

# Radish

HEALTHY LIVING FROM THE GROUND UP

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DECEMBER 2014

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Beth grew up in the Quad Cities. She graduated with a B.S. in Nursing from Truman State University, Kirksville, Missouri. She practiced as a Registered Nurse in labor and delivery at Trinity Medical Center. She earned a M.S., specializing in Maternal-Child Nursing, from the University of Illinois at Chicago. Beth has been practicing as a Certified Nurse-Midwife with Obstetrics & Gynecology Specialists, P.C., since 2002. Beth enjoys spending time with her children, husband, and their friends and family. In her free time she loves to ski, travel, and just relax and enjoy life.

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# from the editor



Photo by Paul Colletti / Radish

As this issue of Radish was getting ready to print, the weather finally had turned the corner from fall to winter. Gone were the clear blue skies of October; in their place, clouds were draped in woolen shades of gray. Co-workers began to appear at the office bundled in coats and mittens and scarves. A biting wind had us all walking a little more briskly, and I found myself thinking back to Aldo Leopold's observation in the December chapter of "A Sand County Almanac": "To the chickadee, winter wind is the boundary of the habitable world."

Winter brings out a little chickadee in us all, I think. Just like the small, black-capped birds, we too get hemmed in by a cold wind. We shorten our trips when venturing out and stay closer to our cozy roosts. But it also brings blessings: A winter wind evokes our fragility as creatures of this world while, at the same time, attuning us to how wondrously alive we remain. Let the wind blow, let the snow come — other creatures slumber while we continue our daily routines. Beneath the dark and leafless trees, we go about making this the merriest time of our year.

Every year the December issue of Radish does its best to put the "making" in "making merry." In this issue you'll find lots of ways to creatively engage with this festive time of year, from delicious dishes you can make using seasonal spices (page 8), to easy holiday keepsakes you can make with children and grandchildren (page 10). You'll also find articles with ideas for making healthy choices when it comes to holiday drinks (page 12) and thoughts on making up a list of New Year's resolutions (page 32).

And that's not all. At Radish, we've been busy the last few months making something new ourselves — our first Winter Wellness Festival. Much like the Healthy Living Fair we host each June, the festival is going to bring together area resources for healthy living in one convenient location for you to come and learn more. You can read about the workshops and attractions we've been lining up for the afternoon on pages 26-30. Whatever other fun things you plan to make in the weeks ahead, we hope you'll add one more item to your list — make a date to spend a few hours with us at the Winter Wellness Festival on Dec. 6.

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

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# the grapevine

## On the Road with Radish

We love to meet our readers! Be sure to mark your calendars for the upcoming Radish Winter Wellness Festival, 1-5 p.m. Saturday, Dec. 6, adjacent to the Genesis HealthPlex, Bettendorf, at 2140 53rd Ave. Turn to pages 26-30 to learn more about this event.

Thanks to Friends of Radish, you also can find representatives of the magazine this month at two additional events:

- **CHM Holiday Movie and Gift Swap:**

6-8:30 p.m. Thursday, Dec. 4, Humility of Mary Center, 820 W. Central Park Ave., Davenport. Bring new or gently used items to swap to participate in this re-gifting exchange. For more information, call 563-336-8404.

- **Iowa City Holiday Farmers' Market:** 8 a.m.-1 p.m. Saturday, Dec. 13,

Iowa City Marketplace, 1660 Sycamore St., Iowa City. For more information, call 319-356-5210.

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



## Radish reads: Ideas on healthy eating, beginning with 'top ten' foods

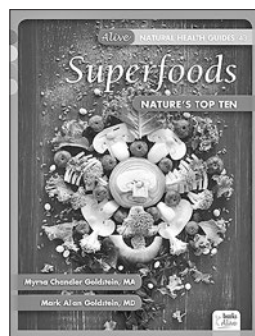
Mini review: "Superfoods: Nature's Top Ten" by Myrna Chandler Goldstein and Mark Allan Goldstein, M. A. (2014, Books Alive, 64 pages, \$11.95)



If you are like me, information on eating the right foods, dieting and disease prevention is overwhelming. I am just too busy to forage through it all. If you have a desire to eat in a healthy way, "Superfoods: Nature's Top Ten" is a fast, simple way to show you where to start. A quick read, the book contains chapters on 10 foods, shares information gathered by research to support the beneficial claims, and offers easy recipes to get you started.

Basically, some foods are better for you than others. The authors, one a medical professor at Harvard, have picked their top 10 that they feel stand out in a crowd as having the most solid scientific research that proves definitive health benefits. The top 10 includes berries, broccoli (and sprouts), flaxseeds, garlic, kale, mushrooms, onions, sea vegetables, soybeans, and turmeric. Probably no surprises there if you have had even a passing interest in making healthy food choices.

Each food chapter outlines the specific health benefits, suggestions for preparation and storage, and information regarding calories, fat, carbohydrate and protein content. There are some unfamiliar words that require looking up, like "polyphenols," "sulforaphane" and "enterolactone," but overall the book is a quick read and reasonably priced.



Submitted

— Christine Powers, Davenport

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# healthy living from the ground up

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Stamped ornaments are rolled out and cut from a simple salt dough. (Photo by Paul Colletti / Radish)

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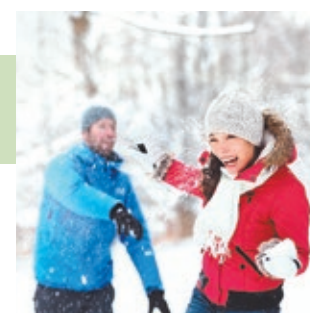
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## radishmagazine.com

Winter weather may have made the hazards of hot vehicles a distant thought for many, but for a group of Davenport students, the problem is front and center in the minds. Why? They have been hard at work creating a product that will warn parents that they've left their child — or perhaps even their pet — unattended in a hot car.

The project is part of a competition sponsored by the Lemelson Foundation and the Massachusetts Institute of Technology. The Davenport students are one of 15 teams chosen to get a \$10,000 grant to develop an invention that addresses a real-world problem. There have been more than 600 children killed nationwide by overheating in a vehicle since the late 1990s.

The team of students will present their invention at MIT this coming summer. Learn more about the project at [radishmagazine.com](http://radishmagazine.com).







# HAPPY TRAILS

*Don't let winter doldrums get you down— head out for a hike*

By Radish staff

It's no secret that a walk outdoors can do the body good. Even a short, 30-minute walk burns calories, lowers blood pressure, and can help to improve overall mood. Yet when winter rolls around, the temptation simply to stay indoors until better weather arrives is strong. If you are looking to overcome that impulse and reap the benefits of a good winter walk, here are three accessible trails to try. No special equipment needed.



## Farmdale Loop

For a peaceful winter hike with varied terrain, it's hard to beat Sunderbruch Park, located just west of Davenport. Though it bustles in warm weather with mountain bikers, snow transforms the trail — beautiful in any season — into a quiet haven for hikers.

To access the Farmdale Loop, follow the wide, paved path that curves up from the parking area off Telegraph Road. The incline is a little steep, but it is the only such big climb you have to make on this hike. Once you arrive at the top, you'll find trailheads for the Farmdale Loop on either side of the path — simply pick a direction and head into the woods. The loop meanders up and down several small rises, but

### SUNDERBRUCH PARK, DAVENPORT

also offers long, level stretches along the meadowland in the middle of the park.

You can walk the entire circuit in about an hour, or, if you're in the mood for something shorter, you can simply return to the parking lot by taking the wide path across the meadow that intersects the Farmdale Loop roughly halfway through its circuit. Just be sure you're heading in the right direction! After so many loops and turns in the woods, it's easy to get disoriented.

As a special treat, there's an open shelter adjacent to the parking lot with a working fireplace. Bring some firewood and friends and you can all warm back up there after your hike.

—Sarah J. Gardner

## Sac & Fox Trail

Watching a bald eagle soar over meandering waters is one of the prime reasons to take a wintertime walk on the Sac & Fox Trail. The trail stretches just over 7 miles along the Cedar River and Indian Creek in southeast Cedar Rapids, where you can feel immersed in nature without leaving the city.

My sister introduced me to the Sac & Fox when she worked as a naturalist at the Indian Creek Nature Center (6665 Otis Road SE), which the trail traverses and is the portion I tend to use. Since then, I've returned with family and friends for cross-country skiing, but have also found a quiet solitude hiking there on occasion, when the powdery snow is deep and few people are using the trail.

### CEDAR RAPIDS, IOWA

In this area, towering trees line one side of the Sac & Fox, with the other following the soft curves of Indian Creek, passing under a bridge that adds rustic charm to the scenery.

A relatively level trail with pressed limestone surface, the Sac & Fox accommodates hiking, cross-country skiing, horseback riding and bicycling. Motorized vehicles are prohibited.

I have yet to see otters sliding down snowbanks into the creek, as others have observed, but witnessing a bald eagle in flight or peering from lofty tree branches has been a high point and an awe-inspiring reminder of the importance of wildlife refuges such as these.

—Cindy Hadish

## Lake Storey Park Trail

For a winter walking experience that's easily accessible, good for all ages, and offers beautiful lakeside views, check out the multipurpose trail at Galesburg's Lake Storey Park, located at U.S. 150 and Lake Storey Road.

If you start at the northeast corner, where parking is available, you'll catch views of the lake as you make your way along beautifully landscaped areas. The trail then moves through the playground and picnic areas, past the beach, and eventually into wooded areas, where side trails provided a little more strenuous hiking opportunities for the adventurous.

But the main trail is mostly without sleep inclines, especially before it crosses the spillway at the lake's west

end. This makes it safer during the slippery winter months and easy for families and people of all ages to navigate. In all, the trail is 2.7 miles long. But with multiple access points available, walkers can easily customize their experience.

Even in winter, you'll see plenty of walkers, joggers and bikers along the trail, which is wide enough to accommodate two-way traffic and allow room for passing. After a snowfall, you might even catch some intrepid snowshoers making their way around the lake. No motor vehicles are allowed on the trail, although it is used for snowmobiling with special permission from the city on select days.

—Jane Carlson

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This holiday season, start a new tradition and try almond or coconut flour in your baking. Almond and coconut flours make a great addition to baked goods and are perfect for your friends and family who follow a gluten-free diet.



**Cinnamon Sugar Cookies  
with Coconut Flour**

Makes 3 dozen cookies

#### All you need:

- 4 large eggs
- ¾ cup and 2 tablespoons sugar, divided
- ½ teaspoon vanilla
- ½ cup unsalted butter, softened
- ¼ teaspoon salt
- ¾ cup sifted coconut flour
- 2 teaspoons cinnamon

#### All you do:

1. Preheat oven to 375 degrees.
2. Combine eggs, ¾ cup sugar, vanilla, butter and salt; mix well.
3. Stir in coconut flour and let sit for 5 minutes to thicken.
4. Combine cinnamon and 2 tablespoons sugar.
5. Form dough into 1-inch balls; roll in cinnamon/sugar mixture.
6. Place on cookie sheet 1 inch apart; flatten.
7. Bake for approximately 8-9 minutes.
8. Remove from sheets to wire racks to cool.

Nutrition facts per serving: 60 calories; 3.5 g total fat; 2 g saturated fat; 0 g trans fat; 25 mg cholesterol; 6 g carbohydrates; 5 g sugar; 1 g protein; 1 g fiber; 30 mg sodium  
Source: Just A Pinch Recipes





## healthy living

# SEASON & SPICE

Savory dishes to  
celebrate the  
warmth of the  
season

By Sarah J. Gardner

There is just something about this time of year that reminds us of how much we love certain spices. You know the ones — cinnamon, cloves, ginger, nutmeg. Of course, they have been in our kitchen all year long, making appearances on the occasional slice of cinnamon toast or brewed as a stomach-soothing cup of ginger tea. And yet when the temperature falls, we suddenly seem to rediscover these spices in a joyous reunion.

Before you know it, we're dusting nutmeg on top of lattes and baking ginger into a parade of cookies, muffins and scones. Wreaths of cinnamon sticks appear over mantles, and clove-studded oranges are hung in old-fashioned Christmas trees. It is as though we can't get enough of these spices, and in many ways that is wonderful. They connect us with some of our coziest kitchen traditions.

There are other reasons to revel in the season of spice, too. Aside from boosting flavor, each spice comes with some small health benefit. Laboratory research into cinnamon, for example, suggests it can help reduce inflammation. The oil contained in cloves is a potent pain killer and can help soothe sore throats. Nutmeg has long been used to relieve intestinal gas, and in addition to well-known digestive benefits, consuming ginger also has been shown to reduce swelling and stiffness from arthritis.

All of which is great, except for the uncomfortable fact that when we eat these spices, chances are good it's in the form of sweet treats: snickerdoodles, gingersnaps, spice cake. Whatever benefit we may be

Photos by Paul Colletti / Radish



## ROASTED CINNAMON PORK LOIN WITH APPLES

2-3 pounds top loin pork roast  
1 teaspoon ground cinnamon  
½ teaspoon ground nutmeg  
½ teaspoon ground ginger  
¼ teaspoon ground allspice  
¼ teaspoon cloves

1¼ teaspoons salt  
1-2 tablespoons olive oil  
2 tablespoons maple syrup  
4 tart, firm apples  
¼ cup water or apple cider  
1 tablespoon cold butter

Heat the oven to 425 degrees. In a small bowl, combine spices and salt. Trim any loose fat from the pork roast and then rub the spice mixture over it, covering all sides. Heat a large, oven-proof saute pan and add just enough oil to coat the surface. Add the tenderloin and, using tongs, sear on all sides (the dark spice rub will mask the color of the pork, but a good indicator a surface is seared is when the meat releases from the pan with just a gentle tug), approximately 4 minutes to a side. Meanwhile, peel and core the apples, then cut into eighths. When finished searing the pork, remove the pan from heat and spread the apples around the roast in the pan. Drizzle the apples with maple syrup and slide the pan into the preheated oven. Cook for 25-30 minutes, until a thermometer inserted into the roast reads 145 degrees. Remove the roast and apples from the pan to rest on a platter.

To make the pan sauce, add water or cider to the pan and warm on the stove top over medium heat, using a spoon to scrape loose any brown bits on the pan bottom. Add the butter and continue to stir while the pan juices reduce. When the spoon can draw a line through the liquid that doesn't immediately fill back in (approximately 3 minutes), the sauce is ready. Slice the tenderloin and arrange the apples around it on the platter. Pour the sauce over top and serve.

## GINGER-GLAZED CARROTS

2 pounds carrots  
2 tablespoons butter  
2-inch piece of fresh ginger, peeled  
and diced

½ teaspoon ground cardamom  
½ cup orange juice  
½ cup water  
Salt and pepper to taste



Peel carrots, slice into sticks and set aside. In a large saute pan over medium heat, melt butter. Add ginger and cardamom, stirring for 2 minutes. Add carrots and cook 5 minutes more. Add orange juice and water and bring to a simmer. Cover with a tight-fitting lid and reduce heat. Cook for approximately 20 minutes — carrots should be tender, but not falling apart — then uncover the pan and cook until the liquid almost vanishes from the pan, glazing the carrots. Remove from the heat and serve while warm.

deriving comes with a price paid in calories from butter and sugar. It's not so bad when it's an occasional indulgence, but moderation can be a challenge at a time of year so full of sweets.

Does this mean we need to forgo getting our cinnamon fix this season? Hardly. Many of these spices make wonderful additions to savory dishes as well. In fact, in the parts of the world where these spices were first cultivated, that is how they traditionally are consumed. You'll find them rubbed onto roasts, cooked into stews and simmered with vegetables — all to delicious effect.

So, while you enjoy a cookie or two this season, why not also embrace this time of year as a chance to try a little holiday spice in the main part of your meal, as in this pork roast or side dish of carrots? Both dishes are easy enough to make on a weeknight, but elegant enough to be at home on a holiday table. Best of all, the come-hither aroma wafting from the kitchen as they cook is sure to translate into eager diners come mealtime.

*Sarah J. Gardner is the editor of Radish.*

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healthy living

# Making memories

Set aside time this season to create something special

By Leslie Klipsch

There comes a moment during every holiday season when I think to myself, “Whew! I can’t handle one more item on the to-do list/dessert to bake/memory to provide.” Sound familiar? Maybe it’s just me, but if I’m not careful, I tend to let a drive toward perfection get the best of me this time of year. As a parent, what I need — and what I think we could all benefit from — is for someone to say, “Stop.” Stop with the pursuit of the “perfect” sugar cookies or the creation of the “perfect” holiday memory or purchase of the “perfect” gift! Sit down with your kids and make a mess!

Creating with kids of all ages is fulfilling for parents, grandparents, friends and neighbors alike. It allows the opportunity to learn with one another and strengthen an emotional bond. The projects don’t have to be elaborate for the moment to be magical: It’s a time set aside to give and receive attention, and to be open to what comes. For older kids, sitting side-by-side with busy hands provides an opportunity for conversation that may not happen in other situations. As Pablo Picasso once said, “Art washes from the soul the dust of everyday life.”

Sounds great, you say, but what exactly should we make? The following are three holiday crafts that anyone (including your 3-year-old, including even you) can do with little stress and little preparation. Pick one. Gather the few supplies (many of which you probably already have) and your little people. Turn on some holiday music and boil a kettle of water for cocoa or tea. Sit down with your kids, take a deep breath, and look around the table. Let yourself off the hook. The paintbrush will do the work.

*Leslie Klipsch is a frequent Radish contributor. Find more of her thoughts on food, family and healthy living at [leslieklipsch.com](http://leslieklipsch.com). Instructions for an additional Patchwork Christmas Bulb Ornament are available at [radishmagazine.com](http://radishmagazine.com).*



Photos by Paul Colletti / Radish

## Salt Dough Ornaments

*You'll need:*

**1 cup flour (more as needed)**  
**½ cup salt**  
**½ cup water (more as needed)**  
**Rolling pin and cookie sheet**  
**Drinking straw**  
**Cookie cutters**  
**Rubber stamps**  
**Ink pads**  
**Markers**  
**Mod Podge**

*Directions:*

Your little bakers and artists alike will love this project and can take part in each step. Begin

by preheating the oven to 250 degrees. Mix together flour, salt and water. Sprinkle a clean surface with flour and knead dough until it's soft and pliable. Use a lightly floured rolling pin to roll dough to about ¼-inch thickness. Cut out dough using cookie cutters (holiday or otherwise), just as you would sugar cookies. Using inked rubber stamps, press different designs into the dough. Alternately, you can press uninked rubber stamps into the dough to create a textured effect, or leave the dough plain to decorate later. Place the ornaments on ungreased cookie sheet. Using a straw, cut out a small hole for the

ribbon that will hang the ornament. Bake for 2-3 hours until dough is completely dry, flipping once halfway through. When the ornaments have cooled completely, get out the markers and allow kids to decorate the plain ornaments, color in the textured ornaments, or add another layer of color to the ink-stamped ornaments. After the ink has dried completely, add a coat of Mod Podge to seal each ornament. Once dry, attach a ribbon and hang the ornaments in a window, use as festive tags on gifts, or hang on the tree.



## Upcycled Animals

*You'll need:*

All of those old animal figurines  
lying around your house

Acrylic craft paint

Paintbrushes

Small eyehooks

Ribbon or string

*Directions:*

Allow children to give their animal figurine a makeover by painting them! Spread out newspaper and set out paints, instructing your young artists to use one paintbrush per color. Some animals may be painted a solid color, while others may be a rainbow! Once the figurines are dry, an adult should gently hammer an eye screw into the top of the figurine. Once it's secure, screw it in manually the rest of the way. Attach a ribbon or string to hang from tree.



## Painted Pinecones

*You'll need:*

Acrylic paint

Paintbrush

Pinecones

Glitter (optional)

*Directions:*

Gathering your pinecones is half the fun! Take a walk around a park or your neighborhood and allow your child to pick two or three "perfect" pinecones. Shake them off outside and bring them home to be decorated. Fill a bowl or some sort of washable vessel with 2 parts acrylic paint and 1 part water. Give your child a paintbrush and roll up his or her sleeves. Allow your child to place the pinecone in the bowl and either paint with their paintbrush or roll the pinecone around to cover it completely. (If you or the child would rather just paint the tips of the pinecone or use more than one color, simply use acrylic paint without adding water.) Hold the painted pinecone upright for a moment to allow excess paint to drip off before putting it on a sheet of freezer (or wax or news) paper to dry, turning occasionally. If you'd like to add a final touch, have your child use a clean paintbrush to paint glue on the pinecone once it has dried. Finally, sprinkle with or roll the pinecone in glitter. When the glitter/glue has dried, affix a ribbon to hang.



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eating well

# Cuppa' cheer

## Treat yourself to healthier holiday beverages

By Laura Anderson Shaw

Some of my warmest memories from the holiday season include those evenings after a day of sledding when I'd curl up on the couch with a book and a cup of hot cocoa that was mostly marshmallows.

But with all of the chilly nights, holiday parties and delicious drinks ahead, beverages that start as a special treat can quickly become one more thing we overindulge in. Hoping to make healthier decisions this season? Evaluating some pros and cons of each of your favorite holiday beverages before being faced with the spread can help.

First and foremost, keep in mind that special occasions are exactly that. "Everyone should enjoy a taste" of his or her favorite holiday beverages, says Rock Island Hy-Vee dietitian Chrissy Watters. "I would never pass up a glass of my grandma's famous fruit punch even though I know it's loaded with added sugar," she says.

Watters suggests having a small glass of whatever you'd like. It's useful to remember the drinks aren't all bad. Many popular holiday beverages "sneak in some good-for-you attributes," she says. For instance, milk-based drinks such as eggnog and hot chocolate "pack a powerful dairy punch," and contain calcium, potassium and protein from the milk. "In fact, the first ingredient in eggnog is milk," Watters says.

Fruit-based drinks also will provide some benefit if they contain 100-percent juice, Watters says. She points to apple cider in particular, which is 100-percent juice and "counts toward your daily fruit goal."

Remember, though, "these beverages usually contain enough calories and sugar that you'll find yourself asking where those 10 pounds came from come January if you enjoy in excess," she says. In other words, moderation is key.

For those who are watching their intake of sugar and calories, reduced-sugar and reduced-calorie versions of holiday beverages may be available, says

Watters. They are usually on the same shelf as their full-bodied counterparts.

If you prefer to make your own drinks from scratch, you can still enjoy a fancy, festive drink without the additional calories or guilt. Watters suggests making a "spritzer" by combining your favorite fruit juice or wine with a sparkling seltzer water.

A good spiced tea is another option. Oftentimes when it comes to holiday drinks, "many people forget about holiday teas like ginger, peppermint and pumpkin spice as zero-calorie holiday drinks," Watters says.

Whatever drink you choose this season, even if it is your favorite full-fat, full-sugar version, enjoy it, says Watters. "Drink it slowly. Savor it. Then pass on a second glass until the next holiday event."

*Laura Anderson Shaw is a writer on staff with Radish. For an additional recipe for Cider-Spiced Tea, visit [radishmagazine.com](http://radishmagazine.com).*

### Lighter Eggnog

1 egg yolk  
¼ cup skim milk  
1 teaspoon stevia  
½ teaspoon vanilla  
⅔ cup light whipped cream  
Ground nutmeg to taste

In a small bowl or large mug, beat together egg yolk, skim milk and stevia. Stir in vanilla, then whisk in light whipped cream. Sprinkle with ground nutmeg when ready to serve.





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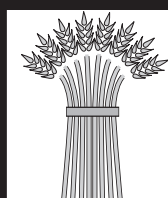
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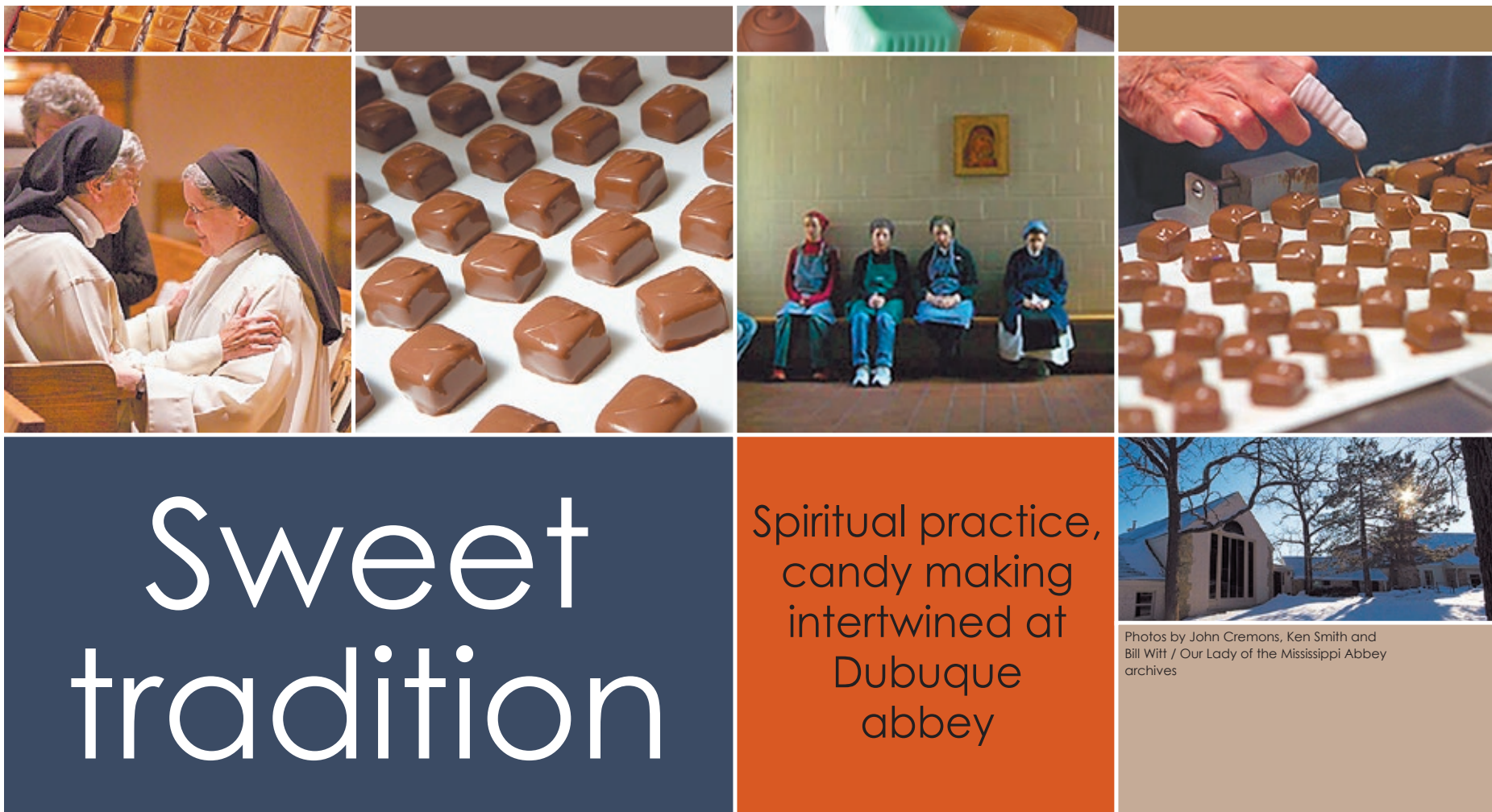
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# Sweet tradition

Spiritual practice,  
candy making  
intertwined at  
Dubuque  
abbey

Photos by John Cremons, Ken Smith and  
Bill Witt / Our Lady of the Mississippi Abbey  
archives

By Christine Darr

Our Lady of the Mississippi Abbey is perched on a bluff overlooking the Mississippi River south of Dubuque, Iowa. It feels like a peaceful haven, tucked away among prairie grasses, farm land and thick forest. Since it was founded 50 years ago, the sisters living in the abbey have been committed to lives of prayer, community and work.

Part of that work involves a caramel-making tradition that was passed on to the Cistercian nuns by a Greek confectioner who taught them his recipes and process. The work of making caramels is an integral part of the sisters' spiritual practice, and the quality of their candy is evidence of their devotion.

## A labor of love

The sisters' practice of making candy is almost as old as the abbey itself:

When the young sisters at Mt. St. Mary Abbey in Massachusetts founded Our Lady of the Mississippi 50 years ago, they passed on their candy-making tradition as well. Although the sisters at Our Lady also have worked the land and raised sheep, making caramels continues to be their primary form of work.

The purpose of this work is two-fold. First and foremost, they believe that work is a vital dimension of their spiritual lives. Although the sisters have chosen to live removed from the world to devote themselves more fully to prayer, working unites them in solidarity with all those around the world who must toil for their survival.

The work of making candy provides the abbey with much of the income they require to meet their needs. Most of the work producing the candy is done by the sisters, but there are also a few volunteers who work alongside them. During their busiest season — September through November — the sisters hire a few employees as well.

The candy-making process begins in the batch prep room, where the ingredients for the caramels and chocolate caramels are poured into bright copper kettles and stirred slowly until they are thoroughly emulsified. The sweet aroma of caramel wafts through the production area.

In their pursuit of the highest-quality ingredients they can find, the sisters began purchasing their butter and cream from Hansen's Dairy, a local dairy near Hudson, Iowa. "Hansen's Dairy has a good reputation for the quality of their dairy products, and it is also a family-owned business," explains Sister Kathleen O'Neill, who is completing her fifth season as production manager at the abbey.

While the caramel mixture is still warm it is poured onto long metal tables to



cool overnight in the pouring room. The following morning the caramel sheets are cut by hand into smaller slabs and transferred to the machining room for the next stage in the process. A series of machines slice the slabs into narrow ribbons and then into small cubes approximately one inch in size that are then wrapped individually in cellophane.

The end product — caramels that are richly sweet and melt slowly in the mouth — are then placed in a decorative bag and packaged up in boxes, ready to be delivered to their final destinations. At each step of the process a worker is there to monitor the machines and remove the pieces that don't meet their high standards of quality.

"We want to avoid imperfect wraps and exposed candy, or what I like to call 'headless horsemen'," says O'Neill.

In addition to making caramels, the sisters also produce chocolate mints, truffles and chocolate-covered caramels — a process that involves passing some of the caramels through a waterfall of liquid chocolate. These candies are arranged gently in gift boxes for sale.

The candies made in this labor of love are available locally in welcome centers, hospitals and gift shops in the region. They also can be ordered online for a limited time at [monasterycandy.com](http://monasterycandy.com).

## Daily routine shaped by prayer

Throughout the workday, bells call the sisters to prayer. Slowly each worker finishes what she is doing, stops the machines, and joins the rest of the workers in the prayer room. The pause is an essential moment in the rhythm of each day.

This reflective aspect of their spirituality also comes to the fore in their practice of quiet contemplation, even amongst the noisy machinery. Although the workers can and do speak to each other, most often to provide gentle instruction or to offer a playful comment, in general the attitude in the production room is that of silent contemplation.

According to Sister Kathleen, quietude enables each worker to "pray without ceasing."

Practicing a quiet disposition also has another effect — it creates space for emotion to rise to the surface of one's consciousness. When negative emotions arise, the initial reaction for many of us might be to distract ourselves or to push the feeling away. For the sisters, these experiences are opportunities to sit with their emotions and release them to God. The stress of meeting holiday orders provides ample opportunities to experience and relinquish such emotions.

In one sense, the work of making caramel is a crucible where the sisters are challenged to come alongside each other and cooperate together day after day. One of the central commitments of the Cistercian order to which the sisters belong is a commitment to stability.

"We have taken a vow of stability that says we can't run away from ourselves or each other," says O'Neill. "Rather than spending our lives running around trying to find the perfect people and places, which don't exist, we've chosen to stay in this place with these people. This allows us to go deeper in our spiritual lives."

Far from simply making candy, the Sisters of Our Lady of the Mississippi see themselves as living out their vocation. Their small-scale production of caramels and other sweet treats provides necessary income as well as spiritual practice. By working together in community the sisters are embodying their commitment to their faith practices and to serving their neighbors near and far.

*Radish contributor Christine Darr lives in Dubuque, Iowa. More information about Our Lady of the Mississippi Abbey can be found at [mississippiabbey.org](http://mississippiabbey.org).*

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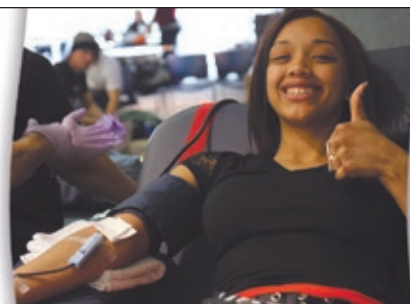
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body, mind & soul

# On balance

## Among its many benefits, tai chi improves equilibrium

By Nicole Lauer

Chances are good if you live in the Midwest, you know of someone who has slipped on slick winter pavement and been injured — sometimes seriously — as a result. The thought is enough to put a chill in your heart. But for students of Scott Caulpetzer, there's a certain peace of mind that can come from knowing week after week they are making an investment in better balance.

How is that? Caulpetzer teaches tai chi, a martial art that can count improved balance among its many benefits. Caulpetzer cites a 1995 Emory University study that found that seniors who practiced tai chi were 48 percent less likely to fall than those who didn't.

A more recent study in the *New England Journal of Medicine* found that tai chi was especially effective at lowering the incidence of falls among people with Parkinson's disease.

And better balance is just one benefit. Caulpetzer describes tai chi as a transformative practice that is focused on breathing and rounded, fluid, balanced movements. The practice, based on the ancient Chinese teachings of living in harmony with nature, improves mental tranquility, physical fitness, blood circulation, flow capacity and provides body tissues with maximum oxygen.

Caulpetzer says the foundation is made up of four basic parts: exercise, moving meditation, chi or energy, and martial art. All four parts mix into one enlightening daily practice, he says.

"The practice should effect other parts of our life, it should inform and transform your life if you are doing it right and really studying the art," he says.

Caulpetzer keeps a packed schedule sharing tai chi with students ranging from college-aged to 80-years-old. On almost every day of the week you can find him teaching a class, including courses at St. Ambrose University and community classes at the Rock Island Fitness and Activity Center and at the Davenport Family Y. He teaches at the Center for Active Seniors, Inc., at St. John's Lutheran Church in Rock Island, and in his own home.

"Joseph Campbell told us to follow our bliss, and I've slowly, over the years, increased my class load until I could not work for other people but work for myself," says Caulpetzer.

In his classes for beginners, they focus on the short form style, which usually takes nine to 12 months to learn. They also focus on body mechanics, balance, and efficient, economical movements.

In a typical class, silence takes over the room as the group works in synch to carry out 60 fluid movements of the short form. The students are deliberate and a little hunched. Their eyes are downcast as their hands, their feet, and their whole bodies engage in their slow work.

The short form takes about 10 minutes to do once. Caulpetzer says he saves the 132-movement long form version for his advanced students, and this form



Scott Caulpetzer works with students on their tai chi technique during a recent class in Davenport. (Photo by Todd Welvaert / Radish)

can take possibly a whole hour to complete. Other forms taught by Caulpetzer's Great River T'ai Chi Ch'uan School include sword form, push hands, chi-kung, and meditation.

Nadine Parsons of Davenport, a student of Caulpetzer, has been studying tai chi for 12 years. She says she finds it meditative, calming and relaxing. She says she also has learned skills that assist her in her job as a certified nursing assistant, helping her to relax, find patience in tense situations, and even helping her learn to use her body effectively in lifting patients.

Parsons also credits tai chi with allowing her to be symptom free for the last 10 years following a diagnosis of early osteoporosis. Parsons says tai chi is now part of her routine and she is always discovering more.

"There is no end to it," she says. "I'm still learning."

For those interested in seeing a demonstration of tai chi firsthand, Caulpetzer will present a workshop at the upcoming Radish Winter Wellness Festival at 2:30 p.m. on Dec. 6. (More information about this event can be found on page 28). The demonstration is free, as is the festival.

*Nicole Lauer is a regular Radish contributor.*



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health & fitness

# Small gifts, big benefits

## Great ideas for home fitness gear to give and get this year

By Chris Greene Cashion

We've all seen them: commercials for products that promise to help you get fit for three (or four or six) easy payments on your credit card. Such devices have a lot of appeal, but the truth is you don't have to break the bank to get a good workout.

If you have a fitness enthusiast on your list this holiday season (or if you are a fitness enthusiast drawing up your own wish list), we've called in the experts to suggest good gear that can enhance a workout — without making your pocketbook break out in a sweat.

**Foam roller:** Anyone who works out will at some point experience sore muscles. As Jarrad Cockshoot, co-owner of Aberrant CrossFit in Eldridge, Iowa says, foam rollers often are underutilized in fitness, but they work well to roll out those sore muscles. He says rollers are used for mobility exercises to get ready for workouts as well as recovery from intense workouts. Foam rollers are available at a number of price points, but the majority are priced around \$20 to \$45.

**Versa Gripps:** Beth Davis of WrightWay Personal Training in Bettendorf recommends these grips for any fan of deadlifts, pull-ups or rowing. They offer great wrist support and they are comfortable — they don't cut into the skin or leave marks — and they protect from carpal tunnel syndrome. Plus, they are very durable. She says she got a pair 10 years ago and they are still going strong. The grips can be found on [versagrips.com](http://versagrips.com) for \$42 for the classic series wrist straps.

**Resistance band:** Jarrad says these can be used for much more than just resistance training — they can assist with mobility, stretch sore muscles, and assist with pull-ups, dips and other exercises that strengthen the lower back as well as exercises for shoulders, arms and upper back. Prices average \$15 to \$40.



**Kettlebell:** Kettlebells have come to be a staple in most gyms, and Jarrad recommends them for a full-body workout. He says you can do a variety of squats with them, press with them, and perform deadlifts, snatches, kettlebell swings and much more. Since they come in almost any weight, they can challenge nearly anyone on your list. Price points vary as much as the weights, but they can start as low as \$10. Look for them in the fitness section of local stores.

**Jump rope:** These toys from childhood show up for a repeat performance as serious fitness equipment. Jarrad says you want to find a length of jump rope that doesn't leave excess hitting the ground or the toes when jumping. Adjustable jump ropes are available. Price points range from about \$5 to \$70.

**Shaker bottle:** Beth is a fan of the Blender Bottle as a great way to mix up a pre- or post-workout shake and take it with you. The bottle is BPA free, has a wire whisk for smooth shakes and is leak-free — plus the classic 20-ounce bottle is only \$9.99, and the 32-ounce bottle is \$10.49. You can find a variety of colors, styles and sizes at [blenderbottle.com](http://blenderbottle.com), and they are available in local stores like Dick's Sporting Goods.

**A new adventure:** For many, the most memorable gifts are experiences rather than goods. If you'd like to go that route, Jarrad and Beth also suggest giving a gift certificate for a personal session with a local trainer or the registration fee for a fitness adventure like a mud run, marathon, or cycling event. Better yet, get a gift certificate and sign yourself up as well so you can do it together — the great memories will be a gift to you both!

*Chris Greene Cashion is a writer on staff with Radish.*

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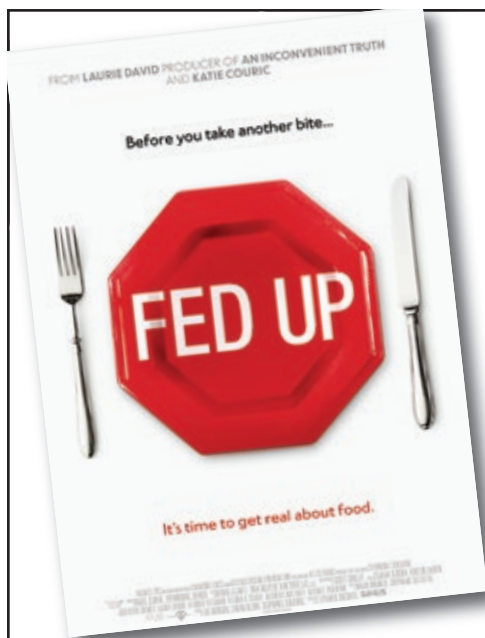
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eating well

# Kitchen duet

## Mother-daughter team leads Greatest Grains demos

By Chris Greene Cashion

In many homes, cooking is a family affair, with lessons handed down from parent to child. That tradition is given a new twist at Greatest Grains, where in-store cooking demonstrations are often presented by the mother-daughter team of owner Julie Martens and daughter Kelly Abdelmassih.

Together, the pair showcases recipes and explains cooking methods to eager home cooks. Classes are geared to fit the needs of cooks of all levels, so beginning cooks don't feel intimidated, and more seasoned cooks still can walk away having learned a trick or two.

The cooking demos take place at the store, located at 1600 N. Harrison St., Davenport. Martens says the demonstrations were created to introduce their customers to their products and provide them with recipes and ideas on enjoying natural foods.

"We like to stay trendy and current with our offerings, while emphasizing cooking from scratch with bulk products," Martens says. "I have learned that everyone loves to eat, and many people want to 'clean up' their diets but have trouble heading in the right direction. A demo can be just the jump start someone needs to achieve this goal."

A perfect example is a recent class that focused on making pizza from scratch. After a quick introduction by Martens, Abdelmassih began demonstrating the intricacies of pizza making, highlighting the finer points of creating delectable crusts — including a gluten-free option — and whipping up batches of sauce.

Although Martens is the owner of Greatest Grains, she made no bones about the fact that her daughter was to be the star of the show that day — her "mom pride" rang through loud and clear as she spoke of Abdelmassih's work in the culinary field and her pursuit of her master's degree.

Meanwhile, Abdelmassih's capable hands



Kelly Abdelmassih prepares a pizza in a recent Greatest Grains cooking demonstration. (Photo by Gary Krambeck / Radish)

worked the dough with that touch that says she's done this a time or two. Her easy smile and quick laugh erased any chance of intimidation, especially when she and Martens fell into a bit of comfortable banter, sharing a few family tales along the way.

Far from being one-sided presentations about how to cook, the demonstrations given by Martens and Abdelmassih encourage attendees to jump in with questions and comments. And they do. Soon you forget that you're in the spacious community room at the

back of a store and feel more like Abdelmassih and Martens have invited you into their home kitchen.

Questions at the pizza demo included inquiries about the correct temperature of water to dissolve yeast (110 degrees — water that's too hot will kill it), and questions about whether or not you should buy unsalted canned vegetables (if you are following a doctor's recommendation to do so, you should, otherwise, rinsing the veggies before using them washes away much of the salt).

And in the midst of it all, there was a lot of cooking going on. A lot! Abdelmassih demonstrated quite a few crust options, plus a basic red sauce, an Alfredo sauce and a pesto sauce. Each variation was baked into a delectable creation that everyone got to taste and critique. The teaching happened so discreetly it was easy to forget that it was going on — until everyone came away with a pocketful of handy knowledge and a bellyful of tasty pizza.

Greatest Grains has been hosting cooking demos on and off since 1983, four years after the company was established. Their demos usually are held one to two times a month. Although they usually are taught by Martens and Abdelmassih, another teacher, Gail Reidesel, whose expertise lies in raw-foods cooking, generally teaches one raw-foods class each month.

Interested in experiencing one of these cooking demos yourself? In addition to the regularly scheduled classes at Greatest Grains this month, Martens and Abdelmassih have put together a workshop to present at the upcoming Radish Winter Wellness Festival at 1:30 p.m. on Dec. 6. (More information can be found on page 28). The demonstration is free, as is the festival.

*Chris Greene Cashion is a writer on staff with Radish. More information on Greatest Grains, including an opportunity to sign up for a monthly newsletter that lists upcoming cooking demos, can be found at their website, [greatestgrains.com](http://greatestgrains.com).*

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- **3:30 p.m.** -- Genesis Cancer Care Institute dietitian Teresa Pangan will share four healthy holiday recipes.



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# Your guide to the Dec. 6 Radish Winter Wellness Festival

By Radish staff

**E**xcited about the upcoming Radish Winter Wellness Festival? It's going to be a great way to kick off December! Presented by Genesis HealthPlex, Bettendorf, the festival will take place from 1 to 5 p.m. Saturday, Dec. 6, in a heated tent adjacent to the newly opened facility located at 2140 53rd Ave. Not only is admission free for this event, the first 100 attendees will receive a complimentary winter-wellness gift.



**1-5 p.m. Saturday, Dec. 6 Genesis HealthPlex, Bettendorf** (Cont. on page 28)

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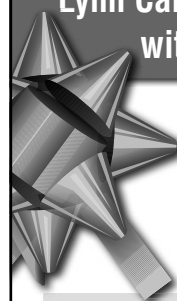
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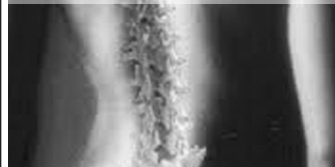
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## Free workshops

Three great workshops will take place inside Genesis HealthPlex, Bettendorf that afternoon. You can come and go from the workshop area or grab a seat and watch all three.

### 1:30 p.m. Tasty Teas for Winter

**Wellness:** There is nothing quite as comforting as a hot cup of tea, many of which have a long history of health benefits. Join the folks from Greatest Grains Natural Lifestyle Market to learn more about gentle chamomile, uplifting peppermint, supportive echinacea and the differences between black, green, white and herbal teas. Attendees will receive a free tea sampler (while supplies last).

### 2:30 p.m. Great River T'ai Chi

**Ch'uan:** Learn about the history, philosophy and principals of this ancient martial art and what it has to offer in the present day. Attendees will be invited to participate and experience for themselves how this practice that emphasizes balance and coordination



can improve health and vitality. Parts of the short form and sword variations will be demonstrated, and participants will receive a coupon for a free class.

### 3:30 p.m. Healthy Holidays Start in the Kitchen:

Join Genesis Cancer Care dietician Teresa Pangen for a fun and informative hour during which she'll share four healthy holiday recipes to make and serve at your upcoming gatherings — so tasty, you just might find yourself serving them again in the new year! Attendees will receive a free gift from Genesis Health Systems.

## Tours of the new Genesis HealthPlex, Bettendorf

Featuring a full-service lab, space for 17 family medical providers, an imaging center and Convenient Care for drop-in urgent care, the newly constructed 43,140-square-foot complex at 2140 53rd Ave., Bettendorf, is able to offer a true wealth of health care services, from basic check-ups to CT scans and mammograms. Come see what's on site and meet with

physicians accepting new patients.

The facility, which opened in late October, fits with the larger national trend toward "one-stop shopping" for health care services, says Ken Croken, Genesis Health System vice president of corporate communications, marketing and advocacy. By grouping so many services together under one roof, the HealthPlex offers patients the opportunity to see a physician and have diagnostic tests performed without having to leave the building.



Cont. on next page ►

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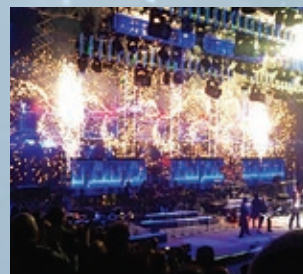


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## Two Brit-Floyd: Live at Red Rocks Concert Tickets

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## ◀ Cont. from previous page



### Fun, informative booths

Inside the tent at the Radish Winter Wellness Festival, you'll find booths featuring more than 40 area business, organizations and health professionals. They'll offer great information, live demonstrations, free samples and giveaways, as well as a wide range of products and services for purchase that support health and wellness.

**1 Mississippi Campaign:** Show your love for the Mississippi River by signing up to be a River Citizen.

**The Acri Company:** Speak with owners Claudia and Tobin Tornquist and learn about quality home-improvement products and remodeling services in the Quad-Cities.

**Buy Fresh Buy Local Quad Cities:** Meet local farmers, share growing tips and learn how to connect to the freshest, most delicious locally grown and produced foods available.

**Dr. Paul Black:** Learn more about Invisalign clear orthodontic treatment, sign up for a free consultation and receive a coupon for \$1,500 off treatment.

**EnerChi:** Discover reiki, a Japanese technique that uses a light touch to promote healing, support relaxation and release stress.

**Everything Healthy:** Sample fresh juices, smoothies, and organic and all-natural products.

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**The Foot Bridge:** Integrative reflexology is a whole-body response therapy using points in the feet and hands — learn more about what a treatment can bring to your health.

**Great River T'ai Chi Ch'uan:** Meet teachers and students and get introduced to the basics of this ancient martial art.

**Greatest Grains Natural Lifestyle Market:** Taste samplings of some of our favorite teas and treats, learn about winter wellness remedies and pick up healthy holiday tips.

**The Healing Heart Center:** Discover peace and growth through integrated services developing your mental, emotional, physical and spiritual well-being.

**Inner Health Chiropractic:** Receive a computerized nerve pressure check to see how it relates to your health.

**Lamrim Kadampa Buddhist Center:** Learn how meditation can help you maintain a happy, positive mind all season long and pick up information about meditation classes.

**Little Creek Alpacas:** Come meet Spunky Dunker, a baby alpaca, and

learn how alpaca fiber gets turned into functional everyday items.

**Lundgren Family Chiropractic:** Receive a complimentary spinal screening with Myovision, pick up a sample of Biofreeze pain-relieving gel samples, and learn more about HydroBed massage.

**Milestones Area Agency on Aging:** Learn about the wealth of programs and services that Milestones offers to seniors, individuals with disabilities and caregivers.

**National Alliance for the Mentally Ill — NAMI Greater Mississippi Valley:** NAMI provides help and hope to families struggling with mental illness through support, education and advocacy — learn more.

**Nelson Chiropractic:** Receive a screening to see if you have nerve pressure in your neck that could be contributing to issues with headaches or congestion.

**NORWEX Independent Rep Linda Mosher:** Discover a superior selection of high quality products that aim to improve quality of life by radically reducing the use of chemicals in personal care and cleaning.

**Quad Cities Food Hub:** Learn about the Food Hub's mission to strengthen the connection between locally-grown food, the farmers who raise it, and the consumers who eat it.

**Quad-Cities Women's Outdoor Club:** Created to encourage healthy living in the great outdoors, find out what QCWOC has to offer year-round.

**Palmer Chiropractic Clinics:** Discover how chiropractic care can help manage pain, enhance performance and optimize prevention from the place where the profession began.

**The RootCellar:** Get information on energy solutions including residential solar installation, energy efficient savings and decreased greenhouse gas emissions.

**Sacred Lotus Acupuncture and Natural Health:** Consider healthy giving this season by purchasing a gift certificate for healing services. Special holiday packages available.

**Schmall Chiropractic and Physical Rehab:** Learn about and experience Rapid Release therapy trigger point treatment.

**Serenity Massage Center:** Curious about Myofascial Release? Learn more about this technique and sign up to receive a free 10-minute treatment.

**Sitka Salmon Shares:** Discover how you can join the Midwest's first community-supported fishery, which delivers high-quality, responsibly-sourced seafood direct to homes in our area.

**Slow Food Quad Cities:** Make tasty handmade holiday gifts and treats, the Slow Food way! Try free samples and take home recipes for crowd-pleasing party nut mixes.

**Sprouts and Scholars at Davenport Central High School:** Meet Central High School students who started an organic vegetable garden this year and who hope to raise awareness for healthy, local eating and food security.

**tapas yoga shala:** Meet instructors from this dynamic yoga studio in the District of Rock Island that offers beginner, vinyasa and Ashtanga yoga classes, Thai bodywork, meditation and yoga teacher training.

**Transcendental Meditation:** Discover the benefits of TM for cardiovascular health, lower health care costs, relief from stress, and development of inner peace. Sign up for local classes.

**WQPT Quad Cities PBS:** Have a youngster at home? Pick up a "Sesame Street Healthy Habits Chart" to record their daily healthy habits and discover fun games that teach which foods are healthy and which foods need to be eaten sparingly.

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food for thought

# Little victories

## Give yourself some New Year's recognition

By Julie Stamper

'Tis the season. The season of months that end in "ber," presumably because we start to say "brr" when we're in them. The season of Johnny Mathis songs and leftover turkey recipes. The season when we still like snow. When we make our holiday lists and turn our thoughts to resolutions.

While I've never been a fan of New Year's resolutions, I have always been a great fan of list-making. You could say I'm a Listomaniac. There's something about taking ideas or thoughts and putting them down on paper or phone that is very gratifying. Grocery lists, Christmas lists, to-do lists, lists of bills that need to be paid or errands which need to be run: all pulled out of the ether and put into solid, tangible form.

Secured on paper, lists make all of those undone things seem real. In print, acknowledged in front of God and country, there is the very real possibility that they will be realized ... unless, of course, we're talking about New Year's resolutions, which resist the power of lists. Writing them out only makes them seem that much more a work of fiction.

When it comes to resolutions, I'm of the age when I can look back at the prior 45 years, sigh, and say, "Well, there's always next year." I know in my heart of hearts that if I write down the goal of giving up sugar or coffee or a combination thereof, I'm a dirty liar. Lose my muffin top? I'm starting to appreciate its balancing and shelf-like powers. Cut down on my commitments? Doing what I do is a part of who I am, so why change now?

I'm aware that you don't have to make resolutions, but if you don't have them, you don't have an answer to the inevitably chipper and well-intentioned, "What are your New Year's resolutions?" I've tried a variety of answers to this question — the genuine, "to get in shape," the funny, "to get my holiday cards out before Valentine's Day," and the sarcastic, "to quit making resolutions."

All of which usually are met with awkwardness or confusion. The half-humor of, "Oh, you don't need to get in shape!" or "I wondered why I didn't get a card from you again."

There is value in making a list of resolutions, though, other than the sheer list-maker's joy of writing things down in an orderly fashion. Resolutions give a sense of hope that THIS year, things are going to change. I will take control of my own destiny! I shall shun the joys of sugar and embrace the drudgery of the treadmill! This year, I'm going to WIN!

But — and somehow this never makes it into discussions of resolutions — what if we've already won? I wonder how many of us take the time to step back and appreciate the things we've already done, and done well. Perhaps it simply goes against our Midwestern grain to acknowledge our own accomplishments but surely there is some value in recognizing successes.

They don't have to be hundred-dollar victories, like losing 40 pounds or



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working out five times a week. Allow yourself the penny victories, like getting to work on time most days, making it over the I-74 bridge without breaking down, showering regularly. Because those pennies will eventually add up to big rewards.

In 2014, I can list a number of those penny wins: I remembered a lot of birthdays and sent actual cards for many of them. I kept the kids' lunch account balances in the positive all year. George the Superpoodle was groomed regularly. I hugged my kids and told them I love them every day.

Maybe those accomplishments don't seem like much in the grand scheme of things, but those small victories mean something in my small universe. I'm glad to say, "Well done, Julie," once in a while, because Lord knows I spend plenty of time saying, "Seriously, Julie? Are you kidding me?"

I love lists. And I find myself wondering if I couldn't use that love to be just a little more loving toward myself. Why not pull those small victories out of the ether and put them into solid, tangible form? Secured on paper. REAL.

So, 'tis the season. A season of scarves and hope and lists. And if it must be a season about making goals, both attainable and not, then let's make it a season for celebrating goals we've met as well.

*Julie Stamper is a regular Radish contributor. Find more of her musings at [adayinthewife.com](http://adayinthewife.com).*

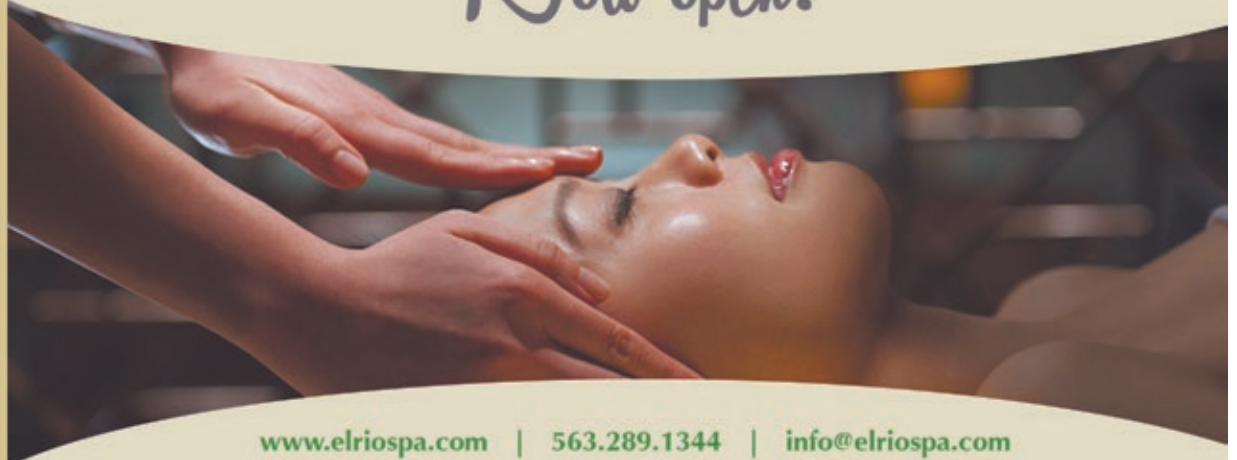


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