

Radish

HEALTHY LIVING FROM THE



Our 2010
**holiday
gift guide**

DECEMBER 2010

**Cookbooks
to give and get**

Myofascial massage

**The National
Mississippi River
Museum &
Aquarium**

radishmagazine.com

Tantra Asian Fusion

Over the

Holidays

dine with family & friends at our Bistro.



*Relax and enjoy
innovative &
exotic dishes and
specialty martinis.*



*Known for innovative
and exotic dishes,
our diverse and flavorful
menu has something
for everyone, mild or hot,
vegetarian or not.*

2nd Anniversary Customer Appreciation Special!

Join us for dinner with your party of 4 in December and receive a complimentary bottle of red or white wine, server's choice.

Sunday-Thursday only. Please present this coupon
Not valid with any other offer.

Tantra Asian Fusion

589 East 53rd Street • Davenport, IA • 563.445.8898
Dine in, catering, lunch (express available), carry out
Reservations for Dinner Recommended • Gift Certificates Available

Tantra Asian Fusion

Bring home the flavor

589 East 53rd Street • Davenport, IA • 563.445.8898

Dine in • catering • lunch (express available) • carry out
Reservations for Dinner Recommended • Gift Certificates Available

Gift
Certificates
Available

For an Enjoyable Relaxing Holiday Season!! Give & Receive a Massage

WELCOME to the Quad Cities' Premier
MASSAGE THERAPY FACILITY -

Two Rivers Massage and del Sole Barefoot Spa!!

Owner, Pamela Fisher, and her staff of 10 Licensed Massage Therapists invite you to share the gift of health and relaxation this Holiday Season. **Give** a gift certificate for a massage to your special person and they will experience an awesome massage in a beautiful & peaceful setting.

What a wonderful gift!

Receive a relaxing, restful, and restorative massage. Feel great and spread that feeling to all you come in contact with this holiday season.

Have a Happy, Peaceful Holiday!

from **TWO RIVERS MASSAGE**

del sole
barefoot spa
Luxurious foot massage & treatments

**WE OFFER A VARIETY OF MASSES
DESIGNED SPECIFICALLY FOR YOU**

**Relaxation • Therapeutic • Hot Stone • Pre-Natal • Deep Tissue
Sports • Chair • Manual Lymph Drainage • Facial Massages
Foot Massages • Reflexology • Manicures • Pedicures
Girls Night Out • Couples • Birthdays • Anniversaries**

Our most popular **GIFT CERTIFICATES**

One hour Swedish **\$50**

One hour Couples **\$110**

Delight Foot Spa Package **\$65**

**3 EASY WAYS TO PURCHASE
GIFT CERTIFICATES:**

Available for all services
or in any dollar amount.

They NEVER EXPIRE

CALL 79-RELAX (309.797.3529)

STOP BY our downtown Moline office

ONLINE www.tworiversmassage.com/gifts.shtml



**Two Rivers Massage and
del Sole Barefoot Spa**
are open by appointment
Monday thru Saturday
9am until 8pm.

Appointments may be made
by calling Pam at

**(309) 79-RELAX
(797.3529)**

1411 Sixth Avenue • Moline • www.delsolbarefootspa.com • www.tworiversmassage.com

The Friends of Radish

HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING

Celebrate the holidays with WQPT

FIND YOURSELF A LITTLE holiday cheer

Holidays at Murray State
Monday, December 6 at 9:00pm

Purdue Christmas Show
Monday, December 6 at 10:00pm

Orla Fallon's Celtic Christmas
Thursday, December 9 at 7:00pm

B.E. Taylor Christmas Concert
Sunday, December 12 at 8:00pm

Night Before Christmas Carol
Thursday, December 16 at 7:00pm

Bucknell Candlelight Christmas
Sunday, December 19 at 8:00pm

Family Traditions:
Crane Candlelight Concert
Monday, December 20 at 9:00pm

St. Thomas Christmas
Monday, December 20 at 10:00pm

Christmas Concert from Norway
Thursday, December 23 at 7:00pm

Pictured above: Singer and Harpist Orla Fallon performs with special guests David Archuleta ('08 American Idol runner-up), country sensation Mark Wills & former Celtic Woman Mea.

Thursday, December 9
at 7:00pm.

wqpt.org

WQPT
QUAD CITIES PBS

The Friends
of
Radish
HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING

TRINITY
IOWA HEALTH SYSTEM
A better experience.

8
WOAD

m
METRO

Zimmerman Honda
the BIG Z... an easier way to buy a car!

WQPT
QUAD CITIES PBS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOOKING FOR A GREAT GIFT IDEA?



Purchase a
\$50 gift card
get an additional
\$5 gift card free

The Y offers opportunities for everyone on your list to connect with friends, have fun, get active and achieve a balance of spirit, mind and body.

Share the Y with a friend or family member and get an additional \$5 with every \$50 gift card purchased through December 24, 2010.

quadcitiesymca.org

from the editor



Sarah Gardner speaks with Becke Dawson, owner of SiS International Shop, about a wallet made from plastic bags reclaimed from a landfill in Bangladesh. (Photo by Paul Colletti / Radish)

Lately, I have been thinking a lot about paper cups. I recently came across an artist making furniture out of stacks of them. Her reason? She had learned a paper cup is used on average for 20 minutes before being thrown away.

I know paper cups are meant to be disposable (that's why they are paper), but even so, a 20-minute life span strikes me, too, as breathtakingly short. Leave aside any question of the years to grow the tree it came from and think simply in human terms: How much time was spent sawing down that tree, hauling it out of the forest, milling it into pulp, forming it into a cup, packaging it for transport, shipping it to a store, stocking it on a shelf, ringing it through at the checkout and then bringing it home? All to be tossed in the bin after a scant 20 minutes of use. When you think about it this way, doesn't that seem just a little bit disrespectful, like throwing away the labor of all those people?

Thinking about this of late has made me take a second look at any number of other disposable items we take for granted — dish sponges, drinking straws, envelopes — and wonder if there isn't a better way, an approach to goods that not only uses our natural resources more wisely but also honors all the work it takes to produce something useful.

Specifically, I have been wondering what would happen if, before making a purchase, I stopped and tried to imagine how long it took from scratch to store to get that object in my hand. I could weigh that estimate against how long I think I'll use it. Anything that takes less time to use than it does to make could be given careful consideration. Perhaps a more durable substitute could be found. Anything I could imagine using for about the same amount of time that it took to produce could arguably be viewed as a fair trade. And things that I can use for months if not years longer than they took to make? Well, that would be my new definition of a bargain.

In our eagerness to live in more planet-friendly ways, we sometimes forget human labor is a natural resource as well, one as worthy of our careful use as any forest or fossil fuel. This month in Radish we're happy to bring you our holiday gift guide, which has a focus this year on places that sell items made of recycled materials. Like that chair made out of paper cups, these items are each a chance to extend the life of something that might otherwise be thrown away, which, when you think about it, is a little bit of a gift to the people who made it in the first place.

— Sarah J. Gardner,
editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

Number 12, Volume 6
December 2010

Gerald J. Taylor
PUBLISHER

Joe Payne
MANAGING EDITOR

Sarah J. Gardner
EDITOR
(309) 757-4905
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Terry Wilson
NICHE PUBLICATIONS MANAGER
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for \$19.95 for one year (\$29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. No part of this publication may be reprinted or otherwise reproduced without written permission. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines, visit www.radishmagazine.com.



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

contributors



Chaplain Bob Hansen is an Evangelical Lutheran Church of America pastor who was ordained in 1973. More than half of his career has been as Director of Pastoral Care in major Chicago metropolitan hospitals before coming to Trinity Regional Health System in June of this year. Hansen makes his Radish debut this month with an article on visiting loved ones in the hospital. Find it on page 40.



Also making her Radish debut this month is **Dawn Neuses**, a reporter for The Dispatch and Rock Island Argus newspapers. She earned a B.A. in mass communications/journalism from St. Ambrose University and has spent 14 years writing about people who are working to move the area forward and make the Quad-Cities special. In her free time, she spends time with her family, goes tent camping and reads. Read her story about a yarn graffiti project in downtown Moline on page 26.



Brandy Welvaert returns this month to contribute a recommendation to our round up of cookbooks to give and get this holiday season. Brandy works and writes for Palmer College of Chiropractic in Davenport by day. In her free time, she enjoys cooking and baking, yoga, snuggling with her aging Labrador retriever, Rocko, and spending time with her family. She and her husband, Jeremy, eagerly are anticipating the birth of their first child in March. Find her go-to cooking tome on page 6.



Also contributing a cookbook recommendation in "To give and to get," is dietitian **Jeni Tackett**. Jeni is a registered dietitian who enjoys writing about healthy lifestyle changes. She lives in East Moline, Ill., with her husband, Nathan, son, Noah, daughter, Lily, and dogs Jack and Lola. She enjoys running and walking outdoors. Jeni specializes in counseling clients on heart healthy, weight loss, diabetic and vegetarian diets. You can read more about her views on healthy lifestyles at fitlifespot.com. Find her favorite cookbook on page 6.

Also appearing in Radish this month are contributors **Sarah Ford** ("SiS International," page 10); **Leslie Klipsch** ("To give and to get," page 6); **Lindsay Hocker** ("By the numbers," page 12); **Ann Ring** ("Myofascial release," page 22); **Chris Greene** ("The honey man," page 30); **Ann Scholl Rhinehart** ("Let them shine," page 18); **Laura Anderson** ("Green as a whistle," page 14); **Joe Payne** ("Camping in the cold," page 28); and **Jeff Dick** ("Green car care," page 16).

Short Form • Sword Form • Long Form • Push Hands • Chi-kung • Meditation

T'AI CHI'UAN

meditation

health

relaxation

Beginner Level T'ai Chi Classes

Wednesday, 6–7 p.m.

Institute for Therapeutic Massage, 1730 Wilkes Ave., Davenport
 \$30/month

Saturday, 10–11 a.m.

St. John's Lutheran Church, 4501–7th Ave, Rock Island
 \$30/month

Additional classes held throughout the Quad Cities at sponsoring organizations.



Great River T'ai Chi Ch'uan

Your first class is free! Join our community of t'ai chi players, taught by 38-year practitioner and diploma-certified teacher Scott Caulpetzer.

To register, or for more information, contact
 Scott at **563-322-4002** or scaulpetzer@gmail.com.

General dentistry with a caring touch



Dr. Krista L. Kukarans, D.D.S.

Dr. Kukarans and her staff provide excellence in dentistry with kind and gentle hands.

The unique relaxing atmosphere and caring touch strive to make each dental visit a pleasant experience.

Our approach to dentistry promotes health and wellness. We support and inform our patients so they can make educated, healthy choices.

*I am pleased to now offer **Cast Gold fillings and restorations.**
 They are an excellent, long lasting, healthy choice for patients.*

Gold is a material with a long tradition in dental medicine. The lost-form precision casting technique has been used for more than 100 years. It is an intricate process using a tiny wax pattern, a molding, and molten gold and precious alloys to create the restoration. Cast gold inlays, onlays and partial crowns are considered an exceptional, precise, enduring restoration for posterior teeth.

Today we have many choices in dental filling materials and restorative options. It is important for patients to understand all the numerous differences as **every** material has advantages and disadvantages. For countless years gold has been considered the highest benchmark in restorative dentistry.

Contact my office to learn more about this exceptional choice.

2305 Jersey Ridge Road, Davenport, Iowa • 563.355.0258
Now accepting new patients — Call to learn more about our exceptional dentistry.

the grapevine

Make a date with Radish this month! Radish representatives will be at the following events, where you can watch a short film, swap for holiday gifts or sample tasty vegetarian dishes. You can also pick up back issues of the magazine that you may have missed or want to give as stocking stuffers. We'd love to see you there!

- **Congregation of the Humility of Mary Holiday Movie and Gift Swap**, 6 to 8:30 p.m. Tuesday, Dec. 7, at the Humility of Mary Center, 820 W. Central Park Ave., Davenport. (Read more about this event in the rooting around section on page 34.)

- **Quad-Cities Vegetarian Winter Holiday Potluck**, 5:30 p.m. Sunday, Dec. 12, at Faith United Church, 1630 W. 38th St., Davenport. The event is open to anyone (vegans, ovo/lacto vegetarians, flexitarians or omnivores who eat vegetarian once in a while); attendees are invited to bring a vegetarian dish to share.



This month on RadishMagazine.com: 'The Next Step' for myofascial session

If you are interested in massage, an article on page 22 might just catch your eye. Writer Ann Ring set out to learn more about the technique of myofascial release and, in the process, tried it out for herself. Her first-person account just may make you want to do so, too.

While she was there, we asked Ann to find out what questions one should ask before making an appointment with a myofascial practitioner. Read what her massage therapist suggested — and what the answers tell you about the practitioner you choose — in a special feature available only on RadishMagazine.com.

You'll find "The Next Step" at the end of Ann's article, "Myofascial Release," online.



Next month in Radish

It's our annual Radish Awards issue! This will be our fourth year to hand out the awards, kicking off the new year with 10 inspiring stories of people in our communities doing great things for one another and for the Earth. Has it gotten any harder to find award-worthy individuals and organizations? Hardly! In fact, the only difficult part this year was narrowing the field down to just 10. As one year draws to a close and another begins, isn't it nice to know there are ever more stories to bring you of the hard workers and their ideas to make a difference right where we live?

From our readers

Who's choosing? (Nov. 2010):

"Well, I agreed with you all the way up to the point where you support giving the FDA power to order mandatory recalls. The FDA today is going after small-time producers whose food may or may not show signs of contamination, and even though no one has gotten ill, the FDA is destroying all their merchandise. The last thing food-freedom advocates need is more government intervention. Instead of further empowering a bloated, corrupt agency with more oversight, we need to decentralize our food system and stop subsidizing factory farms."

— *Rady Ananda, editor of Food Freedom, foodfreedom.wordpress.com*

The Elegant Barn (Oct. 2010): "Beth is very talented and we enjoy her events, looking forward to them every spring and fall. She has a designer's eye, and it's nice to see the refurbished items find new homes, mine included!"

— *Anonymous from Stockton, Iowa*

Subscribe to Radish magazine — a gift that gives all year!

Have someone on your gift list who has an interest in farmers' markets, local foods, the environment and healthy living from the ground up?

Why not give the gift of Radish?

A subscription will bring 12 issues right to the recipient's doorstep, full of positive stories, tasty recipes and new things to try for the body, mind and soul.

It's a chance to have a conversation once a month with someone you love that begins, "Did you see in Radish ...?"

Radish is just \$19.95 for one year and \$29.95 for two years. To subscribe and make sure you and your loved ones never miss an issue, send a personal check and the recipients' names and addresses to Radish, 1720 5th Ave., Moline, IL 61265. Or you can call (309) 797-0345 with your credit card information.



healthy living from the ground up

features



6 To give and to get
Radish writers dish on their favorite cookbooks.

8 Becker Lane
'Organic' as a farming method and a life philosophy.

10 SiS International
Fair-trade gifts of every hue and port.

20 Holiday gift guide
Where to find upcycled, recycled and repurposed presents this season.

in every issue

2 from the editor

3 contributors

4 the grapevine

34 rooting around

38 resources

on the cover



Figures from a Vietnamese Nativity scene available at SiS International Shop crafted out of small coils of magazine pages. (Photo by Paul Colletti)

departments

12 health & fitness
By the numbers: YMCA Milers Club members meet their end-of-year goals.

14 good business
Green as a whistle: Service cleans homes and businesses without the harsh chemicals.

16 environment
Green car care: Planet (and pocketbook) friendly maintenance tips.

18 environment
Let them shine: Candles that are better for the home and planet.

22 body, mind & soul
Myofascial release: Say goodbye to your body's restrictions.

24 great places
Mississippi on display: Expanded museum lets visitors connect with Old Man River.

26 community
Graffiti garden grows: Yarn butterflies and flowers turn rusty fence into an art space.

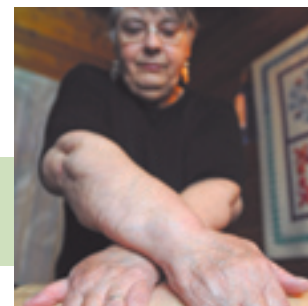
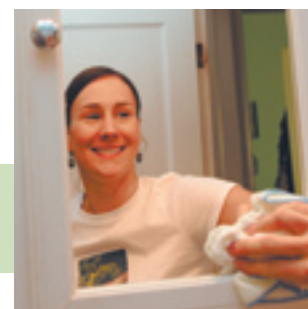
27 health & medicine
Antibacterial overload: Can you disinfect too much?

28 outdoors
Camping in the cold: With the right planning, winter campers can chill out.

30 food
The honey man: A beekeeper hones recipes with honey.

32 health & medicine
Bad-mood foods: How a better diet improved the mental health of one Illinois resident.

40 food for thought
'You are the gift': Giving hospitalized loved ones the present of your presence.



healthy living

To give and to get

Radish writers weigh in on their favorite cookbooks

By Radish staff

A good cook never lacks friends, or so the saying goes. And the good news for those friends is that a good cook rarely turns down the chance to leaf through a new collection of recipes. Have a food lover on your holiday gift list this season? We asked four of our writers to dish on their favorite cookbooks. Here's what they recommend.



'A Homemade Life' by Molly Wizenberg (Simon & Schuster, reprint edition March 2010, 352 pages, \$15 paperback)

As Molly Wizenberg writes in her memoir "A Homemade Life" — a collection of stories and recipes — you can tell a lot about someone by their potato salad. Though potato salad is not a terribly glamorous dish, Wizenberg sensibly realizes that most of us have a go-to recipe in our repertoire. Her recipe called "Burg's Potato Salad" works. So does her French-style yogurt lemon cake, her pickled carrots with garlic and thyme and her chana masala — all superb renditions accompanied by a thoughtful story told in Wizenberg's pensive, pleasant, at times even quirky, voice. Such stories tend to sweeten her wide-ranging recipes. As a devoted reader of Wizenberg's food blog Orangette.blogspot.com, I eagerly anticipated the publication of this book and am delighted by the outcome. "A Homemade Life" is a unique cookbook in which a reader is just as likely to annotate a lovely bit of prose as to make a note within a recipe.

This cookbook is good if you like: A food-centered essay that extends seamlessly into a terrific recipe.

My can't-live-without recipe: The Winning of Hearts and Minds Cake. The triumphant name says it all. I make it a point to serve this creamy chocolate cake monthly (at least).

If Wizenberg came over for dinner I would: Put on some butternut soup with pear, cider and vanilla bean, offer a toast and then beg for more stories of Brandon, Burg, her enigmatic French host mother and all of the other characters of her life.

— Leslie Klipsch



Photo by Paul Colletti / Radish



'The New Moosewood Cookbook'

by Mollie Katzen (Ten Speed Press, revised edition February 2000, 234 pages, \$19.99 paperback)

We live in an Internet world and finding a new recipe just takes a few clicks. But there is something comforting about cooking from a well-loved cookbook that has notes in the margins and stains on the pages. "The New Moosewood Cookbook" by Mollie Katzen is easy to identify as the favorite in my cupboard: its cover shows the most wear and the pages readily fall open to my favorite recipe. As a dietitian, I preach the importance of a plant-based diet. But we live in a meat-eating country where beef is what's for dinner. What in the world does a plant-based diet even mean? Katzen can show you the way. Not all of her cookbooks are vegetarian, but each recipe is plant based with a variety of colorful vegetables, hearty whole grains, legumes, nuts and fruits. If you wonder what a vegetarian eats, take a look through "The New Moosewood Cookbook," and you will get a good idea. The meals are hearty and made from wholesome foods.

This cookbook is good if you like: Real foods rather than foods out of cans and boxes.

My can't-live-without recipe: Gado Gado. Not only is it fun to say, it's beautiful to look at and delicious to eat. The meal includes a rainbow of vegetables topped with a tasty peanut sauce that is easy to prepare and hard to resist.

If Katzen came over for dinner I would: Open a bottle of wine and tap her brain.

— Jeni Tackett



'Joy of Cooking' by Irma S. Rombauer and Marion Rombauer Becker (Scribner, anniversary edition October 2006, 1,152 pages, \$35 hardcover)

The one cookbook that stays on my kitchen counter — not on a shelf with the others — is “Joy of Cooking.” Trust me, it’s great. But since I’m a cook with more zeal than savvy, you may want to take it on higher authority. Julia Child called it “the one book of all cookbooks that I would have on my shelf — if I could have but one.”

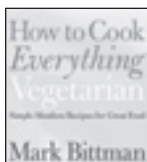
Sure, you can find more important-looking — and much pricier — cookbooks that claim to be all-encompassing kitchen guides. “Joy” has no fancy cover or glossy photos, but instead uses line drawings as illustrations. Yet this unassuming guide contains more than 4,500 recipes and explains how to do just about everything — from egg techniques to curing meats. To top it off, the word “joy” is in the title, giving away the Rombauer family’s reason for creating this book in 1931 and continuing to improve it over the years. They firmly believe, as I do, that cooking truly can be joyful.

This cookbook is good if you like: A single book that tells you how to cook just about everything.

My can’t-live-without recipe: This time of year, it’s the Spiced Nuts.

If Rombauer came over for dinner I would: Probably be too intimidated to cook and instead suggest dining out!

— Brandy Welvaert



'How to Cook Everything Vegetarian' by Mark Bittman (Wiley, first edition October 2007, 1,008 pages, \$35 hardcover)

A small disclaimer to start: If you are reading this and you are, in fact, my husband, nothing here is going to come as news, so it’s alright to skip ahead. OK? Good. Because this is what I have to say — I love Mark Bittman. LOVE him. I love the way he writes about food, adventurous yet accessible; I love the variations he adds at the end of each recipe; I love that his cookbook is organized alphabetically by vegetable (very handy when the CSA cooler turns up with kohlrabi in it), and I love that it includes discussions of essential kitchen equipment as well as recipes for non-vegetable staples like waffles and ice cream. Sixteen kinds of ice cream. And, OK, I particularly love the entry in the index that reads, simply, “Cakes: Apple, boozy.” This is a vegetarian cookbook for those of us who are not vegetarians, full of recipes that are in there because they are delicious and not because someone believes quinoa is the right thing to do. Without exaggeration, “How to Cook Everything Vegetarian” is my go-to cookbook any given day. Reading it, I just know in my heart Bittman and I could make beautiful ratatouille together.

This cookbook is good if you like: An author who treats you like you know what you are doing but gives you easy recipes anyway.

My can’t-live-without recipe: Tomato Cobbler with Herb Topping

If Bittman came over for dinner I would: Ask him what he knows about food processors that I don’t.

— Sarah J. Gardner

To sample some of the favorite recipes mentioned here, turn to Resources, page 38.



BEHNKE POULTRY

Turkeys • Chickens • Ducks • Geese
Eggs • Local & Farm-Raised

Come visit our farm in Long Grove, Iowa or find us at the Davenport Freight House Farmers Market

Please contact us by phone at (563) 285-7844
or go to our website to place your order.

Poultry may be picked up at our farm in Long Grove year-round. Please note that poultry will be vacuum packed and frozen fresh.

Why buy Local farm raised poultry and eggs?

- **Taste!** Farm raised poultry is fresher and better tasting than grocery store poultry and eggs.
- **It's better for you!** Our birds are fed all natural feeds with nothing added. Farm raised poultry is 100% natural!
- **It's better for the birds!** Our birds are raised on range with room to roam, never caged. They get exercise and get to add variety to their diet by foraging for tasty bugs and weeds. This results in stronger, healthier, hardier, and happier birds!
- **It's better for the environment!** Buying locally produced food reduces wasteful transportation. Also, livestock waste and by-products are composted and returned to the earth.
- **It promotes biodiversity.** Small farms are able to raise heirloom breeds of livestock.

Thank you!

www.behnkepoultry.com • 563-285-7844



Donita Grebner, LMT

*Caring Hands
Therapeutic Massage
relax + heal*

“Offering professional Swedish Therapeutic Massage, Craniosacral, Lymphatic, and Reiki, my passion is to help my clients understand their bodies, pay attention to the discomforts they may be having and promote healthy living.”

*Offering a 20% discount to
our service men and women
with proof of enlistment
or service*



Gift Certificates Available

819 E. 39th St., Davenport
Call for an appointment ~ 563-210-7198
www.donitascaringhands.com

healthy living

Becker Lane

'Organic' as a farming method and a philosophy

By Sarah J. Gardner

Since 1997, Becker Lane Organic Farm outside of Dyersville, Iowa, has been selling certified organic crops, which it describes as “good for nature, good for animal welfare, good for the economy and ultimately better tasting and safe to eat.” The farm specializes in organic pork, which is sold directly to restaurants, and is working toward a goal of growing all the organic feed it needs on site (they are about halfway there). Radish wanted to know more about the guiding principles of the farm and the practices it has embraced. So we e-mailed Jude Becker, who gave us plenty of food for thought.

Radish: Could you describe what it was like growing up on your farm, which has been in your family since 1850?

Jude Becker: The years of my childhood here were a tapestry of unique activities that I now realize many children were without. My grandparents and some extended family kept coming back to the farm for the manifestation of Iowa seasonal activities: Easter, mushroom hunting parties in May, Fourth of July picnics accompanied by picking raspberries and devouring the pies my grandmother made with them. Everything was wrapped around food and the making of it, and of course the weather. That is Iowa when it comes right down to it. Of course, all of that was against a bleak backdrop of the

farm crisis, declining family farms, et cetera. It made me acutely aware of a more sober and pressing problem that threatened these family traditions.

R: Do you think having inherited a multi-generational farm inspires a particular sense of stewardship? How would you describe your relationship to the land you have inherited?

JB: Every act is carried out not just in the present but also in the past and future. For example, why are we fixing this fence? Because it was here for 50 years and needs repair, because about 50 years ago my grandfather thought to put it here because of his livestock system. Why did he think that? Was his decision right? Time tells you these kind of things. It influences your own presence on the land and reminds you that your decisions will be felt long into the future. It is humbling and grounding.

R: There seems to be a deep sense of the history — and not just personal history — behind Becker Lane Organic Farm. Your website talks about ancient and modern methods for keeping swine, how Midwestern pig production took shape in the 19th and 20th centuries. Does it help, as a farmer, to have a historical perspective?

JB: Again, to make proper decisions about farming and a life in general that are being carried out outside the realm of modern industrial framework, you



Submitted

need to have a long and informed view of the past. I have always been a student of history.

R: One of the hurdles faced by organic and other niche pig producers is the traditional fear of birthing pigs in winter. Can you explain the basis for this fear and how your use of winter farrowing huts allows you to overcome this challenge?

JB: The basis for this fear is due to cold weather. Therefore, producers have had various versions of indoor stables constructed that often don't provide the proper air climate and harbor disease. The huts allow pigs to live outdoors in the best and most natural air climate year-round.

R: How did you learn about winter farrowing huts, and what kind of technology is involved in them?

JB: Whilst traveling in Denmark, I saw these houses for sows that were used year-round. I was impressed. They are simply steel huts with insulation between two layers of steel, very well built and with a vent in the back for allowing air flow in summer, and a door for locking sows in during winter. I buy them premade from a factory in England that can be found at pigequipment.co.uk.

R: You have received some significant attention and praise for your production methods from cultural observers like Michael Pollan and Oprah Winfrey, but what I really want to know is what your parents had to say when you took over the family farm and started changing how it was run.

JB: They were supportive but naturally skeptical. Iowa is a place where your actions are governed by a communal sense of desired and projected puritanical poverty. I mean the community will seek to help you if you are viewed as someone who needs bolstering or a helping hand, but if you do something different that threatens that established system of farming, it will seek to destroy you. One should never project a position of higher social position in Iowa farm country. Some people in Iowa think that someone like me talking about the right way to eat and farm is doing that. Any good Iowa parent understands this on at least a subconscious level and wants to shelter their children from that kind of scrutiny.

R: In the vision statement for Becker Lane Organic Farm you write, "We believe in family farms defined as farms that would be fundamentally changed if their owner families lived elsewhere or didn't participate in the farming activities, and conversely the families would be fundamentally different if they didn't live on the farm ..." When you think about it, this is very different from industrial methods which, by definition, require one "unit" (whether farmer or farm) to be interchangeable with any other. How do you think you would be different if you were not a farmer on this particular farm?

JB: I often wonder what my life would be like. I certainly would have less wisdom and not as many interesting experiences. I think it would be a lot easier. I might be more joyful in general. I am not sure, though, that those are good things. Perhaps this adventure, as trying as it is, is what I'm meant to do. Ask me this in 50 years.

Jude Becker represents the sixth generation to farm his land in Dubuque County, Iowa. For more information about the history of this farm, as well a description of his farming methods, visit beckerlaneorganic.com.

WE HAVE A VARIETY OF HEALTHY LOCAL FOOD CHOICES!

Now Serving
a Daily Breakfast
Special Mon-Sat
at 7:30am.

Reason's Prairie Creek Market & Deli

Our deli offers fresh, made-to-order sub sandwiches, soup of the day, salads, pie, cookies, etc., along with a large meat case filled with items made at the locker.

Eat in
or
carry out!

Catering Available: we can deliver to large or small parties, or have food prepared to be picked up by the customer.

Call in
orders
welcome

20807 183rd Ave. W. Buffalo Prairie, IL • 309-537-9122

Located on the West side of Town on the County Line In Buffalo Prairie, IL

>>> Look for Signs! <<<

Open 7 Days A Week! M-F 7:30am-6pm / Sat. 7:30am-4pm / Sun. 11am-4pm

LOCAL MEATS • Elk Products • Pork Products • Ham

CHEMICAL-FREE BEEF

**Locally Raised
Hormone Free
Antibiotic Free**

BUFFALO MEAT High Protein,
Low Fat, Low in Cholesterol
and Calories.

Try our homemade **Buffalo Hot Dogs**
Only 8 grams of fat and extra lean
Brats! Locally Raised & State Inspected.

**GREAT SELECTION
of Seafood!**

**100% Natural
Montmorency Tart Cherry
Juice Concentrate**
32 Oz. Cherry Concentrate

WE SHIP DIRECT

Order Your Holiday Homemade PIES \$21.07



order online at www.reasonsprairiepride.com

Reason's Locker Service

Buffalo Prairie, IL • 309-537-3424 or 1-800-772-4740

• Design & Construction Integrity • Locally Owned & Locally Built



Our Homes Feature:

- Modular Construction, factory built in Cambridge, IL
- Ranch, Two Story, Cape Cod
- Energy Efficient Construction
- Individual Color & Option Selections

Now more than ever

**Trust and
Quality**

are critical in your
home building decisions.

**Call us before you
make a decision!**

**Visit our
model homes
in Cambridge, IL
Daily 9 AM-4 PM**

CSI Homes

CSI Homes, a division of CSI Manufacturing

P.O. Box 138, Cambridge, IL 61238

Call us TOLL FREE 866-937-5544

www.csihomesonline.com

healthy living

SiS International

Fair-trade shop showcases gifts made of recycled goods

By Sarah Ford

Close your eyes for a moment and imagine something made by hand out of recycled materials. What comes to mind? Chances are good it is an old school project: a bird feeder made out of a 2-liter soda bottle, perhaps, or a soup can transformed into a candle holder through a series of decorative hole punches. Fortunately, for those looking to go green this holiday season, gifts made from recycled materials have come a long way from the second-grade art room. There is a whole world of them — literally — available at stores like SiS International Shop in Davenport.

SiS International is a fair-trade store located at 1605 N. Harrison St. in the Hilltop Campus Village. If you wish to see “the world in gifts” and purchase some uniquely recycled items, SiS International is the store to explore. Glass, paper, wires, tires, metal, candy wrappers and soda cans — the array of materials crafted

into works of art available at the shop is truly impressive. The end results are good for the planet, and they benefit the artisans (many of them women and children) who make them, too.

Every product at SiS International is handcrafted and unique. The initiatives that produce them seek to overcome poverty, educate children, provide health care and build up communities, so the money you spend is a form of investment for peace and prosperity in developing nations. Fair-trade artisans are paid a fair wage, are provided safe working conditions and become caretakers for the environment by reusing the abundant waste that prosperous nations send their way.

SiS International has a wide selection of certified fair-trade gifts. The shop is lovingly tended to by proprietress Becke Dawson (pictured below), who asked herself, “What can one person do?” after seeing impoverished women chipping rocks for gravel roads in India. She decided to open her shop to provide a market for goods they, and others like them, might make. Dawson chooses to emphasize

Whimsical recycled mosquito can Santa and angel figures from Mali. These figures are reminders of the malaria epidemic, but also of the necessity of using available resources to benefit working families in Africa.



Magazine pages, each delicately rolled and strung with a mixture of beads, to become beautiful pieces of Chilean jewelry. Purchasing the earrings, pendants, necklaces or bracelets improves the standard of living for disadvantaged craftspeople.



Discarded plastic bags upcycled into yoga mats and finely crafted wallets from India. The “plague of plastic bag waste” is channeled into fashionable products, creating jobs and addressing the environmental overload of the bag that won't go away.

Aluminum can pop-top purses and shimmering recycled candy wrapper bags from Mexico, bursting with colors and texture. A purchase will help impoverished women improve the quality of lives in their communities.



the story behind the fair-trade products, as she sees value in knowing the origins of your purchase and how your money helps others. Most items come with an information card, so the buyer will know the artisans behind the items and the impact of the purchase.

“It’s the perfect way to feel good about your purchase — knowing that you’re giving a gift that has far-reaching benefits. You’re making someone happy here and helping untold people out there. It makes such a difference,” Dawson says, adding that the artisans are not looking for handouts, just a market for their goods.

Forty-seven developing nations are represented so far at SiS International. Dawson notes how the products are always fun and new, despite coming from countries with dire circumstances and “without much color.” Looking around the store, her point is solid. There’s almost too much to take in with one visit, which is why Dawson recommends a follow-up visit or two. Dawson laughs as she notes that the products “burst with colors and patterns and light. The soul needs that. The artisans have a great sense of humor.”

Among the many items for sale, SiS International is brimming with uniquely handcrafted recycled, upcycled and environmentally friendly holiday gifts for your family and friends (and probably some for you — it’s hard to resist!). Each is a refreshing alternative to products that have often been extracted, manufactured, and sold at the expense of cheap labor. Ultimately, a fair trade gift is a statement in global solidarity.

Learn more about some of the festive goods available at SiS International — and how you can contribute an item for Ugandan artisans to recycle — below.



Becke's pet project, Angels Against Crime, offers pop-can angel ornaments crafted by Zulu teenagers orphaned by AIDS. The proceeds support their education, training and self-sufficiency in the global market.

Photos by Paul Colletti / Radish

Banana fiber ornaments from Kenya, where crafters use all the parts of the plant to create depictions of village life. Also from Kenya are paper jewelry creations, with proceeds reinvested into the community.

If you are interested in participating in the cycle of reuse and empowerment in more than one way, Dawson also is urging those of us with flip-flop singles, or deteriorating doubles, to bring them in to the shop, where she will donate them to Uganda to be made into jewelry.

Have back pain, neck pain or headaches?

Ninety percent of Americans suffer from these painful and limiting conditions. The team of experienced doctors at the Palmer Chiropractic Clinics can provide relief.

Make an appointment today and start living your life with fewer limitations.



Davenport Clinic
(563) 884-5801

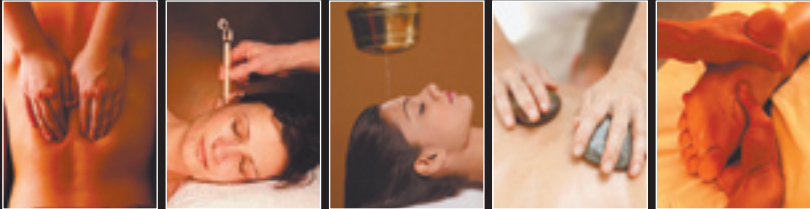
Moline Clinic
(309) 764-4901



PALMER
Chiropractic Clinics

www.palmerclinics.com

The Trusted Leader in Chiropractic Education




John Taylor

Salon and Day Spa
Offering Alternatives for Maintaining your Health

309.786.7090
4108 Blackhawk Rd.
Rock Valley Plaza, Rock Island
johntaylordayspa.com

309.756.4696
777 Jumer Drive
Jumers Casino, Rock Island
jumerscri.com

- Massage
- Ear Candling
- Shirodhara
- Hot Stone
- Reflexology
- Steamy Wonder
- Sea Detox Wraps
- Sinus Massage

health & fitness

By the numbers

YMCA Milers Club members meet their end-of-year goals

By Lindsay Hocker

Milers Club membership requires a serious commitment to fitness: swimming at least 50 miles, running 500, or biking 1,000 in a year.

The first year he joined the Scott County Family Y club, Andrew Harris completed all three of its categories. Andrew and his wife, Amy, who live in Long Grove, Iowa, are two of 14 participants in this year's club.

"I was just looking for a challenge. I like to run, so it gives me an excuse to rest from running and make sure I'm doing some other activities," Andrew says of becoming involved four years ago.

Both he and Amy say being a part of the club has served as great motivation for them to keep exercising and is a good way to prepare for a marathon.

The pair ran in one this year, and Andrew did the Pigman Half Ironman Triathlon in 2009.

Mark Underwood, health and wellness director of the Davenport YMCAs, which are branches of the Scott County Family Y, says the Milers Club was launched in January 2005. He describes it as a self-motivation tool for people and a club that allows people to complete miles at their own pace.

"It's just really designed to encourage healthy habits," Underwood says.

Underwood says there was already a similar program at another YMCA with the same name when the Scott County Family Y launched its Milers Club.

"From what I've heard, many of the individuals that join the club every year continue to do so to stay inspired to exercise," Underwood says.

He says the club uses the "honor system"

— meaning participants are in charge of keeping track of their own miles. Every member who completes at least one of the categories gets a T-shirt, which Amy says is a fun perk.

This is Amy's third year to participate. She works part time for the Y doing child care, and used to do wellness coaching there. She says she decided to join the Milers Club for two reasons — because she worked there, and because Andrew encouraged her.

Amy says she wasn't certain she would be able to run the 500 miles when she signed up, but realized fairly early in the calendar year she would reach the target number as the miles quickly added up. By the middle of summer, she had logged 500 miles.

"I got my 500 really early on because I was training for a marathon," she says.

Amy says Andrew was a great motivator and really proud of her for reaching her goal even though she was never a runner before. Andrew says he definitely knew she could do it, "she just needed some encouragement."

When Amy tallied her miles for this year in mid-October, she had completed over 500 miles. At that time, Andrew had run about 800 miles, and was at 35 for swimming — 15 short of the goal amount. He says he will definitely complete the swimming requirement, but won't bicycle 1,000 miles.

Every year, he's completed at least two categories. He says he knew his first year participating, when he did all three, would be challenging. Andrew says logging his swimming miles that year "went all the way up to Dec. 30."

Amy and Andrew both recommend that anyone interested in the joining the club give it a try. Amy says it's a "great, fantastic feeling" to achieve a goal, and even if someone isn't able to reach one of target amounts, she says it's worth trying.

For more information, call (563) 386-4414 ext. 408 or e-mail munderwood@scottcountyyfamilyy.org.



Andrew and Amy Harris log some miles for the Y 'Milers Club.' (Photo by Paul Colletti / Radish)

So Many Holidays!!
**Why Not Give A Gift
 Of Health!**

Ancient Wisdom Acupuncture
 Clinic has gift certificates for
 acupuncture, herbs, and their
 own special tea blends.

Call today!



Ancient Wisdom Acupuncture

Call (563)332-1891

2395 Tech Drive, Suite 7, Bettendorf, Iowa

**Upcoming Winter/Spring Classes
 Something for Everyone**



Shedd Aquarium Trip
 Build Fairy Houses
 Genealogy
 Lifeguarding
 Girlfriend Get Away Galena Spa
 Scrapbook Nights
 Dad Daughter Dance
 "Winter Art" Photo Contest
 Yoga
 Health & Fitness
 Youth Sports

Call 309-524-2424 for information



MOLINE PARKS & RECREATION

Call **309-524-2424** to register

www.moline.il.us

**AMERICAN GEM SOCIETY®
 A CUT ABOVE
 THE REST.**

What makes members of the American Gem
 Society® so special? For starters, only 5% of all
 jewelers, designers, and appraisers have met the
 American Gem society standards.

In addition to satisfying the exacting criteria for
 membership, including annual recertification,
 American Gem Society members have shown a
 proven commitment to the community and the
 highest standards of ethical practice.



**A M E R I C A N G E M
 S O C I E T Y®**

Consumer Protection Since 1934®



JEWELERS

*1913 E. Locust St., Davenport, IA
 563-326-1509*

Tues.-Fri. 9 to 5 • Sat. 9 to 2 • Closed Sun. & Mon.

good business

Green as a whistle

Service cleans homes without the harsh chemicals

By Laura Anderson

When Stephanie Taylor first started cleaning commercial and residential properties, chemicals in the cleaning products would leave her feeling sick to her stomach.

"I would feel weird," says Taylor, owner of Quad Cities Cleaning Services, a commercial and residential cleaning service that uses eco-friendly and organic cleaners nearly 100 percent of the time.

She says when she got her start, she would clean with whatever the particular company had in its janitor's closet.

At the time, cleaning was her second job. She also worked full time at a health-food store in the Quad-Cities area. Using her store discount, she was able to get her hands on some eco-friendly and organic cleaners.

From then on, she says, she would either leave the cleaners at the places she was cleaning or carry them in a caddy.

"I wouldn't have those side effects," she says. That's when she decided to use the alternative cleaning products on a regular basis.

Now, she says, she really tries to push eco-friendly products in her cleaning, using the basic vinegar and water mixture to clean along with a number of eco-friendly and organic brands of cleaners.

In only a few instances does she need to use cleaners with harsh chemicals, she says, like on hard-to-clean glass shower doors. She's working toward using 100

percent eco-friendly or organic products. "We're almost there," she says.

Not only are the eco-friendly cleaners healthier for her as she's using them, they're healthier for the people she cleans for, she says. "People in their homes are very cautious about their animals, kids and babies," she says, adding that with the types of cleaners she uses, clients don't have to worry about a child picking up something off the ground that is covered in chemicals.

"There's less concern," she says.

In addition, Taylor says there tends to be a link

between a good, clean atmosphere and mental and emotional well-being.

Taylor says the majority of the time when people hire cleaning services for their homes it's because they want to enjoy their time off work. They want to spend time with their families without thinking about sweeping the floor or getting rid of all of the cat hair.

"That's where we come into play," she says. "Everyone loves to walk in the door to wind down and just smell the cleanliness. It gives them a piece of mind," she says, envisioning a person coming home after a long day at work for whom the good smelling house means, "I don't have to lift a finger, I can just sit down."

She says a number of the cleaners she uses also are equipped with essential oils, long known for mental and emotional healing powers. She says customers can walk into a room and think, "Ah, lavender," or, "Ah, lemon oil."

"How many people breathe in and say, 'Mmm, bleach?'" she asks.

She says Quad Cities Cleaning Service comes in and gets the job done so you don't have to, and at the same time, "uses something safe for your environment (that's) very therapeutic smelling."

"Cleaning, to me, is therapeutic and spiritual, in a sense," she says. It's "starting anew, like a rebirth of a cycle."

"It's really nice to provide that for other people."

Quad Cities Cleaning Service provides free estimates of the cost to clean a home or business. For more information, visit quadcitiescleaning.com or call (309) 786-7553.



Quad Cities Cleaning Service owner Stephanie Taylor and manager Jennifer Taets. (Photo by Stephanie Makosky / Radish)

ORGANIC SKIN CARE

exclusively at Turning Leaf Massage



Éminence addresses a variety of skin concerns such as premature aging, sun damage, acne, loss of vitality, tone and radiance. The cures come from nature with ingredients that are good enough to eat. Let the aromas treat your senses and the ingredients impart health and beauty to your skin.

Call for your Éminence experience today & mention this ad for \$10.00 off first visit.



Turning Leaf Massage

309-757-1111

1531 19th Avenue, Moline IL
turningleafmassage.net



Winter is Warmer at Liberty Village

- Elegant Retirement Apartments
- Month-to-Month Rentals • Utilities Included
- Assisted Living Services Available

Choose Your Apartment Today!

Welcome Home to

Liberty Village
of Geneseo

R4, AC6

920 S. Chicago
Geneseo

Phone
309-944-0460

www.libertyvillageofgeneseo.com

Where every day feels like a Holiday!

- Meats and poultry • Eggs • Fresh produce: • greens
- pumpkins • root veggies • squash • hot house tomatoes
- Delicious baked goods • Cheeses and ice cream
- Pastas • Amazingly unique condiments • Pickled items
- Honeys and preserves • Candies and other sweet treats
- Coffees and teas (most are fair trade) • Wines
- Quality hand-crafted items for that one of a kind gift

Santa will be at Market on December the 18th!

And we will be holding a special
HOLIDAY MARKET SUNDAY, December 5
from Noon-4:00pm in conjunction with the
Union Station Open House.

We have doubled the number of vendors this winter for even more shopping options and added a lovely seating area for enjoying a cup of coffee or having a bite to eat!



Support local farms and the local economy by shopping at the
Davenport Freight House Farmer's Market!

FREIGHT HOUSE FARMER'S MARKET

Tuesdays 3pm to 6pm
Saturdays 8am to 1pm

Open Year Round

421 W. River Dr.
Downtown Davenport, IA
— Along the Scenic Mississippi River —

www.freighthousefarmersmarket.com

environment

Green car care

Planet (and pocketbook) friendly maintenance tips

By Jeff Dick

Drivers don't have to own a hybrid to contribute to a better environment. Just taking proper care of gasoline/ethanol-powered vehicles can make a cumulative difference. Such incremental improvements begin with changing engine oil according to owner's manual guidelines, which are typically less stringent than recommendations made by service providers.

The title of a recent New York Times article, "The 3,000-Mile Oil Change is Pretty Much History," sums up the general consensus. Most vehicles made in the last seven or eight years are built to go 7,500 miles between oil changes. Some car manufacturers even recommend going up to 10,000 miles. More frequent changes are a waste of oil, most of which is imported.

Conditions of use — not strictly mileage — determine oil-change requirements. So-called "severe driving conditions," such as stop-and-go driving (especially in cold weather), short distance trips, excessive idling, extreme temperatures, and/or dusty conditions, justify changing oil every 5,000 miles or so. Regardless of mileage, oil should be changed annually.

The reasons for increased oil longevity? Improved engine design and oil formulations, including the introduction of synthetics and blends. The days of single-grade, non-detergent oil upon which the 3,000-mile recommendation was largely based are pretty much gone.

California drivers alone generate about 153.5 million gallons of waste oil every year.



iStockphoto

According to one study, California drivers alone generate about 153.5 million gallons of waste oil every year, more than half of which is recycled. Used motor oil poses more of an environmental risk than other automotive fluids because it contains heavy metals and toxic chemicals.

Besides oil changes, another maintenance consideration with potential environmental impact involves tire replacement. When replacing worn-out rubber, consider getting the low-rolling resistance (LRR) variety. Tire design affects fuel economy, with about 5 percent to 15 percent of fuel burned by a typical vehicle going toward overcoming rolling resistance. A 25 percent reduction in rolling resistance provides up to 5 percent higher gas mileage.

In its July issue, Consumer Reports wrote that the latest "fuel-efficient tires not only save gas but are also good all-around performers." The magazine reviewed several LRR models, concluding that the Michelin Energy Saver A/S was "exceptional ... it not only had the lowest rolling resistance of any all-season tire tested but also scored 'Very Good' in dry and wet braking." Because the Michelins were among the priciest ones tested, drivers will still have to log many miles to see projected savings from lowered fuel costs.

Of course, proper tire inflation is key to maximizing efficiency and longevity. Having only 28 pounds per square inch of pressure in a tire versus 35 psi increases rolling resistance by 12 percent.

Instead of regular compressed air, more tire sellers are recommending filling tires with nitrogen, which is preferred by race-car drivers because it reduces moisture build-up and slows the rate of pressure loss. Whether the slight benefits outweigh the added cost is a matter of debate.

Driving green also involves keeping a clean vehicle interior using environmentally friendly products instead of harsh chemicals that leave behind the much-coveted "new car smell," which is actually caused by toxic materials.

Products such as the Eco Touch line offer soy- and coconut-based cleaners instead of those with formaldehyde, phthalates and other potentially harmful ingredients. Changing the cabin air filter on a regular basis helps keep contaminants from reaching the interior in the first place.

Finally, consider a dealer or other automotive service provider that puts a premium on environmentally friendly practices. While most operations recycle batteries, tires, oil and oil filters, as well as other used car parts, some have incorporated recycling into their own businesses.

For instance, multiple-car dealership owner Jill Green's nine facilities in the Quad-Cities and surrounding area have installed, or are in the process of installing, oil-burning heating systems.

"We're always looking for new technologies that can benefit us in a cost scheme but also benefit the environment," says Eric Dresing, general manager at Green GMC Buick in Davenport.

Scott and Rock Island County residents
can dispose of paints, pesticides,
cleaners, automotive products and other
toxic materials **FREE OF CHARGE**
through our Household Hazardous
Material Program.

Now you can **MAKE YOUR
APPOINTMENT ONLINE,**
anytime!



**Waste
Commission**
of Scott County



Visit www.wastecom.com

CENTER ON SUSTAINABLE COMMUNITIES



Join COSC - Reason #1

People spend 90% of their time indoors
where air quality is 2 to 5 times more polluted than
outdoors, according to the EPA. What better way to make a positive
influence on quality of life than providing education and resources
for healthier, environmentally-sound, energy efficient and durable
built environments? COSC is leading this charge!

WWW.ICOSC.COM | 515-277-6222 | INFO@ICOSC.COM

Beauty,
Rest &
Relaxation ...
NATURALLY!

Pure, plant
based skin
nourishment

...because Mother Nature
knows best.™

Experience **ALCHEMILLA** ~

"Nature's Prescription for
Truly Radiant Skin"

Nicole Hagen, L.E.
@ Hagen Chiropractic Clinic

We look forward to
scheduling your appointment!

563.449.8153



ALCHEMILLA
ULTRA-PURE SKIN CARE
Pure Beauty from Pure Skin Care™

THE ECCLESIA OF I AM

Presently meeting at: 2670 River Bend Rd., Bettendorf, IA
Sunday Services at 9:50 AM & 6:00 PM
thinkingrich@aol.com

THE OUTCOME

*The completion of the Creative Process is found in
the declaration "The tabernacle of God is with men",
Revelation 21:3.*

environment

Let them shine

Candles that are better for the home and planet

By Ann Scholl Rinehart

Candles. Just the word alone conjures up good feelings. Birthday cakes. Relaxing baths. Dinners for two.

It's unlikely we're thinking about increasing carbon dioxide levels in the atmosphere or creating unhealthy soot that coats our walls, furniture and lungs. And yet that's exactly what happens when we burn candles made from paraffin, a petroleum-based product. Thankfully, though, alternatives exist.

Mike Richards of Cedar Rapids, Iowa, is the inventor of soybean wax, which is used to make soy candles. When he first began working on his invention in 1990, Richards and his wife, Lynette, were operating a business out of their New York City apartment, supplying beeswax candles to the Body Shop, a national chain of stores. Richards wanted to create a cheaper alternative to beeswax, which was about eight to 10 times more expensive than paraffin.

"A candle probably produces more hours of enjoyment for less money than anything you can get in the marketplace," Richards says. "I can honestly say I made a contribution (to society)." Still, while he is gratified by his accomplishment, he is also committed to creating "a truly sustainable product."

Shelby Humbles Jr., owner of Light of the Heartland soy candles in Cedar Rapids, learned how to make soy candles from Richards. "I thought it was relaxing," says Humbles, 60, of making candles. He started his soy candle business in January 2006 after taking early retirement from his job as an account manager with IBM.

Humbles likes that soy candles burn cleaner and longer than their paraffin counterparts. If burned properly, soy candles are less expensive than paraffin, he maintains. Consumers, he says, are much more aware of the benefits of soy candles than when he first started his business.

"We're more concerned about our environment today," he says. "I'm happy to see that people are shifting to more natural products."

Humbles also likes that he is using a crop grown in his home state of Iowa to make his candles. "I feel like I'm making a contribution to our state," he says. "I haven't met a soybean farmer yet who doesn't say, 'Thank you for what you're doing.'"

Angela Sands, 40, owner of Luminology at Davenport's Bucktown Center for the Arts, has been making soy candles for about a year. She was craving both an artistic outlet and an "appealing, affordable and artisan" product to bring to the marketplace.

"I like that soy candles are made from soybeans, which is a renewable resource as well as vegetarian and vegan friendly," Sands says of her business. "My soy candles are made from 100 percent soy coming from farmers right here in the Midwest. I also like the appearance of

the soy wax. I don't use dye in my candles because the natural ivory color of the wax is very beautiful."

Sands has received an "enthusiastic response" to her candles. "People appreciate the clean, modern design and the use of natural materials, like the soy wax, wooden wicks and porcelain vessel," she says. "They also love that the vessel is refillable and reusable so there is no waste. That said, the fragrances get the most 'oohs' and 'aahs.' They're really fabulous!"

Phil Crandall, 50, of Crandall Farms in Coal Valley, Ill., makes beeswax candles along with his daughter, Megan. "They are natural and smell great," says Crandall. "They are naturally scented by the honey and nectar of flowers the bees used to make it."

Other benefits he notes: Like soy wax candles, beeswax candles burn cleaner and longer than paraffin. They also don't drip as much, Crandall adds.

How do they compare to soy? Crandall says he doesn't have much of an opinion on that "other than it takes processing to get soy for candles. All I do with beeswax is melt it and run it through a strainer."

For web links to the businesses in this story, visit radishmagazine.com



A trio of soy candles from Luminology. (Photo by Small Wonders Photography)



Holiday
Farmers Market
Saturday, December 11th
 8a.m. to 1p.m.
 at the Robert A. Lee
 Community Recreation Center
 220 S. Gilbert Street, Iowa City

Shop the Farmers Market for your Holiday Menu and for Handmade Gift Items.

Holiday Menu Items: local fresh produce, poultry, baked goods, spices, sauces, candy, coffee, jams and jellies.

Holiday Gifts: candles, pet treats and toys, jewelry, greeting cards, wood crafts, and embroidered and tie-dyed clothing, blankets and rugs.

Admission is free to the special event.

For further details, call the
 Iowa City Parks & Recreation Department
 at (319) 356-5100



Stay Healthy this Winter!

Heritage Natural Foods has vitamins and supplements to help protect you and your family

Black Elderberry

Supports a healthy immune response*

Black Elderberry Available in syrup and capsules.

Black Elderberry Syrup ON SALE NOW!!!

Black Elderberry activates a healthy immune response when you most need it. Black Elderberry is unique in providing both antioxidant and immune protection, due to its natural concentration of Anthocyanins and other Flavonoid.

- Black Elderberry now comes in delicious, natural, and highly-concentrated syrup.
- Made from Organic European Black Elderberries
- Appropriate for both adults and children
- No high fructose corn syrup or artificial flavors
- Organic Acerola added for a natural boost of Vitamin C
- Wonderful taste!



Whole Body Defense ON SALE NOW!!!

Supports daily immune wellness*

Staying healthy throughout the year can be a challenge, especially when stress wears you down and makes you vulnerable. Whole Body Defense helps strengthen your immune defenses by providing plant-derived immune poly-saccharides from Echinacea purpurea grown on Gaia's own certified organic farm.* Taken daily, it promotes a healthy immune system all season long.*



Echinacea/Goldenseal ON SALE NOW!!!

Supports immune & respiratory response*

A healthy respiratory response is essential for rapid recovery from immune challenges. Concentrated to be fast-acting, this formula contains Echinacea purpurea grown on Gaia's own certified organic farm for immune health, plus Goldenseal, Oregon Grape, and Barberry - all natural sources of the phyto-chemical Berberine, which benefits the mucous membranes.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Gift Certificates Available

This Holiday shop Heritage Natural Foods

From organic chocolate, warming teas and organic specialty foods to organic soaps, lotions and lip balm...Heritage Natural Foods has something special and healthy for everyone on your holiday list.



We have the solution... "naturally!"

**1317 6th Ave.
 Moline**

309-764-1912

Monday-Friday 10am-6pm
 Saturday 9am-5pm

**3875 Elmore
 Davenport**

563-344-2100

Monday-Friday 10am-7pm
 Saturday 9am-5pm

WINTER SOLSTICE Celebration

Sunday December 19th

at the Davenport Radisson 8am-5pm

Yoga - Speakers - Food - Music - Fun

Check out our website for details

Gift Certificates Available
A Fun, Healthy Gift!



Teacher Training begins in January.

Join us for a better tomorrow!

The Quad Cities largest & oldest Yoga studio.

We teach the teachers.

The Davenport School of Yoga
 421 Brady Street, Davenport, Iowa

563-322-5354

www.DavenportSchoolOfYoga.com



healthy living



Holiday gift guide

A dozen shops and artisans offering repurposed goods

By Sarah J. Gardner

Call them “repurposed,” “recycled,” “upcycled” or “redesigned”: useful items made from materials that would otherwise be thrown away are nothing new, but the range of what’s available may well be. Shoppers on the lookout for repurposed goods have an ever-increasing variety from which to choose, from the practical to the whimsical and everything in between. If you are looking for a few such stocking stuffers yourself this season, perhaps even something larger, here are a dozen places to get you started.



Adventure Orange

Owner: Anne Brown

Gifts to get: Felted sweaters made into hats or flowers; hair clips; clothing made from vintage fabrics; screen-printed T-shirts; new jewelry fashioned out of old paste necklaces and brooches

Price range: \$5 to \$50

Radish 20

Good to know: “It’s cool that even though these items are handmade, by using recycled materials, we’re able to offer them at affordable prices. Plus, it just feels good to reuse something. I love that these pieces have a sense of history to them,” enthuses Brown.

Where to find them: 833 15th Ave., East Moline, Ill.

Hours: Noon to 6 p.m. Monday through Friday, 1 to 6 p.m. Saturday



CNC Farms

Owner: Don and Brandon Crawford

Gifts to get: Planters, composters and lawn edging all made out of old tires

Price range: \$20 to \$50

Good to know: When he began cutting up worn tires from around the farm to turn them into something useful, Brandon quickly discovered every tire is unique and requires slightly different crafting. “I tell people they are like geodes: you never know what

they are like until you get into them.”

Where to find them: Trinity Moline Market, though during the off-season, purchases can be made from the Crawfords by calling (309) 738-3218.



The Crowded Closet

Owner: Southeast Iowa Mennonite churches

Gifts to get: Rugs made from old jeans; bibs made from towels; decorative items made from seeds, rocks, buttons and pop tabs; wall hangings fashioned from recycled oil barrels

Price range: \$2 to \$300

Good to know: A local weaver donates time to craft the rugs from pairs of discarded blue jeans and the decorative items in the gift shop are made by artisans from developing nations, so the store offers handcrafted goods from both local and global artisans.

Where to find them: 1213 Gilbert Court, Iowa City

Hours: 10 a.m. to 5 p.m. Monday through Friday; 10 a.m. to 4:30 p.m. Saturday



Fannie's Closet

Owner: Ashley Francis

Gifts to get: Sweaters from area thrift stores upcycled with decorative appliques; dresses and skirts fashioned from vintage tablecloths; magnets made from bottle caps; crayons recast in whimsical shapes

Price range: \$1.50 to \$25

Good to know: "Upcycling is neat because it lets you wear thrift-store items without sacrificing on fashion," says Francis.

Where to find them: 2218 E. 11th St., Davenport
Hours: 10 a.m. to 5 p.m. Tuesday through Saturday



Greatest Grains

Owners: Clyde Mayfield and Julie Martens

Gifts to get: Aprons and tote bags made from reclaimed rice sacks; dishwasher-safe cutting boards constructed of recycled paper; lunch sacks made from recycled cotton fibers; calendars and cards made of post-consumer paper

Price range: \$5 to \$25

Good to know: Greatest Grains is a family owned operation that has been bringing healthy and natural products to the Quad-Cities for nearly three decades.

Where to find them: 1600 Harrison St., Davenport
Hours: 9 a.m. to 8 p.m. Monday through Friday, 9 a.m. to 7 p.m. Saturday, 10 a.m. to 7 p.m. Sunday



Modela

Owner: Patti O'Neill

Gifts to get: Tables and stools built out of reclaimed wood; drinking glasses and wine glasses made from repurposed wine bottles; tote bags fashioned from post-consumer material; jewelry made from postwar beaded necklaces; wallets sewn out of bicycle tires

Price range: \$12 to \$300

Good to know: "I'm always trying to look for items that are useful and well designed," says O'Neill, who adds to the inventory regularly.

Where to find them: 323 E. Market St., Iowa City (tucked in the back of Decorum)
Hours: 11 a.m. to 5:30 p.m. Thursday and Friday, 10 a.m. to 5 p.m. Saturday, noon to 5 p.m. Sunday



MudPuddleRoo

Owner: Rhonda McKinley

Gifts to get: Holiday ornaments made out of soda cans; jackets salvaged from resale shops with new

knit collars and cuffs; aprons made from old blue jeans; dresses made of pillowcases; birdhouses built of old barnwood, tin pieces and roofing scraps; robot charms made of old computer parts; lapel pins out of old bags; pendants made of dominoes

Price range: \$5 to \$100

Good to know: "I love it when someone comes in the store and says, 'Who would ever think to make that?'," says McKinley.

Where to find them: 415 13th St., Moline
(309) 764-7372

Hours: 10 a.m. to 6 p.m. Monday through Friday, 10 a.m. to 4 p.m. Saturday



Quad City Rain Barrels

Owner: Ed Peterson

Gifts to get: Rain barrels and composters made locally from barrels used to ship food

Price range: \$50 to \$75 for rain barrels, \$150 composters

Good to know: "The barrels are shipped from Europe containing foods like olives or pickles," explains Peterson. Because they aren't melted and recast, but rather refashioned into the rain barrels and composters, they save on energy as well.

Where to find them: quadcityrainbarrels.com



Renew Wool

Owner: Barb Runge

Gifts to get: Winter accessories including hats, mittens; scarves made of felted wool from old sweaters

Price range: \$15 to \$25

Good to know: "I can't seem to pass by a Goodwill without going in," says Runge, who uses the store to find all the sweaters that are the raw materials for her creations. As a result, a purchase of one of her items also helps support the job training on other programs funded by Goodwill.

Where to find them: The indoor market at the Freight House Farmers' Market, 421 W. River Drive, Davenport

Hours: 8 a.m. to 1 p.m. Saturday, 3 to 6 p.m. Tuesday (booth is unmanned on Tuesdays but purchases can be made at Full Circle Soap)



ReStore Quad Cities

Owner: Habitat for Humanity

Gifts to get: Earrings crafted out of hardware; mirrors framed in window sashes and cabinet doors;

birdhouses and bird feeders made from crating lumber; wine stoppers fashioned from door knobs and cabinet pulls; children's wood furniture made from scrap lumber; faux stained-glass windows

Price range: \$8 to \$50

Good to know: "All our items are made by volunteers," says Diane Schreiner, customer service manager for the store, who says the items are so popular ReStore Quad Cities has started offering classes on how to make the stained glass windows and earrings.

Where to find them: 3629 Mississippi Ave., Davenport

Hours: 10 a.m. to 7 p.m. Wednesday, 10 a.m. to 5 p.m. Thursday and Friday, 10 a.m. to 3 p.m. Saturday



Urban Upcycle

Owner: Ashly Baugh

Gifts to get: Wine charms made out of Scrabble tiles; jewelry made of buttons; stuffed animals made from old wool sweaters; wind chimes from flatware; pocket books made of old Quad-Cities maps

Price range: \$5 to \$50

Good to know: Although Urban Upcycle is a web-based business, Quad-Cities residents are at an advantage: Baugh will allow anyone who would like to take a look at the item before purchasing it a chance to stop by and have a peek. "My basement isn't fancy, but if you want to see the quality of anything we sell, I'll invite you right in," says Baugh, who will also waive the shipping fee for anyone who prefers to pick up their purchases from her.

Where to find them: OldNewGreen.com



White Rabbit Gallery

Owner: Cortnie Widen

Gifts to get: Journals made using old book covers; pillows, messenger bags and wallets made from vintage fabrics; jewelry, magnets and pins made using bottle caps

Price range: \$5 to \$20

Good to know: "A lot of our stuff is locally made," says Widen, so money spent on these items not only keeps goods out of the landfill, it keeps dollars in the community.

Where to find them: 109 S. Linn St., Iowa City
Hours: 11 a.m. to 6 p.m. Monday through Friday, noon to 5 p.m. Saturday and Sunday

body, mind & soul

Myofascial release

Say goodbye to your body's restrictions

By Ann Ring

Darlene M. Neff is a licensed massage therapist who would like everyone to try myofascial release at least once. She says, “Just try it. See how well it works for you.”

For those of us who remember only a glint of biology class, fascia is your body's connective tissue. Myofascial release is a type of gentle hands-on therapy that is meant to help the body heal from a number of ailments by patiently releasing fascia restriction. One of a growing number of complementary alternative medicines (practices done in conjunction with — rather than in place of — standard medical care), myofascial release is practiced only by trained specialists.

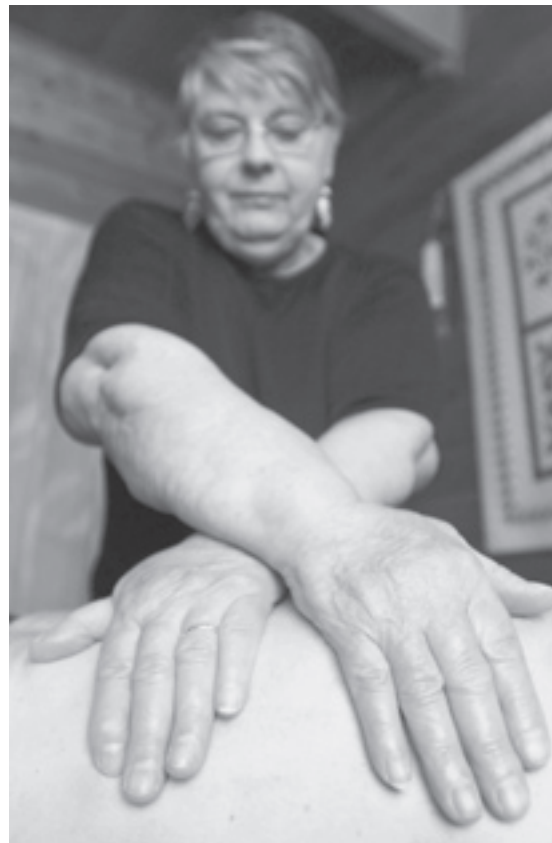
I visited Neff, owner and director of the Serenity Massage Center, Bettendorf, Iowa, who's highly skilled in myofascial release therapy, for the purpose of this article. I looked forward to my appointment even though I'm a deep skeptic. “What if it doesn't work?” I asked Neff. Clearly she was used to my type. “It's OK if you don't feel any different,” she replied in her soft tone. “It's your experience, not mine.”

Neff's home, where her center is located, sits nestled in an area of Bettendorf that's hidden from hustle and bustle. Her welcoming spirit and the rustic and quiet surroundings made the home feel like a retreat center. When clients visit Neff, she asks that they wear loose clothing or shorts and a tank top. “I need to look at the body to find the restrictions,” she says. Although I wouldn't be caught dead wearing shorts and a cami in public, I felt safe with her.

In the massage room, Neff eyed me up and down while we both stood. She spotted where my body seemed off kilter. Then she had me lie down and started working on me, particularly my left knee where I had a great deal of pain. She placed her warm hands on my knee, applying gentle pressure to the entire area. “Sometimes I feel the fascia releasing, sometimes not,” she says. “I'm waiting for change.”

Neff spent quite a bit of time working on my

knee, then the rest of my body. Unlike massage therapy, no oils or creams are used. In myofascial release, direct skin contact is considered best to accurately detect fascial restrictions and apply the appropriate amount of sustained pressure to facilitate fascia release. The therapy doesn't hurt.



Darlene Neff applies myofascial release therapy. (Photo by Paul Colletti / Radish)

She worked on other parts of my body for the rest of the hour. While I felt very relaxed afterward, I didn't notice any changes, and I definitely tried to be as open-minded as I could. I didn't purposely “hang onto” the knee pain. I left somewhat disappointed,

but resolved to see Neff again. She also gave me a foam noodle to take home and demonstrated helpful exercises to ease any neck, shoulder and back pain.

Neff says, “I'm big on self-treatment. Be aware of your body — this is your experience. I want people to help themselves. If we can help the body without medication, then great.”

Neff's training comes from John F. Barnes, an acknowledged expert in the area of myofascial release. For more than 30 years he's studied, instructed and written about myofascial release. Barnes also owns two training centers in the U.S.

According to his website, myofascialrelease.com, Barnes believes that fascial systems are “full of life, energy, memories, emotions and consciousness, and that myofascial problems have been ignored or misdiagnosed for a long period of time.” From his perspective, restrictions in the body's connective tissue cause and perpetuate the symptoms that other practices seek to treat.

“Symptoms, diagnoses and diseases are labels, describing a blockage of our bio-energy caused by a prolonged inflammatory response. Trauma and the resulting inflammation response create myofascial restrictions that ultimately create the symptoms of pain and disease processes,” Barnes says. “My myofascial release approach addresses the entire cause-and-effect relationship, allowing the body's natural healing capacity to function properly.”

Kandie Promisson, a massage therapist and physical therapist assistant from Bushnell, Ill., also took classes from Barnes and practices myofascial release. After her first appointment with Neff in 2008, Promisson experienced a “dramatic difference” with increased range of motion in her neck and shoulders, and has been seeing Neff once a month ever since. “Myofascial release therapy works because you're going into the (tissue) barrier until it releases.”

Interested in trying myofascial release yourself? Visit radishmagazine.com to find five questions Neff recommends asking a practitioner before making an appointment.

daily classes . private coaching . teacher certification

Transform your life and the lives of others.

Become a Certified Yoga Instructor.

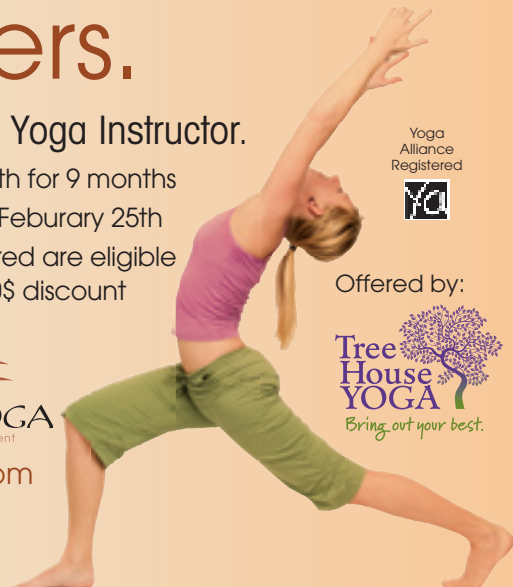
- One weekend a month for 9 months
- Next program begins February 25th
- First 10 people registered are eligible to receive up to a 450\$ discount



Offered by:



JAMES MILLER YOGA
Transformation Through Conscious Movement
jamesmilleryoga.com



SPIRIT OF THE LAND

A Tribute to Native American Plains Culture
featuring artwork by Warren E. Ostrom

NOW ON EXHIBIT!

Explore Native American culture
through art and artifacts
in this new exhibit!

Sponsored by



PUTNAM
MUSEUM AND IMAX THEATRE
www.putnam.org/sotl

EVERY TIME I PASS A
GAS STATION,
I HAVE TO
SMILE.

I RIDE METRO.



With gas prices going up **AGAIN**, I like to think of how much money I'm **NOT** spending.

AND I'm doing my part for the environment. Everybody wins. I like that!



great places

Mississippi on display

Expanded museum lets visitors connect with the river

By Barbra Annino

If there is magic on this planet, it is contained in water.” Loren Eiseley wrote that. I know because on a recent visit to the National Mississippi River Museum and Aquarium, it floated across a giant video screen. That was just one of the exciting new features at the newly expanded Dubuque, Iowa, attraction.

The original exhibits are still there: the open sturgeon pond where you can reach in and pet a fish, the bayou exhibit with a large alligator lounging on a log, and the river wet lab that teaches children about life in and around fresh waters. The expansion pushes the education aspect to a whole new level with interactive videos, touch and learn displays, and a huge playground on the upper level called “River Works” for kids — not to mention the immersion theater experience presenting films bigger than life with special effects and sounds that will make you swear you were there.

At one interactive station, if you want to find out an interesting fact on, say, steamboats, push a button. A display will light up with information about how steamboats were often used to transport slaves to freedom, and how they had a huge effect on the outcome of the Civil War, both in blocking enemy pathways and in active battle.

In another section there’s a wealth of information both enlightening and alarming on climate change, how it impacts what little precious fresh water we have, and our relationship with water, from human consumption to human impact. Pollution displays of waste trudged from waterways will make you think twice the next time you hop on a boat. The unfortunate deformities affecting animals that live in the water also is disturbing. Around the corner from that, however, is hope in the form of photographs and videos of volunteers cleaning up the messes of others — and what we can all do to help keep our planet and its waters as healthy as possible. As Aristotle said, “Boundaries don’t protect rivers, people do.” (I learned that from a video screen, too.)

You’ll also learn about the people who lived and died on the river that splits through our country. Mark Twain, whose pen name came from the waters he loved (it is the sounding call for two fathoms or 12 feet of depth), is heralded as America’s greatest river man, not only for his brilliant work, “Life on the Mississippi,” but also for his years as a steamboat pilot. In fact, even his masterpiece, “Huckleberry Finn,” plays out on the Mississippi and is just as controversial today as it was when he wrote it. Impressive accomplishments for a man who completed only 12 years of school.

Across from this display is an interesting bit of historical trivia. It explains how in 1900 the flow of the Chicago River was reversed due to sewage contaminating the city’s water supply, resulting in cholera and typhoid outbreaks.

Toward the back of the building and behind the video aquarium is a real aquarium “where the river meets the gulf.” Eels, stingrays and sharks all share a



Photo courtesy of the National Mississippi River Museum and Aquarium

home with other large fish. It’s a tranquil experience that’s worth a seat for a few minutes. I noticed several awe-struck kids watching the eel drift up to the top of the tank in a ribbon of Kelly green.

Of course, soon afterward the kids raced upstairs to the “River Works” room. This area is fun for all ages but a real treasure in teaching children about our functioning planet. It tells the story of water cycles, water power and how we depend on it. In the center is a huge tub filled with water and miniature towns. A child starts by building a boat, then he puts the boat in the water, watching it make its way down the river. By pushing, pulling and twisting levers, he can make it rain, propel his boat, or open the lock and dam. Speaking of dams, there’s a short hut just for kids a few steps away called “Beaver Lodge” that explains how the furry little guys work.

If you go this winter, some special exhibits and events to check out include the Ice Fest in January, which highlights the positive side of winter weather. The regular cost of admission to the museum will gain you entrance into Ice Fest, though activities will differ from weekend to weekend, so it is a good idea to call ahead and find out what is scheduled.

The museum is located at 350 E. 3rd St., Dubuque, Iowa. For information on admission rates and hours, call (800) 226-3369 or visit mississippirivermuseum.com.

**We offer a New Baby Registry for Your Baby Shower
ECO-FRIENDLY BABY ITEMS**

Why Use Cotton Diapers?

For your baby ... Cotton diapers are so soft and comfy. And cotton diapers are healthy for babies!

For the planet ... Healthier for babies — but child's play to use!

For you ... Not only are they less expensive than disposables — but cotton diapers are easy to use.

Hi my name is Laura. My husband Jake and I live in the Quad Cities and have three children. When first expecting we wanted to make a decision about diapers that was good for our baby, good for the earth and convenient. We discovered that cloth diapering was healthier for our children and the planet, plus convenient and would save us money! We love using cloth diapers! We wanted to share our discovery with family and friends and now share it with you.

**Please consider cloth diapers for your baby.
Live Healthy, Jake Beck and Laura Revell**



We offer pick-up in the Quad Cities to avoid delivery charges and in-home consultations.

Please call

563-940-0723

or visit our website.

www.greenbottoms.com



Winter Fitness Fun!

Members Enjoy:

- Selection of free or discounted Fitness classes
- Swimming • Basketball • Indoor Playground
- Cardio • Weights • And so much more...

It's all here at RIFAC! Fitness that's Fun!

RIFAC
Gift Certificates Available

COUPON
\$30 off
NEW ANNUAL MEMBERSHIPS
Paid in Full

Not valid with any other offer or on existing memberships.

Expires Jan. 30, 2011

RIFAC

ROCK ISLAND FITNESS & ACTIVITY CENTER

Fitness that's fun!



4303 24th St. Rock Island

732-RIFC (7432)

www.rigov.org



Thoughtful Radio

wvik 90.3 fm
AUGUSTANA PUBLIC RADIO



community

Graffiti garden grows

Yarn butterflies and flowers turn old fence into art space

By Dawn Neuses

It is graffiti of a different type, its purpose to beautify and bring joy to anyone passing by.

The flowers and butterflies made from yarn and wool have sprouted from a rusted eight-foot wire fence on 13th Street, just south of 4th Avenue in downtown Moline.

Some of the flowers have blooms bigger than an outstretched hand and grow on leafy bright green stems as tall as six feet. The butterflies seem to dance in space while suspended in time.

Rhonda McKinley, who launched the project and had worked with four other women on it, said the 80 feet of fence covered with the work is but the

beginning. She said she wants to fill what is left of empty fence on 13th Avenue. Then, she wants to tackle the fence that faces 4th Avenue.

McKinley, who last year opened MudPuddleRoo, directly adjacent to the fence at 415 13th St., said when she opened the shop, she thought to herself the fence was pretty ugly.

While the lot it encloses is tidy, the fence is getting old and looks worn.

"I wondered what I could do," McKinley said. Then, she saw a television program featuring a fence beautification project in Denver. That sparked the idea she could do it here, too. She got the lot owner's and city's permission, then volunteers to help.

Her husband's company, McKinley Suspender

& Apron of Moline, donated the zip ties needed to attach the art to the fence, and then she and the volunteers got to work.

Michele Stoneking, Moline, said she knitted 10 flowers because the project is a great idea. "Anything to help beautify the downtown," she said.

Connie Stevens, Rock Island, said she is still crocheting flowers. "I'll do however many she needs," she said.

Lisa Griffin, Moline, used the method of wet felting from wool to make flowers. "Rhonda wanted to keep things alive down there," she said. "The fence is certainly drawing a lot of attention. It is an added attraction for Moline."

Marilyn Jessee, Geneseo, Ill., said when McKinley told her about the project, it sparked something in her. She has crocheted flowers and about 100 butterflies so far.

"I thought, 'How do people look at this crummy old fence?' This way, they do not see the fence. They see the colors," Jessee said.

McKinley crochets the flower stems while working behind the counter at her shop.

McKinley and Jessee believe the fence is bringing joy. They've seen families on their way to the circus at the i wireless Center stopping to take pictures next to the fence. They've seen kids walking by stop to run their hands over flower heads that resemble pom-poms.

Apartment dwellers from across the street thanked McKinley one day when she was putting up flowers, she said.

The fence is no longer visible where the graffiti garden has taken over.

"It is all about the way you look at things," McKinley said. "Anything can be turned into a work of art."

To help make flowers or donate yarn for the project, call Rhonda McKinley at (309) 798-8037.



Handmade flowers and butterflies adorn the fence at 415 13th St., Moline. (Photo by John Greenwood / Radish)

health & medicine

Antibacterial overload: Can you disinfect too much?

By GateHouse News Service

Seven years ago, only a few dozen products containing antibacterial agents were being marketed for the home, according to the U.S. Centers for Disease Control and Prevention. Now, more than 700 are available.

Antibacterial hand soaps, glass cleaners and counter sprays seem like a no-brainer. But scientists and doctors continue to raise concerns about Americans' overzealous use of bacteria-killing products. These are also known as antimicrobial products, or disinfectants, and often carry labels like "industrial strength."

The agent used to make antibacterial products is called triclosan. Lately, scientists have been tracking the rise of a new "super resistant" strain of bacteria that triclosan can't kill. Researchers believe our frequent use of antibacterial cleaning products play a role in the development of these super germs, which are strong enough to withstand antibiotics.

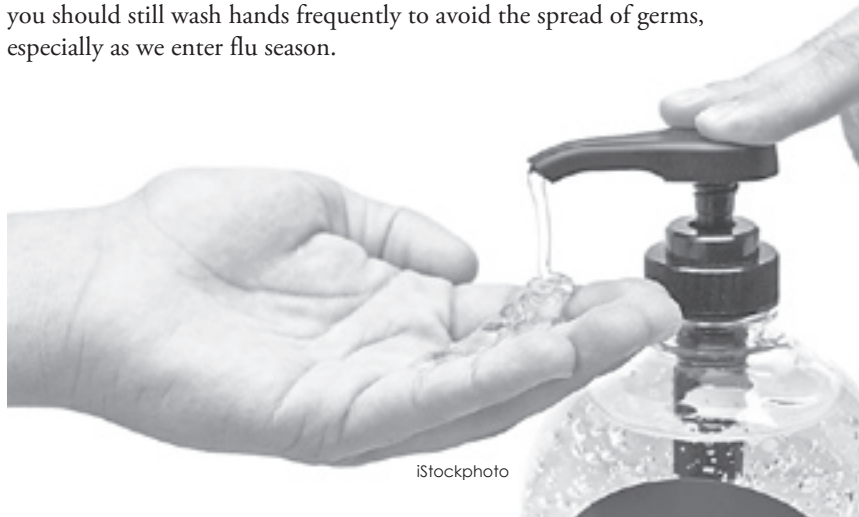
According to the Environmental Working Group, most of the powerful antimicrobial chemicals used in household products were initially developed for hospital settings where disinfected surfaces are critical to the health of patients. However, the average American home doesn't need to be as sterile as an operating room and, in fact, shouldn't be as sterile.

New research also suggests that the chemical may have some health effects, including altered hormone regulation.

In April, the Food and Drug Administration published a consumer fact sheet that said triclosan "is not known to be hazardous to humans," but the agency also "does not have evidence that triclosan, added to antibacterial soaps and body washes, provides extra health benefits over soap and water."

Health concerns and suspicion of triclosan's role in creating super-resistant bacteria has caused the FDA to launch an in-depth scientific and regulatory review of the chemical, which is already heavily restricted in the European Union.

Instead of using antibacterial hand soap, consider good, old soap and water. The CDC, the FDA and the American Medical Association have all stated that antibacterial soaps aren't necessary for regular home use. However, you should still wash hands frequently to avoid the spread of germs, especially as we enter flu season.



iStockphoto

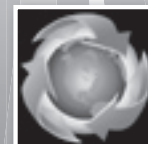
CHM Holiday Movie and Gift Swap December 7, 2010
6pm-8:30pm at the Humility of Mary Center
820 West Central Park Avenue, Davenport, Iowa

All are welcome to attend the 2nd Holiday Movie & Gift Swap presented by the Congregation of the Humility of Mary. FREE and open to the public!!!!

The Story of Stuff ~ Holiday Movie at 7:00 pm ~ With the holiday shopping frenzy in mind...our feature film will be "The Story of Stuff" - a provocative tour of our consumer-driven culture. A fast paced look at the underside of production, consumption, and waste. It just may change the way you look at all your stuff.



The CHM Holiday Gift Shop Meet ~ Why buy new stuff? As a way to reduce, reuse and recycle everyone is invited to bring new or gently used items that are currently gathering dust on a closet shelf. Then go shopping for that perfect gift for your loved ones...no money necessary! *Leftover items will be donated to Humility of Mary Housing and Shelter Programs.*



For more information contact:
Lisa Martin 563-336-8404 • lmartin@chmiowa.org

CORNUCOPIA
natural food and fine cheese



COUPON
**Buy 1
pound
of cheese
Get 1/2 lb.
FREE**

Limit one free 1/2 pound per coupon.
Coupon expires 12-31-10

COUPON



**WE CARRY OVER 100
DOMESTIC AND
IMPORTED
CHEESES!**

83-89 S. SEMINARY STREET • GALESBURG, IL 61401
(309) 324-3111 • HOURS: MON-SAT 7-6 • SUN 7-4

outdoors

Camping in the cold

With the right planning, winter campers can chill out

By Joe Payne

Imagine being in nature without the bugs, without the heat and poison ivy, and with very few or no other people around.

That's winter camping.

I've slept my fair share of nights in a tent (and once in a cave, an experience I call *The Longest Night of My Life*). But I am not a seasoned winter camper. So I asked for advice from a friend of mine, Jon Duyvejonck of Rock Island, a biologist with the Fish & Wildlife Service and a veteran of all sorts of camping, including the winter variety. His tips are geared toward the person who has some camping experience and wants to take it to the next — which is to say colder — level.

"With a little planning you could be sitting around an evening campfire in your short sleeves on a cold winter night," says Jon. "Winter camping without a fire is more like 'Survival,'" he adds, and he suggests planning on using three times as much wood as you think you'll need.

"As for shelter, a four-season (winter) tent will shed snow and wind better than a three-season one," he says. And if you don't have one, get a mummy-style sleeping bag, which Jon says is much warmer than rectangular versions.

Two more mandatory items for sleeping are:

- 1) An insulating, closed-cell foam ground pad between your bag and the tent floor.
- 2) A fleece hat. "A bare head acts like a stove pipe to conduct heat out the top of your bag," Jon warns.

Speaking of a warm tent, don't ever use a Coleman lantern or other gas appliance (e.g., stove) for heat, unless the unit is specifically designed for that purpose.



iStockphoto

"These appliances can generate deadly carbon monoxide," Jon says. "If you must cook in your tent, ensure that the tent doors and windows are open enough to allow ventilation." (Hint: A candle lantern will create a surprising amount of heat.)

Winter camping may not be for everyone, for sure, but it does have its benefits when done correctly. You'll find more of Jon's tips below.

Helpful tips



Clothing: "I prefer to sleep in a polypropylene T-shirt and bottom," says Jon. If you want warm clothes to change into in the morning, keep them inside your bag, he adds. Also, avoid cotton. Wool and synthetic clothes insulate when wet, while cotton will literally leave you out in the cold.



Fires: "The best fire is built against a back drop which reflects heat toward you," says Jon. "Bring a boat cushion or stadium seat to sit on. Where allowed, a large fallen log makes an excellent reflector." Most campgrounds allow you to collect downed wood for fires. You might be able to bring your own wood and kindling, but you should check to see if that's allowed.



When nature calls:

"Inescapably, you will confront a morning test of endurance: How long can you linger in the warmth of your sleeping bag before answering the 'call of nature?'" Jon asks. "This contest becomes more exciting as the temperature drops and the distance to the privy increases. I cheat by keeping a large plastic bottle within arm's reach. Camp suppliers have devices to help women cheat, too."



Food: "Complicated recipes are not conducive to a care-free winter camp experience," says Jon. "I prefer to prepare one-pot meals (e.g., chili, stew, corn chowder) in advance," and cook them in a Dutch oven. And although foods high in fat may not be healthy, they will keep you warmer in cold weather.

Jon also suggests keeping water in an insulated container overnight, which will help keep liquids and food from freezing. That way, he says, "your morning coffee or hot chocolate will be available when your Krusteaz pancakes (no eggs required!) are ready, instead of puzzling about how to remove that giant ice cube from the water jug."



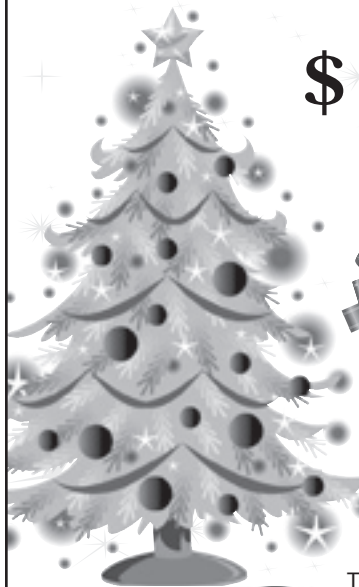
Location: While some campgrounds are closed in the winter, others remain open. Even if roads in the park are closed due to snow, walk-in camping often is available. (Call ahead, wherever you plan to go.) Near the Quad-Cities, Jon suggests Loud Thunder Forest Preserve west of Andalusia, Ill., which also has trails suitable for cross country skiing and even ice fishing on Lake George. Camping permits are \$7 a night. For more information call the park ranger at (309) 795-1040.

For more winter camping locations, turn to Resources, page 38.

Solar Car Kit and Wind Turbine Kit

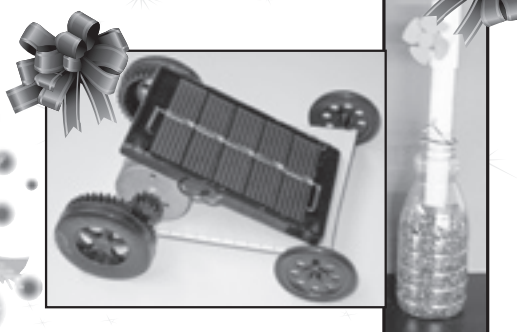
Ideal for children 4th-9th grade.

Learn about solar or wind power while having fun!!



\$18⁰⁰ *each*

includes shipping



To purchase send \$18 with your mailing address to:
CEEE Junior Solar Sprint
UNI
Cedar Falls, IA 50614-0293
Order forms online at: www.ceee.uni.edu

**University of
Northern Iowa**

Let's Party: Gluten Free Entertaining for Everyone

By Chef Monika

from the Chestnut Street Inn **\$19⁹⁵** *plus tax*

Here are a wide variety of culturally inspired appetizers, main courses, side dishes, and desserts to please the most particular palate. Take an international "food cruise" from the comfort of your dining room table! Best of all, no one will have to worry about gluten intolerances.

To Order: Call 815-454-2419 or email monikaandjeff@chestnut-inn.com

Or you can order online at www.chestnut-inn.com/retail

Chestnut Street Inn

"Any Meal, Any Time, By Reservation Only"

We offer:

- 4 Guest Suites • Private Bathrooms
- WI-FI • Full Gourmet Breakfast
- Dish Network and over 1000 Movie Library
- Signature Toiletries • Snacks/Beverages
- Beautiful Patios and Gardens



301 E. Chestnut St., Sheffield, IL 61361 • 815-454-2419/800-537-1304
www.chestnut-inn.com • monikaandjeff@chestnut-inn.com



- **Manicure:** all natural products
- **Pedicure:** all natural products
- **Infrared sauna**
- **Spa capsule**
- **Colon hydrotherapy**

*All of which
support health,
wellness, weight
loss, and increase
in energy.*

Now offering 2-for-1 Tuesdays for Infrared Sauna and Spa Capsule. Bring a friend and get a service for free! Call the Spa for more details.

REALM WELLNESS SPA

150 16½ Street,
Rock Island, Illinois 61201
309-786-9355
www.realmspaqa.com

**Juice Bar Now Open at
7:30 AM
Monday-Saturday**

Punch cards now available —
Buy 10 juices and get a free one!

Replace a meal with fresh juicing and see how your body responds. You can start your day off right with a fresh juice and then come back later to check out our new and unique services not before offered in the Quad Cities.

Juice Fast class now available

RISE N' SHINE – Carrots and apples
"Get your day started right"

ORANGE YOU GLAD – Oranges, Oranges and more Oranges
"Pure and sweet"

HANG IN THERE – Carrots, beets, apples, romaine lettuce and spinach
"The Monday morning cure for a great weekend"

HOMEWORK HELPER – Pineapple, pear and apple
"After school pick me up or before game energizer"

BLOODY GOOD – Tomatoes, lemon, lime, celery
"a breathe of fresh air — opens the nasal passages"

SWEET TOOTH – Pineapple, orange and apple
"It won't spoil your dinner"

GREEN SMOOTHIE – Romaine lettuce, spinach, pear, mango, banana and apple
"When you don't have time for dinner"

**Stop in or call ahead to 309-786-9355
on your way to work in the morning!**

The honey man

A beekeeper hones recipes with honey

By Chris Greene

There has been a lot of buzz around Ron Fischer over the years — literally. Fischer is a beekeeper living on the fifth oldest farm in Rock Island County, located between Orion and Coal Valley, and he is the fifth generation of his family to steward the land.

Fischer wasn't always a beekeeper, though. A native of Oak Park, Ill., he spent many years as an accountant and office manager. In the 1970s, however, he was drawn to the family farm, where his grandparents lived. He planted an orchard for them and in so doing discovered they would need bees to pollinate the trees. That's where it all began.

"I knew nothing starting out," he says. "I learned a lot from a gentleman from Valparaiso, Indiana. One thing led to another, and I ended up taking classes. When I had surplus honey, I gave it away. Pretty soon, I was selling honey at the Oak Park Farmers' Market, which I did for 27 years."

He still sells his excess honey, but says nowadays, "People find me through word of mouth."

He also has perfected recipes using his honey, some of which have won awards. One such recipe is for Holiday Party Punch, which originated with the Cook DuPage Beekeepers Association. Over the years, the recipe changed hands, eventually coming to Fischer. He tweaked it and made the recipe his own.

"It was good the way it was, but not THAT good," he says. The punch is a combination of honey, fruit juices, and ginger ale.

"I use name-brand cranberry juice, which has a higher juice content. That makes a difference. I also use the fresh-squeezed orange juice that you find in the refrigerated department of the grocery store. And I reduced the honey a bit so you could better taste the fruit combination coming through the honey," he says.

When the National Honey Board offered up its "Beekeepers' Favorite Recipe" contest in 2000, Fischer entered his version of the punch recipe. Out of the 300 recipes entered into six categories, the punch recipe was chosen as the grand prize winner.



Ron Fischer has perfected recipes using honey. (Photos by Paul Colletti / Radish)

Fischer says the type of honey used in a recipe makes a difference. Orange blossom honey tends to be light with a hint of citrus. Avocado honey tends to be a darker honey with a rich flavor. Clover honey, the most common type, offers a milder treat for the palate and can be a variety of colors.

The time of the harvest also affects the how the final product tastes. According to Fischer, honey harvested early lends itself to a lighter, milder honey, while honey harvested later results in a more strongly flavored honey.

Above all, says Fischer, "Read the label. Buy honey made in the United States, and ideally buy from a local supplier. ... You'll get better tasting honey."



HOLIDAY PARTY PUNCH

2 cups boiling water
¾ cup honey (clover or other mild honey)
4 cups cranberry juice
2 cups orange juice
1 cup lemon juice

1 quart ginger ale
Ice cubes
Sliced lemons, limes, oranges or strawberries (optional)

Combine boiling water and honey, stirring to dissolve. Chill. In a large punch bowl, combine cranberry, orange and lemon juices. Stir in honey mixture. Just before serving, add ginger ale, ice cubes and fruit garnish. Makes about 12 servings.

LOCAL SUSTAINABLE BEAUTIFUL

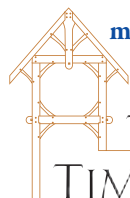


TIMBER FRAME HOMES & STRUCTURES

Contact us to incorporate sustainably harvested timber into your home, barn, or outdoor living space.
We General Contract homes in our area.

Upcoming Events:

We have several timber frame raisings during the months of December and January. Please check out our website and Facebook page for details.



TRILLIUM DELL
TIMBERWORKS

Inspiration. Craftsmanship. Sustainability

1283 Knox Road 1600 North,
Knoxville, IL 61448
309.289.7921
info@trilliumdell.com
www.trilliumdell.com

Did you realize the **Hobo Bag**
Julia Roberts carries in the movie
Eat, Pray, Love is a
Fair Trade bag?

They are chic, casual
& roomy - and were
inspired by the sights,
smells and sounds of
adventures abroad.

Each is individual and
created in India — and
**THEY ARE IN THE STORE
RIGHT NOW!**



JULIA ROBERTS
traveling through
Rome in
Eat, Pray, Love



Hobo Bag seen in Eat, Pray, Love

Shop the Holidays!

SIS
INTERNATIONAL
Gifts, Fair Trade

A Fair Trade Shop **NOW OPEN**
in the Quad Cities!

1605 N Harrison, Davenport, Iowa
parking available in rear

563-349-9082

Buddhist Meditation Classes Tuesday Nights:

6:45pm to 8:00pm

at the Quad City Botanical Center,
2525 4th Avenue, Rock Island, IL

Cost: \$10/\$5 for Students & Seniors
No registration required, please drop in

**Class is suitable for both beginner
and advanced meditators**

For more information:

(319) 351-9893

or info@meditateiniowa.org
MeditateInIowa.org

- We sit in chairs during the class and during the meditations. You may bring a meditation cushion if you wish. No special clothes required, come as you are.
- Each class will include a brief explanation of how to meditate, and then a guided breathing meditation.
- A different aspect of Buddhism will then be explained in each class (such as Love, Compassion), followed by another meditation session.
- The class teachings are designed to help you cultivate and increase positive states of mind, leading to well-being and happiness, and to remove negative states of mind that are the cause of anxiety, problems and stress.
- Through training in meditation you can improve the quality of your life by developing inner peace, compassion, and wisdom.

Bad-mood foods

Student says better diet improved his mental health

By Clare Howard, from GateHouse News Service

The relationship between diet and physical health is clearly understood, but the relationship between diet and mental health is an emerging science — one Brandon Carpenter wishes he'd understood years ago.

Carpenter, 22, struggled with major depression throughout his student years at Illinois Central College. He said his college years were plagued with low energy, exhaustion, depression and hopelessness. Stress and anxiety seemed overwhelming. Once he blacked out during a panic attack while he was driving. Once he lost 34 pounds in four days. Often he thought he was having a heart attack.

All the while, his diet was never examined. Breakfast was several cans of Mountain Dew, a high-caffeine soda. He ate pizza, chips, french fries and candy throughout the day, and dinners were often Hot Pockets and snack foods.

"I was never overweight, so diet was never something I thought about. I was not eating any fresh fruits or vegetables," he said.

At the urging of his photography instructor, he made an appointment with Dr. Jill Carnahan, a family physician specializing in integrated medicine with Methodist Medical Center in Peoria, Ill.

"The mind-body relationship is scientifically documented. An imbalance in the body can lead to mood disorders and emotional disorders. When we heal the body, the mind can often come along with it," said Carnahan, board certified in family and holistic medicine.



Brandon Carpenter at his Illinois home. (Photo by GateHouse News Service)

"We know the brain is 80 to 90 percent fat. If we are feeding it trans fat, a sticky fat, neurotransmitter functions can be impaired."

Commercially prepared foods with trans fats are high in omega-6 fatty acids.

"All trans fats with no good omega-3s leads to poor function in the brain. So the first thing is diet. Fish and flax are the main sources of omega-3s," Carnahan said. "The American diet has too much omega-6 and not enough omega-3s, creating an imbalance. Too much omega-6 is inflammatory. Omega-3 is anti-inflammatory."

Foods that affect a positive mood include fish, lean chicken, soy, lentils, beans and quinoa. Fresh fruits and vegetables are essential. Foods with empty calories and negative impact on mood include candy, sweets and starches with white flour.

"Teens eat diets with bad-mood foods including lots of sweets and starches. That does dramatic things to blood sugar levels that shoot up and down. It wrecks havoc with mood," she said.

Months into his new dietary regime, Carpenter said he's doing great.

He starts his days with a breakfast that could include a banana, rice cake and a protein shake with nutritional supplements. He's using rice milk and avoiding wheat because of a gluten sensitivity.

Lunch could include a ham sandwich with a fresh salad, fruit and water. For an afternoon snack he'll eat a fresh apple, banana, grapes or peach. Dinner could include a hamburger made with lean beef, a salad and fresh vegetables, fruits and more water.

Carpenter said he tested positive for food allergies, so he avoids chicken, turkey, soy, citric acid and dairy. He avoids peanut oil, mustard, caffeine and high-fructose corn syrup.

"I feel great. It's really weird, waking up every day and not feeling depressed after two years of being depressed every day. I love it, and I love Dr. Carnahan," Carpenter said. "I used to have stomach pains all the time. Maybe that was the food allergies, but I don't have that pain anymore."

He admits he was initially skeptical that dietary changes could help him. After three weeks on the new diet, little had changed.

"But I stuck with it because depression sucks. It's terrible. You isolate yourself from everyone. Mood swings all over the place. Sometimes it was just hard to get out of bed," he said.

After eight weeks on his new diet, Carpenter said he noticed changes. He had first seen Carnahan in December last year. By March, his chronic mood problems were beginning to lift.

"Depression used to be something I had all day, every day, seven days a week. Now, it's occasional and something I can deal with," he said.

For a reading list of books about the connections between diet and mental health, see Resources on page 39.



Growing for the Quad Cities,
Cedar Rapids & Iowa City area

Now Available! A Gift Certificate for a 2011 CSA Membership
A Fresh Healthy Delicious Gift that gives all Season!!

Echollective CSA Farm

CSA memberships available now

20 weeks of the freshest, most nutrient rich produce. June-Oct delivered to a convenient local pick-up site.
Check out our blog for past newsletters, farm updates, local food commentary, and more.

<http://echollectivecsa.blogspot.com/>

Echollective Farm is located 25 minutes from Iowa City. The Farm offers 14 acres with a wide array of Vegetables, Herbs, Flowers, and Hay; and stewardship of 20 forested acres including a creek.

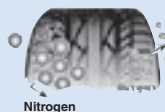
319-325-3910 • echocsa@gmail.com

YES, even a TIRE SHOP can GO GREEN

At Iowa City Tire, we help YOU and YOUR CAR reduce your carbon footprint!

☞ Iowa City Tire was the first shop in the Iowa City area to stop using lead wheel weights and replace them with steel wheel weights.

☞ The EPA estimates that up to 2,000 tons of wheel weights fall off each year — one of the largest sources of lead in the environment.



Nitrogen

☞ We carry NITROGEN to fill tires — Did you know? Nitrogen filled tires run cooler, retain pressure longer and wear less, which increases fuel economy.

☞ We carry fuel efficient tires.

- ✓ Expert ASE - Certified technicians
- ✓ Gemini certified
- ✓ Locally & family owned since 1981

IOWA CITY TIRE
(319) 338-5401

410 Kirkwood Ave • Iowa City • ictire.com



*Merry Christmas
& Happy New Year
From Our Family to Yours...*



Rebecca Smith, Kory Kuffler, Cassie Heller
WEEKENDS



Jim Mortens, Julie Sisk, Anthony Peoples
GOOD MORNING QUAD CITIES



James Zahara & Matt Hammett
WEEKNIGHTS AT 6:30



Rae Chelle Davis, Jason Fechner, Matt Randazzo & Terry Swails
WEEKNIGHTS AT 5:00, 6:00 & 10:00

Handmade soaps, lotions, personal care and home care products.

www.iowanaturals.com • 563-323-4821

New patients & referrals welcome.

Mississippi Valley Behavioral Health
 Psychological Services
 Individuals, Adults and Couples Therapy
Rosina Linz, Ph.D.
 3400 Dexter Court Davenport, IA
 Treating: Depression/Anxiety, Life Transitions, Stress/Trauma, Pain Management, Grief/Loss, Elder/Caregiver Support
 No wait list, able to schedule an appointment within a week or two.
 Mondays, Thursday, Fridays 9:00 a.m.– 4:00 p.m.
 20+ years of experience in private practice and group practices.

See www.rosinalinz.com for more information

License # 001049

Be Healthy. Be Fit. Be Happy.
This Holiday Season

Warm Citrus Cider
 Serves 16

All you need:
 1 gallon Hy-Vee 100% apple cider
 2 cups fresh orange juice
 ½ cup fresh lemon juice
 1 orange, sliced
 12 drops Stevia Liquid Concentrate
 1½ tsp whole cloves
 2 cinnamon sticks

All you do:
 In a large pot combine cider, orange juice, lemon juice, orange slices, Stevia Liquid Concentrate, cloves and cinnamon sticks; bring to boiling.
 Reduce heat; simmer 10 minutes. Strain into a pitcher or coffee pot, and serve warm.
 Makes 4½ quarts

Services include • Individual nutrition counseling • Personal shopping assistance
 • Group nutrition classes and workshops • Supermarket tours
 • Monthly nutrition newsletter • Recipe demos • Cooking classes

 Janet Macon, MS, RD, LD 2351 W Locust St., Davenport 563.324.9948	 Chrissy Mizel, MS, RD, LDN 2930 18th Ave., Rock Island 309.793.0684	 Valerie Wheatley, RD, LDN 201 W. 10th Ave., Milan 309.787.0273	 Beth Freehill, MS, RD, LD 901 S. 4th St., Clinton 563.243.6162	 Dawn Blockinger, RD, LD 750 42nd Ave., Moline 309.757.1085
 Stacy Mitchell, RD, LD 2900 Devils Glen Rd., Bettendorf 563.332.8496	 Christy Finn, RD, LD 1823 E. Kimberly Rd., Davenport 563.359.9323	 Molly Shattuck, MS, RD, LD 2200 W. Kimberly Rd., Davenport 563.391.0213	 Nikki Putnam, RD, LDN 2001 5th St., Silvis 309.292.7494	 Kristen Decker, RD, LD 4064 E. 53rd St., Davenport 563.355.5540

rooting around

Popular free movie event and gift swap returns for a second holiday season

Take a provocative tour of our consumer-driven culture at a holiday movie event this month. Hosted by the Congregation of the Humility of Mary, Davenport, the event will take place from 6 to 8:30 p.m. on Dec. 7 and will feature a free screening of “The Story of Stuff.” One of the most widely viewed environmental short films of all time, “The Story of Stuff” is an informative and sometimes humorous chronicle of how things are made, used and thrown away. The movie will begin at 7 p.m. Before and after the screening, attendees are invited to bring new or gently used items that are currently gathering dust on a closet shelf. Swap your item with another. This is a chance to reduce, reuse, recycle and maybe even find that perfect gift for free. Leftover items will be donated to Humility of Mary Housing and Shelter Programs. The movie and gift swap will take place at the Humility of Mary Center, 820 W. Central Park Ave., Davenport. There is no cost to participate. For more information, contact Lisa Bellomy at lmartin@chmiowa.org or at (563) 336-8404.

Learn to be an elf yourself by making hand-made gifts at ‘Cabin Fever Crafting Fever’

If you are hoping to make handmade gifts to wow friends and family this year, or if you are simply looking for something new to do to break the winter doldrums, a crafting day hosted by The Adventure Orange Boutique may just be the answer. Held Dec. 11, “Cabin Fever Crafting Fever” will feature a series of unique workshops to make dollhouses, handbags, jewelry, silk-screened images, shadow puppets, felt flowers and more, all led by skilled instructors. The crafting day will be held at Singing Bird Lodge in Blackhawk State Historic Site, Rock Island. Fees for the workshops will range from \$15 to \$50, and the bulk of the crafting supplies will be included in the cost of each class. In addition, beautiful items handmade by local artists also will be available for purchase at the event. To learn more about the crafting day, call (309) 912-1371 to register for one or more of the workshops.

Palmer receives recognition for patient-centered back-pain care

Back pain is common and costly: Nearly one in nine Americans experience pain severe enough to impede their daily routine, and treatment for this pain costs patients nearly \$91 billion a year. To improve the quality of care received by those who suffer from this affliction, the Back Pain Recognition Program was created by the National Committee for Quality Assurance. Recently, two clinics at Palmer College of Chiropractic — the Academic Health Center and Campus Health Center — were recognized by the program for providing superior back-pain care to patients. To do so, the clinics were required to pass a rigorous, comprehensive review of several key clinical measures. Health-care providers recognized by NCQA must demonstrate their ability to administer care that best meets patient needs, avoids unnecessary treatment and procedures, and restores health and mobility. According to the NCQA registry, these clinics at Palmer College are the only health-care facilities in Iowa to receive BPRP recognition thus far. For more information on the recognition program, visit ncqa.org/bprp.

Some health benefits show more promise than others in pomegranate research

Since ancient times, the pomegranate has been regarded as “healing food” with numerous beneficial effects for several diseases. According to a recent comprehensive review of contemporary pomegranate research, substantial evidence demonstrates that pomegranates act as an antioxidant, may have anti-cancer properties and help improve cardiovascular health. Some studies showed that pomegranates could improve oral health, but more conclusive studies are needed in order to confirm these effects. The health benefits of pomegranates have been attributed to the fruit’s wide range of phytochemicals, which are predominately polyphenols. The scientific literature did not, though, substantiate that pomegranates help prevent Alzheimer’s disease, liver disease, erectile dysfunction. A copy of the comprehensive review is available at onlinelibrary.wiley.com.

Maharishi School and Backyard Abundance collaborate on educational research project

A research project to evaluate the change in a child’s worldview when immersed in healthy ecosystems has enlisted the Nature Explore Classroom at Maharishi University as a site for the study. The Nature Explore Classroom already helps children develop learning skills through interaction with natural elements in the play space. As part of the research project, with the guidance of permaculture designer Fred Meyers, director of Backyard Abundance in Iowa City, the Nature Explore Classroom will be enhanced through the addition of perennial food-bearing plants. Children and adults who frequently use the space will help design and implement these features. A baseline research study will be conducted before commencing the project to understand children’s current affiliation with nature. Additional research will be conducted during and after the project to understand the change in children’s nature affiliation. Teachers at the Nature Explore Classroom will be working with Dimensions Education Research Foundation to collect and analyze data from the project.

Industrial device that saves energy wins award for inventor

In a recent recognition ceremony, the Iowa Intellectual Property Law Association named Neil Hoehle, a native of Wapello, Iowa, the 2010 Iowa Inventor of the Year. Hoehle, an employee of Inpro/Seal since 1981 and co-inventor on numerous patents and patent applications, was recognized for his development of a pressure balanced shaft seal assembly. “As a native-born Iowan, to be singled out as having created the most significant invention of the year by my home state is quite special,” said Hoehle. “This product conserves energy, increases reliability and reduces environmental contamination for our industrial customers, including many here in Iowa. Though it is an industrial product, it is one of those cogs in the economic wheel that keeps things working.”

TWISTED SISTERS YOGA SHACK & MASSAGE

5161 Utica Ridge Rd, Davenport, IA (563)299-2416



COMMIT TO YOURSELF

10 things that will happen to your body
with a consistent yoga practice:

1. Reduce Stress
2. Increase Flexibility
3. Increase Strength
4. Increased Energy
5. Mental Clarity
6. Better Posture
7. Better Sleep
8. Weight Loss
9. Increase Metabolism
10. Improved Cardiovascular Health

December Specials

Buy a 10 class punch pass for \$75.00 and get a second punch pass for \$50.00 a great gift idea.

With the purchase of a 10 punch pass for \$75.00 get an hour massage for \$35.00
Call Beth for other December massage specials 343-5684.

Gift Certificates

Make it a healthy relaxing holiday
Check out our website at twistedsistersyogashack.com

REACH New Customers

Place your information
in our welcome packets.

Call Bonnie
309-796-1145



Making Friends
Welcome Service, Inc.

...Helping New Neighbors
Feel Right at Home



Since 1989 www.makingfriendsqca.com

wqpt.org

Champagne on the Rocks

**Dinner, Auction, Music
and Surprises**

Proceeds benefit your regional PBS Station
WQPT
QUAD CITIES PBS

Held at the Gold Room Hotel Blackhawk Downtown Davenport	Friday, January 28, 2011	For reservations and additional information, call 309/764-2400.
--	---------------------------------	---

Silver Level Sponsor
Merrill Lynch
The Singh Group
Merrill Lynch-Quad Cities
Global Wealth Management

Diamond Sponsor
expressions JEWELERS
EAST VILLAGE OF DAVENPORT

Silver Level Sponsors
**Susan Sharer
and
Leo Schubert**

HOTEL Blackhawk

wqpt.org

Tune in for in-depth conversations with
host Jim Mertens and his guests as they
explore what's happening in our region.

the cities

with Jim Mertens
Airs on Thursdays at 6:30 p.m.

WQPT
QUAD CITIES PBS

rooting around

'Tis the season: Online tips to green your home, your feasts and your holiday parties

Confused as to whether the yearly purchase of a Christmas tree is making use of natural materials or wanton destruction of plant life? The University of Northern Iowa Center for Energy and Environmental Education may just have an answer — as well as many other tips for decorating, entertaining and cooking up a feast in an ecologically minded fashion — on their recently launched website, reclaimyourholidays.org. (Just in case you're curious, a fact sheet available on the website states that "real trees sequester and store carbon, reducing the effects of global climate change, and provide a host of other earth-friendly services during the seven years it takes for them to mature on a tree farm.") The site also features gift ideas and a place to share some green holiday tips of your own, all in the hopes of making the holiday season a little less stressful and a lot more meaningful.

Grab your boots and mittens for three upcoming winter treks with the Black Hawk Hiking Club

Undaunted by the prospect of snowfall or frosty afternoons, the Black Hawk Hiking Club has scheduled three upcoming hikes to get members out of the house and into the great outdoors. Visitors who are not yet members of the club are welcome to attend as well. The first hike will take place at 2:30 p.m. Dec. 11 at Scott County Park in Park View, Iowa. The group will congregate in the parking lot near the Hickory Hills shelter and set out from there. The second hike will take place at 2:30 p.m. Dec. 18 in Sunset Park in Rock Island. Hikers will meet at the shelter located on the east side of the park road before hitting the trails. The third hike, a club tradition, will ring in the new year with a walk around the historical area of the Deere-Wiman Carriage House in Moline at 7 p.m. Jan. 1. Hikers are encouraged to bring a snack to share, a mug to hold a hot beverage, and a flashlight to stroll safely after dark. For more information about these hikes or the club, call (309) 496-9024 or visit blackhawkhikingclub.bravehost.com.

Had it up to here with flooding? Programs get funding to help spread the word about floodplain management

As part of Iowa's flood mitigation efforts, Iowa State University Extension has been awarded part of a new \$400,000 grant to educate the public about floodplains, flood risks and basic floodplain management principles. ISU Extension will collaborate with the Iowa Department of Natural Resources, the Iowa Flood Center at the University of Iowa, the newly-created Iowa Floodplain and Stormwater Management Association and others on public education programs that will focus on the science of watershed and floodplain management, as well as land use management policies. "This grant will help city and county officials understand their roles in the floodplain and watershed management process, as well as help the public understand the risks associated with development in floodplains," said Gary Taylor, ISU Extension planning and development specialist.

Bickelhaupt Arboretum once again offers popular wreath making workshop

Hanging a holiday wreath on your door to welcome merry-makers is a time-honored tradition. In just an hour, with the right supplies and guidance, you can make that wreath yourself. From 9 to 10 a.m. on Dec. 4, those interested in doing exactly that will have a chance to do so in a workshop at the Bickelhaupt Arboretum in Clinton, Iowa. Master gardeners will be on hand with materials gathered from more than a dozen unusual conifers on the arboretum grounds to teach techniques for assembling your wreath. The workshop requires participants only to bring garden snippers and a pair of gardening gloves, though there is a suggested donation of \$25 to participate. At the end of the workshop participants will leave with a large, unique holiday wreath for the whole family to enjoy. For more information or to reserve a spot, call the arboretum at (563) 242-4771.

Beyond your grandma's tatted doilies: 'Renegade' arts and crafts show features contemporary handmade goods.

Just in time for the holidays, artists from around the Quad-Cities will be selling one-of-a-kind handmade creations at an arts and crafts show to be held from 10 a.m. to 4 p.m. on Dec. 4 at Theo's Java Club, 213 17th St., Rock Island. Knits, pins, pet toys, pottery, baby goodies, jewelry and art will be just some of the handmade wares available at the fair. Artisans pedaling their wares will include The Adventure Orange, Betty Round, Cupboards Zine, Dilly Baby, Doug, Jack & Me, Fannie's Closet, Ladynoble, Leah Sprout, Lil Squeeks, Oh So Little Prints and Terrible Delicious. Handmade City, a local arts and crafts collective, is organizing the event, which is free to attend. "Living in the Midwest we have been to too many traditional craft shows and have seen enough rooster covered quilts to last a lifetime," declares the group's website, promising a unique event full of high quality goods. To learn more about the craft fair and get a sneak peek at the featured artisans, visit handmadecity.org.

High tunnel production and marketing workshop offered by ISU Extension

Current commercial fruit or vegetable growers and traditional farmers interested in getting a jump on the growing season can learn more about high tunnel production and marketing at a workshop to be held from 9 a.m. to 4 p.m. Dec. 3 and 4 in Mt. Pleasant, Iowa. The in-depth workshop will cover topics that include site and high tunnel selection, construction, soil management, irrigation, pest management, bed design and cropping systems, market plan development, and business plan development. The workshop is sponsored by Iowa State University Extension, Iowa Department of Agriculture and Land Stewardship and Pathfinders RC&D. Fees for the workshop are \$30 per person or \$50 per couple, which includes a training manual and refreshments. Registration is required. To sign up, call Sue Woods at (515) 294-9483 or e-mail swoods@iastate.edu.

WARNING!
Side effects of clinical & holistic healing may include:
Reduction of Anxiety • Release of Anger
Improved sleep patterns • Relief from depression
Reduction of pain • Peace, calmness, feelings of relaxation
• Expansion of awareness

Please Come and Experience our Peaceful, Healing Environment and Expand Your Growth!

More than 20 practitioners, services include:

• Play & adolescent therapy	• Cranio-Sacral therapy
• Family & individual therapy	• Cellular release hypnotherapy™
• Couple & group therapy	• Yoga for entire family
• Life coaching & workshops	• Belly dancing classes
• Commitment & Wedding Celebrant	• Sound healing
• Channeling & Angel readings	• Reiki
• Chakra classes	• Reflexology
• Massage therapy	• Acupuncture
• Shamanic healing	• Chiropractic
	• Aromatherapy
	• Spiritual Direction

Call today and feel the healing power
563.370.7995
3481 Utica Ridge Rd., Bettendorf, Iowa
thehealingheartcenter.org



The Healing Heart Center
Center Director, Candice Kundert, LISW
Counselor, Therapist, Officiate
25 yrs. experience serving our community



A Healthy Sustainable Gift for You & the Planet

QUAD CITY RAIN BARRELS

Custom Rain Barrels

Recycling nature's precious resource - WATER

309-235-6560

www.QuadCityRainBarrels.com



Heartland "Criations" Alpacas

Keep your loved one warm this holiday season with alpaca socks, scarves, gloves, blankets and more! Visit our farm store online or on-site! Call to schedule your appointment.

Buy with Pride.
Buy from the Heartland.

See us online:
www.hcalpacas.com

Steve and Kathy Albert
2512 Knox Road 500 East
Rio, Illinois
(309) 483-3534 • (309) 368-7354

The Victorian Manor Restaurant

Breakfast & Lunch Everyday
Friday Night Fish Fry

"Visit the House of Christmas in Geneseo"
Breakfast with Santa Dec. 4 & 18
By Reservation Only!

On Dec. 11th we will be serving a "Very Special Christmas Walk Dinner"



We Love RED HATS!
Call for reservations for your group!

Reservations are Appreciated and Recommended
217 S. State St.,
Geneseo, IL
(309) 944-5683

Share our uniquely charming holiday traditions

JULMARKNAD (Christmas Market)

November 26 and 27

December 4 and 5

LUCIA NIGHTS

December 10 and 11

Bishop Hill Illinois
utopia on the prairie then and now
309-927-3345 ♦ bishophill.com



Ad sponsored by Invenergy

mold, allergens & dirt!

Eliminate your Dust Mite Problem the Natural Way

❖ **New Year/New Customer 10% discount** ❖
on the first whole service with the ad.

Good for one cleaning anytime during 2011.

♦ Mattresses • Upholstery • Draperies
♦ Carpets • Pillows • Stuffed Toys

Hygienitech Cleaning & Sanitizing

JANICE SAUCEDO

(309) 944-1212 • (309) 507-0063

The Green Way to Clean



**Can something as simple
as changing your water
change your life?**

**Try Kangen Water for 3 weeks
free and see for yourself!**

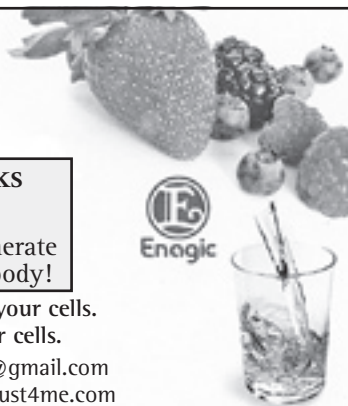
Your body's cells will love it! No degenerate
disease can survive in a pH balanced body!

Call and set up an appt. to hydrate your cells.

Find out what's going on in your cells.

Call (563) 340-1128 | nancy4water@gmail.com

Visit me on the web www.kangenwaterjust4me.com



New In Town? WELCOME!

**Neighborhood Greetings has a FREE
packet for you with coupons and gifts from
area merchants worth over \$500**



Call Teri At (563) 332-6498

www.qcgreetings.com

resources

TO GIVE AND TO GET

(Story on page 6)

Spiced Nuts

½ cup sugar

¼ cup cornstarch

⅛ teaspoon salt

1½ teaspoons cinnamon

½ teaspoon allspice

⅓ teaspoon ginger

⅓ teaspoon nutmeg

1 egg white

2 tablespoons cold water

¼ pound nutmeats (such as almonds)

Preheat oven to 250 degrees. Sift into a shallow pan the sugar, cornstarch, salt, cinnamon, allspice, ginger and nutmeg. In a small bowl, combine the egg white and water and beat slightly. Dip nutmeats into the liquid, then drop them one at a time into the sifted dry ingredients. Roll them about lightly. Keep nutmeats separated. Place them on a cookie sheet. Bake at least 1 hour. Remove from oven and shake off excess sugar. Store tightly covered.

— *Adapted from "Joy of Cooking"*

Leek Cobbler

In this variation Mark Bittman offers on his Tomato Cobbler recipe, the tomatoes are omitted and leeks used in their place, making a hearty winter dish for any holiday table.

Oil or butter for the baking dish

3 pounds leeks, trimmed of the green ends,

washed, and cut into 1-inch slices

Salt and freshly ground black pepper

1 cup all-purpose flour, plus more if
needed

1 cup cornmeal

1½ teaspoons baking powder

¼ teaspoon baking soda

4 tablespoons (½ stick) butter, cut into
large pieces and refrigerated until very
cold

1 egg, beaten

¾ cup buttermilk, plus more if needed

Grease a square baking dish or a deep pie plate with the butter or oil. Preheat the oven to 375. Put the slices of leek in a large bowl and sprinkle with salt and pepper. Toss gently to combine. Put the flour, cornmeal, baking powder, and baking soda in a food processor along with a teaspoon of salt. Add the butter and pulse a few times until the mixture looks like coarse bread crumbs. Add the egg and buttermilk and pulse a few times more, until the mixture comes together in a ball. If the mixture doesn't come together, add a spoonful or two of flour. If the mixture is too dry, add a few drops of buttermilk. Gently toss the leek mixture again and spread it in the bottom of the prepared baking dish. Drop spoonfuls of the batter on top and smooth a bit with a knife. (Try to leave some gaps so that the steam from the leek mixture will have a place to escape as the cobbler bakes.) Bake for 45 to 50 minutes, until golden on top and bubbly underneath. Cool to just barely warm or room temperature. To serve, scoop servings out with a large spoon. Makes 6 to 8 servings.

— *"How to Cook Everything Vegetarian"*

CAMPING IN THE COLD

(Story on page 28)

Winter camping locations in eastern Iowa and western Illinois include:

- **Scott County Park**, 18850 270th St., Eldridge, Iowa; (563) 328-3282
- **Wildcat Den State Park**, 1884 Wildcat Den Road, Muscatine, Iowa; (563) 263-4337
- **Eden Valley Refuge**, 1415 50th Ave., Baldwin, Iowa; (563) 847-7202
- **Pike's Peak State Park**, 15316 Great River Road, McGregor, Iowa; (563) 873-2341
- **White Pines Forest State Park**, 6712 W. Pines Road, Mt. Morris, Ill.; (815) 946-3717
- **Starved Rock State Park**, Routes 178 and 71, Utica, Ill.; (815) 667-4726
- **Argyle Lake State Park**, 640 Argyle Park Road, Colchester, Ill.; (309) 776-3422

Be sure to call ahead wherever you plan to go to make sure inclement weather has not temporarily closed the park roads or camping opportunities.

THE HONEY MAN

(Story on page 30)

Pilgrim Pumpkin Pie

3 large eggs	1¾ cups canned (or cooked) pumpkin
½ teaspoon ginger	¾ cup honey
½ teaspoon cinnamon	½ teaspoon salt (may be omitted)
½ teaspoon nutmeg	1 cup evaporated milk

All ingredients can be put into a blender (or mixer) and combine. Pour into an unbaked 9- or 10-inch pie crust. Bake at 400 degrees for 10 minutes, then 350 degrees for 30 minutes (or until done, tested with a toothpick if it comes out clean).

Honey Ginger Cream

Whip 2 cups whipping cream until stiff. Gradually add ¼ cup honey and ½ teaspoon ginger. Chill one to two hours before serving. Makes 4 cups of topping.

Oil Pie Crust

2¾ cups all purpose flour	¾ cup oil (canola, sunflower or corn)
¼ cup plus 1 tablespoon milk	

Stir flour into a bowl. Mix oil and cold milk with a fork or wire ship. (Oil and milk must be thoroughly mixed). Pour oil/milk mixture over flour. Using a fork, mix until moistened. Divide dough into two. Roll half of dough between two sheets of waxed paper. Put in pie shell, flute edges and chill before baking. Yields two 9-inch pie shells. Helpful hint: Spray bottom and sides of pan with cooking spray. This will prevent the pie crust from sticking to the pan.

Elegant Frosty Cranberry Pie

1½ cups finely crushed vanilla or lemon wafer crumbs	1 package (8 ounces) cream cheese
6 tablespoons margarine, melted	¼ cup honey
1 cup whipping cream	1 can (1 pound) whole cranberry sauce
1 teaspoon vanilla	Additional whipped cream for garnish

Combine cookie crumbs and margarine; press firmly over bottom and sides of a 9-inch pie pan. Chill. Whip cream with vanilla until thickened, but not too stiff. With same beater, soften cream cheese, gradually add honey in a fine stream, beating until smooth. Fold whipped cream cheese into cheese mixture. Set aside a few whole berries to use as a garnish; fold remaining cranberry sauce into whipped mixture. Spoon into crust, cover with plastic film and freeze until firm. Remove from freezer 10 minutes before serving. If desired, top with honey sweetened whip cream. Garnish with reserved cranberries. Makes 8 to 10 rich servings.

BAD-MOOD FOODS

(Story on page 32)

- "The Mood Cure: A 4-Step Program to Take Charge of Your Emotions Today," by Julia Ross.
- "The Ultra Mind Solution," by Dr. Mark Hyman.
- "Smart Fats: How Dietary Fats and Oils Affect Mental, Physical and Emotional Intelligence," by Michael Schmidt.
- "The Omega-3 Connection: The Groundbreaking Antidepressant Diet and Brain Program," by Andrew Stoll.



Striving to recreate eco-conscious products from used materials and promote local at-home businesses.

FREE local pickup

www.OldNewGreen.com



**Imagine moving with ease
Imagine your day without hurting**

Myofascial Release is the gentle "missing link" that can be your answer to a healthier life. Carpal tunnel, back problems, urinary incontinence, headaches, & fibromyalgia can be helped.

SERENITY MASSAGE CENTER
Darlene M. Neff, LMT • Bettendorf, Iowa
FREE CONSULTATION call 563-332-5373

Get Ready To Load Your Sleight!




Unique Gifts for everyone on your list
Shop early for Christmas

- Handmade Hats, Scarfs & Purses
- Homemade Fudge
- Gift Certificates Available

Hours: Sat. 10-5 • Sun. 11-4
Mon.-Fri. 9-6

Hawthorne Centre Craft & Antique Malls
2188 Veterans Drive, Galesburg • 344-2818

Find YOURSELF Inside...



Indigo
1621 5th Avenue • Downtown Moline, IL

309-764-YOGA (9642)
www.indigowellness.info

- Holiday shopping made EASY here! Retail, gift certificates & more!
- Stress relieving yoga classes and therapeutic massages to keep you balanced over the holidays.
- We offer something for everyone... NO flexibility required!

Therapeutic massage 6 days/week — Gift certificates — Gift shop with yoga books, DVDs and accessories, jewelry, Mom and Baby products, plus more.

food for thought

'You are the gift'

Give ill or injured loved ones the present of presence

By Robert L. Hansen

Illness, injury and hospitalizations have no respect for the holidays. Christmas and New Year's celebrations are coming sooner than one might imagine. You and I anticipate joy and being a blessing to others. We imagine the Norman Rockwell turkey feast, the gaily decorated Christmas tree with festive gifts underneath, and the giant ball in Times Square on New Year's Eve. For those suffering illness, though, the holidays may be a different story. When the body is struck down in one way or the other, this can interrupt the normal flow of life.

One might very well ask, "What can I do to bring holiday cheer to my loved one in the hospital, nursing home, rehab center, or to another who is sick at home?" The reverse can happen to a patient who is sick during the holidays. He or she can feel like an outsider. The journey to joy can be turned into a major challenge. As a hospital chaplain, I have learned that listening to what the patient has to say is often more important than saying the "right" thing ourselves.

A survey was taken in which patients were asked, "What do you fear the most about your hospitalization?" The top three answers were fear of pain, fear that no further treatment will help, and fear of being alone. The hospital experts can mediate the pain and will not give up on treatment. We who visit can help the aloneness. Simply being by a patient's bedside can alleviate this fear. A positive attitude is powerful in the healing process.

If a loved one cannot normally participate in the holidays, we can bring the family celebration to them. It is important, though, to be mindful of hospital policies as we do so. Time-honored traditions of food, candles, large crowds of people and drinks may not be allowed. Also, be aware of other patients so as not to disturb them. Where appropriate include a roommate in the festivities. In the nursing home or a private home there may be an opportunity to share with a larger group around the patient. Check it out and share the joy. When in doubt, ask the nurse or caregiver if what you intend to do is acceptable. Remember, the most important gift you can bring is yourself.

As I serve in my role as chaplain at this time of year, I often find myself thinking of the Christmas story. Like the patients at a hospital, Mary and Joseph

I have learned that listening to what the patient has to say is often more important than saying the 'right' thing ourselves.



Chaplain Robert 'Bob' Hansen of Trinity Hospitals. (Photo by Paul Colletti / Radish)

were far from home. Their surroundings — a cave barn — must have felt unfamiliar and strange. Mary was a first-time mother and unwed. What did the heavenly Father make sure they had in this needful hour? Guests. He sent shepherds from the field and Magi guided by a star. Family was not available to them at this distant place, but God ensured they were not alone. By visiting friends and family in the hospital, we can care for them in the same way, making sure they do not feel alone either.

What can you do on these visits? Some practical suggestions are to pray together, read from a sacred text, bring in favorite music with a player and headphones, invite clergy to call on the patient (chaplains can visit if a spiritual leader is not available), encourage others to visit, hold the person's hand when appropriate, and watch TV together. If gifts are brought in, be prepared to take them home right away (clinical areas need to be clear and clean for health-care reasons).

Sometimes a visit can be overcast because there is not laughter filling the room, confetti flying or even an enthusiastic thank you. Is such a visit a failure? Holidays can be filled with glitter, overindulgence and superficiality, which we should not confuse with genuine joyfulness. The patient doesn't need tinsel as much as touch. Bring your touch, which is life-giving, to the bedside. Show the beloved that they are not alone. You are the gift.

See Near, Far & In-Between



Virdi Eye Clinic and iLASIK Center:
We will help you see and live life to its fullest.

*Offering a full spectrum of general and
specialty ophthalmological care
for adults and children.*

- iLASIK
- Cataract Surgery
- Astigmatism Correction
- Multi-Focal Lens Implantation
- Affordable Eye Glasses & Contacts

At the Virdi Eye Clinic and iLASIK Center, we are driven
by our commitment to providing the highest quality
eye-care in a compassionate and ethical environment.



VIRDI EYE CLINIC
LASER VISION CENTER
1-877-846-5762

Dr. Navaneet S.C. Borisuth, M.D. Ph.D.
Dr. Matthew P. Rauen, M.D.
Dr. Abby Thomas, O.D.
Dr. Ammie M. Chizek, O.D.
Dr. Stacie Setchell, O.D.

Convenient Locations:
Rock Island • Muscatine
309-788-5524

Davenport Location:
2533 E. 53rd Street • Suite 2
563-359-3357

the All-New 2011 Honda **ODYSSEY** *LIKE NO VAN BEFORE*



Zimmerman Honda
the BIG **Z**... an ea**Z**ier way to buy a car!

1740 5TH AVENUE ■ ROCK ISLAND, ILLINOIS
NEW (309) 788-9304

USED (309) 788-0648 ■ BUDGET (309) 788-0649

*Zimmerman Honda is locally owned and has been serving
the Quad Cities for over 57 years.*

We will be here to honor your new car warranty
and service your vehicle needs.

Bariatric surgery is a **weighty** subject.

Weight loss surgery can be a wonderful solution in the right situation. Finding the right place for surgery is a pretty important matter. That's why the smart choice is Trinity. Trinity has been providing surgical weight loss solutions for over three decades. More than 3,000 bariatric patients have benefited from Trinity's services and programs. Our board-certified surgeons offer minimally invasive and traditional surgical approaches to weight loss.

It makes you feel lighter just thinking about it, doesn't it?

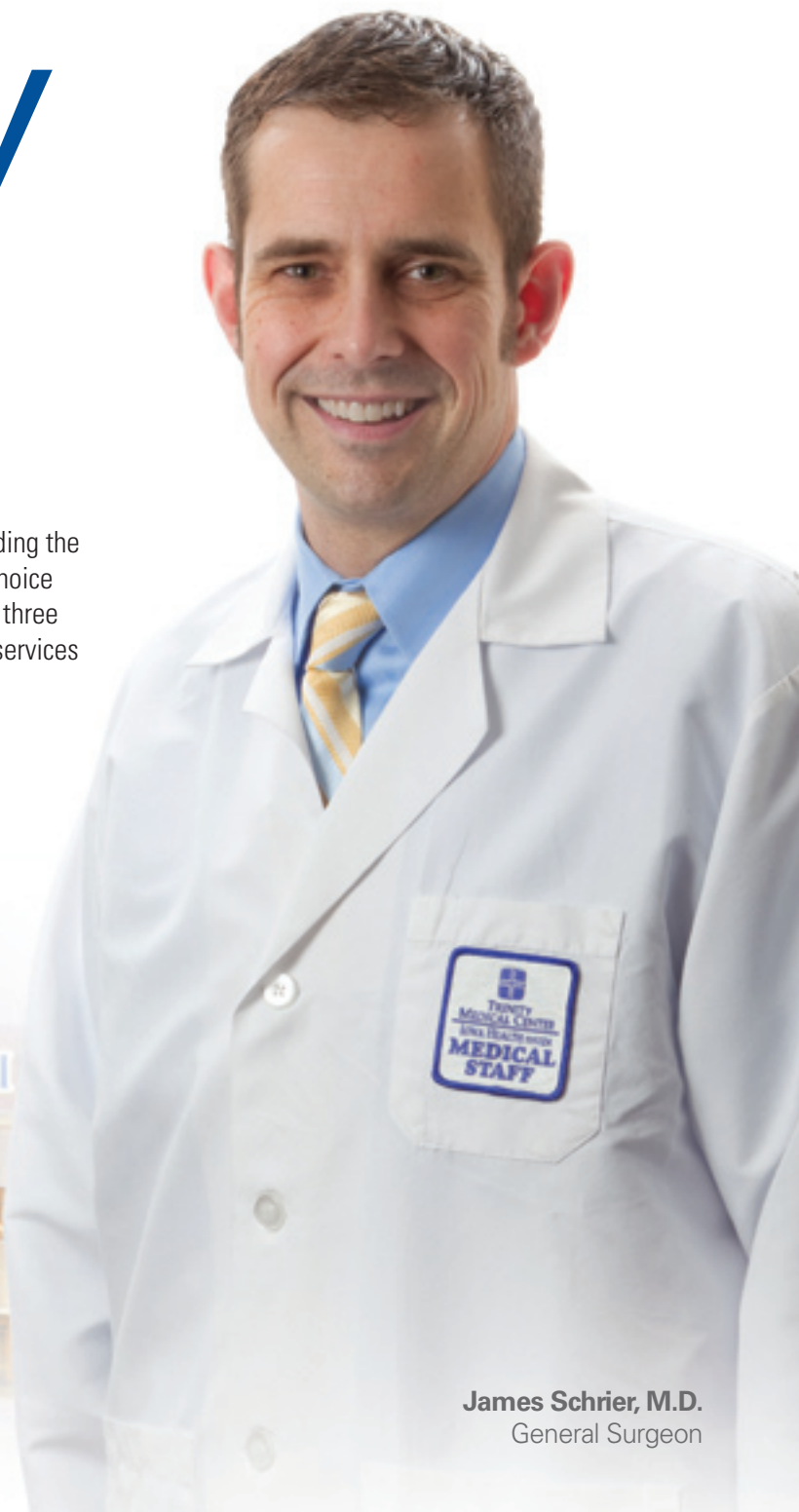
For more information or to enroll in one of Trinity's surgical weight loss seminars, call Trinity at (309) 779-2500.

www.qcmedicalexperts.com



TRINITY
IOWA HEALTH SYSTEM

Moline • Rock Island • Bettendorf • Muscatine



James Schrier, M.D.
General Surgeon