

Radish

HEALTHY LIVING FROM THE GROUND UP

Recipes
of Love
from Chef Robert Lewis

Creating
a winter
home
spa

Organic
chocolate
taste test

'Clean coal'
It's nothing but
smoke and mirrors

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**Coming in
March...**

Farm fresh eggs:
Why they're so good and where
to find them

Also next month:
Going Green for St. Pat
The orchid obsession
Recycled Fish
Yoga for all
Four Mounds Inn
Slimming for summer

Radish
HEALTHY LIVING FROM THE GROUND UP

"A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

Perhaps a confession can help clear the air so there's no misunderstanding. But let me say a few other things first.

Ten years ago something happened that changed my life forever.

At the time I was a financial analyst for Florsheim in Chicago. I was a former college volleyball player who still loved to play, but I had developed a very painful shoulder problem from all my volleyball playing. I couldn't raise my arm above my shoulder and what was even worse for me at the time; I could no longer play my favorite sport. It eventually spread to my neck and caused headaches that stopped me from sleeping at night. For more than 2 years I had painkillers, muscle relaxers, and physical therapy that only made me feel better until the next day. I considered surgery, (my doctor in Chicago said that was my only option), but I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, took some films, and then "adjusted" my spine. The adjustment didn't hurt; it actually felt good. I got relief, and I could use my shoulder again. In fact, within only one month I was back playing volleyball again, at full speed, like I never had a problem. It worked so well that I went to chiropractic school myself.

Now people come to see me with their "rotator cuff" problems. Also, they come to me with their headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries, just to name a few.

Several times a day, patients thank me for helping them with their health problems. But I can't really take the credit. **My confession is that I've never healed anyone of anything.** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by **healing itself.** We get tremendous results. It's as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

Amazing Offer – When you bring in this article, you'll receive our entire new patient exam, with x-rays for just **\$27**. That's it, no kidding.

Great care at a great fee – Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. I just have that low fee to help more people who need care.

My assistants are Tacia and Amy, and they're both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **COMMUNITY CHIROPRACTIC CENTER** and it is at 2512 18th Avenue, Rock Island, IL (We are "next to, but not in Whitey's"). Our phone number is 309-786-3012. Call Tacia, Amy or myself today for an appointment. We can help you. Thank you.

-Dr. Rob Scranton, D.C.

P.S. When accompanied by the first, I am also offering the second family member this same exam for only **\$10**.

P.S.S. Please hurry, we only have 7 slots available this month for this offer.



Photo by Paul Colletti / Radish

I've said this before, and I'll say it again: the best byproduct of working on this magazine is the people I meet. Take, as a prime example, our "cover boy" on this month's issue: Chef Robert Lewis, a.k.a. The Happy Diabetic.

In this issue Robert provides a healthy Valentine's Day menu (see page 20). We needed pictures to go along with his story, so Radish cover designer Dale Attwood, photographer Paul Colletti and I more or less invited ourselves into Robert's home kitchen to get the shots — including the one above with Robert and yours truly. We ended up spending nearly two hours there, all the while meticulously arranging and rearranging the props — as well as Robert himself — to get the variety of images we needed.

Through it all Robert was affable, gracious and flexible — figuratively and literally. We became fast friends, learning about each others' families and careers and the things we shared in common. For example, Robert works with my brother-in-law in the corporate office of Happy Joe's Pizza & Ice Cream Parlors in Bettendorf, Iowa. My very first job was making pizzas for the Happy Joe's franchise in Moline, Ill., where I later became the first-ever delivery boy in company history. (Look it up if you don't believe me.)

I cut my teeth on pizza, which led to waiting tables at a restaurant, which somehow led to journalism. Which eventually led me to Robert.

Pizza. The "circle" of life. I think I have it all figured out now.

Maybe not. But there's no doubt food plays a critical and central role in our lives — interpersonally, culturally, economically — and in countless ways we may not realize. For example, Robert told us that Henry Ford developed the idea for the automotive assembly line after touring the line kitchen of a prominent Parisian chef, whose meals were prepared by a series of chefs who each contributed one specific part to the final dish.

Who knew?

Food even has inspired fashion — at the very least in the kitchen. The height of a chef's hat, according to Robert, historically indicates rank. The number of folds in the hat indicates the number of egg dishes the chef has perfected.

Yes, food makes the world go 'round, and the people who directly are involved in bringing it to our tables in healthy ways are some of the most dedicated, interesting and friendly people you'll ever meet.

— Joe Payne
editor@radishmagazine.com

P.S. Turn to Grapevine, page 4, for news about an exciting new partnership, *The Friends of Radish*.

Radish

HEALTHY LIVING FROM THE GROUND UP

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

contributors



After graduating from the Culinary Institute of America in 1976, Chef Robert Lewis (The Happy Diabetic) worked as an executive chef for Hyatt Hotels. He also served as the corporate chef and director of training and development for Cracker Barrel restaurants. A former owner/operator of two restaurants in northwest Iowa, Robert currently is director of training and development and corporate chef for Happy Joe's Pizza and Ice Cream Parlors. He is the featured chef each fall on WGN's call-in radio show, "Turkey Talk," and he has appeared on ESPN's "Cold Pizza." He also is the author of two bestselling cookbooks. In 1998 he was diagnosed with type 2 diabetes. Thus began his motivation to create great tasting dishes that are easy to prepare. Read his story, "A menu of love," on page 20.



Carrie La Seur of Mount Vernon, Iowa, is founder and president of Plains Justice, Iowa's only public interest environmental law center. Carrie also serves on the Iowa Power Fund Board, which is charged with investing \$100 million in public funds in clean energy over the next four years. Carrie earned her doctorate in modern languages as a Rhodes Scholar at Oxford University and her J.D. from Yale Law School. Following a clerkship with the Federal Court of Australia, Carrie has practiced energy and environmental law in the upper Midwest since 2003. Read her essay on "clean coal" on page 40.



Mike Carberry of Iowa City, Iowa, is an environmental advocate who specializes in energy issues. He has marketing and communications degrees from the University of Iowa. After successful careers in telecommunications and the radio and records business in California, he returned to his home state in 1997 to sell antiques and work in politics. As the son of a large animal veterinarian and an Eagle Scout, he has been an environmentalist all his life. He started working full time on energy policy and issues in 2005. He currently works with IowaGlobalWarming.org, The Sierra Club and the Iowa Renewable Energy Association (I-Renew). Read his tips for simple ways to fight global warming on page 29.



Susan McPeters is the public affairs director for WQPT-TV, the Quad-Cities PBS station. An outdoors enthusiast, Susan's forays into the wild often result in feature stories for Radish. Susan recently took up cross country skiing and snowshoeing because, she says, "I got bored with just going to the gym every day to work out in the winter. My grandson is an enthusiastic partner in these activities and we recently made our second visit to Maplelag Cross Country Ski Resort near Detroit Lakes, Minnesota." Susan writes about snowshoeing in the Radish region on page 16.

Also writing in this month's issue are frequent contributors Kim Eppen ("Cardio 101" page 14), Ann Ring ("Trillium Dell," page 6), Lynne Voelliger ("Rural Vision," page 10), Elizabeth Janicek ("V-Day," page 24) and Lindsay Hocker ("Holistic Pet Care," page 28).

Discovering New Horizons

Saturday, March 1 at 8 PM
Adler Theatre, Davenport

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David Bilger
Trumpet

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DEBUSSY
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the grapevine

You've got friends: Businesses join Radish in mission to spread healthy living

It takes a community to raise awareness of healthy living, and Radish now has the support of a special group of area businesses in reaching this goal.

Trinity Regional Health System, WQAD NewsChannel 8 and MetroLink have joined The Friends of Radish, a group of community-minded businesses and organizations whose long-term support greatly helps the magazine to share information about healthy and responsible living from the ground up.

Look for these businesses in this and future issues of Radish and, beginning next month, in The Friends of Radish public service announcements. Radish will work with these and future "Friends" to bring information about local healthy resources to the people of western Illinois and eastern Iowa.

For information on how your business or organization can become a Friend of Radish, contact Rachel Griffiths at (309) 721-3204.



On the Road with Radish: Hy-Vee health fair, Winter Fun Day

Radish goes on the road this month to share healthy recipes and offer a crash course in geocaching. Here's where to find us in February:

- Winter Fun Day, 9 a.m. to 1 p.m. Feb. 9, Wapsi River Environmental Center, Dixon, Iowa. Radish will offer information on the fundamentals of geocaching — using a personal global positioning (GPS) device to find hidden treasures in the woods. (For more on Winter Fun Day, see the calendar on page 37 or call 563-328-3286.)
- Hy-Vee Healthy Living Fair, 9 a.m. to 2 p.m. Feb. 23, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, Iowa. Radish will offer healthy recipes featured in past issues. (For more on this event, call 563-332-8496.)



Book reviewers wanted!

Two more books are on the Radish editor's desk just waiting to be given away in exchange for a mini-review of the book. They are:

- "Nature's Drug Store: Heavenly Health in the High Country" by Betty Jane Sheffield (E.J. Theis Publishing, 2006). Sheffield, of Fairfield, Iowa, writes in the introduction, "If we eat natural fresh organic vegetables, herbs and spices we easily become in tune with nature, thus, ourselves."
- "Dr. Gott's No Flour, No Sugar Cookbook" by Peter H. Gott, M.D. (Wellness Central, 2008). Gott, author of a nationally syndicated newspaper column, promises to deliver "an easy, fool-proof way" for losing weight while maintaining healthy nutrition.

Both books are available on a first-come, first-served basis. Request either book by sending an e-mail to editor@radishmagazine.com. (Laura McGinnis of Illinois City, Ill., won the drawing for a free copy of "Moveable Feasts" by Sarah Murray. Look for Ms. McGinnis's mini-review of the book in a future issue.)



From our readers

Turn Your Skin Green (January 2008): "I have carried Bare Escentuals in my salon for 3 or 4 years. It is available at Reflections Salon, in Rock Island (Ill.). The response has been amazing. Great, radiant skin. All of my clients say they could never go back to liquid make-up, and love the all natural mineral aspect of it. Thank you for the great article, and magazine."

— Gina Campbell, Rock Island, IL

Q-C farmer harvests his own energy (January 2008):

"I am very excited to hear about this (wind turbine installation) here in our area. My wife and I have been considering putting one in for about a year. Do you think Mr. Arnold would talk with us about it a little more?"

— Thomas Honsa, Sherrard, IL

Stan Arnold of Coal Valley, Ill., is now an authorized dealer for Southwest Windpower, which specializes in do-it-yourself wind turbine installation. Readers can reach him at (309) 314-2350, via e-mail at stan@2greenpower.com and on the Web at www.2greenpower.com. — Editor

More Farmers Markets Coming to Freight House (radishmagazine.com): "I Love the Farmers Market!! Me and my friends enjoy going and spending lots of \$\$\$ on such great and delicious items. We are glad to see it in the blah winter months. Makes us think SUMMER!!!"

— Jeanette, Moline, IL

Send your comments to editor@radishmagazine.com or write to Radish, 1724 4th Ave., Rock Island, IL 61201.

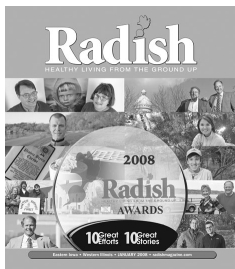
Living on Earth: WQAD turns the spotlight on Audubon and the environment

Beginning this month Matt Hammill returns to reporting environmental stories on WQAD, NewsChannel 8 with the series, "Living on Earth."

Hammill will introduce viewers in February to the original conservationist, John James Audubon, and show you where you can see Audubon's amazing artwork in the region. He'll also report on how to safely recycle old computers without worrying about your personal information getting stolen, and how Niabi Zoo in Coal Valley, Ill., is saving the rain forests of Costa Rica.

"Living on Earth" premieres on WQAD at 10 p.m. Sunday, Feb. 3, and continues at 10 p.m. each Tuesday on NewsChannel 8.

Be sure to tune in.



healthy living from the ground up



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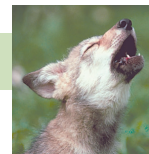
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Chef Robert Lewis, The Happy Diabetic, presents his Valentine's Day dessert, Fresh Fruit Bruschetta. (Photo by Paul Colletti)

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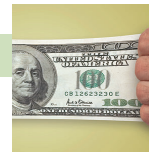
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healthy living

Built to last

Trillium Dell uses European joinery, local wood

By Ann Ring

Most people aren't familiar with the delicate Trillium flower found in northern North American forests. Named so because of its parts come in threes, it struck Rick Collins' fancy — so he named his company after its genus.

Priding itself on three principals — inspiration, craftsmanship and sustainability — Trillium Dell, a timber works building and restoration business that sits on 80 acres in rural Knoxville, Ill., has been going strong since Collins and his wife, Laura, founded the company 12 years ago.

From Spearfish, S.D., to the Virgin Islands, Collins' passion for woodworking shows in his and his crew's craftsmanship: it's truly a labor of love. "I started the company as a way to create value-added products with Illinois resources," says Collins. "It's a way to use timber in Illinois differently than the way it was being used."

Homes in Iowa and Illinois have not been built using local material since the 1850s, but he's trying to change that. For his construction projects, Collins uses wood harvested within a 120-mile radius of the Mississippi River valley and buys recycled wood or logs recovered from riverbeds. His goal is to build all of his projects using local resources. "We're able to take material that could have a very short use and use it for something that will last," he says. "I want to build something that will outlast where it came from."

He explains that the bulk of oak in Illinois is sold to China. Hardwood is exported out of the state, too. "Trillium Dell uses material that would otherwise be used for pallets or firewood," he says. One look inside a timber-framed home project near Alpha, Ill., and a good sniff of its natural woody aroma are enough evidence that he's onto something.

Timber frame construction, common in older barns throughout the U.S. and in European building, dates back thousands of years. Japan's Ise Shrine, built in 690 A.D., is made of timber frame



Rick Collins of Trillium Dell Timberworks at a construction project in Alpha, Ill. (Photo by Nick Loomis / Radish)

construction, which employs mortise and tenon (peg-in-hole) joinery to connect wood posts and beams. Post and beam assemblies brought communities together for barn raisings during the 18th and 19th Centuries until mass-production light frame construction took its place.

Today, old-fashioned craftsmanship and respect for sustainability are making a comeback. "We use time-tested European joinery," says Collins, a member of the Timber Framing Guild with a bachelor's degree in forestry. "We're doing the same thing they did 2,000 years ago, only we're using conventional tools." Trillium Dell, he says, is the largest hand-cut timber frame shop in the Midwest.

Building, restoring or using sustainable materials is at the heart of Trillium Dell's philosophy.

"Sustainability is not just about buying organic food, foresting salvaged timber, alternative energy, or insulation value," the Collinses state on their Web site. "It is about our attitude toward life, our impact on the world, and, most important, how we preserve the Earth for the next millennium." Collins says his ideals come from seeing how easily and quickly Americans tear down existing buildings. "I felt we needed to invest in the local environment; I saw barn after barn being destroyed and thought, 'There has to be a better way.'"

The Alpha, Ill., timber frame home exemplifies that better way. Eighty percent of the wood comes from the property of the homeowners, Josh and Jody Curry. They originally considered building a log cabin, but after seeing Trillium Dell at a log and



Trillium Dell Timberworks built this home in Wisconsin. (Photo by Laura Vikland)

timber show a few years ago, they changed their minds. "When we left the show, I said, 'Those are the people who are going to build our house.' " says Josh Curry. They like the look of timber, its flexibility with standard construction plans and the fact that it's maintenance free. "You don't have to oil the wood every so often like you do with a log cabin," says Collins.

All the wood for the Currys' home was milled at Trillium Dell.

Besides timber-framing new homes, the company also specializes in historical restoration, barn restoration, log and custom work, trusses and bracketry.

"We just need to educate the general public," Collins says. "As green building moves into the Midwest, I think we're going to see more building with sustainability."

For more information about Trillium Dell, visit trilliumdell.com. For more information about timber framing, visit the Timber Framing Guild's Web site, www.tfguild.org.

Dear Radish readers: You can achieve the wellbeing you seek.

Undoubtedly you have heard of yoga. It is currently enjoying immense popularity. While this popularity has made the practice available to many more than would have had access to it a century ago, it has also spread some ideas about yoga through our culture. These can be intimidating for newcomers. If you are new to yoga, here's what you need to know.

1. Yoga is easy.

Often the media portrayal of yoga poses is extreme, but most are very straightforward and simple. They are easy to learn, remarkably beneficial, and adaptable to any body. This leads to the next point:

2. No flexibility required.

Really. Many people say, "I'm not flexible. I can't even touch my toes, how can I do yoga?" In the same way that aptitude at playing the piano is not a prerequisite for taking piano lessons, flexibility is not required for yoga. The same is true of strength or a peaceful, serene mind. People practice yoga to become flexible, strong, and peaceful, not because they are flexible, strong and peaceful.

3. Yoga feels good.

Most people walk out of a yoga class feeling as if they've had a massage and maybe a nice nap — relaxed and energized, focused and calm.

4. Yoga is versatile.

Whatever you may be looking for — relaxation, strengthening, freedom from chronic tension and aches, or a deeper connection with your body — the poses of a yoga class can, with time, help. It can be a great workout or a simple de-stressing.

Yoga is one of the world's most ancient and refined systems for improving and maintaining physical and mental health. It has evolved alongside humanity to deal with moral, physical, mental, emotional, and spiritual development.

Yoga is the original mind-body medicine. It is both curative and preventative. Any amount of yoga practice brings us into contact with a very deep well of insight about the human condition. Each part seems to contain the whole. A very useful metaphor can be borrowed from Zen: that of the reflection of the moon on the water — whether shining on the ocean or on a dewdrop, it is reflected in its entirety.

I invite you to join us and experience the benefits of yoga in your life.

~Jeani MacKenzie

Founder of the Davenport School of Yoga



One day retreat at the Abbey in Bettendorf Saturday April 12, 2008 Call for details.

Mark your calendar The Next Fall Retreat is Oct. 31, Nov 1, 2.

Kids Yoga Six week course beginning soon pre-registration required. Call for more information. 1-563-322-5354

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www.davenportschoolofyoga.com

healthy living

Destination: tub

Winter's the time to get your spa on at home



McClatchy Newspapers

By Brandy Welvaert

Winter's lengthy nights provide a cue to turn inward and relax. A home spa experience — whether it's simple or complex — is one way to do just that.

"After 15 minutes of quiet time in a hot bath, I feel like I'm a new woman," says Colleen Rafferty, mother of four and full-time executive director of The Women's Connection, a nonprofit organization in Rock Island, Ill.

What turns a plain old bath into a spa-like experience?

"A perfect bath stimulates all five senses," says Jean Kolb, director of wellness for Kohler Co. "The perfect bath is what's best for you."

If you enjoy a good book, then bring it into your "spa." If your eyes feel stressed from screen-scanning at work, skip the book and go for quiet, soothing tunes instead. Light soy-based candles with lead-free wicks for a warm glow and aromatherapy that won't leave soot on the ceiling.

Keep a pitcher of cool water, with lemon if you have it, near the tub. Some people like wine, but it won't hydrate the body like water does. If you choose wine to unwind, keep drinking water close at hand, too. If it's cruelly cold, warm the body from the inside out with a mug of hot ginger tea, suggests Sue Andrews, wellness manager at New Pioneer Co-op, Iowa City. Finish the bath with a piece of good chocolate, Kolb suggests.

An elemental home-spa experience need not cost a lot of money.

"I like to say 'frugal,' but sometimes it's just damn cheap!" says Lisa

Lambach, a co-manager at Heritage Natural Foods, Moline, Ill. Her home-spa experiences often employ simple, or even leftover, goods.

"I have a giant soup ball, and I like to pack it full of chamomile flowers and put that in boiling water," Lambach says. Later, she adds the chamomile "tea" to her bath for relaxation. For a pop of color, toss dried flower petals onto the surface of the water, she suggests. (Heritage sells them, as do craft stores.)

Another hint: After brewing green tea in bags, don't toss them. Instead, chill the bags in the refrigerator and use them as cool compresses for tired eyes, Lambach suggests.

Adding a few drops of essential oil is another way to customize your home spa. Put five to 10 drops of oil into a bath of warm water after the water has settled, then mix. Keep doors and windows closed so you can enjoy the full effects of the aromatic vapors, suggests author Lesley Bremness in "The Complete Book of Herbs" (Penguin Putnam, 1994).

Looking for a simple way to soften skin? Add about 1/4 cup baking soda to bathwater along with the essential oil, Andrews suggests. "That's pretty inexpensive."

To create a compress to relieve aches and pains, put six drops of oil in hot water and soak the compress; squeeze out excess water and apply the compress to the body. Place a blanket or towel over the compress to retain heat.

To warm up, go for essential oil of allspice berry, cardamom seed, chamomile, clove bud, ginger or marjoram. Not sure what to pick? Go with

skin-soothing lavender, which consistently outsells all other oils at New Pioneer, Andrews says.

The bath and beauty aisles of health stores hold bottles and canisters to fulfill every spa desire.

"One thing that I love is the Aura Cacia bath products," says Andrews. The Urbandale, Iowa-based company's Foam Bath product comes in several scents, including cinnamon-ylang-ylang and ginger-mint. For a winter spa, "anything with ginger in it is a great way to go," she says.

For people who wish to seriously embrace the revitalizing powers of water, adding a home spa ups the ante considerably. The most low-key portable spa needs no installation and would cost around \$3,500 to \$4,000 with an insulated cover, says Kerry Gannon, owner of Gannon Pool and Spa, Rock Island, Ill. Larger home spas with amenities such as stereos and TVs can run as high as \$15,000.

A real spa combines heat and water movement for hydrotherapy, which studies have shown to reduce mental stress and blood pressure while relaxing muscles and lessening the effects of arthritis or chronic pain. It promotes better sleep, too, according to www.qcspas.com, the Web site of the Bettendorf, Iowa, spa company QCA Spas.

"I use my spa mostly in the morning before I go to work," Gannon says.

"It relaxes me and helps ease the pain in my lower back. And it helps me decide what I want to get done in the day. It's a little bit of personal time."

McClatchy Newspapers contributed to this report.

Essential benefits

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Source: "The Complete Book of Herbs" by Lesley Bremness (Penguin Putnam, 1994).

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healthy living

Rural vision

Photographer captures vanishing landscapes, breeds

By Lynne Voelliger

As a young boy, Trent Foltz loved spending time on his grandparents' farm in Hoopole, Ill. For hours, he played in the barn, worked by his grandma's side in the garden and helped his grandfather sort pigs.

After college, Foltz's life took a different direction. With a photography degree in hand, he traded the quiet life of rural America for a fast-paced life in the city. As a corporate photographer in St. Louis, Foltz worked with some of the largest blue-chip companies in the country. He crisscrossed the nation on assignments for corporations like Budweiser, Monsanto, Hard Rock Cafe and Pella Windows. His advertising photography for Volvo and Cracker Barrel earned 13 national Addy Awards in the late '90s.

After 15 years in St. Louis, Foltz returned to his roots in 2002 to raise his two sons, Liam, 8, and Haydon, 6. What he discovered upon his return was a landscape very different from the one he left in the '80s.

"I was struck by how much the landscape had changed," says Foltz, who now lives in Geneseo, Ill. "Wooden barns were abandoned and neglected, replaced by steel buildings. Wooden fences were torn down for electric fencing. Housing and business developments now stand on acres of farmland that I remember."

A closer look revealed another, less noticeable change — vanishing breeds of Midwestern livestock. Concerned about the changes, Foltz picked up his camera.

"We have great beauty here which is so often overlooked," he says. "My goal is to capture that beauty before it's gone and convey it in my photography."

Foltz turned to the Internet to research livestock breeds in danger of extinction. The American Livestock Breeds Conservatory Web site, www.albc-usa.org, provided the information he needed.

"Virtually every type of livestock we have here in the Midwest — cattle,

sheep, pigs, chickens, turkeys, goats and horses — has a breed at some level of extinction," he says. "I found Icelandic sheep, Dutch Belted cattle, Holland chickens, Tennessee Fainting goats, the Mulefoot pig and, my favorite, the Lavender/Lilac turkey."

In order to photograph the vanishing breeds, Foltz needed to locate breeders of each type. Once again, he turned to the Internet to find breeders within a 150-mile radius of the Quad-Cities. "Every livestock breed has its own national club with a Web site," he says. "That's how I was able to find and contact the breeders." Once breeders were located, he encountered another timing issue; gestation. "Many of the breeders I've talked to were in the breeding process at the time," he says. "I have to wait until spring to photograph the next generation of livestock."

Now, with scores of photos on hand, Foltz puts a new twist on his collection, creating photographic artwork.

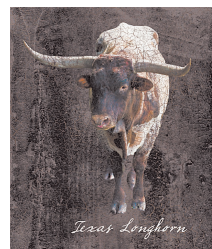
"I take the photographs to the next level," he says. "Through the process, the piece takes on a very painted look that resembles a sketch. With a black background, I create a photo that looks old and faded, with almost a 'crackled' feeling."

Because the photographic artwork is atypical, the response has been positive. "People appreciate landscape photography other than the obvious" he says, referring to photographs of oceans, mountain ranges, skylines and sunsets.

Foltz believes many Midwesterners take their landscape for granted, often oblivious to its beauty and significance. "We feed a lot of people with our corn and soybeans," he says. "In photography, sometimes the obvious can be the un-obvious."

Foltz's artwork is marketed primarily through gallery showings and interior designers. Locally, his photographic artwork has been featured at the RiverCenter in Davenport, Iowa, and will be on display at the i wireless Center in Moline, Ill., during August and September.

For more information, contact Trent Foltz at (309) 912-5972 or visit www.trentfoltz.com.



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Trent Foltz stands in front of a barn he has photographed near Geneseo, Ill. (Photo by John Greenwood / Radish)

great places

Howling good time

Vacationing with the wolves in Minnesota

By Chris Welch, McClatchy Newspapers

Feather-light snow drifted out of the dusk, catching in pine needles and resting on the naked boughs of aspens alongside Fernberg Road.

The two-lane highway in northern Minnesota, not far from the Canada border, was deserted, and I drove with the windows cracked so I could taste the sharp, clear air.

I saw some movement ahead, and I braked. As I came to a stop, a wolf jumped onto the far lip of the right-hand ditch. Blood stained the snow where he had been feasting on a whitetail that apparently had been hit by a car.

A black outercast tipped his gray fur. Running muscle defined his broad chest and shoulders. He looked me right in the eye. A moment passed. His eyes were gold.

I'm not prone to equating animals with people, but when I looked at that wolf, there was someone formidable looking back at me.

In 1963, the wolf population in the contiguous United States was estimated at between 360 and 710, all in Minnesota except for 10 on Isle Royale in Lake Superior. Today, there are more than 5,000 in the lower 48, about 3,000 of them in Minnesota. Their recovery is remarkable, especially considering that many people would just as soon see them dead.

Because of Minnesota's durable wolf population, and because of an esteemed biologist named L. David Mech, the state is a world-renowned center for wolf research and education. In 1989, Mech founded the International Wolf Center, a nonprofit institute in Ely, Minn., dedicated to study, preservation and education. As part of its educational mission, the wolf center has a program of learning vacations that introduce people from around the world to the most famous inhabitants of Minnesota's North Woods.

"No, wolves don't eat little girls in red capes," said Jess Edberg, an instructor at the center. Edberg was welcoming me and 14 other students to a four-day "Wolves and Wilderness" program in February 2006.

"They eat moose and deer, and for the most part, they eat moose and deer that are weak or sick."

Edberg explained that we'd be alternating classroom lectures with observation and investigation in the field. We'd use radio telemetry to understand how biologists track pack movement and dynamics. We'd snowshoe into wolf territory, looking for tracks and scat. We'd go deeper into the woods by dogsled. And we'd observe the center's resident pack of four wolves in their two-acre enclosure; even though they don't hunt, they exhibit the same kinds of pack behavior and communication as wolves in the wild.

I'm not prone to equating animals with people, but when I looked at that wolf, there was someone formidable looking back at me.

Edberg's introduction was delivered in the living room of a four-bedroom cabin at Timber Trail Lodge, a couple of miles north of Ely. All of us stayed at the lodge, and most of us occupied that big honey cabin, which became our headquarters and sometimes our classroom. We ended up exercising our own pack dynamics by sharing meals, living space and sock-drying territory.

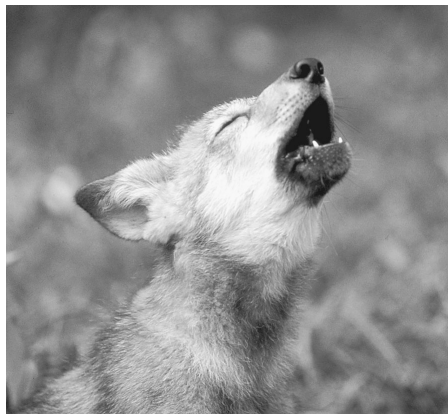
The next morning, we gathered at the International Wolf Center's elegant wood-and-stone home to meet the star attractions of the class — the resident wolf pack. A spacious classroom with stadium seating faced plate glass windows that opened onto the four wolves' enclosure.

Chris Williams, another instructor at the center, introduced us to the wolves, all of whom were raised in captivity.

Shadow, an Arctic white wolf, is the dominant male, he said. There are two other males and one female. "There's a hierarchy that determines who leads, who eats first," Williams said. "And those roles are reinforced in a variety of ways."

The wolves howled at approaching visitors. Instinctively, I knew what those plaintive, angry howls meant. If the fence hadn't been there, I would have been backing away very slowly. That was the second time that week that I'd been in the presence of a wolf and felt like I'd encountered a substantial being.

For a list of The International Wolf Center's 2008 "Wolf Country Learning Vacations," turn to Resources, page 38.



International Wolf Center



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Cardio 101

A guide to choosing a class that's right for you

By Kim Eppen

A diversity of cardio classes are offered by most local health clubs. The list of exercise classes offered can be intimidating, however, and choosing the right one can be a challenge.

The word "cardio" has become a commonplace term that people use in place of "cardiovascular exercise training" or "aerobic exercise." All of these terms essentially mean the same thing: sustained exercise at an intensity or intensities that can be maintained for a prolonged period of time. Examples of cardio exercises include brisk walking, jogging, biking or using a machine such as an elliptical trainer, Stepmill or Versaclimber.

Regular cardio exercise has many positive effects, including improved cardiovascular health, increased muscular strength and endurance and improved overall sense of well-being. It also reduces a person's risk of developing health conditions such as hypertension, type 2 diabetes, high cholesterol, obesity and even certain types of cancer.

For general health benefits, a person needs cardio exercise lasting a minimum of 30 minutes, three times per week. For improvement in fitness, exercise should last more than 30 minutes, five to seven times per week. For weight loss and/or weight management, the cardio exercise requirement should be at least 60 minutes daily. In general, a person should maintain an average intensity that feels "somewhat hard."

Choosing a form of cardio that is consistent with activities you enjoy will help to enhance long-term adherence. Exercising with a friend or others also helps with commitment.

Health club classes are instructor-led and traditionally incorporate motivational music, verbal cuing and demonstration to lead you through your workout. To the right are brief descriptions of common classes. Yoga, Pilates and strengthening and toning classes (including BODYPUMP) are not included here as their primary focuses are on other aspects of fitness and wellness.



Stockphoto

Cardio kickboxing: Incorporates high and low impact and non-contact kickboxing-based movements coordinated with music. This class is typically challenging with variable intensities throughout. Great total body workout, leaving you feeling empowered and strong! (BODYCOMBAT is a similar class consisting of choreographed moves based on a variety of martial arts).

BODYSTEP: Using a height-adjustable step, this class consists of a series of choreographed moves on, off and around the step at variable intensities incorporating high-intensity conditioning with low-intensity muscle strength and tone-building moves. Great music and lots of fun! (Similar step classes exist under different names.)

BODYJAM: Dance-based cardio workout with the hottest new moves and music. If you like to dance, this class would be right up your alley. This is a total body workout coupling cardio with fun.

Spinning: Moderate to high intensity indoor cycling class using stationary bikes. The instructor designs the workout to simulate a variety of riding conditions ranging from flat terrain to steep hills while using music and phrases to keep you motivated throughout the class. People can adjust their own bike resistance throughout class, which makes this appeal to people of all levels of fitness. Great workout and calorie burner. If you like to sweat, you'll love this class. (Similar indoor cycling programs exist under different trademarked names.)

Aerobics: High and/or low impact moves incorporating arms and legs into a class with variable intensity throughout. Participants are motivated by great music and an enthusiastic instructor coaching throughout. Great total body workout!

Aqua aerobics: High and/or low impact moves incorporating arms and legs into a class done in the water offering variable intensities throughout. Great music and an enthusiastic instructor will help keep you motivated and moving throughout class. If you like the water and are looking for an exercise class that offers lower impact than land-based exercise (easier on your joints), this may be the perfect class for you.



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outdoors

Snowshoeing

A great workout and sure cure for cabin fever

By Susan McPeters

It certainly didn't take long for all those "get in shape in '08" resolutions to be put to the test as 2008 got underway. January 1 arrived with temperatures in the teens and wind gusts of up to 33 miles an hour, making conditions for walking, running or even cross country skiing uncomfortable at best. Most fitness facilities were closed for the holiday, offering no relief for a mild case of cabin fever. So I seized the day as an opportunity to finally visit the new Sunderbruch Park in Davenport, Iowa, and to enjoy one of my favorite winter pastimes: snowshoeing.

Depending on where you live in the Radish region, the opportunities for snowshoeing can be few and far between. Most golf courses require at least three inches of snow before allowing cross country skiing, and it takes an even deeper snowfall to make snowshoes practical. Recently, entire winters have come and gone without offering the opportunity to do either. The early part of this winter, at least, has been the exception.

It's said that if you can walk, you can snowshoe. However, snowshoeing is not like a stroll through the woods wearing your favorite hiking boots. First of all, snowshoes seem so big — like wearing a pair of giant clown shoes. Beginners will tend to put one shoe down overlapping it on the other due to the extra width and length. However, in a short while your stride becomes longer and wider than normal, so with a little practice, you get used to it. I found that using snowshoeing poles (similar to skiing poles) helps to maintain balance and rhythm and increases the upper aerobic activity.

According to American Hiker magazine, snowshoeing burns 45 percent more calories than running or walking at the same speed. It uses every major muscle group, yet is a low impact form of exercise the entire family can enjoy. Depending upon your level of interest, snowshoes can be used for a



The author and her grandson get ready to snowshoe through Sunderbruch Park. (Submitted photo)

casual hike in the woods or a challenging alpine climb. For those who really get into the sport, there are different types of snowshoes designed for running or backpacking. Heavy exertion outdoors requires a bit of planning, too. I go for the layered look with long underwear, sweat pants, turtleneck sweater, crew neck sweater, an all-weather coat with a fleece liner,

gloves, face mask and knit cap.

Snowshoeing offers a great way to immerse yourself in nature — whether in a state or county park or reserve or, as was my case, in the middle of the city. The 134-acre Sunderbruch Park, at 4500 Telegraph Road, Davenport, was developed in 2005 with the idea of keeping it as natural as possible. There are no ball diamonds, picnic tables or playground equipment. What there is, however, are heavily wooded ravines with five-and-a-half miles of trails built by volunteers from the Quad City Friends of Off Road Cycling. Hiking is allowed on the trails as well and, on New Year's Day, I had it all to myself.

While my intention was to get a good workout, I just had to stop every once in a while to look around me. Within minutes of hitting the trail a deer bounded through the deep snow in front of me. The starkness of the trees against the white of the snow made for a beautiful and tranquil setting. It was hard to believe I was just a few miles from downtown Davenport. Some of the trails are quite steep and I can't imagine what it is like maneuvering them on a bicycle. I'll stick to my snowshoes or hiking boots!

I returned to Sunderbruch Park the following weekend with my 13-year-old grandson, Andrew, for another snowshoe outing. The temperature was in the 40s, but there was still plenty of snow in the woods for us to enjoy. The only other visitors we saw that day were a man and his dog — ending any hopes we had of sporting deer.

Snowshoeing makes it possible to enjoy many beautiful parks during the winter. You can purchase your own shoes and poles at outdoors outlets as well as at places like Farm & Fleet. Rentals are available at some parks during special events, including the Wapsi River Environmental Center in Dixon, Iowa.

On the next big snowfall this winter, give snowshoeing a try.

For a list of parks which offer snowshoeing in the Radish region, read this story at radishmagazine.com.

It's said that if you can walk, you can snowshoe. However, snowshoeing is not like a stroll through the woods in your favorite hiking boots.

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food

Organic chocolates

Radish puts its tastebuds on the line

By Radish staff

Here at Official Radish Headquarters, we take this gig pretty seriously. It's hard work, and it makes us want to eat chocolate.

Huh? Did we just say that? Yeah, we did.

In fact, we want chocolate that tastes good, looks great, melts in our mouths and, naturally, is as ecologically-friendly as possible. Since the tree that produces cocoa beans grows only in the tropics, Midwesterners can't buy "local" chocolate. So, for our in-office taste-test, we dropped almost \$50 in a locally-owned natural-foods store for several bars of the next best thing: organic.

The chocolates fell into three broad categories: milk chocolate, with the highest sugar and fat content; extra-dark chocolate, some with intensely high percentages of cacao (say kuh-KAH-oh); and bittersweet chocolate, which falls somewhere in the middle.

The results proved that the most expensive chocolates are not always the best, and that a chocolate that makes a superior bittersweet bar can make a downright unpalatable extra-dark one.

We rated the chocolates in three categories: appearance, texture and taste, and then compiled the numbers to find an overall score for each bar. Here they are, with our thoughts. (Note: Prices per ounce are based on what we paid.)

Milk chocolate

1. Newman's Own Organics milk chocolate (no percentage given), \$1.13/ounce
2. (tie) Dagoba organic milk chocolate (37% cacao), \$1.45/ounce; and Green & Black's organic milk chocolate (34% cacao), \$1.05/ounce

Notes: Testers said Newman's was sweet yet uncloying. Most commented on the complexity of Green & Black's flavor, which lingered, and thought the Dagoba bar was strangely chewy.

Dark chocolate

1. Green & Black's organic dark chocolate (85% cacao), \$1.05/ounce
2. Newman's Own Organics sweet dark

- (no percentage given), \$1.13/ounce
3. Dagoba organic bittersweet chocolate (74% cacao), \$1.45/ounce

Notes: Testers liked Green & Black's for its complexity and balanced acidity. They noted Newman's lingering chemical aftertaste and thought the Dagoba bar was a little waxy.

'Intense' dark chocolate

1. Valrhona Cao Grande (70% cacao), \$1.63/ounce
2. (tie) Green & Black's organic bittersweet dark chocolate (70% cacao), \$1.05/ounce; and Terra Nostra organic intense dark chocolate (74% cacao), \$1.20/ounce

Notes: The dark Valrhona bar garnered the highest taste score of them all. It had a smooth texture and coffee-like overtones. Green & Black's bar got the most emotional, negative responses from its three testers, who said, "Awful," "Ick!" and "Cardboard." Terra Nostra sported a thick, waxy bloom — evidence of shortcuts in the crafting process — that gave the bar a muted, whitish look.

What is organic chocolate?

The ingredients — chocolate liquor, cacao/cocoa butter, sugar, emulsifiers, vanilla and milk — must meet the criteria of the USDA's National Organic Program. Organic foods may not be irradiated, contain genetically engineered organisms (GEOs) or be grown with sewer sludge fertilizer. Synthetic fertilizers, chemical pesticides, growth hormones and antibiotics are not used.

What organic is not

The organic label does not promise fair wages or humane working conditions for those who produce the chocolate; and the truth is, the chocolate industry's performance on the whole in this arena has been less than palatable. To find fair-trade chocolates, visit www.globalexchange.org.

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healthy living

A menu of love

Play chef for your sweetie on Valentine's Day

Editor's note: Robert Lewis of Bettendorf, Iowa, a professional chef since 1976, was diagnosed with type 2 diabetes in 1998. Also known as "The Happy Diabetic," he brings encouragement and good eating to audiences around the country, creating five-star recipes that are delicious and healthy for all — including those with diabetes.

By Chef Robert Lewis

Valentine's Day is all about showing a friend or that special someone just how much you love him or her. This year, bless their hearts and their taste buds by giving them the gift of a healthy, delicious dish.

And yes, my Salmon Skewers of Love recipe is perfect even for those who have little experience cooking. Let me share with you some tips and techniques to help you exercise your culinary muscles healthfully and with flair!

Here's the thing: it's all about the love. What better way to express that love to your sweetie than to prepare a meal that is not only delicious but also is extremely healthy?

Yep, I said it. The easiest way to stay healthy this Valentine's Day is by staying put in your own kitchen, where you have control over the quality of the ingredients. The salmon in my recipe is high in Omega-3 fatty acids, and the fruits and vegetables pack lots of antioxidants. Now that's the real food of love!

Part of why I always have loved salmon — the main attraction in this dish — is because preparing it is so simple. But simplicity isn't all it's about. This dish is full of flavor, too. The extra virgin olive oil, garlic and lemon give it a clean, fresh taste. And the brightly colored vegetables add texture and flavor that's delicious with fish! Portobello mushrooms add a steak-like element your sweetie won't want to miss.

To take advantage of the full health benefits of salmon, you'll want your fish to be fresh. When choosing salmon, look for these three signs of quality:

1. The freshest salmon filet will be firm to the touch.
2. The flesh will be a nice light red (containing high amounts of health-enhancing Omega-3 oils).
3. The fish won't smell "fishy." A light, mild scent is what you should seek.

Your fishmonger at the market will be happy to cut your salmon into 1-inch cubes, the perfect size for our recipe.

It has been said that the way to the heart is through the stomach. This is almost always true, so why not try being a chef for your sweetheart this year?

Here's one last hint: True love would be doing the dishes, too! If you're feeling the love already?

Check out Chef Robert Lewis' Web site, happydiabetic.com. You'll find more recipes and learn how to join him and his friends on a fabulous Eastern Caribbean cruise in March.



Chef Robert Lewis puts the finishing touch on his Fresh Fruit Bruschetta.



Paul Collett / Radish

Chef Robert's Salmon Skewers of Love (above)

2 medium-size fresh salmon filets	1 red pepper
2 tablespoon fresh garlic	2 green peppers
¼ cup extra virgin olive oil	1 red onion
1 teaspoon fresh basil	1 large Portobello mushroom
2 tablespoon fresh lemon juice	4 bamboo skewers

Skin salmon and cut it into 1-inch pieces if your fishmonger hasn't already done the job for you. Mix garlic, oil, basil and lemon juice in a bowl. Combine with salmon and refrigerate for 2 hours.

Place skewers in cold water for 10 minutes before building them. (This will keep them from burning.) Cut veggies into 1-inch pieces.

Alternate peppers, onions, mushrooms, and salmon on skewers. Place on a hot grill for 8 to 10 minutes, turning often, or place on a baking sheet in a 375-degree oven for 10 to 12 minutes. Serves 4.

Nutrition per serving: 226 calories, 26.5 grams fat, 9.31 grams carbohydrates and 40 grams protein.



Paul Collett / Radish

Chef Robert's Fresh Fruit Bruschetta (above)

10 ounces frozen raspberries (thawed)	2 teaspoons Splenda sugar replacement
1 cup of fresh blueberries	¼ cup sugar-free chocolate syrup
¼ cup sliced strawberries	1 pound angel food or pound cake
½ cup fresh raspberries	

Place the frozen raspberries in a food processor; puree and refrigerate 1 hour. Slice the strawberries and mix with blueberries in a bowl with fresh raspberries. Mix Splenda with the fruit and refrigerate for 1 to 2 hours.

Place the angel food cake in 1-inch slices and toast lightly under a low broiler until golden brown. This will take about 30 to 60 seconds.

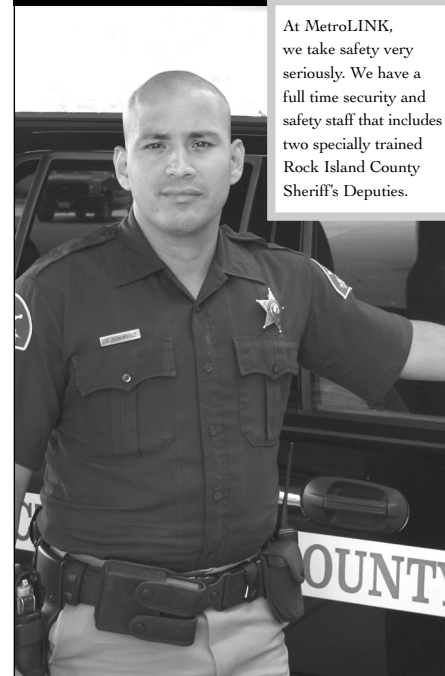
Place 2 to 4 tablespoons raspberry sauce on a plate. Place the slice of cake on top of the sauce. Crown the cake with whipped topping, fresh fruit and its natural juices. Drizzle 1 teaspoon sugar-free chocolate sauce around the sauce of the fruit and cake. Makes 6 happy desserts.

Nutrition per serving: 102 calories, 1.13 grams fat, 21.64 grams carbohydrates and 2 grams protein.

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food

Meet your meat

Getting your protein the old-fashioned way

By Brandy Welvaert

Hey, carnivores, here's some news you can sink your teeth into. The federal government and food corporations may not care to tell you much about your meat, but local growers, butchers and cooperatives still are here, selling healthy, hormone- and antibiotic-free food raised in ways that do the environment less harm. Delicious meat, they say, depends on attention to detail from farm to the table.

At Reasons Locker Service and retail shop in Buffalo Prairie, Ill., locally raised pork, beef and buffalo may be purchased in small or large quantities, though buying a whole, half or quarter of an animal affords the eater some choices, says owner Greg Boruff. "The custom part is that they can take some liberties on how they want it cut, so if they want thick T-bones or ground beef in two-pound packages, there are some variances." Some people buy meats in quantity and freeze them for the sake of convenience, too.

He says the quality of these meats more than makes up for their perceived added cost because they waste less and allow for easier, more pleasurable preparation and eating. "Part of the enjoyment is how it was cut on the processing end. You take a skilled journeyman butcher who knows how to cut beef ... and the consumer can eat it more efficiently. I've seen beef that's cut so raggedly or cut wrong, and you can't consume everything you paid for. It doesn't cook well."

"We are not in the same category as (chain grocers)," says Ed Geest, who raises Berkshire pork and Wagyu beef at Geest Farms, Bluegrass, Iowa. "Because of our cost, we have to charge more. We're hormone- and antibiotic-free, and I think people like that." Geest farms sells meats only in small, family-sized packages that include, for example, four pork chops or six bratwurst. In winter, he and his wife, Katey, take delivery and pick-up orders.

"The cost savings is there if you have an appetite for overall quality," Boruff says, recalling how cheap, fatty hamburger shrivels in the pan. "If you look at hamburger that's 70 percent lean versus 90 percent lean — that's stuff you paid for."

But it's not the nutrition label that sells ultra low-fat chevon (goat meat), says Bonnie Lapke, president and part owner of Heartland Pride, a cooperative that sells Iowa-raised chevon in several regional Hy-Vee stores.

"We are finding that traditional Americans, those who are not from other countries, are not aware of goat meat," Lapke says. Turns out, immigrants have a taste for chevon, a primary protein source for two-thirds of the world's population, she says. In fact, the group of goat farmers who founded Heartland Pride in July 2006 did so "because we have all these cultures in our country, and these populations are growing."

Heartland Pride is the only chevon purveyor in Iowa. It's not certified



Reasons's Prairie Pride owner Greg Boruff shows some of the locally-raised products for sale at his shop in Buffalo Prairie, Ill. (Photo by Nick Loomis / Radish)

organic, Lapke says, but the farmers use hormone- and antibiotic-free feed and treat sick animals with antibiotics on an individual basis. Chevon has a mellow flavor and works in recipes that call for beef or pork — sometimes even chicken — and is lower in calories, fat, saturated fat and cholesterol than all three. Because of its low fat content, chevon is most tender when cooked "low and slow."

At the Iowa farmers' markets, Geest finds that customers have more questions about cooking the products than anything else. He's happy to share recipes. "It's like the old butcher shop. It's just a friendly atmosphere."

Contact Geest Farms (beef and pork) at (563) 381-3761 or via e-mail at GeestFarms@msn.com. Heartland Pride (chevon) is online at iowahappydagedmeats.com. Contact Reason's Locker Service (local beef, pork and buffalo) at (800) 772-4740 or online at reasonsprairiepride.com.

Find more locally-raised meats in Resources, page 38.

A skilled journeyman butcher knows how to cut beef ... and the consumer can eat it more efficiently.

good business

CSA farms

Subscriptions bring growers, consumers together

By Brandy Welvaert

Want to support small farms and get your fill of fresh food? A membership to a CSA farm might be for you. Here's the deal, straight from the fields:

What it is: CSA stands for community-supported agriculture. Most people say "CSA" when they mean "CSA farm," often a small, local farming operation that provides weekly food subscriptions at farmers' markets, on the farm or at various drop-off points. Veggie CSAs make up the bulk, but some subscriptions offer eggs, meats, flowers and other farm-raised items.

CSAs originated in Japan over 30 years ago, and the first CSA in the United States started in 1984, according to "Community-Supported Agriculture: Connecting Farms and Communities for Rural Development," a report by Chris Merrett and Patrick McLaughlin with the Illinois Institute for Rural Affairs (IIRA), Macomb, Ill.

How it works: In late winter or early spring, you invest \$200 to \$500 with a farmer, who gives you a promise. The farmer spends your money on seeds, equipment and the like, and in the spring, you get your first CSA cooler filled with fresh foods. Most Midwest CSAs provide full shares that will feed a family of four, or half shares, which will work for two adults, once a week for about 22 weeks from May to October. Organic subscriptions generally cost more than non-organic, and specialty food items also add to the price.

Why it's good: CSAs make sharing the load possible. Eaters give small farms a jump-start with pre-season payment and share with the growers the benefits and drawbacks of



raising food. If the weather is good, for example, CSA members eat well. When frost zaps an early-blossoming crop, the loss is shared. "That's just part of being a CSA member," says Bob Frees with Country Corner CSA, Alpha, Ill.

CSAs generally use fewer harmful practices and substances to grow biologically diverse crops, and that's good news for the environment. More good news? CSA foods are not world travelers, so they use less fossil fuel and make less CO₂ than their commercial counterparts.

According to Merrett and McLaughlin, small farms empower people and communities to care for themselves, teach the value of hard work and responsibility and connect people to the Earth, too. (There are many more reasons why CSAs are good. To read all about them check out the full report in PDF format online at www.iira.org/pubnews/publications/IIRA_RRR_564.pdf.)

Finding your CSA: Farmers like people to sign up as early as possible so they can plan the season, says Laura Dowd with Local Foods Connection, Iowa City. To introduce eaters to farmers, the group will host its annual CSA Fair March 22 at the Iowa City Public Library, 123 S. Linn St.

For a list of CSAs in Illinois in PDF format, visit the Illinois Institute for Rural Affairs Web site, www.iira.org/pubnews/publications/IVARDC_Reports_679.pdf.

For a list of CSAs in Iowa in PDF format, visit the Iowa State University Web site, www.extension.iastate.edu/Publications/PM1693.pdf.

Something to chew on: Most CSA farmers think of farm work as morally important. When asked what prompted them to start a CSA, farmers said that providing wholesome food to people was their most important goal, according to the IIRA report. Profit landed second to last.

Joyce Ford of Moline, Ill., is a subscriber to the CSA farm operated by Teresa's Tasty Produce, Atkinson, Ill. (Photo by Nick Loomis / Radish)

body, mind & soul

V-Day victory

10-year movement fights violence against women

By Elizabeth Janicek

This spring marks the 10th anniversary of an occasion created specifically to affect positive social change. V-Day — which began with a one-woman show by playwright, performer and activist Eve Ensler — is now a global movement to end violence against women and girls.

The agenda is ambitious, but Ensler already has achieved much success. She built a non-profit, raised \$14 million and changed the way people feel about the word “vagina,” wrote the Chicago Sun Times in 2003. The V-Day movement has raised more than \$30 million and is observed in 112 countries on four continents.

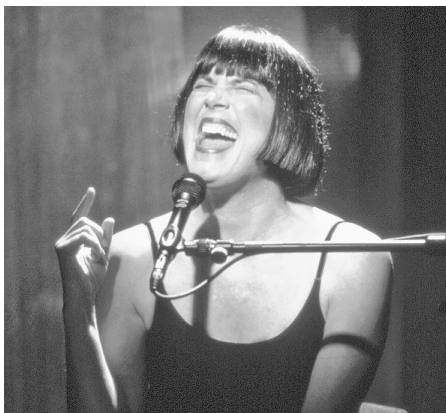
V-Day promotes creative events to generate broader attention for the fight to stop rape, battery, incest, female genital mutilation (FGM) and sexual slavery, according to www.vday.org. It also raises money for anti-violence organizations. Most commonly, college groups perform Ensler’s award-winning play, “The Vagina Monologues,” to raise funds for local shelters and advocacy groups.

“It’s almost a double-edged sword, putting together something like ‘The Vagina Monologues,’” says Kristin Albrecht, organizer of this year’s performances at Augustana College in Rock Island, Ill. “There’s the need to educate, but at the same time, there’s also a need to entertain. I feel that Eve Ensler did a great job of getting monologues that do both at the same time.”

What Ensler did was to have a casual conversation with a friend, which led to more conversations with their friends. Before long, she had interviewed more than 200 women and girls from various backgrounds about their lives and experiences. The monologues she includes in the show range from playful and humorous to informative and dramatic. Each year, one new monologue is added, allowing V-Day to spotlight a particular group of women. The 2008 spotlight will shine on the women of the Gulf Coast region, whom V-Day calls Katrina Warriors. “These women have come to symbolize the universal plight of women in conflict zones,” the Web site states, and suffer from “high levels of violence; economic hardship; racism; and public structures that failed to protect them.” V-Day has been coordinating grassroots efforts to boost organizations and events trying to help the women of New Orleans rebuild their lives.

The spotlight will get a particular boost this year when the anniversary celebration “V to the Tenth” culminates in New Orleans in April. “Superdome, Superluxe” weekend is designed to “reclaim the dome, transforming it into a place of caring, empowerment and action,” as the organization describes it.

The show is popular with audiences at thousands of colleges and communities nation- and world-wide, including three schools in the Radish region: Augustana College; University of Iowa, Iowa City; and Western Illinois University, Macomb, Ill.



Eve Ensler performs “The Vagina Monologues.” (Photo courtesy of vday.org)

“We get a bigger audience every year, and there are really two distinct groups,” says Albrecht. “We get the groups who come and think it’s funny to hear a girl say ‘vagina’ a bunch of times, and then we have people who come and are generally interested and moved by the piece.” She attributes that giggly-ness partially to the humorous approach the show takes. But part of it, she says, has to do with the way the play challenges an audience’s comfort zone.

“There are always things people aren’t comfortable with, but these are the things V-Day hopes to address and fix,” she says. “Talking about women’s sexuality shouldn’t be such a taboo. You have to go to the show with a sense of humor and an open mind so you know that it’s OK to laugh about these things — as long as you’re looking at the big picture.”

For more information on local V-Day events, turn to Resources, page 38.

V DAY
UNTIL THE VIOLENCE STOPS

homes

E-design

Ecology, electronics shaping home interiors

By Brandy Welvaert

What’s next in home design and decor?

Greenness and gadgetry, that’s what. Local design experts say that technology and ecology are shaping the way homeowners build, renovate and otherwise outfit their homes, and they see energy savings and electronics as fuels for the fire.

“I think that laptops — and I’m not quite sure where it’s going to go — are going to change the way we use our spaces,” says licensed interior designer Davia Gallup of Davenport, Iowa, owner of HomeFront Interior design. Gallup uses a computer-aided drafting program like the one seen on the HGTV network’s “Hidden Spaces” program to show her clients what their dream spaces will look like before they’re renovated or built from the ground up.

As early support for her hypothesis, she cites the disappearance of the kitchen phone nook. “Ten years ago the little phone station in the kitchen became obsolete. It’s a laptop station now.”

“It’s this mobility that kids have,” she explains, recalling a recent day when her daughter and a friend popped onto the bed with two laptops while another family member worked on yet a third laptop in another room. With wireless Internet, the home computer no longer needs a home base.

“My daughter is 15, and she doesn’t need a table or a desk. They go all over the house,” she says. “What is this going to do to our homes? I’d say in five years, we’ll see it.”

Once upon a time — like five years ago — even cutting-edge electronics were hidden away in gargantuan media cabinets. Not anymore. In 2008 the sleek flat screen TV continues its ascent as in-home status symbol.

“Now you want a chest with a flat screen above it,” the designer says.

Despite the love for toys, however, most homeowners have a budget. Good design — from the architecture of a space itself to the architecture of its window coverings — helps them create places that



A kitchen redesign based on a CAD drawing by Davia Gallup. (Photo by HomeFront / John Freibard)

match the moment and save money, too.

“People are going to honeycombs and wood blinds — things with an insulation value. It’s heating and cooling costs — anything to knock down the UV rays during the summer and open things up in the winter,” says Mark Brown, owner of Tri-State Blind and Shade, Eldridge, Iowa.

From the front, honeycomb shades appear to fold like other shades. But from the side you can see their cells — which actually resemble nature’s honeycombs — that trap air and create an insulating barrier that’s especially helpful in extreme heat and cold.

“It’s an evolution of the pleated shade,” he says.

Neutral colors complement window-coverings’ natural designs and materials. Hues from sage green

to taupe to brown are gaining momentum over off-white and white, he says.

Perhaps because window coverings — at about \$100 per window on average — are meant to last a bit longer, they don’t sell in the same eye-popping colors as paint, which is easy and relatively cheap to change.

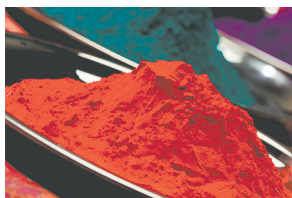
“I think darker walls are becoming more popular, but I say that with caution,” Gallup says. “If you have volume — newer homes have volume and large windows — you can go with a dark color. I think people are using more color on their walls — and bolder colors.”

For more information, visit www.daviagallup.com or call Tri-State Blind and Shade, (563) 285-7220.

People are using honeycombs and wood blinds to knock down UV rays in summer and open things up in the winter.

Wall-to-wall health

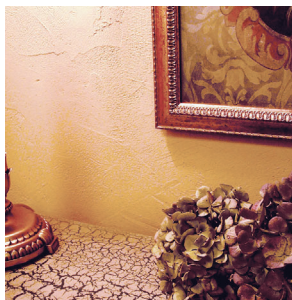
Paint and cover your rooms without toxins



VOC-free milk paint: powdered to mix as needed. (Photo courtesy Liquid Library)



Indachine wall coverings made of sisal, part of the Environment collection. (Photo courtesy innovations)



All-natural Terramed plasters come in beautiful colors such as Golden Wheat. (Photo courtesy Terramed)

By Carolyn Heinze,
Natural Home magazine

Because they're used on large surfaces, wall coverings can bring unhealthy elements into your home.

Conventional paints emit toxic fumes called VOCs (volatile organic compounds). Some VOCs contain carcinogens and neurotoxins such as benzene, formaldehyde, ammonia, toluene and xylene. Fortunately, beautiful, nontoxic alternatives are easy to find.

Natural paints

Natural paints are produced from elements found in nature: milk, clay, botanical ingredients, natural oils (such as linseed oil), beeswax, tree resin and mineral pigments. Either water- or oil-based, they're generally nontoxic, but because they're made with natural pigments, they usually don't offer as wide a range of colors as synthetic paints.

Favored for porous or unfinished surfaces, VOC-free milk paint is made of casein (milk protein), clay, lime and natural pigments. Most milk paint comes powdered so you can mix it as needed, which reduces waste. (Some premixed varieties contain preservatives.) Whitewash, made of lime, water and salt, is great for covering cement, plaster and stucco.

Clay paints — created primarily from water, clay and chalk — give the same aesthetic effect as clay plaster at less cost and can be applied with a brush or roller.

All-natural paints work best in dry areas because of their lower resistance to moisture (avoid bathrooms, laundry rooms and basements).

Low-VOC paints

If you prefer paint with the same appearance and texture as conventional, without the chemical fumes, check your paint store for low- or zero-VOC paint lines. Although made from synthetic ingredients, they pose fewer health risks and don't exude a headache-inducing smell (caused by outgassing VOCs). These materials are generally water based rather than petrochemical based.

You'll find a bounty of low-VOC paint colors — especially the lighter tones; deeper hues are harder to come by because darker pigments often contain solvents. When buying, ask that the low- or zero-VOC paint be free of formaldehyde, preservatives, fungicides and biocides.

Natural wallpaper

Today's design trends are moving toward natural wall coverings. Made from rice paper, linen (flax), silk, paper-backed cork, grasses, jute or finely split bamboo, many options are readily available, but check the material list before you buy. Many manufacturers offer natural fibers blended with vinyl (also called PVC or acrylic).

These products allow walls to breathe, making them naturally mold resistant. Most wall coverings come pre-pasted, but you can request them without adhesives if you want to use nontoxic glue.

Avoid other chemical additives: stain repellents, biocides, fireproofings, pesticides, formaldehyde, solvents and vinyl. Natural wall coverings aren't cheap: You'll pay about \$35 to \$60 per linear yard.

Plaster

Reasonably priced and richly beautiful, lime and clay plasters come in powder form; just mix with water and powdered pigment before troweling onto the wall. Lime plaster, made from mined limestone, is durable but less versatile; once it's dry you can do little to change or cover up mistakes. Ask for natural mineral pigments.

For do-it-yourselfers, clay plaster — made of dehydrated clay or mud and pigment — is often the best bet; it's more forgiving than lime plaster if you mess up.

For a complete list of eco-friendly wall covering providers, visit www.NaturalHomeMagazine.com.

Excerpted from Natural Home, a national magazine that provides practical ideas, inspiring examples and expert opinions about healthy, ecologically sound, beautiful homes. To read more articles from Natural Home magazine, visit NaturalHomeMagazine.com or call (800) 340-5846 to subscribe. Copyright 2007 by Ogden Publications Inc.

'Seeded apple'

Mysterious pomegranate continues to tantalize

By Steve Foster, The Herb Companion

Spires of Italian cypress rise above the rocky slopes like sentinels of a bygone culture, while mounds of sage, blooming in its native habitat, paint the mountain outcrops a hazy, azure blue. Speeding down the rough, one-lane Montenegro road, we pass ancient groves of olive and fig trees. A splash of brilliant scarlet-orange catches my eye.

"Stop — what's that?" I ask my friend Boris, who has lived his entire life in this area near the Adriatic Sea.

"Pomegranate flowers," he says.

It's the first time I've seen a pomegranate (*Punica granatum*) growing in the wild, and I immediately recall a fascinating lecture I attended years ago about the fruit's role in human history. The speaker, historian John Riddle of North Carolina State University, suggested that this legendary fruit could have been the enticing apple of the Garden of Eden.

Eden's apple?

The pomegranate, or "seeded apple" in French, certainly has a long history of use. Originating in the Caucasus region, western Asia and Pakistan, the pomegranate was one of the first fruit trees spread by humans in pre-history. Ancient cultures brought it to the Mediterranean region and other warm, temperate areas, where it naturalized and now grows wild.

Pomegranates were held sacred by the ancient Assyrians and Egyptians, and Jewish, Islamic and Christian art all depict the pomegranate as a symbol of unity and eternal life. As a medicinal plant, pomegranate was mentioned by all the ancient writers on medicine. Its flowers, fruit rinds, juice and bark were used to treat conditions ranging from fevers to tapeworms.

The older myths of Middle Eastern and Mediterranean cultures connected the pomegranate to agricultural and spiritual abundance.

The promise of pomegranate

Recent scientific research helps explain pomegranate's historical association with longevity and immortality. A potent source of antioxidants, pomegranate is proving to be useful against a host of age-related problems, including heart disease. It has a broad range of antimicrobial actions, could help fight infections and seems promising against atherosclerosis, osteoarthritis, diabetes and the difficulties of menopause.

Estrogenic compounds (chemicals that attach to estrogen receptors) found in pomegranate seed, seed oil, juice, fermented juice and peel also could offer powerful health benefits, especially in preventing certain tumors.

Although controlled, clinical human studies still must be conducted. Recent findings suggest potential against these diseases:

- **Breast cancer.** A series of recent tests showed that pomegranate fruit extracts might suppress the growth of breast cancer cells. Fermented pomegranate juice and seed oil appeared the most effective.
- **Prostate cancer.** A 2006 study suggests eating pomegranate might slow the progression of prostate cancer, possibly prolonging the survival and quality of life of prostate cancer patients.
- **Oral and colon cancer.** The same 2005 study also suggested pomegranate juice could inhibit the growth of human oral and colon cancer cells. Interestingly, the effect of the juice itself was greater than the isolated polyphenol constituents, suggesting a synergy of the chemical components in the juice.

Pomegranate in the kitchen

More than a source of good health, pomegranates add flavor, color and texture to a wide-range of foods from appetizers, salads, entrees and desserts to beverages, sauces, glazes and dressings.

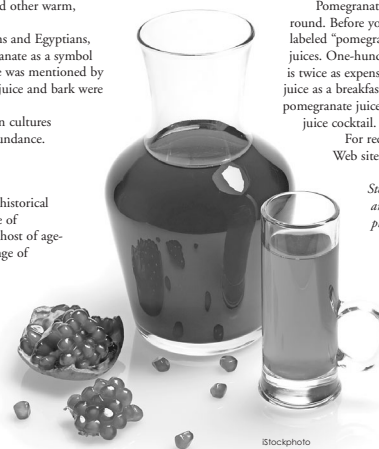
You can find the ripe fruits at the market from late August into January. California's San Joaquin Valley grows most of the U.S. commercial pomegranate crop, and later-ripening varieties, such as "Wonderful," make up about 80 percent. The fresh fruit will keep at room temperature for about three days.

Pomegranate juice is available at the market year-round. Before you buy, read the label. Many juices labeled "pomegranate" are a combination of several fruit juices. One-hundred percent pomegranate juice usually is twice as expensive. Don't look for it to replace orange juice as a breakfast staple, though. Mix tart, pure pomegranate juice with sparkling water for a pleasant juice cocktail.

For recipes, visit the Pomegranate Council Web site, www.pomegranates.org.

Steven Foster is an author, photographer and consultant specializing in medicinal plants. His most recent book is "The Desk Reference to Nature's Medicine" (National Geographic, 2006).

Excerpted from The Herb Companion magazine, a national magazine that provides expert information about growing and using herbs in the home and garden. Read other articles at www.HerbCompanion.com or call (800) 456-6018 to subscribe. Copyright 2007 by Ogden Publications, Inc.



(Stockphoto)

Holistic animal care

Alternative therapies for furry friends

By Lindsay Hocker

Healing herbs and thin needles just may be the cure for an aging hound's arthritic limp, or a kitty's sensitive stomach. It may sound unorthodox, but holistic veterinary medicine is gaining popularity with pet owners and veterinarians alike.

"I try to be open minded. I think that's a big part of holistic medicine — being open-minded," says Dr. Sheryl England, who practices both traditional medicine and Chinese holistic medicine

at Abel-Keppy Animal Care Center in Milan, Ill. She says some pet patients get better results with holistic medicine.

The difference between holistic and traditional is how illnesses and symptoms are approached. Consulted veterinarians say that traditional medicine treats the disease, while holistic medicine tries to eliminate the entire problem, focusing on the pet from tail to nose, often starting with the basics of nutrition. "Holistic pet care not only treats the problem, it treats the whole patient," says England.



Dr. Ana Falk of Iowa City administers acupuncture on Winston the cat. (Photo by Laurie Haag)

What: Acupuncture

How: Acupuncture involves placing needles in depressions in the body. While that may sound painful, Falk says most of her patients enjoy the procedure. Thin needles are used and left in place for several minutes. She says most pets fall asleep during the procedure. England says her patients also enjoy the procedure. "In the body there are energy currents. When you get a blockage of energy, called chi, it causes problems. Pain is a sign of blockage."

Falk says the needles balance the flow of energy in the body. "When the flow is balanced, the pet is healthy; when there's a blockage, the pet is sick."

The procedure releases a calming chemical in pets. "Acupuncture releases a lot of endorphins, which helps with pain management and gives them a sense of well-being," Falk says.

Why: Typically, Falk uses acupuncture for animals with painful conditions, such as arthritis and joint disease. She adds that it also can be helpful for animals with gastrointestinal problems.

What: Homeopathy

How: Homeopathy involves prescribing non-traditional medication to pets. Falk says the pills prescribed are small and coated, and can contain diluted doses of herbs, minerals and other ingredients, depending on the pet's condition. She uses homeopathy when a pet reacts poorly to medicine.

Why: Pets that are hypersensitive to drugs or acupuncture, or those with allergies, may benefit from homeopathy treatments, Falk says.

"That problem could be the tip of the iceberg."

Dr. Ana Falk has practiced holistic medicine for 10 years, but has noticed a tremendous growth in demand in the last five years. Falk operates Paws & Claws, her personal veterinarian business. She does house calls in the Iowa City and Cedar Rapids areas and practices both traditional and holistic medicine.

Both veterinarians say each patient is treated with the approach that will work best — traditional or holistic medicine, or a combination of both. Here are four of the most common holistic therapies.

What: Herbal medicine

How: Often used in conjunction with acupuncture, Chinese herbs are given to pets either in powder form mixed into their food, or as pills. Falk says you have to look at many factors when deciding what combination of herbs to prescribe — beginning with the pet's medical history and any present symptoms. Herbs can be used to help balance chemicals produced in the body by stimulating deficient ones or sedating excess ones.

Why: Falk says herbs can assist in treating a chronic condition, such as diabetes or kidney failure, and can boost a pet's immune system. England says some pets she prescribes herbs to include those prone to seizures and those with liver problems or cancer.

What: Chiropractic care

How: Falk says pets with arthritis and back problems often need chiropractic care. Manipulation of the back and joints relieves pain and increases blood flow in previously compromised areas of the body.

Why: When a pet's bones are out of alignment, Falk says nerves are pressed, causing the pet pain and possible internal organ problems.

To learn more, visit Dr. Ana Falk's Web site, www.paws-claws.net, or Abel-Keppy's Web site, www.abelkeppy.com.

Climate of change

10 easy ways to fight global warming

By Mike Carberry

As I travel the state of Iowa either promoting renewable energy or fighting global warming, I am constantly asked what are the most important things that we can do to solve the huge problem of climate change. There are many things that we can do both individually and as a group to fight global warming. Here are 10 easy ones.

1 Reduce, reuse, recycle. Do your part to reduce waste by choosing reusable products instead of disposables. Buying products with minimal packaging will help to reduce waste. And whenever you can, recycle paper, plastic, newspaper, glass and aluminum cans. If there isn't a recycling program at your workplace, school or in your community, ask about starting one.

2 Use less heat and air conditioning. Adding insulation to your walls and attic, and installing weather stripping or caulking around doors and windows can lower your heating costs more than 25 percent. Turn down the heat while you're sleeping at night or away during the day, and keep temperatures moderate at all times.

3 Change a light bulb. Wherever practical, replace regular light bulbs with compact fluorescent light bulbs (CFLs). Replacing just one 60-watt incandescent light bulb with a CFL will save you \$30 over the life of the bulb. CFLs also last 10 times longer than incandescent bulbs, use two-thirds less energy, and give off 70 percent less heat.

4 Drive less and drive smart. Less driving means fewer emissions. Besides saving gasoline, walking and biking are great forms of exercise. Explore your community's mass transit system, and check out options for carpooling to work or school. When you do drive, make sure your car is running efficiently.

5 Buy energy-efficient products. When it's time to buy a new car, choose one that offers good gas mileage. Home appliances now come in a range of energy-efficient models. Avoid products that come with excess packaging, especially molded plastic and other packaging that can't be recycled.

6 Use less hot water. Set your water heater at 120 degrees to save energy, and wrap it in an insulating blanket if it is more than 5 years old. Buy low-flow shower heads to save hot water. Wash your clothes in warm or cold water to reduce your use of hot water and the energy required to produce it. Use the energy-saving settings on your dishwasher and let the dishes air-dry.

7 Use the "off" switch. Save electricity and reduce global warming by turning off lights when you leave a room, and using only as much light as you need. And remember to turn off your television, video player, stereo and computer when you're not using them.

8 Plant a tree. If you have the means to plant a tree, start digging. During photosynthesis, trees and other plants absorb carbon dioxide and give off oxygen. They are an integral part of the natural atmospheric exchange cycle here on Earth, but there are too few of them to fully counter the increases in carbon dioxide caused by automobile traffic, manufacturing and other human activities. A single tree will absorb approximately one ton of carbon dioxide during its lifetime.

9 Get a report card from your utility company. Many utility companies provide free home energy audits to help consumers identify areas in their homes that may not be energy efficient. In addition, many utility companies offer rebate programs to help pay for the cost of energy-efficient upgrades.

10 Advocate for the environment. Share information about recycling, energy conservation and

global warming with your friends, neighbors and co-workers, and take opportunities to encourage public officials to establish programs and policies that are good for the environment. Get active and be a squeaky wheel.

These 10 steps will take you a long way toward reducing your energy use and your monthly budget. And less energy use means less dependence on the fossil fuels that create greenhouse gases and contribute to global warming.

Mike Carberry is an environmental advocate who lives in Iowa City. For more about him, turn to page 3.



istockphoto

gardens

Great plants for '08

Edible eggplant, Rudbeckia get star billing

By Brandy Welvaert

Award-winning plants make good additions to the garden, whether you're adding a new bed this spring or simply extending existing landscaped areas. This year, hot greenhouse varieties are sure to include edible eggplant, annual Viola and Osteospermum and perennial Rudbeckia, all of which garden professionals are recommending as peak performers for 2008. Here's a bit about each of them.

Eggplants F1 'Hansel' and F1 'Fairy Tale'

Two great eggplants have landed top honors in the last several years, prompting the National Garden Bureau (NGB) to name 2008 the Year of the Eggplant. (It's also the Year of the Rudbeckia, but more on that later.)

All-American Selections (AAS), a national network of non-profit trial gardens, tests plants around the U.S. and recommends those that perform best. For 2008, its only veggie recommendation so far is "Hansel" — a small eggplant with clusters of three to six fruits the size of fingers.

"Hansel" produces about 10 days earlier than the comparison eggplant. Left on the plant, even mature fruits remain tender and non-bitter. It's a good choice for container gardens because of its small size. In spring, look for "Hansel" as seed and young bedding plants. It was bred by Seminis Vegetable Seed, www.seminis.com.

The eggplant F1 "Fairy Tale" was selected as an AAS winner in 2005. Quite similar to "Hansel," "Fairy Tale" bears white fruits striped with violet and purple.

Viola F1 'Skippy XL Plum-Gold'

Midwest gardeners long have loved violas because they can go out in early spring and withstand the cold a bit better than other annuals. This year, AAS recommends that green-thumbs fill beds with Viola "Skippy XL Plum-Gold."

Shades of plum accent the flowers' golden centers, which contain radiating black lines called "whiskers," according to AAS. Plants produce small yet prolific blooms; in fact, the number of blooms is what won the plant its AAS status. Here in Zone 5 they bloom from early spring through the heat of summer.

Violas perform well in gardens, containers and window boxes. Mix the 6- to 8-inch-tall plants with other annuals or use to fill in a perennial garden. AAS highly recommends them for combination plantings.

The plant was bred by Kieft Seeds Holland, www.kieft-pro-seeds.com.



Eggplant F1 'Hansel,' a 2008 All-American Selections winner. (Photo courtesy of National Garden Bureau)

Osteospermum F1 'Asti White'

These 2 to 2.5-inch pure-white flowers with blue centers represent the first white Cape Daisies to be propagated from seed. Their fleshy stems make them drought-tolerant, and, unlike other daisies, these flowers don't close on cloudy days.

Though "Asti White" will bloom and recover from a light frost, the plants thrive best in sunny space and eventually reach 17 to 20 inches tall and wide. Plant them in pots 6 inches across or larger.

"Asti White" was bred and is produced by Goldsmith Seeds, Inc., www.goldsmithseeds.com.

Rudbeckia (black-eyed Susan, coneflower)

The yellow-faced Rudbeckia shares NGB honors with the eggplant this year, which the organization officially has christened Year of the Rudbeckia and Eggplant.

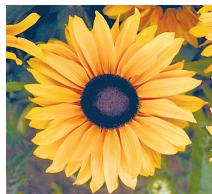
Why Rudbeckia? Because it's beautiful, native to North America and easy to grow in all kinds of soil. Known for drought-tolerance, these plants grow wild through summer and fall across the prairie and plains states.

Rudbeckia belongs to the Aster family, and its flowers come in single, semi-double and fully-double forms in a range of colors from lemon-yellow to gold, chestnut, mahogany, and bronze. Some have multi-colored blooms. Most species are in bloom from midsummer through fall. Plants have coarse-textured, hairy green leaves.

"Indian Summer" is an All-American Selections winner from 1995. It produces 5- to 9-inch flowers on plants that reach about 3 feet tall. The golden-yellow flowers are ideal for cutting. Another AAS winner is "Cherokee Sunset," which features semi-double and double blooms on stems that reach 30 inches tall, according to the NGB.

In spring gardeners easily will find Rudbeckia in greenhouses.

Can't wait? Pick up a packet of seeds — you'll find them in stores now — and start them indoors!



The National Garden Bureau has named 2008 the year of the Rudbeckia, shown here. (Photo courtesy of National Garden Bureau)

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how to Live on less

20 ways to stretch your dollars for a simpler life



By Craig Idlebrook
Mother Earth News

With a few simple strategies you can enjoy life more while spending and consuming less. The secret is stretching your money by carefully watching all your day-to-day expenses.

Because my wife and I don't want to spend our time earning money at jobs we don't like, we instead focus on how to stretch our money. We'll never be confused for financial wizards; there's nothing we've done that you can't do if you're serious about saving money. Here are 20 money-saving tips to consider, drawn from our own experiences.

1. Close unused rooms to save heat and air conditioning.
2. Use appliances efficiently. Have a big baking night when you use the oven.
3. Take advantage of natural weather patterns to heat and cool your house. In the summer, open the windows at night and close them again by noon.
4. Wash your clothes in cold water. It's the fraction that does most of the cleaning, not the heat.
5. Switch off your water heater when you're not going to use it for extended periods of time.
6. Buy energy-efficient light bulbs to save about \$30 per regularly used lamp in one year.
7. Unplug any unused electric items with lights, clocks or timers. Use a power strip to make it easy. Units on standby usually comprise about 15 percent of home energy use.
8. Carpool with friends or co-workers. Some cities maintain online listings to help people connect with other carpools.
9. Keep track of your gas mileage and look for ways to improve it. Keep your tires properly inflated and don't speed.
10. Run as many errands as possible with each car trip instead of making multiple trips.
11. Book airplane travel well in advance for the lowest possible fare, then show up early and offer to be bumped in exchange for free tickets if a plane is overbooked.
12. Don't go into a store unless you need something. Always carry a shopping list. Remember, stores are designed to get you to buy things you didn't know you needed.
13. Before you shop, try borrowing the items you need from family or friends. Check out local Freecycle (www.freecycle.org) groups to find out what people are giving away. Set up borrowing co-ops for tools.
14. Try to find it used before you buy new. You can find a wide variety of items online, in the

classifieds and at garage sales, estate sales and thrift stores.

15. When buying new, choose high-quality, durable items. It's often cheaper to spend more initially when you won't have to replace an item in the near future.
16. Ask a doctor or dentist if they have sliding-scale fees.
17. Do preventive maintenance on your body. Exercise and eat well. Try yoga to reduce stress. Quit smoking.
18. Rediscover the library. Free Internet access and thousands of books, CDs and DVDs for free!
19. Find low-cost fun in your local paper. Take full advantage of free concerts, events and movies.
20. Occasionally go ahead and spend the money. Saving money's like going on a diet: If you try to starve yourself, you'll end up consuming more in the long-run. If there's a form of entertainment you value, that's a good place to consider splurging.

Excerpted from Mother Earth News magazine, the original guide to living wisely. Read the full story at www.MotherEarthNews.com or call (800) 234-3368 to subscribe. Copyright 2007 by Ogden Publications, Inc.

rooting around

Indoor farmers' markets will bring early spring to downtown Davenport, Iowa

Here's good news for those who savor local flavor. Farmers' markets will be held from 10 a.m. to 3 p.m. Feb. 2, March 1 and April 5 in the west end of the Freight House, 421 W. River Drive, downtown Davenport. No admission will be charged, and shoppers can expect to find an array of local goods, including foods, plants and baked items, says Steve Ahrens with Davenport's levy commission, which will sponsor the markets. These three Saturday markets will be "a bit of a trial," Ahrens says. It's yet to be decided what will happen at the Freight House when the regular farmers' market season rolls around in May. "That's being talked about," he says. "But by having the Freight House come online, it gives us an opportunity that allows us to think bigger." Organizers envision using the the canopy area west of the building for programs, such as musical performances.

Non-organic foods allegedly sold with organic labels lead to lawsuits

Some of the nation's leading retailers — Wal-Mart and Target among them — are being sued for marketing suspect organic milk. Legal filings in federal courts in Seattle, Denver and Minneapolis come on the heels of class action lawsuits against Aurora Dairy Corporation, Boulder, Colo., which allege consumer fraud, negligence and unjust enrichment concerning the sale of organic milk. In 2007 the USDA sent Aurora a notice detailing multiple and "willful" violations of organic law that federal investigators found. So far eight suits against Aurora and

five against the retailers have been filed, according to the non-profit Cornucopia Institute, Cornucopia, Wis. Aurora CEO Mark Pepperzak called the situation a "smear campaign ... based on false information," but Cornucopia's Mark Kastel maintains that Aurora was "taking advantage of the consumer's good will in the marketplace toward organics." For more, visit www.cornucopia.org.

Leopold Center Presents Spencer Award to Linn County farmer

The Leopold Center for Sustainable Agriculture, Ames, Iowa, honored Laura Krouse, a farmer and biology instructor from Linn County, with its 2007 Spencer Award for Sustainable Agriculture. Krouse owns and operates a 72-acre farm near Mount Vernon, where she teaches full-time at Cornell College. She also owns a 104-year-old open-pollinated seed corn business and Abbe Hills Garden, a community supported agriculture (CSA) enterprise, serving 120 families. Krouse had partnered with ISU on pest management trials for squash and heirloom vegetables and is a member and supporter of Practical Farmers of Iowa. She has hosted a number of field days and participated in the ISU/PFI On-farm Research and Demonstration program. Krouse is the first small-market farmer to receive the award, established in 2002, which includes a \$1,000 stipend. For more information, visit leopold.iastate.edu/resources/spencer/spencer.htm.



Laura Krouse (Submitted)

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rooting around

Unsafe edibles top food stories of 2007

Top food stories of 2007 centered on food recalls, according to a year-end survey by Hunter Public Relations, a food-marketing firm in New York. The No. 1 food story of the year was the national recall of more than 90 popular brands of foods for dogs and cats that began in mid-summer 2007. Menu Foods, Inc., produced the foods sold under dozens of well-known brand names, which caused more than 450 reported cases of kidney failure and over 100 pet deaths due to kidney complications. The second and third stories stemmed from food recalled by ConAgra Foods, Inc. In late September, the corporation recalled more than 21 million pounds of ground beef made by Topps Meat Co. because some of the meat had infected eaters with E. coli. It was the third largest hamburger recall in USDA history, and ultimately led Topps to declare bankruptcy. ConAgra's recall of peanut butter — the first major food recall of the year — took place when the company called back jars of Peter Pan and Great Value peanut butter linked to a salmonella outbreak that sickened almost 600 people.



Jars of Peter Pan peanut butter were recalled early last year. (Submitted photo)

Soy seat foam technology licensed to Deere & Co., Sears

Ford Motor Co. has licensed its technology for soy-based flexible seat foam to Deere & Co. and Sears Manufacturing Co. so those companies can develop it for John Deere farming equipment and other applications. Ford already uses the soy-based seat foam in the 2008 Ford Mustang, F-150, Expedition and Lincoln Navigator. It also will be featured in the 2009 Ford Escape. The company says the soy-based foam is more environmentally friendly than petroleum-based foams, and soy foam reduces carbon dioxide emissions and takes less energy to produce. For more information, visit earth911.org/blog/2007/07/16/ford-lear-to-launch-industry%E2%80%99s-first-soy-based-seat-foam-in-2008-ford-mustang.

— Detroit Free Press

Free hen: Humane Society's campaign against battery cages takes flight

America quickly is moving away from one of the most indefensible factory farm abuses. Headed by the Humane Society of the United States, the campaign for better environments for laying hens is lessening the use of tiny battery cages to confine the animals. Factory farms in the U.S. cram about 280 million hens into cramped cages so small — about the size of a sheet of paper — that hens cannot spread their wings. But in the past year, fast-food corporations Burger King, Carl's Jr., and Hardee's began transitioning to cage-free eggs, and celebrity chef Wolfgang Puck announced that he won't use them. California residents now are collecting signatures to place a measure on the 2008 general election ballot that would prohibit battery cages.



This is what battery cages look like. (Submitted photo)

Retail consumers have also jumped on the bandwagon as sales of cage-free eggs have increased 150 percent in three years. Cage-free hens generally have 250- to 300-percent more space per bird and are able to behave more naturally than caged hens. For more information about this campaign and others, visit humaneociety.org.

Green Rewards helps Rock Island, Ill.

Green just keeps getting better in Rock Island, Ill. The city's council and Green Team in December approved the purchase of 21 new gas-electric Honda Civic hybrids from Zimmerman Cars. The city expects it will save \$76,000 over ten years on fuel and reduce its carbon-dioxide emissions by 50,000 pounds a year, said public works director Bob Hawes. The "Green Rewards" program, though the Illinois state treasurer's office, will kick in \$1,000 per car. Combined with discounts and rebates, the city will pay \$18,765 per hybrid. Rock Island is the first municipality to buy fleet vehicles under the "Green Rewards" program, which is the largest state rebate program for hybrids in the nation. For more information, visit treasurer.il.gov/programs/cultivate-illinois/green-rewards.aspx, or call (217) 557-6436.

Leap into learning inside the rainforest at Quad City Botanical Center

You can spend the evening in the "rainforest" to learn about the collapse of the world's amphibian population from 7 to 8:30 p.m. Feb. 29 at the Quad City Botanical Center. Tom Stalf, director of Niabi Zoo in Coal Valley, Ill., and Jennifer Anderson-Cruz, a biologist with the Natural Resources Conservation Service, Des Moines, will share information about why amphibians are important, what's happening to them and what you can do to help. Niabi Zoo will have beautiful amphibians on hand inside the tropical Sun Garden at the Botanical Center, 2525 4th Ave., Rock Island, Ill. Admission is \$4 in advance or \$5 at the door. For more information call Elaine Kaple, (309) 794-0991, extension 33.



Niabi Zoo

Nosh on gourmet Asian fusion foods at Table to Table benefit in Iowa City

For years, Table to Table in Iowa City has supported the idea that local dinners can affect change globally. The theme for this year's dinner, slated for 5:30 p.m. March 2, is Asian fusion. The meal will feature tons of tasty foods from Iowa City area restaurants and chefs, including Takamami, Formosa, Devotay, Giovanni's, The Red Avocado, Iowa River Power Company, Guido's Deli, Market and More and goodies from chef Ron Hall of Mercy Hospital. Asian beer, tea and sake also will be provided. The guest speaker will be Lan Samantha Chang, director of Iowa Writers' Workshop and author of the acclaimed book "Hunger: Novella and Stories." Tickets are \$60 a person; tables of eight are \$480. All proceeds will help Table to Table feed the hungry in the Iowa City and surrounding areas. Tickets are available through Mercy-On-Call, (319) 358-2767 or (800) 358-2767. The 12th annual benefit will be held at the Sheraton Hotel, 210 S. Dubuque St., downtown Iowa City. For more information, visit www.Table2Table-ic.org.

calendar

BODY, MIND & SOUL

World Yoga Day, 11 a.m.-1 p.m. Feb. 3, Galena Yoga Center, 306 S. Main St., Galena, IL; (815) 777-4856, www.galenayoga.com. Donations to Amnesty International accepted. All levels; walk-ins welcome.

Introduction to Meditation with Western Buddhist monk Kelsang Wangden, 7-8:15 p.m. Tuesdays, Java Juice, 122 E. Washington St., Iowa City, IA; (319) 541-2886, info@meditationiowacity.org. Everyone is welcome. \$8 per class. Introduction to Zen Practice, 7:30-9 p.m. Feb. 5, 12, 19 and 26, 1618 Bever Ave. SE, Cedar Rapids, IA; (319) 247-5986, www.avalon.net/~crz. Zen meditation practice. \$50 donation; \$25 for students and fixed incomes.

Love Stories and Poetry, 6:30-8:30 p.m. Feb. 14, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport, IA; (563) 742-5800. Registration required. Singles \$15, \$25 couples, \$50 for group of four.

Keep the Fire Burning: Live, Love, Laugh, Listen (married couples' evening), 6:30-9:30 p.m. Feb. 15, Benet House Retreat Center at St. Mary's Monastery, 2200 88th Ave. W., Rock Island, IL; (309) 283-2100. Share prayer, discussion, renewal of marriage vows and a candlelight dessert. \$25 or \$70 for overnight.

Evening of Reflection, 7 p.m. Feb. 15, St. Columbkille Catholic Church, 1240 Rush St., Dubuque, IA; (563) 583-6117, www.springtimeofhope.org. Reflection, eucharistic adoration and sacred music. Free and open to the public.

Martha and Mary Christian Women's Conference, 8 a.m.-6 p.m. Feb. 16, Grand River Center, 500 Bell St., Dubuque, IA; (563) 583-6117, www.springtimeofhope.org. Women \$48, full-time students \$28, religious \$25. Registration required.

Eco-Spiritualities Workshop, 1 p.m. Feb. 16, Angelic Organics Learning Center, 1547 Rockton Road, Caledonia, IL; (815) 389-8455. Conversation about different faith traditions and their understandings of God, nature and humanity. \$25.

Foundations of Yogic Meditation I, 12:30-4:30 p.m. Feb. 23, Galena Yoga Center, 306 S. Main St., Galena, IL; (815) 777-4856, www.galenayoga.com. All levels welcome. \$45; \$50 after Feb. 10.

FOOD

Come Cook with Me, 6:30 p.m. Feb. 1, 7, 8, 14, 15, 21, 22, 28 and 29, The Great Galena Cookery, 412 Spring St., Suite B, Galena, IL; (815) 777-1556. Hands-on cooking class. Registration required; \$50.

Intimate Dinner for Two, 5-10 p.m. Feb. 9, Learn Great Foods, 203 E. Seminary, Mount Carroll, IL; (866) 240-1650, contact@learngreatfoods.com. Local farmers present four-course meal including beef.

Chocolate Desserts for Your Sweetheart, 6-8 p.m. Feb. 13, New Pioneer Food Co-Op, 22 S. Van Buren, Iowa City, Iowa; (319) 338-9441 or scatlett@newpi.com. Jeremy Jackson, author of "Desserts That Have Killed Better Men Than Me," teaches. \$15.

Cooking class and dinner, 5-10 p.m. Feb. 23, Learn Great Foods, 203 E. Seminary, Mount Carroll, IL; (866) 240-1650, contact@learngreatfoods.com. Local farmers present four-course meal including pork tenderloin.

All Things Chocolate Retreat Weekend, Feb. 29-March 2, Learn Great Foods, 203 E. Seminary, Mount Carroll, IL; (866) 240-1650, contact@learngreatfoods.com. Two nights lodging, local tastings, tours and cooking classes.

HOME & GARDEN

Carnivorous Plants, 1 p.m. Feb. 12, University of Illinois Extension, 4550 Kennedy Drive, East Moline, IL; (309) 796-0512, www.extension.uiuc.edu/rockisland. Learn to grow carnivorous plants. Registration required; \$5.

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Fee: \$115 per class includes all course materials Those attending the first class receive a free copy of the course textbook *Simple Ways of Healing: A Textbook of Natural Therapies*, by Pamela Taylor, ND (A \$50 value) Sign up with a partner and two can register for \$205 Sign up for all six classes by February 11th for \$620 for one or \$1200 for two people Check the web site or brochure for sign-up deadlines on classes 2 through 6

Register on-line at www.midwestbotanicals.com or phone (309) 797-3271

February 16th: "The Basics: Detoxification," sign up by, Feb. 11th (includes the 346 page course textbook)

March 15th: "Hydrotherapy, Poultices and Inhalations" (includes a castor oil pack and city poultice kit)

April 19th: "Your Healing Garden" (includes a seed packet kit of medicinal herbs)

May 11th: "The Schussler Biochemic Cell Salts" (includes a complete cell salt set)

June 21st: "Acute Care Homeopathy" (includes a homeopathic travel kit)

July 19th: "Essential Oils and Aromatherapy" (includes an essential oil travel kit)

Instructor: Pamela Taylor, ND, graduate of the National College of Naturopathic Medicine in Portland, Oregon



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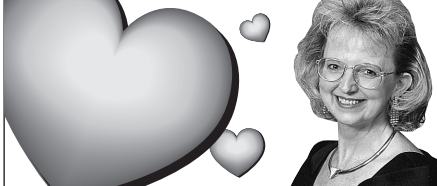
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calendar

Miniature Gardens, by Jim Brown, 9-10 a.m. Feb. 16, Bickelhaupt Arboretum, 340 South 14th St., Clinton, IA; (563) 242-4771, www.bickelarb.org.

Willow Weaving Weekend, 8 a.m.-5 p.m. Feb. 16 and 17, 1210 G St., High Amana, IA; (319) 622-3315, www.amanacolonies.com, www.broomandbasket.com. Learn willow basket-making from nationally-known weavers. Registration required.

Nursery School: Lessons in Gardening, 8 a.m.-4 p.m. Feb. 23, i wireless Center, 1201 River Drive, Moline, IL; (309) 796-0512 or <https://webs.extension.uiuc.edu/registration/> RegistrationID=1261. Register by Feb. 16; \$45. Concurrent Nursery School for Kids is \$25.

Planning Your Organic Garden, 9 a.m. Feb. 23, Angelic Organics Learning Center, 1547 Rockton Road, Caledonia, IL; (815) 389-8455. Workshop on designing an organic home vegetable garden; potluck lunch. \$60.

Climbers and Twiners: Vines for the Home Garden, 1 p.m. Feb. 26, University of Illinois Extension, 4550 Kennedy Drive, East Moline, IL; (309) 796-0512, www.extension.uiuc.edu/rockisland. Learn to select and grow vines. Registration required; \$5.

HEALTH & FITNESS

Irritable Bowel Syndrome: The Mind-Body Connection, 6-7 p.m. Feb. 7, Trinity at 7th Street, 500 John Deere Road, Moline, IL; (309) 779-2000, (877) 242-8899. Free; registration requested. For more classes, visit www.TrinityQC.com and click on "Classes & Screenings."

A Fare of the Heart, 2-4 p.m. Feb. 9, i wireless Center, 1201 River Drive, Moline, IL; www.TrinityQC.com/Fare, (309) 779-2912. Cooking demonstrations, recipes, give-a-ways and food samples designed to improve heart health.

Cardiac Series Part 1 — How Well is Your Heart Pumping? 6-7 p.m. Feb. 13, Trinity West Campus, 2701 17th St., Rock Island, IL; (309) 779-2000, (877) 242-8899. Free; registration requested.

Heart Healthy Tours, 10 a.m. Feb. 14, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-2983. Aisle-by-aisle tour of the supermarket featuring heart-healthy foods. Registration required; free.

Alternative Healing Classes with Pam Taylor, naturopathic doctor, 9 a.m.-4 p.m. Saturdays Feb. 16 through July, Holiday Inn Convention Center, Moline, IL; (309) 797-3271, www.midwestbotanicals.com. Learn about detoxification, homeopathy, essential oils, aromatherapy, biochemic cell salts, naturopathic hydrotherapy and herbal remedies. \$115 per class or \$205 for two people.

Lunch and Learn: Here's to your Heart!, noon-1 p.m. Feb. 19, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-2983. Registration required. \$7.

Cardiac Series Part 2 — Treatment Options for Heart Rhythm Disorders, 6-7 p.m. Feb. 21, Trinity West Campus, 2701 17th St., Rock Island, IL; (309) 779-2000, (877) 242-8899. Free; registration requested.

StrokeAware: What You Need to Know, 6-7 p.m. Feb. 25, Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf, IA; (309) 779-2000, (877) 242-8899. Free; registration requested.

Cardiac Series Part 3 — Women and Heart Disease, 6-7 p.m. Feb. 28, Trinity West Campus, 2701 17th St., Rock Island, IL; (309) 779-2000, (877) 242-8899. Free; registration requested.

OUTDOORS

B-rrry Scurry, noon, Feb. 2, Clinton, IA; (563) 244-7040. 4-mile.

Local ecology classes, 7-8:30 p.m. Tuesdays in February, Nahant Marsh Education Center, 4220 Wapello Ave., Davenport, IA; (309) 796-0512. \$5 per class. Register online at www.extension.uiuc.edu/rockisland.

Winter Fun Day, 9 a.m.-1 p.m. Feb. 9, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286, www.scottcountyiowa.com/conservation/wapsi.php. Activities include a ski clinic, family snowman contest and winter scavenger hunt. Register at (563) 328-3286.

Maple Syruping Demonstration, 11 a.m. Feb. 16, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286, www.scottcountyiowa.com/conservation/wapsi.php. Learn the history and procedure of tapping, as well as where to find the equipment. Call ahead.

Winter Camp for Adults, 1 p.m. Feb. 16 and 11 a.m. Feb. 17, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286, www.scottcountyiowa.com/conservation/wapsi.php. Activities include maple syruping, ice skating, skiing and GPS training. \$20 includes lodging and meals. Registration required.

Owls on the Prowl, 6 p.m. Feb. 23, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA; (563) 652-3783, jacksoncbb@jacksoncbb.com, www.jacksoncbb.com. Learn to identify owls by their sounds. Free.

Chili Chase, 1 p.m. Feb. 24, Duck Creek Park, Davenport, IA; (563) 326-1942, (563) 332-9051. 4-mile fun run.

EVENTS

"Birds of America: John James Audubon," Audubon Show, Feb. 2-May 11, Figue Art Museum, 225 W. 2nd St., Davenport, IA; (563) 326-7804. Art exhibit "Mississippi Flyway" also on display.

Exhibition Gallery Talk: Birds of America, John James Audubon, 1:30 p.m. Feb. 2, Figue Art Museum, 225 W. 2nd St., Davenport, IA; (563) 326-7804.

"Getting to Know John James Audubon" family program, 1-3 p.m. Feb. 9, Figue Art Museum, 225 W. 2nd St., Davenport, IA; (564) 326-7804. Storyteller Brian "Fox" Ellis performs at 11 a.m.

"A Salute To Songbirds" exhibit grand opening, 3 p.m. Feb. 10, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA; (563) 652-3783, jacksoncbb@jacksoncbb.com, www.jacksoncbb.com. Adults \$7 (\$6 in advance), children \$3 (\$2 in advance), \$5 for the family. Hands-on activities and dinner included.

Alternative Crops Workshop, 1-4:30 p.m. Feb. 11, McDonough County 4-H Auditorium at the University of Illinois Extension, 3022 W. Jackson, Macon, IL; (309) 837-3939, www.extension.uiuc.edu/mcdonough. Registration required; \$5.

The Geopolitics of Climate Change: Competition for Limited Resources, Feb. 15-16, Hotel Pere Marquette, Peoria, Ill.; Peoria Area World Affairs Council, (309) 677-2454; pawac@bradley.edu, www.pawac.org.

Hy-Vee Healthy Living Fair, 9 a.m.-2 p.m. Feb. 23, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-2983. Free.

Good Old Fashioned Toys, 10 a.m. Feb. 23, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286, www.scottcountyiowa.com/conservation/wapsi.php. Construct an old-fashioned toy to take home.

Folk Concert, 7-9 p.m. Feb. 26, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286, www.scottcountyiowa.com/conservation/wapsi.php. Relax and enjoy acoustic guitar and songs by Paul Simon, Peter Meyer and more as rendered by local talents.

Learn about Frogs at Leap Day Event, 7-8:30 p.m. Feb. 29, Quad City Botanical Center, 2525 4th Ave., Rock Island, IL; (309) 794-0991. \$4 in advance, \$5 at the door.

Greening the Community, 9 a.m.-4 p.m. March 1, Black Hawk College, Moline, IL; (309) 796-5061, www.bhc.edu. Learn about ecological sustainability.

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HOWLING GOOD TIME

(Story on page 12)

The International Wolf Center offers two- to six-day "Wolf Country Learning Vacations" with overnight accommodations and meals. 2008 vacations include:

- **Mush with Dogs, Howl with Wolves,** Feb. 15-17 and 22-24, \$400 per person.
- **Wolves in Winter** Eldesthold, March 16-20. Includes tracking wolves from the air, howling to wolf packs and snowshoeing. For rates, visit www.eldesthold.org.
- **Wolves, Eagles and Bears, Oh My!** May 16-18 and Sept. 12-14. Features the study of the resident pack of wolves, wild bears and eagles nesting. \$325.
- **Wild about Wolves and Bears,** June 20-22. Includes studying wolves and a trip to the Vince Shute Wildlife Sanctuary to observe wild black bears eating and interacting. \$325.
- **The Wonder of Wolves: Intergenerational Wolf Discovery,** June 29- July 4, July 13-18, July 27-Aug. 1, and Aug. 3-8. Learn about wolf behavior by observing the resident pack, howling to a wild pack and tracking wolves. For rates, visit www.eldesthold.org.
- **Boundary Waters Wolf Howl Canoe,** Aug. 13-17. Named by National Geographic as one of its "50 Destinations of a Lifetime," the Boundary Waters Wilderness Area will be the site of educational programs on wolf ecology, camping and canoeing. \$795.

For more information, visit www.wolf.org or call (800) 359-9653, ext. 25 during the week.

MEET YOUR MEAT

(See story on page 22)

Here's where you can find locally-raised, healthy meats where you live. For more producers, check out your area's Buy Fresh, Buy Local guide or visit www.foodroots.org and enter the name of your town in the search box to retrieve a list of nearby suppliers.

- **Arnold's Farm** (beef, pork, chicken, turkey): Elizabeth, IL (815) 858-2407 or www.arnoldsfarm.com.
- **Crumly-Winter Livestock** (bison): Blue Grass, Iowa; (563) 381-3671 or www.winterbison.com.
- **Galen Bontrager Farm** (beef, chickens, turkeys): Wellman, Iowa; (319) 646-5443.
- **Grice Family Farms** (organic beef): South English, Iowa; (319) 667-2350.
- **Grossman's Meats** (beef): Preston, Iowa; (563) 212-6110.
- **Highland Vista Farm** (beef, pork): Wellman, Iowa; (319) 646-2989.
- **JC Organic Farm** (lamb, turkey): Kalona, Iowa; (319) 656-3518.
- **Marilyn Farms** (beef): Kalona, Iowa; (319) 656-5255.
- **Nostalgia Farms** (lamb, beef): Walcott, Iowa; (563) 940-0634.
- **Ott Family Farm** (goat, pork, chicken): Bloomfield, Iowa; (641) 680-0648.
- **Rinderkenich Organic Farm** (beef, pork, lamb): Van Horn, Iowa; (319) 223-5326.
- **Rolling Prairie Acres** (Katahdin lamb): Sigourney, Iowa; (641) 622-1221.
- **Sawyer Beef**: Princeton, Iowa; (563) 289-4359.
- **Smith Farm** (beef, chicken): Bonaparte, Iowa; (319) 592-3266.
- **Ven Host Poultry**: Long Grove, Iowa; (563) 285-7844.

V-DAY VICTORY

(Story on page 24)

To attend a benefit performance of "The Vagina Monologues," head to one of the following schools:

- **University of Iowa:** 7 p.m. Feb. 14, University of Iowa theater building, 200 N. Riverside Drive, Iowa City, IA; alisonlindybuck@gmail.com. Proceeds will benefit Emma Goldman Clinic, Iowa City.
- **Western Illinois University:** 7:30 p.m. Feb. 14, Horrabin Hall Theatre, Macomb, IL; (309) 298-2242 or Rj-Groves@wiu.edu. Proceeds will benefit Western Illinois Regional Council — Victim Services, and the university's counseling and women's centers.
- **Augustana College:** 7:30 p.m. Feb. 21 and 23, Wallenberg Hall, 639 38th St., Rock Island, IL; kristin-albrecht@augustana.edu. Proceeds will benefit Family Resources, Inc., of the Quad-Cities.

To learn more about V-Day's history and ongoing efforts, visit www.vday.org.

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Arbor Village, 900 43rd Ave., Moline, IL, (309) 797-8181. www.arbortown.net. An Energy Star Certified adult living community.

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Palmer College Main Clinic, 1000 Brady Street, Davenport, IA, (563) 884-5800

Palmer College Rock Island Clinic, 2011 11th Street, Rock Island, IL, (309) 786-2663

Southpark Chiropractic, Russian Medical Facility & Massage, 1535 46th Ave., Silvis & Moline, IL, 61255, 309-757-7100, www.southparkchiropractic.com

CLASSES & WORKSHOPS

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Check the "calendar" for special events this month.

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EVENTS

Quad City Symphony Orchestra. MASTERWORKS SERIES, Faraway Places, 8:00 PM Saturday, February 2 at the Adler Theatre, Davenport, 2:00 PM Sunday, February 3 at Centennial Hall, Rock Island. SM-TATIA THE MOUNTAIN. SIBELIUS Violin Concerto. RAUTAVARA Isle of Bliss. DEBUSSE La Mer. Candidate conductor Peter Rubardt has planned a whitened tour of Europe's natural wonders for our February concert. Buy Tickets www.qcysymphony.com (563)322-0531.

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Hy-Weat Health Market, 201 West 10th Avenue, Milan, IL, (309) 756-9907

HEALTH & NATURAL FOOD

Hy-Weat Health Market, 2511 West Locust Street, Davenport, IA, (563) 324-3900

Hy-Weat Health Market, 2000 Devils Glen Road, Bettendorf, Iowa (563)322-4496

Hy-Weat Health Market, 4054 East 53rd Street, Davenport, IA, (563) 359-9120

Hy-Weat Health Market, 4218 Avenue of the Cities, Moline, IL, (309) 764-4373

Hy-Weat Health Market, 501 South 4th Street, Clinton, IA, (563) 245-6162

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Advanced Radiology, C.S., 615 Valley View Drive, Suite 202, Moline, IL, 61265, (309) 762-1072

Edgerton's Women's Health Center, 1510 E. Rusholme, Davenport, IA, (563) 359-6635

Friendly House, 1221 Myrtle Street, Davenport, IA, (563) 325-1025

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ORGANIZATIONS

American Cancer Society. Join the fight against cancer. 1800 ACS 2345, West Moline, IL

FUTURE HOME USA Beijing 2008. Demonstrating the most unique and environmentally sustainable housing construction practices and technologies available. Alternative energy and green building information organized to educate, awareness and research, based in Moline, we encourage you to build the Future Home USA home which will represent the United States Energy Saving City. International Sustainable Energy Demonstration Community. For more information to support our Future Home USA please visit www.futurehomeusa.org

UNITED WAY OF THE QUAD CITIES

United Way of the Quad Cities is a family that reads together. Reading to pleasure is one of the 40 assets kids need to be the best they can be. Visit us online to learn more. www.unitedway-qc.org

RECYCLING

Waste Commission of Scott County, 1048 East 59th Street, Davenport, Iowa 52807. Hours 7:30 a.m.-3:30 p.m. Mon-Fri. Phone (563) 823-0119, www.wastecom.com

RESTAURANTS

Rosetti Wine Shop, Now Open! Great Wines Buys for all your party needs. RosettiWineShop.com takes the guess work out of finding great wine. Nancy and Steve Rosetti (owners of the acclaimed Faithful Pilot Cafe & Spirits) have hand-picked delicious, affordable wines from across the world to make it easy for you to buy. Whether you're shopping for a special gift or giving a gift, picks are sure to please. Get free tastes at our next wine tasting.

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The Faithful Pilot Cafe & Spirits, 117 N. Cody Road, LeClaire, IA, (563) 289-4155, www.fidfaithfulpilotcafe.com

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SPIRITUALITY AND RELIGION

Cedar Rapids Zen Center offers opportunities for Buddhist practice, study and community fellowship. Our foundation is zazen - sitting quietly, putting aside thoughts, meeting our lives directly. This practice of the Buddha's awareness helps us to act with wisdom and compassion in daily life. Join us - 1618 Beaver Ave. SE, Cedar Rapids (563) 326-0022 or call (319) 247-5986 www.asion-uef-zen.org

Unitarian Church Davenport, Iowa (OCU). The mission of our Unitarian Church is to create a vibrant, welcoming, diverse church family which embraces individual searches for meaning and devotes itself to community good. 3707 Eastern Avenue, Davenport, IA 52807. 563-339-0816, www.oua.org

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VISION

Virdi Eye Clinic, 315 Parham St., Suite A, Muscatine, IA, 1-877-446-5762, www.virdiyea.com

Virdi Eye Clinic, Laser Vision Center, 202 18th Ave., Rock Island, IL, 1-877-446-5762, www.virdiyea.com

WELLNESS

Quad-City Labyrinth Project, 111 E. Third Street, Suite 306, Davenport, Iowa 52801. Phone: (563) 323-1737. www.qcylabyrinth.org

YOGA

Davenport School of Yoga, 421 Brady Street, Davenport, Ia, (563) 322-5354, www.davenportyogaschool.com. Open to the Public. Yoga classes help with stress and weight management.

Indigo. A Creative Approach To Fitness & Wellness, 121 S. Bureau, Moline, (309) 764-YOGA(9642). Visit: www.indigowellness.info for class schedule.

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food for thought

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Is it a solution or an oxymoron?

By Carrie La Seur

As Iowa agencies deliberate on proposals for two major new coal plants proposed for Marshalltown and Waterloo, the term "clean coal" pops up over and over again. A saturation-level national media campaign tells us that coal is practically mother's milk. Coal plant developers all claim that they will use "clean coal" technology. Opponents point to toxic pollutants, global warming gases, mining and disposal problems. They call clean coal an oxymoron. Who's right? Can coal be clean?

Let's get first to the reasons why coal is meeting so much resistance. Since the Industrial Revolution, the U.S. has relied heavily on coal to fuel industry. Today we still get around 50 percent of our electricity nationwide from coal, around 52 percent in Illinois and over 80 percent on average in Iowa. That amount of power comes with a heavy environmental cost: everything from mountaintop-removal mining to respiratory illness spikes within 30 miles of a coal plant, mercury contamination of waters and fish, groundwater contamination from coal ash disposal and around 40 percent of U.S. annual CO₂ emissions.

So what is this "clean coal" miracle that will deliver us from all that? At Marshalltown, Alliant Energy touts a "clean coal" plant whose CO₂ emissions will be 5 percent lower than a comparable plant without higher efficiency "supercritical" technology. The plant will still pour nearly 6 million tons of CO₂ into the atmosphere annually, but it's "clean" because that's 5 percent less than it could be. The CO₂ pollution will be accompanied every year by 480 pounds of mercury, 418 tons of particulates (soot) and nearly 2,000 tons each of nitrogen oxides and sulfur dioxide, precursors of ozone and acid rain. Under California's new clean energy import rules, this plant could not sell electricity to California.

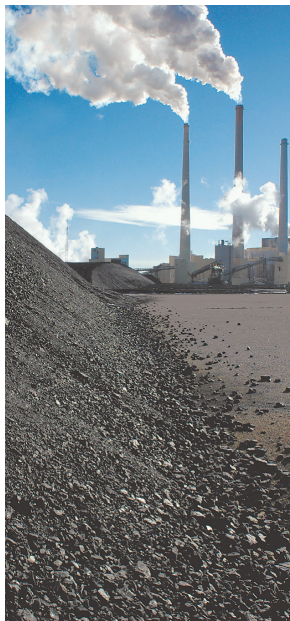
If this is Alliant's idea of clean, I'd rather not eat in the corporate cafeteria.

The term "clean coal" came about as a technical term referring to systems that capture and store CO₂. These days, industry slaps the clean coal label on anything that's cleaner than the last generation of plants built in the 1970s. Sure they're cleaner, they're just not clean enough. The big problem with a lot of what passes for "clean coal" these days is that it doesn't address the urgent need to reduce CO₂ emissions. The global scientific consensus now is that we need to reduce our global warming emissions 80 percent by 2050 — a doable 2 percent a year — to avoid the worst consequences. Cutting back on our coal addiction is the easiest way to do it.

It is simply not true that we need more coal plants. The Iowa Utility Association, of which Alliant is a member, released a report in 2007 declaring that Iowa could reduce electricity demand more than 1,000 megawatts with better efficiency programs, far more than the new demand Alliant cites to justify its coal plant proposal. A large proportion of the electricity is slated for new ethanol plants, which experts say may never be built, and could be run far more cleanly and efficiently on other fuels.

Other states are lining up to say no to new coal. In October Kansas became the first state to reject a new coal-fired power plant specifically because of the 10 million tons of global warming pollution the plant would emit each year. Last summer, Florida regulators unanimously rejected a giant plant proposed for the Everglades. Senate Majority Leader Harry Reid of Nevada publicly opposes three new coal plants proposed for his home state, saying: "I want to help Nevada become the national leader in renewable energy and energy independence. We have vast wind, solar and geothermal resources and we're wasting energy every day we're not tapping into those free, clean, and reliable power sources. ... As proposed, these coal plants are old news, the way of the increasingly distant past."

Iowa Governor Chet Culver, along with five other Midwestern governors, recently signed a



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greenhouse gas reduction pact that can lead us a long way toward the clean energy future we want. Study after study, like those released last fall by independent economists from ECONorthwest, has found that renewable technology and energy efficiency are better investments than new coal, creating more jobs (an average of 40 percent more jobs per dollar invested than coal) and pumping more money into the local economy.

Accomplishing the transformation to a truly clean energy economy offers us a once-in-a-lifetime opportunity. We can create a stronger, greener, more equitable economy, while improving public health and stabilizing the climate. In the short term, coal will remain a part of our energy equation, but it's no solution. We need to follow the lead of Kansas, Florida, Idaho and others in looking beyond coal and investing in a better world for future generations.

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