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Rachel attended University of Illinois, receiving a B.A. in English. After graduation, she worked for several years in public relations, and started her family. Rachel returned to school after her children were born, attending Trinity College of Nursing in Rock Island. She worked as a labor and delivery nurse while attending the Midwifery Institute of Philadelphia University, where she also received her Masters of Science in Midwifery. She has been practicing midwifery in the Quad Cities since 2006.

Rachel's areas of interest include nutrition, exercise and stress management.

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from the editor



Codfish Hollow owner Tiffany Biehl and Radish editor Sarah J. Gardner outside the concert barn.
(Photo by Leah Klafczynski / Radish)

“A lifetime isn’t long enough for the beauty of this world,” writes poet Mary Oliver, and it’s true. Even in this age of technological wonder and worldwide connectivity, it is impossible to see all there is to behold in this world, let alone the marvels tucked away in the vastness of space.

There is something about the height of summer that brings this truth home to me. Everywhere you look there is an abundance of beauty: In the spray of water kicked up by gleeful, wading children. In the drift of clouds, their shadows changing the play of light from field to field. In the sweet corn, farm-stand fresh and all but glowing beneath the husk. The sound of an ear of corn being shucked never fails to sound to me like someone gasping at the beauty she never knew lay beneath.

A lifetime isn’t long enough to take it all in; neither is any given summer. Always at this point in the season I find my thoughts drifting to the things I had better do soon if I’m going to, the places I would like to visit that will likely have to wait another year. And yet I think the trick isn’t to try to do and see it all, but rather for the things we manage to fit in, to do and see them well.

Why? Because beauty, when we really grasp it, has the power to transform — our lives, our understanding of the world, even ourselves. This month in Radish you’ll find stories about exactly that, whether it’s an old family barn that has been re-imagined as a community concert space (page 26), a bit of post-industrial ground built into the “Mississippi in miniature” (page 24), or even career changes that led to more fulfilling work (page 10). Each of these transformations began with being able to see something beautiful and set a course by that star.

Of course, Mary Oliver didn’t stop her thought there. The sentence in full, as she wrote it, tells us we don’t have time enough “for the beauty of this world and the responsibilities of your life,” and the second truth is as important as the first. All of us, each day, manage a balancing act between the two. Read another way, each of these stories in Radish is about this as well — and how when we find the beauty in what we have to do, joy naturally follows.

— Sarah J. Gardner
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Radish
HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

Camp Big Sky (July 2014): "Thanks for the piece in your July issue of Radish on the camp for persons with disabilities in Fulton County. ... Persons with disabilities are not a subculture to be avoided. They're human beings who happen to be confronted with a few more challenges than those folks who have been fortunate enough not to have to face them. Again, thank you."

— David Grimes, Monmouth, IL



We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at two events:

• **Bishop Hill Clay & Fiber Festival**, 11 a.m.-1 p.m. Saturday, Aug. 16, 203 Bishop Hill St., Bishop Hill, Illinois. For more information on the

full event, which runs from 10 a.m.-5 p.m. Aug. 16 and 17, call 309-927-3008.

• **Spirit of the Prairie**, 3-6 p.m. Sunday, Aug. 24, at Our Lady of the Prairie Retreat, 2664 145th Ave., Wheatland, Iowa. For details about this event, which features locally-raised food, wines and beers, live music, and tours of the retreat center, call 563-323-9466 or visit chmiowa.org/prairie_retreat.php.

To discover more upcoming events of interest, see the events calendar on the Radish website, radishmagazine.com.

Radish reads: Check out these free titles!

Did last month's summer reading suggestions (Cover to Cover, July 2014) leave you hungry to read more about good eating? Radish has a number of other tasty titles waiting to be reviewed.

If one of the books below sparks your interest, you can request it by sending an email to editor@radishmagazine.com. Titles are available on a first-come, first-served basis and are limited to one per reader. The books are yours to keep — all we ask in return is that you write a short 200- to 250-word review within six weeks of receiving the book.

- **"Blessing the Hands that Feed Us: What Eating Closer to Home Can Teach Us About Food, Community, and Our Place on Earth"** by Vicki Robin (Viking, 2014)
- **"How to Make Maple Syrup: From Gathering Sap to Marketing Your Own Syrup"** by Alison and Steven Anderson (Storey Publishing, 2014)
- **"Superfoods: Nature's Top Ten"** by Myrna Chandler Goldstein and Mark Allan Goldstein (Books Alive, 2014)
- **"Mayim's Vegan Table: More than 100 Great-Tasting and Healthy Recipes from My Family to Yours"** by Mayim Bialik with Dr. Jay Gordon (De Capo Press, 2014)
- **"Let Them Eat Kale! Simple and Delicious Recipes for Everyone's Favorite Superfood"** by Julia Mueller (Skyhorse Publishing, 2014)
- **"The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease and Live Long"** by Farnoosh Brock (Skyhorse Publishing, 2014)

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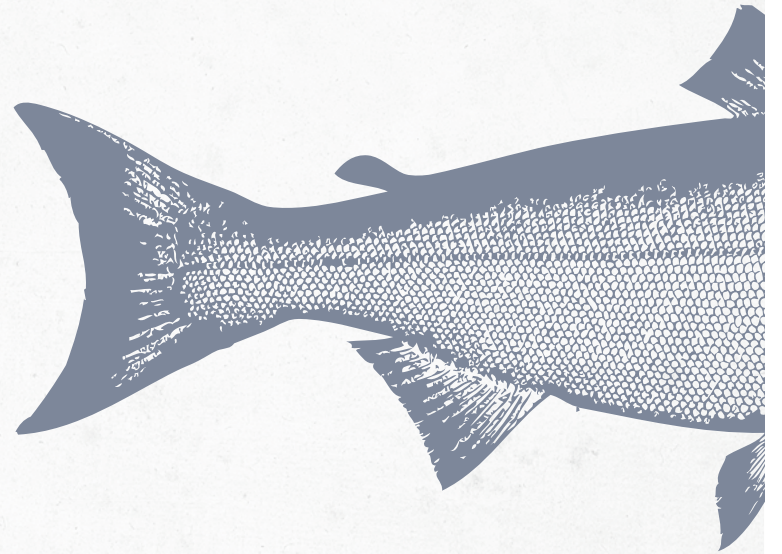
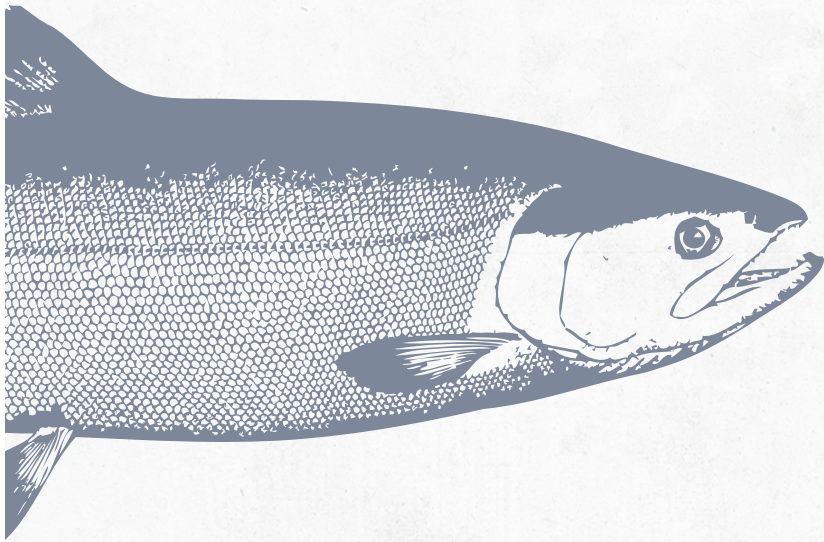
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healthy living from the ground up

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Gracie, the toy poodle puppy that won the title of 2014 Pet of the Year by popular applause. (Photo by Todd Welvaert / Radish)

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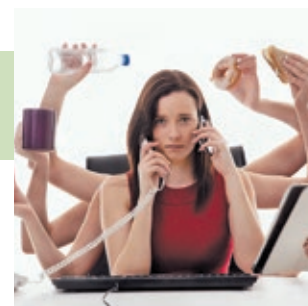
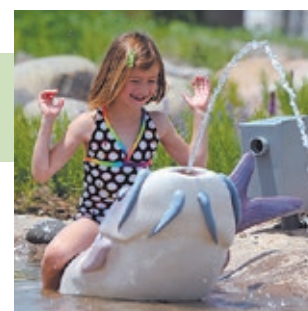
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It began as a big idea — why not try to break the world record for the largest raft of canoes and kayaks assembled together — and has only grown from there. Floatzilla, the annual paddlesports event put together by River Action, brings canoe and kayak enthusiasts from across the region together for a day of fun on the water. Now in its fifth year, the event will be held Aug. 16. Visit radishmagazine.com to learn more.

grower of the month

Northern Ridge

Oxford farm stand and berry patch is a family affair

By Cindy Hadish



David Lacina tills a vegetable field at Northern Ridge Berry Farm. (Photo by Cindy Hadish / Radish)

The farm in rural Oxford, Iowa, has been in the family for more than 80 years, but it was just six years ago that the berry venture from which Northern Ridge Berry Farm takes its name began.

Co-owner David Lacina, who works full time for McComas-Lacina Construction Company, was considering the future when his father sold the Iowa City-based construction firm.

David started by planting 1.5 acres of raspberries and 500 blueberry plants. Little did he know just where they would lead: Last year, 6,000 pints of raspberries were sold by Northern Ridge, with the potential for at least twice that much this year, David says.

With growing interest from restaurants, schools and grocery stores for fresh, local produce, Northern Ridge Berry Farm quickly evolved beyond its namesake berries, adding vegetables, apple trees and more.

"We put close to 35,000 to 40,000 plants in the ground this year," David says of the broccoli, Brussels sprouts, kale, peppers, onions and other vegetables grown on the family farm in rural Oxford. "People nowadays want to know where their food comes from."

The list of restaurants that use their products is impressive, including such establishments as Bata's Restaurant in Cedar Rapids, Augusta in Oxford, Ronneburg in Amana, Vesta in Coralville and Devotay in Iowa City.

David notes that restaurants are only part of the mix. Northern Ridge also sells its produce to New Pioneer Food Co-op, the Clear Creek Amana and Iowa City school districts, and is part of a pilot program at Hy-Vee stores through the Iowa Valley Food Co-op.

The co-op's Jason Grimm says Iowa Valley Food Co-op takes orders for the eight Cedar Rapids and Marion stores twice weekly under the program, known as Hy-Vee Homegrown.

Nine co-op farm members are participating, Grimm says of the program, which features life-size cardboard cut-outs of the farmers at some of the stores.

Northern Ridge and other participating farms deliver Hy-Vee's orders to the HACAP Food Reservoir in Hiawatha and HACAP then delivers the orders to each store as they make the rounds for food rescues.

"We try to have everything picked and delivered within 12 hours," David says. "The only way to get it fresher is to pick it yourself." The farm offers that option, too, with "you pick" blueberries and raspberries.

Setting up shop

Even while supplying the schools, restaurants and stores, a good portion of Northern Ridge's produce is sold at their own farmers' market shop, literally close to home.

Jars of blueberry, red raspberry, spicy pear and peach jam fill wooden shelves inside the store, with fresh rhubarb, asparagus, onions and other vegetables sold from refrigerated coolers alongside local butter, cheese and more.

Built over the course of the last few years and situated near their rural Oxford farmhouse at 2552 Cemetery Road N.W., the farmers' market store has been an evolution.

"We put up a tent and started selling from it," David says of his family's first intentions for their on-site farmers' market. But when his mother, Bonnie Lacina, had health issues that necessitated air conditioning in the summer and heat during cooler days, the tent was replaced by a solid structure.

Bonnie, who grew up on the farm and is a co-owner with her son, often can be found inside the on-farm store and is responsible for the baked goods sold there on Saturdays, when the aroma of cinnamon rolls, kolaches, pies and cookies fill the air. Her favorite task, however, isn't indoors, but in the fields when the raspberries are ripe.

"I pick from morning to night," she says. "Once they come on, you can't stop picking them. They're beautiful."

The majority of the 400-acre farm is leased for conventional crops, but Northern Ridge uses natural practices for its own fruits and vegetables, which includes the use of neem oil, an organic insecticide that targets pests such as aphids.

While not organically certified — David cited the added expense of certification — the farm follows organic guidelines. A beekeeper who operates the farm's hives stopped by on a recent day to discuss practices the farm uses to keep the plants bee-friendly.

Honey is among the items sold at the on-farm store, where everything is local. David's wife, Penny Lacina, says farmers in the area are supportive of one another, so the shop carries items produced nearby such as butter, cheese, grass-fed beef and eggs from free-range chickens.

Penny, who works full time at Rockwell Collins in Coralville, helps with planting and in the market store, while daughters Dakota, 8, and Cierra, 13, also help on the farm, particularly during "Weeding Wednesdays" when about 10 acres are weeded by hand and hoes.

They refer to the farm's foreman, Alex Larson, as their "summer brother." Alex began helping at the farm when he was just 11 years old and now will be investigating the next step for the farm as he takes college classes in business and agriculture.

"We're going to try to close the gap between October and May," David says, with the potential for aquaponics or another indoor operation. "We're still learning. With this type of business, you never quit learning or fighting problems."

Even so, given the choice, David says that his preference would be to work on the farm full time.

"I don't know if that day will ever come," he says with a wistful smile. "A guy's got to have a vision."

Cindy Hadish writes about local foods, farmers markets and the environment at homegrowniowan.com. For more information on Northern Ridge Berry Farm, visit northernridgeberry.com.



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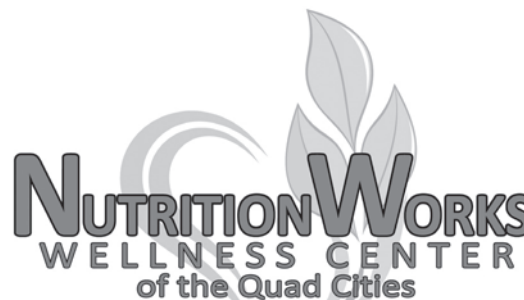
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healthy living

Good girl, Gracie

2014 Radish Pet of the Year is a real bundle of joy



Karley Klapp and Gracie at their home in Knoxville, Illinois. (Photo by Todd Welvaert / Radish)

By Chris Greene and Lindsay Hocker

Some things just go together. Milk and cookies. Summer and fun. And Karley and Gracie — Gracie being the 13-week-old toy poodle puppy owned by 8-year-old Karley Klapp of Knoxville, Illinois. Together, they won the recent Pet of the Year contest at the Radish Healthy Living Fair.

They make quite the pair, with their fair hair and their boundless energy. Anyone can hold Gracie — she is quite the amiable little poodle pup — but her eyes stay on her young owner the whole time. And it's obvious that Karley adores her canine companion. Just ask her.

"She loves to play! Sometimes we play catch. When we are outside, she likes to run. Sometimes I'm faster than her, and sometimes she's faster than me. It's hard to get her stay when she's hyper," Karley says.

And with that, Karley is off to gather some of Gracie's favorite toys, which include a colorful stuffed centipede and some rawhide treats.

"She had another stuffed toy she really liked ... but now it's a pile of stuffing," adds Shannon Klapp, Karley's mother.

Shannon says she is proud of how well Karley has done with the responsibility of having a puppy. "Whoever is up first has to take Gracie out. That's Karley a lot. And she is the one who gets her food, and she plays with her all the time," Shannon says.

When pressed, Karley has a tough time remembering the name of the dog food, but she does know where it is and how much to give her furry friend — which is fine as Gracie doesn't know the name of her dog food either, she just knows she likes to eat it.

Although the Klapp family had a dog in the past, Shannon and her husband, Jared, decided a small dog was in order this time for their young family, which includes Karley's brother, Jared Klapp II. Shannon said they looked all around for the perfect dog, and initially ran across a lot of larger dogs and older dogs, but after they put an ad on Facebook, a friend let them know about a woman they had bought a poodle from before.

"We went to her and saw Gracie, and it was love at first sight," says Shannon.

Gracie's rise to stardom was pretty happenstance, as well. Although the Klapps live an hour south of the Quad-Cities, Karley's grandmother, Dorrene Endicott, lives in Rock Island. Since she was entering her dog, Louie, in the Pet of the Year contest, the Klapps decided to enter Gracie, too.

It's a contest whose winner is determined by the most scientific of methods — loud clapping and whistling — with the finalist who receives the most applause declared the Pet of the Year.

"And she won!" says Karley. "I was really excited, and I didn't know what to do!"

But Gracie did. She took a nap.

"She was pretty pooped after that big day," Shannon says.

"She does like to take naps," Karley adds definitively, with a shake of her blond locks.

Gracie did get to have her big celebration however, nap or no nap.

"She got an all-natural yogurt dog treat," says Shannon. "And Karley just walked around with her dog tucked under one arm and her certificate in her other hand."

Although eventually there may be other puppy loves in young Karley's life, none could be as sweet, or as pure, as the one between Karley and Gracie. Karley's face lights up when she plays with Gracie (or Gracie Girl, as Karley likes to call her), and the pup's tiny tail wriggles so hard one would think she might actually take flight from the constant motion.

Gracie may be our 2014 Pet of the Year, but it's a pretty safe bet that for Karley Klapp, Gracie is the pet of a lifetime.

PUPPY POWER

Thinking of bringing a pup into your family? Adopting a few good habits now can pave the way to a lifetime of good health for your pooch. Here is some advice from Dr. Kristin Tvrdik, the shelter veterinarian at the Quad City Animal Welfare Center in Milan, Illinois, on what to do after bringing your furry bundle of joy home.



SOCIALIZE, SOCIALIZE. "Once your veterinarian says it is safe, puppy classes and obedience courses can begin to help socialize and get training underway," Tvrdik says. She recommends classes where praise and treats are used to train your puppy. "Playing with your puppy's feet and ears will help desensitize them and make tasks like nail trimming much easier while preventing aggressive behavior."

FEED THEM WELL. "Puppies should eat a diet specifically formulated for young, growing dogs," Tvrdik says. Ask your veterinarian for recommendations, and make sure the first ingredient is a protein source rather than carbohydrate filler, like corn. "Just like human babies, young puppies need to eat small, frequent meals or have access to food throughout the day so that their blood sugar does not dip dangerously low."



CONSISTENCY IS KEY. "When attempting to housebreak a puppy, a schedule is your best friend. Take them out frequently throughout the day and especially after every meal," Tvrdik says. Praise them when they go to the bathroom, and do not scold a puppy after an accident, because they will not know why you are angry. Instead, remain calm, continue giving frequent potty breaks and immediately reward with praise or a treat for successes.

TAKE CARE OF THEIR PEARLY WHITES. Dental hygiene is important for pets' health, so it's a good idea to brush a puppy's teeth with toothpaste formulated for dogs, despite the fact that they will lose those baby teeth. "It is very helpful to start brushing your puppy's teeth at an early age as it will make it a routine and less of a struggle as they get older," Tvrdik says.



Chris Greene is a writer on staff with Radsih; Lindsay Hocker is a regular contributor.

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Three paths show it's never too late to follow your heart

By Laura Anderson Shaw

If you've been thinking recently about a career change, you're hardly alone. Although there are no published statistics about how often people change jobs, conventional wisdom holds that adult Americans do so between five and seven times over the course of their working life. There's no doubt change can be daunting, but, as the following stories attest, it's also an opportunity to combine new skills with talents you've already developed. And — good news! — the formula for success seems to be the same whether you are starting out on your first career or your fifth: a willingness to learn and apply yourself combined with a good dose of being true to who you are.

Laura Anderson Shaw is a writer on staff with Radish.

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Todd Mizener / Radish

Jill Schmitt

From interior design to chiropractic care

Chiropractor Jill Schmitt always knew she wanted to work in the health-care field, but it took her a while to get there.

The East Troy, Wisconsin, native, who now lives in Eldridge, says she went to school for interior design in California and pushed her desire to work in health care “deep down in my heart.”

Says Schmitt, “It was kind of a secret I always kept; I just never pursued it.”

She says she was introduced to the “corporate world” at school and left after her first year to get into the health club industry. Several years later, she took a job in Milwaukee with Manpower International, an

employment agency, where she did a lot of project management work, and followed that with positions working for Cumulus Broadcasting and a commercial real estate service in Milwaukee.

“(I had a) very nice life,” she says.

Then, a couple of life-altering events caused her to re-evaluate her career. The man for whom she was working, Jeff Siegel, became terminally ill. He asked whether she was living the life she wanted to live. “I think it kind of brought those flames back up inside me,” Schmitt says.

After he passed away, she says she began looking for similar work, but nothing seemed to fit. Around the same time, a man who used to be a pastor at her church died in a private plane crash. Then, “I turned 40,” Schmitt says.

She says something inside her

said, "You know what you want to do," so she began researching chiropractic schools and settled on Palmer College of Chiropractic in Davenport. "It had everything I needed," she says.

It had been more than 20 years since she had been in a classroom, and she worried whether she was smart enough or had the stamina to keep up with her work. But "I was excited about the future," she says.

Schmitt knocked out some prerequisites at Scott Community College and graduated from Palmer in 2007 with Bachelor of Science and Doctor of Chiropractic degrees. She opened Community Chiropractic, 3475 Jersey Ridge Road, Davenport, in February 2008, where she has practiced since.

Chiropractic care treats people "as a whole," she says. She asks patients what they do for a living, what actions their jobs require them to do, how they sit, how they walk and how they sleep, looking for clues about why their bodies feel the way they feel. "You're putting together a puzzle," Schmitt explains.

Her clinic space is a combination office, exam and treatment room. Along the wall, several posters with brightly colored diagrams are hung. "I want my patients to be educated. I'm a very visual person," Schmitt says, adding that she likes being able to show her patients what she is adjusting and why. "Part of my job is educating."

Schmitt says she enjoys working with patients on other aspects of their health, such as nutrition, sleep and exercise habits. She also helps coordinate care with a patient's other doctors, including other treatments, such as massage, yoga, acupuncture and the like, she says.

"That project management part of me has never left," she says, "and I think chiropractic allows me to do it."

She says leaving the corporate world she was good at and comfortable in to jump into chiropractic care was "frightening," but "it's never too late" to change careers.

"I feel fulfilled and challenged at the same time. I'm just happy. I love caring for people," Schmitt says.

Pam Kaufman 'Have chair, will travel'

For nearly 16 years, Pam Kaufman spent her days working with numbers while dressed in pantyhose, skirts and heels.

Now, the Bettendorf woman embraces her wildly wavy hair, breath-

ing a little more deeply, and bringing her dog to the office, Heartland Healing, 601 Brady St., Davenport.

The Lanark, Illinois, native is a massage therapist, a job she has enjoyed for nearly 11 years. Prior to that, she worked as a financial services adviser.

Growing up, she says she didn't really have a clear-cut idea of what she wanted to be. "For me, it was always kind of a journey," she says, a "what do I want to do now" type of thing.

After high school, she had wanted to get into psychology, but ended up majoring in business and accounting at Augustana College.

Continued on page 12

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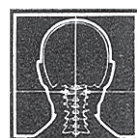
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Continued from page 11

Kaufman then worked her way up to store manager with Bishop Buffet and ended up managing the restaurant in Decatur, Illinois.

But working night shifts, holidays and weekends was wearing on her, so when she returned to the Quad-Cities area in the mid- to late-'80s, she dove into the financial services world and spent 16 years selling insurance and investments.

In July of 2000, a house fire shifted Kaufman's life "sideways, upside down," she says. "That was like the defining moment," she says. "I feel like I was given a second chance. I don't feel like it was to be a financial adviser."

She began thinking about what she wanted to do. "I always loved animals," she says, so she decided, "I want to work with animals now." But because she was in her late 40s, and she's a tad on the squeamish side, she didn't want to go back to school to become a veterinarian. She thought about running a business boarding animals, but that would involve working nights, weekends and holidays. Then, she learned of a friend who did canine massage and inspiration struck.

Mary Paoli

The path to becoming a 'one-horse wonder'

Mary Paoli's interest in natural, nontoxic products was sparked in 2010 when she was living in Bozeman, Montana. She signed up for a community education class on making natural cleaning products, and from there, she did a lot of reading and researching, and started making home cleaners and skin-care products for herself. Her friends were interested in the products and wanted the recipes, but she noticed that they then rarely made the concoctions.

"This opened my eyes to the possibility that there may be time-strapped people who would like these products if they didn't have to make them themselves," Paoli says, "so I developed Whoa Nelli to make it convenient for people to get effective, natural products."

Now, Paoli, 39, whips up her home-cleaning products and personal-care concoctions at her Moline home, and spends her Saturdays at the Freight House Farmers' Market in Davenport "in the open air, surrounded by happy people, music, flowers and fresh food," she says.



After talking it over with her veterinarian and a chiropractor, she decided to study human massage first. She started school at Capri College in Davenport in 2002. Initially, she says learning to massage on humans was "a means to the end," but during clinicals in 2003, she realized how much she enjoyed "working on people."

When she began working on dogs, Kaufman says her knowledge of humans' systems translated well. To help her learn more, she took a week-long course in canine massage at a school in Ohio. Then, she didn't have to decide whether she wanted to work on dogs or people, she says — "I'll just do both."

Being a massage therapist also has helped her focus more "on the whole picture of health" with a more holistic approach, she says, including everything from nutrition to stretching, and how life can be more balanced. She says she is happy to be helping people.

Kaufman also travels to workplaces, parties and more with her massage chair, offering massages on-the-go. "Have chair, will travel," is sort of her motto, she says.

But that's not the way her workplace has always been. After graduating with an English degree from Santa Clara University in the San Francisco Bay Area during the dot-com boom, Paoli worked in public relations at several large tech companies.

"I didn't define communications as a career aspiration as I was growing up, but looking back at the things that I spent time doing, it's pretty clear that I was on that path without realizing it," Paoli says.

But, about four years into her work, "the dot-com bubble burst. Companies were laying off 10,000 or more people in a day, and as a casualty of the dot-com bust myself, I decided that I wanted a career where I had a more active role in shaping my fate."

It would take another 13 years before she would start Whoa Nelli, she says, "but the experience stuck with me and was part of (my) motivation to start a business."

The Elko, Nevada, native returned to her home state, this time to Reno, where she met her husband, Matt Fockler. He was accepted into a doctorate program at Montana State University in 2008, so she found herself packing for another move — this time to Bozeman, Montana.

There, Paoli managed public relations for West Paw Design, a sustainable pet products manufacturer.

"It was an education to be inside an organization that lived up to a high standard of sustainability," Paoli says. "It was valuable and inspiring to personally see a model of an environmentally-friendly company that was thriving."

When her husband was hired as a geography professor at Augustana College in Rock Island last August, the couple relocated to the Quad-Cities. Paoli started researching and working up a business plan, and rolled out her first line of products in April.

Now, she's the self-proclaimed "one-horse wonder" of Whoa Nelli. In addition to selling at the farmers' market, she also sells her products through the Quad Cities Food Hub.

"I've been contemplating this move for a few years so it feels exciting to be taking action," Paoli says. "I am still doing many of the things I did as a PR practitioner," such as developing plans, communicating, marketing, managing budgets, and tracking outcomes, she says, "so it doesn't feel like a complete departure. But I've definitely had a chance to dive into new areas and am learning a lot."

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health & fitness

Work, rest, work

The science behind the benefits of interval training

By Chris Greene

We generally think of confusion as a bad thing, but when we are referring to our muscles, confusion can actually be considered positive. That's one of the reasons why the trend known as "interval training" produces such noticeable results. Your muscles are put through their paces quickly and with constantly varied routines, meaning they never get accustomed to a specific workout. They continue to benefit because the workouts keep your muscles guessing and are always intense.

Interval training takes on a few different personas in fitness circles, often identified under the monikers of CrossFit or Les Mills GRIT classes, but the principles can be applied across all disciplines.

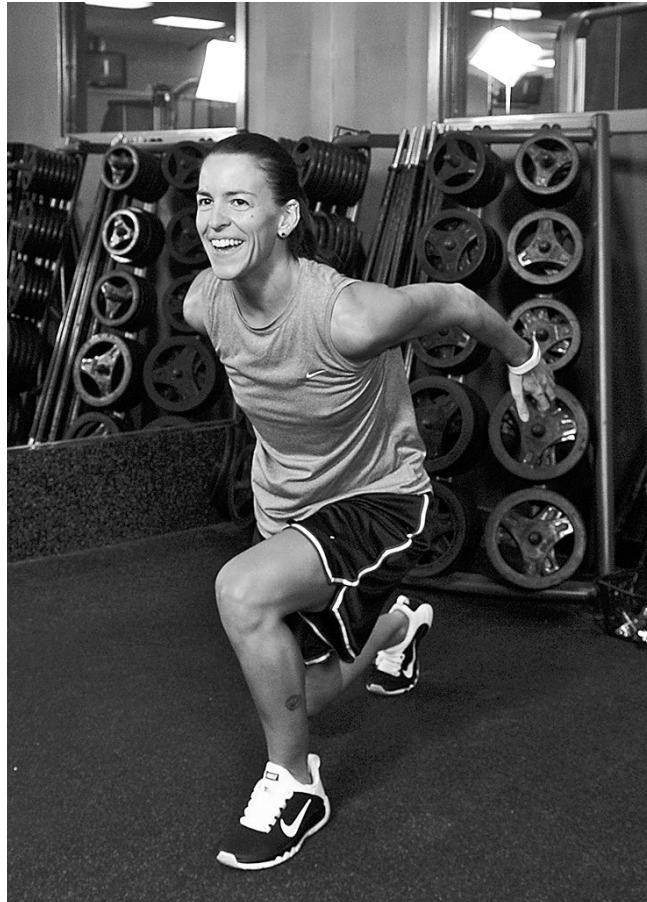
Bobbi Endress, assistant manager and GRIT Coach at Fitness XPress, Davenport, says the basic principle behind interval training is a short burst of hard work that raises your heart rate, followed by a short rest, and then a return to another burst of energy.

"The idea is to not let your heart rate fully recover, increasing your aerobic capacity. You have a minute of work, then a minute of rest, then you're back at it again," she says.

Both GRIT and CrossFit have you vary the types of activity you engage in, working every muscle of your body in every way possible.

The Les Mills GRIT series consists of small group training, generally with groups of about 10 people. There are three types of classes in the series: strength, plyometric and cardio. Endress says the classes "focus on lots of power, speed and strength."

In CrossFit, the concept is somewhat similar. During actual CrossFit, members participate in WODS (workouts of the day) that run the gamut from weight training to cardio to gymnastics. Participants typically learn the basic principles in a series of elements classes before they begin the actual



Bobbi Endress demonstrates a jumping lunge, an interval training exercise she teaches. (Photo by Gary Krambeck / Radish)

CrossFit classes. It's this combination of varied activity and constant motion that produces results.

"The Les Mills motto says that you 'get fitter faster.' Our classes are just 30 minutes. They are perfect for busy people — you're in, and you're out," Endress says.

It's that "fitter faster" tag that draws many to interval training. After all, who doesn't want to streamline their routine and get results quickly?

In addition to seeing results quickly, there are other benefits. According to information from the

Mayo Clinic, interval training can even lead to more comfortable exercise.

There is some science behind it. Muscles produce waste during intense exercise. Too much accumulated waste leads to sore muscles and exhaustion. However, when you alternate quick bursts of energy with spurts of lower energy output, you produce less waste, thus contributing to less muscle soreness.

The benefits don't end there. Not only do you burn calories during your workout, but you continue to burn more calories than normal throughout the day. Yep, that's right — put in the effort during a hardcore CrossFit workout or GRIT class, and you'll burn bonus calories when you're going about the rest of your day. Endress says that benefit is thanks to a nifty little concept called excess post-exercise oxygen consumption (referred to as the EPOC effect).

Endress says that although group classes are a great way to keep the motivation rolling, you can take pretty much any routine and turn it into interval training.

"You can use the same format no matter what you're doing. Whether you're biking, on a treadmill or running outdoors — the concept is the same. You want to increase your workload in short bursts then bring it down, then back up. For example, if you're on a treadmill, increase your speeds or inclines, then bring them down. Try it for 20 seconds on, then 10 seconds off.

You can increase this as you go, building up your endurance. You want to change it up. You can turn nearly any workout into interval training," she says.

As with any type of exercise program, make sure you consult with your physician before beginning, especially if you have any type of chronic health condition or are new to fitness. If you are designing a program on your own, make sure you are starting at a lower intensity and building as your body allows.

Chris Greene is a writer on staff with Radish.

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healthy living

Queen corn

A trio of dishes graced by the reigning taste of summer

By Sarah J. Gardner

Ah, sweet corn! Nothing tastes so much like summer as it does. Whether piping hot from the grill or pulled from a boiling kettle, slathered in butter with just a slight crunch of salt — I could eat every opalescent ear of it this way from now until autumn comes knocking.

The glory of corn is that it needs so little attention from us to taste spectacular. But that doesn't mean it can only be eaten one way. In fact, this queen of the summer pageant also could take home the title of Miss Congeniality for how well it gets along with others — put it in a dish with just a few other ingredients and see how they all shine.

If you are looking for more ways to bring corn

to the table, here are three great recipes to try. Each as versatile as it is easy to assemble, allowing you to adjust the amount of sweet corn according to your tastes or what you have on hand. Just remember to save an ear or two to eat the old-fashioned way, right from the cob!

Sarah J. Gardner is the editor of Radish.



FOR A COOKOUT

Smokey and Sweet Corn Salad

This quick salad comes together in a matter of minutes and — bonus! — it can be converted easily from a cookout side dish to a main course for a weeknight dinner.

¼ cup sour cream
Juice of 1 lime
1 teaspoon chili powder
½ teaspoon cumin
¼ teaspoon garlic salt
¼ teaspoon oregano
2 bell peppers — green, orange or red
2 cups shredded chicken (optional)

8 ears of corn
1½ cups black beans (optional)
½ pound cooked, cooled pasta (optional)
Cilantro for garnish (optional)

In a small bowl, whisk together the sour cream and lime juice until smooth. Add spices and stir again to thoroughly combine, then set aside. Cut kernels from the corn into a large bowl (will produce roughly 6 cups). Dice the bell peppers, then add them to the corn along with the sour cream mixture. Stir to combine. Refrigerate salad until ready to serve. Add garnish. To convert into a main course, stir salad into any combination of shredded chicken, black beans and/or cooked pasta.

FOR BREAKFAST

Sweet Corn Flapjacks

Skeptical about eating corn for breakfast? With sweet kernels of corn waiting in each fluffy bite, these flapjacks have a lot in common with berry pancakes. And they are a great way to use up leftover corn. You can add more or fewer kernels depending on what you have on hand.

1-2 ears of corn
1 large egg
¾ cup milk
½ cup plain yogurt
½ teaspoon vanilla extract
1 tablespoon sugar
¾ cup all-purpose flour
½ cup cornmeal
1 teaspoon baking powder

½ teaspoon baking soda
2-3 tablespoons butter

Cut the kernels of corn from the cobs (you should get between ¾ cup to 1½ cups of kernels) and set aside. In a large bowl, beat the egg with a whisk, then add in the buttermilk, yogurt or sour cream, vanilla extract and sugar. Whisk until smooth, then stir in the kernels of corn. Mix together the remaining dry ingredients and add to the batter, stirring to incorporate.

Melt 1 tablespoon butter in a skillet over medium heat, then use a ¼ cup measuring cup to ladle the flapjacks one by one into the skillet. Cook until golden brown on each side. Add more butter to the skillet as needed to keep the flapjacks from sticking. Serve while still warm with maple syrup.



Photos by Leah Klafczynski / Radish

FOR A RAINY DAY

Kickin' Corn Soup

Even in the best summers, a little rain will come — and a hot bowl of this soup is the perfect way to make the best of a drizzly day. But you don't have to wait for a little damp weather. This soup also makes a refreshing dish served cold on a sultry afternoon.

8 ears of corn

2 tablespoons butter

1-2 chipotles in adobo, roughly chopped

½ onion, diced

1 medium potato, peeled and diced

½ cup whole milk

1½ cups water

Salt and pepper to taste

Chives (optional)

Begin by cutting the kernels from the ears of corn (which should

yield about 6 cups) into a large bowl but don't discard the cobs. Once the kernels are removed, hold the cobs over the bowl and run the back of your knife down the cob to milk it as you would to make creamed corn. Set aside.

In a large soup pot, melt the butter, then add the chipotle, onion and potato, and cook, stirring, until the onion softens but doesn't brown. Add all but ½ cup of the creamed corn along with the water and milk, and bring mixture to a gentle boil before lowering the heat and allowing the soup to simmer for roughly 15 minutes. Adjust salt and pepper to taste. Using a food processor or blender, puree the soup until it is smooth. Add remaining corn kernels. To serve chilled, if desired, place soup in a refrigerator for 2 or more hours. Garnish with chives (optional) when ready to serve, hot or cold.



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Garden Guardians

Dedicated volunteers keep the water's edge blooming

By Ann Ring

Inspiration comes in many forms. In 2005, after bicycling past Moline's Ben Butterworth Parkway's downtrodden gardens one too many times, local resident Mary Lind, a self-described "plantaholic," decided it was time to act.

At first she recruited her ladies' book club to help maintain at least one garden near 41st Street. Then in 2008, when the Keep Moline Beautiful Commission (a Keep America Beautiful affiliate) was formed, the commission allowed each garden to be adopted.

Eventually, Lind and her friends' kind deeds of improvement bloomed into the Garden Guardians, a partnership among Quad-Cities citizens, the city of Moline, and Keep Moline Beautiful, as they care for the 17 gardens that line the riverfront parkway.

Gardens of this nature — showcasing the Mississippi's edge, even if it is less than a 3-mile stretch — require a certain amount of dedication, which is why Lind says guardians sign "a loose contract" between themselves and the city. The Garden Guardians' responsibilities include submitting a gardening plan in early spring, maintaining the plot for the duration of the growing season, weeding and removing undesirable plants and trash, and adhering to basic safety guidelines.

The city of Moline contributes by providing mulch, additional plants and planting materials, removing yard waste from sites, and both the Moline park operations manager and the Keep Moline Beautiful Commission assist with specific garden plan development, bed design, plant selection, plant care information, and gardening consultation.

Lind's current role is to oversee the gardens' volunteers, and she assists with an annual picnic to show appreciation to all those who contributed their time — and sometimes their own money — from March until the end of the growing season. "And in the winter," says Lind, "like our gardens, we rest."

"These gardens have their challenges," says Lind, such as heat, lack of rain, and pesky gnats like the Quad-Cities experienced this past June. "The water (source) isn't where you want it to be," quips Lind with a chuckle, although during the 2012 drought, the Women of the Aeries group (named after a nearby condo association) purchased a water pump that utilizes the river water.

All but two gardens have caretakers, which include the Moline Fire Department, the Quad City Marathon, Women of Aeries, the Moline Retired Teachers, Snowhill Landscape Design LLC, Tri-City Garden Club, three families and an individual (Mike Johnson, of Mike Johnson Insurance). One group, the Out of Towners, are gardeners who don't live in Moline, and Mary's book club, "Le Book Club," cares for three gardens.

Because of everyone's efforts with this project, in 2010 the U.S. Department of Agriculture's (USDA) Secretary Tom Vilsak recognized the city with a certificate as part of the USDA's Keep America Beautiful affiliate organizations



Ann Millman, Kristen Bergren, Peggy Grommoll, Nancy Ingelson and Mary Lind at one of the plots they tend as part of the Garden Guardians. (Submitted)

responding to the call to action in sustaining 670 community gardens as partners in the USDA's People's Garden Initiative.

Lind says that future goals for the gardens are to have individuals, groups, or businesses care for the seven entry point gardens — all the gardens near Moline's sign that welcomes folks to Moline. "We would also like to start community gardens for people to grow vegetables on some of the empty lots in town," she says. "I won't be in charge of that, but I've done some of the early research into how other communities have started. It seems like it would be a project unto itself."

Lind concludes by saying, "I think we have a true treasure in our cities' rivers and parks. This is another way to be a citizen and not just a resident."

*Ann Ring is a frequent Radish contributor. For more information on how you can become a **Garden Guardian**, contact Rod Schick at 309-524-2410.*

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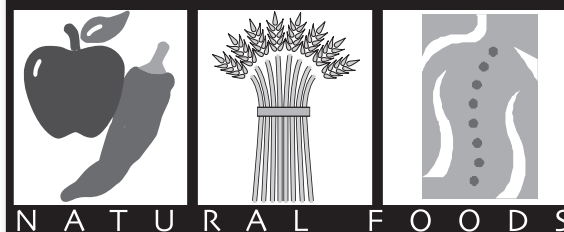


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food

Portobello, please!

Grill up some wholesome, crowd-pleasing mushrooms

By Leslie Klipsch

If you're like me, you're surrounded by an interesting mix of friends and family with rather specific dietary needs and preferences. Their range in tastes span the foodie spectrum — some are gluten-free, a few are lactose-intolerant, a handful are vegan.

But I love my tribe and I enjoy few things more than cooking a meal for them. This is precisely why I've fallen in love with portobello mushrooms, especially in the summer when you can throw a few mushroom caps on the grill and satisfy even the most discerning eater. Portobellos, which are large in stature and part of the crimini family, are a versatile food high in vitamin D

and low in calories. (A medium mushroom has about 30 calories and 0 grams of fat.) However, portobello mushroom caps are dense and meaty enough to make a legitimate alternative to a hamburger. It's not a one-for-one substitution, mind you, but I find that a portobello burger is just as satisfying.

Since discovering the versatility and pleasure of grilled portobello caps, I've enjoyed experimenting with different toppings and have found several delicious combinations. My favorite is a mushroom marinated in balsamic vinegar and olive oil (complete recipe below), grilled, and then slathered with pesto, topped with red onion and crisp, fresh lettuce and served on a hefty, toasted roll.

I often rely on portobello burgers to round out the menu for summer barbecues I host for my loved ones, no matter who shows up to eat at our table. On such an occasion, we might boil fresh sweet corn, slice a melon or two, toss tomatoes, onion, and fresh greens in a salad topped with a vinaigrette, and grill locally-raised hamburger patties for some and portobello mushroom caps for others. This all adds up to a delightful meal that everyone can eat and enjoy.

Unless, that is, we invite my vegetarian brother-in-law: He's allergic to mushrooms.

Leslie Klipsch is a frequent Radish contributor. Read more of her work at leslieklipsch.com.

BUILD YOUR BURGER

Ready to wow your crowd with grilled portobello mushrooms?

Step 1: Carefully remove the stem and clean the portobello cap. Mushrooms are delicate so rub gently under cold water.

Step 2: If you've prepared a marinade (¼ cup balsamic vinegar, ¼ cup olive oil, 3 minced garlic cloves, and 1 teaspoon salt, mixed together), cover mushrooms completely with marinade for 30 minutes to 2 hours. Check caps occasionally to rearrange and redistribute juices. If you're not using a marinade, simply brush both sides of the portobello cap with olive oil and add salt and pepper.

Step 3: Cover and grill mushrooms on medium heat for approximately 4 minutes per side.

Step 4: Spread a thin layer of olive oil or butter over each half of a thick bun (sour dough, ciabatta, or whole grain rolls are the best) and grill cut side down until lightly toasted.



TOP IT OFF

Don't just settle for a bun! Like any good burger, half the fun of a good, grilled portobello is tempting the taste buds with different toppings.

For the vegan:

Spread a generous spoonful of hummus on the bottom bun. Top with portobello, fresh greens and roasted red peppers.

For the vegetarian:

Spread a generous spoonful of pesto on the bottom bun. Top with grilled portobello, provolone, red onion slices, and romaine or red-leaf lettuce.

For the gluten-free:

Place grilled portobello on a plate (skip the bun) and top with a slice of fresh mozzarella, a slice of tomato, fresh basil chiffonade, and a sprinkle of salt.

A grilled portobello mushroom cap served on a bun spread with hummus and topped with lettuce and roasted red peppers. (Photo by Leah Klafczynski / Radish)



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Jubilee College

Illinois state park offers a chance to hike back in time

By Jane Carlson

Just a quick jaunt off Interstate 74 between Kickapoo and Brimfield, Illinois — about 40 minutes from Galesburg — is Jubilee College State Park, a 3,200-acre facility brimming with natural beauty, history and recreational opportunities.

Both a state park managed by the Illinois Department of Natural Resources and a state historic site managed by the Illinois Historic Preservation Agency, Jubilee is at the site of one of the earliest colleges in Illinois.

Inside the park, restored prairie along what's called Prairie Lane is breathtaking, and, combined with the historical features of the college, gives visitors a true sense of what the Prairie State was like when it was settled. Abundant grasses and wildflowers adorn the open spaces.

Episcopal Bishop Philander Chase founded the men's college and theological seminary and named it Jubilee in 1839. His grand plans for the school included an elaborate Gothic-Revival building to serve as the main academic structure, but it never left the drawing board. By 1862, the college was shuttered.

Luckily, a building that served as a chapel, classroom and dormitory survived, and has been managed by the state along with the adjacent park area since 1933. Tours of the existing building have not been available for several years due to state budget cuts, but the grounds are well-maintained, the building is beautiful, and exterior placards tell the story of the failed college.

At the historic site, which includes about 90 acres of the park, facilities include ample parking, picnic shelter, restroom facilities, a small playground, and patches of native prairie amid neatly manicured and shaded lawns. There's also a small butterfly garden and the Jubilee Churchyard Cemetery, where the college's founder is buried along with other early settlers in the area.

On a recent trip, after a stroll through the historical grounds, my husband and I toured the park by car, stopping often to take in the natural beauty and scope out camping options for future trips. There are several convenient, affordable and accessible sites for RV and tent camping open April 15 to Nov. 1, with one, Coyote Cove, offering camping throughout the winter as well. Permits to use the campsites are required.

Jubilee Creek runs through the park, which is on the Illinois flood-plain and features a diverse topography, including exposed bedrock, which we found among the park's most striking natural features. Limited fishing is available in the creek, with more fishing available in ponds accessible by trail only.

The park also features 45 miles of trails, which happened to be closed the day of our visit due to weather conditions. These are multiuse trails first developed as horse trails. Those hiking or mountain-biking — or even sledding or skiing in winter — are reminded that horses have the right of way. There is also an equestrian camping site at the north end of the park.

Hunting also is a major attraction at Jubilee College State Park, with about



A milkweed plant blooms in one of the restored prairie areas in Jubilee College State Park. (Submitted)

2,900 acres available for that purpose. The park is stocked with wild turkey, and other game species include dove, squirrel, quail, pheasant, deer and rabbit. Hunting regulations are outlined on the park's website.

At the entrance to the park along U.S. Route 150, you'll see evidence of the ongoing prairie restoration projects. In an attempt to eradicate weeds and invasive species, corn and beans have been planted at the park, from which proceeds will go toward purchasing and planting native prairie species. As the sign at the entrance states, this will benefit birds, butterflies, other wildlife and park visitors.

For day-trippers, the park's shining stars include a bit of history and early Illinois architecture and that glimpse of the Illinois prairie. With clean and modern picnic shelters and restroom facilities on both sides of the park, it's also a great gathering spot for groups.

Those in for a weekend or longer escape could easily take in the history and delve into more of the park's recreational offerings, as well as visit other points of interest in the area including the nearby Wildlife Prairie Park.

Jane Carlson is a frequent Radish contributor. For more information on Jubilee College State Park, located at 13921 W. Route 150, Brimfield, Illinois, call 309-446-3758 or visit dnr.state.il.us.

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By Joe Payne

As any gardener will tell you, to grow something you have to start with good soil. Extreme case in point: the Quad City Botanical Center's new Children's Garden. Up until a few years ago, the terra firma upon which it sits was a toxic wasteland.

"It's hard to believe what this used to be when you see what it has become," says Ami Jenkins, the Botanical Center's executive director. "It has come a long way."

The Children's Garden is located at the west edge of the botanical center grounds upon land owned by the city of Rock Island. Over the past 150 years the parcel had been the site of commercial and industrial facilities, railroad spurs, coal storage and lumber yards, all of which left behind a cocktail of contaminants including petroleum products and inorganic metals. An Environmental Protection Agency grant provided funds for bioremediation, which took three years.

"We worked the soil to the point where we were able to demonstrate we had reached the residential and passive recreational remediation requirements," says Molly Newell, president and founder of EnviroNET, a Davenport-based firm specializing in bioremediation.

In other words, the area had been reclaimed and was once again safe for people. With the bioremediation complete, the city loaned the property to the botanical center for the development of the Children's Garden. Ground was broken on the project's \$1.4 million Phase I on May 10, 2013.

The completed Phase I project — a scaled down, interactive Mississippi River, delta and entry plaza — opened one year later. The 3-inch-deep waterway (recycled via pumps) flows downriver from "Minnesota" to "Louisiana," where the water is pumped underground and back to Minnesota. Kids can splash in the water along the route, create a dam, scamper over a partially sunken boat and encounter (motion-sensitive) water-spouting wildlife, including a frog, catfish and an enormous alligator.

Weber Group Inc., of Sellersburg, Indiana, designed and fabricated the larger-than-life

Mini-Mississippi



New QCBC
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animals, streambed and river system. The company's artisans sculpted the naturally colored riverbed and added details such as natural stone and mineral deposits of flora and fauna.

"The riverbed is not featureless, gray concrete," says Jenkins. "It is a piece of art in itself, a rendering of the natural features that are characteristic of the real Mississippi."

Hundreds of plants, flowers and trees line the banks. Farther "inland," a raised-bed vegetable garden provides a venue for teaching kids about collecting water, growing food and composting. Summer programming offers a different theme each month. In August, "Life Beneath the Surface" reveals the mysteries of our aquatic friends.

"There's nothing like the Children's Garden anywhere else in the region, and it epitomizes our mission here at the center: bringing people and plants together in fun and meaningful ways," says Jenkins.

Future phases will expand out from each side of the river. For now, however, Phase I is a hit with its target audience.

On opening day, I watched a young boy stretch out his arm ever so gingerly across the river, reaching to adjust the dam. As he stretched just a bit too far, his center of gravity passed the tipping point, and down he went into the water. His initial shock replaced quickly by joy, he scrambled out of the water. Laughing and soaking wet, he ran off to join his friends in exploring the rest of the site.

The Quad City Botanical Center is located at 2525 4th Ave., Rock Island. Hours are 10 a.m. to 5 p.m. Monday through Saturday, and 11 a.m. to 5 p.m. Sunday. On Tuesdays the center is open until 7 p.m. Cost of admission is \$2 for ages 2 to 5, \$4 for ages 6 to 15, and \$6 for adults.

Joe Payne, former and founding editor of Radish, lives in Rock Island. For more information about the Quad City Botanical Center Children's Garden, call 309-794-0991 or visit qcgardens.com.

Emily Winn enjoys one of the water features at the new Children's Garden. (Photo by Paul Colletti / Radish)

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Codfish Hollow

Maquoketa barn is reborn as a distinctive music venue

By Becky Langdon

In 1954, Arnold Stamp completed construction of a large barn with arched sides on his farmland in Maquoketa, Iowa, and celebrated with a barn dance. Fifty-five years later, the barn was filled with music again, this time performed by Caleb Engstrom, The Local Natives, and Catfish Haven. Building on that concert, Codfish Hollow Barn has become an established venue for musical acts showcasing a variety of local and national indie bands, including big names like Norah Jones and Counting Crows.

Tiffany Biehl, founder of Codfish Hollow Barnstormers, never imagined hosting concerts for a living. She and her siblings had inherited the family farm after her parents and grandparents had passed away. None of them were farmers, so they rented out the land.

Then in 2009 Biehl's husband got an email from a friend who was a fan of Daytrotter, the website for the Rock Island recording studio, Horseshack, which hosts recording sessions for indie music acts. "Daytrotter had sent out an email asking if anyone knew of any cool barns," says Biehl. When she replied to the email, Sean Moeller, the founder of Daytrotter, came out and looked at the barn. "Twelve days later we had our first concert. The barn was still full of hay and straw and some farm machinery. We had to clean it out very fast."

Since that first concert, the Biehls have continually made improvements to enhance the capabilities and atmosphere. With the help of family, they've built a stage, sound area, and green room out the back. "Every show we try to make some kind of improvement. We doubled the electricity last time," she says.

The barn, located at 5013 288th Ave., Codfish Hollow Road, can hold up to 600 people, but not everyone who comes to Codfish Hollow comes to see the band. There's a diverse group of ages represented. "The young crowd of high-schoolers and early twenties are all about being right up in the front, singing along and freaking out," says Biehl. The older crowd often brings their lawn chairs and sits outside to chat with their friends. For them, the concerts are about community.

Biehl makes an effort to provide something for everyone. There are hayrack tractor rides for customers to get from the parking area down to the barn, as well as bonfires and free camping available. Food can be purchased on site, or guests can bring their own food and adult beverages.

"We try to take care of fans pretty well," she says. "Everybody says when they go down there, they feel magic. It's really beautiful down there. There's trees, and the big hollow barn itself is really massive and cool."

Though Tiffany and her husband didn't carry on the family tradition of farming, in many respects they are still walking in her grandfather's footsteps. He was a musician himself, playing harmonica just for the fun of it, and several family members have a musical background. It's also no surprise that the



Inside the barn at Codfish Hollow. (Photo by Leah Klafczynski / Radish)

environmentally-friendly decision to reuse an existing building for a new purpose came from the granddaughter of the man who won a lifetime award for environmentalism. Biehl says of Stamp, "He was one of the first people who set up the Jackson County Environmental Society. He did grass-fed beef before it was big."

Biehl's younger brother Sean just finished going to school for sustainable farming. He plans to start a lot of new things on the farmland, according to Biehl, such as keeping bees, goats and sustainable gardens. "He wants to do tours and have a native prairie remnant in one section. We want to reclaim all the surrounding area we rent to the farmers and start doing it all organically and sustainably," says Biehl.

Along with these future ideas, Biehl plans to continue the concerts. Her favorite part is meeting the bands, whose members stay at the house with the Biehls and enjoy the home cooking. "It's amazing to meet these big bands, all nervous, and then they ask to help do the dishes. They make their beds when they leave," she says. "It's different from what I thought rock 'n' roll bands were before we started doing this. It's an amazing experience."

Becky Langdon is a frequent Radish contributor. For more information about Codfish Hollow, visit codfishhollowbarnstormers.com.

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eating well

Something you ate?

How to find out if a food sensitivity might be the issue

By Anne Dickey

My grandmother's generation had such a gracious way of putting it: Some foods just didn't agree with them. Today a friend might say something equally bewildering but more authoritative: "I eat a low FODMAPs vegan diet, but I can't eat corn or pinenuts."

When you hear a set of restrictions like that, you know there's a story behind it. How did their dietary needs become clear? Sorting out the effects of the huge variety of foods available today is complicated, but symptoms from digestive upset to brain fog and joint pain might nudge you to do just that.

One way to do so is through an elimination diet. Such diets remove all potentially problematic food for a period of time, then reintroduce foods back one at a time, waiting several days to look for a reaction before reintroducing another.

Whether you proceed independently or in close cooperation with a health care provider, the process requires close observation and discipline. One potential resource is "The Elimination Diet Workbook: A Personal Approach to Determining Your Food Allergies" by Maggie Moon, an up-to-date, one-stop shop that covers tests for a wide range of sensitivities, food plans and food journals.

If the broader context of digestive disorders and natural remedies interests you, you'll find it, along with elimination diet information, in the well-written and exhaustive "Digestive Wellness, 4th Edition: Strengthen the Immune System and Prevent Disease Through Healthy Digestion" by Elizabeth Lipski Ph.D., CCN, CHN.

Professional assistance in determining food sensitivities can involve laboratory tests administered by your health care provider, often in cooperation with elimination diets. Testing varies by specialty, and to some degree, your symptoms will guide which specialist you seek.



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If you're fairly sure your digestion is in trouble, gastroenterologists examine your digestive tract and offer targeted tests for functional problems such as fructose and lactose malabsorption and celiac disease. Your digestive quirks may lead them to prescribe exclusion diets such as the FODMAPs diet (which removes short-chain, fermentable carbohydrates) and gluten-free, milk-free, and low-fructose diets.

Allergists perform skin tests for serious food and environmental allergies, also called IgE allergies. If you have a wide range of symptoms, functional or integrative medicine practitioners and chiropractors can offer alternative immunological tests aimed not at food allergy but food intolerance. These tests all vary in efficacy, method and cost.

Dr. Katy Frega, a functional medicine chiropractor, naturopath and acupuncturist in Moline, is one such provider. She uses the ALCAT and elimination diets, and says the two complement each other.

With most food sensitivities, there is hope of reintroducing the foods. "If you have a mild reaction to a food, once you heal the gut, you should be able to have it (the offending food) in rotation," Frega says. Gut support usually includes probiotics, special supplements and food plans.

Allyson Willits, an outpatient registered dietitian at UnityPoint Health — Trinity Hospital in Bettendorf, uses elimination diets to zero in on food sensitivities. Her patients come to her from providers who have done testing already, and she does the fine-tuning.

"Patient symptoms can be so diverse that you can have a lot more factors at work than you realize," she says. "An elimination diet helps you figure out where your particular threshold for a problematic food is."

Contributor Anne Dickey lives in Rock Island.

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food for thought

Just show up

How can we make meaningful changes in our lives?

By Annie L. Scholl

“Insanity: doing the same thing over and over again and expecting different results.” These words have been attributed to Albert Einstein, Ben Franklin and Mark Twain — and used by me, usually when giving my adult children advice they never requested. But only recently did I see whom those words were really meant for: Me.

That epiphany came on a walk around my 51st birthday in May. In my mind I was ranting about how someone I knew kept doing the same thing and expecting a different result. I was perched high on my soapbox, having a good ol’ internal harangue and feeling quite smug, when I heard that still, small voice that thinks it knows everything (because, sigh, it does): “Annie, isn’t that what you do? Do the same thing over and over and expect a different result?”

Ding-ding-ding!

Prior to thinking about how this other person should do life, I had been thinking about my upcoming birthday and goals for my next year of life. I was in the plotting stages of what I was calling, “100 Days of GREATNESS.” For 100 days I planned to write, do yoga and eat clean. I had mentally gotten out the magic markers and sketched out a big poster with 100 calendar-like boxes. After each day of achieving my goals, I would give myself a big smiley face.

And then the epiphany swooped in: “Here you go, Annie, doing life the same way and expecting a different result. ... Insanity!”

My mind flashed to all the posters, all the schemes, all the plots and plans I had created over the years to reach this goal or that. Usually it was about losing weight. A close second: writing a book. Once I have my plan, I resolve to launch it on New Year’s Day ... or a Monday ... or the first day of the month ... or the day after my birthday. And usually within a couple of weeks I would have forgotten all about it.

In other words, this has never, ever, ever worked for me. So why do it again?

Because I do have goals I want to reach. While I’m no longer trying to look great in a bikini, I do want a body that is fit and strong and flexible to carry me through the rest of my life. And I want to finish this book — and move on to another and another.

“So how have you accomplished goals before — because you HAVE accomplished goals before?” asked the voice.

And I have: a college degree; a stable of clients for my freelance business; a three-day, 60-mile breast cancer walk; Reiki master/teacher certification—and hundreds of pages of essays. How did I do it?

I showed up — in little and big ways — again and again.

In college I went to class and I went to the library and stayed up late many a night writing papers and studying for tests. For that cancer walk, I walked one mile, and then two, and then eight, 10 and 12 and finally 17 — all before I



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showed up for the actual event. As a freelance writer, I meet deadline after deadline and, as a result, have robust business.

“So show up. Don’t make any big elaborate production out of it. Just show up — today, tomorrow and the next day.”

Brilliant — and simple! And do-able. Each morning I get up about 6:15 a.m., ignoring the other, slightly louder voice that says, “Forget about it! Don’t get up! It’s nice and comfy cozy in here!” For an hour, I write, and then I walk the dogs. Back home, I lay out my yoga mat and for the next 20 or 30 minutes, I do yoga and take sips of coffee (odd combination, I know, but I’m not judging). After that my girlfriend and I sit on the deck, talk, finish our coffee and take time to enjoy the beauty that is our backyard. Then I make a smoothie out of kale and carrots and fruit and other good stuff and drink it while I do my freelance work.

Slowly, but surely, my book is taking shape — and so is my body. I’m starting to see muscle definition in my arms and legs and I’m no longer achy when I go from sitting to standing.

Small steps. Consistent action. That’s what moves us forward. That’s what gets us where we want to go. At least it’s working for me.

Annie L. Scholl is a frequent Radish contributor.



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