

# Columns

## 'Forgive and forget' doesn't necessarily happen in that order

One of the things about getting older is that sometimes, you don't remember what you just said a few seconds ago. Plus, sometimes, you don't remember what you just said a few seconds ago.

We've been watching a couple of shows on TV that we know we've seen before, but we don't remember any of the episodes. You'd think if a show was good enough to watch twice, some of it would have stuck with you the first time.

I was walking down the street the other day and ran into Paul, who was sitting on a bench, reading a book and smoking a pipe. Not Paul Who Knows It All from the cigar shop although he smokes a pipe, too. Different Paul. Much different.

Anyway, I asked Paul what he was reading and he told me, but I don't remember what it was because that was more than a few seconds ago. Paul said he had read it before.

Sometimes, you read a book a second time and pick up on

stuff you missed the first time. But if you live long enough, the whole book is new to you. That's what Paul said.

That's life. I'm beginning to think that "life" means "long intervals, forget everything."

It's funny how a feeling can outlast a fact. We knew the shows we are rewatching are good even though we can't remember details, just as Paul knew he liked the book but needed to read it again to remember why. It's like seeing a comedian's name and knowing that he's funny but not being able to recall a single joke he told.

Maya Angelou alluded to that with her famous quote that people won't remember what you did, but they will remember how you made them feel. That's true whether the feeling was good or bad.

But "forgive and forget" doesn't necessarily happen in that order. There are people I don't like today because I didn't like them 40 years ago. Yet, I don't remember what

they did or said to make me feel that way. If you're holding a grudge for 40 years and you don't remember why, maybe it's time to let go. Why let someone live rent-free in your head?

It can be difficult to compartmentalize at times, but you have to figure that over 40 years, people change. They grow up. Maybe I should grow up, too.

Someone suggested to me that I should undergo hypnosis so I could unlock those old memories and give context to unsettled feelings. That will help you heal, they said. I didn't know I was broken.

I talked to my friend Jerry, who was a psychologist. Seemed right up his alley.

Jerry told me a story about a dog he knew when he was a kid. It was the meanest dog in town and kept chained up in front of its owner's home. When people walked down the sidewalk and saw the dog, they would cross the street and walk on the other side.

### Ramblin' Man

By David Porter



Everybody knew to leave that dog alone. He asked: Do you know what that dog's name was? Well Enough. Everyone knew to leave Well Enough alone.

Why would you want to tempt a dog that will bite you on the tush?

Of course, Jerry didn't always follow his own advice. He blamed his mother for his miserable life. She had been dead for decades, but he kept her ashes in a box in his basement. About once a week, he'd go down to the basement and yell at her.

I pointed out that his life, as difficult as it may have once

been, was not horrible. He retired from a successful career, lived in a half-a-million-dollar house, had a loving wife, two kids and a couple of adorable grandchildren. Maybe it was time to evict Mother. Get her out of your basement and out of your head.

He agreed and we then discussed ways that he could dispatch the ashes. He wanted to flush them down the toilet. That way, he said, he could continue to dump on her every day.

I'm a high-road traveler. I suggested that he give her a send-off better than she deserved. Maybe she was a ras-

cal, but that doesn't mean you need to be one.

Spread her ashes over a flower garden where she can fertilize something good. Then, when you look out over the colorful flowers, you can smile knowing that you turned a sow's ear into silk and that you are a good person despite your childhood.

You can't change your past, but you needn't wallow in it. What better revenge is there than to overcome your own adversity? Plus, you won't have to worry that an evil serpent will crawl up the drain pipe every time you sit on the throne.

It's a whole lot easier to give advice than to take it. I think I'll try to take my own advice if only I can remember what it was.

© Copyright 2023 by David Porter who can be reached at [porter@ramblinman.us](mailto:porter@ramblinman.us). Memories can be sweet, but forgetting is sublime.

## Peaches and pork make a good combination

Recently I received two very interesting recipes from a reader in Reno, Nevada. In case you are wondering, no, my column is not printed in papers that far away. Marian lived in Missouri and is now living in Nevada, but continues to get their hometown paper. I do get a kick out of the idea that your recipes along with mine are read across the country!

This first one is one I have not yet tried, but it sounds amazing, and easy to make too! My first reaction was peaches and pork?? But then I remembered that years ago I made a peach barbecue sauce for pork that we grilled, and the combination of peaches

and pork was quite good.

### Pork Chops and Peaches

Submitted by Marian Burris

4 pork chops  
1/4 cup flour  
1 onion, sliced  
1/4 cup oil  
1/4 tsp salt  
1/4 tsp pepper  
1 large can peach halves (reserve the juice)

Put the pork chops in a plastic bag, add flour, salt and pepper. Shake to coat the chops. Then fry the chops in oil till brown on both sides.

Pour the reserved peach juice into the pan with pork chops, place a slice of onion on top of each pork chop, then

add a peach half on top of the pork chop. Cover with a lid, simmer for 45 minutes or until chops are done

This next recipe comes from Marian also. This recipe sounds like a winner! It would be great way to use up some cooked chicken.

### Baked Chicken Tacos

Submitted by Marian Burris

1 Tbsp olive oil  
1/2 lb. cooked chicken, shredded  
1 oz Taco seasoning (2 heaping tsps)  
1/2 cup diced onion  
1 14.5 oz can diced tomatoes  
1 4.5 oz can chopped green chilies  
1 box Stand and Stuff Taco Shells (El Paso brand)  
8 oz refried beans  
2 cups shredded mexican cheese blend

### Let's Cook

By Linda Hoskins



Place the tomatoes and green chiles in a strainer to let the juices get fully drained. Preheat the oven to 400 degrees. Spray a 9x13 baking dish with nonstick spray.

Heat olive oil over medium heat in a skillet. Add onion to skillet and cook for 2 minutes or until onion is translucent.

Stir in the chicken, taco seasoning, tomatoes and green chilies. Stir to combine. Reduce to simmer, and cook for 6 minutes.

Place the taco shells in the baking dish. (you can put 10 taco shells in the dish by adding 2 on each side.) Bake the empty taco shells for 5 min-

utes to crisp up. (do not cook longer than 5 minutes!).

Spoon 1 Tbsp refried beans into the bottom of each shell. Top with chicken mixture, almost to top of each shell. Sprinkle each shell generously with shredded cheese. (the more the better). Bake for 7 to 10 minutes or until the cheese is fully melted.

Add your favorite toppings, such as sour cream, salsa, sliced black olives and enjoy!

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

## To see the view, you must climb the mountain first!

Bone and joint health aren't something that magically appears, you must put in the work to enjoy it. Anyone can do it, but first, you must understand the basics. In this article, I will describe bone and joint health in terms that are easy to understand and then share what you can do for yourself for free to increase your bone and joint health for a lifetime!

Think of your bones as lumber. The straighter and stronger they are the better your structure is going to be. Bones grow and are made stronger by putting them under mechanical stress. Every step you take puts mechanical stress on

every part of your legs, pelvis, and spine to make them stronger. Bones are the perfect example of if you don't use it, you will lose it.

When you take a step, the bone you are walking on creates an electrical charge that draws calcium, magnesium and all the other minerals and vitamins necessary for bone growth to that area to perform repair. This is why people who remain active have little to no problems with their bone density. The more you move, the less likely you will have problems with weak brittle bones.

The problem we all face today is our lack of movement. Sitting is the new smoking!

### Real Life Wellness

By Dr. Bill Hemmer



We all tend to sit way too much of our days and nights away, which leads to a decrease in the electrical activity of our bones, this creates a loss of calcium and magnesium and other vitamins and minerals making our bones weaker over time.

This brings me the second

part of this conversation. Joint health goes hand-in-hand with bone health. A joint is made up of bone, ligament, cartilage, and muscle. All four of these parts of the joint are also made stronger and healthier by movement. Ligaments and muscles get stronger with mechanical stress being placed

on them, just like bone does.

Cartilage health is a different story. Cartilage is the shock absorbing part of the joint complex. It too needs to have motion to stay healthy, but it can become damaged when too much prolonged mechanical stress is placed upon it. For example, Osteoarthritis is the most common problem with cartilage because of too much mechanical stress.

Cartilage is like a balloon full of thick jelly sitting on top of your bones. With each step, that jelly absorbs excess stress, so the bones don't become injured. But cartilage doesn't have its own blood supply and must depend on movement to

keep nutrients coming into it to stay healthy. So, when your cartilage isn't being moved, it becomes dehydrated and starts to die, especially at the edges of the cartilage. This is the start of the arthritic process.

Arthritis is a disease of cartilage and if you want to keep from getting arthritis or keep your current level of arthritis from getting worse, the three most important things you must do is move, stay hydrated and keep your overall inflammation under control.

I will talk more about inflammation next week. It's a gamechanger.

## Weekly Horoscopes

### ARIES - Mar 21/Apr 20

Being more selective can enhance your life in many different ways, Aries. You often are judged by the company you keep, so think about that when starting new relationships.

### TAURUS - Apr 21/May 21

Set up camp on the sofa for the next few days, Taurus. Enjoy the rest and relaxation. You don't have to be productive every minute of the day so don't feel guilty about your R&R.

### GEMINI - May 22/June 21

Some interesting information could be coming your way, Gemini. You just need to keep your ear to the ground and open to receive it. Others may want to get in on the news.

### CANCER - June 22/July 22

Cancer, this week you may find it easier to cut out superfluous spending or extravagant behavior than at other times. You may need to exert greater control and discipline.

### LEO - Jul 23/Aug 23

There's a fresh cosmic wind blowing your sails, Leo. This gives you all the energy you need to tackle projects or get moving in other ways. Embrace all of this energy.

### VIRGO - Aug 24/Sept 23

Your romantic life is about to get even more exciting, Virgo. Date nights are happening with greater frequency and you're likely to enjoy all of the extra attention.

### LIBRA - Sept 23/Oct 23

You'll likely feel more at ease having a big group of people around you during the next few days rather than heading out alone. Put away that lone wolf mentality for now.

### SCORPIO - Oct 24/Nov 22

Ambitious career goals could have you reevaluating all of the choices you have made thus far, Scorpio. It might be time to venture off on new paths once you figure out the way.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, the call of the wild is quite strong right now. This means you might be right at home on a hiking trip or a rafting trip. Make your plans and bring a friend.

### CAPRICORN - Dec 22/Jan 20

Capricorn, rather than being light-hearted, conversations could take a turn to the more serious, especially as they pertain to a health condition for someone you love.

### AQUARIUS - Jan 21/Feb 18

Aquarius, don't try to take on too many things yourself. You need to know when to ask for help this week, especially as your schedule gets even more filled up.

### PISCES - Feb 19/Mar 20

This is the perfect time to get more organized, Pisces. Try to fit in time to sort and clean among all the other things on your itinerary.

### FAMOUS BIRTHDAYS

MAY 28

Seth Rollins, Wrestler (37)

MAY 29

Mel B, Singer (48)

MAY 30

Steven Gerrard, Coach (43)

MAY 31

Phillipa Soo, Actress (33)

JUNE 1

Tom Holland, Actor (27)

JUNE 2

Justin Long, Actor (45)

JUNE 3

Al Horford, Athlete (37)