipe, but I think it would be a great and easy recipe that is kid friendly!

Cinnamon Flat Rolls

Makes 1 dozen
1 pkg (16 oz) frozen dinner rolls, thawed
5 Tbsp vegetable oil
1/2 cup sugar
1 Tbsp cinnamon

On a floured surface, roll each dinner roll into a 5 inch circle. Brush with oil. Grill, uncovered, over medium heat for one minute each side or until golden brown. (if any large bubbles appear, you can burst them with a fork).

Mix the sugar and cinnamon. Remove rolls from grill, immediately sprinkle on sugar mixture. (you may have to gently press this into the surface). Let cool slightly, eat and enjoy!

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!