

Columns

Annual trip to Indiana's covered bridges started 45 years ago

Forty-five years ago next weekend my parents started what would become an annual family week or weekend getaway in Parke and Brown Counties in southern Indiana. Daddy had discovered the beauty of the area when attending a conference at McCormick's Creek State Park in Brown County and on his return trip home they drove through Parke County during the Parke County Covered Bridge festival. The next weekend he took Mom to the Covered Bridge Festival and they decided that taking their grandson to see all the bridges would be a great trip for the three of them.

Their first trip was a great success; they drove the covered bridge route which encompasses about thirty-one bridges as well as having stopped in many of the towns to enjoy fall foods and shopping at the craft fairs. Since McCormick's Creek is just an hour away from Parke County they had made reservations at the lodge because they had another surprise for their grandson. McCormick's Creek State Park is located close to Bloomington, Indiana where you will find a nice selection of hotels should you prefer city lodging.

As was always the case our son was ready for dinner when they arrived at the lodge and Daddy made sure that they had a table on the sun porch of the restaurant. They were enjoying the lodge's great buffet when our son stopped eating and stared out of the expanse of windows which looked out over the tops of the trees in the forest. To his amazement he was seeing a family of raccoons as they climbed the tall trees and began eating on a large platform built into the trees at window height. I think this was the first time in his

Memories and Musings

By Cheri Sims



life that something captured his attention and took his mind off of food.

Our son talked about this experience for a very long time that year; so much so that Hubby and I decided we needed to make the same trip the following year. Our son opted to make that second trip with his grandparents but they did not go on to the lodge as we did; but we had the same fun watching the raccoons while we ate. This was also the first time Hubby and I hiked trails which also started our love of state park lodging and hiking. Our family continued to make the trip to both festivals almost every year until our son outgrew the excitement. Hubby and I continued the tradition until the year that the park rangers decided that it was not in the best interest to continue feeding the raccoons and the platform was removed. They did add ten or more bird feeders which hung out side the dining room windows but somehow the bird watching was not as exciting as watching the raccoons and squirrels on the platform. We continued to hike in the park for many years but sometimes we would stay in Bloomington or Nashville.

The Parke County Covered Bridge festival begins on the second Friday of October and runs for ten days which is an expansion of the original three day festival which began in the 1950's. The Rockville, Indiana Courthouse Square is the

headquarters for the festival and the entire square is filled with craft stands and food vendors and open from 9-6 throughout the ten day event. We have enjoyed this festival for many years and usually take time to hike at either Turkey Run State Park or Shades State Park. Both parks have great hiking trails from novice to experienced trails and the scenery is beautiful.

Brown County, Indiana is also a colorful fall destination and the drive between Bloomington, Indiana to Nashville, Indiana, on the winding country roads, is quite pleasing. Brown County State Park, which is located just outside Nashville, Ind., has cabin lodging but not as many trails as the previously mentioned parks. We like to stay in the park but staying in town makes it easier to shop all day and evening. We have stayed in a couple different hotels/motels but our favorite, due to location, is the "Brown County Inn". The rooms are clean and comfortable but pricey; but it is just across the street from the main shopping district. There are a couple newer hotels but they are a bit farther from the downtown.

When we began our trips to Nashville, in the 1970's, the town was filled with onsite artisans. Many of those original artisans have retired but there are still a few crafters who make their crafts locally. "In the early twentieth century, a number of artists settled in the area, most

notably T. C. Steele, the American Impressionist painter. These artists were the basis for the Brown County Art Colony, which continues to this day as the Brown County Art Guild' (Nashville Historic site). Hubby participated in a couple of the art shows that were open to out of state artists and we really enjoy the art galleries.

Talking about Nashville, Ind., would not be complete if I did not mention the best coffee ever! "The Daily Grind" is where I had my first cappuccino and "Café Borja", which is simply a strong roasted coffee with hot chocolate and whipped cream. (My mouth is watering). I have been known to drink one in the shop and buy one or two to take on the road. They have many great roasted coffees and also have a mail order service which I have used for years. The food in Nashville is varied from burgers to fried chicken dinners and especially their fried

biscuits. The fried biscuits originated at "The Nashville House" but a couple places make them now. You can't eat just one especially when you are dipping them in homemade apple butter. We also like to stop at the Nashville Bakery for homemade cinnamon bread, apple pie and homemade apple butter.

I am sharing the Nashville House recipe and I can tell you that these cinnamon biscuits are great. Make sure to have a jar of apple butter on hand as the combination is great. Enjoy!

Nashville House Fried Biscuits

1 tablespoon fast rising yeast
1/4 cup warm water
2 cups milk, room temperature
2 tablespoons sugar
1/4 cup lard or 1/4 cup shortening
1 tablespoon salt
4 1/2 cups flour, as needed

In a large bowl, dissolve yeast in warm water. Stir in other ingredients, and enough flour to form a soft dough.

Knead lightly for 5 or 6 minutes then form into a ball. Let dough rise till doubled, 40 - 60 minutes. Punch down dough and turn out onto a lightly floured surface. Roll out to 1/2" thickness and cut with 1 1/2" biscuit cutter. Let biscuits rise for 15 - 20 minutes while frying oil/fat heats. Heat frying oil/fat to just over 350 degrees F. If fat is too hot, the biscuits will be soggy in the center.

Drop biscuit into the hot fat, a few at a time. Fry for 1 or 2 minutes till golden on the bottom. Flip each biscuit over (if it doesn't flip by itself!) and fry until golden brown. Drain on absorbent paper.

Cut a biscuit open to check for doneness, and adjust frying time if needed. Serve warm with lots of apple butter, to be authentic. These freeze well — just reheat wrapped in foil in a warm oven. <https://www.food.com/recipe/the-nashville-house-fried-biscuits-360001>.

Harvest Moon shines Friday

We will see a full Moon rising nearly due east at sunset this Friday evening. This September's full Moon is the Harvest Moon, which can occur in either September or October. The Harvest Moon is the full Moon closest to the autumn equinox (Sept. 23). It is neither the brightest nor largest Moon we'll see, but it gets its name from the rise times on successive days.

On average, the Moon rises 50 minutes later each evening, but this is just an average. During this time, the difference between rise times is at a minimum. Thus, the reflected sunlight from the full Moon provides more light after sunset for the farmers bringing

In the night sky

By David Leake



in the harvest from the fields.

If you could see the Moon's orbit in the sky, you'd find it makes a very shallow angle with the eastern horizon. Earlier in the year, the angle was much steeper.

Next Monday, later in the evening, a waning gibbous Moon rises near the Pleiades

star cluster. The two (along with Jupiter) are above the horizon by 9:30pm. Check out both with binoculars.

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

Real Life Wellness — Move it or lose it

One of the biggest problems we all face daily is our lack of daily activity. Our culture sits to much, watches to much TV, looks at our phones, sits behind a computer to work, then gets into a car to go anyplace. The CDC states the average American sits more than 8 hours a day. 44% of the study group did little to no activities each week that would be considered physical.

We have all heard "sitting is the new smoking." Sitting increases chances of heart disease, Diabetes Type 2, obesity, and depression. Sitting also crunches and squishes your internal organs, not allowing easy exchange of nutrients in and toxins out. Therefore, your

metabolism decreases by 90% after just 30 minutes of sitting. So, it is time to produce a real solution to get back more movement into our lives.

It is not our fault we are not as active as we should be. Our culture has made things way to easy. Food is abundant. Transportation is abundant. It takes a conscious effort to perform physical activity in today's cultural environment. Unless you live and work in a rural or isolated area, most of your survival needs are always right at your fingertips.

When you combine this lack of movement with the deterioration of our food supply I spoke of last week, you can see our current healthcare ex-

Real Life Wellness

By Dr. Bill Hemmer



periment is going in the wrong direction. I am very hopeful the cultural basic awareness around healthy lifestyle will become the new model. It worked for our species for 2.4 million years before we messed it up.

The latest recommendation on too much sitting is

you should work your way up to standing for about half the time you are currently sitting during your workday. In other words, you are currently sitting twice as long as you should be. There are many ways to begin to increase the amount of standing you do throughout your day. Simply

stand up about every 10 to 15 minutes or so. If you are watching a screen, take the same advice, take a break every 10 or 15 minutes. The more you stand up, the better your posture will become.

However, my most important movement recommendation is to start walking. We have been walking on two feet for 2.5 million years. It is one of the most basic human movements. Walking helps every part of your body, mind, and spirit. Everything gets better the more you can get out and walk. I know about this firsthand.

Just after I came to Tuscola, I suffered a low back injury. The only thing I could do to

stand out of pain was walk. So, I would treat patients and then walk around the golf course in the evening. It was about 9 months later that the pain finally subsided, and I was back to full strength.

During every one of those evening walks, I was taking my health into my own hands and being proactive instead of reactive. This is the paradigm shift in healthcare that needs to take hold for all of us. An ounce of prevention is worth a pound of cure.

Next week, I will discuss one of the mysterious topics in healthcare...stress.

UI homecoming began in 1910 with Chicago opponent

Homecoming '63
I was so proud you went with me
Everyone turned their head when we walked in
They said look at that perfect pair
As you blushed from all their stares
And my chest swelled up with pride
Grinning from ear to ear inside — Keith Whitley

From its beginnings on the University of Illinois campus, homecoming has held a special place in the hearts of many. What started as an attempt to get the Fighting Illini to rally alumni behind their team to beat their nemesis, the University of Chicago in 1910, (sorry Missouri, your first one

was in 1911) has grown and evolved over the years, but the central tenets, a football game and dance, remain an integral part of the week's activities.

Eventually, the rituals and traditions of homecoming made their way to the high school level, and for years, homecoming courts have been named and class competitions have taken place.

The original meaning of homecoming, the return of alumni to visit and support their school, has long since faded into the mists of history. Today's homecoming celebrations are about the current students, and to me, that's the way it should be. I'm as sentimental as a dude can be, much to the chagrin of Mrs. HLS, and even I can see that the mem-

Hook, Line and Sinker

By Tony Hooker



ories and experiences of the past should remain just that, memories, and not the focus of events. Besides, here in Vil-la Grove, we have the singular awesomeness of Alumni weekend, with reunions and the banquet, a unique experience.

I'm not sure when it occurred, but the decision to move the dance to Saturday

night instead of late Friday night after the football game was a good one. Being the left guard tackle, (left on the bench, guarding the water cooler, tackling anyone who tries to get a drink) I was usually fresh as a daisy after the game, but the starters were always beat up and tired. And if we happened to lose, which thankfully didn't happen often

on HOCO during my time in the old gold and blue, the mood at the dance was too danged somber for a celebration. In fact, I have memories of members of the homecoming court being treated for injuries and missing the whole affair.

My memories of homecomings that I attended are pretty vague, to be honest. I remember beating Oakland my junior year, so badly that I saw significant playing time. I remember forcing a fumble that my friend Todd Schmidt, may he rest in peace, recovered by sitting on the football, which I find hilarious to this day. I remember taking my friend Teresa to the dance, proud to be escorted such a beautiful girl, even though it was platonic, darn it. I remember how fantastic I

thought it was that my great friends Paul and Lynne were named homecoming King and Queen. To this day, I'm grateful that these two cool kids took me into their friend group.

At any rate, this is my homecoming story. I hope that the current students make some memories of their own, and that everyone stays safe and looks back fondly on their experiences as they move through the decades, writing their own stories.

As for that long ago game that started it all, 113 years ago, the Fighting Illini defeated Amos Alonzo Stagg and the University of Chicago Maroons, 3-0. Go Illini!