

Columns

How do you handle mental stress?

We all deal with problems in our daily life. Would you like an easy way to see how you can deal with those problems differently? I have been studying called Evolutionary Coaching by Richard Barrett. He provides a simple way to change the way you're dealing with your problems and grow your ability to handle stress at the same time.

This idea is very simple. When you have a problem, there is two ways to think about that problem. First, you can look at the problem as a safety issue. The second way to look at a problem as an opportunity. Let me give you an example.

Let's say your grass is getting tall and needs to be cut

but it's very hot and humid outside that day. From a safety point of view, if you cut it when it is that hot, you could get heat exhaustion, become ill and maybe even miss some work or school because of it. But, on the other hand, if you do mow it, you will get some great exercise, maybe even lose a few pounds of water weight and sleep well that night. You could wake up from a great night's sleep and be ready to work smarter the next day. Would it be worth it to mow for you or not?

I'm sure there are situations which either decision would be right under certain circumstances. But my point is, the more you decide on the safe choice, the slower

you will grow and evolve as a person will be. The flip side is also true. If you decide that the opportunity to grow is more important, you will continue to evolve your personality at a faster rate.

This is another example of the "cup is half full or half empty" mindset. If your usual world view is from a safety perspective, life is a scary horrible place. Mainstream media feeds us this world view daily. They might throw in a feel-good story talking about opportunities every now and again, but most of our daily news is negative and downright scary.

Let's now say you usually look at problems as opportunities for growth. As I read

Real Life Wellness By Dr. Bill Hemmer



through the other book, I'm reading right now called The Healthy Deviant, it starts by citing a study done by Mayo Clinic and the Center for Disease Control that states that 97% of our current US adult population is not living a healthy lifestyle. If you are a safety inclined, this is just another piece of news that vali-

dates that terrible perspective. Of course, I see this as a golden opportunity! Our current healthcare system is designed to treat symptoms and not root causes of disease. Plus, almost all chronic diseases can be reversed or at least slowed down by learning to live a healthy lifestyle.

I'm currently putting the

final touches on a Virtual Healthy Lifestyle Program that you build yourself, with my help and the guidance of Certified Health Coaches. This program will help you look better, feel better and live longer without costing you much time, money, or energy.

If you have been reading my articles over the last few years, you have already started the process for free. Everything I have written will be used as part of my Program. But for now, if you are mostly looking at problems from a safety perspective, make a growth (opportunity) decision and see how it makes you feel.

I bet you will like it!

TV show 'Lost' to air retrospective in September

Attention "Losties." (Losties are ardent fans of the TV series "Lost" which aired from 2004-2010). I just discovered that there is going to be a "Lost" documentary to air in September 2024 on the 20th anniversary of the show air date. Apparently, a group of fans, an Indie producer and stars of the show have formed a group to make documentary about the show with new footage, music and star interviews and they also have an independent fund raising effort to help cover the cost of the project.

As things do on "You Tube," a clip popped up on my screen and, of course, since it had to do with "Lost," one of my all-time favorite TV shows, I watched it. The clip was a video of a livestream announcing the project and can be found at this link (<https://www.youtube.com/watch?v=VRYCYm-DGubo>) or you can search for "Getting Lost Documentary." There are three livestream videos and two of the cast members, Jorge Garcia, who played "Hurley," and Sterling Beaumon, who was cast as a young Ben are part of the livestream.

I did a bit of research to find out if this was a fake news item and from what I uncovered it looks to be legitimate. I won't go into all the details as I know you will have more fun reading all the information for yourself but suffice is to say, if you are a "Lostie" you will enjoy the

Memories and Musings By Cheri Sims



news. Another cast mate, Henry Ian Cusack, who portrayed Desmond, is also involved and you can find some information on his personal website: (<https://www.henryiancusack.com/>). A third link to research is www.gettinglostdoc.com; this link will take you to another information page.

"Losties" enjoy your surfing!

I have started fall gardening preparations; oh my, it seems too early to think about the flower gardens winding down but they are beginning to show the signs. I decided to begin applying fall mulch since we have had a couple drenching rain showers. I try to buy the big bags of cypress mulch when they are dry and don't weigh as much and have been known to ask the loading clerk to open a new crate to get to the dry bags. The boxwood hedge I planted three years ago did really well during the heat and periods of no rain but the individual bushes have had a noticeable growth spurt since the rain.

I made a mistake on the

south driveway hedge and cut back the new growth a bit too early and the bushes started showing signs of sunburn. This taught me a lesson in patience so I curtailed my enthusiasm and waited until the rain and cooler temperatures to work on the front hedge.

The previous owner had started foundation flower beds but had not kept up with the weeding and didn't pull out all the tree saplings as they began to grow and I have had quite a time trying to dig out the roots. Some of them look like they had just been cut back for years instead of having been removed and the thickness of the little stumps has really deviled me. Unlike some of the new things I have planted the pesky saplings seem to re-grow quickly.

I am also having a difficult time rejuvenating the two 50-year-old lilac bushes I planted on the property when we rented this house as students in 1973. I have cut back the old stems to encourage new growth and kept them wa-

tered well but they still do not look very healthy. I also applied a good helping of compost last fall and again this spring so I guess I will just have to wait till next year to see if my hard work will save the bushes.

My herbs have done quite well in my tiny patch of sun and I was pleased to see that the chives, tarragon and thyme that I have transplanted each time I moved continue to thrive. I planted the basil starts on the shady side of the house to curb widespread growth and it, too, has done a good job of acclimating to the new environment. Basil seems to take over an herb patch

when planted in the sun.

I am sharing my all-time favorite recipe for basil fries thanks to finding it on an old "Betty Crocker" fan website and more recently on the "Betty Crocker" site. I have indicated how I have changed the recipe for my eating pleasure and I can highly recommend these herb fries as a great change of pace from regular fries.

Enjoy the end of summer!

Betty Crocker Baked Basil Fries

2 lb Betty Crocker™ fresh russet potatoes (about 2 large)
1/4 cup grated Parmesan cheese
1 tablespoon olive oil (I use butter)

1 tablespoon dried basil leaves (I use 3 tablespoons of dried or 1/2 cup fresh chopped basil)
1/2 teaspoon salt
1/4 teaspoon garlic powder (I use onion powder)

Heat oven to 425°F. Cut potatoes into 1/4-inch-thick strips. In medium bowl, mix remaining ingredients. Toss potatoes with mixture.

Spray large cookie sheet with cooking spray. Place potatoes on cookie sheet in single layer. Bake 15 minutes; turn potatoes, and bake 15 to 20 minutes longer or until tender. <https://www.bettycrocker.com/recipes/baked-basil-fries/99775845-f62e-414d-8d66-179a6e1369c2>

Allerton Park outing this Saturday

This Saturday, the CU Astro Society telescopes visit Allerton Park, just west of Monticello, where, if skies are clear, we'll watch the sky from the Sunning-er statue starting at 7:30 p.m. and going to 10:30 p.m.

Keep an eye out for information regarding Comet Nishimura. It was discovered August 11 when it was headed toward the Sun. IF it survives the trip around the Sun, it might be able to be seen in binoculars in mid-September. You might see it in the east-northeast starting next week. Keep your fingers crossed!

Monday morning a thin crescent Moon rises after 3 a.m. It'll only be 11% illumi-

In the night sky

By David Leake



nated and you might see some "Earthshine;" sunlight reflecting off the Earth and reflecting again off the Moon then coming to your eyes. If you have an unobstructed east-northeastern horizon, use binoculars and look just to the right of the Moon for the Beehive star

cluster. Just before 4 a.m., Venus joins these two in the eastern sky.

David Leake is retired Planetarium Director of Staerkel Planetarium at Parkland College and co-founder of the Champaign-Urbana Astronomical Society, Inc.

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HOROSCOPES

ARIES – Mar 21/Apr 20
Get outside and enjoy as much fresh air and exercise as possible this week, Aries. A weekly outdoors excursion can recharge the batteries and provide some time to reflect.

TAURUS – Apr 21/May 21
Taurus, it's not possible to have everyone like you all of the time. Emotionally it can be difficult to accept that not everyone agrees with your point of view. Be who you are.

GEMINI – May 22/Jun 21
Someone from your past might come back into your life, Gemini. Keep a lookout for someone who seems familiar, as it can be a way to reminisce for a bit.

CANCER – Jun 22/Jul 22
Cancer, start conversations with all of the people you meet so you can learn about different backgrounds or cultures. You might learn something you didn't know or try a new food.

LEO – Jul 23/Aug 23
Leo, try to work the room when you are thrust into a social situation. You need to be a diplomat or politician if you want to be in good standing with as many people as possible. Put your best face forward.

VIRGO – Aug 24/Sept 22
You know who you can trust, Virgo. Stay close to those people for the time being. Some difficulties with family members will arise and you may need to pick sides.

LIBRA – Sept 23/Oct 23
Libra, after a whirlwind adventure, you may be glad to be back home. Vacations are nice and relaxing, but soon enough you may crave the familiarity of your own space.

SCORPIO – Oct 24/Nov 22
Scorpio, you a calm energy around you this week. You can rest assured that the people you are dealing with have everything handled. They take care of business.

SAGITTARIUS – Nov 23/Dec 21
There is a great opportunity knocking at your door, Sagittarius, so why not seize it? New things can be scary, but you have to dive in right now.

CAPRICORN – Dec 22/Jan 20
Take stock of where you want to go in the future and start putting those plans together, Capricorn. You don't have to figure everything out, but try to map out a rough outline.

AQUARIUS – Jan 21/Feb 18
You can quickly see when someone is putting on an act, Aquarius. They may say one thing but mean another. This duplicity can be off-putting, but try to get along with others right now.

PISCES – Feb 19/Mar 20
Pisces, you are in no danger of not being popular right now, so continue to enjoy all of the invitations you receive. You also can be proactive and throw your own party for friends.



FAMOUS BIRTHDAYS

- SEPTEMBER 3
Kaia Gerber, Model (22)
- SEPTEMBER 4
Beyoncé, Singer (42)
- SEPTEMBER 5
Kat Graham, Actress (34)
- SEPTEMBER 6
Idris Elba, Actor (51)
- SEPTEMBER 7
Kevin Love, Athlete (35)
- SEPTEMBER 8
Pink, Singer (44)
- SEPTEMBER 9
Adam Sandler, Actor (57)