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Gary Krambeck / Radish



Around Christmastime every year when I was growing up, my mom and I would bake cookies after my younger brother went to bed. Mom would flip through an old recipe box, digging out various index cards, some covered in my grandmother's loopy script, and others in that blotchy serif typewriter print.

I was just excited that I got to hang out with my mom and use a rolling pin for something other than Play-Doh. I'd wear my little pink apron that my mom made for me and put little streaks of flour on my face. (After all, everyone on TV who baked had these streaks. It was a very important part of the process!)

Fast forward a couple of decades, and I'm probably just as talented in the kitchen now as I was back then, so my mom wasn't surprised when I called her up one recent afternoon and asked if she had plans after work. I needed help making the spinach dip and Oreo balls you'll find on page 9.

With all of the ingredients on the counter, mom got out the rolling pins(!) as I poured the Oreos into large storage bags. Then, we rolled and rolled, breaking up the cookies into a mix of chocolate powder and goopy cream.

Everything was going well until it was time to melt the chocolate. Mom poured the morsels into a pan and put it on the stove while I mixed the cookie bits with the cream cheese and rolled it all into little balls. I had filled a plate with them when the kitchen started to smell a little vile.

"Well," my mom said, peering over her glasses and holding out the pot. Where delicious, melted white chocolate should have been was a vat of mushy, crumbly, yellowed goop that smelled as good as it looked.

"Grab the milk," she said, in attempt to save it. Then, she tried to dip a cookie ball into it, and we laughed so hard, I cried.

If everything would have gone as planned, we'd have missed out on so many laughs. I'm sure my mom had to tell herself this all those years ago, as she crawled around in that same kitchen, wiping up all the flour her kid threw around.

It was never about making a perfect dish — it was about doing something together.

Try to remember this as you go into the bustling holiday season, whether you're making Oreo balls or trying your hand at some DIY ornaments (like the ones we've got on page 22).

If you're in search of gifts for your friends, family or pets, we can help there, too! Check out pages 12 and 26 for a little local direction. And if you're in the mood for more-things Radish, turn to page 17 and read all about our third annual Radish Winter Wellness Festival, coming up on Dec. 10.

No matter what you've got planned this month, hopefully you can stop by for a little while and see us!

— *Laura Anderson Shaw*
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Radish
HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

"I look for your magazine each month and read cover to cover. It tells about so many things I would never (have) heard or know about. Keep it coming. And it is free." — *Geraldine Meyer, Walcott*

"Like the articles of small farmers after coming from (a) large farm and now a towny." — *Sue Hutch, Colona*

On the Road with Radish

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

- The eighth annual CHM Holiday Gift Swap, presented by the CHM Care of Earth committee, 6:30-8:30 p.m. Tuesday, Dec. 6,

Humility of Mary Center, 820 W. Central Park Ave., Davenport. Bring new or gently used items that are perfect for re-gifting, then shop the swap. Leftover items will be donated to Humility of Mary Housing and Shelter programs. Admission is free. For more information, call 563-336-8404, or visit chmiowa.org.

- The Radish Winter Wellness Festival, 1-4 p.m. Saturday, Dec. 10, in a heated tent at Genesis Physical Therapy and Wellness, 4017 Devils Glen Road., Bettendorf. Admission is free.

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

Radish Reads: A recent book on healthy living, as reviewed by a Radish reader



Mini review: "Pure Juice: Fresh and Easy Recipes" by Sarah Cadji. (2016, The Countryman Press)

I thoroughly enjoyed reading "Pure Juice: Fresh and Easy Recipes," by Sarah Cadji. I was motivated right from the introduction where she included her personal testimony/journey. You can tell how passionate she is about healthy living.

She explains the basics of juicing, and her tips are simple and very easy to implement. I am a novice juicer and was impressed by many of her tips. For example, she explains that the location of your juicer is key, and that it should be accessible. If it is in the cupboard (like mine is), "the hassle of taking it out every day is reason enough not to make it a consistent part of your day."

When I read that, a light bulb went off, and now I am making space for my juicer on the kitchen counter.

The juice recipes in the book include a variety of ingredients that should appeal to all different tastes, and are categorized by breakfast, lunch and dinner. Cadji also includes target juice recipes for specialized areas such as strength, weight loss and de-stressing.

My favorite chapter is shots, which include recipes with potent and concentrated ingredients for specific purposes. This is a new concept to me, and I can't wait to try them. As I patiently wait for spring to return, I will be planning my garden according to the recipes in the book so I may have fresh juices and shots all summer long.

— *Samantha Fuller, Clinton*

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 National Agricultural Policy Under a New Administration.



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Tasty treats and local gifts must mean the holidays are here! (Photo by Todd Mizener / Radish)

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Most people believe that exercise in the morning is a great way to start the day, but there also could be a case for exercising after a hard day of mentally demanding work.

A new study by the University of Alabama at Birmingham says exercise may be the best way to curb an appetite after a long day at the office. Researchers found those who exercised after doing mental work or tasks ate fewer calories than those who remained sedentary.

Read more about the study and what the experts have to say at radishmagazine.com.



Eat, laugh and be merry

Holiday gatherings are for love — and grub

By Chris Cashion

“Friends are the family we choose ourselves.” I’ve seen these words hand-crafted in needlepoint and written in fancy calligraphy, and they are etched in my heart.

I’m not sure how the stars aligned to create my merry band of friends turned “family,” but somehow, early in my life, that’s exactly what happened. These ladies have been through thick and thin with me since my teenage years, and together, we have navigated the trials of college, boyfriends, marriages, divorces, births, teenagers, grown children, deaths, careers, aging parents — you know, life.

As with any family, ours has its traditions, and one of those is a holiday gathering on the first Sunday of December. The location changes — each of us has a chance to host. We joke that we are only required to clean our homes every six or seven years, thanks to the rotation.

Children are always welcome, but it’s a rare significant other who’s been brave enough to enter the fray.

For many, the word tradition conjures up a variety of foodstuffs, and this particular tradition was built around it. The first year we got together, we were barely more than children, only beginning our 20s. We had no idea we were creating a tradition at all. My friend, Cindy, had simply suggested we get together and make candy, and that’s exactly what we did. She had some recipes we followed, and we made them together.

We also made a giant mess and some incredible memories.

There were only about six or so of us that year, and one baby girl — the only infant to have entered our world at that point. It was fun, and sweet and easy.

A year later, someone suggested we get together again. Pretty soon, it was just a routine. We began adding recipes — and children — and the party grew into something we cherished; an integral part of our holiday season, as much a part of our holidays as bell ringers and snowflakes.

Ten years into it, I decided to collect all of our recipes into a binder, and some photos, too. What began as a simple collection of recipes became a full-fledged scrapbook. Each year, we take snapshots, including a group photo, for the keepsake of recipes and photos, labeled by year.

I made copies of each page, slipped them into a binder for each of the



Submitted

Chris Cashion at her 2015 “family” holiday gathering.

ladies, and gave them as a gift that 10th year. I continue to add to them annually. And every December, we add a group photo.

As the families grow, it becomes harder and harder to fit everyone into the viewfinder. The ranks of children swelled to the point that we gave up trying to make candy together and instead made treats in advance and brought them to exchange. Some years, we made crafts with the kids, and other years, we forfeited any kind of group project, and everyone just laughed and made merry.

Santa began to attend our parties, and everyone took turns sitting on his lap. The children loved him, but I think secretly, we adults may have loved him more.

As we tried new recipes to bring along for our exchange, the ones we raved over made their way into binder. The ones that ended in disaster became fun stories to tell at the party.

Some recipes weren’t recipes at all, but a bottle of wine — because, well, sometimes life gets too busy and traditions are about love, not rules.

Our exchange has evolved over time, too. For years, we exchanged heaping plates piled with goodies — every sugar- and carb-laden creation the palate could ever crave. But a couple of years ago, we decided that while there were some dishes that were a must — if I show up without fudge, I might not be welcome — none of us really needed all of that sugary goodness.

There are some treats I dream of every year, and if I have to run a few extra miles to make sure my arteries are happy, it’s worth it to enjoy Oreo balls and oatmeal cookies.

As time has marched on, the children have grown. Some still drop in to the party, but most are off beginning their own traditions and creating their own memories. We hope for a guest appearance this year from the first grandbaby — the tiny son of the lone baby girl who was at our very first December gathering.

All of us “girls” may now be in our mid 40s, but when we get together, the memories and the joy are strong, and we are simply the girls again, transported back to a time before life transformed us into adults.

And there sits the food — the heart of the tradition — right at the center of it all, created in our individual kitchens as a kind of tribute to the love that binds us all.

Chris Cashion is a writer on staff with Radish.

Rockin' Restaurant Spinach Dip

Steffanie Adams shared this recipe with our group one year when she hosted our annual party.

- 2 tablespoons minced shallots**
- 1 teaspoon minced garlic**
- 1/4 cup plus 2 tablespoons fat-free mayonnaise**
- 1/4 cup fat-free sour cream**
- 2 tablespoons light plain soy-milk (or fat-free milk)**
- 4 ounces fat-free firm block-style cheese (any kind), shredded**
- 10-ounce package of frozen chopped spinach, thawed and squeezed dry**
- 1/2 cup canned sliced water chestnuts, drained and chopped**
- 3 tablespoons plus 1 teaspoon reduced-fat Parmesan-style grated topping**
- Salt and black pepper (optional)**

Preheat oven to 325 degrees. Spray a loaf pan with nonstick spray. Bring a medium nonstick pot to medium heat. Cook and stir shallots and garlic until slightly softened, 1 to 2 minutes. Remove shallot-garlic mixture from the pot. In a medium bowl, whisk mayo, sour cream, and soymilk until smooth. Transfer mixture to the pot. Bring to low heat. Cook and stir until hot, about 3 minutes. Add shredded cheese to the pot, and cook and stir until melted, about 8 minutes. Add shallot-garlic mixture and all remaining ingredients. Thoroughly stir. Transfer mixture to the loaf pan and bake until hot and bubbly, 20 to 25 minutes.

Recipe Source: hungry-girl.com

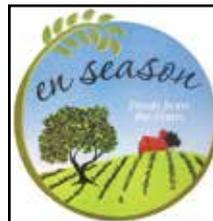


Photos / Todd Mizener / Radish

Oreo Balls

- About 35 Oreo cookies, crushed**
- 8-ounce package cream cheese, softened**
- 16 ounces white or semi-sweet chocolate, melted**

Mix Oreos and cream cheese. Roll into 1-inch balls. Dip balls into melted chocolate. Place on wax paper on baking sheet and refrigerate until firm. Refrigerate to store.



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environment

Pure Hair Studio

Davenport salon works to be waste-free

By Ann Ring

If you're like me, you probably haven't thought much about the waste that accumulates at your hair salon — the foils, hair, the products or bottles. When you leave the chair, the floor is swept and everything is just tossed out, right? Well, think of how much waste adds up in just a single salon with eight to 12 clients per day, per chair.

Pure Hair Studio in Davenport is one salon that gets it.

"We're all about reducing our carbon footprint," says studio director Aimee Weaver. Owner "Stacey (Spillum) is very conscious about this in her personal life. She knew how much waste was being thrown out at the salon, so she wanted to do something about it. She brought her own philosophy of what she lives by to Pure Hair Studio."

Pure Hair Studio practices zero waste by recycling as much as it possibly can. According to Weaver, 90 percent of its waste now is shipped off, and the rest of it equates to only half a bag per week.

"We recycle our foils, vinyl gloves, excess color, bottles and plastics, color tubes, aerosol cans, hair tools, mannequin heads, ink cartridges, batteries, lights — just about everything, even hair," Weaver says.

For example, because human hair and animal fur absorb oil, hair clippings swept up from the floor can be stuffed into recycled nylon hosiery covered in mesh to make large sponge-like mats known as hair booms, which are then used to clean up oil spills and sewage drainage systems.

Spillum learned about a company called Green Circle Salons during a class hosted by Salon Only Sales, which promotes organic and sustainable hair products. Green Circles Salons, of Ontario, Canada, offers a comprehensive recycling/repurposing program that ensures hair, foils, color tubes, plastics, papers and chemicals get diverted out of our waste and water streams. Spillum was inspired by what she heard, and back at Pure Hair Studio, Weaver was able to connect with the Green Circle Salon partners to learn more about how Pure could go waste-free.

As of July, Green Circle Salons has certified Pure Hair Studio as one of only three certified Green Circle Salons in Iowa.

"Green Circles handles everything for us," says Weaver. "We put nearly everything in chemical recycling bins, then ship them off to a Green Circles Salon Chicago location, and they take it from there. We can even recycle used hair foils that have product on them."

There is a fee of about \$1 per customer for the recycling service, which is divided equally between Pure Hair Studio and its customers.

Weaver also expresses how pleased they are with their choice of hair care products, which are made by Davines of Italy. The line offers options for no sulfates, parabens, gluten and nonammonia hair color. It also promotes sustainability projects, including its eco-packaging initiative, which creates packaging that is environmentally friendly as possible.

Pure Hair Studio also uses Youngblood Mineral Products, which are free of talc, parabens, oil and fragrance, and are made of natural, finely ground minerals from the earth.



Submitted

Pure Hair Studio stylists Brittney Sixtos and Ashley Fahrenkrug hold up large bags of waste from the salon to be recycled.

"We do a ton of (makeup services for) bridal parties and events. Women wearing Youngblood look great in front of the camera," Weaver says.

Pure Hair Studio also sells Original Sprout, a line of baby- and kid-friendly products made with natural and organic ingredients free of parabens, nanoparticles, musk, propylene, glycol, sulfates, gluten, soy and dairy.

The products Pure Hair Studio uses work differently than conventional hair products, so Weaver says stylists explain how their products work to their customers ahead of time.

"Our products definitely have a different feel and consistency," she says. For example, since their products do not contain sulfates, hair will lather differently than what many clients are used to.

Weaver says its products "will change your life. It's like a full treatment every time you use them."

A July Pure Hair Salon Facebook post sums up their enthusiasm: "Going forward, all of our waste will be recycled and used in ways to better the world around us! At your next visit, you will leave the salon knowing the world is a better place than when you entered!"

Ann Ring is a frequent Radish contributor. For more information about Pure Hair Studio, visit [facebook.com/PureHairStudio563](https://www.facebook.com/PureHairStudio563) or call 563-424-2327.

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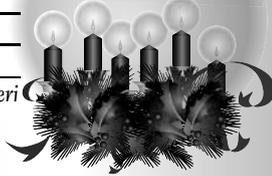
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Lauren Furguele, RD, LD
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Navigating Holiday Fare with Greek Yogurt

With colder weather and seasonal indulges on the horizon; being careful to not sabotage yourself into a calorie coma can be a difficult task to navigate. Feel-good foods more often than not leave us feeling bloated and guilty. To keep a healthy regime this holiday season, try using Greek yogurt as an alternative during your holiday festivities. Try it out with the recipe below!

Pumpkin Pie Dip

All you need:

- 6 ounces, low fat cream cheese, room temperature
- 1/3 cup, reduced fat Greek yogurt
- 15 ounces canned pumpkin
- 2 1/2 teaspoons cinnamon, ground
- 1 teaspoon all spice, ground
- 1 teaspoons cloves, ground
- 1/8 teaspoon, nutmeg, ground
- 3 tablespoons maple syrup
- 1/8 teaspoon sea salt

All you do:

1. In a food processor, place cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or whole grain pretzels.

Nutrition Information

Serving size: 2 Tbsp
Calories: 35; Total Fat: 1g; Carbohydrate: 5g; Dietary Fiber: 1g; Sugars: 3g; Protein: 1g

Adapted from myrecipes.com



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Purrfect pet presents

Handmade gifts for your furry family members

By Todd Welvaert

Howl-iday gifts for our four-legged friends can be a hard find, but if you're in the mood to make or buy something locally made, we have a few ideas to make sure everyone has a meow-ly Christmas.

Toys for cats and dogs can be a great way to keep them entertained, provide comfort and keep them from developing problem behaviors.

Although cats can be pretty picky about toys, dogs often are more than willing to play with any object they can get their paws on. When considering a gift for a dog, the Humane Society of the United States has several suggestions to get you on the right track.

 Dogs love to chase, chew and carry toys, so

the Humane Society suggests you make sure whatever the toy is, it is size appropriate so the animal won't choke on it, and it will not come apart easily into smaller bits.

 Avoid or alter any toys that aren't "dog-proof" by removing ribbons, strings, eyes or other parts that could be chewed off and/or ingested.

Discard toys that start to break into pieces or are torn.

 Take note of any toy that contains a "squeaker" buried in its center. Your dog may feel they must find and destroy the source of the squeaking,

and they could ingest it, so don't leave a dog alone with a squeaky toy for prolonged periods of alone time.

 Look for stuffed toys that are labeled as safe for children younger than 3, and that don't contain any dangerous fillings, including nutshells

and polystyrene beads. But even "safe" stuffing isn't truly digestible. Remember that soft toys are not indestructible, but some are sturdier than others. Soft toys should be machine washable.

 If you're thinking about giving your dog rawhide chew toys, be sure to



Strider, Todd Welvaert's 5-month-old German shepherd, relaxes with one of his favorite tug toys, a length of rope with knots on the end.

Todd Welvaert / Radish

check with your veterinarian about which ones are safe and appropriate for your dog. Because these toys may pose choking hazards, only give them to your dog when you're there to supervise.

Also, be aware that many rawhides are byproducts of the cruel international fur trade. For a humane alternative, consider toys made of very hard rubber, which are safer and last longer.



Very hard rubber toys, such as

Nylabone-type products and Kong-type products, are fun for chewing and for carrying around, and they are available in a variety of shapes and sizes. You can hide treats in some of these toys, which will provide a lasting distraction for your pet.



You can make "rope" toys. Make sure the rope you pick is knotted at the ends and won't shred into loose strings during rough play.



Tennis balls make great dog toys, but inspect them often. When they are chewed through, throw them away at once.



Get the most out of your dog's toys by rotating them weekly, and only keep a few toys out at a time. If your dog has a favorite, such as a soft "baby," you may want to leave that one out all the time.

Purrfect toys for feline friends

Cats love leaping, jumping and dashing. They are predatory animals, and just because they may not have real prey to chase, that doesn't mean they can't act out their inner hunter.

It takes very little to amuse a cat — a crumpled ball of paper, a pen left on a desktop, a newspaper spread open on the floor or a paper bag.



Most cats like small objects that are "flickable," such as a cork, a feather or a light ball, that they can swat and chase.



Submitted

There are a variety of gifts for dogs and cats on the shelves at Crafted QC in Davenport, including festive Kitty Krack, which are cat toys with catnip.

-  Cats also love paper bags and cardboard boxes. Make sure you remove handles, tape and anything else that a cat might get caught in.
-  Some cats go wild for the red dot of a laser toy, chasing it around the floor and up the wall. The cat gets a good workout, and you don't even have to get off the couch. The play can be frustrating, so when the game ends, offer your cat an actual toy to grab.
-  You can make your own cat toys as well. Round plastic shower curtain rings, Ping-Pong balls or plastic practice golf balls with holes, empty cardboard tubes from toilet paper and paper towels, cardboard boxes, paper bags and twine all make great materials. Let imagination be your guide.

Some items that you should never include in a cat toy are loose string, yarn, ribbon, dental floss, paper clips, safety pins, rubber bands or plastic bags, especially dry cleaner bags.

Pamper your pet — locally

If the Christmas crunch has left you out of time, you can find great local gifts at stores such as Crafted QC, 217 E. 2nd St., Davenport. The store offers great pet-themed gifts from local artists.

Some favorites include water and food bowls built up on boxes and stools so bigger dogs don't have to bend so far for eating and drinking. The store's Sarah Marx and Mary Talbert also make Kitty Krack, seasonal felt toys for cats with catnip, and catnip balls.

According to the Humane Society, catnip is safe, and your cat won't get addicted to it. Their reactions to it may vary, though. Some cats can get overstimulated by it to the point of aggressive play, while others just get relaxed. Then there are some cats that are not affected by it at all.

The store also offers paw print art, and classes to make your own pet-themed art. One popular class includes string art, where you use nails and string to create a figure on a wooden plank. Shawna Fibikar is Crafted QC's resident string artist, who hosts monthly classes. Visit Crafted QC's Facebook page or website, craftedqc.com, for a schedule.

The store also offers Riley's Calendar, from 13-year-old Milan artist Riley Ellis. Proceeds from the hand-drawn calendar are shared with the Quad City Animal Welfare Center.

Todd Welvaert is a regular Radish contributor.

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Brrr to be better

Freezing-cold therapy offers hope for what ails you

By Annie L. Scholl

Jeff Wessel had tried everything to relieve pain in his ankle: surgeries, steroid and cortisone shots, and countless physical therapies.

Then there was the pain in his calf, hamstrings and knees.

The 62-year-old Cedar Rapids man says his body was breaking down. It had come to the point where the former college basketball player couldn't do the things he loved to do anymore, such as running, walking long distances, lifting weights and playing basketball. That's why Wessel was all ears when his son, Justin, told him about cryotherapy.

"He said it was the greatest thing he had ever done," Wessel says.

During Whole Body Cryotherapy (WBC), a person's body is exposed to sub-zero temperatures for about three minutes while they stand in a chamber filled with liquid nitrogen. The body responds as if it was freezing to death, says Todd Diestler, founder and CEO of 40drop cryotherapy center, in Cedar Rapids, Iowa.

"When that occurs, the body restricts blood flow to the surface and extremities to keep the vital organs warm," Diestler says. "When you begin to warm up, your circulatory system dilates, increasing blood flow throughout the body. This is when areas of inflammation and injury are impacted and improved."

Diestler says first-time visitors spend more time filling out 40drop's waiver than they spend in the chamber. Once the waiver is complete, they're escorted to a dressing room where they change into a robe, tube socks and clog-like shoes, along with whatever they wish to wear in the chamber. Men must wear underwear or shorts, while women may wear nothing at all, though most wear underwear and a sports bra.

Before getting into the chamber, clients disrobe and put on a pair of mittens. Inside the chamber, they stand on a platform so that their head is above the sides of the chamber. Then, the cooling begins — with temperatures dipping as low as 250-degrees-below-zero.

"The attendant is with you the entire time, conversing with you to make sure you are doing okay," Diestler says.

After your three minutes are up, you put your robe back on and head to the dressing room to change into your regular clothes, he says.

Cryotherapy originated in Japan in the 1970s, but its only recently become popular in the United States — thanks to athletes such as the NBA's LeBron James,



Roger Diestler, of St. Paul, Minn., stands inside of a Whole Body Cryotherapy chamber at 40drop cryotherapy center, in Cedar Rapids, Iowa. Mr. Diestler is the father of Todd Diestler, founder and CEO of 40drop.

Submitted

and celebrities such as actress Jennifer Aniston.

Some colleges and universities also are touting its use for student athletes. Georgetown University, for example, has cryosaunas in its new athletic center, which opened in October.

While cryotherapy has been all the rage on the West Coast where his son lives, Wessel says he was "shocked" to find 40drop in his hometown of Cedar Rapids. Wessel made his first appointment shortly after 40drop opened late last August. By his second appointment, Wessel says he felt better. After a couple of months of twice-per-week sessions, Wessel says he is pain-free.

"I feel so much better," he says. "My quality of life has improved."

While Wessel credits WBC with treating his chronic pain, others claim it can treat diseases and conditions, too — from Alzheimer's and fibromyalgia to

anxiety and stress. The U.S. Food and Drug Administration, however, says it doesn't have the evidence to support such claims, and has not cleared or approved WBC devices as safe and effective to treat medical conditions, according to its website.

40drop's Diestler isn't surprised.

"I think it's understandable that the FDA hasn't had enough time to put together the data from a study. It's only been in this country for about 10 years, and relatively unknown," Diestler says. "Look at how long acupuncture has been around, how many people benefit from that therapy and it's not FDA approved yet."

Diestler says there's "no question in my mind" that WBC is beneficial.

"In our short time being open, I cannot believe some of the results I've seen," he says. "I think the larger question is why your insurance won't cover it. I have people who use this for relief from arthritis pain to try and stay off of the very powerful drugs they use to treat that type of pain. Those drugs get covered by insurance and cost thousands of dollars. If this can be used to a similar end, and at far less cost, and without many of the side effects of the drugs, it just doesn't make sense that it isn't covered."

Wessel, too, thinks the FDA needs to do more research.

"Talk to people who are involved with it and they'll find out it is a game changer," he says.

Annie L. Scholl is a frequent Radish contributor. To learn more about 40drop cryotherapy center, visit 40drop.com.

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Your guide to the Radish Winter Wellness Festival

By Radish staff

Wintertime is just around the corner! Looking forward to the third annual Radish Winter Wellness Festival? It's a great way to start the season and end the year! Presented by Genesis Physical Therapy and Wellness, Bettendorf, the festival will take place from 1 to 4 p.m. Saturday, Dec. 10, in a heated tent at Genesis Physical Therapy and Wellness, 4017 Devils Glen Road., Bettendorf.

The event will offer an afternoon of local food, health, education and fun, all geared toward helping you improve and maintain your health and well-being during the cold months ahead.

About 40 area businesses, organizations and health professionals will be on hand with information, demonstrations and products to share — all related to staying fit during the holidays and winter months; ways to enjoy and explore the outdoors this winter; keeping a positive, healthy state of mind; the benefits of massage, reflexology and reiki; herbal teas, essential oils and other helpful home remedies to keep winter bugs in check; and more.

Admission to the event is free, and the first 100 festival attendees will receive a free winter wellness gift.



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Shop local, eat local

QC Food Hub presents recipes, gift ideas

Staff report

The holidays are just around the corner — and there's so much to be done! You've got to nail down recipe ideas, but also want to be conscious of where you're purchasing your ingredients. You need to buy gifts, but you're trying to keep your shopping local. All the while, you're also trying to ward off colds and all the other fun ailments that come with winter.



The Quad Cities Food Hub has your back. At the Radish Winter Wellness Festival on Dec. 10, the folks at the Food Hub will host a presentation beginning at 1:30 p.m., covering local food recipes for low-fat eggnog and baked holiday apple fritters, as well as gift ideas for wellness including fresh oils, spritzers and salves; herbal teas and Himalayan salt lamps.

QC Food Hub marketing and funds development coordinator Kristin Fairchild says that eggnog, for some, is a holiday staple, and recipes for lighter versions often are hard to find. "Our recipe allows you to make a great standout item for parties and family gatherings, all while highlighting local products such as Kalona (Organics) milk, and eggs from pasture-raised chickens," she says.

Similarly, she says, the baked apple fritters — which are a great option for breakfast, a meal often overlooked as our focus typically is on the Christmas dinner — lend the chance to use local apples.

"We hope people take away great new recipe ideas, and even just the inspiration to try and find new ways to incorporate local products into their favorite meals and recipes," Fairchild says. "Our local producers are families, community members, people we see every week. Knowing that buying their goods and products, especially around the holidays, helps them provide their families with a happy holiday gives us a sense of pride in our community that we hope others will be able to share with us."

The folks at the Food Hub, located at 421 W. River Drive, Suite 5, also will highlight some products it offers for self-care, too. "We know holidays are a time where many people are so focused on taking care of plans, gifts and everyone else's well being," she says, adding that essential oils are a great, natural way to combat illness.

"Willow's Wisdom is one local company that provides different blends to tackle what ails you. ... We hope people feel empowered to practice more self care during the winter months when the days are shorter, while, again, helping to support local businesses at the same time," she says.

For more information about what is available at the Food Hub, visit its website, qcfoodhub.com.

Submitted

The Quad Cities Food Hub will host a presentation at the 2016 Radish Winter Wellness Festival, covering local food recipes for low-fat eggnog and baked holiday apple fritters, as well as gift ideas for wellness including fresh oils, spritzers and salves; herbal teas and Himalayan salt lamps.

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Stir it up

Learn to make soup with Greatest Grains

By Jonathan Turner

Next time you're at the grocery store, stock up on some of your favorite ingredients and whip up your own super soup to warm your body, fill your soul and leave some needed room in your wallet.

Greatest Grains co-owner Julie Martens will demonstrate how to make two soups at 2:30 p.m. at the Radish Winter Wellness Festival, on Saturday, Dec. 10.

She's bowled over by homemade soups — compared to store-bought — because “you can monitor the ingredients and seasonings, it's inexpensive and it tastes better,” Martens says.

“You can make more volume,” she says. “And for example, salt would be a good item to watch how much you put in. Some people have to watch their salt intake, and most soups that are pre-made are full of salt.” Homemade soups are better tasting because “they are fresher,” she adds.

Because January is National Soup Month, Martens also has offered a Soup's On class every January at Greatest Grains for about 15 years. Of her three dozen soup recipes, the Davenport store and eatery offers three varieties of homemade soups every day.

“We try to hit all diets — vegan, vegetarian ones, meat ones,” she says.

Recent soup recipes on greatestgrains.com were for chili-style lentil, coconut curried lentil and chickpea, tomatillo black bean and quinoa, chicken noodle and sweet potato chili.

At the Radish festival, Martens will lead a discussion on hot, healthy soups as she demonstrates how to make two — likely one vegetarian and one with meat.

“To be honest, I have a couple standards,” she says, adding that she'll also see what's trending on Pinterest and other food websites. “I usually do some kind of a bean soup ... and I usually do something with poultry.”

Popular winter soups usually are heartier, Martens says. In fall and winter, she likes using seasonal veggies, such as pumpkin or some other kind of squash. Chicken and sausage always are popular in soups, too, she says.

If you are not a seasoned cook, soups are a good (and more manageable) first step to culinary greatness, Martens says. She hopes the Radish demo will offer positive exposure to what Greatest Grains has to offer.

The first 25 attendees to attend will receive a free gift, while supplies last.

If you enjoy the demo at the festival, check out more recipes at the Soup's On class on Jan. 22 at 1 p.m. at the store, 1600 N. Harrison St., Davenport.

Contributor Jonathan Turner is a writer on staff with The Dispatch and Rock Island Argus newspapers.



Submitted
Greatest Grains will offer a presentation on making soup from scratch at this year's Radish Winter Wellness Festival.

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Abundant Health Chiropractic: Discover natural, drug-free health care that allows the body to heal itself, and receive a free health screening. getabundanthealth.com

The Acri Company: Enter to win new windows, siding or a bath update. acri-company.com

Advocare: Looking to jump-start your weight loss or break through a plateau? Learn about the Advocare 24 Day Challenge. advocare.com/9612196

Concept by Iowa Hearing Aid Centers: Learn more about your hearing health and hearing loss. iowahearing.com

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

Davenport School of Yoga: Find information about yoga and health-related conditions, and ask questions about yours. davenportschoolofyoga.com

Ethereality Holistic Wellness: Learn more about integrative bodywork, mindfulness massage and reiki energy therapy sessions, as well as crystals and healing essential oils.

Float Quad Cities: Learn about float therapy, where you float on 40 percent Epsom salt water in a light- and sound-proof room, and how you can experience effortless relaxation, pain relief and deep rest by doing nothing. floatqc.com

Gary Pond Appliance Repair: Ask questions about your appliances and see an 1875 washing machine and a vintage wooden washtub holder. 309-737-1664

Genesis Physical Therapy and Wellness: Learn about its array of services to help you achieve and maintain a healthy lifestyle. genesishealth.com/devilsglen

Great River T'ai Chi Ch'uan: Explore the basics of this moving meditation; a system of slow motion, rounded, balanced movements practiced by people of all ages to achieve physical, mental and spiritual well-being.

Greatest Grains: Explore a variety of natural and organic grocery items, samples and special diet information. greatestgrains.com

Health Alliance Medicare: Learn about coverage, Medicare and more. Health Alliance Medicare serves the greater Quad-Cities area, in partnership with Genesis Health System and the University of Iowa. Attendees are welcome to ask questions about their specific Health Alliance Medicare coverage, and the components of Medicare and how they work together. medicare.healthalliance.org

Heal-Thy Self From Dis-Ease: Learn more about nutritional counseling and energy work that focus on the root causes of disease. Receive a coupon for a discounted consultation.

Heritage Natural Foods: Learn about natural wellness products and nutrition, and browse its most popular natural, organic and ethically sourced products, and sample its baked goods. heritagenaturalfoods.com

Illuminate Reiki Studio: Learn more about dōTERRA and reiki, a Japanese holistic healing technique used to balance your energy and help your body, mind and spirit. 563-505-0476, beckynakabrooke@gmail.com

Infinite Living: Learn how you can improve your energy, reduce your stress and feel more vibrant without medicine, and enter for drawings. There will be demonstrations at 1:30, 2:30 and 3:30 p.m. 309-269-6989

Iowa WIC: The Iowa WIC Program helps grow healthier families in Scott County. Learn more about the program, which is accepting new applicants. chcqa.org

Irish Meadows Alpaca Farm and Store: Meet the alpacas and learn about Irish Meadows' renovated barn guest house, and check out Alpaca socks,



Submitted

hats, scarves, cowls, gloves and more. Find Irish meadows Alpaca Farm on Facebook.

Lamrim Kadampa Buddhist Center: Meditation classes for adults and children, courses, retreats, community outreach and tours. Learn how to develop the skills for a happy, meaningful life. meditatein-iowa.org

Lundgren Family Chiropractic:

Receive a complimentary spinal screening with Myovision, and a free 20-minute HydroBed massage certificate. lundgrenchiropractic.com

Milestones Area Agency on Aging: Learn about our area's aging and disability resource center, which helps Iowans connect with services for independent living. milestonesaaa.org

NAMI Greater Mississippi Valley: Learn more about NAMI, which provides free, nationally-developed education and support programs for families and individuals living with a serious mental health condition. namigmv.org

Nelson Chiropractic: Receive a free spinal screening and wellness information, and learn more about chiropractic care, acupuncture and massage therapy.

Pampered Chef: Try a veggie spiralizer to make your own veggie noodles, and find other healthy recipe ideas. pampered-chef.biz/sarahvonholdt

Quad Cities Food Hub: Learn about local holiday gift and recipe ideas, upcoming classes, the local market store and volunteer opportunities. qctfoodhub.com

Quad-Cities Hy-Vee: Discover the services offered by Hy-Vee dietitians, pick up some 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

Sam's Club Elmore Avenue: Learn about

membership opportunities, healthy living and wellness options. samsclub.com

Simple Superfood Cafe: Learn about the cafe on 53rd Street, Davenport, that offers Super Smoothies, Super Bowls and cold-pressed juice.

SIS Fair Trade Shop: Discover awesome and meaningful shopping and gift giving, and feel great about it. sisshops.com

Sitka Salmon Shares: Learn 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. Receive \$25 off your 2017 share of Wild Alaskan Seafood. sitkasalmonshares.com

Sylvia Runkle Hypnosis: Try a free 10-minute hypnosis session, and meet internationally known hypnotist Sylvia Runkle. sylviarunkle.com

Tri-State Windows Siding & Roofing: Learn about free estimates on windows, siding, metal roofing, asphalt roofing and more.

The Yoli Better Body System: Discover an eating plan focused on high-quality, natural ingredients that will lead to safe, natural weight loss, and sample products. mjmcgee.yoli.com

Presentation Schedule

*** 1:10 p.m.** — Genesis presents, "Talk to me — I'm Listening!" with tips to improve your child's communication

*** 1:30 p.m.** — The Quad Cities Food Hub presents Everything Local this Holiday, with recipes using local foods and gift ideas

*** 2:30 p.m.** — Greatest Grains presents Winter Soups

*** 3:30 p.m.** — A presentation by Genesis, to be announced

The first 25 people to attend each workshop receive a free gift, while supplies last.

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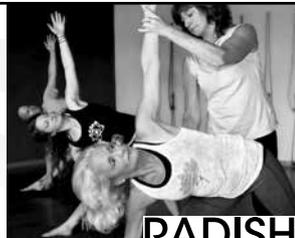
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handmade

DIY Christmas

Make 3 ornaments with recycled materials

By Laura Anderson Shaw

Growing up, most — if not all — of the ornaments on my family's Christmas tree were handmade. There, you'd find everything from the strange Popsicle stick concoctions my brother and I would glue together and paint, to the puppy dogs my grandfather would craft out of standard, satin-wrapped ornaments.

No matter how intricate or goofy the ornaments were, they were amazing just the same.

Now, as an adult, the ornaments on my two trees are handmade, too; some of the Disney's "The Nightmare Before Christmas" variety, because it's one of my favorite movies, and some that my niece created.

I love making things, alone with a movie or with my friends and family. Working on a project with the people you love is a great way to spend an afternoon or evening. (Plus, when it's something as silly as a little ornament made from toilet paper rolls, it leaves very little room for chaos — unlike the wintry night my husband and I tried to make our little apartment more energy efficient by attempting to put up plastic on our sliding-glass-door-sized windows, but I digress!)

I also enjoy making things with recycled materials whenever I can, which make the following three holiday crafts pretty great. A couple of them also are great for little ones to help with and decorate, too. So pick one, and gather up the handful of supplies, many of which you probably already have. Turn on some music or your favorite holiday movie; ready a glass of cocoa, coffee or wine, and enjoy the day.

Laura Anderson Shaw is the editor of Radish.



These Christmas tree ornaments were made with recycled materials.

Todd Mizener / Radish

Plastic bottle icicles

You'll need:

- **Plastic bottle, with the label removed**
- **Candle**
- **Lighter or matches**
- **Needle and thread**
- **Scissors**
- **Needle-nose pliers (optional)**

Carefully cut the top and the bottom from the plastic bottle to create a tube, then cut it lengthwise into roughly 1-inch-wide strips, following the bottle's natural taper. Fold the strip in half width-wise. Beginning at one end, carefully hold the strip above the candle, close enough for it to warm the plastic, but not so close that it burns your fingers, smokes or darkens the plastic. Then, slowly move the strip across the candle, pulling and slowly twisting as you go. Hold onto it tightly until the plastic

cools, and give it another pass across, until you're happy with the shape. If you want to keep your fingers even further from the flame, hold the strip of plastic with needle-nose pliers. Once your icicle has enough twists and has cooled, use the scissors to round the top and bottom of the icicles. Use the needle and thread to create a loop at the wider end of the icicle for hanging.

Continued on page 28

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3 effective ways to clear your mind

CTW Features

In the age of around-the-clock news coverage, social media and digitally connected lifestyles tied to mobile devices, it's harder than ever to clear the mind. While it's not always possible to eliminate the trappings of the modern world, experts say there are things people can do to reduce mental clutter and think more clearly.

Here are three effective ways to help clear your mind:

1 REDUCE DIGITAL DISTRACTIONS

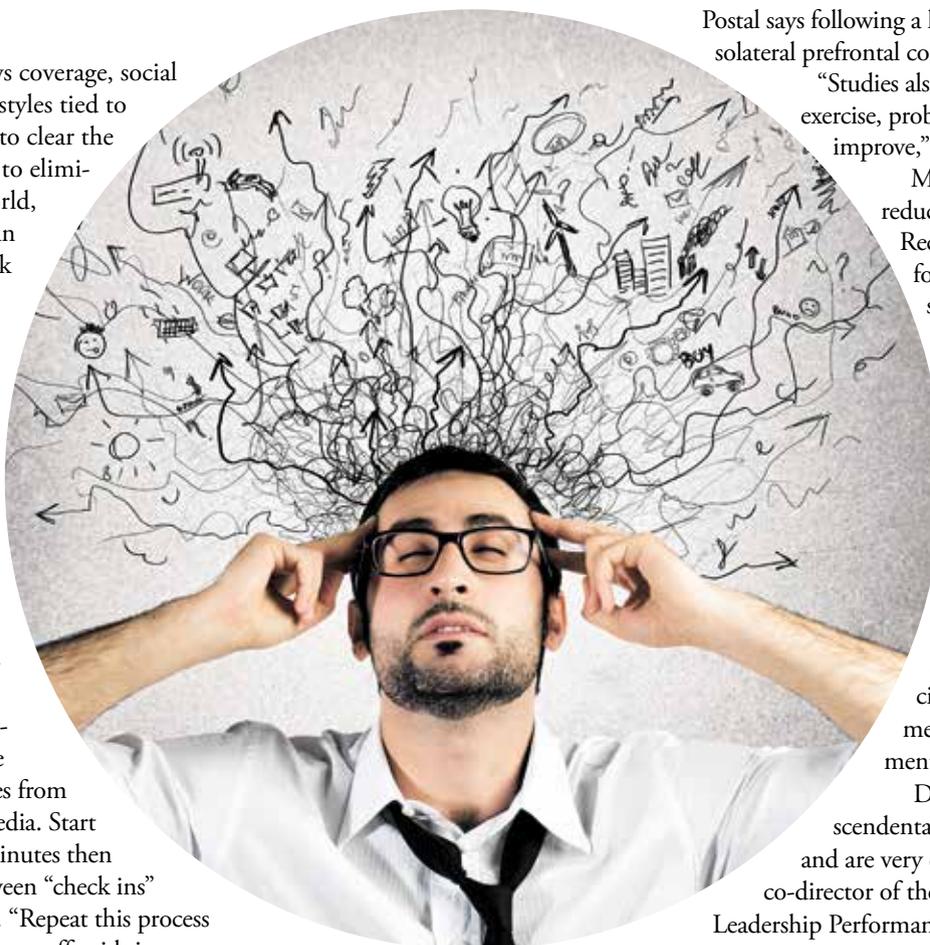
Digital devices and media are now one of the largest contributors of mental clutter. Psychologist Larry Rosen says in an article at Harvard Business Review that many people now have fears related to separation from technology.

Rosen recommends using behavioral principles such as dedicated time periods and alarms to wean themselves from digital devices and forms of digital media. Start with a one-minute period every 15 minutes then work toward increasing the time between "check ins" to reduce your habit and dependency. "Repeat this process until you are comfortable increasing your off-grid time to an hour or several hours," Rosen says.

Rosen also recommends abstaining from viewing digital media for one hour before bedtime and to keep devices out of the bedroom. He says sleeping with a phone beside the bed can release neurotransmitters that energize the brain instead of promoting melatonin, which induces rest.

2 EXERCISE OR TAKE A WALK IN THE PARK

Many studies have shown that exercise can increase mental clarity and reduce stress and anxiety. Karen Postal, Ph.D., says that in addition to stimulating new brain cells, exercise also increases BDNF (brain derived neurotrophic factor), which can lead to brain cells binding directly to one another. Aerobic exercise not only raises your heart rate, but also can directly and immediately lead to improved focus and concentration.



CTW Features

Postal says following a half hour of strenuous exercise, the dorsolateral prefrontal cortex works harder to resist distracters.

"Studies also show that immediately following exercise, problem solving, memory and attention improve," Postal says.

Merely walking in the park also can reduce stress and increase mental clarity.

Recent research from Stanford University found that walking alone in green, natural spaces can reduce blood flow to the subgenual prefrontal cortex. Study participants who walked in nature reported less brooding, "quieter" brains and improved moods, compared to those who walked in urban settings.

3 YOGA AND MEDITATION

While yoga often has been praised for its physical benefits of increased flexibility, respiration and circulatory health, its meditative elements are also highly effective for attaining mental clarity.

Deeper forms of meditation such as transcendental meditation have been widely studied and are very effective, according to Mario Orsatti, co-director of the David Lynch Foundation's Center for Leadership Performance. Orsatti says the human mind is like an ocean — while waves on the surface can sometimes be "huge and chaotic," it's often much calmer beneath the surface. He says transcendental meditation teaches the person to "dive beneath the waves."

"Everyone is exercising from the neck down. You need to exercise that six inches between your ears. It will help the brain psychology create that state of mind more often," Orsatti says.

Transcendental meditation is taught in a seven-step course and involves the use of a mantra (hymn) twice per day for twenty minutes per session. While it has often been seen as a "hippie-type" practice, Orsatti says the practice is gaining widespread acceptance with everyone from business leaders to war veterans as a way to better manage their thoughts.

"Doctors are recommending it, it's being used by businesses, schools and really helps create a restful, alert, alpha one state that's unique and recharges the whole brain," Orsatti says.



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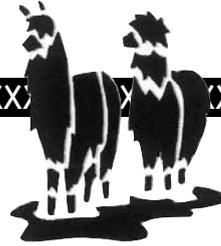


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Photos / Todd Mizener / Radish

Mittens, by Warm Fuzzies, of Davenport, made from upcycled sweaters; roll-on essential oil blends and deodorant from Warehouse Essentials, of Moline; and jewelry from Hartleystudio, of Moline.

A mini gift guide of local goods for everyone on your list

By Natalie Dal Pra

Shopping for gifts around the holidays can be stressful. Big-box stores are packed to the brim with stuff and people, and parking lots become obstacle courses. If you're in need of gifts but running out of places and time to find them, perhaps you could take a closer look in your own backyard. Not only will shopping locally benefit the people who live in your community, the local economy will get a boost, too.

"When you buy from my store, you are directly impacting the economy right here in the Quad-Cities," says Ann Hartley, of Moline, who owns Hartleystudio handmade jewelry.

"We all buy groceries here, buy houses here, go out to dinner here and shop local here. We are putting that money back out into the Quad-Cities. Plus, in a world

of mass-produced, easily attainable goods, crafters lovingly labor over their goods, and it shows."

Additionally, local businesses encourage environmental sustainability because they are located closer to the people who purchase from them, ensuring less traffic and pollution. And because some smaller shops are online only with makers working out of their homes, they aren't adding to sprawl or air and water pollution.

Buying local shouldn't be something we only do at the holidays, however. Nicole Simmering, of Davenport, who owns Warm Fuzzies handmade goods, says that she tries to make an effort to shop local all the time.

"It's important to buy local any time of year because you are keeping your money in the community. Also, you're finding something totally unique. I am very proud to say that the last two Christmases, all of my shopping was done at local shops

and local craft fairs,” Simmering says.

For Warehouse Essentials natural products owner Carrie Ware, of Moline, shopping local means directly impacting each and every maker. “It is such a great opportunity to support someone’s creative outlet. I am a one-man show, so every sale means something, and I want the customer to be happy.”

No matter who you’re shopping for this Christmas, these three Quad-Cities shop owners and makers have something for everyone on your list.

Hartleystudio

Owner: Ann Hartley

Products: Hartley makes a variety of hand-made sterling silver and gold jewelry.

Her inspiration for opening a local shop:

“While working on my MFA at Illinois State University in 1994, I discovered the metal-smithing program and a wonderful art jewelry gallery in Louisville, Ky., where my family lives. It was serendipity. After completing my MFA in metal smithing, I moved to Columbus, Ohio, to work as a goldsmith at a jewelry store.

“When we moved to the Quad-Cities to be closer to family, my Etsy store was born, and I’ve been working for myself ever since.”

Gift ideas: For moms, Hartley recommends the sterling silver bird on a branch pendant, which can be customized to feature mama and baby birdies.

The tiny mother’s initial hammered family tree pendant is perfect for not only moms, but also will work for grandmothers, aunts, and even dads, since the sterling silver is gender neutral.

A fun splurge for any of the women in your life are the natural yellow rose-cut diamond stud earrings in 18 karat yellow gold. The sterling silver textured and pinned roughneck oxidized bangle bracelet also has been especially popular at shows, according to Hartley.

Pricing: Bird pendants start off at \$64, and go up with each additional bird. The family tree necklace is \$36, and may be customized with any initial for \$22 per extra initials. The diamond stud earrings are \$453. The bangle bracelet is \$151.

Where to find them: Crafted QC, 217 E. 2nd St., Davenport; etsy.com/hartleystudio; The Iowa Artisans Gallery, 207 E. Washington St., Iowa City; and craft shows throughout the year.



Warehouse Essentials

Owner: Carrie Ware

Products: Warehouse Essentials sells all-natural products, including essential oil-based lotions, deodorants, lip balms and roller bottles.

Her inspiration for opening a local shop: “I started experimenting with making body butter this past

January. I had received my first essential oil kit, and while some people are great at multilevel sales, I was not one of them. So, I started working with different recipes for body butter. I loved it, and started making it for my friends to try.

“They loved it. One night, after a soccer trivia night, I met Daina Lewis, owner of Shine Yoga. I was telling her about my body butters and how much I loved making them. She couldn’t wait to try them, and offered for me to sell them at her store. After that, I went on to sell them at the (Radish Magazine) Yoga Fest. That was amazing. Everyone was so supportive and positive.”

Gift ideas: For new moms, Ware recommends body butter made with Liquid Xanax essential oils for relaxation and anxiety relief. For men, she recommends the Three Wise Men body butter and The Woodsman deodorant. For kids and teens, she recommends Mint Chocolate Chip and Creamsicle body butter.

She also offers roller balls with several blends of essential oils that would make great gifts for anyone in need of a little stress relief, including Hot Momma for hot flashes, and Calm Your Squirrel for focus. She also carries essential oil diffuser necklaces.

Pricing: \$15 body butter; \$8 deodorant and roller bottles; \$10 diffuser necklaces.

Where to find the products: Warehouse Essentials will open an Etsy shop this month. Until then, you may order products through its Facebook page, Facebook.com/WarehouseEssentials. Some products also are available at Shine Yoga & Bodyworks, 4703 16th St., Suite I, Moline.

Warm Fuzzies

Owner: Nicole Simmering

Products: Upcycled sweaters turned into cozy mittens, and hooded towels.

Her inspiration for opening a local shop:

“I started Warm Fuzzies when my oldest son was still a little guy, about seven years ago. I was looking for something to keep me busy while at home with him, and I didn’t know how to knit or crochet, but I did have a background in pattern making and sewing... So I took an old pair of mittens and made my own pattern, cut up a sweater and started making my own mittens.

“My mittens are all completely hand-sewn and made from upcycling sweaters. Then after a couple years of the mittens, I came up with a pattern for hooded towels. It was something that my household needed since my kids had outgrown their infant towels.”

Gift ideas: Simmering says her mittens make a great gift for anyone on your list, including teachers, and they make great stocking stuffers. Hooded towels are ideal for the kids in your life, and can be customized with sports teams, superheroes, characters and patterns.

Pricing: Towels and mitten sets are \$20 each.

Where to find the products: Facebook.com/Warm-Fuzzies; Skeleton Key Boutique, 520 18th St., Rock Island; Mint Green Boutique, 2208 E. 11th St., Davenport; and craft fairs in the winter, including Handmade City.

Natalie Dal Pra is a regular Radish contributor.



ornaments,
continued from page 22

Wine cork Christmas tree

You'll need:

- 4½ wine corks (per tree)
- Hot glue gun and glue sticks
- Needle and thread
- Button, to top the tree
- Paint or stickers (for ornaments for the tree)
- Sharp knife (I used a paring knife)
- Scissors



Photos / Todd Mizener / Radish

Begin by making the bottom tier of the tree. To do so, cut the end off of two wine corks at an angle, and glue the flat ends together. Create the top tier of the tree by gluing the two excess pieces together.

Make the middle tier of the tree by trimming off about 1/4 of two wine corks. Then, cut these at an angle, too, and glue the flat ends together.

Line up each of the tiers, and tack them together with glue.

For the base, cut a wine cork in half, and glue the jagged edge of the cork to the bottom tier of the tree.

Glue on a button topper, and dot the tree with paint or stickers to give it ornaments.

Then, carefully feed a needle and thread through the top of the tree so you can hang it on your Christmas tree.

Silver snowflake

You'll need:

- 4 toilet paper rolls (per snowflake)
- Stapler with staples
- Ribbon, thread or twine for hanging
- Hot glue gun and glue sticks
- Acrylic paint in any wintry color (we chose silver)
- Paintbrush
- Stickers
- Small photos or objects cut from magazines to decorate



Begin by folding each of the toilet paper rolls in half. Working in twos, hold two rolls together, side-by-side, and insert the stapler into the tubes to tack them together. Pinch the tube on the right in half, and attach it to another tube using the same method. Work your way around until you've completed the circle of four rolls. (It will look a bit like a plus-sign.) Then, use a little hot glue in the center to reinforce your work, and draw the middles of the rolls closer to one another.

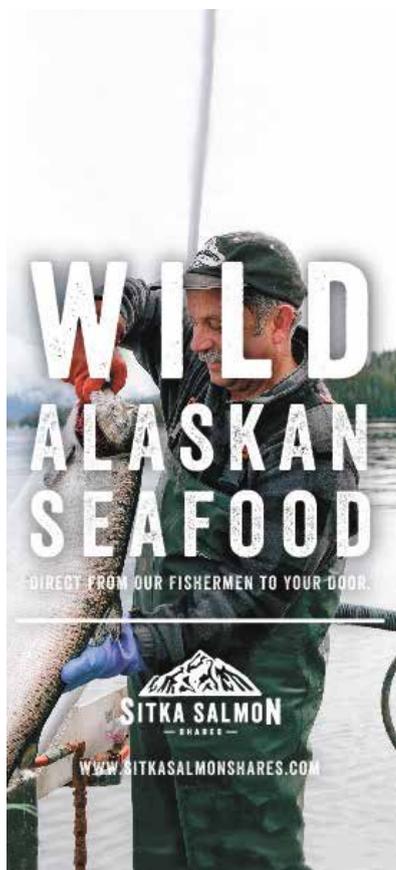
Paint the snowflake, making sure to paint the insides of the tubes that are visible, too. Let dry.

Decorate the snowflake, beginning with its center. Cover the hole with a photo, a picture cut from a magazine, or a larger sticker. You might need a little glue to help it stick!

Then, decorate the rest of the snowflake with stickers.

When the snowflake is ready, glue a loop of string or twine between the top two holes, let it dry, and hang it from the tree.

Source: Adapted slightly from bit.ly/2g0MRVn.



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body, mind & soul

Chakradance

By Chris Cashion

The next time you find yourself grooving to the music, maybe you should consider giving Chakradance a try. Chakradance is sort of one part dance, one part meditation and one part self-help session. It combines dance with an exploration of the chakras to help participants work toward balance.

“Chakradance is a healing dance practice.

Combining Jungian psychology, music composed to resonate with each of your seven major chakras, your own free-form movements and gentle guidance of the facilitator, Chakradance nourishes your true inner self — your very soul,” says licensed Chakradance facilitator Cynthia Huffman, of Davenport.

“You experience freedom and reconnection to your life force, increased well-being and a feeling of coming home.”

Chakradance typically is performed in a darkened or dimly lit room. Participants close their eyes or lower their gaze, and are verbally led through guided imagery to move their bodies in whatever form of dance feels appropriate to them in the moment.

Unlike many other types of dance, there is no right or wrong way to do it.

“Chakradance is about making a connection with our inner world — the world of our imagination, feelings, intuition and senses. It’s completely about freedom of expression. There is no right way to Chakradance, as everyone has his or her own rhythm and movement,” says licensed Chakradance facilitator Lindsay Bodenhofer, of Maquoketa.

Since Chakradance is, by definition, a dance, it does offer some physical benefits, too. Depending on the type of movement the participant chooses, it may provide anything from gentle movement to a cardio workout.

Breaking a sweat, however, is not the focus of Chakradance. Instead, it is the alignment of the chakras. According to Bodenhofer, the chakras are the body’s energy centers that are the physical, mental, emotional and spiritual aspects of being.

“Each of the seven major chakras influences a different aspect of our lives,” Bodenhofer says.

“Some chakras may be overactive, while others are underactive,” Huffman says. “Balancing the chakras yields benefits such as a sense of belonging, improved relationships, increased self-esteem and confidence, good emotional health, improved communications,



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Submitted

Heather Shults, of Davenport; Lindsay Bodenhofer, of Maquoketa; Cynthia Huffman, of Davenport, and Amber Huffman, of Coal Valley, do a little Chakradance at Centered Therapies, Davenport.

creativity, enhanced intuition and deepened spiritual connections. Freedom to accept and express themselves is a benefit many love.”

As participants move throughout the room, the facilitator speaks about each of the seven major chakras. All seven chakras may be visited during one session, or they may be explored individually over the course of seven sessions.

“The music resonates deeply within us as you experience the energy of each of your seven major chakras. This moving meditation is a journey of self-discovery that activates inner experiences,” Huffman says. “You will connect with the sacred within yourself and in the universe around you.”

Chakradance initially was created by Natalie Southgate in 1998. According to Bodenhofer, Southgate married her work in Jungian psychology with her studies in the chakras and the effects of music and dance, and it manifested as Chakradance.

Both Huffman and Bodenhofer found teaching Chakradance to be a natural fit. Huffman says her friends had mentioned the practice on social media, and she was intrigued. When she researched it, she knew immediately that it was something she believed in, so she worked to become a facilitator.

“For many years, I have studied and practiced alternative healing modalities and have been very drawn

to the amazing inner workings of our chakra system,” Huffman says. “Additionally, I practiced educational kinesiology, where I observed that specific movements greatly improved a person’s ability to learn and to heal. I naturally surround myself with music, and experience joy and freedom when I am dancing.”

Huffman says generations before us and cultures around us use dance and music for healing and for communicating with the great beyond.

“Now, I offer this amazing healing with Chakradance workshops,” Huffman says.

Bodenhofer says she also has always found a sense of joy and healing in dance and music.

“One of my hobbies for the last 20-plus years is to go out dancing to live music played by local bands,” she says. “There is just something about seeing the musicians play and allowing their sound and energy to flow through me and move my body. At some point, I heard of ecstatic dance and wanted to learn more about it. When I Googled ‘ecstatic dance,’ that search led me to Chakradance. I was immediately intrigued with this idea of meditative dance.”

Bodenhofer says she knew Chakradance was for her, so she completed the training to “heal myself, and to be able to offer this healing modality to others.”

Continued on page 32



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chakradance,
continued from page 30

The facilitators each encourage people to give the practice a try. "You will experience gentle yet significant personal growth every time," Huffman says.

Bodenhofer says there are many reasons to try Chakradance, especially if you are someone who wants to "meditate, but have a hard time sitting still or don't want to meditate in silence; you want a moment to yourself to leave the hustle and bustle of the outside world and tune into your subconscious mind; or you just want to let go and have some fun in a safe, sacred space free of judgment and criticism."

Huffman currently offers Chakradance at Centered Therapies, 2185 E. 53rd St., Davenport; and Harborview Health and Wellness Studio, 902 E. River Drive, Davenport.

Bodenhofer offers Chakradance at Harborview Health & Wellness Studio; Body & Soul Wellness Center & Spa, 2728 Asbury Road., Dubuque, and the Center of I Am, 400 Bluff St., Dubuque.

Chris Cashion is a writer on staff with Radish. Cynthia Huffman and Lindsay Bodenhofer will facilitate a Chakradance Winter Solstice Celebration at Indigo Wellness Studios, 1621 5th Ave., Moline, from 7 to 9:30 p.m. on Dec. 21.

Chakras

Each chakra is represented by a color, and is a center of energy in the body, beginning at the base of the spine and continuing to the crown of the head.

In Chakradance, the facilitator leads participants through dances that correspond to each chakra. Each of the chakras is said to affect the health of the emotional and physical well-being in the body corresponding to that chakra.

Base (or Root) Chakra: Located at the base of the spine, this chakra is associated with the skeletal and urinary systems, as well as strength, security and groundedness. In Chakradance, the facilitator will lead participants through the Dance of Mother Earth.

Sacral Chakra: Located below the navel, this chakra is associated with the large intestine, ovaries, lower back and sexuality, as well as pleasure, joy, inner feminine energy and sensuality. In Chakradance, the facilitator will lead participants through the Dance of Sensuality.

Solar Plexus Chakra: Located in the belly, this chakra is associated with the pancreas, stomach, liver, gallbladder and small intestine, as well as confidence, willpower and masculine energy. In Chakradance, the facilitator will lead participants through the Dance of Power.

Heart Chakra: Located in the center of the chest, this chakra is associated with the heart and circulatory system, lungs, shoulders and upper back, as well as loving kindness, compassion and inner peace. In Chakradance, the facilitator will lead participants through the Dance of Love.

Throat Chakra: Located at the throat, this chakra is associated with the throat, thyroid, neck, ears and teeth, as well as truth and creativity. In Chakradance, the facilitator will lead participants through the Dance of Expression.

Third Eye Chakra: Located between the eyebrows, this chakra is associated with the eyes, face, brain, lymph and endocrine systems, as well as our sixth sense and intuition. In Chakradance, the facilitator will lead participants through the Dance of Intuition.

Crown Chakra: Located at the crown of the head, this chakra is associated with the brain and nervous system, as well as our connection to understanding and spiritual connection. In Chakradance, the facilitator will lead participants through the Dance of the Soul.

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Battling the 'what-if'

Learn when to put the brakes on worry

By Annie L. Scholl

Recently I had dinner with a dear friend. My usually easygoing pal seemed distracted, troubled. I expected the worst — something with her job, her health, her child. As it turned out, she had a dripping bathroom faucet.

The sound alone was maddening, but her attention was on the “what if?” What if the issue wasn’t a cheap and easy fix? What if fixing it meant tearing into the bathroom wall of her new home?

For two weeks, she worried. She lost sleep, ramped up her anxiety, exhausted herself. In the end, a plumber came and fixed the issue within an hour. The cost: \$99.

Watching my friend twist and turn over something that didn’t come to pass got me thinking about worrying. Why do we do it when it doesn’t change the outcome?

Or does it?

My friend agreed that she had wasted precious energy worrying about something that, in the end, didn’t happen. But what worrying did do for her, she says, was motivate her to get as prepared as possible. She watched YouTube videos of the creative ways people solved the plumbing issue she was having. She discovered there was a special tool made just for this issue, so she bought it.

As it turned out, her plumber had never heard of the tool. He used it, and — voilà! — it worked. My friend believes her research — sparked by worry — kept the plumber from making the small, inexpensive job a big, costly one.

Who can argue?

I took to Facebook, then, asking: Does worrying help you, or do you spend a good deal of time wringing your hands and spinning your mental wheels for no good reason?

More than 50 people posted. Some called themselves worrywarts. One friend says a little

worry helps her remember to double check things and finish things. If she can’t fix something, she lets it go and hands it over to God. Other friends also drew on their faith rather than worry.

Many say the majority of what they worry about doesn’t come to pass — and one friend says that even if it does, it usually works out somehow. “Dealing with it in the moment is much more productive,” she says.

Another friend says worrying is a distraction that carries him away from “now.” It feeds his anxiety loop and is an investment of his energy that rarely, if ever, pays off.

For me, worry lands in my solar plexus. I feel it churning there, often in the middle of the night. I’ll lie in bed, allowing worry to consume me. Like my friend, I’ll get caught up in the “what ifs,” and follow one thought and then another until I put on the brakes. I’ll mediate my own mind.

My first question: “What exactly are you worried about?”

Once I determine what’s gnawing at me, I can decide on a course of action. If there’s something I can do, I make a plan to do it — if it’s mine to do. Yes, often my worries have nothing to do with me. At times like that, I remind myself to get back into my own boat and let the person I’m worrying about steer his or her own.

There are times, though, such as last night, when figuring out what’s disturbing my peace isn’t as easy. I just know that I’m unsettled. When that happens, journaling helps. So does walking and talking to myself. Fortunately, I live in the country, so I can talk to myself without raising eyebrows (except my dogs’).

To get to the crux of what’s up, I continue to ask questions. Someone once suggested that I go straight down the rabbit hole to the most stressful thought of all. For example, once I was so concerned about money that I went to the worst-case scenario: I could lose my home. By asking, “What if I lose my home?” I determined that if I did, I had plenty of people in my life who would take me in and feed me.

The worst case, while certainly not desired, wasn’t that horrible after all.

My belief system tells me that which I focus on expands. I do my best to mind my mind; to keep my focus on what I want in my life, not what I don’t want.

When worry gets a hold of me — and it does — I do my best to not let it get the best of me.

Ann Ring is a frequent Radish contributor.

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