

# HE ONLY LIVED FROM THE GROUND UP

# HE ONLY LIVED FROM THE GROUND UP

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# from the editor



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**T**his month, Radish has much to celebrate. First of all, this our annual holiday issue, so it's packed with healthy gift ideas and great ways to lend a hand this season. But it's important for another reason, too. This month, Radish is five years old!

Yes, five. Hard to believe, isn't it?

To date, Radish has under its belt 61 issues and three summertime Healthy Living Fairs. Radish continues to take part in numerous community events each year, and we've spent thousands of hours at farmers' markets, handing out magazines and meeting vendors and shoppers.

It's hard to believe it was five years ago when Radish managing editor Joe Payne shared his first "from the editor" column in this space, in the very first edition of Radish in late 2004.

The column plumbed deep waters. Joe wrote that Radish would be a magazine full of information about healthy living, but he also hinted at something more.

Joe quoted the author Thomas Moore: "At our best we are like a radish. ... When our succulent, somewhat bitter, red, delicious underground soul is manifest, we are most ourselves and most creative."

Radish is more than just a publication. The people who participate in Radish — as readers, as story subjects, as contributors, as advertisers and as Friends of Radish — know that it's a community. More than a community, Radish is a circle of friends that always welcomes new additions.

So whether this is the first time you've picked up Radish or the 61st, we couldn't be more glad that you're here. Happy holidays!

— Brandy Welvaert  
[editor@radishmagazine.com](mailto:editor@radishmagazine.com)

**Radish**  
HEALTHY LIVING FROM THE GROUND UP

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Radish uses soy-based ink and recycled content in its newsprint and is 100 percent recyclable.



# contributors



**Paul Cioe** is a freelance writer and singer-guitarist who performs regularly at Quad-Cities nursing homes and preschools. He retired in 2008 after 30 years of teaching college English — and lived to tell about it. He lives in Rock Island. On page 40, read Paul's essay about a "new arrival" to his household.



**Linda Egenes** has been a vegetarian and eater of local and organic foods since 1971. She is the author of four books and more than 300 articles on alternative health and living. With her husband, Tom, she lives in Fairfield, Iowa, where she is a freelance writer and an adjunct assistant professor of writing at Maharishi University of Management. This month, Linda contributes to a story about charities in need of holiday help on page 8.



**Jen Knights** works as a nonprofit writer/editor in Iowa City and freelances on the topics of food, gardening and higher education. She serves on the New Pioneer Co-op board of directors. Jen lives in Iowa City with her husband, Ted, two small children (Arlo, 5, and Mae, 2), and three agreeable cats. Jen returns to Radish after a long absence with her contribution to the story on page 8.



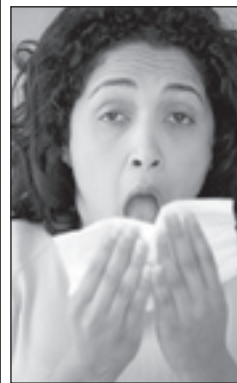
**Ann Scholl Rinehart** is a Cedar Rapids-based writer. Ann wrote for newspapers in Wisconsin and Iowa for 16 years. She is currently a senior writer for a higher education marketing firm in Cedar Rapids. She also is a reiki practitioner. She is married to Ken Rinehart and has two children, Keegan, 20, and Jess, 18. Ann contributed to the story on page 8 and writes about qigong on page 26.



**Evan Harris** of Cambridge, Ill., has been studying yoga and Eastern philosophy since his wife, Kelly, introduced him in 2002. In a short period, he has studied with some of the world's most renowned teachers. The Harrises are owners of Tapas Yoga Shala in Davenport, where they teach Ashtanga yoga. Read Evan's story about how to go about restoring an old barn on page 14.

Also contributing to this month's issue are **Laura Anderson** ("Testing for health," page 16; "Palmer College of Chiropractic to study low-back pain," page 17); **Liz Bulasko** ("Helping the helpers," page 8); **Sarah Gardner** ("Making music greener," page 6); **Lindsay Hocker** ("Helping the helpers," page 8, and "Fishing for organics," page 32); **Elizabeth Janicek** ("Gifts by another name," page 22); **Darcy Maulsby** ("Low-fat holiday feast," page 10, and "Scrubbing bubbles," page 30); and **Sharon Wren** ("You can prevent falls," page 28).

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# the grapevine



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Make sure that folks on your list get Radish every month by having the magazine mailed to their homes. Radish is just \$19.95 for one year and \$29.95 for two years. To subscribe, send a personal check or credit card information to Radish, 1720 5th Ave., Moline, IL 61265.

This month you can meet up with Radish, see a movie and get some holiday shopping done at the same time. A representative will be at the following events to answer your questions and hand out back issues of the magazine that you may have missed. Come on out — we'd love to see you!

- **Screening of "No Impact Man,"** a documentary film, at 6:30 p.m. Dec. 7. This free screening will be held at the Humility Center, 820 W. Central Park Ave., Davenport. The movie tells the story of Colin Beavan, aka No Impact Man, who lived for a year with the goal of creating no net impact on the environment.
- **New Leaf Open House,** 3-7 p.m. Dec. 11. Check out organic and vegan beauty and body products, enjoy appetizers and shop. New Leaf is located at 1416 48th St. Place, Moline; (309) 764-5323.
- **Ancient Wisdom Open House,** 2-4 p.m. Dec. 12. Try samples of herbal teas and learn about acupuncture with Linda Handley at Ancient Wisdom Acupuncture Clinic, 2395 Tech Drive, Suite 7, Bettendorf, Iowa.

*On the Road with Radish is made possible by The Friends of Radish: Humana, Metro, Trinity Regional Health System, Zimmerman Honda and WQPT.*



Todd Mizener / Radish

## Coming in January ...

The 2010 Radish Awards: 10 great stories about 10 great efforts around the region. Also coming in January:

- Hearty winter soup recipes
- Healthy resolutions for 2010
- Artistry with driftwood
- The Toonies

## From our readers

Kriya yoga (Nov. 2009): "I want you to know that the article that you published about Joy of Life, Kambiz Naficy and Kriya Yoga in the November Radish issue is wonderful! I have been receiving many positive responses to that article! ... It is with (Radish's) help on getting the word out that many people will benefit! ... Thank you, thank you, thank you."

— Julie Skoff, LeClaire, Iowa

"I ... am very proud to be a part of your magazine and appreciate the networking and readers that support my vision at the New Leaf! Congratulations on five great years of benefiting our community with a magazine that creates so much awareness about important issues that sometimes have to go against mainstream. Keep up the awesome work!"

— Donna Elliot, owner, New Leaf Salon and Organics, Moline

"Radish, thank you so much for attending the Bettendorf YMCA Health Fair! I hope we can work together again soon."

— Dani Elgas, YMCA wellness coordinator

"Congrats on the fifth year. We love Radish and appreciate what it brings to this community! We are so pleased to be a part of it!"

— Shannon Moran and Abby Webster-Moran, owners, Indigo Wellness, Moline

## How are we doing? Tell Radish what you think, and you could win

In the last five years, much has changed. When the first issue of Radish hit the stands in late 2004, it was one of only a few publications to focus on farmers' markets, local foods, the environment and healthy living for the body, mind and soul. In the past several years, Radish has worked to raise consciousness about important issues and provide solutions for readers who want to improve their lives right here in the Heartland.

But Radish isn't ready to rest just yet. We want to hear from you — our readers — about how we're doing. What do you like about Radish? Which stories do you find the most useful or entertaining? How can we improve the magazine? What do you wish you could find in Radish that it doesn't already have?

We want your ideas and suggestions! Please send a note, along with your name, a daytime phone number, and your e-mail address (if you have one), to [editor@radishmagazine.com](mailto:editor@radishmagazine.com). Or send your note to Radish magazine, 1720 5th Ave., Moline, IL 61265.

Send your ideas by Dec. 16, and we'll enter your name in a drawing for a healthy gift basket filled with local goodies. The winner will be announced in an upcoming edition of Radish.





# healthy living from the ground up

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These 20 gifts for \$10 or less can simplify your holiday shopping. (Photo by Paul Colletti / Radish)

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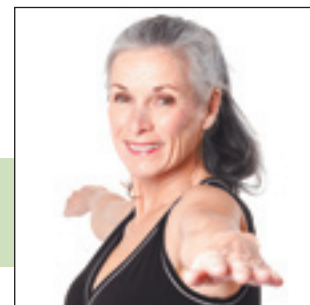
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healthy living

# Making music greener

## Eco-conscious musicians care for the earth through art

By Sarah Gardner

In this age of benefit concerts and celebrity causes, it is sometimes easy to believe that change is simply a matter of writing a check. But what if more is required? What if being green is not just a matter of supporting environmental organizations, but of changing the way we live and do business? This is the kind of thinking that inspired Illinois musicians Todd and Eric Fink to start a band that made music in the greenest possible way.

"It stems from our parents and how they brought us up," explains Eric Fink, who plays guitar, upright bass and harmonium in the group,

The Giving Tree Band. "They had always taught us to appreciate the outdoors, but we were taught environmentalism isn't just something that stems from nature. It stems from the self. When we decided to run our business in an eco-friendly manner, we were deciding to be more ourselves, to get our life and our music and our business running parallel."

That decision has come to shape almost every aspect of what The Giving Tree Band does. Its CDs are packaged in recyclable and biodegradable materials, the artwork printed in vegetable inks. The CD itself is manufactured using wind energy, and trees are planted to offset the necessary shipping. When The Giving Tree Band performs on stage, members

appear in thrift-store finds or clothes made from organic cotton or recycled fabrics. Even their instruments are eco-sensitive, made from wind-fallen trees and treated with a nontoxic finish.

The band's biggest green undertaking to date, though, is the making of the album "Great Possessions." It is named after the original title for famed conservationist Aldo Leopold's book, "A Sand County Almanac," and for good reason. For 30 days, band members camped at a state park in Wisconsin and rode their bikes to and from the nearby Aldo Leopold Legacy Center, a carbon-neutral facility built on land Leopold worked to restore. Inside, the band set up a temporary studio to record the album. The result was not just good for the environment, but it was good for the music.

"When we came up with the concept of how we wanted to do that album, it was a little bit extreme, maybe a bit scary," says Fink, "but once we really decided to do it, it became one of the best experiences of our lives."

Their green approach to music has gotten them noticed. The list of organizations that has invited The Giving Tree Band to perform and speak is lengthy and includes the Midwest Renewable Energy Association, the Environmental Law and Policy Center of Chicago, Co-Op America and Action Without Borders. Fink stresses that they are musicians first, and that when they are invited to speak or perform, their first goal is for the music to be great. After that, he says, they hope people see how being green is part of the fun for the band, part of the art.

It is this sense of creative enjoyment that Fink conveys most. Though the effort to be as green as possible might seem like a gimmick in another band, it is clear that Fink sees a real connection between the creativity needed to make music and the creativity needed to find ecological solutions. What's more, it is clear that he enjoys the connection. "Our group shares the sentiment that, really, it's an artist's responsibility to think of new ways and new ideas about how to do things and to present that to

**The Giving Tree Band** Hear The Giving Tree Band and order its albums at [thegivingtreeband.com](http://thegivingtreeband.com). Its sustainably produced album, "Great Possessions," is available on CD and iTunes.



Photo by Cara Wasielewski





**Patchouli** Hear Patchouli and order its music at [patchouli.net](http://patchouli.net). Its latest release, "The Woodlands," was preceded last winter by a seasonal album called "Winter Solstice."



communities and to our society in a way that gets other people to think," he says.

This sentiment is one that would be shared by fellow musicians Bruce and Julie Hecksel. Together they make up the folk duo Patchouli and have produced 12 CDs, given nearly 2,000 performances, and traveled a half-million touring miles over the course of their career. From their earliest days performing together, environmental awareness has been at the heart of their music. Julie, in fact, has a degree in ethnobotany. That background, combined with Bruce's background in theology, is a big part of their music, says Julie, who describes herself and Bruce as "green missionaries," whose music connects people with the natural world.

"Everything we've studied, everything we write, and our whole lifestyle, works together to manifest our original vision, which is to bring healing to people and to the earth through our music," she explains.

Like The Giving Tree Band, Patchouli doesn't just advocate environmental awareness. The couple has taken steps to reduce the ecological impact of their work. This includes downsizing the vehicle they travel in, decreasing their fuel use, consolidating their tour schedule, using eco-friendly packing for their CDs, and even bringing their own reusable espresso cups into the coffee shops where they perform. Their home and studio space feature passive solar design, and they have increased the energy efficiency of that space.

For musicians adopting a greener approach, "the main sacrifice is money and comfort," Hecksel says, noting that although larger vehicles are more comfortable to tour in, there are benefits, too. More fuel-efficient vehicles cut costs, which can affect a band's bottom line. "Hopefully people will also realize that the greatest possible good is to take care of their planet and reverse the damage we've done. In the end, few things could be more important."

As part of the larger movement, Hecksel and Fink report meeting other musicians who, like them, are trying to be greener. And the businesses they support also are making an effort. Though traditional packaging for CDs is still cheaper, for example, companies are trying to bring down the cost of eco-friendly options.

As for skeptics, if anyone charges that the choices a handful of bands make can hardly make a difference, Hecksel points out that music can be a powerful tool. She says, "Songs can take hold and rally people around a new vision. The truth is, I don't think major cultural change can happen without music."

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healthy living

# Helping the helpers

## 10 charities that need a boost from you this season

By Radish staff

This season, many nonprofit organizations are helping people and the environment throughout the Radish region. At the same time, many of those organizations are seeing fewer donations.

The National Council of Nonprofits puts it simply: "In tough economic times, people turn to their local nonprofits for help. ... But the increased demands for help hit nonprofits at the same time that their own revenues decline because of the economy."

That's why it's important to lend a hand. Whether you open your checkbook, donate your time or drop off a bag of gently used clothing, helping others — and the environment, too — will give you the greatest gift in return: a joyful heart.

**1** The Clothes Closet Resale Shoppe, 322 N. Main St., Galena, Ill., was opened by the United Churches of Galena in July to help struggling families. The shop offers men's, women's (including maternity) and children's clothes, shoes, accessories and some name-brand items. Volunteers staff the shop 10 a.m.-6 p.m. Wednesdays-Fridays and 10 a.m.-4 p.m. Saturdays. Donations may be dropped off at the rear entrance on Bench Street any time on Fridays and Saturdays. Receipts are given during regular business hours. Cash donations to help with expenses also are accepted. For more information, call (815) 776-0895.

**2** Habitat for Humanity builds and refurbishes houses with people in need, and local affiliates throughout the region are in need of volunteers, donations and lightly used construction materials for Habitat ReStores, which resell these items at reduced prices. In densely-populated areas, the need for land to build on is great, says Bobbi Burgstone, executive director of Habitat for Humanity of Illinois. In rural areas, volunteers are harder to find. Monetary donations, Burgstone says, are especially helpful. To find a Habitat affiliate near you, visit [habitat.org](http://habitat.org) and enter your ZIP code.



In this 2007 photo, Adams Elementary School students Alexis Wulf (left), Caleb Elick, Preston Estes and Camryn Chandler inspect corn plants during a horticulture lesson provided by The Garden Growers in Davenport. (File)

**3** The Garden Growers in Davenport has been giving neighbors a place to grow food and connect for more than a decade. The challenge, director Julia Blazevec says, is funding. "With the economy being the way it is, donations are not what they once were." Right now the nonprofit needs money to help bring water service to its Goose Hollow Garden. The group also needs volunteers who can start seeds and pull weeds in summer. It needs new hand tools, like spades, shovels and rakes, too. To help, call Julia Blazevec at (563) 359-7577 or visit [qcgardengrowers.org](http://qcgardengrowers.org). Checks may be mailed to The Garden Growers, 875 Tanglefoot Lane, Bettendorf, IA 52722.

**4** Before the flood of 2008 destroyed their building, Henry Davison, 83, and other volunteers served breakfast for the homeless at the H.D. Youth Center, 1006 3rd St. SE, Cedar Rapids, Iowa, which

Davison established in 1997 to help keep kids off the street. Now other locations throughout the city host the center's Thanksgiving, Christmas and Easter dinners, as well as its back-to-school program. The center needs volunteers, nonperishable food items, and cash donations for a new center. Donations may be sent to H.D. Youth Center, P.O. Box 74273, Cedar Rapids, IA 52407. For more information, call (319) 363-5239 or visit [hdyouthcenter.com](http://hdyouthcenter.com).

**5** Local Foods Connection of Iowa City, Cedar Rapids, and Des Moines distributes fresh produce, eggs, humanely-raised meat and other products from local, earth-friendly farms to area families in need, including by purchasing CSA shares on behalf of participating families. Funded primarily by donations from local individuals, Local Foods Connection now is gearing up to distribute



meat for holiday meals. Donations received now will help the program enroll more families to reserve their CSA shares in advance. To make a donation, visit [localfoodsconnection.org](http://localfoodsconnection.org), call (319) 338-2010 or e-mail [localfoodsconnection@yahoo.com](mailto:localfoodsconnection@yahoo.com).

**6** In July, Loaves and Fishes, Etc., provided food and other assistance to 410 households in McDonough County, Ill. "That was an all-time high for us," says Susan Lawhorn, a volunteer board member for the nonprofit in Macomb. Loaves and Fishes, Etc. is run by 10 churches in the county and serves people who live there, providing food vouchers. When possible, the organization also helps people with other necessities like medical and utility bills. This season, it needs monetary donations. Checks may be sent to Loaves and Fishes, Etc., 400 E. Carrol, Macomb, IL 61455. For more information, call (309) 836-3663.

**7** The Sustainable Living Coalition (SLC) was founded in 2004 to empower individuals and organizations to live in the abundant flow of natural systems. Located on 12 acres just south of Abundance Eco Village in Fairfield, the SLC offers hands-on workshops and provides the experience of living on a working demonstration site featuring cob and straw-bale buildings, solar and wind energy, waste- and water-management systems, and organic gardening. Contact Briggs Shore at (641) 430-1089 or [briggsshore@gmail.com](mailto:briggsshore@gmail.com) to arrange a donation or send a check to Sustainable Living Coalition, 2151 185th St. Lot 1, Fairfield, IA 52556.

**8** Table to Table rescues food and feeds those in need. The Johnson County, Iowa, charity's wish list is simple: monetary donations and, of course, food. The nonprofit serves 26 agencies by providing them with food that the organization picks up from donating businesses. "Monetary donations are always critical," says Bob Andriak, executive director. Money is needed for overhead costs, such as vehicle maintenance, fuel, utilities and insurance. Volunteers are needed, too. To learn more, call (319) 337-3400. The group's Web site is [table2table-ic.org](http://table2table-ic.org).

**9** Trees Forever, with headquarters in Marion, Iowa, plants and maintains trees and prairie in Iowa and Illinois. Its goals include building community, improving water quality and beautifying roadsides. Trees Forever uses donations and needs volunteers for a variety of projects. To help, call (319) 373-0650 or visit [treesforever.org](http://treesforever.org).


**10** The White Oaks Therapeutic Equestrian Center (WHOA) in Rock Falls, Ill., gives people with disabilities an opportunity to learn horseback riding while having fun and being social. WHOA needs volunteers, leaders and donations, both of money and equipment. For a complete list of needed items, visit [whiteoakscenter.org](http://whiteoakscenter.org). To donate, call (815) 537-5168, extension 46.

*Liz Bulasko, Linda Egenes, Lindsay Hocker, Jen Knights, Ann Scholl Rinehart and Brandy Welvaert contributed to this story.*




Children check out eggplant at Local Harvest CSA Farm in Solon, Iowa. (Photo by Laura Dowd)

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**Followed by Healthy Cooking Class & Luncheon**, Noon—1:00 p.m.

**Arts & Crafts**  
Create a Fabric Basket, Dec 1  
DIY Holiday Spa Gifts, Dec 1  
DIY Gifts from the Kitchen, Dec 3  
Gingerbread House Design, Dec 12  
Heirloom Cookbook Workshop, Jan 5  
Oil Painting, Jan 14, 21, 28  
Art Appreciation for Everyone  
Saturdays, Jan 16—Feb 20  
5 Fun Winter Projects to do Indoors!  
Tues., Jan 26—Feb 23

**Cooking Classes**  
Breadmaking, Dec 1, 8, 15 (am & pm)  
Convenience Mixes, Jan 5 (am & pm)  
Resolution Meals, Sat, Jan 9  
Healthy Cooking/Lunch starts Jan 11  
Slow Cooking, Jan 7 (am & pm)  
Pot Pies, Jan 12 (am & pm)  
Soups & Stews Jan 14, 21, 28  
Casseroles, Jan 19 (am & pm)  
Easy Meals, Jan 26 (am & pm)

**Horticulture Classes**  
Stewardship Salon, Dec 8 & Jan 12  
Seasonal Wreath Design, Sun, Jan 10  
Master Gardener Training starts Jan 15  
Pay Dirt Farm School starts Jan 14

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healthy living

# Low-fat holiday feast

## Create a tempting table with tenderloin and fresh fruit

By Darcy Maulsby

**T**is the season to serve a memorable, festive holiday feast, and pork offers a surprisingly easy — and healthy — option.

Recent research reveals pork tenderloin is just as lean as skinless chicken breast, says Ceci Snyder, a registered dietitian who works for the National Pork Board. Scientists at the U.S. Department of Agriculture (USDA), the University of Wisconsin-Madison and the University of Maryland compared the nutrient data for fresh pork from 1991 to 2005. The USDA analysis found that pork tenderloin contains 2.98 grams of fat per 3-ounce serving, compared to 3.03 grams of fat in a 3-ounce serving of skinless chicken breast. Pork tenderloin meets government guidelines for “extra lean” status.

In addition, six common cuts of pork have, on average, 16 percent less total fat and 27 percent less saturated fat than 17 years ago.

“Not only did we find that total fat and saturated fat decreased in six cuts of pork we analyzed, but some essential nutrients such as vitamin B6 and niacin actually increased,” says Juhi Williams with the Beltsville, Md., Human Nutrition Research Center at the USDA.

Pork also is versatile. It pairs well with a wide range of spices, seasonings and holiday side dishes, from potatoes to pasta, Snyder says.

*To find locally-raised pork, visit a winter farmers’ market. For a list of markets, see the feature story on page 12.*



### Italian-Stuffed Pork Tenderloin

- |   |   |
|---|---|
| 2 pork tenderloins, about<br>1 pound each | 1 6-ounce package long-grain and wild<br>rice mix, cooked according to pack-<br>age directions and cooled |
| 2 tablespoons butter                      | 2 teaspoons dried Italian seasoning   |
| 8 ounces fresh mushrooms, chopped         | ½ teaspoon salt   |
| ½ cup green onions, sliced                | Alfredo Sauce (optional, below)   |
| 1 cup pecans, chopped                     |   |
| 2 tablespoons fresh parsley, chopped      |   |

Heat oven to 425 degrees F. Cut lengthwise slit in each pork tenderloin, cutting to but not through the other side. Set pork aside.

Melt butter in large saucepan over medium heat. Add mushrooms and green onions; cook until tender. Remove from heat. Stir in cooked long grain and wild rice mix, pecans and parsley. Set aside ¾ cup of the rice mixture. Spoon remaining rice mixture into 1½-quart casserole; cover and set aside. Divide ¾ cup rice mixture between slits in pork tenderloins, spreading evenly in slits. Close slits; secure with toothpicks or tie with kitchen string.

Stir together Italian seasoning and salt in small bowl. Sprinkle evenly over top of pork tenderloins. Place pork tenderloins on rack in shallow roasting pan.

Roast tenderloins, uncovered, for 25 to 30 minutes until internal temperature is 160 degrees F. Bake casserole of rice mixture alongside tenderloins.

To serve, spoon rice mixture onto serving platter. Remove toothpicks from tenderloins. Cut pork tenderloins into 1-inch-thick pieces; arrange on rice mixture on platter. Serve with sauce, if desired. Serves 6 to 8.

**Alfredo Sauce:** Mix ½ cup cream cheese, 1 cup milk, 3 tablespoons Parmesan cheese, 1 clove garlic, ½ teaspoon salt and ½ teaspoon pepper in a blender until no lumps remain. Then heat in saucepan over low heat until bubbly.



## Holiday Fruit Compote

1 cup sugar  
2½ cups water  
4 pears, peeled, cored, cut into  
¾-inch wedges  
4 green apples, peeled, cored,  
cut into ¾-inch wedges  
4 navel oranges, peeled, sectioned  
2 cups fresh raspberries, (1 pint)  
¼ cup raspberry liqueur  
½ teaspoon white pepper, finely  
ground



Photos by Paul Colletti / Radish

In large skillet, combine sugar and water; heat to boiling over high heat, stirring until sugar dissolves. Add pears and apples; return to boiling. Lower heat; simmer 3 minutes, just until fruit is tender. Pour mixture gently into large strainer set over large measuring cup. Reserve 1½ cups cooking liquid; discard any remainder. Place fruit in large serving bowl; add oranges and gently mix. In small bowl, mash one cup of the raspberries. Press puree through fine sieve into reserved cooking liquid. Discard seeds. Add liqueur and pepper; pour over fruit. Cover and chill overnight.

Just before serving, add remaining fresh raspberries and mix gently. Serve in small dessert dishes after a holiday meal, or serve over ice cream or pound cake. Serves 8.

## Copper Pennies

2 pounds sliced carrots	1 teaspoon prepared mustard
1 can tomato soup	1 small pepper, chopped fine
1 small onion, chopped	¾ cup vinegar
½ cup oil	½ cup sugar

Cook carrots in water until tender; drain and cool. Mix remaining ingredients together and pour over carrots. Mix well and refrigerate to allow the flavor to develop. Heat before serving.

## Three tips for holiday entertaining

• **Keep it simple.** Recipes don't need to be tough to taste great. Main dishes and desserts like the Italian-Stuffed Pork Tenderloin and Holiday Fruit Compote recipes here look impressive but don't make for a lot of work.

• **Be prepared.** Slice, dice and chop all ingredients that you can before you are ready to prepare your party's recipes. Prepare the Holiday Fruit Compote in advance and reheat it the next day. The Italian-Stuffed Pork Tenderloin can be readied for the oven a day ahead, then refrigerated, covered in plastic wrap, until time to roast.

• **Make appetizers healthy.** Choose assorted unsalted nuts, fiber-rich crackers and raw vegetables with low-fat dressing or hummus for quick snacks or appetizers. These are great alternatives to a typical cheese platter that's loaded with saturated fat.



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food

# Buy local in winter

## Where to find homegrown foods where you live

By Brandy Welvaert

Did you know? Just because the weather has turned colder doesn't mean that farmers' markets in the region have settled down for a long winter's nap. You can find locally-grown vegetables, meats and poultry, cheese, wine and more at upcoming markets. Grab your canvas tote — here's where to go.

### Weekly markets

**Davenport:** The Freight House Farmers' Market is held year-round at 421 W. River Drive. Hours are 3 to 6 p.m. Tuesdays and 8 a.m. to 1 p.m. Saturdays. The market provides produce, baked goods, poultry, meats, cheese, wine, eggs, honey, canned goods, candies, dried flowers, jewelry, soaps and pet treats. [localharvest.org/farmers-markets/M22024](http://localharvest.org/farmers-markets/M22024).

**Dubuque:** A winter farmers' market will be held from 9 a.m. to noon Saturdays through April 24, 2010, at the Colts Drum & Bugle Corps Building, 1101 Central Ave. Breakfast will be served every week.

The selection of local foods at the market is varied and includes homemade potato chips, pasta, baked goods, grape juice, produce, canned goods, poultry, meats, chevon (goat meat), nuts, seeds, organic seasonings, honey, butter, hydroponic greens and soup mixes. Other items for sale include soaps, honey, pet treats and wreaths. (563) 557-7292.



**Sterling, Ill.:** The Twin City Market is held from 8 a.m. to noon every Saturday, year-round, at the Twin City Produce Building, 2nd Street and Avenue A. The market has a commercial kitchen and serves food every weekend, incorporating local ingredients when it's possible, says Ed Cox, president of Sterling Main Street, which runs the market.

The market offers produce, bison, grass-fed beef, pork, poultry, cheeses from Wisconsin, fresh apple cider, honey, baked goods and organic seasonings. (815) 626-8610 or [info@tcmarket.org](mailto:info@tcmarket.org).



Shoppers peruse local produce and flowers at the Twin City Market in Sterling, Ill. (Submitted)

### Other markets

**Bettendorf, Iowa:** The Mississippi Valley Growers Association (MVGA) will host a farmers' market from 9 a.m. to 1 p.m. Dec. 5, 12 and 19 at The Isle of Capri Casino, 1777 Isle Parkway. The market will have a small selection of fall produce, pet treats, jams, pies and other baked goods, and locally-made gifts for holiday giving. [mvgrowers.com](http://mvgrowers.com).

**Iowa City:** A holiday farmers' market will be held from 9 a.m. to 2 p.m. Dec. 12 at the Robert A. Lee Recreation Center, 220 S. Gilbert St. Admission is free to the special event, which will offer not only food, but also handmade gift items. Available foods will include produce, poultry, baked goods, spices, sauces, candy, coffee, jams

and jellies. Also for sale will be candles, pet treats and toys, jewelry, greeting cards, wood crafts, embroidered and tie-dyed clothing, blankets and rugs. (319) 356-5100.

**Macomb, Ill.:** Growers Ken and Debby Dallefeld will host two farmers' markets from 9 a.m. to 1 p.m. Dec. 5 and 19 at their farm, West Prairie Farm, 14170 N. 1400 Road. The farm is located 2 miles north of the JC Penney store on Bower Road. The markets will offer local beef, pork, cheese, squash, garlic, greens, root vegetables, apples and crafts, such as Amish-made rag rugs. (309) 333-1417.



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# Barn again!

## Here's your guide to reviving an old barn

By Evan Harris

**S**ave the barns! Though it hasn't quite caught on like "Save the trees," the call for saving barns in Illinois and Iowa is growing louder and louder. Many property owners, divorced from day-to-day farming practices by a generation or two, find themselves with a puzzling, frustrating, melancholy problem: a crumbling barn, fallen into disuse. What to do?

The first step, says Rick Collins, owner of Trillium Dell Timberworks in Knoxville, Ill., is a change in mind-set, away from viewing that old barn as a "problem." Collins is the area's resident expert on barns and other traditional structures, and his own house is, in part, a restored barn.

"First and foremost, we want to educate people about the history and value of the structures they own. It is unfortunate that many barn owners don't see that they have something of value," he says.

Collins is referring to both historic value and monetary value. The former is honored in the work done by preservation organizations such as the Illinois Barn Alliance, part of the National Barn Alliance. Its mission: to promote and facilitate the identification, protection and preservation of the barns of Illinois. That's also true of the Iowa version: the Iowa Barn Foundation.

And yet, the barn preservation movement is not all about nostalgia. It is about "adaptive reuse." For Collins, helping a property owner make the most of a barn is as much about creativity as it is about construction. He and his crew have seen it all when it comes to barns. On the low-cost, low-key end, homeowners have converted their barns for things like storage, horses and gardening. On the high end, he's done more elaborate projects like bed and breakfasts, wineries, and barns converted into homes.

### What to do with your old barn

If you have a barn on your hands, here's a how-to primer:

1. Explore the value of your structure by doing a little research. Check out the book "Barns of Illinois" by Larry Kanfer, or contact the Illinois Barn Alliance or the Iowa Barn Foundation.

2. Get an assessment. This is the single most important step. Done correctly, an assessment of your barn should include both analysis of the structure itself and of your needs, resources and potential uses for the barn. It is unlikely, given the size, grace, history and utility of most barns in the area, that knocking it down and burning it or selling it for flooring is the most useful choice, regardless of your situation.

Avoid an assessment from a run-of-the-mill contractor. The opinion of a specialist is essential. You can get a referral for an assessment through the Illinois Barn Alliance or Iowa Barn Foundation. Trillium Dell also provides the service.

Think creatively about using your structure in an "adaptive reuse" project. Many homeowners rent out their barns as storage space for boats, cars and other items too large to store in city dwellings.

3. Prioritize. Now that you've started the process, remember that your barn doesn't have to be renovated all at once. Use your assessment contacts to understand what has to happen now and what can wait. While you may not be able to afford to make your barn into a winery this year, you may be able to afford a few simple repairs that will safeguard against decay, making a winery possible in the future.

4. Create a plan over time. Establish short- and long-term goals for your barn. Perhaps in the short term, it can be fixed up enough to rent out as storage space, creating an income to help with further repairs toward something bigger.

5. Ask the experts. The resources described here are but a small piece of something that is better described as a movement rather than a business. In other parts of the country and the world, barns are cherished for their history. As this movement grows in our area, remember: The experts want to help.

### Get more information

- Illinois Barn Alliance: [illinoisbarnalliance@gmail.com](mailto:illinoisbarnalliance@gmail.com) or (309) 289-7921
- Iowa Barn Foundation: [iowabarnfoundation.org](http://iowabarnfoundation.org)
- Trillium Dell Timberworks: [trilliumdell.com](http://trilliumdell.com) or (309) 289-7921



This 1860s barn in Central Illinois was restored as a weekend home. (Submitted)





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body, mind & soul

# Testing for health

## Four simple ways to learn more about your body

By Laura Anderson

**Y**ou can't always control what is stressing you on the outside, but Better Life Nutrition Center, Moline, can help you make sure you're balanced inside.

The center carries a number of vitamins, herbs, homeopathics, natural food items, organics, natural hair and skin care items, natural cleaning products and more, and also offers tests.

Not only are the following tests helpful if you aren't quite feeling like yourself, they also can be used as preventive measures. Here's what they're all about:

**Saliva testing:** This tests for different hormones present in the body, says Tami White, certified nutritionist with Better Life. Kits can be purchased to test for single hormones or a panel of various hormones. Female panel tests looking for hormones like estrogen, progesterone and testosterone typically are the most popular. Male panel tests are also very popular, she says. "Basically, (you can) find out if there is an imbalance in some particular hormone."

White says that the tests are for anyone who feels like they may have a hormonal imbalance. Typically, women who are menopausal or approaching menopause, experiencing unexplained weight gain or dealing with severe pre-menstrual syndrome come in for the tests, White says, adding that saliva tests "are much more accurate in some cases than what's found in blood."

After test results come back from the lab, White schedules a personalized consultation to go over results and recommend nutritional products and other regimens that will help "balance things back out in the body," she says.

"Basically, (the consultation is) just giving them a full health evaluation and finding out how they can change some of the things they're eating, take some supplements, as well as including other lifestyle changes like exercise," she says.

Saliva test kits are \$80 and up. Female panels are about \$130.

**Hair analysis:** Like the saliva testing, the hair analysis test comes in a kit. These tests can help determine "what's going on at the tissue level," such as a deficiency or an excessive amount of minerals and heavy metals in the body, says White.

The hair analysis tests require a quarter of an ounce of hair — "not very much," White says — and the kit comes with a scale so you know how much you're taking. After you take the sample and fill out some paperwork, the kit has everything you need to mail it to Analytical Research Labs in Arizona.

After results come back, White says, "we can ... place the person on a corrective program." Such a program might include dietary changes and supplements.

The hair analysis tests also can check for other possible issues, including thyroid problems, White says. The tests also show how the body is metabolizing



Jim Lane, right, performs a Cell Health Exam with Pat Kleinsmith of East Moline, Ill. Lane, a medical technologist, gives the exams at Better Life Nutrition Center, 1715 15th St. Place, Moline. (Photo by Gary Krambeck / Radish)

sugars, carbohydrates and proteins and check energy levels and glandular functions. The test "is just a good marker, a good measurement to see how things are going in the body," she says. It costs about \$85.

**Cell health exam:** Jim Lane, a medical technologist and health specialist, conducts the exam. Lane, with Natural Health Specialists in Bloomington, Ind., has over 30 years' experience in nutrition.

During the exam, Lane uses a microscope to view a sample of hair, fingernail or blood on the cellular level. The client also gets to see the cells on a screen and learn about cell health. After the exam, Lane may suggest supplements and dietary and lifestyle changes to help the client achieve his or her health goals.

**Cardio check:** Another service provided by Lane, cardio check measures the health and elasticity of the arteries. This check is as easy as a blood-pressure screening, according to Lane, and results are immediate. The session includes a cardiovascular risk profile and a consultation about supporting heart health.

*For more information about any of these services, or to set up a consultation at Better Life Nutrition Center, call (309) 797-6274.*



# health & medicine

## Palmer College of Chiropractic will use \$1.3 million grant to study low-back pain

By Laura Anderson

Palmer Center for Chiropractic Research, Davenport, recently received a \$1.3 million federal grant to study low-back pain management in adults 65 and older through medical doctors and chiropractors working together.

The study, "Co-Management of Older Adults with Low Back Pain by M.D.s and D.C.s," began Sept. 1, said Christine Goertz, Palmer's vice chancellor for research and health policy, and principal investigator in the study.

"The study is unique in that it's the first time we've ever looked at what happens when doctors of chiropractic and medical doctors work together in treatment of low-back pain," Goertz said.

Many people see medical doctors and chiropractors at the same time, and historically there has been very little communication between the two, Goertz said, adding that only about one-third of patients tell their medical doctors they are seeking other treatments.

"We're looking at what happens when a person goes to a doctor of chiropractic and a medical doctor, and what happens when that care is actually coordinated."

She said the group decided to focus on people older than 65 because people in that age range are "the most complicated. People over the age of 65 tend to have other conditions in addition to back pain that might make things more complicated (for) conventional treatments."

Goertz said some of the information they find in the study also will be applicable to other age groups, as well.

Researchers are planning the logistics of the clinical trial and will begin recruiting people in 2010, she said.

Getting funding and beginning the study is very exciting, Goertz said. "I'm very much a rubber-meets-the-road scientist (who is) very interested in answering questions" to help people.

The study is so "innovative," she said. "We're excited."

For more information about research at Palmer College of Chiropractic, visit [palmer.edu](http://palmer.edu) and click on "Research."



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growers

# Free-range honey

## Couple's 300,000 honeybees keep farm buzzing

By Clare Howard, GateHouse News Service

While some areas of the world have seen disastrous declines in honeybee populations, a small farm in central Illinois is a veritable bee haven.

Linda Prescott, operations manager at Wildlife Prairie State Park, and her husband, Pat, manage their 34 acres near Norris in Fulton County, Ill., with bees in mind. Nothing is done that might harm bees.

When it came to treating ash trees for emerald ash borer, the Prescotts opted not to because the treatment is potentially harmful to bees.

They have rolling fields of organic sunflowers and an expansive organic vegetable garden. The hives are tucked in a shaded timberline on the side of a bucolic meadow.

They bought their land with three barns on it five years ago in an auction from The Nature Conservancy. While land around their property was strip-mined in the past, the Prescotts' acreage never was mined because of thick bedrock. The original farmhouse burned in 1975, and the Prescotts have been converting one of the barns into a home.

They follow sustainable practices, shun chemicals and plant to attract beneficial insects.

Linda Prescott maintains five colonies with about 60,000 bees in each colony.

This past spring, she found one box in one colony had mites, and the bees in that box didn't make it through winter. But the rest of her colonies were healthy.

Her bees gather pollen on wildflowers, sunflowers, clover, fruit trees, buckwheat, goldenrod and basswood trees. Honeybees fly 55,000 miles and collect pollen from 2 million flowers to make 1 pound of honey.



**Linda Prescott maintains five colonies with about 60,000 bees in each colony.**

"Know your local beekeeper," Prescott said. "My bees go to all different types of flowers. Some beekeepers keep their bees in confinement and feed them sugar water. Ours are free-ranging bees."

Prescott usually harvests honey twice a year and leaves the last production for the bees to eat through winter. When it rains and the bees are forced to stay in the hive, they eat honey.

On a warm afternoon earlier this year, Prescott suited up to harvest honey with Patti Jo Callahan, who works in landscape maintenance at Wildlife Prairie State Park and also is a part-time beekeeper.

With several puffs from the smoker used to quiet and subdue the bees, the two women began pulling drawers from the colonies to determine which ones they'd harvest. Each drawer weighs between 40 and 50 pounds.

"How are we doing ladies?" Prescott said in a calming voice as some bees became agitated while others continued to work, flying into the hive with legs laden with pollen and leaving with legs bare.

"Sorry girls," she said with another puff of the smoker. "Now don't get upset ladies."

"Ouch!" Prescott said after a bee unexpectedly sting her hip. She continued working, but said a pheromone is released with the sting that attracts other bees to the same spot to sting repeatedly.

The smoker calmed the situation.

After admiring the quantity her bees were producing, Prescott loaded drawers of honey into her truck and drove to a kitchen at Wildlife Prairie State Park where centrifuge equipment was used to separate the honey from the waxy honeycomb.

She and Callahan worked with a hot electric knife slicing off the outer wax and then spinning the comb to separate out the final product: sweet, syrupy honey.



Patti Jo Callahan lifts a honeycomb-laden drawer from a bee hive in Fulton County, Ill. (Photo courtesy of GateHouse News Service)



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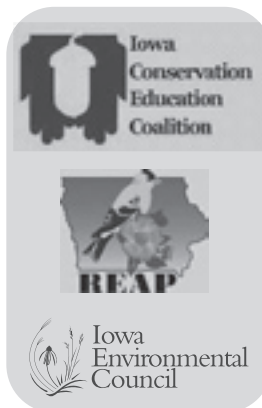
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# 20 for \$10 or less

Functional gifts to brighten your holidays

By Radish staff

This holiday season, function is in. That's why Radish compiled this list of 20 great gift ideas that not only are affordable — each of them can be had for \$10 or less — but they also do something worthwhile for the health of the recipient, the environment, or both.

**1** A low-flow shower head. Give the gift of a great shower that's good for the environment. New low-flow shower heads, which run from about \$6 to \$10, use about 2.5 gallons of water per minute and provide just as much scalp-massaging water pressure as the old eight-gallons-per-minute shower heads. This gift saves money, helps the environment and just feels plain good.

**2** Reusable bags. More than 50 million barrels of oil are used every year to manufacture plastic shopping bags. And by some estimates, the earth's population uses about 1 million plastic bags per minute. Not good. The fix? Buy your recipient a locally-made, reusable shopping bag from Cart By Cart for about \$6. You can give a plain bag or decorate one of these natural, biodegradable bags yourself. (Check [cartbycart.com](http://cartbycart.com) or call 319-331-9432 for local sellers.)

**3** Farmers' market gift certificates. You can buy gift certificates at winter farmers' markets in Davenport and Sterling, Ill. For details about these markets, as well as other winter farmers' markets, turn to page 12.

**4** Gardening gloves. An inexpensive pair of gardening gloves can be had for as little as \$3.50 in home-improvement stores, and gardeners always seem to be in need of new, clean, hole-free gloves. Pair the gloves with the next item on this list to create a themed gift package.

**5** Natural hand salve. Good for dry hands in winter and garden-chapped hands in warmer months, hand salve is the gift for anyone who does outdoor work. Burt's Bees makes one with sweet almond and olive oils (about \$9 for 3 ounces). The Naked Bee makes a 70-percent organic Hand & Cuticle Healing Salve (about \$7.50 for 1.5 ounces). Burt's Bees is sold in department stores, while The Naked Bee is sold in specialty shops, such as The Soap Box, 233 E. 11th St., Davenport; Scheels, 1461 Coral Ridge Ave., Coralville, Iowa; Mercy Flowers & Gifts, 701 10th St., Cedar Rapids; and Hohnacker's, 2200 John F. Kennedy Road, Dubuque.

**6** Multivitamins. While the best way to get all your essential nutrients is a balanced diet, a multivitamin can help fill in the gaps. If your intended recipient already takes a vitamin, you can buy an extra bottle for him or her for about \$8 to \$10. It may not be the world's most exciting gift, but it sure does qualify as functional!

**7** Buy Fresh, Buy Local membership. For \$10 you can buy your recipient a membership in the Quad Cities Buy Fresh, Buy Local chapter. The membership fee functions like a donation to help the group with its marketing efforts, and members get a window cling to show their support. For details, visit [bfbllc.org](http://bfbllc.org) or e-mail Cathy Lafrenz at [cmlafrenz@netins.net](mailto:cmlafrenz@netins.net).

**8** Local wine. There are plenty of wineries from which to buy a bottle, whether your intended recipient likes red or white. Winter farmers' markets are a good place to find locally-made wines. (Turn to page 12 for winter markets.) In addition, most Hy-Vee stores in the region carry a small selection of locally-produced bottles. For a list of Iowa and Illinois wineries, read this story online at [radishmagazine.com](http://radishmagazine.com). Pictured on the cover are wines from Tabor Home Vineyards and Winery, Baldwin, Iowa.







Paul Collett / Radish

**9** Safety glasses. Yep, safety glasses. These are inexpensive — less than \$2 at hardware stores — but they’re really useful for DIY-ers. Home cooks can wear them while chopping onions.

**10** Canning supplies. Canning your own jams, jellies, salsas and more has never been more popular. For around \$4, you can indulge your favorite “Martha” with a new set of canning jars. Ball’s Elite Collection features brushed silver lids and jars in squatty, nontraditional shapes. Jars are sold in department stores.

**11** Homemade soap. It doesn’t get more utilitarian than soap, and great soap keeps skin soft in winter and does less damage to waterways after it funnels down the drain. Farmers’ markets are a great place to find handcrafted soaps. A large bar scented with essential oils costs \$5 or less. Featured on the cover are Full Circle Soaps, sold at the Freight House Farmers’ Market, Davenport.

**12** A fishing pole. Though it’s easy to spend much, much more than \$10 on a fishing rod, a small, simple pole can be had for less in department stores. A good companion gift (if you’re spending more than \$10) would be the cash to cover a fishing license, if your recipient is over the age of 16.

**13** A sprout grower. These nifty contraptions let you grow sprouts on the kitchen counter, and many kits come with seeds. Small seed sprouters cost about \$10, and larger ones cost more. Check for them in garden-supply stores.

**14** Honey. Locally-produced honey, sold at winter farmers’ markets, makes a sweet gift, especially when paired with organic tea. For a pint jar of honey, you’ll spend around \$6. Honey bears are a bit less: about \$4. Pictured on the cover is Crandall Farms’ honey from Coal Valley, Ill.

**15** RoboGrip pliers. DIY-ers agree that RoboGrip pliers will do the job of a wrench most of the time, making them a must-have toolbox item. They adjust and then lock into place. A small, 7-inch set is \$10 at Sears.

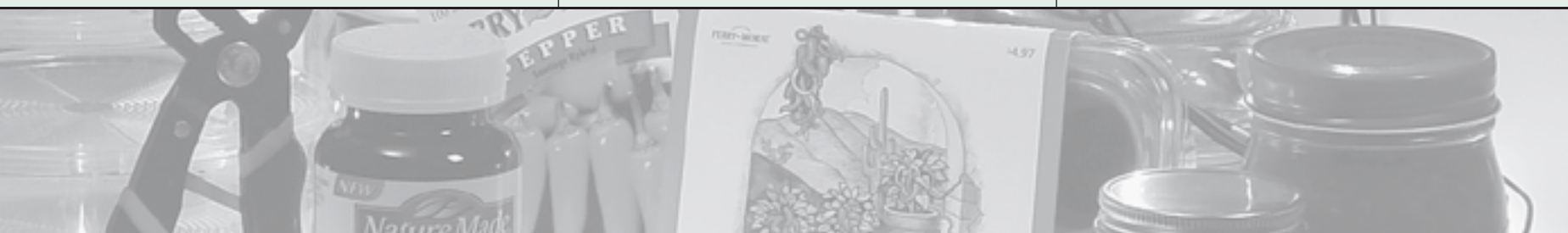
**16** A hand-crank flashlight. Everyone needs a flashlight at home and in the car. For around \$7, you can get a flashlight that never needs batteries. (Kids love these.) All you have to do is crank the handle for one minute for 20 minutes of power. Hand-crank lights are sold in home-improvement and hardware stores.

**17** Local jelly, jam, salsa or noodles. Locally-made, non-perishable foods make good gifts on their own or as part of a themed gift basket. Canned goods and noodles keep a long time and bring the taste of warmer weather to winter meals. Pictured on the cover are salsa, jelly and noodles from Kramer’s Specialty Foods, Camanche, Iowa.

**18** Maple-syruping kit. If your recipient has a maple tree, give the gift of syrup straight from the yard. The simple kits come with a spile — a metal spigot that goes into the tree — and a hook for the collection bucket. You can find these at some nature centers and online.

**19** Seed-starting kit. In winter, green sprouts indoors serve as a reminder that spring is on its way. Kits are sold in hardware stores for herbs, peppers, and more. Small kits include pots, seeds, soil and a plastic “greenhouse” cover for about \$5.

**20** A great book. Shopping for a cook, a DIY-er, or a newcomer to the green scene? Find a book with recipes, home-improvement projects or clues for living in tune with the environment. Check used book stores or clearance sections at other stores. On the cover is “Do It Herself,” by JoAnne Liebler, found on clearance for \$5.



community

# Gifts by another name

## This year, make a donation instead of swapping presents

By Elizabeth Janicek

More than snowflakes or ham or decorations, giving — in large ways and small — is a staple of the holiday season. And charitable donations are a stewardly alternative to personal gifts.

National organizations are deserving recipients, but in times of economic struggle, we needn't look further than down the street to find needs we can help meet. So if you and yours are fortunate enough to be giving and receiving this year, consider not just donating in another's name, but donating locally. Consider the following ideas for providing tangible, local community support this holiday season.

### Give education

Too often, students are faced with dropping out of (or not starting) college or trade school when a parent is laid off. You can donate money that will specifically go to helping students stay in school.

On the college end, most institutions accept donations specifically for financial aid. For example, when students' parents started losing jobs, Augustana College in Rock Island created an "Immediate Scholarship Relief Fund," which has raised over \$100,000 and helped dozens of students stay enrolled. If there is a college or university in your community, ask them how your gift can help.

On the high school end, civic organizations and booster clubs offer merit scholarships to help local students pay tuition wherever they enroll. Contact your

school's guidance counselor to find out which organizations offer scholarships, then ask those organizations how you can contribute.

### Give sustenance

Food banks are a long-time staple of community giving, especially during winter, and as unemployment rises, the need for food goes right along with it. Those living on lower incomes also face less access to healthy meals. Whole wheat pastas, dried beans, dried fruits and high fiber cereals are great ideas.

Often, a monetary donation goes even further. According to the Northeast Iowa Food Bank, "For every \$1 donated, (we) can provide \$11.91 worth of food and grocery products."

Finding a local food bank (often through a church or community center) is as easy as opening the phone book. Or turn to Resources page 38 for a list.

### Give opportunity

Micro lending combines philanthropy, community development, and the fight against poverty by providing small loans to new entrepreneurs, many of whom have no other access to funding. Multiple lenders will contribute small amounts each to support an individual business project. When the money is repaid, it can be put toward another entrepreneur.

Organizations like Kiva have popularized global micro lending, but as job numbers fall and credit is harder to access, micro lending is starting to catch on domestically. You can support local or regional entrepreneurs through several organizations. Turn to Resources page 38 for a list.

### Give health

Local clinics offering free or reduced-rate treatment are literally life-saving for un- or under-insured families. Such clinics provide preventative care like women's health exams and can screen for high blood pressure, cancer and diabetes. Others perform basic dental work, offer primary care and provide nutritional guidance. Helping fund even a single doctor's visit can make a huge difference in the life of a local adult or child.

Check a phone book for clinics in your area, or turn to Resources page 38.

### Give joy

For children, toys are huge around the holidays. The rest of the year, consider donating supplies for a birthday party to a homeless or domestic violence shelter. Or drop off toys and coloring books to a Head Start preschool.

For adults, provide companionship by visiting a nursing home or hospital to read or just visit. Send letters and gift packages to members of the armed forces serving away from home (visit [anysoldier.com](http://anysoldier.com)). Or donate nice clothes and a salon gift card to a shelter. Small pleasures such as these go a long way.



A volunteer arranges Toys for Tots in Davenport in this 2007 photo. (File)



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# Save some green

## Here’s how to take advantage of home-energy tax credits

By Dick Pirozzolo, from Natural Home Magazine

The 2009 stimulus package extends generous federal tax credits for a number of eco-friendly home improvements. Installing these items by Dec. 31, 2010, entitles you to a tax credit of up to \$1,500 per year.

Geothermal heat pumps, photovoltaic electric and water-heating systems, and wind-power installations qualify for a 30-percent tax credit with no dollar limit.

Fuel cells, which convert hydrogen into electricity without combustion, get a 30-percent discount, too, with limits based on the amount of electricity produced. The new law covers these products through 2016.

Tax credits come right off your federal income tax liability. In short, a \$1,500 tax credit puts \$1,500 in your pocket.

Here’s how the tax credits work. Let’s say you would owe \$10,000 in federal income taxes for 2009. But this month, you replace old drafty doors with new, energy-efficient ones that cost \$5,000. You then can take 30 percent of \$5,000, or \$1,500, off your taxes when you file your income tax return for 2009. Instead of paying \$10,000 in income taxes that year, you will pay \$8,500. The paperwork is simple. Save receipts, and fill out IRS Form 5695.

But be aware: The \$1,500 limit is cumulative. You cannot install a new roof and new windows and get \$3,000 off your taxes for a single year. However, if you

make an upgrade this year and again next year, you can reap a bigger tax benefit.

Homebuilders also are eligible for tax credits of up to \$2,000 for constructing highly energy-efficient homes, and manufacturers of modular and other types of “system-built” homes qualify for a \$1,000 tax credit when they substantially reduce energy requirements.

*Excerpted from Natural Home, [www.NaturalHomeMagazine.com](http://www.NaturalHomeMagazine.com), Ogden Publications Inc.*

Chris Creger (inside) and Justin Bowman of Mainstream Home Improvement, Rock Island, install an energy efficient window. (Photo by Todd Mizener / Radish)



Qualifying projects: You can get a 30-percent tax credit of up to \$1,500 per year for making these fixes.			
Replace your roof	Look for Energy Star roofing materials such as specially treated asphalt or reflective metal. Over time, a reflective roof can reduce peak cooling demand by 15 percent, so you can buy a smaller, cheaper-to run cooling system.	Update windows and doors	Replacement windows, storm windows and new energy-efficient doors get a tax credit. Energy-efficient windows feature low-E glass that traps infrared heat inside the home in winter and keeps it out in summer. Energy-efficient doors have insulating core materials and better weather-stripping.
Install skylights	Conventional and tubular skylights qualify. Low-emissivity (low-E) glass is particularly valuable for skylights fully exposed to the sun.	Heat water differently	Replacing an outdated water heater with an efficient gas, propane or oil model garners a tax credit. Choose an efficient tank or “storage” model, or any Energy Star, on-demand “tankless” system.
Beef up insulation	Adding an additional layer of R-19 to R-30 insulation in the attic could save 20 percent or more on heating and cooling bills — in addition to the tax credit you’ll get.	Utilize the wind	Have more grandiose dreams? You could spend up to \$22,000 for a residential wind turbine and mast — and get \$6,600 back from the federal government.
Improve your AC	Energy-efficient central air conditioning gets a tax credit. Split systems and mini split systems, which have a compressor outside and condenser coil and fan indoors, also qualify for the credits.	Go solar	Solar-powered photovoltaic systems are entitled to a 30 percent tax credit with no limit.



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body, mind & soul

# Grow with qigong

It's a low-impact way to cultivate strength and focus

By Ann Scholl Rinehart

As the mother of a toddler with allergies, Teresa Mullan Frease was looking for something that would give her more energy after many sleepless nights. She found it in qigong (pronounced chee-gong, and sometimes spelled Qi Gong).

Mullan Frease, who in 1993 moved to Fairfield, Iowa, from her native Ireland, initially learned about qigong after her husband Ed suggested they attend an informational talk at the library. A class followed. "I have to say, immediately after the first practice, I noticed more energy," she says. "It's become more invigorating over time."

She went on to receive training in Jingui Golden Shield Qi Gong and is now one of few instructors of this particular type of qigong in the country.

According to the Golden Shield National Web site, [jingui.com](http://jingui.com), the practice of Golden Shield Qi Gong works by "activating and converting the enormous potential energy (qi) stored in the body into actual energy."

"Golden Shield Qi Gong uses the body's 'will to live, to get stronger' as the means for creating growth and cultivation. The practice begins by giving the body a slight challenge. The body interprets this challenge as 'the need to grow stronger'. This is similar to what the body does during exercise. ... As a result, the whole system grows stronger, clearer and more integrated both physically and energetically," the Web site reads.

Says Mullan Frease, "Once you feel that energy and vibrancy you don't want to stop the practice."

She explains that qigong is excellent for increasing bone density, improving the immune system, strengthening internal

organs, improving circulation, increasing energy, creating hormonal balance, and improving functioning of the reproductive system. In the nearly 12 years she's been practicing qigong, Mullan Frease says she's feels "more vibrant and alive."

Her son, now 13, started practicing when he was 7. She's taught people as old as 80. "Anybody of any age really can do it," she says.

Her student, Dianna Sprague, of Iowa City, says qigong has helped her build a sense of centeredness and inner strength and is a wonderful complement to her practices of walking and swimming.

"This is more building that core strength and 'qi' and presence, step by step, and being really present and focused. That goes out into all of your life."

Dean Jacobs, a chiropractor in Coralville, Iowa, began studying and practicing qigong in 1993 with Dr. Effie Poy Yew Chow at the East West Academy of Healing Arts in San Francisco. Jacobs practices daily and recommends qigong to others.

"Qigong is more than physical exercise or a healing system," he says. "It is a way of being. Spiritual awareness is one of the beautiful benefits that accompany the physical treasures received through regular practice."

Mixing traditional exercise with qigong is beneficial, says Jacobs, a runner who teaches qigong. "Western exercise can overly stimulate and actually decrease your energy," he says. "Other disciplines involve postures and movement, but only qigong emphasizes the need for breath control and mental focus."

Tom Zimmerman teaches qigong at Unity Center of Cedar Rapids. "It makes me happy to think that this can be useful in others' lives," Zimmerman says. "It takes a bit of discipline to get a routine going and stay with it, but that is how to get the most out of it."

"I know what it feels like to first experience the flow of qi and get that it is real. That is when you really believe the possibilities of what it can do. Qigong is a gift, just sitting there waiting to be found."

*Turn to Resources, page 38, for a list of qigong classes.*



Instructor Scott Caulpetzer demonstrates Universal Post, a qigong pose, at the Trinity Enrichment Center, Davenport. (Photos by Paul Colletti / Radish)





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- 1 Cup Dried Cranberries
- 1 Cup Slivered Almonds
- 2 Tbsp Grand Selections Olive Oil

### Directions:

1. Wash quinoa in a small strainer before using.
2. Bring 2 cups of beef stock to a boil. Add 1 cup quinoa, bring back to a boil, cover, cook over medium heat for 12 minutes or until quinoa has absorbed all the beef stock.
3. Remove from heat, fluff, cover and let stand for 15 minutes.
4. Once prepared add basil, cranberries, almonds, and olive oil.

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# You can prevent falls

Stay active — and admit when you need help

By Sharon Wren

Falls are serious business for seniors. Consider this: According to Mayo Clinic's Web site, people over the age of 65 face a one-in-three chance of falling each year. The Centers for Disease Control says that falls are the leading cause of injury deaths in older adults and are the most common cause of nonfatal injuries and hospital stays for trauma. Even more frightening: In 2005, 15,800 people age 65 and over died from falls.

The person who falls isn't the only one affected, according to registered nurse Dorothy Baker, Ph.D., a research scientist in Internal Medicine and Geriatrics Director, CT Collaboration for Fall Prevention, at Yale University School of Medicine. "If an older person is unable to care for himself long-term, it is probable that person, their family or the state will have to absorb the costs of that care. We are at a point in this country where it is essential for all of us, including older adults, to reduce health-care spending by changing the behaviors that we know lead to disease and disability."

Dealing with falls isn't cheap. In 2000, medical costs totaled \$179 million for fatal falls and \$19 billion for nonfatal-fall injuries. People who fall also may become afraid of falling again, and then reduce physical activity, which can decrease stability.

Why are older adults more prone to falling? The main culprit is a changing body, according to Baker. "As we age, all of us begin to see our bodies changing. In response, we either make decisions to manage these changes in ways that keeps us healthy, or we try to avoid the issues by denial or looking for shortcuts. ... As we age, the body has a harder time compensating for these decisions."

If a loved one does fall, don't rush to blame a rug or wet surface, says Baker. "People always assume the reason for the fall is out there in the environment

somewhere. Yet research has quite clearly demonstrated that changing the environment doesn't stop falls. It helps, but it is not the whole answer. To avoid falling means having the internal abilities necessary to defy gravity: to get up on two feet, maintain balance, lift the feet and move forward one foot at a time, stay in control of our mass as we go from standing to sitting and reverse. We were not born with this ability. We had to learn it, and to maintain it, we need to use it and challenge it to keep our skills honed. Being sedentary, poor posture, inappropriate footwear, being overmedicated, dehydrated or out of touch with the world around us — due to sensory problems with the eyes, ears, feet or mental confusion — all interfere with the ability to defy gravity."

## Tips for preventing falls

So what are the best ways to reduce the risk of falling? Baker has these suggestions:

1. Exercise. The longer you sit the worse you get. Take the long way, park far away and walk to your destination, make an extra lap in the grocery store, take a walk, or join an exercise class. Be sure to ask for exercises that improve balance and flexibility.
2. Pay attention to posture. If you sit around like a question mark all day you won't look like an exclamation point when you stand up.
3. Watch your medication. Taking four or more medications on a regular basis, including over-the-counter and "natural" remedies in the count, is a risk. Talk with your primary doctor and ask which pills can be stopped. Or ask to have the dosage reduced or switched to something safer.
4. Get your eyes tested and wear clean glasses that are on straight. If you're having difficulty seeing, avoid multifocal lenses.
5. Practice good foot care. Look for flat shoes that enclose the foot and fit without binding.
6. Get a check for ear wax, which impairs hearing and can lead to balance problems.

*For more information, turn to Resources page 38.*



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Exercises that help you stay active, such as light yoga, can help you maintain balance and therefore prevent accidental falls. (iStockphoto)



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how to

# Scrubbing bubbles

Give yourself the gift of natural cleansers this holiday

By Darcy Maulsby

From bathtubs and bedding to carpets and cabinetry, you easily can go green with your cleaning routine by using effective, nontoxic products made from kitchen staples. Best of all, these recipes are much less expensive than commercial cleaners since they usually can be made for mere pennies per application.

“While I really love having a clean house, I can’t think of any force in the universe that could make me actually enjoy housecleaning,” says Maggie Howe, co-owner of Prairieland Herbs near Woodward, Iowa, which provides locally produced, environmentally friendly herbal products ranging from hair-care products to body scrubs. “I know this sounds like a cliché, but it’s true — using natural, handmade household cleansers actually does make housecleaning more enjoyable.”

Once you purchase your natural house-cleaning basics at a grocery store or health food market, you’ll have enough materials to make your own household cleaners for months to come, says Howe, who opened Prairieland Herbs in 1998 with her mother, Donna Julseth.

You can save a few empty spray bottles and lidded plastic containers, and refill them with handmade herbal cleansers, adds Howe, who teaches classes at Prairieland Herbs. She and her mother also grow their own herbs and flowers.

## Homemade Herbal Laundry Detergent

This laundry detergent works well, even on the toughest stains. It even can be used safely in front-loading, low-water washing machines — just use a very small amount (approximately 1 tablespoon per load). Howe makes up a big batch once every few months and stores it in a recycled ice-cream bucket. The soap is especially good for people who have sensitive skin, she notes, since it contains no artificial fragrances or colorants.

1 bar (approximately 4-6 ounces) soap, grated or shredded (See note.)	2 cups washing soda
2 cups borax	1 cup baking soda
	Essential oils (optional)

## What you need

Basic ingredients to have on hand for making natural cleansers

- |  |                       |   |
|--|-----------------------|---|
| • Spray bottles  | • White vinegar       | • Salt  |
| • Plastic buckets or containers with lids (Recycled sour cream or yogurt containers work great.) | • Borax               | • Rubbing alcohol   |
|  | • Washing soda        | • Essential oils  |
|  | • Baking soda         | (Lemon, orange, lavender, and tea tree are some of Howe’s favorites.) |
|  | • Liquid castile soap |   |
|  | • Bar castile soap    |   |
|  | • Lemon juice         |   |

Combine all ingredients; mix thoroughly. Add essential oils, if desired, until you like the scent. Keep in a tightly covered container. Use 1 tablespoon to ¼ cup per load of laundry.

**Note:** Howe prefers handmade soaps for this recipe, but you could use a commercial soap such as Fels Naptha or Kirk’s Castile. Stay away from any “super-fatted” or extra-rich soaps containing a lot of shea butter, cocoa butter or other rich moisturizers.

## Tub Scrub

The baking soda and salt in this recipe provide a very lightly abrasive to help remove oils and soap scum. Tangerine oil is a degreaser, and lavender oil is antibacterial. Together they smell fabulous.

1 cup baking soda	10 drops tangerine essential oil
¼ cup salt	5 drops lavender essential oil

Combine ingredients; mix well. If you like, double or triple this recipe and store it in an airtight container. To use, sprinkle a small handful into the tub. Use a wet washcloth and scrub the tub. Then rinse thoroughly.

Go to [radishmagazine.com](http://radishmagazine.com) for more recipes.



Submitted



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good business

# Fishing for organics

## Schafer Fisheries turns fish scraps into organic fertilizer

By Lindsay Hocker

Schafer Fisheries processing plants' trash has become an in-demand product. Instead of landfilling fish guts and other undesirable fish bits, Schafer Fisheries has been turning them into Schafer Liquid Fish, an organic fertilizer, for the last half-decade.

"We're a 100 percent usage plant," said James Schafer, Schafer Fisheries general manager, as he stood in the Thomson, Ill., processing plant.

Mark and Anne Brockway, who work at Brockway Farms in Pleasant Valley, Iowa, bought a 5-gallon bucket of Liquid Fish about five years ago. Anne heard about the fertilizer through her involvement with the Waste Commission of Scott County and thought, "Let's check that recycled product out."

Mark immediately was interested because as a child he had a neighbor who fertilized his sweet corn with catfish scraps. "I saw it firsthand when I was a kid," he said of the effectiveness of using fish as fertilizer. He described that corn as the "most healthy, tall, monstrous plants I've ever seen."

Mark said they spent \$60 on a 5-gallon bucket. The product gets diluted with 20 parts water to one part Liquid Fish. "When you dilute it 20-to-1, it makes it competitive to commercial fertilizers — and who knows what's in theirs?" Mark said.

He said Schafer Fisheries owner Mike Schafer suggested they do a test with the product, so Mark sprayed three rows of peppers with it and left one without.

After just a few days, they stood in front of the rows and could tell the difference. Mark said Anne turned to him and said, "Well, that's the end of the experiment. Do the other row."

The Brockways grow a variety of vegetables on the farm and have used Liquid Fish on everything this year. During the growing season, they applied it every other week. Mark said the vegetables looked like they were on steroids. "We saw immediate results, and we've been (fans) ever since," he said.

He likes to use Liquid Fish because it allows him to support a local business and because it is an organic product that improves the soil by increasing microbe activity.

While they have only made Liquid Fish for about five years, Schafer said his dad had been thinking about it for around 20 years. The final push to make it a reality happened when Schafer Fisheries received a state grant to find a better way to get rid of its trash. The company has succeeded: None of the fish or their parts are landfilled.

The fish are from the Mississippi River, its tributaries, and nearby lakes in Illinois, Iowa, Wisconsin and Minnesota. The processed fish are sold to businesses in Chicago, New York, California, and to other countries.

Invasive species are processed at the plants, namely several types of Asian



James Schafer stands in the warehouse of Schafer Fisheries in Thomson, Ill. (Photo by Stephanie Makosky / Radish)

carp. The Asian carp often go to California or New York, while their fillets go to Israel. The carp also sometimes go to Singapore.

"We use every part of the fish we could possibly use before we make fertilizer out of it," Schafer said.

Workers run fish down the line, cut out their fillets and gut them. Then scraps are separated from the usable portions. The scraps generally are ground daily. Otherwise, they are put in a storage trailer. The ground scraps are kept in the digesting tanks for a few days. Fermentation occurs, and the pH level becomes balanced. Then the liquid goes into storage tanks where it is monitored. The product takes about a month to be fully usable. The filtered product goes into holding tanks.

The filtered-out bone meal is also sold as fertilizer. "The bone meal itself organic farmers are mixing into compost," Schafer said.

Schafer said that in 2009, more than 500,000 gallons have been sold so far. "We sell from five-gallon pails up to semi loads," he said.

According to the company's Web site, Schafer Liquid Fish meets the standards for the Organic Materials Review Institute (OMRI) for operations that are certified under the USDA National Organic Program.

*To learn more about Schafer Liquid Fish, visit [schaferfish.com](http://schaferfish.com).*





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# rooting around

## See 'Birth' to support Friends of Iowa Midwives

The Harrison Hilltop Theater will present "Birth," a play about childbirth, by human-rights advocate Karen Brody. Tickets are \$15 at the door and online at [harrisonhilltop.com](http://harrisonhilltop.com). Performances will be at 7:30 p.m. Dec. 10, 11 and 12, and at 2:30 p.m. Dec. 13 at the theater, 1601 Harrison St., Davenport. Part of the proceeds will go to Friends of Iowa Midwives, a grassroots organization that promotes midwifery and women's right to choose their place of birth and birth attendant. The play tells the birthing stories of several women and promotes the idea that low-risk births should not be treated as medical emergencies. For more information about "Birth," visit [boldaction.org](http://boldaction.org).



Karen Brody (Submitted)

## Planning a vacation? Make it green

If you think you can't enjoy a vacation and be good to the environment at the same time, you'd be mistaken. TIES Travel Green Guide 2009 is now available to view online or for download. The guide includes responsible travel tips and ideas from around the world at [ecotourism.org/TravelGreenGuide](http://ecotourism.org/TravelGreenGuide).

## Organic honey in new holiday sweets

Heavenly Organics in Fairfield, Iowa, has introduced a new, three-ingredient sweet treat. Honey Mint Patties include organic honey from the Himalayas, chocolate liquor (non-alcoholic, pure liquid chocolate) and peppermint oil. These sweets are gluten-, dairy- and nut-free. To order them, visit [heavenlyorganics.com](http://heavenlyorganics.com) or call (866) 923-2184. They also are being sold at some Hy-Vee stores and in several downtown Fairfield shops. The Web site provides a complete list of stores.

## Famous Fossil named Entrepreneur of the Year

Famous Fossil Vineyard & Winery, Freeport, Ill., was named the 2009 Entrepreneur of the Year by the Blackhawk Hills Entrepreneur & Inventors Club. The club chose Famous Fossil Winery, a biodynamic operation, because it's a unique business that is boosting the economy in Northern Illinois. Famous Fossil makes red, blush, white and fruit wines in small batches from grapes grown in the Upper Mississippi River Valley American Viticulture Area, the world's largest wine appellation. As a biodynamic winery, Famous Fossil focuses on holistic, organic farming, taking biodiversity into account. For more information about Famous Fossil, visit [famousfossilwinery.com](http://famousfossilwinery.com) or call (815) 563-4665.

## Registration for Fruit and Vegetable Growers' Symposium due Dec. 4

Attention growers! Registration for the Fruit and Vegetable Growers' Symposium is due Dec. 4. The symposium, offered by University of Illinois Extension and Iowa State University Extension, will be held 1-5 p.m. Dec. 11 at the Scott County Extension Office, 875 Tanglefoot Lane, Bettendorf, Iowa. The annual event is for commercial growers and includes sessions for both fruit and vegetable growers in direct marketing, high tunnel production and more, followed by breakout sessions specific to each grower group. To sign up, call (309) 836-2363 or visit [extension.iastate.edu/johnson](http://extension.iastate.edu/johnson).

## Get packin' for Galena to see alpacas

If a visit to the country is just what you and your family need this time of year, you can check out Alpaca Packin' in Galena, Ill. The special alpaca events will be held 11 a.m. to 1 p.m. Dec. 5, 12, 19 and 26. At the events, you can watch alpaca fleece demonstrations, walk an alpaca for a fee, and peruse the gift shop that offers handmade and imported alpaca fur and more. The event is free and will be held at Adventure Creek Alpaca Farm, 9401 W. Hart John Road, Galena, Ill. For details, call (815) 777-4200.

## How to build an eco-friendly home

In his new book, "The Complete Guide to Alternative Home Building Materials & Methods," Jon Nunan breaks down the basics of unconventional home building. If a typical stick-built home isn't for you, Nunan's book could help. It provides help locating alternative construction resources, tips for climate control, and ideas for foundations and flooring. It even includes a step-by-step outline for wiring and plumbing. The book is published by Atlantic Publishing Group, Inc., and is available for \$24.95 in softcover. For more information, visit [atlantic-pub.com/green.htm](http://atlantic-pub.com/green.htm).



Submitted

## Weekend retreat helps would-be farmers

Practical Farmers of Iowa will host a farm-planning retreat this month. The NxtGen Retreat will be held from 3 p.m. Friday, Dec. 11, to 3 p.m. Saturday, Dec. 12, at Pilgrim Heights Camp & Retreat, 3005 E Ave., Montour, Iowa. At the retreat, farmers-to-be can set goals, assess their resources, plan markets and draft vision statements for their farms. The goal of the retreat is for everyone to leave with a "shovel-ready" plan for his or her sustainable farm. Help will be offered by the creators of the Sustainable Decisions Tool for Farmers, from Warren Wilson College in North Carolina. The retreat also includes food, entertainment and time for discussion. Cost to attend is \$25 and a dish to pass. To sign up, contact Luke Gran at [luke@practicalfarmers.org](mailto:luke@practicalfarmers.org) or call the Practical Farmers of Iowa at (515) 232-5661.





File

## Radiance Dairy wins 2009 Spencer Award

Francis and Susan Thicke, owners of Radiance Dairy in Fairfield, Iowa, have earned this year's Spencer Award for Sustainable Agriculture. The Leopold Center for Sustainable Agriculture presents the award, which carries a \$1,000 stipend. The couple is being honored with the award for their commitment to resource conservation, successful grazing management, and economically profitable dairy production. The Thicques are the sixth recipients of the Spencer Award, established in 2002 to honor farmers, educators and researchers who have made a significant contribution toward the stability of mainstream family farms in the state. To see a gallery of photographs from their farm, visit [www.leopold.iastate.edu/gallery/Radiance\\_Dairy/index.html](http://www.leopold.iastate.edu/gallery/Radiance_Dairy/index.html).

## Here's where to celebrate the Winter Solstice around the region

Because Dec. 21 is the darkest day of the year — it's the Winter Solstice — it's a good time to gather 'round with friends and family and make your own light. Here's where you can get together to do just that:



- Winter Solstice celebration, 6-7:30 p.m. Dec. 21, at Prairiewoods Franciscan Spirituality Center, 120 E. Boyson Road, Hiawatha, Iowa. The event will include music, ritual and stories from around the world. Participants will help decorate a tree outside for the animals. Bring a free-will offering or canned food for the local food pantry.

- Posada Navideña, 5-7:30 p.m. Dec. 21 at the Quad City Botanical Center, 2525 4th Ave., Rock Island. It's not a solstice celebration, but this free event held on the solstice will light the night. There will be free customary food, hot chocolate, music and the breaking of piñatas. Kids also will learn about winter birds. For details, visit [qcgardens.com](http://qcgardens.com).

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## rooting around

### Tales of Tibet planned for Ancient Wisdom Acupuncture open house

Ancient Wisdom Acupuncture Clinic, 2395 Tech Drive, Suite 7, Bettendorf, Iowa, will host a holiday open house from 2 to 4 p.m. Dec. 12. Clinic owner Linda Handley, R.N., who recently visited Tibet to study and practice acupuncture, will talk about her experiences. The event also will formally introduce the clinic's new acupuncturist, Blair Gruenhagen. There will be samples of herbal teas, which are sold at the clinic. For more information, call (563) 332-1891.

### Want to make no impact? Documentary about Colin Beavan shows you how

A screening of the documentary film, "No Impact Man," will be held at 6:30 p.m. Dec. 7 at the Humility Center, 820 W. Central Park Ave., Davenport. Colin Beavan, aka No Impact Man, is the guy in Manhattan who lived for a year with the goal of creating no net impact on the environment. He swore off plastic, shopping and non-local foods in an effort to prove to himself — and the world — that people not only can live well, but be happier, with less stuff. According to a press release, studies show that 70 percent of Americans are unhappy with the shopping frenzy that surrounds the holidays but that most people don't know how to get off the treadmill. "No Impact Man" provides ideas for non-consumption in the holiday season. The event is free and open to everyone. It's being sponsored by the Congregation of the Humility of Mary.



Submitted

### Award-winning plants for 2010 gardens

Award-winning plants make good additions to the garden, and the best time to start thinking about next year's plantings is now. In 2010, hot varieties are sure to include award-winning flowering plants like blanket flower and snapdragon, both of which the garden professionals for All-American Selections (AAS) are recommending as peak performers for 2010. Here's a bit about each winner.

- 'Mesa Yellow' is the first hybrid blanket flower with a controlled plant habit and prolific flowering. It stays small, and stems don't grow long and floppy. 'Mesa Yellow' was bred by PanAmerican Seed Company and blooms two to three weeks earlier than similar plants.

- 'Twinny Peach' snapdragon is a bedding plant that produces abundant flower spikes and plenty to cut for indoor bouquets. Plants flower all season with little care. This new variety was bred by HEM Genetics.

- 'Endurio Sky Blue Martien' viola is a cool-season, flowering, mounding plant that looks delicate but withstands harsh weather. This viola is a good choice for window boxes, hanging gardens and planters.

- 'Zahara Starlight Rose' zinnia is a bi-color bedding plant with lots of tall blooms that makes a statement in gardens and containers. This plant may be grown from seed.

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## Metro nabs first-place award for bus ads

The American Public Transportation Association (APTA) has named Metro, the mass transit system of the Illinois Quad-Cities, as a first-place winner in its 30th annual AdWheel Awards competition. Metro's winning materials were created in conjunction with Nehlsen Communications, a marketing and public-relations firm based in Moline. "Keeping the community informed about our services is a priority," says Jennifer Garrity, Metro manager of administration. "We take special pride in working with Metro to promote their green endeavors," said Nancy Nehlsen, president of Nehlsen Communications. Metro also won first-place awards in Group 2 of this year's AdWheel Awards for entries in the categories of print brochure, illustrated vehicle print and public relations/awareness campaign. The promotional materials that won were the "It's Your Ride" brochure, the "Save Something Green" bus designs, and the "Save Something Green" PR campaign.



Todd Mizener / Radish

## Be natural, look natural with New Leaf

New Leaf Salon and Organics will host its first-annual open house from 3 to 7 p.m. Dec. 11. The event will feature organic and vegan hair, beauty and body products. Products will be sold in bundles at a savings, too. Guests also can buy locally handmade jewelry. Complementary appetizers will be served. New Leaf is located at 1416 48th St. Place, Moline. The phone number is (309) 764-5323.

## Holiday transformation: From plain old junk to Christmas decor in just a couple hours

Want to learn to repurpose old stuff into cool Christmas crafts? The Habitat ReStore, 3629 Mississippi Ave., Davenport, will host a Christmas crafts workshop from 10 a.m. to 2:30 p.m. Dec. 5. Participants can make an ornament or other decorations. Instruction will be provided. Cost for the class is \$5 per finished piece. Registration is appreciated but not required. To register, call (563) 391-4949.

## Partying with Progressive Action

Progressive Action for the Common Good (PACG) will host a holiday party from 7 to 10 p.m. Dec. 18 to celebrate five years of grassroots and community organizing by QC Citizens around issues such as local food, environment, health care, jobs, peace and justice. PACG is a large, non-partisan citizens' group of progressives in the Quad-Cities. Its purpose is to educate, engage, promote, transform and build relationships to bring about needed changes for the betterment of communities and for the advancement of progressive values. The holiday party will include food and music at the Palmer College Student Union, 1000 Brady St., Davenport. The event is free and open to everyone. For more information, call (563) 676-7580 or visit qcprogressiveaction.org.

## New Classes for the New Year!



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## resources

### GIFTS BY ANOTHER NAME

(Story on page 22)

If you'd like to make a donation in the name of someone else in lieu of a gift this year, here are several organizations that could use assistance this season.

#### Food banks

Check your local newspaper for church-sponsored food banks, or try the following:

- Northeast Iowa Food Bank ([northeastiowafoodbank.org](http://northeastiowafoodbank.org))
- Feeding Illinois ([feedingillinois.org](http://feedingillinois.org))
- River Bend Food Bank ([riverbendfoodbank.org](http://riverbendfoodbank.org))

#### Micro lenders

Support regional entrepreneurs through the following organizations:

- Grameen America ([grameenamerica.com](http://grameenamerica.com))
- Kiva ([kiva.org](http://kiva.org))
- ACCION USA ([accionusa.org](http://accionusa.org))

#### Health clinics

To help someone else get the care they need, you can donate to the free clinic in your town or check out one of these:

- Davenport Community Health Care ([davchc.com](http://davchc.com))
- Free Clinics of Iowa ([freeclinicsofiowa.org](http://freeclinicsofiowa.org))
- Iowa City Free Clinic ([freemedicalclinic.org](http://freemedicalclinic.org))

### GROW WITH QIGONG

(Story on page 26)

Area qigong instructors, studios and scheduled classes:

- Dean Jacobs, Iowa City. (319) 337-3856.
- Galena (Ill.) Art and Recreation Center. (815) 776-0319.
- Morning Star Studio, Fairfield, Iowa. (641) 919-7221.
- Trinity Enrichment Center, Quad-Cities. Six-week classes Jan. 5-Feb. 9 and Feb. 16-March 30. (309) 779-2000.
- Unity Center, Cedar Rapids. (319) 393-5422.

### YOU CAN PREVENT FALLS

(Story on page 28)

**Quiz: Are you at risk for falling?**

1. Have you fallen or lost your balance in the past three months?
2. Do you have a fear of falling?
3. Do you feel light-headed when you stand up from lying down?
4. Do you require assistance to walk but don't always have it?
5. If you use a cane or walker, did you teach yourself how to use it?
6. Do you take four or more medications daily?
7. Do you sometimes need to rush to the bathroom?
8. Do you have difficulty seeing or hearing?
9. When you walk inside your home, is your path often blocked by objects?
10. Do you think you should be more physically active?

If you answered "yes" to any of these questions, you can call Generations Area Agency on Aging to learn about resources that can help you reduce your risk of falling. The number is (563) 324-9085, ext. 200.

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## Galesburg's biggest playground, free programs at Discovery Depot

**What:** The Discovery Depot Children's Museum at 128 S. Chambers St., Galesburg, Ill. (309) 344-8876 or [discoverydepot.org](http://discoverydepot.org).

**Fun stuff:** There's something for kids of all ages to do. The museum has a play diner, grocery store and barn, and a new vet exhibit. It also has lots of Legos, a playhouse that lets kids learn about home safety, and a post office. Kids can dress up and deliver

the mail in mailboxes posted at each exhibit — and that's not all.

The museum also houses the biggest outdoor playground in Galesburg. If the weather is nice, the playground may be open at times throughout the winter. Call ahead to check if you want to visit before spring.

**Good to know:** The museum also provides free programs on a monthly basis. Not only is admission to the

programs free, but families also get access to the museum's exhibits at no charge.

Programs include Stories Alive, at 10:30 a.m. and 4:30 p.m. the second Thursday of each month. Kids hear a story and participate in a classroom activity about it. Just for toddlers, Teeter Tots is special event for toddlers and their families, offered from 6:30 to 7:30 p.m. the

first Thursday of each month. A list of all programs, as well as a virtual tour of the museum, is online at [discoverydepot.org](http://discoverydepot.org).

**Good to go:** Admission is \$4.50 for everyone. On "Thrifty" Thursdays, admission is \$2.50 per person. Families with up to six members can get a year's membership for \$65, which allows them to visit the museum as often as they like.

---

## Joobles: Organic toys created with fairness in mind

Have a special child in your life whom you'd like to spoil just a little bit — without spoiling the environment? You might want to check out Joobles, the plush, stuffed toys from Fair Indigo. Fair Indigo is a Wisconsin-based company that sells apparel and kids' toys that are manufactured "without the exploitation of workers and the environment." Details about how Fair Indigo ensures good pay for workers and quality in

its products may be found online at [fairindigo.com](http://fairindigo.com).

**What it is:** Joobles is a line of items for babies and kids made from organic cotton using eco-friendly dyes. The line includes stuffed animals, embellished sweaters, blankets, and hats and mittens in beautiful colors.

**What it costs:** Joobles stuffed animals are \$25 each; sweaters are around \$50; animal "blankies" are

\$32; and hat-and-mitten sets, which feature animal faces and ears, are \$34.

**Who can use it:** The toys are suitable for ages from infant to toddler, but even older kids might like some of the stuffed animals.

**Where to get it:** You can find Joobles online at [fairindigo.com](http://fairindigo.com). Don't have Internet access? Call the company, located in Middleton, Wis., at (800) 520-1806 from 8 a.m. to 5 p.m. weekdays.

**Good stuff:** Featured in The New York Times, Time magazine and the Wisconsin State Journal, Fair Indigo's founder, Bill Bass, traveled to the countries where the clothes and toys he sells are made. He then made contracts with companies to pay more than the required minimum wage in those places because, just like in the U.S., minimum wage won't support a family in other parts of the world, either.



Submitted

*Have an idea — an eco-friendly toy or a great place — to share with "for your family?" E-mail it to [editor@radishmagazine.com](mailto:editor@radishmagazine.com).*

food for thought

# Precious cargo

## Bringing Mom on board fills family home with love

By Paul Cioe

A few months ago my wife Nancy and I welcomed a new arrival into our home. The newcomer is not an infant but Nancy's 91-year-old mother, Stella. When we share this news with friends, reactions range from stunned silence to calls for our canonization. More often than not we get something between the two extremes: a sympathetic smile that says, "I wish we could do that, but ..." or words of encouragement that tell us we're doing the right thing.

Stella's story is a familiar one in American families today. Until late last December, when she fell down some steps in the Chicago home she and her late husband Mike bought in the 1970s, she was happily independent. But four months in a nursing home with a titanium "halo" clamped to her head changed everything. Suddenly she was unsure of her options, and the future became a cloudy time to be lived day by day.

I encouraged Nancy to consider the unthinkable: Sever Stella's 90 years of Chicago ties and move her in with us, three hours away from familiar surroundings. If she wasn't going to spend her final years depending upon the kindness of strangers, this was the only logical thing to do. We're both retired but still blessed with our share of youthful energy — or the illusion of it — and with a few modifications our modest home could be adapted to fit the special needs of our new arrival.

When we started talking seriously about the move, I was thinking about Italy and what I had seen of family life on a visit there 10 years ago. My father emigrated to America as a teenager and never saw his parents again. A dozen years after his death, Nancy and I spent several days in the company of his two remaining siblings and their families. In Rome we felt



Nancy Nocek and Paul Cioe recently welcomed Nancy's mother, Stella Nocek, who is 91, into their Rock Island home. (Submitted)

at home in the apartment my father's "baby" sister, then 82, shared with her daughter and grandson. A few days later we spent time with three generations of my father's Italian family in the hometown 70 miles away. My uncle and his wife and their children and families lived in three apartments in the same building but ate the evening meal together and shared the highlights of their day. I can't describe the emotions I experienced as I listened to an eyewitness account from my dad's younger brother, then almost 90 himself, of the day more than 80 years earlier when my father sneaked aboard a freighter at Rome and began his impulsive journey to America.

As Uncle Vittorio told the story, we sat around the dinner table and listened with his children and grandchildren. Although they had no doubt heard the tale before, this time was different, as the new, expanded family to which we now belonged listened together.

"What do you want to do, Mom?" Nancy asked Stella as the end of her time in rehab drew near. She knew she couldn't live alone again in her two-story house, with bedrooms and bathrooms on the second floor.

"I want to live in a family home," Stella answered.

Family. Nancy and I have plenty of nephews and nieces with whom we're very close, but we never had children of our own. We've been a couple — a very close couple — for almost 40 years. Sharing our space with others around the clock is something we haven't done since we were young and still pampered like "precious cargo," as Stella likes to say, by our parents.

Now we're a family. We eat our meals together, Stella has her appetite back, and she praises my cooking even when it doesn't deserve it.

And as I see the care a daughter gives her mother, I learn new lessons about love.

**I encouraged Nancy to consider the unthinkable: Sever Stella's 90 years of Chicago ties and move her in with us.**



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