

Radish

HEALTHY LIVING FROM THE GROUND UP

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***wind
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from the editor



Photo by Paul Colletti / Radish

Here's my favorite fact about the Japanese space program: As part of the screening process to become an astronaut, candidates are required to spend a week in a confined space folding 1,000 paper cranes. It's designed to test their ability to perform repetitive tasks under pressure. When the week is up, the cranes are collected and compared. It's the final cranes, not the first, that are the most crucial. Are they made with as much care as the cranes made in the beginning?

I find myself thinking about this as the 43rd anniversary of Earth Day approaches. So many decades have passed, full of tree plantings and recycling drives, festivals and parades. And yet the challenges Earth Day set out to address are still with us. It's easy to question whether we're making a difference, but what we need is to take the long view. Just like the would-be Japanese astronauts, we have to have the patience to put as much care into what we do now (and next year, and the year after) as when we started out, knowing what we hope to accomplish cannot be achieved overnight.

In that spirit, we asked to go inside the wind turbines outside Geneseo, Ill., for this issue of Radish, in hopes of getting a glimpse of the day-to-day work that keeps us moving toward a greener future. From the top of the turbines, you can see exactly where the energy is going. That is because, according to Lewis Opsal, director of electrical operations for the city of Geneseo, most of the power gets used by the Wal-Mart and service stations on the other side of the interstate. Doing the math, a total of 17 similar wind turbines would be needed to supply all of Geneseo with this green energy.

Standing atop the wind turbine and looking to the glowing lights it helped power, I wondered how many turbines it would take to meet the energy needs of the Quad-Cities, Iowa City, or even bigger communities like Chicago. Perhaps the entire region would need to be blanketed with wind farms. This made me recall an interview with Dr. Jason Box from our March issue, in which he said there is no silver bullet that is going to be the solution to climate change. Instead, what we need is "silver buckshot." Wind energy is a big step in the right direction, but I'm reminded this Earth Day that one step isn't enough. Many steps are needed, which is why it is so important we use this green holiday as a chance to celebrate how far we have come — and renew the spirit of hope with which we can face our environmental challenges.

— Sarah J. Gardner

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Radish
HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

DIY beauty (Feb. 2013): "Making my own lotion never entered my mind until I read your article in Radish. Here lately I've become so frustrated not being able to find products that don't break the bank or dry my skin out worse than it already is. ... Thanks to your article, I'm going to try a few basic recipes."

— Elaine, Davenport

After the diagnosis (March 2013): "Thank you for Tiana Washington's article about her diagnosis of celiac disease. I found it honest and inspiring."

— Susan Bjorkman

Growing 101 (March 2013): "The Quad Cities Food Hub has a paper pot maker on-site that you're welcome to use at the store. Bring your newspapers down, roll and press as many as you need."

— Mitch Tollerud

On the Road with Radish

Want more Radish? Thanks to Friends of Radish, you can find the magazine this month at the following events:

- 10th Annual Western Illinois University Environmental Summit, Tuesday, April 2, WIU-Quad Cities Riverfront Campus, 3300 River Drive,

Moline; and Wednesday, April 3, WIU-Macomb Campus, University Union, 1 University Circle, Macomb, Ill. This event, which is free and open to the public, features panel discussions, information tables and an environmental expo. Keynote speaker Jean Harman, food security team chief for the U.S. Peace Corps, will speak from 4:30-5:30 p.m., April 2, at the Riverfront Campus and again at noon, April 3, at the Macomb Campus. More information on this event can be found at wiu.edu/vpas/sustainability/summit.php.

- Electric car showcase and film screening, 5:30 p.m. (car display), 6:30 p.m. (film), Tuesday, April 16, Iowa Memorial Union, University of Iowa, 125 N. Madison St., Iowa City. Presented by the Iowa Clean Cities Coalition and the University of Iowa Office of Sustainability, this event features a display of electric vehicles in the parking lot near Hubbard Park outside the memorial union and a screening of "Revenge of the Electric Car" in the Illinois Room (room 348) of the memorial union. For more information about this event, visit sustainability.uiowa.edu/revenge-of-the-electric-car.

To discover more upcoming events of interest, see the events calendar at radishmagazine.com.



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- ☀ This 21st Expo will pack a punch with a member and exhibitor reception and keynote kickoff on Friday night followed by a full day of educational activities and exhibits all day long on Saturday!
- ☀ This year's co-sponsors, the Advanced Technology Environmental and Education Center (ATEEC) and Eastern Iowa Community College (EICC) will add an extra surge of energy with a specialized youth program in their Interactive Learning Lab.
- ☀ Take a self-guided tour to sustainable sites around the city.
- ☀ The state-wide initiative, Iowa Renewable Energy Jobs 2020 (IREJ2020) will lead an informative discussion on the need for advanced renewable energy policy in Iowa to spur job growth and a cleaner environment!
- ☀ A renewable energy art exhibit and workshop with renowned artists Anthony Castronovo and Nacho Zamora, Solar Artworks, will highlight the beautiful crossroads of art and technology in the cityscape!
- ☀ Expert presenters and exhibitors, even members of the University of Iowa Solar Car Team!! will demystify the 5 W's to help you make your renewable energy goals a reality...!

healthy living from the ground up

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Mike Lauritzen atop one of the Geneseo, Ill., wind turbines. (Photo by Paul Colletti / Radish)

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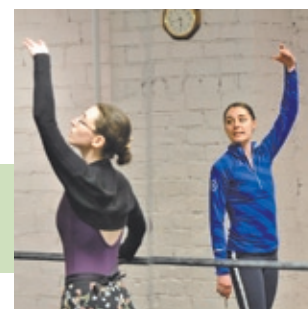
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Danger can come suddenly and oftentimes without warning — you don't have much time to think. Krav Maga teaches not only physical defense techniques, like how to escape dangerous grabs and holds, but how to use your mind in these situations. Learn more about this self-defense system, used by the Israeli Defense Forces and gaining popularity in the U.S., at radishmagazine.com.

healthy living

Bloom and grow

The Garden Growers director shares lifetime of learning

By Sarah J. Gardner

Before moving to rural Scott County with her husband, Ogy, in 1989, Julia Blazevic was used to the hustle and bustle of an urban environment. She lived in Belgrade, the capital of the former Yugoslavia (now Serbia), where she worked as a horticulturist.

Raised on the seventh floor of a condo building, Blazevic got her first taste of gardening through the decorative containers of flowers grown on her parents' balcony. After she married, she eventually settled in a fourth-floor condo, "but that's as close as I got to living on the ground," she says.

Even her work as a horticulturist was largely practiced indoors. Field technicians brought her and her colleagues photos and measurements of the outdoor spaces they were designing. "My job was to create a design on paper, present it to the investor, and then turn it over to the installation crew," says Blazevic.

It would take a move to the Midwest to really get her hands in the dirt on a daily basis and — another first — planting vegetables. Blazevic still recalls her initial vegetable garden at her home, situated on an acre of land, mostly wooded, that she and her husband purchased after moving to Iowa. As with any other first-time gardener, what followed was a learning curve. The first batch of carrots she harvested came out "very skinny, very curly, and not at all edible," she says.

She knew vegetables needed more sun, but when the time had come to pick the garden site, "I was looking from a landscaping perspective," says Blazevic. She chose the location based on how it looked rather than how it would work for the plants. Blazevic learned many things from this first experience, including the importance of amending the soil and that "shade is not as good as sun!"

"A vegetable garden can never be as manicured as a flower garden," says Blazevic, but she still appreciates the different kind of beauty a vegetable garden can offer.

Although she and her husband originally had planned to return to Belgrade, the brutal civil war that broke out in the former Yugoslavia forced them to reconsider. When refugees from their homeland began arriving in the Quad-Cities, Blazevic was asked by a resettlement agency to meet the refugees at the airport so, after the long ordeal of getting to the United States, they could be greeted in their native language.

That task proved to be life-changing. After working for 20 years in the landscaping profession, both in the U.S. and in Belgrade, Blazevic found she was ready to make a change. She transitioned from volunteering for World Relief in Moline in its refugee resettlement programs to accepting a



'If a neighborhood does not feel ownership of a garden, it will never succeed.'

Julia Blazevic, director of The Garden Growers. (Photo by Todd Welvaert / Radish)

position as social-service manager and community-development specialist within the organization.

The new line of work was not without its challenges, but Blazevic found it to be rewarding. And then, six years later, a position opened up with The Garden Growers that Blazevic knew would use all of her skills. "It needed my knowledge of horticulture but also required people skills — community building and motivating people," she says.

During her tenure with The Garden Growers, the organization has developed public land into gardens and pocket parks, and it has evolved to become a resource for groups and individuals wanting to start their own community or personal



Submitted

gardens. "We are building capacity for gardening," says Blazevic, in describing the groups' current mission.

Along the way, Blazevic says, she has learned some important lessons about building sustainable gardening programs. "If a neighborhood does not feel ownership of a garden, it will never succeed," she says, which is one reason she emphasizes to those interested in starting a community garden the importance of surveying a neighborhood and talking with its residents before digging in.

Today, The Garden Growers conduct workshops that help with the process of designing, establishing and sustaining gardens for groups, organizations and schools. They also maintain a demonstration garden that showcases effective community garden design. "It's not that I know everything, but I know some things, and I try to share what I've learned," Blazevic explains.

In addition, The Garden Growers continue to maintain four community gardens (plots rent for \$10 per year to keep gardening affordable for people of all income levels) as well as rent tools and provide seeds and starter plants for lower-income gardeners. They also offer educational classes led by Scott County Extension Master Gardeners at the Scott County Extension office.

In recent years, Blazevic's commitment to gardening and serving the community has taken on another dimension: She has become involved with the Quad City Food Hub initiative, serving on the steering committee since its inception. One of the main goals of the food hub is to educate the public on the benefits of healthy, locally grown food — and one way to get that food is to grow it in local community gardens.

From those first curly carrots, Blazevic continues to cultivate a love of vegetable gardening in herself and her community.

Sarah J. Gardner is editor of Radish. A map of community gardens maintained by The Garden Growers can be found at radishmagazine.com.

Good gardens = good neighbors

The Garden Growers maintain four community garden sites within Scott County, Iowa.

- **Central Community Circle** / 6th Street and Vine, Davenport
- **Extension Community Garden** / 875 Tanglefoot Lane, Bettendorf
- **Goose Hollow** / 9th Street and Ripley, Davenport
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healthy living

Earth Day quiz

Test your knowledge of recycling, energy use and more!

By Laura Anderson Shaw

Ah, April. While we're dreaming of sunnier skies and warmer temperatures, we have an opportunity on Earth Day, April 22, to regroup and regreen. To get into the spirit, put your eco-knowledge to the test with these questions, then turn to page 26 to see the answers (and maybe even learn a new green fact or two).

1) When was Earth Day founded?

- a. 1960
- b. 1970
- c. 1980



2) How much of America's garbage ends up in landfills?

- a. 58 percent
- b. 69 percent
- c. 80 percent



4) How much carpet is sent to landfills in America each year?

- a. 5.7 tons
- b. 5.7 million tons
- c. 5.7 million pounds

5) What word is defined as a place having unique physical features — including air, water and land — that support plant and animal life?

- a. ecosystem
- b. biosphere
- c. ecotopia



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6) How much waste does the average person generate every day?

- a. 4.3 pounds
- b. 3.4 pounds
- c. 2.3 pounds

3) What does it mean when a recycling symbol appears inside a circle?

- a. it means you cannot recycle that item
- b. it means that the product itself was made from recycled materials
- c. it means that recycling is great for the environment, and you should do it



7) how much food do Americans throw in the trash every year?

- a. 96 billion pounds
- b. 96 million pounds
- c. 56 billion pounds

9) How many plastic forks, knives and spoons are thrown away in America annually?



- a. 45 million
- b. 50 million
- c. 40 billion

10) In a typical home, how much energy spent heating and cooling it slips through the windows and doors? Up to:

- a. 20 percent
- b. 30 percent
- c. 40 percent

8) What about doing laundry creates the largest environmental impact?

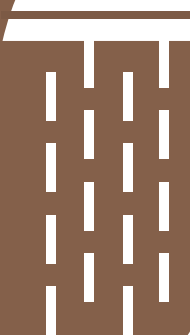
- a. washing all of your clothes in cold water
- b. washing all of your clothes in warm water
- c. using a dryer

11) What is most commonly found in a typical American garbage can?

- a. food scraps
- b. glass
- c. paper and packaging materials

12) What uses less water?

- a. shower
- b. bath



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healthy living

Table to Table

Volunteers help keep food from going to waste

By Annie L. Scholl

On its website, Table to Table (table2table.org) spotlights the word “synergy” and provides its definition: “The interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects.” It is, indeed, a perfect word to describe this Iowa City-based organization.

With the help of about 110 volunteers, Table to Table rescues wholesome, nutritious food that would have gone to waste from donors, such as stores, restaurants and schools, and distributes it free to Johnson County agencies that serve the hungry, homeless and at-risk populations.

“Food is such a basic human need and to have wholesome food going to waste is not right,” says Bob Andrlik, the organization’s executive director. “On top of that, when you look at all of the energy that goes into the production, transportation and labor needed to supply the food to us, it is just crazy to be tossing good food out.”

The organization was founded in April 1996 by a group of concerned citizens that included members of agencies serving the disadvantaged and food distributors looking for an outlet for surplus food, explains David Wellendorf, volunteer coordination/logistics manager for Table to Table. The goal was to not feed the hungry directly, but to channel resources through area agencies, he says.

Over the past 17 years, Table to Table has rescued and distributed more than 10 million pounds of food. In its first year, it rescued 44,000 pounds of food, which has grown to more than 1 million pounds of food rescued in 2012. That works out to be 754,511 meals distributed to agencies in 2012 — more than \$1.76 million worth of food, according to the Table to Table website.

“It shows both the growth of our organization and the commitment of our partners to keep wholesome food from going to waste,” Andrlik says.

Wellendorf points out that all along the process, everyone is a volunteer. “The donors and

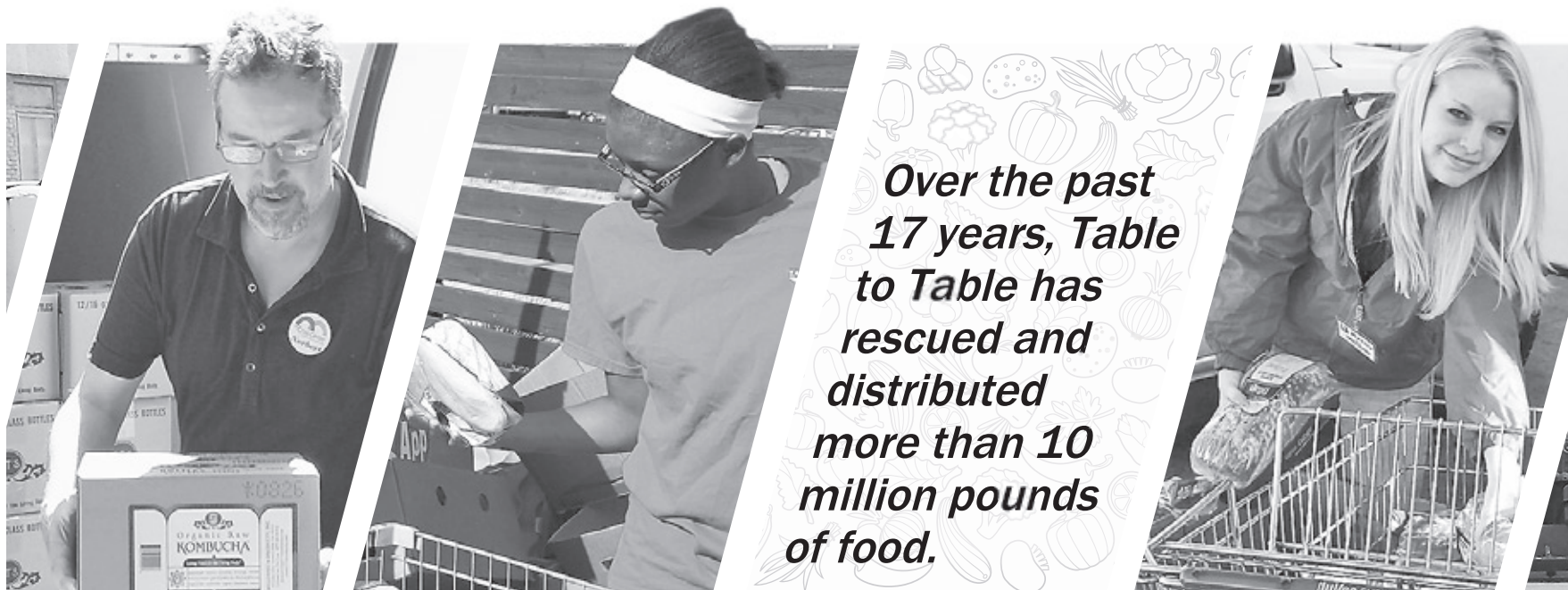
agencies need to buy into the process to allow it to work. This takes a little extra time and effort from everyone involved.”

Here’s how Table to Table works: The University of Iowa Memorial Union’s catering department, for example, may call with full pans of unserved chicken enchiladas or turkey tetrazzini. Rather than throw the food out, Table to Table is contacted and volunteers pick it up. Since Table to Table doesn’t store donations, it must find a home quickly for the donated food among the 28 nonprofit agencies it serves before the “window of use” for the food closes.

“The devil is in the details,” Andrlik says. The pans of donated fresh food, for example, can’t go to a food pantry, but they can provide a wonderful meal for, say, the Salvation Army to serve.

Ninety-five percent of the donations are picked up and distributed in the morning. “There’s a flurry of activity in a short amount of time,” he says.

“It’s nice to see the enthusiasm on the faces of



Over the past 17 years, Table to Table has rescued and distributed more than 10 million pounds of food.

places you're taking food to because they're really happy to get it," Andrlik says. "The food's all great, but sometimes it's over-the-top amazing."

Occasionally, though, Table to Table has to take a pass on a donation — like the time they were offered pallets filled with 30-pound buckets of mayo.

"We hate to say 'no.' We hate to have it go to waste, but you have to have all those points of the equation in place — a donor, volunteers to pick it up, and also a place, an agency, to take it to," Andrlik explains.

Wellendorf adds that more needs to be done to keep food from going to waste. "As a society, we need to think harder about composting the rest of the food that cannot be picked up and used efficiently," he says.

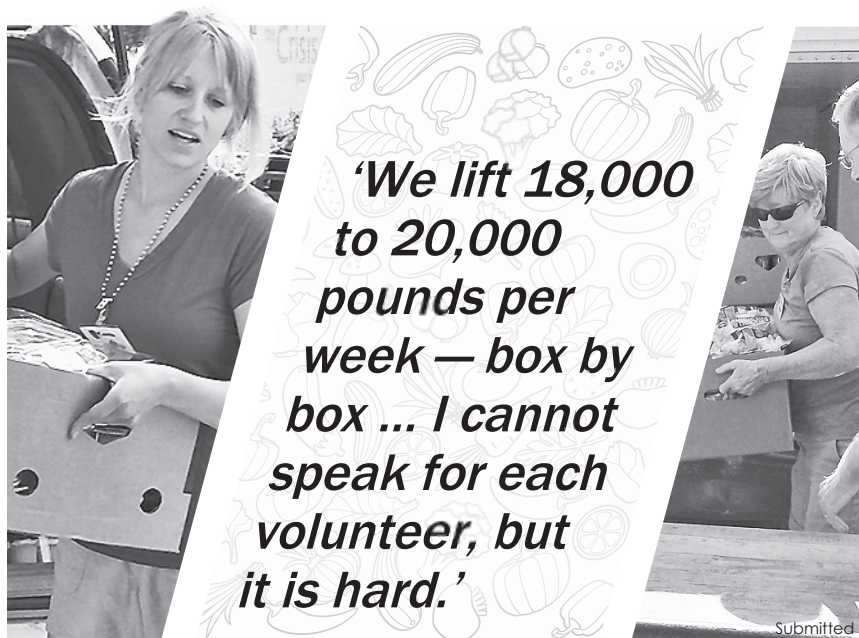
Asked how it feels to be doing something so positive, "Sore," jokes Wellendorf. "We lift 18,000 to 20,000 pounds per week — box by box, hand from hand," he says. "I cannot speak for each volunteer, but it is hard."

He says the volunteers are the "core motivator" for the organization. The volunteers range in age from 18 to over 80. They come from all walks of life, Wellendorf says.

"The volunteers of Table to Table are real-life poetry, a beautiful thing to watch, but you could not watch too long or you might be put to work," he says. While the organization has a good retention rate with volunteers, vacations, sick days and natural attrition means Table to Table is always looking for new volunteers. Anyone interested in volunteering should check out the website, call (319) 337-3400, or email mail@table2table.org.

Funding, Andrlik says, is the greatest need today to cover such items as salaries (there are four paid staff), rent, insurance, and vehicle gas and maintenance. Table to Table receives funding from United Way and from grants. It also has fundraising events, such as the upcoming annual dinner on April 18. The event will be a "sampling" dinner featuring area restaurants. Tickets to attend are available through the agency's website.

Annie L. Scholl is a frequent Radish contributor. If you're interested in learning more about Table to Table or in making a donation, visit table2table.org.



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outdoors

Hit the trail

Pounding the pavement isn't a runner's only option

By Will Hoyer

I love running. Even among runners, though, I'm different from most. Why? If given a choice, I will always choose to run on trails rather than roads or sidewalks. Getting off the pavement and onto quiet trails is, for me, a very therapeutic and fun way to spend an hour or two (or more!)

Trail running is growing rapidly across the country as more and more people recognize it as an enjoyable way to exercise and reconnect with the natural world. Trail running groups are forming, and running stores are offering clinics to trail-running newbies and seeing increased demand for trail-specific gear. One such store, The Runner's Flat in Cedar Falls, has organized low-key Monday night runs on the trails of the city's park system that attract dozens of runners each week, regardless of weather.

On my morning runs on the trails in Mines of Spain State Recreation Area near my house in Dubuque, Iowa, it's rare that I don't see something that makes me wish I had my camera. I've shared moments with pileated woodpeckers, bald eagles, deer, raccoons, foxes, owls and more, and stopped countless times to marvel at the natural beauty of the bluffs. On one memorable run, I came across a mother turkey lying in the middle of a trail. When she got up, 15 tiny yellow chicks scrambled out from beneath her — some even darting between my feet! These are not the sorts of things that happen running on concrete sidewalks in town. I love knowing that there may be a surprise around every corner.

Wendy Foote of Cedar Falls, Iowa, is one of those people who fell in love with trail running after years of running without ever stepping off a paved surface. "It's truly a spiritual experience for me," she says. "I feel totally at peace traversing the trails and listening to the music of Mother Nature. Once you run trails you'll never go back!"

Foote also notes that she has found trail running to be much easier on the body and leads to less soreness. "This is a good thing, since I plan to run forever," she says.

Davenport resident Josh Sun started running four years ago and finds himself drawn to the trails. Anyone with experience running races on the roads will find the competitive trail scene very different, says Sun. "Road races are in general much more organized and structured, while trail races draw more from the natural



iStockphoto

spirit of the sport. I have found there to be more camaraderie among runners out on the trails than on the roads," he says.

There's nothing fancy needed for trail running. If you are already a runner you have everything you need to get started. If you are not a runner now but are intrigued by trail running, your first stop should be your local running store where you can get advice about shoes, clothing and area trails.

Maybe you think you hate running. Maybe that's because when you think of running, you think of pounding the concrete sidewalks in your neighborhood or dodging cars in the streets or, worse yet, the boredom inflicted by running indoors on a treadmill. If there's a runner inside you waiting to come out, or if you're already a runner who hasn't ever stepped off your local sidewalks, you owe it to yourself to find some trails near you and go for a run. You'll be glad you did!

Will Hoyer is a regular Radish contributor.



Leaving
the streets
behind

Hoping to hit the trails yourself? Check out these Radishland hot spots for runners:

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- Hartman Reserve,

Cedar Falls, Iowa

- Lake Storey Park, Galesburg, Ill.
- Loud Thunder Forest Preserve, Illinois City
- Macbride State Park, Solon, Iowa

- Mines of Spain Recreation Area, Dubuque, Iowa
- Sugar Bottom Recreation Area, Solon, Iowa

- Sunderbruch Park, Davenport
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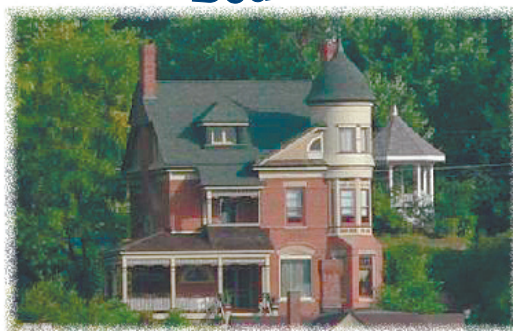


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Health in harmony

Q-C ballet classes for adults offer a wealth of benefits

By Ann Ring

Perhaps no other dance form has drawn such worldwide fascination as ballet. From its lean, full-body en pointe expression, to the unique tulle skirt, to stories of brutal instructors and cutthroat competition, ballet continues to awe us 600 years after the Italian Renaissance, where it all began.

Whether you took ballet as a child and feel wistful, or basics at the barre pique your curiosity, Ballet Quad Cities offers ballet lessons for adults every Monday night. Fortunately, this isn't "Black Swan," "Dance Moms," or a woeful Hollywood misrepresentation of ballet. Instead, professionals teach with a manner that's meant to bring out your best — emphasizing demonstration and explanation. Says Ballet QC instructor and ballet professional Jill Schwartz, who's been with Ballet QC since 2011, "In adult classes, we teach general ballet technique — plié, tendu, dégagé, adagio, and more." The classes are informal. You can drop in on occasion or commit to every Monday until the end of May, and there's no grand finale performance.

Kyle Shradel, 28, is a computer programmer and long-distance runner by day and dancer at night. For more than a year he's taken adult ballet classes and says, "It's an opportunity for former dancers to continue where they left off, or for anyone simply interested in dance." Although he was a bit intimidated being the only guy in the class for a while, his style and technique are now used as examples for others in the class. "There have been times when Jill has pointed out, 'I saw you do this really well,' and that's fun," he says. "The classes are in a relaxed atmosphere where teachers are eager to help you learn."

Schwartz knew from the time she was 8 years old she wanted a career in dance. During her last two years of high school, Schwartz, who was only 16, packed her bags, said good-bye to her parents in Indiana, and moved to Orlando, Florida, to live, study and practice with the ballet. "I was on my own," she said. "I attended school on my own, studied, then rehearsals after class and on weekends, and I worked — it was all up to me from 16 on."

Schwartz, who is full of charm, notes that her adult ballet classes are about recreation, structure, dance, movement and fun. "It's not about perfection but rather about learning some of the basics — but not to where you'll need pointe shoes."

In ballet, every one of your muscles is actively engaged. Shradel says, "Since I run a lot, I thought I would be in shape for this. But I couldn't believe the muscles that are used." And Schwartz, who looks the part with her lean, lithe body, says students can look forward to increasing their balance and coordination. Other health benefits include better posture, increased toning and strengthening of muscles, flexibility, and body awareness. In fact, Ballet QC has offered adult ballet for years as an alternative form of exercise, noted executive director Joedy Cook.

Previous dance experience is not a prerequisite. Because the class is drop-in,



Instructor Jill Schwartz helps student Kyle Shradel at Ballet Quad Cities School of Dance in Rock Island. (Photo by Paul Colletti / Radish)

everyone is in different stages. Schwartz understands. "Everyone can get something from this class," she says. Close-fitting attire is la règle (the rule) so Schwartz can see body placement for optimal instruction. For footwear, socks are allowed but canvas slippers are highly recommended if you want to continue with lessons.

Each class begins with stretching, and students use a barre for balance. "I'll teach a technique," says Schwartz, "and then we do it counting to the music, first one side of the body, then the other. I walk around observing, watching and looking to see how you can improve."

"If someone has a history of dance and wants to continue where they left off, or if they want a chance for some great professional guidance, they will love this class," says Shradel. "Practicing ballet is a full-body orchestra."

Ann Ring is a frequent Radish contributor. Ballet Quad Cities offers a wide variety of classes from beginning through advanced levels. For more information contact Ballet Quad Cities at (309) 786-3779 or visit balletquadcities.com. Adult ballet lessons are offered from September through May.



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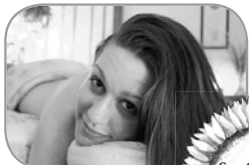
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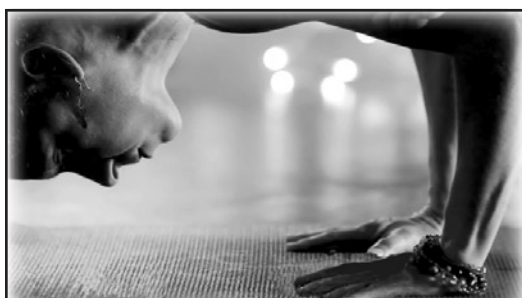
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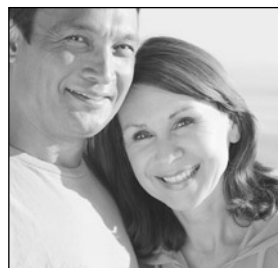
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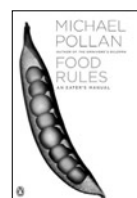


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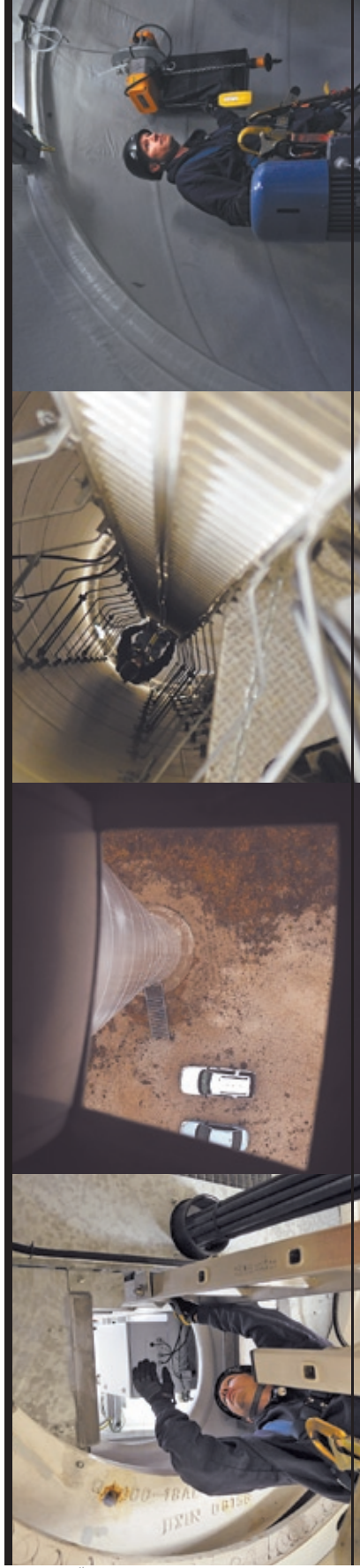


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WIND AT WORK

By Sarah J. Gardner

As we step through the door at the base of the Geneseo turbine, one of a pair located just west of Geneseo, Ill., it's striking how little there is inside. No visible gears turn against each other, no whirling metal cylinders reach into the space overhead, no grease stains the floor. Instead, there is a ladder to our right, a modest bank of electrical control cabinets directly in front of us, and a small table to the left, where Eric Rowold, one of the technicians showing us the works, rests his hand.

It is all very tidy and quiet — you could almost mistake it for a room where a monk would go to meditate. Of course, high above us (209 feet from where we stand to the center of the nose cone, to be exact), is where all the action is. Somewhere up there, three blades, each 132 feet long, feed directly into a generator that sends power through cables down the tower shaft and out onto the grid.

As if to remind us there is more at work than meets the eye, a sudden loud clang echoes through the turbine, followed by a brief buzzing noise.

Having detected a shift in the direction of the wind, the turbine has just rotated its ring of blades to face directly into the wind for maximum power.

Just like a vehicle, the turbine requires regular maintenance to keep functioning optimally. At a minimum this requires coming to the towers twice a year, though the Geneseo turbine technicians say they generally come out every two months or so.

"Everything that makes it work, we have to look at and check," explains technician Jamie Plotts. "Every nut and bolt that holds it together — if there are 60 bolts that hold a section together, we have to check 10 percent of them each time. All the screws on the electrical system, we check to make sure nothing is loose, nothing vibrating, nothing falling apart."

The technicians also climb into a small space in each of the blades to service the electronics there. "Each blade has its own computer to communicate with the main computer," says Plotts. "There's a cavity in the blade where that system is mounted. You stand in there to get to the computer, and to grease the blade, and to check the bolts and bearings."

The routine maintenance even includes an oil change, just like a car. The whole process takes about two 12-hour days per turbine, working from the top of the turbine down to the transformers housed in an area beneath the tower. Before the technicians can do any of this, though, they first have to get themselves, their tools, and their supplies up to where the machines are.

Their extensive safety training is a comfort as we put on our harnesses and tighten the straps for our climb to the top. The harnesses are outfitted with extra tethers and "lobster claw" hooks to latch onto safety points up top, but not, mercifully, the baskets of tools that the mechanics usually carry with them. All told, the harnesses add roughly 30 pounds of weight to carry as we start to climb.

And climb. And climb. Eventually, we make it to the top nacelle, an area that houses the generator and connects to the spinning blades of the turbine. There's room for all of us to stand upright, but not a lot of places to go — just a handful of small hatches to access other parts of the turbine, including one that opens to the outside to service the red, blinking aviation lights at the very top. From there, says technician Mike Lauritzen, "The view is pretty spectacular. You can see for miles."

In fact, given the right conditions, say the technicians, they can see the lights on the wind turbines in the Mendota Hills Wind Farm outside Paw Paw, Ill. — more than 60 miles away. Earlier, Rowold had described a time he and Plotts climbed the turbine before dawn and had paused to watch the sunrise. "And in the distance we could see all the wind turbines. It's far. Once the sun actually came up, you couldn't see them, but just when it was just barely up, you could see the lights on the horizon."

After a description like that, who could resist going through the top hatch to see the view? It's a foggy day, so when I poke my head out the top of the turbine I don't see as far, but down below I notice an adjacent farm. It has a windmill. From this high up, it looks like a pushpin marking a place on a map — or a timeline: Here is where the windmill technology of the past meets the wind turbines of the future.

Sarah J. Gardner is editor of Radish.



Above: Technician Jamie Plotts in the turbine nacelle and Mike Lauritzen climbing the tower shaft. (Photos by Paul Colletti / Radish)

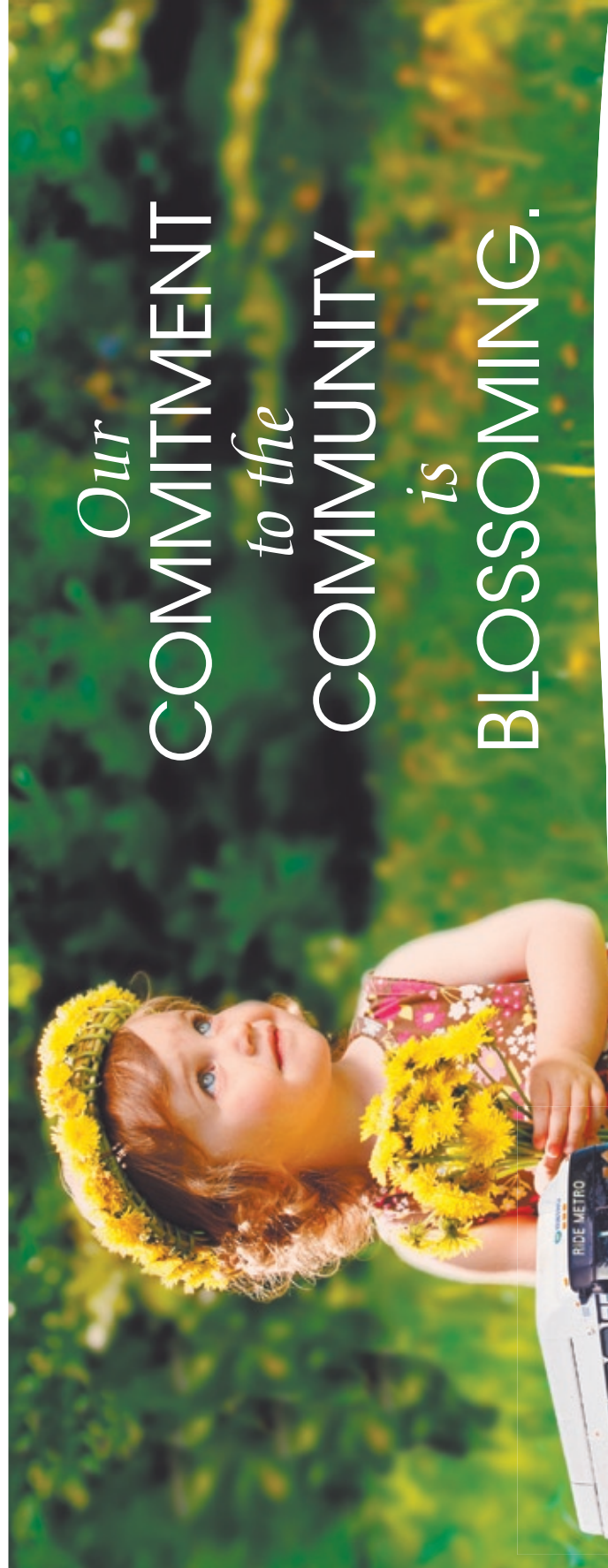
BY THE NUMBERS

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environment

Seven sparkling uses

How vinegar performs when put to the task of cleaning

By Chris Greene

Ask just about anyone who knows me and they will tell you I am more than happy to save a buck. What I have discovered is that quite often saving money and being green go hand in hand. Think about it: line drying clothes instead of using an electric or gas dryer, bicycling instead of driving, reusing items instead of buying them again and again ... the list goes on.

And if ever there was something both budget and earth-friendly, it has to be vinegar. Yes, vinegar — something nearly everyone already has at home. Just to see how truly versatile it could be, I put a few vinegar uses to the test.

1 Laminate floor cleaner: I admit, this isn't a new one for me, but I have to share. Years ago, a friend installed laminate flooring for me. It was so beautiful, and I was determined to keep it that way. I bought the expensive brand-name floor cleaner and used it religiously until said friend told me I was wasting my money. Instead, he told me to use 1 cup vinegar to 1 gallon of water and mop the floor with that. Voila! My floors looked every bit as good — if not better — than they did with the pricey cleaner.

2 All-purpose cleaner: In a pinch, I used my homemade laminate floor cleaner to clean my kitchen counters. Lo and behold, it worked pretty well. After doing a little research online, I discovered that people actually use this solution pretty regularly as a cleaner. Most sites suggested mixing one part vinegar to two parts water and adding a couple of drops of dishwashing liquid. Once I added the dishwashing liquid it cleaned just as well as the fancy store bought cleaners.

3 Degreaser: This tip intrigued me because I really hate to clean up grease splatters on the stove top, and this method worked better for me than any degreaser I've tried. Use straight white vinegar on a sponge and wipe affected surfaces, rinse with water and dry with a cloth.



Paul Colletti / Radish

4 Laundry agent: When it comes to laundry, think of vinegar as your best friend — that was the lesson I learned with vinegar in the laundry room. By adding a cup of vinegar to your wash load, you kill any bacteria present, plus I found that my whites really were whiter and my colors really were brighter. Seems to me that was the focus of an advertising campaign ... but with vinegar, not only is it true, it's true at a fraction of the cost. Also, you can add a little vinegar to your last rinse cycle, and it works as a fabric softener.

5 Mildew remover: Mildew is, well, disgusting. Personally I have paid quite a bit in the past for commercial cleaners to remove the icky stuff from bathroom walls, and apparently I have been grossly overpaying. The solution, yet again? Yep, vinegar. When used full strength on mildew stains, it not only gets rid of them, but it also helps prevent them from coming back. Plus, you can use it in an enclosed area and not worry about ventilation issues.

6 Adhesive solvent: A friend told me in the past to use mayonnaise to remove stubborn sticker residue left behind by decals or price tags. It works, but it does get a little messy. I tried the vinegar trick, and it worked equally as well, without the cleanup. Just use the vinegar full-strength, let set for a few minutes, and scrape with the edge of a plastic card (like a credit card). It may take a couple of tries, but it does work.

7 Drain cleaner: Drain clogs are no fun, and with long hair, they seem inevitable. The trick with vinegar is to first pour ½ cup baking soda down the drain, followed by 1 cup of vinegar. Once the fizzing is done, run hot water down the drain. What I've found with this one is while I do need a commercial drain cleaner to get rid of a clog, if I do this trick every few weeks (before there is a problem), the drains stay clog-free. The bonus is that the vinegar treatment also deodorizes the drains nicely, too.

Chris Greene is a frequent Radish contributor.

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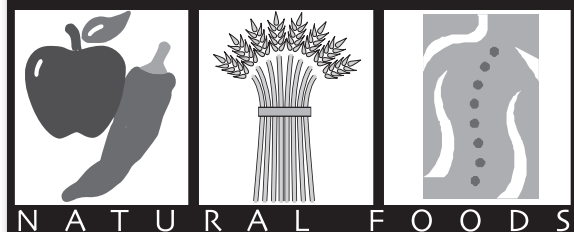
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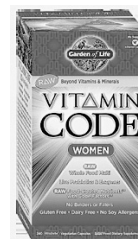
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food

Eggs for dinner?

Easy and nutritious, eggs make sense any time of day

By Erin Alderson

I feel bad for eggs. So versatile and yet so firmly relegated to the early hours of the day. On any restaurant breakfast menu, you can find an assortment of egg and egg dishes: scrambled, poached, or fried eggs for those who like their eggs straight; eggs Benedict, quiche, or frittatas for those who like a bit more substance. But come noon, eggs are usually off the table.

The tradition of serving eggs for breakfast, a practice brought to the U.S. by early European settlers, has some very practical roots: Eggs usually have been harvested in the morning and, as with most other items, are best enjoyed fresh — which meant serving them for breakfast. Long after backyard chickens gave way for many to supermarket eggs, the tradition of starting the day with eggs persists.

No matter the reason we eat eggs for breakfast, I'm here to inspire you to expand your egg horizons.

I'm talking about moving past the idea that the only egg acceptable to eat outside of breakfast is in egg salad. It's time to explore the endless possibilities of eggs for dinner.

I love eggs and I would gladly eat them for any meal (or snack), serving them for dinner at least twice a week. Eggs add the perfect protein to a meal. A carton of eggs from the local farm costs around \$4 per dozen and I can get approximately six meals from that. That's less than a dollar per dinner for power-packed goodness. I also love eggs for dinner because it usually means I'm eating something lighter and not heading to bed stuffed to the brim, which seems easy to do when I eat lasagna, mac and cheese, or some other meal heavy on the carbohydrates.

I sit on an arsenal full of egg ideas for dinner that are less recipes and more general inspirations. There are the old standbys like quiche and frittatas that can feed a family. I've also been known to smash an avocado or roast some radishes to accompany toast

and a poached egg. During the summer I'll whip up a salad with what's fresh, throw a couple of soft-boiled eggs on top, and call it dinner. Or my personal favorite: combine in a cast iron skillet the random veggies found in my refrigerator with some curry powder and eggs for a delightful one-skillet meal.

Add to all that tasty goodness a nutritional profile that may surprise you. Yes, eggs are higher in cholesterol than some other foods, but one large egg contains a mere 75 calories on average, is packed with seven grams of protein, and has only 1.6 grams of saturated fat. Some recent studies even have suggested the yolks of free-range eggs are lower in cholesterol and saturated fat than conventional eggs, making them a healthier option. In moderation, eggs can make a wonderful addition to any meal of your day.

Erin Alderson is a regular Radish contributor. Find more of her recipes at naturallyella.com.



Erin Alderson

Black-Eyed Peas, Dill Potato and Egg Skillet

1½ cups (roughly ¾ pound) small red potatoes	1 tablespoon fresh rosemary
⅓ cup dried black-eyed peas	2 tablespoons fresh dill
1 tablespoon olive oil	¼ teaspoon salt
2 shallots, diced	2 eggs

In a medium pot, bring to a boil enough water to amply cover peas and potatoes together. Add black-eyed peas and cook until almost tender, 15-18 minutes. Cut potatoes into chunks and add to the water and peas, cooking for another 5-6 minutes or until potatoes and peas are both tender. Remove from heat and drain.

In two 5-inch cast-iron skillets or one 10-inch skillet, heat olive oil over medium heat. Add diced shallots and cook until translucent, 3-5 minutes. Stir in drained potatoes and peas as well as rosemary, dill and salt. Continue to cook until potatoes start to brown slightly.

Create a well in the center of the potatoes and peas and crack egg(s) over the well. Cover skillet with a lid and cook until egg reaches desired doneness. Remove from heat and serve with an extra sprinkle of dill.

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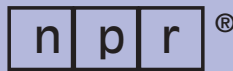
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health & medicine

Vitamins and you

Unsure about supplements? Useful information to know

By Jeff Dick

The Dietary Guidelines for Americans, issued jointly by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, clearly indicate that when it comes to meeting your daily nutritional needs, a varied diet rich in whole foods is preferable to a cabinet full of vitamins.

In a perfect world, where people eat a well-balanced diet, there would be little need for nutritional supplements. But in an age of fast food, frozen dinners, and grab-and-go snacks, that ideal can be hard to achieve.

While “expert” opinions vary on whether people need more than a simple once-a-day multivitamin with recommended daily allowances (RDA), that’s not the view of holistic nutritionists, including Jim Golick, a certified clinical nutritionist from Davenport currently practicing in the Chicago area.

“We can’t rely on decades-old government recommendations saying you don’t need vitamins if you have a proper diet, because the sad state of affairs is that eating habits are worse now than they were 30 years ago,” he says. “There are some 50-plus nutrients that our bodies need.”

Of course, if you can get your vitamins through your diet rather than in supplement form, you’ll be doing yourself a favor in more ways than one: Unlike a pill containing a single vitamin, whole foods are complex, containing a wide spectrum of micronutrients, phytochemicals and antioxidants, which work to prevent tissue damage and maintain health.

If you do opt to include supplements in your nutritional routine, the best approach is personalized nutritional counseling with the goal of an individualized plan, according to Golick.

Proper counseling may require blood work that goes beyond the usual testing for nutrients like iron and vitamin B-12. Personal health and family history also are considered. People with blood-sugar disorders — diabetes or hypoglycemia — might be advised to take supplements to help maintain a blood-sugar balance. Gender and age are factors, too, especially when it comes to calcium, since post-menopausal women are more easily susceptible to osteoporosis than men.

Since older people typically generate about half the stomach acid they did in their prime, seniors could benefit from capsule, powder or liquid supplements that are easier to absorb than tablets. A digestive enzyme to help digest food might be indicated as well. Vitamins should be taken throughout the day — not all at once — preferably at meal time.

While taking a reputable brand of multivitamin is “better than nothing,” Golick advises, he also generally recommends taking calcium and magnesium supplements; a digestive enzyme for people over 50; a fish oil capsule (“Krill oil is actually preferable to fish oil because it’s more easily absorbed and contains an antioxidant many times more powerful than vitamin E.”); a probiotic like acidophilus “unless you’re eating yogurt on a regular basis”; and vitamin D.



iStockphoto

As for natural versus synthetic vitamins, Golick prefers the former. In the case of vitamin E, for example, “both animal and human studies have shown the superior efficacy of naturally-derived forms. As expected, these natural forms cost more than their synthetic counterparts.”

Health-food stores, chiropractors’ offices, and independent pharmacies are the most likely sources for natural vitamins, but some regular retail outlets carry “natural” product lines. Walgreens, for instance, recently introduced “PureLife Naturals,” which claim to be “free of artificial ingredients, colors, or preservatives — made from 100-percent vegetable fiber and water.”

For ratings of dietary supplements, check out consumerlab.com. In a recent analysis of multivitamins, the subscription website found inconsistent ingredient strength in one-third of the 35 brands it tested. Some had much more, others much less, than listed on their labels.

Consumerlab.com also advises that the oft-cited USP (U.S. Pharmacopeia) seal only applies to supplements from companies paying fees for the quality assurance designation; “clinically proven” is an essentially meaningless term because of a lack of testing standards; and, there’s almost no connection between the price and manufacturing quality of multivitamins.

Regular contributor Jeff Dick prefers to get his vitamin D naturally on the golf course.

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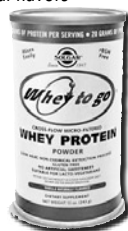
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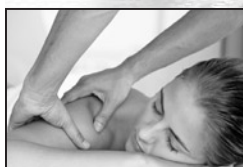
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gardens

Nature's cues

Ready to plant your garden? Phenology can help!

By Jen and Ted Knights

Ask an average Midwesterner what they know about corn, and they may tell you that the stalks should be “knee high by the fourth of July.” Ask someone who is well versed in phenology, and they’d probably say something more like, “Knee high by the first firefly!” — and their answer actually may be more accurate.

Phenology is the science of tracking the relationships between reoccurring biological events such as flowers blooming and bird migrations. A useful tool for ancient farmers and a treasure trove of folksy sayings from the more recent past — “Plant corn when oak leaves are the size of a squirrel’s ear,” for example — phenology can help gardeners and farmers know when to plant certain crops or control specific pests, because it relies more on following nature’s cues than looking at the calendar on your kitchen wall.

As gardeners, we still use the “average last frost” and “average first frost” dates as guidelines for knowing when to plant different vegetables in our garden, but we’ve noticed that the actual occurrence of frost seems to have come earlier and later, respectively, in recent years. At the same time, phenologists have recorded data trends showing that indicator events like bird migration, plant blooming times and insect emergence have shifted similarly.

So how can phenology help you have a successful vegetable garden? Watch what else is happening in the natural world — rather than the passing days on a calendar — to know when to plant your crops. As with the average last frost date, you could still lose a few plants to a late frost. The critical strength of phenology, though, is that the order in which biological events predictably occur remains constant from year to year even when weather patterns fluctuate. With this approach, you are responding to conditions happening as they unfold this season.

Phenology also can be a useful tool in controlling pests in the garden. Many insects hatch at very specific times every year, but they do so primarily according to temperature rather than the calendar. To determine when an insect is at its most susceptible stage (especially when they are too small to observe easily), look to “indicator plants,” which are common plants that are not typically associated with the pests whose life stages they predict. For example, euonymus scale is an insect that attaches itself to the stems of euonymus plants, which are popular decorative shrubs. The insects are only vulnerable during the “crawler stage,” which happens when catalpa trees begin to bloom (in late May or early June). So, that’s when you should treat your euonymus for scale. Likewise, pine needle scale can be treated when common lilacs reach full bloom.

Just like the old credo, “When elm leaves are big as a penny, plant kidney beans if you want to have any,” phenology is based on observation — knowledge you can put to good use in your garden this season.

Jen and Ted Knights live in Iowa City and are regular Radish contributors.

Radish 24



Thinkstock

| when forsythia blooms

plant peas |

| when dandelions bloom

plant potatoes |

| when lilac is in first leaf

plant beets, carrots, lettuce and spinach |

| when irises bloom

transplant eggplant and peppers |

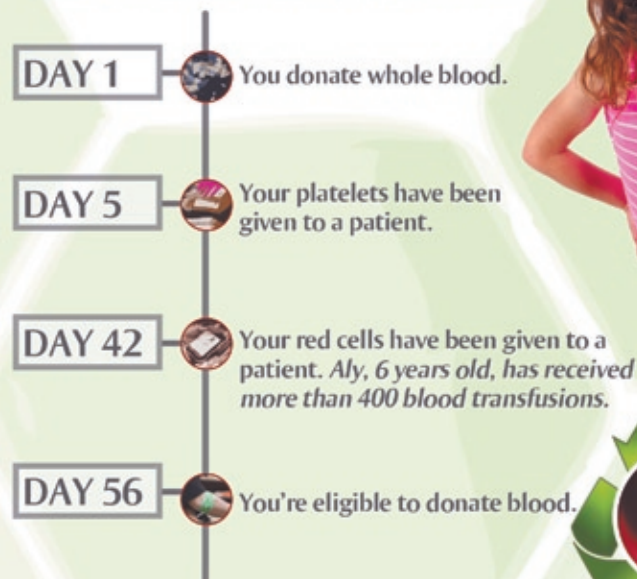
| when lilac is in full bloom

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EARTH DAY QUIZ

(Story on page 8)

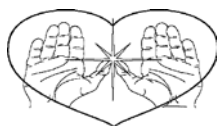
Answers:

- 1) B. Earth day was founded in 1970 by Gaylord Nelson, a senator from Wisconsin. According to earthday.org, some 20 million Americans took to the streets, parks and auditoriums to demonstrate for a healthy, sustainable environment on the first Earth Day, which lead to the creation of the U.S. Environmental Protection Agency and the passage of the Clean Air, Clean Water and Endangered Species Acts.
- 2) B. 69 percent, according to “Garbology: Our Dirty Love Affair With Trash,” by Edward Humes. In comparison, 24 percent of our nation’s trash is recycled or composted, while 7 percent is incinerated, according to the book.
- 3) B. the recycling symbol (a trio of arrows) inside of a circle means that the product itself was made from recycled materials.
- 4) B. 5.7 million tons. According to “Garbology,” 5.7 million tons of carpet is sent to landfills each year — all of it could be recycled, but for the most part, it isn’t.
- 5) A. an ecosystem is a place having unique physical features — including air, water and land — supporting plant and animal life. In fact, according to pbs.org, every centimeter of the surface planet is part of an ecosystem.
- 6) A. the average person generates 4.3 pounds of waste every day, according to Duke’s Center for Sustainability & Commerce website at center.sustainability.duke.edu. The site states that about two-thirds of all household waste can be composted.
- 7) A. Americans throw away 96 billion pounds of food each year, according to “Garbology.” Just 5 percent of that waste is enough food to feed 4 million people for an entire year.
- 8) C. using a dryer has the largest environmental impact. According to Duke’s Center for Sustainability & Commerce website, a societal shift to using front-load washers and dryers, washing in cold water and hanging your clothes to dry half of the time “would be equivalent to removing 12.1 percent of passenger cars off roads in the United States or taking 23 coal plants off the grid.”
- 9) C. 40 billion plastic forks, knives and spoons are thrown away annually in America, according to “Garbology.” More eco-friendly alternatives include disposable cutlery made from bamboo, compostable cutlery made from corn and potato starch, or reusable cutlery sold at camping goods stores made to be portable, durable and easy to clean.
- 10) B. up to 30 percent, according to the Ask Umbra column on grist.org. Energystar.gov estimates that the average homeowner pays some \$2,200 a year in energy bills, making that little leak cost around \$300 each year.
- 11) C. paper and packaging materials. According to Duke’s Center for Sustainability & Commerce website, paper and packaging materials account for about 31 percent of all waste Americans send to the landfill. Close behind that is food and yard waste, which accounts for 27 percent of America’s annual waste, according to the site.
- 12) A. showers uses less water (provided you don’t take lengthy showers). According to the EPA, it takes about 70 gallons of water to fill a bath tub. In comparison, a five-minute shower only uses about 10 to 25 gallons of water.

Writer Laura Anderson Shaw is a frequent Radish contributor.

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More than 2,000 Girl Scouts and adult volunteers attended the annual Journey the World event on March 9, 2013 at the RiverCenter in Davenport.

Girls across Iowa and Illinois came to celebrate the Girl Scout holiday, World Thinking Day. World Thinking Day gives girls a chance to celebrate international friendships, and is a reminder that Girl Scouts of the USA is part of a global community — one of nearly 150 countries with Girl Guides and Girl Scouts. More than 40 countries were represented at girl-led booths. This year, girls specifically focused on global health and how girls in other countries and locally stay healthy.

The girls explored topics such as nutrition, fitness, safety and environmental health. One of the highlights for many was learning how the heart works by getting to hold a real pig lung brought by Trinity Nursing Students.

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food for thought

Staying engaged

It's easy to feel overwhelmed — but we don't have to be

By Leslie Klipsch

This month, we'll celebrate the 43rd annual Earth Day. For years we've planted trees and practiced the three R's — recycling, reducing, reusing — yet the headlines today are more terrifying than they were in 1970 at Earth Day's beginning. In fact, the unrelenting news cycle of both environmental and humanitarian woe has left many of us feeling overwhelmed and helpless to do anything at all.

At least, when I'm honest, that's how I feel. In a culture where we are constantly exposed to vivid images of global crises and a news cycle that never stops, it can be a short walk from outrage to numbness. Like many, I am morally distressed, and yet I feel powerless to respond in a meaningful way. In fact, I'm probably a lot like you: an individual with a sense of social responsibility and an ache to take action. I don't want to be paralyzed by bad news; I want to be primed and ready to seek the truth of change.

How can we keep ourselves on even footing and continue the work that needs to be done? It helps to remember we're not alone, and there's a lot we can learn from others involved in difficult, long-term acts of caring. Finding ways to stay engaged now also can help us in the future, building internal resources to face challenges yet to come.

Those caring for elderly or sick loved ones, or those who work in helping professions such as health care or social work, sometimes suffer from a condition called "compassion fatigue" and experience a gradual emotional numbness. This fatigue stems from exposure to traumatic events or stressful situations and can leave caretakers overwhelmed, exhausted and unable to care for themselves.

Joan Halifax, a Zen abbot and medical anthropologist, speaks of "empathic distress" and believes that we must stabilize ourselves when we're exposed to suffering. In doing so, she says, we can face the world with more buoyancy, resilience and hope. I find this inspiring but am left with a practical question: How do we overcome sorrow, steady ourselves, and proceed with compassion when faced with suffering?

For many, the ability to feel the deep press of suffering, let it resonate, yet not succumb to feelings of sorrow or pity is actualized through self-reflection, meditation and prayer. And there's something else I've noticed as well: When those on the front lines get tired, they review impact stories. When journalists try to arouse interest and awareness, they tell stories from the field. When Jesus expressed love and virtue in hopes that the masses might understand, he did so through parables. Human beings quiet themselves and listen to stories in order to connect, and to awaken our hearts and our conscience.

So perhaps tomorrow, when faced with a headline from far away or a struggle on my own street, I'll chase away apathy by listening to the story as it unfolds in front of me. And then maybe I'll summon stillness and muster enough perspective

to look at my own story. I'll consider the arc of my life and ask myself, "What action aligns with the character I want to be?"

Writer Donald Miller believes this posture leads to a new way of responding to the world." Great characters in exciting stories don't sit around on the couch playing it safe," he writes. "They get up, move, try, fail and risk it all again. Living a great story costs something. People who live great stories know failure isn't a judgment, it's an education."

Perhaps the character I want to be will have done the deep contemplative practice necessary to awaken her consciousness. She'll take the long view and recognize that her actions matter. She'll seize the reigns of the story and, even though it's hard or seemingly impossible, she'll wrestle her resources, harness her inner strength and proceed down the long road to come. The action will rise and fall, but all the while, she'll go forward with examined courage, love, care and compassion.

Leslie Klipsch is a frequent Radish contributor.



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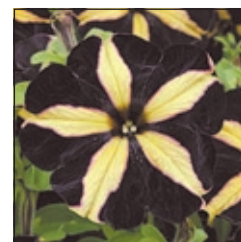


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