

# Radish

HEALTHY LIVING FROM THE GROUND UP

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DECEMBER 2015

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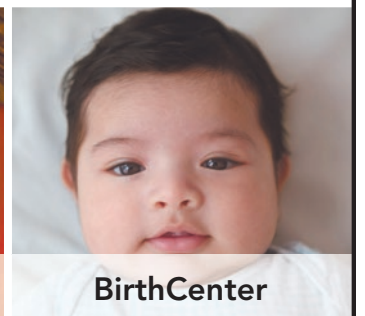
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# from the editor



Photo by Paul Colletti / Radish

Every year after Thanksgiving, my parents, my little brother and I would fill our basement family room with twinkling lights, old-school glass ornaments, a wintry ceramic village and more. My dad would hang lights around the room — around the rim of a large mirror on the wall, and on strategically placed nails in the trimmings of the windows — as Christmas tunes blared from a decades-old stereo.

Glowing red bells would span our picture window, and a wreath covered in flashing lights would hang on the wall above our fireplace.

Almost always, though, the tradition would turn into our own little version of National Lampoon's "Christmas Vacation." My brother and I would argue over who got to hang our favorite M&M's lights. When we moved the setup from the upstairs living room to the basement, my poor parents struggled to fit the artificial tree between the floor and the drop-ceiling, so dad lopped off the top. Another year, in a holiday stress-infused rage, mom threw a broken pair of waist-high plastic candles into a bush in front of our house.

We still laugh about it, you know, now that mom has calmed down.

Christmastime was always something to celebrate at our house, and we did it with cookies, drinks for the grown-ups, plenty of laughs, and handmade decorations and ornaments. That old wreath of ours has long since stopped working, but I've found two that easily could replace it, one of which is held in two tiny hands on the cover of this month's magazine. Find instructions to make your own on page 8.

Here at Radish, we have plenty to celebrate, too. This month marks our 10th anniversary as a magazine. We have 121 issues under our belt, and nine summertime Healthy Living Fairs. We have our second annual Radish Winter Wellness Festival coming up on Dec. 5, where you can vote on your favorite story and recipe that have been featured in these pages over the years, and see the winners in a special anniversary issue of the magazine in February (check out page 24 to learn more).

Regardless of what you celebrate this month, you'll also find recipes for a handful of punches to try at your family gathering on page 16. We gave them a try at the office, and after a quick photo shoot for the magazine, staff photographer Paul Colletti and I easily could have finished them off. If you're in search of sweet and eclectic gifts and a store in which to snag them, check out a story on Mary Talbert and her Davenport shop, Crafted QC, on page 6.

Whether this is your first time reading our magazine, or your 121st, we're grateful you are. Happy holidays to you and yours, and we hope to see you on Dec. 5!

— Laura Anderson Shaw  
editor@radishmagazine.com

# Radish

HEALTHY LIVING FROM THE GROUND UP

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# the grapevine

## From our readers

"Just found your magazine. Yes, keep on printing it. There is nothing better than being able to find things and articles from one's own backyard. Keep on with the magazine. Lots to learn from it."

— Delores Vernon, Muscatine, IA

## 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. 5, at Genesis HealthPlex, 3900 28th Ave. Drive, Moline. Turn to pages 24-30 to learn more about the event.

Thanks to Friends of Radish, you also can find representatives of the magazine this month at the **CHM Holiday Movie and Gift Swap**, 6-8 p.m. Thursday, Dec. 3, Humility of Mary Center, 820 W. Central Park Ave., Davenport. Bring a like-new item to swap at this free re-gifting exchange. For more information about the event, visit [chmiowa.org](http://chmiowa.org).

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

## Radish reads: Go wild with this helpful manual

Mini review: "Back to the Wild: A Practical Manual for Uncivilized Times," by Alain Saury, as translated by Rachael LeValley. (2015, Process Media, 474 pages, \$24.95)



One part Old Farmer's Almanac, one part tome, one part CliffsNotes, "Back to the Wild: A Practical Manual for Uncivilized Times," by the late Alain Saury, is a treasure trove of information on anything you might need to bone up on, from organic farming, to weaving, to constructing shelter.

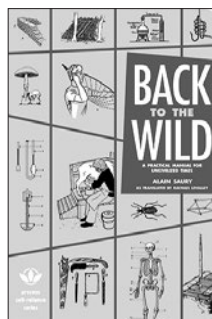
Originally published in French in 1991, this expansive piece reflects the life philosophy and work of this artist/writer by fleshing out how to be self-sufficient and responsible stewards of the Earth.

Chapters are comprised of sections ranging from a few brief statements to several paragraphs. One particularly brief passage I found interesting is in the section on domesticated animals. "Contrary to legend," Saury says, "the goose is smart. Day and night, she sounds the alert at the slightest incident. Geese saved Rome by giving warning when the Gauls arrived by foot at the city walls."

Whatever particular life skill you may be seeking assistance with, "Back to the Wild" will most likely serve that need.

Because of Saury's comments on human sexuality, as well as the occasional difficulty in determining what the author intended to communicate (possibly owing, in part at least, to the translation), I give the book four Radishes.

— David Grimes, Monmouth, IL



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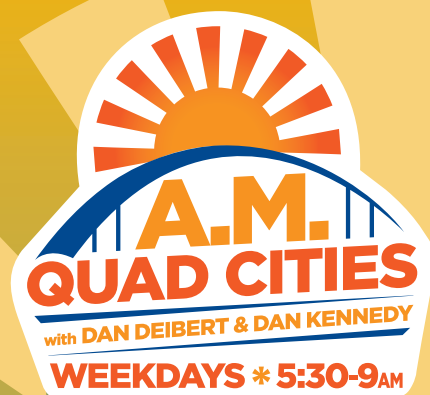
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# healthy living from the ground up

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Conner Ludin, 3, of Bettendorf, prepares for the holiday season with warm cloths and handmade door decorations. (Photo by Paul Colletti / Radish)

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## radishmagazine.com

Voodoo dolls. A bat in a glass frame. Eyeglass frames from the '50s. Leather cuffs. Vintage Halloween masks. Retro dresses. A vintage prosthetic limb. If you can't find it anywhere else, it's probably at Abernathy's.

Partners Nicole Perez, of Davenport, and Becca Clark, of Moline, describe their store in three words: vintage, handmade, weird.

The duo opened Abernathy's at 315 E. 2nd St. in Davenport two years ago, and their eclectic taste, sense of humor and style has hit a note with customers and 15 or so local artists who sell their work at the store.

Learn more about the shop and its owners at [radishmagazine.com](http://radishmagazine.com).





By Becky Langdon

Mary Talbert had dreamed of owning a shop for a long time. “I’ve always had that entrepreneurial spirit,” she says.

In high school, she made and sold jewelry, and five years ago, she started doing indie craft shows. Her very first show was Handmade City, a Quad-Cities favorite, where she sold felt cat toys.

In January, she made the leap from dreaming to doing. She opened Crafted QC at 217 E. 2nd St., Davenport.

“I had been wanting to do this for so long,” Talbert says. “The thing that was holding me back was fear and what would people think. I had to be emotionally ready to take the risk.”

Talbert grew up in Davenport and moved to Chicago at the beginning of her career, where she worked as an art director for two of the largest advertising agencies in the world. Later she went to Des Moines and worked for a publishing company, and after 15 years there, she decided to return to Davenport.

She remembers seeing her sewing machine after the move. She’d always wanted to learn how to sew better, but had been intimidated by the machine. The move rekindled that desire and determination. It was no surprise that her aspirations took her in this direction, as she came from a family of crafters.

“My grandmother was a quilter — she sewed a lot. My other grandma crocheted a lot,” she says. “My mom was always a maker.”

Back in the Quad-Cities, Talbert continued her graphic-design career.

CRAFTED QC



She worked for a local ad agency and the Chamber of Commerce while pursuing her artisan crafts. She sold baskets, quilts, and, of course, felt cat toys at the Freight House Farmers’ Market and craft shows.

Opening Crafted QC was a realized dream for Talbert, but she won’t let herself get too comfortable living it. “You can’t rest on your laurels,” she says. “You have to be willing to keep working at it.”

So far, it looks like Talbert’s work is paying off. She opened the shop in January with one room and an office. She and her husband painstakingly converted the powder-blue carpeted, brown-wallpapered office space into a cozy and eclectic showcase of local artisan crafts. Her goal was to expand to a second room at the one-year mark, but she exceeded that goal by about six months.

“Business has been awesome,” she says. “Better than anticipated.”

When the shop first opened, she featured the work of 12 makers and artists. Now, that number has grown to more than 70, most of whom are from the Des Moines, Chicago, and Peoria areas, but some as far away as Seattle, and one from Boulder who used to be local.

“New pieces come in all the time, almost daily,” she says. “We have a lot that’s coming in for holidays.”

The types of crafts for sale include handmade pottery, soaps, handbags, vintage buttons made into jewelry,

A COZY SHOP PACKED WITH  
ECLECTIC, HANDMADE GOODIES

Todd Mizener / Radish



knitted creature hats for kids, and quilted throws and pillows. With an eye for craftsmanship, Talbert acquires most of the items from local artists.

"I'm kind of the curator. I know my customers really well," she says. "I want these artists to sell their work. If this is a good fit, great. If not, I give them ideas."

People have told her that walking into her shop is like walking into Etsy.

The term "craft" doesn't always do justice to the type of work these artists are making, she says. "I like to say things are not crafty, but crafted," she says. Thus the name of the shop. She's always looking for new artists, and there is more information available on the website, [craftedqc.com](http://craftedqc.com).

Meeting artists has been one of the best parts of the new venture. "I've met so many cool makers," she says. "I knew quite a few from doing shows. Since I opened, people have been coming out of the woodwork."

The kindness and positive feedback from her customers also has made the experience that much more enjoyable. "I've got really great customers, just so nice," she says. "Even on Facebook. I don't get people saying negative things."

Besides artisan crafts, Talbert's shop also features hand-selected vintage items. "I love antiquing and thrifting," she says.

She and her husband honeymooned in Nashville. It took three days to get there because they stopped at so many little shops along the way. Talbert says she enjoys taking occasional long weekends in Wisconsin to go antiquing.

She continues to freelance as a graphic designer as her business grows, working on projects for area businesses and organizations. She has a goal of expanding the shop even further to have space for events.

"I'd like to have classes on how-to, make-and-take craft nights, and just have

a space to build community," Talbert says. She envisions teaching classes and inviting other artists to teach, too.

Crafted QC also has participated in the new downtown Davenport initiative, Third Thursday. Talbert says, "The shops stay open until 9 (p.m.), and everyone has something special going on, like treats or deals."

Crafted QC's first Third Thursday, which was in October, featured the baked goods of Oh So Sweet by Tiphonie. "We had a crazy good turnout," Talbert says. "People would come here after the bakery or the international shop and then go to Bucktown."

November's event featured a "Christmas Windows" theme to get folks in the spirit for the holidays. Talbert says it's a great way to check out shops that you might not have even known existed. All of it adds to the energy that Talbert feels in

downtown Davenport.

"I really like all the work that's being done to revitalize the area to remodel apartments and bring in more people living downtown," she says.

Despite Crafted QC's great start this year, Talbert says she'll never feel completely relaxed; nor does she want to.

Fear can be a powerful inhibitor, but also a powerful motivator. She started her business not by dispelling all her fears, but by embracing them; by facing the inherent risk and the possibility of failure.

"I think if that fear ever goes away," she says, "I'm doing something wrong."

*Becky Langdon is a frequent Radish contributor. For more information on Crafted QC, visit its website or Facebook page, [facebook.com/craftedqc](http://facebook.com/craftedqc).*



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# handmade A break to decorate

Escape holiday stress  
and make a little mess

By Laura Anderson Shaw

Ah, December — a seemingly endless loop of days spent cleaning, cooking, and shopping. Sometimes during the holidays, I find it difficult to take breaks and focus on myself because there are so many other things to do.

But that's one of the many beauties of craft projects, especially those that result in something that can double as a decoration for yourself or a gift for someone else. They give you a chance to take a couple of afternoons or evenings and sit down, pour a cup of hot cocoa (or a glass of wine!), turn on a movie, and let go.

When it comes to decor, I especially appreciate things I can leave up all season long. They're festive, warm, and I figure since I took the time to make it, I want to get the most bang for my buck in enjoying it!

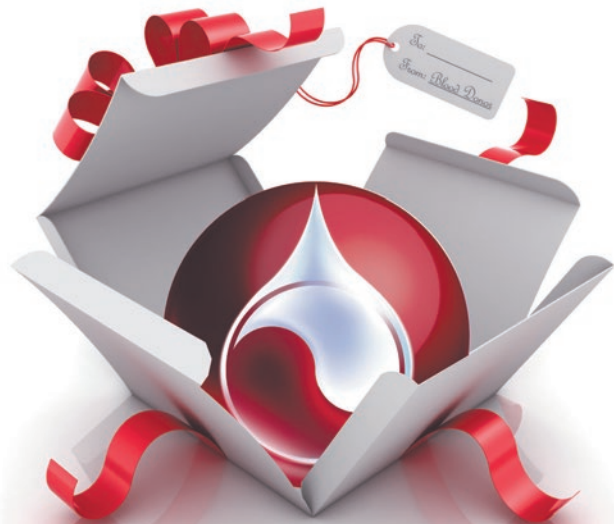
Following are instructions for creating two wreaths you can make as gifts or for yourself. They require minimal effort and little preparation. You probably even have the bulk of the supplies lying around the house. So gather some supplies, clear an afternoon or evening on your calendar, and relax. Your sanity will thank you for it.

*Laura Anderson Shaw is the editor of Radish magazine. Making a wreath for yourself? Email a photo to [editor@radishmagazine.com](mailto:editor@radishmagazine.com), or share it on [facebook.com/radishmagazine](https://www.facebook.com/radishmagazine).*

See page 10 for wreath instructions ►







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## SWEATER WREATH BASE

### Materials

- Foam wreath form or grapevine wreath
- 1 sweater
- Safety pins
- Scissors
- Ruler

### Directions

Lay the sweater flat on a table, and cut a 3- to 4-inch-wide strip of fabric from the bottom of the it. Trim off the seams, leaving you with two strips of fabric.

Wind one strip tightly around the wreath, securing it with safety pins on the back of the wreath as you go. When you reach the end of the strip, secure it to the back, trim the excess, and repeat the process with the other strip of fabric. Cut additional strips of fabric from the sweater as needed.

## SWEATER FLOWERS

### Materials

- Remnants from the sweater wreath
- Another sweater in an accent color
- Hot glue gun and glue sticks
- Buttons (optional)
- 1 sheet of felt
- Scissors
- Marker
- Ruler

### Directions

Using a marker, trace a circle on the felt that is roughly the size of the width of the face of the wreath. This will be the base of the flower. Cut as many circles as you like in various sizes.

Lay the sweater flat on a table and trim off its hem. Then, cut a 1- to 2-inch-wide strip of fabric and trim its seams. Do the same with the sweater remnants, too, if you'd like flowers in its color.

Using a dab of hot glue, attach the corner of a fabric strip to the outer rim of a felt circle. About a centimeter away from the spot that is tacked down, pinch the strip to make a small pleat, and tack down the edge with a dab of glue. Once it adheres a little, use the marker to push it firmly in place so you don't burn your finger. Continue in a circle, tacking one side of the strip to the felt and letting the other fan out to create the flower's petals.

Continue to work in a circle, pinching, tacking and fanning. Once the rim of the circle is complete, begin a new row of pleats about a centimeter closer to the center of the flower. As you run out of sweater, tack down the end, grab another strip, and continue the process.



These wreaths are simple to make, and may be displayed all winter long. The wreath pictured above is made from sweaters, and the wreath pictured below is made from Radish magazines. (Photos by Paul Colletti / Radish)



Once you've reached the flower's center, leave about half an inch of fabric and trim the excess. Fold the edge into itself to hide the end, then fold the strip width-wise. Use a dab of hot glue to tack it to the center. Hot glue a button to the center if you'd like to cover the end.

If you'd like a more finished edge on the flower, cut a 2- to 4-inch-wide strip of fabric and fold it in half width-wise before you begin tacking it down.

Make as many flowers as you'd like, and arrange them on the wreath. When you find a pattern you like, tack them down with hot glue.

## RECYCLED RADISH WREATH

### Materials

- About four Radish magazines
- Scissors
- Pencil, pen or marker
- Ruler
- Cardboard box (with a side large enough to be a wreath base)
- Battery-operated lights (optional)
- Duct or masking tape (optional)

### Directions

Trace and cut a doughnut-shape from the cardboard to create the wreath's base. Mine is about a foot wide with an 8-inch inner diameter.

Remove the covers of the magazines. Trace two circles with 5- to 6-inch diameters on the page. (I fit mine diagonally.) Cutting through the whole magazine at once, cut out the circle, yielding 32 circles. Repeat with the other three magazines for a total of 128 circles. (The amount of circles you need will depend on the size of your wreath.)

Place the pen, marker or pencil in the center of a circle. Fold the circle around it as though you were shutting an umbrella. Place a dab of glue at the point on top, and use the writing instrument to push the piece to the cardboard; about a centimeter in from the outer edge.

Repeat in a circle, spacing about an inch between pieces. After you have completed the outer circle, begin another about a centimeter from the inside of the wreath. Then, fill in as needed until the wreath is as full as you'd like.

To light your wreath, wind a string or two of battery-operated lights around the wreath, and secure the battery pack to the back of the wreath with tape.



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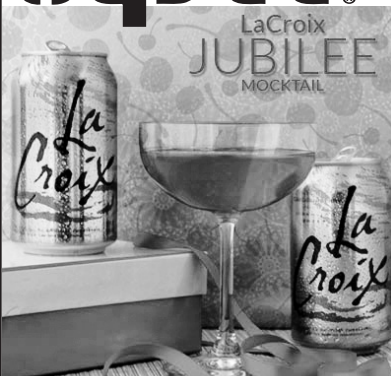
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# health & fitness

By Chris Cashion

If you'd like a no-guilt way to carve out some fitness time for yourself, just tell your friends and family you're going to WERQ. When you say it out loud, it sounds like you're headed off to your job. Who can argue with that? But if you're actually headed to a WERQ fitness class, you're about to spend an hour dancing to high-energy hip-hop, pop and rock music.

In the Quad-Cities, you can find WERQ classes at QC Underground Fitness, in Bettendorf. But don't let the gym's name fool you — there's nothing dark or underground about the place. The brightly lit studio is spacious and open, and features polished hardwood floors, perfect for the new dance moves you'll acquire in a WERQ class.

Patrice Williams, of Bettendorf, has been teaching the classes since the beginning of this year, shortly after receiving her WERQ certification last December. Prior to that, she had been teaching Zumba, but was looking for a change. She found it at the Empower Fitness Convention in Chicago where she discovered WERQ.

"It's a fiercely fun dance workout," Williams says. "It's muscle memory. Many of the same routines stay in for a while, and each routine has about three to four basic moves. You hear it, it's familiar to you, and your body moves."

For many people, the fear that

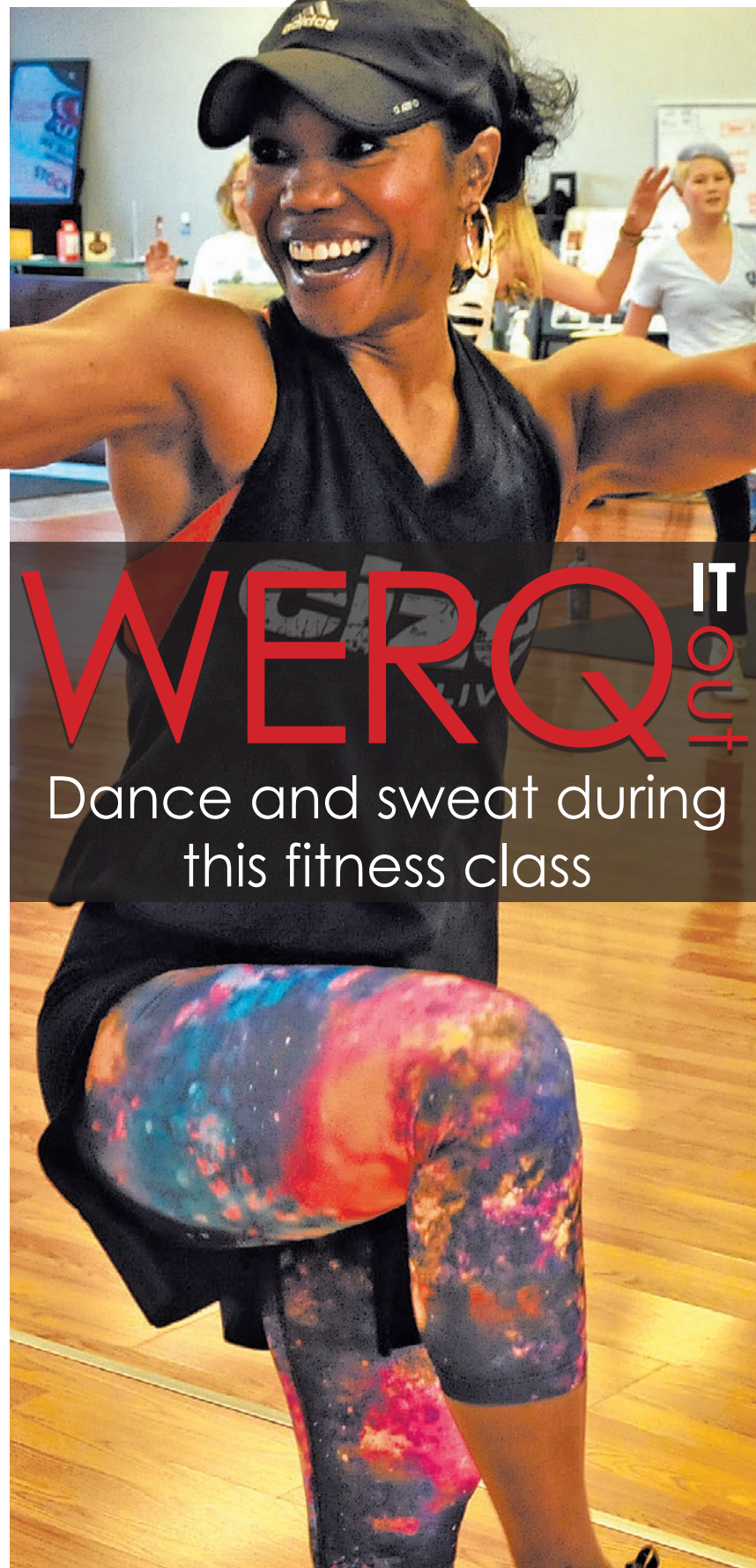
everyone will judge them keeps them from attending group fitness classes. Williams says not to worry.

"In WERQ, everyone gets caught up in the music. They're watching themselves in the mirrors and feeling like they're in their own music video — they're not watching other people," Williams says.

If you ever happen to take a class and find me in it, rest assured, I'm not watching you. If you're the instructor, though, that's another story. I tried one of Williams' WERQ classes recently, and although I didn't find myself watching the other students, my eyes were glued to Williams.

As she called out the various steps, I did my best to mimic her movements. She gave tips to help everyone follow along, offering variations to make the steps accessible to everyone. For some, that meant easing up on the jumps to keep the routines low-impact. For others, it meant leaving out the arm motions until the footwork came naturally.

Continued on page 18



Gary Krambeck / Radish



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handmade

# 'Tis the season

## Handmade ornaments that celebrate tradition

By Cindy Hadish

The power of traditions, especially during the holidays, hit Dell Mills during a Svatý Mikuláš celebration, a Czech version of St. Nicholas Day. While a visitor and her daughter enjoyed the event at the National Czech & Slovak Museum & Library in Cedar Rapids, the longtime museum volunteer says, “The mom stood there with tears in her eyes because she remembered it from her childhood.”

“There are certain things that bind us together,” says Jan Stoffer, the museum’s director of education, noting that holiday customs are among the most popular topics museum visitors like to discuss.

A focal point of those traditions is an ornament-laden Christmas tree, displayed in the museum’s Rozek Grand Hall.

“A lot of people stand in front of it to have their picture taken,” Stoffer says. “There is a lot of activity that surrounds that tree.”

The 15-foot artificial tree that is on display in the Grand Hall is covered with nearly 800 ornaments for the holiday season. It is free to view and open to the public from the week before Thanksgiving through Jan. 3.

Mills has been collecting the tree’s decorations for years. While he has no Czech ancestry, he appreciates “the interest, the history, the customs and the cultural aspects” of the ornaments.

“All of the ornaments are handmade or donated,” he says, adding that they represent those used in homes in what is now the Czech Republic and Slovakia.

Some of the decorations include natural materials, such as wheat and walnuts, which would have been readily available for use after harvest, when holiday preparations would begin. “You use what you’ve got,” Stoffer says of the pine cones, clothespins, fabric scraps and more.

Some objects repurposed as decorations were special to the season. Oranges, for example, were considered a rare treat, available only during the holidays. The museum uses artificial versions of the food, such as apples, oranges and cookies, but, Mills says, “All the ornaments on our tree have meaning.”

A tree representing Slovakia also is displayed inside the museum, and a Czech-American tree is set up in the Sleger immigrant home, next to the main museum. The one-and-a-half-story immigrant house was the home of five generations of the Sleger family, beginning in the 1890s after they emigrated from Bohemia to the United States.

“Immigrants bring more than what they can fit in a trunk or a suitcase,” Stoffer says. “They bring their knowledge and their traditions.”

*Cindy Hadish writes about local foods, farmers’ markets and the environment at [homegrowniowan.com](http://homegrowniowan.com). For more information about the National Czech & Slovak Museum & Library, including its hours, visit [ncsml.org](http://ncsml.org).*



### Handmade Christmas Tree Garland

Jan Stoffer, director of education at the National Czech & Slovak Museum & Library in Cedar Rapids, says people of all ages have made this garland at the museum. The garland is traditionally made with straw and fabric squares — both of which would have been readily available at the time it originated — but plastic drinking straws and other materials, such as colorful construction paper, may be substituted.

#### Materials:

- Waxed dental floss
- Fabric squares
- Darning needle, or other needle
- Cut straw, found in craft stores and online

Thread the needle with the floss. Use the cutter on the floss container to trim it. Tie a double knot at the end of the floss.

Start threading with a piece of fabric, then with a piece of straw. Continue to alternate. End with a piece of fabric, and leave enough floss to tie a double knot to finish.





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# Drink to these: 3 beverages to punch up your holidays

By Radish Staff

**H**am? Check. Veggies? Check. Drinks? We've got you covered! Before you reach for a store-bought powdered mix, consider making something a little more home-made. Whether you're hosting your friends and family for the holidays this year or you're heading to a gathering, we've got three simple drink recipes you can whip up for the occasion. We even put them to the test around the office conference table. Enjoy!

## Slightly tangy take on holiday favorite

Finding a recipe that pleases a range of palates can be challenging, but this citrus cider seems to fit the bill.

It relies largely on an apple-juice base (or apple cider, depending on your preference), so I had a good feeling about it. In my family, rumor has it that "applesauce" was my first word, so if a recipe involves apples, I'm likely going to be a fan.

If you're wondering what citrus cider tastes like, imagine apple cider with an extra kick. Unlike many punch recipes, citrus cider doesn't rely on processed or artificial sugars for its sweet flavor. The trio of juices, honey and spices gives this warm brew just the right combination of sweet and tart.

I wasn't the only one to embrace it. This recipe was also given a "thumbs-up" by someone who proclaims not to care for apples, as well as by a 9-year-old and 14-year-old. A taste-test at the office also proved fruitful. It was deemed the favorite by several taste-tasters, and many also suggested serving it with a cinnamon stick as a swizzle stick.

If you choose to make this one, give yourself ample time. Although the prep is quick, the cider needs time to simmer in a slow cooker for a few hours to let the spices meld. The bonus is that your house will spell amazing as the spices work their magic.

— Chris Cashion



### Citrus Cider

**2 quarts apple cider or apple juice**  
**1 cup orange juice**  
**½ cup lemon juice**  
**¼ cup honey (or agave nectar)**  
**8 inches stick cinnamon, broken**  
**8 whole cloves**  
**3 slices fresh ginger**  
**100-percent cotton cheesecloth**  
**100-percent cotton kitchen string**

In a 3½- to 4-quart slow cooker, combine cider, orange juice, lemon juice and honey. Stir to dissolve honey.

For a spice bag, cut a 6-inch square from a double-thickness of 100-percent cotton cheesecloth. Place cinnamon, cloves and ginger in the center of the cloth. Bring the corners together and tie closed with 100-percent cotton kitchen string. Add spice bag to slow cooker, and cover.

Cook on low-heat setting for 5 to 6 hours, or on high-heat setting for 2½ to 3 hours. Remove the spice bag and discard.

If you squeeze fresh oranges and lemons for the juice, use a vegetable peeler to cut several wide strips of peel from the fruit, avoiding the white pith underneath. Add the peel to the spice bag.

Recipe source: [diabeticlivingonline.com](http://diabeticlivingonline.com)

## Pass the cranberry — punch

I am the queen of waiting until the last minute. Luckily, I've developed a holiday punch recipe that's OK with that. Five minutes before guests arrive, I can pour cranberry and orange juices, green tea, stevia and ice into a bowl, give it a good stir, and boom! I have a deliciously sweet and tangy punch.

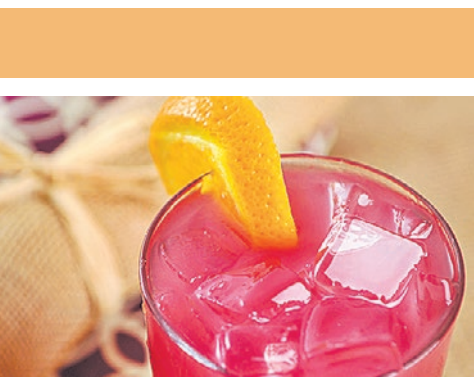
The spread of sweets I knew would pack my holiday gatherings this year inspired me to make a bit of a tart drink.

Considering it was created by dumping things into a bowl and hoping for the best, it came out pretty well. Taste-testers at the office said it was "very tasty" with a "good bite," and a "strong cranberry flavor." One said it would pair well with appetizers, while another said it would taste even better mixed with something with a little fizz.

Whether guests pour it from a carafe or ladle it from a bowl, the beautiful reddish-pink drink will be a hit. At least it was at my house!

— Laura Anderson Shaw





### Cranberry Dream

4 cups cranberry juice  
4 cups green iced tea  
4 cups orange juice  
4 teaspoons stevia (or sweetener of your choice, to taste)

Mix all ingredients together. Served chilled.

## Escape the cold with this tropical holiday punch

I am nondrinker, but cannot get my fill of holiday parties. When others talk bonfires, ghosts and goblins throughout the fall months, my sights are set on winter's bad sweaters, a fireplace working overtime, family, friends, and an overly decorated — yet tasteful — house for the holidays.

In my world, hosting or attending a holiday gathering means a diet soft drink or a bottled water. One is not good for me on so many fronts, while the other does not do much in the excitement department.

I have long been in search of something light, healthy and nonalcoholic for this time of year. With the help of many, I set out to find a better option. After mixing together a few juices and some sparkling water, I've found an exciting change in the standard fare at the Marx Holiday Shindig the Sunday before Christmas, and to whatever other holiday parties I drop in on.

While pineapple and orange juices do present a bit of a sugar issue, anything done in moderation — especially throughout the holiday season — can be enjoyed. I wish I could say that to holiday cookies.

The Have Fun Holiday Punch was a winner on all fronts. In an office taste-test, co-workers said it was refreshing and light. Some said the flavor wasn't as strong as they would have liked it to be, so if you're looking for something with a little more bite, eliminate the sparkling water.

Overall, it's a fairly inexpensive and healthier option than many other choices out there. And it tastes better, too.

— John Marx

### Have Fun Holiday Punch

4½ cups pineapple juice  
1¼ cups orange juice  
15 strawberries, mashed  
2 tablespoons lemon juice  
1½ cups sparkling water  
(may be flavored)

Mix juices and strawberries together, then stir in sparkling water. Serve on ice.



Photos by Paul Colletti / Radish

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WERQ it out,  
continued from page 12

I'll be honest — dance classes make me nervous. A skilled dancer, I am not. I am, however, pretty comfortable with letting myself look silly, as long as I get to bring along a wingwoman.

In Williams' class, however, I flew solo in a roomful of strangers. The laughter in the class and the quick camaraderie made the group feel like friends pretty quickly, though, and apparently it isn't just me who feels that way.

Evangeline Geist, from LeClaire, had been taking an online course called Courageous Confidence Club. One of the challenges in the course was to do something you had always wanted to do, but were afraid to do. For Geist, that something was taking a group workout class. She initially tried Zumba, but didn't care for the moves. Then she tried WERQ.

"It's a very relaxed atmosphere, and everyone is so friendly and inviting. The moves are relatively simple, but still challenging," she says. "Patrice is an amazing instructor who does a great job of pulling you in and getting you to push yourself harder, but also not letting you feel bad if you can't get a move right away."

WERQ also is suitable for all ages and fitness levels. On the night I attended, Geist was there with her mother, Liz Whisler, and daughter, Gillian Lindstrom, also of LeClaire.

For Whisler, the class addresses things that will become issues for everyone at some point. "Getting older and staying fit and keeping my sense of balance is a big challenge," she says.

For the younger generation, it took a bit of bribery to encourage attendance. "The first time I went to (a) WERQ class, my mom forced me to go by promising me pie from Village Inn," Lindstrom says. But she's found reasons to keep coming back. "I like that it is all dancing, and that it's moves anyone can do, but it's still challenging."

For other students, the class is not only a way to stay fit, but a way to find some "me" time.

"The thing I enjoy most about this class is the fact that, for one hour, I am completely out of my head," says Nicole Hinman, of Hillsdale, Illinois. "I am a working mother of two boys, and my brain is constantly going. What meetings do I have tomorrow? What activities do the kids have this week? What am I making for dinner? I need to do this, I should do that. ... It never ends! But the moment the music starts in class, all that is silenced, and I have 60 minutes to just be."

During class, Williams says "You're really working everything." The choreography is "cardio-based, so we're always working the heart. But we're also doing lunges and squats, working the glutes and the hamstrings. We're doing arm movements. Plus we're dancing, and dance works the core."

The key to any workout is to find something you enjoy so that you can stick with it. For Hinman, whose fitness journey has led to a 70-pound weight loss, fun is the key.

"Personally, if I'm going to work out on a regular basis, it needs to be something that I enjoy, or I know I'm not going to stick to it. WERQ is so much fun that I forget I'm working out. I love the camaraderie that comes along with a group fitness class; that just adds to the fun," Hinman says.

"We cheer each other on, laugh with each other and push each other. You don't get that on a treadmill."

*Chris Cashion is a writer on staff with Radish. Check out WERQ classes every Tuesday and Thursday from 6 to 7 p.m. at QC Underground Fitness, 2383 Cumberland Square Drive, Bettendorf. Classes are \$5. For more information, visit [facebook.com/qcundergroundfitness](https://facebook.com/qcundergroundfitness).*





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½ teaspoon sea salt  
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¼ cup water  
2 tablespoons vegan butter, plus more for topping

In a large mixing bowl, combine ¾ cup flour, yeast, sugar and salt.

In a separate mixing bowl, microwave almond milk, water and butter for about 55 seconds until warm, about 110 to 120 degrees. It should be the temperature of bath water — if it's too hot, it can kill the yeast.

Combine the wet and dry ingredients and whisk or beat for 2 minutes, scraping sides of the bowl as needed.

Add ¼ cup more flour and beat for another 2 minutes. Then, add only enough remaining flour to make a soft dough. Transfer to a lightly floured surface, and knead until smooth and elastic. Let rest 10 minutes.

Divide the dough into 12 pieces. Shape into balls, and place in a greased 8-by-8-inch dish or 8-inch round pan. Cover and let rise in a warm place until doubled in size, about 30 to 45 minutes.

Preheat oven to 375 degrees and brush the tops with additional melted vegan butter (optional). Bake for 18 to 20 minutes, or until fluffy and light golden brown. Serve immediately.

Recipe source: *Minimalist Baker*, [minimalistbaker.com](http://minimalistbaker.com).

# Dairy-free butter?



## 4 alternative spreads put to test

Todd Welvaert / Radish

By Laura Anderson Shaw

My three favorite things about holiday gatherings are family, friends, and bread. While most of my family members snag seconds of ham or pie, I tend to forgo much of the meal to make more room for dinner rolls topped with perfect little squares of butter.

But as my co-workers and I sat around our office's conference table munching mouthfuls of bread smothered in a butter-substitute coconut spread, I realized that if the bread served at holiday meals tasted like the bread I was eating at that very moment, I'd probably stick to the ham. And I don't like ham.

If you or one of your holiday guests are avoiding dairy — or if you'd simply like to try something new — you'll find a plethora of dairy-free butter substitutes at your closest health-food store or grocery store. As more people focus on their health, nutrition and diet, more and more options are popping up on the shelves of mainstream grocery stores.

Since I have friends and family

members who avoid dairy, I wanted to be prepared for our holiday gatherings. A recent trip to the store yielded too many options to choose from. So, I chose them all.

I returned home with four dairy-free butter alternatives, each costing between \$3 and \$6, and decided to use my co-workers as taste-test guinea pigs. With a stack of spreads, a handful of butter knives, and a loaf of tasty bread in tow, we gathered in our conference room, eager to sample the fare.

At the table's center were Earth Balance Avocado Oil Spread, Smart Balance dairy-free butter made with extra-virgin olive oil, Earth Balance Original Buttery Spread, and Earth Balance Organic Coconut Spread.

By and large, the Earth Balance Original Buttery Spread was the testers' favorite. "Good texture and color. I would buy this one," wrote one tester. "This tastes and appears just like normal butter," wrote another.

It seems that the Earth Balance Avocado Oil Spread and the Smart Balance dairy-free butter tied for second. The avocado oil spread has a bit of an earthy flavor, testers wrote.

While some found it to have a bit of an aftertaste, they did write that it had a smooth, spreadable texture.

The Smart Balance spread has a pretty good taste, testers said, but it was a bit oily for their liking, and it had an aftertaste. One said he'd use it if he had to, but he wouldn't buy it. I wouldn't buy it, either. It was one of my least-favorite spreads, second only to the coconut spread.

Trying to smear the coconut spread on bread was like trying to spread ChapStick. It's bright white, and while testers didn't seem to mind the flavor, that redeeming quality was squashed by its texture. It's "AWFUL," a tester said. "Not smooth and just icky."

Another tester said that surprisingly, it wasn't as bad as he thought it would be, but if given the choice, he wouldn't buy it.

In the end, a tester wrote, "Overall, none were so terrible I wouldn't eat it."

So which dairy-free spread do you prefer? Grab some bread and see for yourself.

*Laura Anderson Shaw is the editor of Radish magazine.*



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# Coping with celiac

## Rock Island woman marks 50 years of living gluten-free

By Annie L. Scholl

The chronic diarrhea, nausea and abdominal pain started in 1961 when Donna Renneke was a 20-year-old college student. It would take four more years before Renneke would finally learn what ailed her: celiac disease.

According to the Celiac Disease Foundation, celiac disease is a hereditary autoimmune disorder that essentially attacks the small intestine when a person with the disease eats gluten. The only treatment for it is a strict gluten-free diet, avoiding foods with wheat, rye and barley.

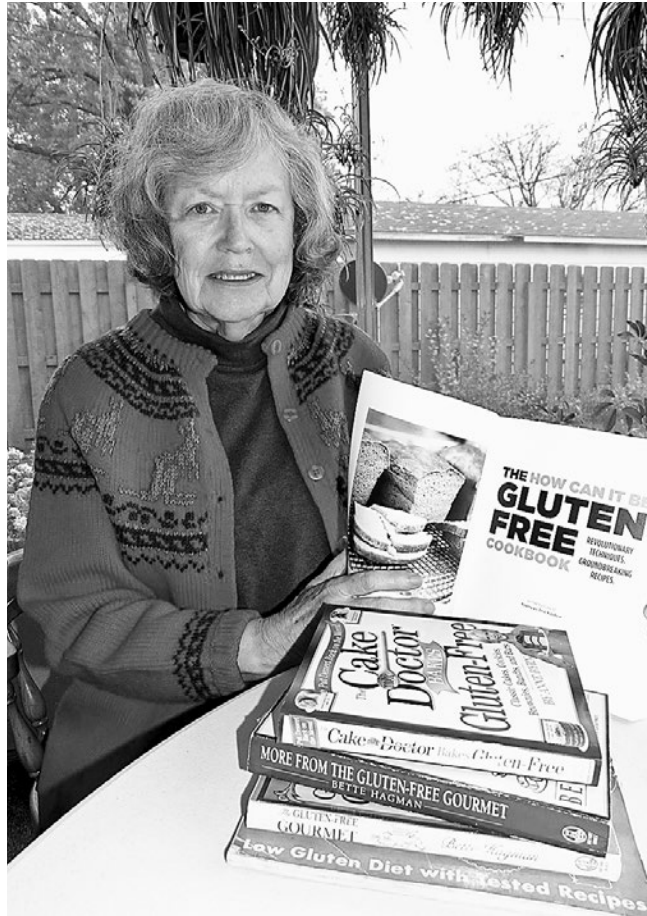
Celiac disease affects an estimated 1 in 100 people worldwide, and some 2.5 million Americans are undiagnosed and at risk for long-term health complications, according to the foundation's website, [celiac.org](http://celiac.org).

Renneke, now 74, says she was surprised and relieved to learn at age 24 that she could be healthy again if she eliminated certain foods. The Rock Island mother of three and grandmother of five says her diagnosis 50 years ago was "challenging and unconventional" because doctors had no awareness of the disease back then.

Renneke endured many tests before she finally was diagnosed. X-rays of her intestines showed spasms, but could not diagnose celiac disease. Six months before she was correctly diagnosed, she was put on a "low-residue" diet.

"Think 'baby food,'" she says, adding the diet was "awful," and didn't alleviate her symptoms.

When her symptoms grew more frequent and severe, her doctor read an article in a medical journal about celiac disease. At the time, Renneke was teaching school and eating very little because it was the only way she could be sure she wouldn't get sick during class. She remembers being skeptical when her doctor shared the article with her, but in reading it, she discovered her symptoms exactly matched the description in the article.



Donna Renneke. (Submitted)

That night, Renneke ate a meal and skipped the bread. To her delight, she felt fine. She told her doctor, who said she didn't need to endure any more tests — the dramatic success on the diet was enough proof.

While she felt like a "lone wolf" following a gluten-free diet, Renneke says she did just fine on her own. "If you prepare potatoes, vegetables, fruits and meats simply, the diet is not that hard," she says.

Eating out was a challenge, though, so her family rarely went out to eat. Summer vacations were

spent camping so she could control the food.

In the early 1980s, she learned about the Celiac Support Association (CSA) and subscribed to the CSA newsletter. In 1995, she heard that some locals were starting the Quad City Celiac Support Group. Renneke joined.

While most people come for just a meeting or two, Renneke continues to attend. "Meeting other people with celiac disease and hearing their stories was reaffirming in unexpected ways," she says.

Members often bring gluten-free products to the meetings to share, as well as information on gluten-free cooking and new information on the disease.

"I always learn something new," Renneke says.

Renneke grew up on a farm and spent summers perfecting bread and pie baking for county fair competitions. In the support group's early days, Renneke felt her role was to teach people how to make gluten-free baked goods. Most people wanted ready-made items though, she says, and now more gluten-free products are hitting the market as more and more people are adopting a gluten-free diet.

She's amazed by the trend, she says.

She hopes her presence at the support group meetings "may be a witness that you can live well on the gluten-free diet."

After five decades living gluten-free, Renneke says she can't imagine eating any other way. "It is not something I usually think about unless I am eating out and trusting someone else to prepare my food," she says.

Coping with the disease will get easier, she says. "Take it one day at a time."

*Annie L. Scholl is a frequent Radish contributor. For more information about the Quad City Celiac Support Group, visit [qcceliacs.org](http://qcceliacs.org), or email [qccsa79@gmail.com](mailto:qccsa79@gmail.com).*





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# Your guide to the Dec. 5 Radish Winter Wellness Festival

Looking forward to the second annual Radish Winter Wellness Festival? It's a great way to kick off the month and the winter season! Presented by Genesis HealthPlex, Moline, the festival will take place from 1 to 5 p.m. Saturday, Dec. 5, in a heated tent at the HealthPlex, at 3900 28th Ave.

Admission to the event is free, and the first 200 attendees will receive a free sweet treat to help us celebrate the 10th anniversary of Radish.

The festival will begin with a half-mile wellness walk at 1 p.m. on the HealthPlex trail. While supplies last, walkers will receive a free Genesis wellness gift.

The afternoon includes three free presentations, more than 40 booths offering information on healthy lifestyle choices, tours of the Genesis Moline HealthPlex, and more.

Stick around for the lighting of the Moline HealthPlex Christmas Tree and carolers from the First Presbyterian Church Choir at 4:30 p.m.

Celebrate Radish's 10th anniversary by voting for your favorite Radish recipe and Radish story, and tell us how Radish has made a difference in your life, health, or community. The results will be compiled and featured in a special edition of Radish in February. The first 100 readers to participate also will receive a free wellness gift.

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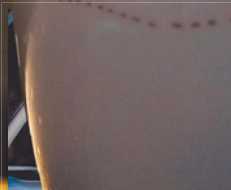
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Jeani Mackenzie. (Photo by Todd Welvaert / Radish)

## Winter woes? Soothe your mind, body & soul with simple yoga

By Sara Clifton

Cold, gray days and lots of snow and ice can lead to inactivity during the winter months, but yoga can help you stay active. For tips on what to do and where to start, stop by the Davenport School of Yoga's presentation on Simple Yoga to Help You Stay Well this Winter Season at the Radish Winter Wellness Festival on Dec. 5.

The free presentation will begin at 2:30 p.m. at Genesis HealthPlex, 3900 28th Ave., Moline. Davenport School of Yoga owner and founder Jeani Mackenzie will conduct the session, along with some of the school's teachers-in-training.

Simple yoga poses are an easy way to keep our bodies warm, flexible, and healthy during the winter months, and

they can easily be replicated at home. Since Midwestern winters are generally long-lasting, yoga also can help combat stagnant minds and lethargy, boost circulation and increase energy.

Mackenzie says the poses featured in the presentation will benefit "everyone," adding that anyone dealing with health problems especially should

attend because instructors can personalize poses based on a person's needs.

"We will show several poses to do for specific areas of the body where we have lost strength and mobility," Mackenzie says.

Whether you are able to stand, get down on the floor, or prefer to stay seated in a chair, everyone can find a beneficial yoga pose. Those who might be feeling a little stiff should also attend the presentation, Mackenzie says, as yoga helps to warm the body and help prevent regular aches and stiffness in joints.

Mackenzie says yoga and other regular exercise also can help strengthen the body's immunity and keep winter colds and bugs at bay.

In addition, "doing yoga can help with depression by using breath and doing poses to keep endorphin levels high," Mackenzie says.

The first 25 presentation attendees will receive a winter fitness gift.

For more information about yoga for winter wellness or the Davenport School of Yoga, stop by its booth during the Radish Winter Wellness Festival, from 1 to 5 p.m. Dec. 5.

*Contributor Sara Clifton makes her Radish debut this month.*

## Keep your holiday grub local

By Laura Anderson Shaw

Is "pass the Brussels sprouts" something you think you'd never say at the family dinner table? Quad Cities Food Hub retail manager

Cody Sanderson wants that to change.

During the Radish Winter Wellness Festival on Dec. 5, the Quad Cities Food Hub will give a free presentation on local foods for the Holiday Season at 3:30 p.m. at



Cody Sanderson. (Submitted)

Genesis HealthPlex, 3900 28th Ave., Moline.

"I want to showcase Brussels sprouts in particular. They are a late-season crop that I don't think receives enough attention," Sanderson says.

Brussels sprouts are great roasted or sauteed, he says.

"It's local food; it's healthy food; and it's delicious food, with a little bit of know-how."

Attendees also will learn about the variety of local ingredients available at the Food Hub, including sweet potatoes; ham, turkey, chicken, and grass-fed steak; apples; squash; dips; and more.

The presentation will be especially beneficial for those who are ambivalent toward vegetables. With Brussels sprouts, "if we show people that such a 'reviled' food can be



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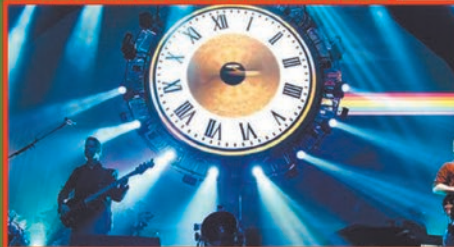
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Brit Floyd: Space &  
Time—Live in Amsterdam

**November 30 at 7:00**



Motown 25:

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**November 27 at 8:30**



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Hosted by Hugh Bonneville

**December 7 at 7:00**



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delicious, then maybe other things aren't so bad, either," he said.

"And (they're) just not that hard to prepare."

The first 25 attendees will receive a gift.

For more information, stop by

the Quad Cities Food Hub's booth at the Radish Winter Wellness Festival, from 1 to 5 p.m. Dec. 5.

*Laura Anderson Shaw is the editor of Radish.*

## Stuffy nose? There's an oil for that



Ellie DeMay. (Submitted)

By Anthony Watt

Essential oils can be a heady complement to your regular health routine this winter as cold and flu season looms.

Many plants contain fragrant substances called essences that are extracted by pressing the plants or exposing them to steam, according to the National Center for Biotechnology Information's website, [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov). These essences are the basis of essential oils, which are made from numerous plants such as lavender, lemon and geraniums.

Ellie DeMay, of Heritage Natural Foods in Moline, will highlight their applications as a health aid during a free presentation at 1:30 p.m.

Dec. 5, at the Radish Winter Wellness Festival, at Genesis HealthPlex, 3900 28th Ave., Moline.

"Versatility — that's the first word to describe essential oils," DeMay says.

Recently, with eucalyptus and clove bud oils, DeMay offered a teaser of what attendees will learn during the presentation.

When the cap was removed from the tiny bottle of eucalyptus, it released a big odor — sharp, yet cool.





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Breathing a solution that includes a small amount of eucalyptus can help relieve stuffy sinuses, DeMay says.

A sweet and spicy scent arose from the clove bud bottle when it was opened. Small amounts of that oil can be used as a numbing agent, DeMay says.

Essential oils may be applied topically, or by dispensing them into a room, she says, as you would with an air freshener.

Topical solutions combine two oils, including the essential oil as the active ingredient and another oil for the base, DeMay says. A number of oils will work as a base, including olive and coconut.

Scents also may be released into the air using a diffuser, DeMay says.

No matter the approach, a little goes a long way, DeMay says. For instance, a tablespoon of base oil only needs four or five drops of essential oil.

While essential oils may soothe ailments such as a scratchy throat, itchy skin or nasal congestion, DeMay stresses that their use is not a replacement for seeing a physician or taking cold medicine.

The presentation also will include information on elderberry syrup and more, and the first 25 attendees will receive a gift.

For more information, stop by Heritage Natural Foods' booth during the festival, from 1 to 5 p.m.

*Contributor Anthony Watt is a writer on staff with The Dispatch and The Rock Island Argus newspapers.*

## Fun, informative booths

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

**1 Mississippi Campaign:** Sign up to be a River Citizen and enter a raffle to win two tickets to the National Mississippi River Museum & Aquarium. 1mississippi.org

**9Round Fitness:** 9Round offers 30-minute, trainer-guided, total body workouts with no class times. 9round.com

**Cinnamon-N-Sage Catering:** Learn about personal chef rental and catering that uses fresh, healthy foods and local ingredients. facebook.com/Cinnamon-N-Sage-LLC-348500195358060/?fref=ts

**Crystal Butterfly Therapeutic Massage:** Receive a chair massage and enter a drawing to win a free massage. \$15 off all gift certificates. thecrystalbutterfly.com

**Davenport School of Yoga:** Learn how yoga can help with your health and happiness. davenportschoolofyoga.com

**Gary Pond Appliance Repair:** Learn about this small family appliance repair business that works on washers, dryers, refrigerators, stoves, and microwaves. Reconditioned Maytag washers and dryers also are available.

**Genesis Health System:** Talk with representatives from family medicine, senior

living, physical therapy, BirthCenter and women's and children's health services.

**Greatest Grains:** Play Guess the Grain to be entered to win a prize, and sample a variety of natural and organic grocery items. greatestgrains.com

**The Healing Heart Center:** Learn more about integrated services developing your mental, emotional, physical and spiritual well-being about yoga, acupuncture, reflexology, energy healing and more, and enter to win a free healing session. thehealingheartcenter.org

**HEAL-THY SELF FROM DIS-EASE:** Learn simple ways to improve your health, energy, digestion, and quality of life. Enter your name for an hourly drawing to win a free proper food combining class.

**Heritage Natural Foods Store:** Learn about natural wellness products and nutrition, specialized diets, supplements and more, and pick up some samples. heritagenaturalfoods.com

**Holmes Shoes:** See the newest professional Dansko Line, the Klog Line of Slip Resistant shoes, and men's and women's New Balance and Merrell, and pick up a coupon. holmesshoes.net

**Kangen Water:** Discover Kangen Water, a licensed medical alkalizing machine, and sample the water. kangenwaterjust4me.com

**Lamrim Kadampa Buddhist Center:** Learn how meditation can help you maintain a happy, positive mind all season long. meditateiniowa.org

**Little Creek Alpaca:** Meet Little Creek Alpaca's mascot Spunky Dunker the alpaca, and see all of the alpaca products made from the herd's fleece. facebook.com/littlecreekalpacas

**Lundgren Family Chiropractic:** Receive a complimentary spinal screening with Myovision, pick up a sample of Biofreeze pain-relieving gel, and a certificate for a free 20-minute HydroBed massage. lundgrenchiropractic.com

**NAMI Greater Mississippi Valley:** NAMI provides help and hope to families struggling with mental illness through support, education and advocacy. Learn about support groups and free classes. namigmv.org

**Nelson Chiropractic:** Receive a free posture analysis and learn more about chiropractic care, massage therapy, and soft tissue treatments. nelsonchiropractic.com

**Norwex:** Learn more about environmentally friendly cloths that clean with water to keep your home safe from harmful chemicals, and enter drawings for free items.

**NutritionWorks Wellness Center:** Learn more about Nutrition Response Testing and underlying causes of illness. nutritionworkswellness.com

## Orenda Anti-Aging and Healthy Weight Loss

**Loss:** Learn more about the Clean, Burn & Shape weight loss program, register for a free webinar and receive a special price on a sample pack.

**Quad Cities Colon Hydrotherapy:** Learn more about wellness services focused on cleansing and detoxification. qccolonhydrotherapy.com

**Quad Cities Food Hub:** Learn about the Quad Cities Food Hub, the Local Market Store that's open daily, classes and events; and enter a drawing. qcfoodhub.com

**Quad-Cities Hy-Vee:** Discover the services offered by Hy-Vee dietitians, pick up free samples and recipes, and learn more about food allergies and intolerances. hy-vee.com

**SALT Holistic Health:** Learn how salt therapy can benefit people with respiratory and skin conditions. saltholistichealth.com

**Sitka Salmon Shares:** Discover how you can join the Midwest's first community-supported fishery, which delivers high-quality, responsibly sourced seafood from small-boat family fishermen in southeast Alaska to homes in our area. sitkasalmonshares.com

**Sylvia Runkle Hypnosis:** Learn more about hypnosis, enter a drawing for free nine-week program, and listen to a 10-minute recorded hypnosis. sylviarunkle.com

**Two Rivers YMCA:** Learn what the Y has to offer. tworiversymca.org



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food for thought

# Welcoming change

Positive steps add up, no matter how small

By Ann Ring

In 1965, the musical group The Byrds had a hit song, “Turn, Turn, Turn (To Everything There is a Season).” Even though its lyrics came straight from the book of Ecclesiastes in the Bible, its words are universally true. Whether it be “a time to be born, a time to die; a time to plant, a time to reap; a time to kill, a time to heal; a time to laugh, a time to weep,” — there is a time and place for all things.

No matter our lot in life, indeed, there is a season for everything. Maybe in 2015, your spouse passed away. Or you got married, or became a parent for the first time. Maybe you moved, or became an empty-nester. Or you retired, or changed jobs, or moved a parent into assisted living. As we move from season to season, life changes us. But we also have the power to change our lives.

In reviewing some of this year’s Radish magazines, I read how I can incorporate small changes to improve, enlighten or simply enjoy my life more. For example, this year I learned how to make dairy-free milk. I read how to make my own homemade cold remedy, and, when I’m feeling better, how to make a simple but delicious cake.

I can cut down on electricity because an issue included eco-friendly drying options for my clothes. April’s issue provided two ideas for organizing my fridge so I waste less food. I can show up for any of Plan for Adventure’s fitness events because I now have a membership. And I can spoil myself to a sweet treat nearly any day because of a flourishing business that grew from a local farmers’ market.

When you think about it, a number of Radish articles are about someone who made a change so others could benefit. July’s issue featured Chris and Gary Nordick, who own and operate Beacon Woods Farm, an acre-and-a-half U-pick blueberry farm that’s 95 percent organic. Earlier this year, I also learned that the University of Illinois Extension office launched an AgriTours program where people can get an up-close look “at the challenges and rewards” of a local grower.

A conversation with Chad Summers of Healthy Harvest Urban Farming garden center forever changed how I look at food and what I eat. And March’s cover featured 4-year-old Henry Welvaert enjoying a healthy dose of a spinach “green drink” that his mom, and former Radish editor, Brandy whipped up.

I don’t know about you, but I was so intrigued about a child enjoying a spinach drink that I just had to dig a little deeper. What was the difference between a blender and a nutrient extraction machine? And why are green smoothies so popular? See how this starts? Granted, I can never turn away from a cute-kid picture, but that article led me to learn more about the health advantages of using a high-speed blender to create new elixir.

As this month draws to a close, we don’t have to resolve to make any changes, even though the New Year approaches. But changes will occur whether we initiate them or not, including those that we don’t have much control over, like death, divorce, job loss, or an accident.



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But the small changes we initiate can lead to big results. Volunteering for an hour, for example, can lift our mood.

Making changes doesn’t mean we have to squeeze one more thing into our lives. Instead, we can aim to replace. For example, we can work to spend less time watching TV, and more time trying out a new recipe. Less Facebook, more meditating. And we can strive to make a change one day a week, or try out one new activity a month instead of attempting to tackle larger, immediate goals.

Initiating our own changes helps us to improve our lives. Maybe this month we will resolve not to make any resolutions for 2016, but to let change in. How do we welcome change? It’s not so easy when someone has passed away, or our bodies have failed us, or we are laid off from a job we’ve had for years. But if we make positive changes that can lead to a better life, they can help us negotiate those inevitable seasons that take time to get through and recover from.

*Ann Ring is a frequent Radish contributor.*





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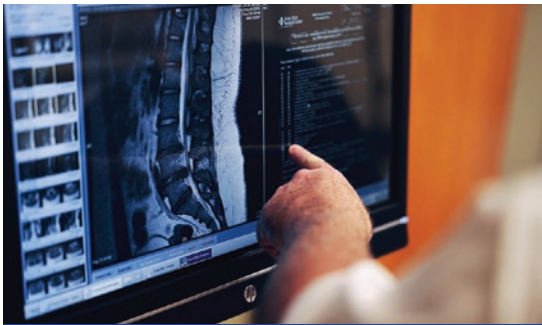
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