

Columns

It's time to opt out of our healthcare experiment!

Do you know we've all been part of a 125-year healthcare experiment?

Our current healthcare system in the U.S. was developed about 125 years ago and has made great strides in the diagnosis and treatment of infections, injuries, and surgery. But when you look at that same system for the treatment and diagnosis of chronic diseases like diabetes, heart disease, obesity, and mental illness, it has struggled mightily.

This is because when our current system was emerging 125 years ago, it was meant to focus on accident and injury care because that was what was killing the most people at

that time. Then in 1928, penicillin was discovered. This world-changing discovery allowed our current healthcare industry to use drugs to fight infections, but also discovered they could use drugs to control symptoms without addressing the root cause of the disease.

This also coincided with the publishing of the Flexner Report, which concluded only Allopathic Medicine (our current healthcare model) would be the only type of Medical Education accredited in the U.S. This essentially made every other healthcare model (Homeopathy, Chiropractic, Osteopathy, Chinese Medicine, and Acupuncture to name a few),

second class citizens.

These drastic shifts in healthcare put a laser focus on the diagnosis and treatment on infection, injuries, and surgery. It was even stated as part of the Flexner report that addressing healthy lifestyle was not the job of the medical doctor. Therefore, focusing on anything other than infectious disease, injury care and surgical intervention was frowned upon.

This has left alternative healthcare providers having to convince patients to pay cash to support all areas of healthy lifestyle creation. These professionals are trained to focus on how your Diet, Movement,

Real Life Wellness

By Dr. Bill Hemmer



Stress Management and Social Engagement. These four areas all play a significant role in overall health and when you can focus on these four things it reduces the risk of chronic diseases developing or progressing.

When you build a healthy

lifestyle, your need for our current healthcare system becomes less and less important. Your body has been able to create health within it for 2.5 million years using Whole foods, Daily activity, honoring our daily Circadian rhythm and being a member of a tribe.

Unfortunately, our current society has been designed to slowly tear away at all four of those areas of health creation.

Over the next few weeks, I will dig a little deeper into each of these four areas of healthy lifestyle creation (Whole Food, Daily Activity, Stress Management and Social Engagement). But for now, just realize 125 years is just a drop in the bucket of time and our genetics have developed over 2.5 million years to adapt and overcome adversity. So, time is on our side. We just must opt out of our current healthcare system if we want to live a long, healthy life.

Making homemade ketchup and shopping for a TV

It is cool outside, a welcome break from the heat but my kitchen is hot and the house smells really good because I am stewing tomatoes to freeze in a couple different recipes. A good friend finally found her Italian mothers recipe for bolognaise and another friend sent a recipe she found on the web for old-fashioned tomato ketchup with cinnamon and clove. Strangely enough both recipes are similar with the exception of adding beef to the bolognaise recipe.

My granny made homemade ketchup, which tastes nothing like the store bought ketchup we buy and I have not made it for years. I thought with the pending rain in the forecast that I would take the day to make ketchup. I wonder if granny ever made mustard. I know she made a spread they called mayonnaise; which also does not taste anything like commercial mayonnaise. Granny's mayonnaise tasted like potato salad with bacon and after researching homemade mayo I discovered why. Granny would whisk the raw egg yolks with left over bacon grease which she melted and slightly cooled before whisking.

In today's cooking the use of raw eggs is frowned upon so I researched a recipe for making mayonnaise with the yolks of boiled eggs. I found a couple recipes on "YouTube" and by using a food processor or immersion blender it is possible.

Memories and Musings

By Cheri Sims



This information surprised me because I have been making my own salad dressing with this method for years. My dressing comes out a bit chunky so I guess all I need to do is blend it more. I have never figured out how to can or freeze homemade mayonnaise so I make a week's worth at one time.

During the tomato cooking time I decided to search on line for a new TV. We purchased our current 48-inch TV in 2005 and it has serviced us pretty well until a black spot began to form across the screen (I mentioned this dilemma in a previous column). When watching most TV shows the spot is not very noticeable but recently it has begun to grow and a couple of annoying horizontal lines have formed. These lines are humorously positioned on the screen just about where a mustache is on the human face on the close-ups. It is not too bothersome if the subject is a man but the women on the TV look pretty funny with a mustache.

I spent time at "Walmart" looking at their TV selections

and was surprised at how the prices have come down in recent years. I have never heard of most of the TV companies "Walmart" handles so I decided to look online at the recommended best TV's. "Sony" seems to be number one on the consumer list but no one carries them around here and delivery is a problem. The kids have a 75 inch TV and when I saw that size in the store I was a bit overwhelmed. I measured the space I have allocated for the TV and although it will fit the TV stand the height is taller than I would like; it is six inches too tall and hides part of a treasured painting on the living room wall above the TV. A 65 inch wide TV is about five inches shorter so I might need to look more closely at the prices of the 65 inch TV's.

Another reason for investigating a new TV is that our TV is not a smart TV. I have discovered that almost all the new TV's have streaming capabilities built in which would mean that I would not need to use the streaming stick and seem-

ingly the new TV's have more than enough streaming channels. With the new TV's, all one needs is an internet connection to stream. Here again I think I shall continue to research before settling on something I know nothing about.

The home made tomato ketchup has cooled and I have twelve freezer containers. This should be plenty for the winter. I decided not to wait to taste it and it is as delicious as I remember from my childhood. It is so good that I decided to roast herb potatoes and dip them in the ketchup for dinner. I highly recommend that you try this recipe with the last of your tomatoes.

I have just enough room in the freezer to make homemade applesauce next month which will mean a fun trip to a couple of my favorite orchards. Enjoy fall cooking!

Homemade Ketchup

whole cloves; bay leaf
cinnamon stick; celery seeds
chile flakes; whole allspice
Roma (or Plum) tomatoes (I used fresh picked)
kosher salt; apple cider vinegar
light brown sugar; yellow onion
Anaheim chile (I do not use chillies)
garlic clove

Add the tomatoes, salt, vinegar, sugar, onion, chile, garlic and spice packet to a

4-quart pot.

Allow to simmer for about 30 minutes.

Remove the spice packet and discard.

Puree the ketchup and strain to remove any seeds.

Add back in the pot to simmer longer and thicken (about 30 more minutes).

When thickened to a desired texture (note: will thicken more when cool), the homemade ketchup is put in a glass container. Store in the refrigerator for up to 3 weeks.

<https://boulderlocavore.com/the-best-homemade-ketchup/> (The Boulder Locavore)

Check out these features with the new Moon

The Moon will be "new" (between the Earth and Sun) on Thursday, meaning we'll see it in the evening sky this coming weekend. By Saturday night, the Moon is above the western horizon at sunset and very near Mars but it's really low just after sunset. It'll be a challenge to see.

As the sky darkens, our summer triangle is close to the point straight up. Vega, the brightest of the three stars, comes pretty close to this straight-up point, called the "zenith" by astronomers. If you can get out where it's darker, the summer Milky Way runs through the triangle and southward. Saturn will be the brightest object in the

In the night sky

By David Leake



southeast. Looking eastward, you'll find Pegasus, the famed flying horse, though I wouldn't look for a horse! Look for four stars that make a diamond shape! The familiar Big Dipper can be found in the northwest actually looking like a kitchen ladle. And in the northwest,

look for the W-shaped constellation of Cassiopeia.

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

Toads, frogs, and jeans — fashion for amphibians

Well, it's happened; I now have the body of a toad. I should have listened to my daughter a few weeks ago when she asked me to turn around, then continued to chuckle, along with her siblings. She said, "Look Rudy, Mom has a frog butt." I didn't know what to think, as I have never heard of a frog butt. But then she showed me a video on her phone of people with so-called frog butts. It's true. I'm morphing into an amphibian.

There was a time in my life when I was cool. I was a hot blonde who drove a red 5-speed turbo sports car. I was cool then, and I knew it. It lasted about 3 months. Then somehow I turned back into the dorky girl I had always been, and life moved on from there.

Hey, even The Fonz didn't

stay cool his whole life. (Ever see the movie The Waterboy?) And nothing takes the cool out of you quicker than having kids. Kids have a way of forcing us all to face the truth. But that's for another day, another column.

Today I went to go buy a new pair of jeans, to fit my frog-butt, and well, it's actually a toad-butt because I have short legs and virtually no waist, and skin that folds over itself. I knew I had my work cut out for me, but I had hope.

I should have done more research before I went to the store. I didn't realize how many choices I would find. Oh Mylanta! There were all these "kinds" of jeans, it was like the Baskin Robbins of pants. Boyfriend, Curvy, Straight, Flared, Boot-Cut, Regular, Skinny, Fitted, Kick-Flare, Relaxed,

Cargo, Classic, Loose, Ankle, Cropped,... and the list goes on!

On top of that there was a selection of "rise" in each type. Lowrise, Mid Rise, Highrise... what was that about? Apparently the rise is how far up you want your waist band to go (found that out after trying on a pair of Lowrise that left a healthy breeze in the back.) I don't know about you, but I like to wear my jeans up higher on my waist so I don't have to worry about them falling down. And over the years, my waist has moved closer to my ribcage. A lot of times I don't feel comfortable unless my waistband and bottom of my bra are actually touching.

Maybe I'm just built funny, because I have a really low belly button, and an extra vertebrae, but I'm missing a set of

Holding It All Together

By Amy McCollom



ribs. Something went wrong during my tadpole stage, apparently.

I was at a store that didn't cater to its guests, so every time I wanted to try a different size or kind of jean, I had to get redressed, and leave the fitting room to find a different pair, as we were only allowed three items at a time. This took a while, and after all my searching to find a pair of pants that would fit my toad butt, I finally

found one! I cheered, the fitting room lady cheered, all the people waiting to get into the fitting room after me cheered!

It just wasn't a pair of jeans. I originally wanted black jeans, no distressing or holes, and something nice enough to pass for dress pants in a casual way. There is no such thing for toad-butts like myself. So I ended up with a pair of black dressy pants with an elastic waist. Ah, comfort and fash-

ion-ish in one!

I love stretchy pants. Maybe my days of wearing jeans are over? That's yet to be decided. Unless I can find some jeans made especially for saggy toad-butted older ladies with short legs, I'm stuck with making do.

The struggle is real, my friend. Buying jeans is a monumental task when you don't have the body of a runway model. The fashion industry, bless their heart for trying, hasn't made it any easier with all of their choices and selections. So forgive me, world, if I don't fall into the expected social norms of fashion. Some of us can't help it, so there. Ladies like me, and of a certain age, it's OK to embrace your inner "toadiness" and just be you.

Send letters to the editor to presseditor1@gmail.com