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from the editor



Radish contributor Paul Cioe cuts biscotti at his home in Rock Island. (Photo by Paul Colletti / Radish)



Biscotti are dry cookies, and a little bit serious. They're sweet, but they won't ooze chocolate on your shirt. They're respectable, crunchy and, sometimes, crumbly. And they're Italian. They're just the kind of cookie that you'd expect from a man of letters like Paul Cioe of Rock Island, who taught many college freshmen how to write a research paper (myself included) before he retired.

On a recent snowy day, photographer Paul Colletti and I ventured out to meet Paul, his wife, Nancy, and his mother-in-law, Stella, at their Rock Island home. Also there were Paul and Nancy's friends, Mark and Alicia Esposito, and their 4-year-old daughter, Alaina, who posed for photos like a professional. (See the lovely and brave Alaina on the cover.)

I'd asked Paul if he would write about biscotti — which he makes with healthy substitutions — after he brought a baggie filled with them to the Radish office around Christmastime. My co-workers and I had them down the hatch before you could say "high-fructose-corn-syrup-free." If ever there was a cookie fit for Radish readers, this is it.

On the day of the photo shoot, Paul made up a batch of lemon-almond-anise biscotti for us, which resulted in the photos above, on the cover and on pages 20-21. For the record, the cookies tasted even better than they look in the photos — and that's saying something! This Valentine's Day, I recommend that you bake up a batch for yourself, your friends, your family, or anyone else who could use a boost. Trust me, you'll be glad you did.

— Brandy Welvaert
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

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

contributors



Jerry Neff of Pleasant Valley, Iowa, does environmental volunteer work for Sierra Club and River Action, Davenport. Jerry uses his bicycle for transportation and enjoys canoeing, cross-country skiing and spending time outdoors. "For me, winter is just another enjoyable season," he says. Read his story about cross-country skiing on page 14.



Jen and Ted Knights garden and write together in Iowa City, where Ted works as a horticulturist and landscaping professional and Jen works as a nonprofit writer/editor. Their work has been published in The Chicago Sun-Times, at the Chicago Botanic Garden and in Catalyst, the New Pioneer Co-op newsletter. They have two children and four agreeable cats. On page 18, the Knightses provide tips for pruning shrubs in winter.



Rich and Marion Patterson of Cedar Rapids enjoy camping, canoeing, birding and hiking. They have been active freelance writers for over 25 years. Marion, a native of New England, teaches in the Cedar Rapids School District. Rich is director of the Indian Creek Nature Center, Cedar Rapids. Read their story about The Natural Gait, a getaway in Allamakee County, Iowa, on page 30.



Michael Woods, Ph.D., is unit director for the Rock Island County (Ill.) Extension. Michael earned his doctoral degree in 2001 from Iowa State University in agricultural and extension education with an emphasis in organizational behavior and marketing communication. An avid gardener and cook, he enjoys exploring the wonders of local produce and recipes that expand the palate. Read his story about backyard composting on page 32.



Kit McGurn is the Sierra Club's National Arctic Organizer. Kit is working to educate and engage citizens across the country in Arctic conservation issues. He hails from Southern Colorado, and tries to spend most of his free time exploring the open landscapes of the Western United States. Read his essay about caring for America's Arctic on page 40.

Also contributing to this month's issue are **Jeff Dick** ("Green docs on DVD," page 8); **Laura Anderson** ("Later mammograms?" page 24); **Paul Cioe** ("I dolci' for valentines," page 20); **Sarah Gardner** ("Healthful heat," page 6); **Lindsay Hocker** ("Perfect pet presents," page 26); **Leslie Klipsch** ("Rocking out," page 22); **Ann Scholl Rinehart** ("Be a yoga teacher," page 12); **Michelle Tibodeau Sillman** ("More trees, less green," page 16); and **Sharon Wren** ("Hydromotivator tells you when to drink more water," page 17).

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the grapevine

This month you can meet up with Radish and enjoy local foods, learn about caring for the Arctic environment and get educated about the future of food. Come out and see us at one of the following events:

- “Chill the Drills” presentation, 7-8:30 p.m. Feb. 10 at the Moline Public Library, 3210 41st St., Moline. Free admission. Kit McGurn, Sierra Club’s Arctic Campaign Conservation Organizer from Seattle, will speak about oil and the environment in America’s Arctic. To read McGurn’s essay on the topic, turn to page 40.
- “The Future of Food,” a panel discussion at the IONS-QC meeting, will begin at 6:30 p.m. Feb. 11 at the Bettendorf Public Library, 2950 Learning Campus Drive. The discussion will cover local foods, seeds, biodiversity, food safety and security and more. For details, contact Christine at IONSQC@aol.com.
- Love Your Local Farmer Valentine Breakfast, 9-11 a.m. Feb. 13 at Nan’s Piano Bar, 421 W. River Drive, Davenport. Tickets are \$12.50 each. For details about the event and how to get tickets, read the story on page 13.

On the Road with Radish is made possible by The Friends of Radish: Humana, Metro, Trinity Regional Health System, WQAD News Channel 8, and WQPT.

Curl up with a free book from Radish

Cold weather have you in the mood to hunker down with a cup of tea and a good book? Radish’s collection of freebie books once again has grown, and we’d like to give a few away. To get one of the books below, all you have to do is send an e-mail to editor@radishmagazine.com and request the book, then follow up with a 100-200-word review, which may be printed in a future issue of Radish.

Books are offered on a first-come, first-served basis — and they go fast!

- **The 10-Minute Total Body Breakthrough**, by Sean Foy, with Nellie Sabin and Mike Smolinski (Workman, 2009): This book presents a program of interval, circuit, aerobic and resistance training in workouts that only take 10 minutes a day.
- **50/50: Secrets I Learned Running 50 Marathons in 50 Days**, by Dean Karnazes, with Matt Fitzgerald (Wellness Central, 2008): Includes Karnazes’ secrets for endurance, avoiding sickness during a race, and preventing blisters.
- **Bean Appétit: Hip and Healthy Ways to Have Fun With Food**, by Shannon Payette and Kelly Parthen, with Carisa Dixon (Andrews McMeel, 2009): “Bean Appétit” is for parents who are looking not only for a few good recipes, but also fun ideas to enliven the dinner table with kids.
- **Independence Days: A Guide to Sustainable Food Storage and Preservation**, by Sharon Astyk (New Society Publishers, 2009): Astyk shares her experiences with getting dinner on the table in the most sustainable, local way possible.
- **Iowa: The Definitive Collection**, edited by Zachary Michael Jack (Tall Corn Books, 2009): This book is filled with classic and contemporary pieces by Iowans about Iowa.
- **The Locavore Way: Discover and Enjoy the Pleasures of Locally Grown Food**, by Amy Cotler (Storey, 2009): This slim volume is packed with tips, guidelines, recipes for people who want to eat local foods but need encouragement and tools to get started.



From our readers

River Action (Jan. 2010): “Thank you for the wonderful award and the coverage in Radish.”

— *Kathy Wine, executive director of River Action, Davenport*

Sustainable Living Coalition (Jan. 2010): “Love what you do! Thank you for your efforts to promote sustainability!”

— *Scott Timm, sustainability coordinator, Fairfield, Iowa*

Driftwood sculpture (Jan. 2010):

“You have to see this stuff in person. ... We had a mirror hanging in our office and we got tons of comments on it. Good work!”

— *Wade, Rock Island*

Precious cargo (Dec. 2009): “What a beautiful story. Caregiving is a gift, and you are now your mother’s mother. I know sometimes the trip might be tough, but through it all the rewards are great. How happy Mom is to be close with you. You two are an awesome pair that the world needs more of.”

— *Diane Stachowiak, Chicago*

“This is so touching, Paul! We never think of bringing home precious ‘older’ ones to get to love and care for. What a special journey!”

— *Shelly Wells Cain, Port Byron, IL*

“This made me tear up — especially the last line. ... You teach others with the beautiful writing. Thanks.”

— *Kathy Newport, Madison, WI*

“Great job, Paul and Nancy. This is what family is all about.”

— *Frank Passarelli, Huntington Beach, CA*

Radish welcomes WQAD News Channel 8 as a Friend

WQAD News Channel 8, the Quad-Cities ABC station, has joined the ranks of The Friends of Radish, a special group of community-minded businesses and organizations whose long-term support helps this magazine share information about healthy living.

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



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Alaina Esposito, 4, of Rock Island, reaches for lemon-almond-anise biscotti in the home of Paul Cioe and Nancy Nocek. (Photo by Paul Colletti / Radish)

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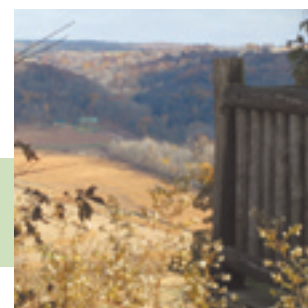
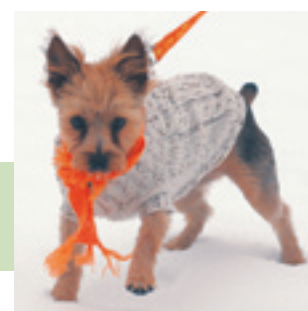
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healthy living

Healthful heat

Eight ways to warmth that can't be beat

By Sarah Gardner

The rivers still may be icy, but there is no need for you to wait for the spring thaw to warm up. In fact, February can be a great time to break out of the old winter routines and try something new. Here are eight ideas to add a little heat to the remaining winter weeks.

Brew some tea. In traditional Chinese medicine, cold is no joke. “Think about gelatin. The colder it gets, the more it congeals,” says Linda Handley, owner of Ancient Wisdom Acupuncture Clinic in Bettendorf, Iowa. The body too, she says, needs warmth to keep its systems moving. Tea can help. Look for blends containing warming herbs that can help counteract the effects of cold such as clove, ginger, cinnamon, basil, turmeric, garlic and fennel. At Heritage Natural Foods in Moline, you can get Yogi Tea’s organic Mayan coco spice tea, which includes cocoa shells, cinnamon and ginger.

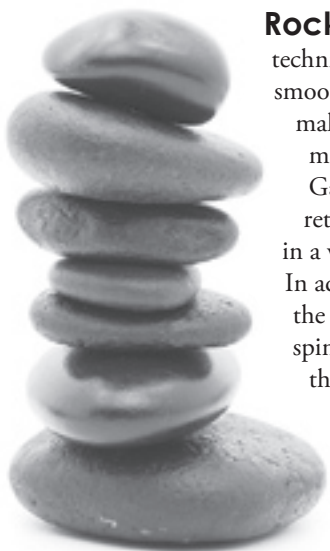


Reduce, reuse, wool up. Here is a handy way to clear space in your closet and get some warm winter wear at the same time. Have a sweater with a pattern you love but a fit that fails to flatter? Breathe new life into old knits by taking them into The Adventure Orange in East Moline, Ill. There, owner Anne Brown can refashion a sweater into a warm winter hat, a stylish set of mittens, or a pair of leg warmers that will be the envy of your yoga class. “This is a great way to recycle woolen wear, especially favorite sweaters that may have accidentally shrunk in the laundry,” says Brown.



Soak in the steam. Ever sit in a steam room during flu season and wonder what germs flourish in the warm, moist environment? John Taylor Salon in Rock Island has a solution for you: the Steamy Wonder treatment. It begins with lying down on a massage table, over which a special tent is then draped. Your head remains outside the tent to allow for easy breathing, while inside the tent, steam is circulated. After a half-hour, the tent is taken away to be cleaned, and you are left to enjoy all the benefits of your personalized steam treatment — open pores, rejuvenated skin and relaxed muscles. But it doesn’t stop there, says Wes Pranschke, a massage therapist at the salon. The relaxation in the muscles will allow a massage therapist to work more deeply while using less pressure, and the massage oils will lock the hydration into the skin.

Rock the massage. Hot stone massage is a technique in which a massage therapist moves warm, smooth stones in slow strokes across the body. “It makes your muscles turn to butter,” says Patricia Lee, manager of Stonedrift Spa at Eagle Ridge Resort in Galena, Ill. Basalt stones, prized for the ability to retain heat, are used at the spa. They are warmed in a water bath to a temperature of 80 to 85 degrees. In addition to being gently kneaded against the skin, the stones also can be placed in the hands, along the spine, and at various chakra points. The warmth of the stones helps muscles soften and become more pliable, allowing for a more thorough massage — one of the reasons this is one of the most requested types of massage in spas around the world.



Photos by iStockphoto

Work up a sweat. Although the word “yoga” can call to mind images of tranquil people sitting in lotus pose, mention “Ashtanga yoga” and another picture emerges: practitioners working up a sweat as they move through a vigorous sequence of postures. “In Ashtanga, the use of moving and breathing in synchronization and the use of core muscles builds up an internal heat,” explains Kelly Harris, co-owner of Tapas Yoga Shala in Davenport. It also builds greater flexibility and strength. Of course, it isn’t the only way to work up a sweat. In a “hot yoga” practice, you will feel the heat the minute you walk in. That is because the room is kept at 105 degrees. According to Kelli Hehlke, owner of Hot Yoga Quad Cities in Davenport, the heat reduces the risk of muscle strain and allows practitioners to come into the fullest expression of each pose.

Hit the slopes. Tony LoBianco, ski school director at Sundown Mountain in Dubuque has been a ski instructor for 34 years. In that time, LoBianco says he has learned that when we spend most of our winters indoors, the cold often feels worse than it is. That is because when we step outside from a warm building, we do not feel the cold; we feel the contrast. The secret, then, is to spend more time outdoors, not less. Pass the time skiing, he says, and you quickly will find you do not notice the cold. Plus, you will be breathing a lot of fresh air and exercising your lungs. Need proof of health benefits? Talk to the oldest ski instructor at Sundown Mountain, says LoBianco. He is 87 years old and still skiing strong.

Add kick to your cocoa. Mixing powdered chili peppers into hot chocolate is nothing new. In fact, that is how it was first consumed by the ancient Mayans. Fortunately, you don’t have to travel to the Yucatan Peninsula to savor this cold weather treat. At Greatest Grains in Davenport, you can find Sweet Moose Gourmet Hot Chocolate that is spiced with cinnamon, chipotle and ancho peppers. The taste is sweet, and you feel the heat as a pleasant warmth in the back of your throat. Need another reason to feel good about this cocoa? It is 100 percent organic, non-GMO, and fair trade certified. New Pioneer Food Co-op in Iowa City also offers organic cocoas.



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healthy living

Green docs on DVD

'Garbage' and others worth checking out



Eco DVDs: Colin and Isabella Beavan shop the farmers' market in 'No Impact Man' (far left), and trash becomes a home in 'Garbage Warrior' (left and upper left). Growers come together in 'The Garden' (upper right); 'Crude Awakening' explores the oil crisis (right).



By Jeff Dick

Perfection is the enemy of good, as the French philosopher Voltaire wrote. And that could be the lesson of "No Impact Man," which was shown in December at the Humility of Mary Center in Davenport — one of a series of nationwide screenings held in concert with the Copenhagen Climate Summit.

The 2009 documentary, released in January on DVD, follows the Beavan family — Colin, Michelle, toddler Isabella, and their dog — for the duration of their yearlong "project" to live carbon neutral. While tough enough to pull off anywhere, residing in Manhattan makes their endeavor especially challenging.

Getting food from downtown farmers' markets makes their veggie-no-meat-or-fish diet regimen manageable — at least during the growing season. But without electricity, food storage and cooking

options are limited while the Beavans themselves bake in the summer and freeze in the winter.

Conscripted into her husband's experiment, Michelle complains from the start about "not being able to eat anything that tastes good." On her way to work, she falls off the wagon, sneaking in the occasional Starbucks treat while fearing her husband's reaction.

Other self-imposed rules include biking or walking rather than taking public transportation (even avoiding riding in elevators); no material consumption of any kind (not even using toilet paper); and relying on worms for windowsill composting, which eventually brings on a nasty infestation of flies.

Directors Laura Gabbert and Justin Schein capture the Beavan experiment in an eavesdropping sort of reality-TV style — minus the really intrusive bits or too much (but not all) in the way of manufactured melodrama. With the Beavans serving as co-producers, this video journal was never out of

their hands. Still, instances of marital discord caused by the hardships of Colin's zero-carbon zeal are shown.

Ironically, Colin's eco-venture turns out to be grist for a book even as his newfound lifestyle forbids having any printed reading material. (Magazine and newspaper subscriptions were among the first things to go.) While this contradiction doesn't undermine his noble intentions, it does point out the problem with such an idealistic approach.

After initially chronicling his project at NoImpactMan.com, Beavan gets his blog published under the exhaustive title "No Impact Man: The Adventures of a Guilty Liberal Who Attempts to Save the Planet and the Discoveries He Makes About Himself and One Way of Life in the Process."

Saving on words apparently wasn't one of his goals.

Other green docs on DVD worth checking out:

A Crude Awakening: The Oil Crash (2006)

"The excrement of the devil" may be the most colorful of many descriptions of oil in this critical look at the non-renewable energy resource. In fact, "the black blood of the earth" is called about everything but "black gold" and "Texas tea," the terms used in the catchy theme song from "The Beverly Hillbillies."

While not the slickest of productions, this informative documentary shows how oil is formed, extracted and refined; its use in construction, packaging and transportation; the political and military ramifications for oil producing and consuming countries; and much more. "Crude" practically gushes with facts, figures and stats, but it's never dry.

The importance of finding a substitute for oil is stressed, and the efficacy of wind, hydrogen, biomass, solar and other alternatives gets coverage, too.

As oil overviews go, "Crude" strikes it rich.

Flow: For Love of Water (2008)

"Who owns the world's fresh water?" is the pertinent question raised by this provocative look at grassroots efforts to fight privatization of the precious natural resource.

"Thousands have lived without love, not one without water," said W.H. Auden, quoted in the film's opening. And the world is running out of clean water, due to pollution, exploitation, drought and other factors.

"Flow" shows the consequences of freshwater shortages in South Africa, India, Bolivia and the American West, as well as focusing on companies — think bottled water — that commercialize the dwindling resource in ways that are environmentally unfriendly but highly profitable.

"Flow" addresses an issue that's rising to the fore.

Garbage Warrior (2007)

"If you can't use the byproduct, you shouldn't use the product," says radical (in a good way) eco-architect Michael Reynolds, who pioneered the use of beer cans, tires and plastic bottles for home construction in 1971.

Reynolds fought a seven-year legal battle in New Mexico to design and construct self-sustaining dwellings — dubbed "Earthships" — which he's been involved with for more than three decades.

Oliver Hodge's award-winning documentary captures the quirky engineer in all his determined glory. In one of the DVD's extra features, the late actor-cum-environmentalist Dennis Weaver sings the praises of his very own solar-powered Earthship. He's a long way from his days on "Gunsmoke."

"Garbage" is worth taking out — from the library, video store, Netflix or wherever.

The Garden (2008)

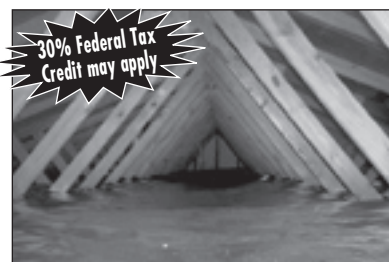
The largest urban community garden in the U.S. was established in South Central Los Angeles in 1992, partially as a result of three days of rioting following Rodney King's beating at the hands of L.A. police.

Measuring 14 acres, the garden became a source of civic pride beyond the 347 largely Latino families who farmed the oasis of fruit trees and vegetable plants until it was threatened with closure in 2004 — to be replaced with commercial development and a soccer field.

This emotional chronicle of the fight to keep the garden open by area residents — joined by actors-cum-activists Darryl Hannah, Danny Glover, Ed Begley Jr., et al. — demonstrates the power and the limits of grassroots efforts.

"The Garden" is a rich piece of work, and the ending is a nail-biter.

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Take your vitamin D

Advice about vitamins and supplements

By Brandy Welvaert

Don't know much about vitamins? Know this: You probably aren't getting enough vitamin D.

The truth is, most people living in the Midwest and farther north are vitamin D deficient, says Dr. Nicole Nisly, director of the Complementary and Alternative Medicine Clinic at the University of Iowa, Iowa City.

We are so deficient, in fact, that most of us can't get enough vitamin D from our diets or by spending more time outside in the sun.

Low vitamin D, a fat-soluble substance known as a prohormone (a precursor to a hormone), "can not only impair your ability to absorb calcium ... but it may have other functions in the body as well," Nisly says.

Low vitamin D has been linked to cancer and higher mortality, as well as fatigue, muscle aches and high blood pressure, she says. It also has been linked to obesity, type 2 diabetes, allergies, asthma, multiple sclerosis, autoimmune disease and depression, among other problems, says Dr. Margaret Millar, a family doctor at River Valley Healthcare, Moline.

Deficiency "is a huge issue," Millar says. "I am seeing babies with rickets," a softening of the bones that can lead to deformity. "These are

good moms. They're just not drinking cow's milk. We're forgetting that we need vitamin D."

People get vitamin D from certain foods and sunlight, but we've been catching fewer rays as a society since the Industrial Revolution moved work indoors, says Millar. As we (wisely) slather ourselves in sunscreen to block harmful, cancer-causing rays, we also inhibit the skin's ability to absorb the vitamin D that the sun naturally delivers. And as we age, the skin becomes less able to absorb the vitamin.

The fix, they say, is to take the vitamin in supplement form. In particular, take vitamin D3 in gencaps, which the body absorbs better than pills, says Nisly.

A blood test in your doctor's office can confirm vitamin D deficiency, and Millar monitors her patients' vitamin D levels, sometimes instructing them to take up to 10,000 international units (IU) of the vitamin per day until repeat blood work shows a normal level. If they miss a day, she tells them to double-dose the next.

Risk for vitamin D overdose is low, but an overdose of a vitamin can be worse than deficiency, says Nisly, who recommends no more than 2,000 IU per day for those whose blood has not been tested for a deficiency.

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Multivitamins for everyone?

What about all the other vitamins necessary for human life? Usually a multi-vitamin can help fill in the gaps left by a less-than-perfect diet — but not always.

“I used to recommend a broad-spectrum vitamin to most people, but I have become more selective,” says Millar. “Some may have too much calcium but not enough vitamin D in them.”

If you do take vitamins, make a chart, Nisly says. Along the top write the names of the products you take. Down the left side, write the ingredients. This will allow you to add together the different vitamins you get from several sources to find out how much you’re really getting in a day — 1,000 IU of vitamin D from a gelcap, for instance, plus 400 IU from a multivitamin. Don’t forget that you get some vitamins from foods, too.

Nisly adds that vitamins do have the power to cause harm, perhaps especially for people who eat a diet that already is vitamin-rich.

“It turns out that for people who have adequate vitamin levels from food ... the vitamin may be more of a detriment. Some studies have shown that if you don’t get vitamins from foods — you get rid of the ‘inactive’ ingredients and take them by themselves — some of them can cause the opposite of the intended effect,” she says. For example, people who eat a diet rich in vitamin E have less cancer, heart disease and memory problems than those who do not. But people who take vitamin E in pill form — especially if they take more than 400 IU per day — have higher rates of cancer, heart disease, memory loss and mortality.

Of course the best way to get the vitamins you need is from foods. Nisly suggests eating a diet that’s full of local, seasonal fruits and vegetables, which she says are more nutrient-rich than conventional foods because they are picked ripe.

The safest, best vitamins for your money

If you do take vitamins, Millar suggests buying U.S.-made pills with the United States Pharmacopoeia (USP) seal, which holds vitamins to specific standards. Millar says they’re “pretty good.”

In time, however, consumers may be able to trust the contents of the vitamins and supplements they take in the same way they trust over-the-counter pharmaceuticals. Over the next two years, the Food and Drug Administration will create regulations for good manufacturing practices for them, says Nisly.

For more information about vitamins and supplements now, Nisly likes Consumer Lab’s Web site, consumerlab.com, which independently tests vitamins and herbal supplements to reveal which brands are best. The company often finds that makers’ claims don’t match up with what’s in the bottle. To read its reports, Consumer Lab’s subscribers pay \$25 per year.

Another safe place to find information about vitamins and supplements is through the National Center for Complementary and Alternative Medicine (NCCAM), says Nisly. NCCAM’s Web site offers information pages at nccam.nih.gov. Or you can send an e-mail to info@nccam.nih.gov or call (888) 644-6226.



Daily allowance

Unless your doctor tells you otherwise, Dr. Nicole Nisly at the University of Iowa says not to dose any higher than the following each day:

Vitamin E: 20 IU

Vitamin A/beta carotene: 10,000 IU

Vitamin C: 2,000 milligrams

Vitamin D: 1,000-2,000 IU

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health & fitness

Be a yoga teacher

Here's where you can study and get certified

By Ann Scholl Rinehart

Remember when you were so shy about your yoga practice that you stood in the back row, hoping no one would notice your bent knees in Down Dog?

Gradually, as your confidence and skills grew, you migrated to the front of the classroom. Now you're eyeing where the teacher stands and wondering what it would take to put your bare feet right there.

The answer: It depends.

"There's no real standard for how much teacher training is required, so almost anyone can call himself or herself an instructor," says Marsha Nieland, who owns and operates Fusion Studio in Cedar Rapids.

"The content of the course is up to the director," says James Miller, director of Tree House Yoga studio in Iowa City and an Experienced Registered Yoga Teacher (ERYT) through the Yoga Alliance.

Miller is certified through Yoga Alliance to train instructors at his studio. Requirements include both 200-hour and 500-hour level certifications. (Miller accomplished the latter.) Students go through extensive training in the tradition of yoga, yoga methodology, anatomy and kinesiology and business ethics. Those who complete the training earn the title of Registered Yoga Teacher (RYT).

For Nieland, becoming a Certified Anusara Yoga Teacher took seven years. The Anusara yoga teacher training is a nationally registered yoga school through Yoga Alliance. All certified Anusara yoga teachers complete several years of study, including hundreds of classroom hours with John Friend, the founder of Anusara Yoga, and other certified teachers. Students must first complete the 108-hour "immersion" program before applying for teacher training. They also must teach professionally for at least two years before formally entering the certification process.

"There is a need for good, qualified, certified teachers — because yoga is different than exercise. It is a research and a study of your body and your movement," says Jeanie Mackenzie, director of the Davenport School of Yoga. Mackenzie has been teaching yoga since 1979 and has trained more than 60 teachers. Her six-month course provides graduates with a 200-hour certification from Yoga Alliance.

Teacher-training students meet two Saturdays per month for classes, in which they learn a good deal about yoga and anatomy and physiology. In the first three months of the program, they also must attend one class per week as a student. For the second three months, they must attend one class per week as a student and one per week as an assistant teacher. They also write a final paper. The total cost of the training is \$1,500, and training began Jan. 16. Late registrations, however, will be accepted.

"Some of the (students) want to teach, but some of them just want to increase their knowledge. They just want to get deeper into (yoga) than they get if they are coming to a regular class," she says.



James Miller, right, owner of Tree House Yoga in Iowa City, assists Mareva Minerbi of Honolulu, center, and Sasha Luse of Fairfield, Iowa, during a teacher training class. (Photo by Jess Lorraine Boyer)

Those who do teach find it rewarding.

"It's very rewarding to watch people change — to watch the effects of the practice of yoga. ... They feel better about themselves. They reduce their stress levels," Mackenzie says.

"It is one of the most honorable occupations you can have," says Nieland. "To be of service to others and help them find relief from suffering and rediscover happiness and a love of life is one of the greatest rewards possible."

"Yoga teachers play a positive, transformative role in another person's life," Miller says. "Also, being a yoga teacher is, in itself, an opportunity for self-development. Helping other people take an active role in their health and happiness is a constant reminder to continue our own self-work as teachers."

Students who train to become teachers with Miller meet one weekend a month for nine months. The cost is \$2,925. Nieland's teacher training is a seven-month commitment. The total cost is \$2,100.

Yoga teacher training

- Davenport School of Yoga (Jeanie Mackenzie): (563) 322-5354 or davenportschoolofyoga.com
- Fusion Studio (Marsha Nieland): (319) 364-8085 or fusionstudiocr.com
- Tree House Yoga (James Miller): (319) 325-9642 or treehouseyogastudio.com

eating well

Love Your Local Farmer Breakfast to feature homegrown foods and good company

By Brandy Welvaert

You heart your local farmer. We know you do. Now you can prove just how much by doing what you love: eating local food. And you don't even have to cook!

Sound good?

Then you'll want to get your tickets for the Love Your Local Farmer Valentine Breakfast, hosted by Quad Cities Buy Fresh, Buy Local.

The breakfast event will be held from 9 to 11 a.m. Saturday, Feb. 13, at Nan's Piano Bar, 421 W. River Drive, Davenport. The club is located inside the renovated Freight House, which also is home to the Freight House Farmers' Market each Tuesday (3-6 p.m.) and Saturday (8 a.m.-1 p.m.).

Tickets are \$12.50 each and must be purchased in advance at the market or from Phil Crandall, Buy Fresh, Buy Local chapter director, at pcrandall@crandallfarms.com or (309) 799-7420.

Seating is limited to 60 people, so get your tickets early, advises Cathy Lafrenz, one of the event's planners. Lafrenz, who owns Miss Effie's Flowers and Garden Stuff in Donahue, Iowa, is planning to prepare her Sausage, Cheese and Onion Strata. (Visit radishmagazine.com for Lafrenz's strata recipe.)

Attending locavores can show their devotion by munching on locally-grown delights served buffet-style, including roasted potatoes, homemade cinnamon rolls, stuffed French toast and more. Local ingredients will include eggs, bacon, ham, potatoes, fruits, vegetables, herbs, honey and more.

Contributing growers will include Allens Grove Greenhouse, Donahue; Geest Farms, Blue Grass, Iowa; Heilmanns' Hawkeye Acres, Goose Lake, Iowa; Miss Effie's Flowers and Garden Stuff; Nostalgia Farms, Walcott, Iowa; and Oak Hill Acres, Atalissa, Iowa.

Guests also will have the chance to rub elbows with a few farmers and learn more about the local foods available in winter and all year round, says Lafrenz.

Quad-Cities Buy Fresh, Buy Local is a group of growers that sells products in several farmers' markets in the Quad-Cities and beyond. The group hosts educational classes and other community events in the area.

For more information about the Quad Cities chapter of Buy Fresh, Buy Local, visit bfblqc.org.



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health & fitness

Snow much fun

Cross-country skiing is worth the effort

By Jerry Neff

If you've ever wanted to try cross-country (X-C) skiing — or if you've tried with less than great results — then you need to read this.

Learning to ski doesn't happen overnight. I should know. I've been skiing for 30 years, and I consider myself an intermediate X-C skier. Falling snow makes my heart rate go up.

Just because you can walk — or even downhill ski — doesn't mean you can X-C ski. For most wannabes, the first time out is not fun. You will fall a lot, and you will feel awkward. You'll need patience and determination. The following tips might come in handy, as well.

Wonderful weather: The weather needs to be just right: twenty-two degrees with no wind — and it helps your mood if the sun is shining. Having the right snow conditions is paramount. Three to four inches of snow is important.

The right equipment: Rent or borrow skis and boots. (If you're lucky, over the summer you might find some used skis and boots at a garage sale to save on the cost of buying them for next winter.) Some nature centers and county park organizations in the region offer no- or low-cost seminars on cross-country skiing, as well as equipment rental.

Practice getting your boots into the bindings on the skis indoors.

The poles are dual purpose. They help you maintain your balance, and they help to propel you along. Put your hands up through the poles' straps so that they are in your palms as you grasp the poles. (A sure sign of a beginner is incorrect use of the ski poles!)

What to wear: Check the thermometer to get an idea of what to wear. The first layer is important and shouldn't be bulky, cotton long underwear. (Always avoid cotton because it doesn't breathe and will make you feel sweaty and cold.) Polyester is a good choice. For pants, try wool or polyester. Use fleece or a sweater with a light or medium weight jacket to keep the upper body warm. Most beginners overdress, and it is hard to move freely when you are bundled up. You may have seen people walking with skis on and wearing a down coat, snow pants, scarf, cap and hood on a fairly mild day, obviously their first and probably last time on skis.

The perfect place: Find a park or golf course that has some fairly level areas with no visible icy spots. Your learning area should have enough slope so that you can glide as you step or stride. You can find places to cross-country ski through the Illinois and Iowa Department of Natural Resources Web sites. Visit iowadnr.gov/trails/xskiing.html or dnr.state.il.us/lands/landmgt/programs/XCountrySki.htm.



The help you need: Having an experienced skier along to give you some tips is a good idea, but don't hesitate to go out by yourself on a fairly level area.

Getting started: Skiing is all about balance, so practice transferring your weight from one ski to the other. Once you get a "glide," you'll discover that you're no longer just walking with skis on.

Snow temperature will affect how much glide you get. Better technique also will improve your glide. To get going, swing your arms and reach forward as if you were pitching a softball. Reach forward and plant the pole as you stride. When you fall, stand up with your skis across the slope to prevent slipping.

Turn and stop: On level ground, practice pushing your heels out and keeping your skis' tips about six inches apart to form a "V" shape, like a snowplow. The inside edge of both skis should be digging in. As you glide down a gentle hill, go into the snowplow position and lean on the ski that is pointing in the direction you want to turn.

To turn right, lean on the left ski; to turn left, lean on the right ski. To stop, keep your weight equally on both skis as you dig in the edges of your skis.

That's it! Now you're no longer just walking with skis on.



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More trees, less green

Cedar Falls Trees brings shade, savings to local residents

By Michelle Tibodeau Sillman

A devastating storm last summer knocked out hundreds of trees in Cedar Falls, but the nonprofit organization Cedar Falls Trees made replacing the lost trees easier for residents and businesses. Cedar Falls trees sold shade trees at a 40 percent discount. Within weeks of offering them last fall, the program had exhausted its seasonal budget as people quickly cleared away refuse and replaced damaged trees.

This cost savings for planting trees is nothing new in Cedar Falls. Every spring and fall for the past 20 years, Cedar Falls Trees has subsidized new tree purchases for electric customers of Cedar Falls Utilities, offering \$25,000 annually to offset shade-tree purchases.

A nonprofit organization funded by Cedar Falls Utilities and run by community volunteers, Cedar Falls Trees subsidizes purchase tree species that grow well in the area and resist pests and diseases.

"All the trees are from local nurseries and local retailers," says Betty Zeman of Cedar Falls Utilities. Families are eligible for up to \$100 in subsidies per year in the Plant-a-Tree program. "They just go to a participating retailer and get the discount at the point of purchase," Zeman explains.



Students at Cedar Heights Elementary School in Cedar Falls plant trees with funds provided by Cedar Falls Trees. (Submitted)

Cedar Falls Utilities started subsidizing tree purchases to help increase energy efficiency. By encouraging residents to plant shade trees, the utility hopes to reduce electricity demands in the summer and mitigate carbon emissions.

The Plant-a-Tree program will make funding available to participating nurseries March 1. Zeman predicts that the subsidies again will go quickly as more residents continue replanting trees lost last summer. (More funding will become available this fall.) Funds are available on a first-come, first-served basis. Cedar Falls Utilities customers simply need to ask for the Cedar Falls Trees Plant-A-Tree discount from a participating nursery. (Turn to Resources page 38 for a list.) Thirty-six species are eligible for reimbursement; Zeman advises homeowners to print out a copy of the list from the Cedar Falls Trees Web site and bring it along while shopping (cfu.net/TREES/index.htm).

'The purpose of the shade tree plantings is energy efficiency.'

"The nice thing about going to a nursery with list in hand, as you go around and look at trees, you can evaluate eligible trees," she says.

Cedar Falls Trees also awards grants for large tree-planting projects. There are two different types available — Neighborhood Grants and Energy Conservation Grants — with application review beginning March 1. Properties must be located within the Cedar Falls city limits and served by the Cedar Falls Municipal Electric Utility to be eligible. Grant applications are available from the Web site.

Neighborhood Grants offset up to 60 percent of the costs for large shade-tree planting projects. Residents work with Cedar Falls Trees to organize the tree-planting projects, acquire competitive bids from local nurseries, and have the trees delivered. Such large-scale projects typically can save \$2,000 to \$4,000 for each neighborhood that participates.

Businesses and organizations interested in shading their buildings with large trees can apply for the Energy Conservation Grant. The grants pay up to \$1,500 for shade tree plantings, subsidizing up to 50 percent of the cost of larger shade trees. Trees must shade buildings, thus reducing the energy load.

Most of the species eligible for the subsidies are large shade trees, though the list includes a few smaller shade trees and conifers to be used as wind breaks. "When people look at our list (of eligible species), maybe they wanted to plant ornamental trees or shrubs, which are great landscape plants but aren't supported by our program," Zeman says. "The purpose of the shade tree plantings is energy efficiency. That's why Cedar Falls Utilities funds this program, to create energy efficiency benefits. ... We do encourage people to plant on the south and west side of homes. Shade can really reduce the air-conditioning needs of house."

body, mind & soul

Hydromotivator tells you when you should drink more water, even if you don't feel thirsty

By Sharon Wren



Healing Methods 101

Everyone knows drinking enough water is crucial to good health, but have you ever thought about why? Davenport inventor Michael Grady knows: "It helps flush the body of undigested substances, which contribute to obesity."

Most of our bodies are inundated with processed food additives, medication, sugars and other substances that often cannot be digested when the body is dehydrated, or lacking water. The body requires water as a solvent to carry away the undigested substances before they are stored in fatty tissue deposits, says Grady.

To help achieve this result, Grady has invented the hydromotivator, a weight loss device that he claims will cure obesity if used according to instructions. He invented it in October 2009 and has filed for a provincial patent.

Grady invented the device based on the written recommendation of a physician, Dr. Fereydoon Batmanghelidj, author of "Your Body's Many Cries for Water" (watercure.com). It checks your body's hydration levels throughout the day. When it indicates dehydration, users are prompted to drink water. Toxins that otherwise would remain undigested in the body, and which contribute to obesity, then might be flushed out. In addition to helping users lose weight, the hydromotivator reportedly reduces the incidence of migraine headaches, hypertension and high blood pressure, while relieving symptoms associated with diabetes.

To check his hydration level, a person places the hydromotivator in its tube and fills most of the tube with urine. Then he gives the tube a quick, gentle stir with the hydromotivator and checks the color code. (It's similar to reading a pregnancy test.) If the code is pink, purple or red, you need more water. If the code is blue, you're properly hydrated.

The hydromotivator is part of a Weight Loss House Call offered by Grady. The initial visit consists of a health assessment. He then visits weekly for further assessments, during which he measures the body's water levels with the hydromotivator and offers guidance on weight loss. Visits are \$39 each, payable a month at a time.

For more information, contact Michael Grady at Atlantis, 235 W. 35th St., Davenport, (563) 445-7331 or atlantispa.com.

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how to

Tough love

Give shrubs new life with winter pruning

By Jen and Ted Knights

This time of year, there's not much going on in the garden. But now, when plants are dormant, is the best time to prune many woody landscape plants, and ensure their health and beauty in the next growing season. Here's a basic primer for giving your shrubs a little tough love this winter.

First, identify your plants. If you don't know what that overgrown shrub is blocking the sun from shining in your front window, contact your local garden center or arborist, or do some sleuthing online. Once you know what shrub you're looking at — and you've determined that you won't be cutting off new buds destined to be flowers in the spring — you can gather your tools and get to work.

What's the right tool for the job? A light annual shaping of your privet hedge can be accomplished with a pair of hand pruners or, better yet, pruning shears. If, however, you need to gain control over an overgrown weigela or burning bush, you'll need something more substantial. Use loppers (like large, heavy-duty pruners on a pair of long handles) for branches up to an inch and a half in diameter, and a hand saw for limbs larger than that.

Homeowners are often a little timid when it comes to pruning. In fact, one of the most common mistakes people make is not to trim enough material from an overgrown shrub, a blunder that results not only in an ongoing size issue, but also a less healthy and less attractive plant.

Hard pruning is somewhat counterintuitive. You're cutting off most of the plant in the dead of winter, and you might feel like an executioner. If you do it right, though, you'll be rewarded with a manageable shrub with plush new growth — and perhaps a view out your front window.

Cut down the shrub to a framework of main stems, usually no more than six to 12 inches from the ground. This can be done up until buds begin to swell in the

spring. Make a nice clean cut, taking care to avoid tearing the bark or stem. New growth will emerge from recessed buds hidden underneath the bark.

This technique can be used to bring an overgrown spirea, burning bush, viburnum, barberry, weigela or privet back to a brand new shrub.

In the case of lilacs, to maintain some flowers while getting a big shrub back under control, select one out of every four or five of the oldest canes and cut them back close to the ground.

This method can also be used with red twig or yellow twig dogwood to encourage more of the younger, brighter stems to grow in place of the older gray canes.

Next you'll need to do some shaping. To shape a hedge, use hand pruners or shears to lightly shape the shrub by removing the newest few inches of growth. If the plant is a tall, straight-sided hedge, keep the base of the hedge slightly wider than the top. This will help give the lower half of the plant better access to sunlight, avoiding leaf loss and bare spots along the bottom.

This guide is far from exhaustive, but the good news is that it's the perfect time of year to pick the brains of your local "plant people." Call or visit a nearby garden center and get some pointers from professionals who know their stuff.

They're not as busy now as they will be in April, so they may just have a little extra time to answer your questions. Armed with knowledge and a few sharp tools, you'll be ready to give your shrubs a little tough love — and a new lease on life — this winter.



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1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine all ingredients.
3. Divide batter among a paper-lined cupcake pan, filling each cup about half full.
4. Bake for 20 to 25 minutes.
5. Cool cupcakes before removing from pan.

Serves 24 cupcakes
Source: Stacy Mitchell, RD, LD,
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healthy living

‘I dolci’ for valentines

These Italian treats benefit from healthy substitutions

By Paul Cioe

When I was a kid on Chicago’s near-west side, among my favorite things about holidays were the sweet treats my Italian grandmother called “i dolci.” Fortunately, there were plenty of holidays and plenty of treats.

At least four of my aunts lived within three blocks of the tiny bungalow where my grandparents raised 13 children, and my parents and siblings and I lived just down the street. These remarkable women kept their households running and their children growing, and sometimes even worked outside the home in hospitals, factories and schools. Their place to unwind and be creative was the kitchen, where they celebrated their southern Italian roots as well as their individuality. There was a treat for every occasion, and my mother and her sisters became known for their holiday creations: honey-wine cookies at Christmas, lamb-shaped cakes at Easter, date-fig cookies called “cuccidati” for St. Joseph’s day, and even Italian love knots called “taralli” for Valentine’s day.

The oldest and best known of these treats are the humble twice-baked cookies called biscotti, the finger-length crunchy delights that can stand up to a serious dunking better than any doughnut. In fact, the early Roman historian Pliny claimed that the biscotti of Caesar’s time, prepared for the long treks of travelers and soldiers, might last for centuries!

Several years ago, haunted by the scents and tastes of my childhood, I decided to try my hand at baking. Most of the pre-packaged biscotti sold in coffee shops and supermarkets then were so hard and dry that they might well have been around for centuries. In search of better biscotti, I did some research, sought the advice of experts like Giulia Conicella and her daughter Rosa Steinbaugh of D’Alessandro Pasta To Go in Rock Island, and began exploring the world of the twice-baked cookie. At right is the basic recipe I settled on, with optional ingredients and healthy substitutions.



Photos by Paul Colletti / Radish

Almond-Anise Biscotti (twice-baked cookies)

- | | |
|---|---|
| 4 cups unbleached flour | 1 ounce anise extract or ½ teaspoon anise oil |
| 1 teaspoon baking powder | 1½ cups cane sugar |
| ½ teaspoon baking soda | 4 eggs |
| 1½ sticks butter | 1 cup chopped almonds |
| 2 ounces vanilla extract (or more to taste) | |

1. Mix the flour, baking powder and baking soda with a whisk in a large bowl.
2. Microwave the butter in another bowl for about 50 seconds.
3. Add the extracts and flavorings to the butter — this will help cool it a little.
4. Mix the sugar into the butter and flavorings with an egg beater until dissolved.
5. Beat the eggs with a fork; then blend them into the butter mixture with the egg beater until smooth.
6. Pour the butter/egg mixture into the flour/baking powder.
7. Add the nuts and mix with a big spoon until all flour is moistened.
8. Knead lightly on a floured surface and work into a big smooth ball; then shape into a mound on a lightly floured dinner plate and store in the refrigerator overnight.
9. Cut the chilled mound into four quarters and roll them into logs. Press the logs into loaves about 1-inch high on heavy cookie sheets lined with parchment paper, two logs per sheet, and bake at 350 degrees for about 30 minutes or until firm and slightly browned on top.
10. After they’ve cooled for about 15 minutes, cut the loaves into slices about ¾-inch thick with a large sharp knife on a wooden board. Lay the slices on their sides on the baking pans, and return them to the oven for another 15 minutes or so until lightly toasted — but not burned! You might want to turn them after 10 minutes or so. Makes four dozen.

For another cookie recipe, turn to Resources page 38.

Tips for better biscotti

Sprinkle coarse sugar on the loaves before the first baking or finish the tops with a light icing or ribbons of white chocolate at the end of the second baking. For longer, bakery-style biscotti, cut the loaves at an angle. For a drier cookie, use less butter; for a richer one, use more. To add crunch, cool the biscotti on a wire rack in a cold place. My back porch this winter was perfect!

Optional ingredients: pecans, hazelnuts, pine nuts or walnuts; ½ cup dried fruit or chocolate morsels; extracts or flavorings as desired, such as lemon, coffee, coconut or hazelnut.

With the ready availability of butter/non-hydrogenated margarine blends like Smart Balance sticks and organic flours and sugars, it's easy to create a cookie that's better for you than most pre-prepared desserts. My vote for greatest contribution to the texture/health equation goes to the new Ultra-Grain flour from Eagle Mills. This white whole wheat flour boasts more than four times the fiber of white flour, but bakes like white and holds its crunch.

But fiber or no fiber, one thing is certain. These "biscotti fatti in casa" (homemade cookies) are free of two of the major dietary culprits of our day — trans fats and high fructose corn syrup. You can make them healthful or decadent; they taste great either way.

A final bit of advice

Experiment. No two batches of biscotti are likely to turn out the same way. A good cookie is more than the sum of its ingredients. I learned this recently when I sent some Christmas cookies to a cousin I hadn't seen in a while. Along with some biscotti, I included three tiny pastry shells filled with ground almonds and other delights.

In the Abruzzo region of Italy, my friend Rosa tells me, they call these cookies "bocca di 'dama," or, literally, the lady's mouth.

"I loved those little date cups," my cousin Mike told me over the phone. "My mother used to make those."

There were no dates in the recipe, but the cookies took my cousin back, just the same.





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body, mind & soul

Rocking out

The healing powers of stones and gems

By Leslie Klipsch

Always popular this time of year, diamonds, rubies and rose quartz often are associated with thoughtful expressions of love. But beyond their beauty, many believe such gemstones are more than what meets the eye. Not only do they offer splendid hues and perhaps even some serious sparkle, but they just might hold an element of personal health and healing as well. More and more, people are looking to rocks, crystals and gemstones as an unconventional pathway to balance and well-being.

"People really seem to be getting back to the natural ways of healing," says Sharon Genung, who 20 years ago opened Sharon's Christal Palace, now in Moline. "A lot of people come into my store looking for help getting rid of pain without any side effects." For pain relief, Genung recommends holding or wearing a piece of lepidolite, a high-lithium stone that is considered useful in balancing one's emotions and countering stress. Lepidolite is one of a handful of gemstones believed to help alleviate pain.

As with all of the recommendations Genung gives to her customers, she offers both studied knowledge and first-hand experience. Of the healing powers of lepidolite, she tells of a time when she experienced pain relief by dangling a piece of the stone hung from a chain down her back. Genung was in the hot springs of Arkansas on one of the several crystal-digging expeditions she has taken part in. On this particular trip, she found her body physically suffering from the exertion of all-day digging. "Within 20 minutes of resting the lepidolite on my back, the pain went away and didn't come back," she recalls.

Though there is little medical evidence supporting the theories of crystal therapy, oftentimes the power of the mind and the subsequential healing benefits are impossible to ignore. For centuries, gemstones have been associated with healing everywhere from India to Egypt to China to the Americas, and crystal therapy has been identified as a type of alternative medicine.

The curative art of "laying on of stones" is said to be an ancient practice. Beyond the fairly common use of hot stones during massage, restoration can be completed through a specific practice focused on laying colorful crystals or semi-precious stones on the body's chakras, or energy centers, in hope of balance, healing and well-being. Though you may find this practice available at spas, it can be carried out at home with a simple collection of stones and a bit of information about the proposed effects of each of them.

Historically, people also have worn jewelry specifically designed to reap the benefits of particular combinations of stones. Several years ago, Genung, who worked in a jewelry store before opening her shop, began designing a line of jewelry named "Joy Jewelry" using stones and crystals with healing properties. At left is a mother of pearl, white onyx and blue sapphire piece that could bring the wearer stress relief and put her in touch with her emotions.

When Genung completes a piece of jewelry, she has it photographed with a special type of photography that records its aura, whose color reveals a specific quality, such as joy or energy.

"In choosing a piece of jewelry or an individual stone, people should simply go with their intuition," Genung says. "If it doesn't feel right, try something else. It's all about really listening to yourself. We're more sensitive than we realize."

Many believe that the energy of stones can be accessed by simply carrying them. For instance, one potentially could benefit from the calming properties of a danburite crystal if they are facing a particular stress. "Placing a stone on or near the body will cause an interaction between that stone and the body," Genung elaborates. "Stones are a tool. Just like a carpenter might use a hammer to fix something, someone looking for healing might use a stone as a tool for well-being."

You can learn more about gemstones by visiting crystal-life.com and using the search box, or by calling Sharons' Christal Palace at (309) 762-8888.



Photo by Stephanie Makosky / Radish

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Later mammograms?

Breast cancer survivors, others take issue with new study

By Laura Anderson

Diane Turczynski was 44, with no family history of breast cancer, when a mammogram found what turned out to be cancer.

Now 54, the Moline woman says the pre-calcifications in her breasts, “a precursor of some cancers,” were only detectable by a mammogram. “Since it was a fast-growing cancer, if I would have waited until 50 like the guidelines (now state), I may have never made it to 50.”

Turczynski, other breast cancer survivors, medical officials and the American Cancer Society disagree with a government study released last fall that says most women don’t need mammograms in their 40s and there’s no benefit to self-exams.

In its study, the U.S. Preventive Services Task Force, a panel of doctors and scientists, advises against routine screening mammograms for women ages 40 to 49, and suggests mammograms every two years (instead of yearly) for women ages 50 to 74. It also says there is no benefit to self-exams.

Because her cancer was caught early, it was treatable. Turczynski has been cancer-free for 10 years. “I feel like the mammogram did in fact save my life,” she says.

Merri Leigh, 46, of Long Grove, Iowa, believes a self-exam saved her life. Leigh says she did the exams for years, and when she was 36, she found a lump that was confirmed as cancer.

“The notion that cancer has an age is not realistic,” she says. “I had no history (and) feel if I had not noticed the changes in my body and had waited to get my ‘recommended’ mammogram when I reached 40, I probably would not have the positive outcome that I had.”

‘If I would have waited until 50 like the guidelines (now state), I may have never made it to 50.’

She says she’s a very strong believer in self-exams. “I believe a combination of regular doctor visits, monthly SBE (self-breast exams) and mammograms, plus a woman doing what she believes is right for her, is the best advice I can give.”

Dr. Otis Brawley, chief medical officer for the American Cancer Society says on the ACS Web site — cancer.org — that the ACS reviewed the same data as the government task force but disagrees with its findings.

The ACS still recommends annual mammograms and breast exams for all women beginning at age 40, Brawley says.



After finding a lump during a self-breast exam, Merri Leigh of Long Grove, Iowa, was diagnosed with breast cancer. A recent study by a government task force says that such exams offer no benefit. (Photo by Paul Colletti / Radish)

Cindy McGee, Genesis Center for Breast Health manager, says that Genesis data indicates that in the last 10 years, 25 percent of all breast cancers found at the Center have been in women 50 and younger.

“If we did not start doing mammograms at the age of 40, we could possibly have had more extensive cancer,” McGee says.

Dr. Retta Pelsang, who practices radiology and specialized mammography at Radiology Group in the Quad-Cities, recommends that women continue mammograms and self-exams “until we see how this all plays out.”

“The government task force hopes to provide a global or national recommendation (for) all of us to follow, and that works to some respect; but there are local, environmental and personal issues that need to be addressed,” Pelsang says.

“It really bothers me that they want to say that self-exams don’t do anything, and they want to tell people you don’t need a mammogram until you’re 50,” Turczynski says. “I’d rather go through the inconvenience and worries of a biopsy that turned out negative than to find out later, ‘OK, you’ve had breast cancer for so long, now we can’t do anything for you.’ ”

To see the task force report, go to ahrq.gov. Click on “clinical information,” then “preventive services,” then “recommendations.”

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Perfect pet presents

Five healthy gifts for four-footed valentines

By Lindsay Hocker

Want to show your pet you care this Valentine's Day? If you're in the market for a healthy present for your dog or cat, or ways to keep your pet safe, here are several great ideas.

A doggy coat. Some dogs love to romp in piles of snow — think Siberian huskies and Alaskan malamutes. Others simply aren't cut out for it.

If your dog has a thin coat of fur or a tendency to shiver when out and about during the colder months, you might want to invest in a doggy coat for winter walks or playtime.

Pet supply stores and boutiques usually offer them in various styles and sizes, and they can be purchased online as well.

Four Feet Treats, 2715 18th Ave., Rock Island; River Pup, 106 N. Cody Road, LeClaire, Iowa; and Tailz Er Waggin, 2180 W. Kimberly Road, Davenport, sell coats for dogs.

"They actually look like human coats," says Four Feet Treats co-owner Jennifer Hall of some of the store's offerings.

Boots for your pup. While it might sound silly, boots are a must-have item if you walk your dog on icy surfaces in the winter. Boots can keep your dog's paw pads warm and protected from ice. Without protection, paw pads easily can get scratched or cut — just like bare human feet.

"The boots this year have been really popular," Kelly Kruck, owner of River Pup, says.

Hall's two dogs wear mitten-like boots during walks year round. In the warmer months, the boots prove useful because they keep their paws from getting muddy. Boots are available at Four Feet Treats. Tailz Er Waggin also offers boots.

If your dog never has sported boots before, expect that it will take a few times before he or she gets used to them. Hall said dogs new to boots

sometimes walk like they're wearing scuba gear.

In addition to protecting paws from ice during the winter, boots also put a layer of material between your dog's paws and potentially harmful road and sidewalk salts. When you de-boot your pet upon returning home, salt won't be on his or her paws, which is important because exposure to and the ingestion of rock salt can be harmful.

Pet-safe ice-melting products. Speaking of salt, it's best to buy only pet-safe ice-melting products if you have a furry friend.

Make sure to read the package to see if there are any warnings about the product being potentially harmful for children or pets. If it has warnings, your best bet is to leave it on the shelf and opt for a product labeled as pet-friendly.

Look for pet-friendly ice-melting products at your local grocery or hardware store. Some pet product stores also stock pet-friendly ice-melting products.

Identification. Identification can be vital for your pet's well-being, especially during months with extremely cold or hot weather.

If your dog hops the fence or your cat runs out an open door, it has a better chance of making it back home if people easily can discover to whom it belongs. The traditional form of identification is a collar with a tag with the owner's address and contact information.

A newer, permanent form of identification is a microchip, which is inserted under the skin at a vet's office or during a microchip clinic, which animal shelters commonly offer. When your pet's neck is scanned with a handheld device, a microchip number will

show up. Your pet's information is connected to this number.

Animal shelters often have microchip scanners, which allow them to reunite missing pets with their owners. Some veterinary offices also have scanners. The benefit of a microchip is that a pet will be identifiable even if the dog or cat loses its collar.

Reflective gear. Since there is less daylight in winter months, there's a chance that you'll walk your pooch in the dark. Make sure your pet is easily visible to motorists by fitting him with a reflective collar or by placing a blinking light on a normal collar for night-time outings. These also allow you to keep better tabs on your dog in your yard.

At River Pup in LeClaire, these products are available. Tailz Er Waggin owner Mary Blank said her store carries waterproof coats with reflective tape on them. Four Feet Treats has reflective safety vests and reflective coats.



Photo by Gary Krambeck / Radish

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American Pickers

Local guys 'recycle' for History Channel series

By Brandy Welvaert

You won't find Iowans Mike Wolfe and Frank Fritz picking through your trash at the curb. But don't be surprised if you find the pair standing on your doorstep, hats in hand, if the following apply to you:

- A. You live in the country and collect cool, old stuff.
- B. Your ramshackle outbuildings are crammed with decaying bicycles, rusty farm implements and signage from the seed store of yore.
- C. You are a retired carnival worker with a flashy belt buckle.

Wolfe of LeClaire, Iowa, and Fritz of Davenport have been friends since eighth grade and in recent years have turned their love of "picking" — hunting for antiques and other saleable nuggets from the past — into a business called Antique Archaeology, located in LeClaire.

'We are professionals at finding stuff more than we are at knowing about (its) value.'



Frank Fritz, left, and Mike Wolfe are two Quad-Cities 'pickers' who have landed their own History Channel show, 'American Pickers.' (Submitted)

Now their quest for "rusty gold" has been turned into a 10-episode TV series called "American Pickers," which runs at 8 p.m. Mondays in February and March on the History Channel. (The show won't air Feb. 15 and 22.)

"Picking is somewhat like sifting through trash," Fritz says. "It's not easy. We look through a lot of different articles that are just downright junk."

Pick they have. During filming, they've driven their white Mercedes van emblazoned with the Antique Archaeology logo to 20 states, including Vermont, New York and Florida. The show also features footage from Illinois and Iowa.

In the pilot episode, they score a Japanese sword, an animatronic Philip Morris sign, a rusted-out Vespa scooter and an antique saddle. The saddle is a real steal: They pay a couple hundred dollars for it and later learn that it could sell for five grand.

Though making money is definitely a goal for pickers, they also enjoy bringing new life to old things that have been lost or forgotten.

"We also think ourselves as ... recyclers. We take stuff that has been hidden for 20, 30, 40, 60 years in their house or in their barn, and now someone has it in their den," says Fritz.

Along the way, they stumble across many colorful characters.

In Central Illinois, they meet a retired carnival worker named Bear. Bear wears a yellowing beard and a hammered silver belt buckle that reads "Carny Forever." He won't sell his buckle, but he does let go of a set of five aluminum Nash-inspired cars and their portable track for \$1,500. After hauling it back to LeClaire (on dry-rotted tires), the pickers learn that they can sell the antique carnival ride for more than twice that amount.

Still, they insist that they're not know-it-alls when it comes to antiques. Instead, they know people — and they know what they can sell.

"We are professionals at finding stuff more than we are at knowing about the value of 16th century china," Wolfe says. He sees himself as "the guy behind the guy" in the antiques business.

"When you go to an antique shop, you see something there ... and you think, 'Where did that come from?' That came from a picker," Fritz says.

Both men started out as collectors and say that passion is key.

"I wouldn't start out from a business standpoint," Wolfe says. "If you are going to collect something, pick something that you care about."

They say that filming the show has been a lot like regular picking.

"It's not too much different. These people here are just like a fly on the wall," says Fritz, referring to the crew. "We are making the contacts, doing the cold calls. We are doing pretty much what we always do."

In fact, they insisted that the show not mess with their usual modus operandi.

"When we came up with the idea ... we wanted to make it as real as possible," says Wolfe.

"When we open a barn and look inside for the first time," says Fritz, "the viewers are looking inside for the first time with us."

health & safety

Your emergency kit

Which foods to save, and how much water you need

By Barbara Pleasant, from Mother Earth News

Most of us have experienced short-term power outages and have learned we can get through a day without power. But prolonged power outages are a real possibility after a serious winter storm or other natural disaster.

I'm still trying to forget nine powerless days my family endured a few years ago. Last fall, I devoted a week to preparing a simple and inexpensive emergency kit that will help my family ride out 14 days without electricity. This kit gives me peace of mind because now I know the next blackout won't be a nightmare.

Safe water: The Federal Emergency Management Agency (FEMA) recommends having 2 quarts per person per day for drinking water, and 2 quarts per person per day for washing, flushing toilets (keep reading) and other purposes. And don't forget the water needs of your animals. My 60-pound dog drinks at least half a gallon a day.

Commercially produced bottled water lasts for a year when stored in a cool, dark place. But you don't have to buy bottled water. Instead, store your own in thoroughly cleaned 2-liter plastic bottles. Make sure bacteria or other microorganisms can't contaminate your stored drinking water. The Centers for Disease Control and Prevention recommends mixing in four drops of unscented chlorine bleach per quart of water just before capping the containers, although some sources disagree with this advice. If you do use bleach, check the label to make sure that the only active ingredient is sodium hypochlorite.

If a disaster catches you by surprise and you don't have stored water, fill up every available container — including your bathtub — right away. A backup plan is to melt ice from your freezer. After that, drain the water from your water heater (but first turn it off at the circuit box). To eliminate bacteria and other parasites in water of questionable quality, you have three options: Bring it to a full boil for 1 minute, filter it, or treat it with iodine or chlorine — both are available as tablets, or you can use plain chlorine bleach.

Missing bathrooms: Even if the water is off, you can force a toilet to flush by pouring stored water into the tank. But in some situations, such as during a flood, your city's sewer system or your household's septic system may not work. To be prepared, store materials to make a "sawdust potty" in your emergency kit as well. All you need is organic material such as sawdust, peat moss or soil, and a 5-gallon bucket with a lid. After you use the potty, just pour a layer of organic material in the bucket and put the lid on.

Food and other supplies: Set aside cabinet space or a storage bin to store canned foods, unopened peanut butter and jelly, dried fruits and vegetables,



Barbara Pleasant shows the emergency kit she assembled after a blackout taught her how important one of these kits can be. (Photo by Mother Earth News)

crackers and hard candy. When stored in airtight containers, these foods will keep for a year. If your backup generator isn't powering the refrigerator, raid it for the food, but don't open the door more often than necessary.

When a blackout hits, immediately make necessary phone calls. Tell an out-of-town relative you're OK and prepared for the emergency; ask him or her to pass on the news to other loved ones. Then turn off your cell phone to conserve its battery. Use a car charger (if you can safely get to your car) if your phone battery is low.

If you have an old cell phone that you no longer use, save it for your emergency kit. By law, every cell phone can call 911 (as long as it can get a signal), even if you do not have current service with a wireless company. A small battery-operated or crank radio is another must-have. Weather radios aren't much for entertainment, but they are an excellent source of information. With any type of radio, playing it at low volume is the best way to conserve the battery.

Excerpted from Mother Earth News magazine, the original guide to living wisely, www.motherearthnews.com.

great places

The Natural Gait

Northeast Iowa's rustic retreat boasts great views

By Rich and Marion Patterson

The notebook in a rustic cabin overlooking Northeast Iowa's Yellow River captured the essence of The Natural Gait.

"We enjoyed being away from television and telephones for a few days to just let the natural beauty of the area sink in," reads one longhand entry. Others mention the cozy joy of curling up with a book by the woodstove as snow enveloped the cabin. Another entry relates a long day riding horses through the woods and prairies of this unusual Iowa location.

The Natural Gait and its sister, Ion Exchange, aren't just businesses. They are places to connect with natural Iowa. In a way, they are a state of mind as well as a beautiful and interesting place.

"These are creations from the heart and passion of two people in love with each other and the land and a desire for everyone to get connected to the natural world," says Howard Bright, who with his wife, Donna, started The Natural Gait.

Back in 1980, the Brights were working in Burlington, Iowa. Howard was a district conservationist for the Soil Conservation Service and Donna served as an agent for the Extension Service.

"Our jobs were good, but we started to question spending 10 hours a day apart doing separate things. We wanted to live in the country and own a piece of land that had trees, water, hills and valleys that faced in all directions. So we started to actively look." It took a while. Four years later, they found 160 acres of rugged hills, forests and river bottom in Allamakee County.

In what they describe as a magical moment along the Yellow River, they decided to buy the place and start Ion Exchange, a native plant business.

Then in 1999 the Brights created another business associated with the land. "We called it The Natural Gait because it was our intention of helping others find their own 'gait,' or direction in life," says Bright.

The Gait is a place where people wanting to enjoy natural Iowa can stay. Its bunk houses, cabins and apartments attract people wishing to spiritually connect with nature, hold family reunions and business retreats, and hike or horse-back ride. Some of the buildings are near Ion Exchange's seed business. Other cabins and a campground are on the steep river bluff. They're within sight of Ion Exchange, but it's a six mile drive to reach them.

Our weekend at The Natural Gait started on a cold, windy October night. We found Grandview Cabin and soon had a fire crackling in the woodstove. Most of Iowa is so settled that it's hard to get away from lights and towns, and we were pleased to see a mostly dark sky and horizon.

Just four of us stayed in the cabin, although it easily could hold 10. Phones and televisions were blissfully absent, but the cabin is set up for wireless Internet, an interesting combination of rustic and modern.



The view from Grandview Cabin is startlingly beautiful at The Natural Gait in Allamakee County, Iowa. (Photo by Rich Patterson)

Shortly after dawn Saturday, we were amazed to look out the front porch and see the land drop to the river. No slope in Wyoming could match the dizzying steepness of the Yellow River bluff. In the distance below us, we could see the fuzzy growth of Ion Exchange's recently harvested prairie plants. The field's texture was surprisingly different from that of Iowa's common corn and bean fields.

That Saturday we toured the seed processing buildings and hiked above them to a large cave in a limestone outcropping where Native Americans once lived. Today the Brights sponsor concerts in this massive rock cavity high above the river. That afternoon we headed for nearby Marquette and Prairie du Chien for shopping and a coffee-shop lunch. As the sun dipped below the horizon, we grilled steaks behind the cabin and enjoyed total silence, broken only by the haunting call of a barred owl.

Following a brisk walk Sunday morning we packed and headed back to the busy world, but the quiet weekend at The Natural Gait remains a pleasant memory.

For more information, visit thenaturalgait.com or call (877) 776-2208.

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gardens

Backyard alchemy

Get ready to turn yard waste into gardener's gold

By Michael Woods

In light of both environmental concerns and ordinances banning leaf burning in communities in the region, many homeowners last fall found themselves wondering what to do with the organic waste piling up in the backyard. To meet this growing challenge, backyard compost piles sprouted everywhere, and for good reason: Environmental Protection Agency estimates that close to 25 percent of solid waste in America comes from yard trimmings and food scraps. That's a lot of bulk for already bulging city landfills.

Backyard composting offers the obvious benefits of resource efficiency. It also creates a useful product from organic waste that otherwise would have been landfill, according to horticulture educator Martha Smith with the University of Illinois Extension.

Compost is a soil conditioner, a mulch and a fertilizer, all wrapped into one. It feeds the soil microorganisms that help plants stay healthy, adds nutrients to the soil, and helps clay soil drain better and sandy soil retain water. Plus, composting reduces your contribution to the waste stream by recycling yard and kitchen waste into the world's best soil amendment, according to Extension.

If you'd like to start composting, here's how to build a pile that breaks down fast and never smells bad.

Step 1: Choose a site that is handy to your garden and kitchen, yet out of plain sight.

Step 2: You don't need a bin to make compost — a pile of leaves, grass clippings and other yard wastes will do — but a bin keeps the compost contained and looks neater. You can corral compost in a simple wire column made from a 4-foot wide by 8-foot long piece of stiff wire mesh.

Step 3: You also can buy a more permanent bin or build a three-bin compost system made from slatted wood or recycled pallets. Leave the bins open on one side so you can add compost materials and turn the pile easily. Cover the top of the bins with a sheet of plywood during times of heavy rain. A three-bin system allows you to turn the compost from bin to bin and store finished compost.

Step 4: The two basic ingredients that make up compost are green garden waste (grass clippings or old annuals, vegetable and fruit scraps) and brown garden waste (dry leaves). Green ingredients are high in nitrogen and brown materials are high in carbon. Adding too many greens can make the pile smell bad. Do not add animal waste, meats, oils, dairy, diseased plants, weeds that have gone to seed, or plants treated with pesticides or herbicides to your compost.

Step 5: Compost piles with a balance of one part green to two parts brown materials break down fastest. Add one garden forkful of green material to the pile, top it with two forkfuls of brown material, and then mix them together. Continue adding greens and browns until the pile is at least three cubic feet (3-by-3-by-3 feet). Piles of this size heat up quickly and break down faster.

Step 6: Add in a shovelful of finished compost or garden soil to help kick-start the microbial activity in your pile.

Step 7: Compost also needs the correct amount of moisture to break down. It should feel like a damp, wrung-out sponge. Too much moisture can make the pile smell bad; too little slows down decomposition. Check your compost pile's moisture level once a week and adjust it if necessary by adding water to increase moisture or more browns to help dry the pile.

Step 8: An active pile will heat up and cool down. During the summer, turn the pile once a week to keep it active, moving material from the outside of the pile in.

Step 9: You should have finished compost in about two months. You'll know your compost is finished when it no longer heats up and you can't identify any of the original materials. The compost should be dark brown, moist and earthy smelling. Dig finished compost into your garden's soil. You can use partially composted material as mulch.

Step 10: You also can build a very basic, passive compost system by simply piling up leaves, grass clippings and other yard waste in a secluded corner of your yard. The compost will be ready when the original ingredients are unrecognizable, usually in about 6 to 12 months.

More information about backyard composting is online at web.extension.uiuc.edu/homecompost. For information about Extension's Master Composting program, turn to Resources page 38.



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Take a break and catch News 8 at 11:00 a.m.
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Jim Mertens

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QUAD CITIES NEWS LEADER

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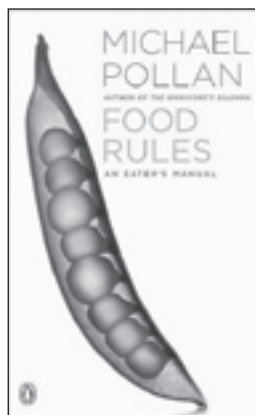
Get ready for Nursery School

The Rock Island County Master Gardeners are bringing together local and regional horticulture experts to provide 15 different workshops on diverse topics on Feb. 27. Cost to attend the event is \$45, which includes continental breakfast, lunch, snacks, handouts and lessons. Vendors will sell gardening items, and door prizes will be given away.

The event will include a keynote session with Richard Hawke, plant evaluation manager with the Chicago Botanic Garden. Breakout sessions will cover wildlife damage management, monarch butterflies, flower pressing, tree health, cut flowers, miniature landscapes, plant selection, shade plants, organics, weather and gardening Q&A. There also will be a tiger-balm making workshop. To sign up, call (309) 756-9978 or visit yourextension.org.

You asked for it: Rules for what, when and how to eat

If you secretly long for those simple “clean your plate” days of childhood — but don’t want to actually clean your plate — there’s a new book for you. Michael Pollan, the author of “The Omnivore’s Dilemma,” has synthesized that tome’s analysis and explanation into “Food Rules: An Eater’s Manual.” It doesn’t get much easier than this. Each page has a simple rule, sometimes with a short explanation, sometimes without, that promotes Pollan’s back-to-the-basics-of-food (and-food-enjoyment) philosophy. Among the gems: Be the kind of person who takes supplements — then skip the supplements. (That’s Rule No. 40.) Don’t eat breakfast cereals that change the color of the milk (Rule No. 36). It’s not food if it arrived through the window of your car (Rule No. 20). Try not to eat alone (Rule No. 59).



— MCT

E - The Environmental Magazine, turns 20

Founded in Connecticut by husband-wife team Doug Moss and Deborah Kamlani in the wake of the infamous Exxon Valdez oil spill, E - The Environmental magazine, turns 20 this month. To celebrate, the magazine is debuting a new design and new departments with its January/February issue, which is in bookstores now. The magazine also is upgrading its Web site and working on a paperless digital edition. The anniversary issue takes an in-depth look at the connection between environmental toxins and autism. It also includes a look back at E’s first 20 years, with 20 mini-articles chronicling not only E’s history but the environmental hot topics of the last two decades, and what progress has been achieved. You can check out E - The Environmental Magazine, online at emagazine.com.

Now hear this: Earth Mama debuts a new CD

Joyce Rouse, aka Earth Mama, has released a new, 11-track CD called “Pay Attention.” The CD includes new and newly remastered tracks, including “Virginia Beauty,” which has received radio airplay. A bluegrass/mountain folk version of the song features a performance by renowned bluegrass vocalist Dale Ann Bradley. Rouse says that the project reflects Earth Mama’s home state of Virginia and the Appalachian region, as well as her academic studies in earth literacy. The album’s title track was inspired by the artist’s imagined conversation with Chief Seattle, Rachel Carson and St. Francis of Assisi. “They even suggested the Motown beat and backup singers, and they asked me to remind you to sing along,” Rouse says jokingly. “Pay Attention” is \$15 and is available online at earthmama.org and CDBaby.com. Digital downloads are available from iTunes and other online retailers.



Submitted

Researchers to study chiropractic care to treat chronic face and jaw pain

Could chiropractic care help people with chronic pain in the face and jaw? A new study at the Palmer Center for Chiropractic Research (PCCR) in Davenport will explore the feasibility of using chiropractic care to treat the disorder known as temporomandibular disorder, or TMD. The TMD study is directed by project co-leaders James DeVocht, D.C., Ph.D., from Palmer, and Clark Stanford, D.D.S., Ph.D., from the University of Iowa. “More than 10 million Americans suffer from head and neck pain related to TMD, with a lifetime prevalence of 45 percent and a direct care cost of \$2 billion,” says DeVocht. “This makes it one of the most common forms of chronic debilitating pain in the United States. Although many medical and dental treatments for TMD are available, few if any have shown any sustained efficacy.”

It’s cold! Warm up with garden classes

University of Illinois Extension’s Four Seasons of Gardening Program will get underway in February. The 12-session program will include gardening and landscaping topics, and the seminars will feature a color slide presentation accompanied by the voice of the instructor as people from all over the state participate. The programs will take place at Rock Island County Extension, 321 W. 2nd Ave., Milan. Classes will be “Ferns in the Landscape” (1 p.m. Feb. 23 or 7 p.m. Feb. 25), “The Elusive Morel” (1 p.m. March 9 or 7 p.m. March 11) and “A Gardener’s Guide to Plant Propagation” (1 p.m. March 23 or 7 p.m. March 25). The cost to attend the teleconferences is \$5 or \$1 for Rock Island County Master Gardeners. Register online at extension.uiuc.edu/rockisland or by phone at (309) 756-9978, extension 10.

Leopold study compares food prices

If you think local foods are more expensive than their conventional counterparts, think again. Research conducted last summer by the Leopold Center for Sustainable Agriculture shows few differences in price for Iowa-grown vegetables, eggs and meat when compared to similar, non-local products. "We wanted to look at prices for some of the fresh foods that might be found in a typical Iowan's shopping cart," said Rich Pirog, Leopold Center associate director, who collaborated on the study with Iowa State University graduate student Nick McCann. The study surveyed prices for eight different vegetables sold at Iowa farmers' markets in Des Moines, Cedar Rapids, Ames and Iowa City. On the same day, prices were documented for similar produce from national or international sources being sold at supermarket chains in those cities. The results showed no statistical differences for local and non-local vegetables during Iowa's peak growing season. To read more about the study, visit www.leopold.iastate.edu/pubs/staff/prices.html.

Genesis offers reduced-cost cholesterol, diabetes and stroke screenings

Genesis will help people determine their risk for diabetes, heart disease and stroke at three locations on Feb. 16. Reduced-cost comprehensive screenings will be available at the Genesis Heart Institute, 1236 E. Rusholme St., Davenport; Genesis Medical Center Illini Campus, 801 Illini Drive, Silvis; and Genesis Medical Center, 1118 11th St., De Witt, Iowa. Screenings will be available from 6-9 a.m. at all locations. At each screening, Genesis will be offering a Comprehensive Metabolic Profile to detect diabetes and a Lipid Profile test for cholesterol and lipids. The stroke screening will include a blood pressure check and a questionnaire to assess risk of stroke. Cost is \$25 (cash or check). For the most accurate results, do not eat 12 hours prior to blood test. It is OK to take water and medications. For information on future dates, go to genesishhealth.com/classes.

Farm women will gather for Overall Women Conference Feb. 4-5 in Bettendorf, Iowa

Women who work in or are affected by agriculture are invited to attend the sixth annual Overall Women Conference, Feb. 4-5 at the Isle of Capri Casino Hotel in Bettendorf. The conference, coordinated by Iowa State University Extension, will provide rural women with the unique opportunity to network and learn from each other and industry experts. Cyndi Young, farm director and manager of Brownfield Ag News, will present the keynote address, "Stand Up for Agriculture." Over 20 different workshop sessions will be offered, covering such topics as farm business, value-added agriculture, personal growth and more. The program is available online at www.ucs.iastate.edu/mnet/overallwomen/home.html. Or, for more information or to sign up, call the Iowa State University – Scott County Extension office at (563) 359-7577.

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rooting around

Michael Pollan to speak at Luther College

Michael Pollan will speak Feb. 23 at Luther College in Decorah, Iowa. Pollan's lecture, "In Defense of Food: An Eater's Manifesto," will begin at 7 p.m. in the Main Hall of the Center for Faith and Life on the college campus. The program is open to the public, and there will be no charge for admission. Doors will open at 6 p.m., and seating is on a first-come, first-served basis. For more information, call the college at (800) 458-8437.



Michael Pollan (Submitted)

Now's the time to sign up for CSA shares

CSA (Community Supported Agriculture) is based on a simple principle: connecting people to their local food source. When you join a CSA, you are entering into a partnership that is dedicated to bringing fresh, local produce directly from the fields to your table each week. Your membership helps to pay for seeds, water, equipment and labor in the early season when expenses are high and income is low. In return, the farm provides just-picked seasonal produce to its CSA members. Regional farms that are offering subscriptions include Oak Hill Acres Certified Organic Farm, which serves the Quad-Cities and Iowa City area: (319) 560-4826, (563) 946-2304 or oakhillacres.com; Teresa's Tasty Produce, which serves the Illinois Quad-Cities and Geneseo, Ill., area: (309) 936-7792 or ttp@geneseo.net; Echollective CSA Farm, which serves the Iowa City area: (515) 201-5593, (319) 325-3910, echocsa@gmail.com or echollectivecsa.blogspot.com; and Grinnell Heritage Farm (certified organic), which serves the Cedar Rapids, Grinnell and Iowa City area: (641) 236-4374 or grinnellHeritageFarm.com. Or, to find a CSA near you, search localharvest.org.

Learn about Native Americans with QC Natural Area Guardians

The QC Natural Area Guardians (QCNAGS) will present "Native Americans and the Circles of Nature," its winter ecology series, from 6:30 to 8:30 p.m. Tuesdays in February. Meetings will be held Feb. 2, 9 and 16 at the Watch Tower Lodge at Black Hawk State Historic Site, 1510 46th Ave., Rock Island. You can join the QCNAGS in an exploration of the true stories from representatives of local native people and learn fascinating facts about contemporary care and use of native plants. Topics will include Native American spirituality, wild native plants, Native American life ways, and homeopathy and ethnobotany. For more information, call (309) 292-0690 or download a brochure at qcnags.org.

Rekindle your marriage with Valentine retreat

In a world plagued by distractions, it's easy to let time with your partner fall by the wayside. That's why Benet House Retreat Center, 2200 88th Ave. W., Rock Island, will host a special valentine program just for married couples. The retreat will include fellowship with other couples, reflection, renewal of your marriage commitment, and a candlelight dessert. The event will be held from 6:30 to 9:30 p.m. Feb. 12. The cost is \$25 per couple. Call (309) 283-2108 for details and to reserve a space. For more information about Benet House, visit smmsisters.org.

'Wildflowers of Iowa Woodlands' available in second edition from UI Press

The second edition of "Wildflowers of Iowa Woodlands" by Sylvan T. Runkel and Alvin F. Bull — the latest addition to the popular Bur Oak Guides series from the University of Iowa Press — is now available. The book is available at bookstores or directly from the UI Press by phone at (800) 621-2736 or online at uiowapress.org. The book is \$29.95 in paperback.

Bears in Iowa? You better believe it

Bears in Iowa? Yes, bears. You can learn about the habitats of bears from 9 to 10 a.m. Feb. 13 at Bickelhaupt Arboretum, 340 S. 14th St., Clinton, Iowa. John Zimmerman, Ph.D., a professor of biology at Ashford University, Clinton, has been an authority on bears for more than 25 years. In his talk, Zimmerman will look ahead at the lifestyle changes in this large mammal and the effect humans have had on the bear. There is no charge for the class, but registration is requested. To register, call the arboretum at (563) 242-4771.

Know a great recycler? Tell the IRA

The Illinois Recycling Association (IRA) is calling for nominations for its 2010 Excellence in Recycling Awards Program. This is your opportunity to nominate a recycling/waste-reduction program or individual that you believe represents the state's most outstanding efforts to advance recycling or waste reduction. To download a copy of the award nomination rules and an award nomination form, visit illinoisrecycles.org/2010Awards.html. Nominations are due March 31.



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Now accepting vendors for the 2010 outdoor farmers market season
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resources

MORE TREES, LESS GREEN

(Story on page 16)

Cedar Falls area nurseries participating in the Plant-A-Tree program include the following:

- Dierk's Tree Transplant, Cedar Falls
- Earl May Nursery and Garden Center, Cedar Falls
- Jordan's Nursery, Cedar Falls
- Matthias Landscaping, Cedar Falls
- Meyer's Nursery, Waterloo
- Platt's Nursery, Waterloo
- Three Oaks Landscape Design, Janesville, Wis.

'I DOLCI' FOR VALENTINES

(Story on page 20)

Italian Love Knots ("Taralli")

Here is an Italian cookie recipe that's perfect for Valentine's Day, compliments of Patricia Ritacco, who still lives on the Chicago street where I grew up in the 1950s. The recipe was given to her by her late friend and neighbor, Florence De Vito, who lived next door to my grandparents for most of her life.

4 cups all-purpose flour (more if needed)
4 teaspoons baking powder
1 cup sugar
½ cup vegetable oil
6 eggs, beaten
1½ teaspoons lemon or vanilla extract

Lemon or vanilla frosting:

1 pound confectioner's sugar
¼ cup melted butter
Juice of 1 lemon, or 1 teaspoon vanilla extract and 1 teaspoon water

Sift dry ingredients into a large bowl. Blend in eggs and remaining ingredients. Knead until soft and smooth. (Add additional flour if needed.) Break off pieces about the size of a walnut and roll into a rope about four inches long. Tie into a knot and place on a greased cookie sheet. Bake for 15 minutes at 350 degrees.

Meanwhile, mix together the confectioner's sugar, butter and extract or water to form a smooth, thin icing. Apply a thin coat of frosting to cookies while they still are warm. Cool on a wire rack until frosting is set. Store the cookies in an air-tight container with wax paper between each layer.

— Paul Cioe

BACKYARD ALCHEMY

(Story on page 32)

The University of Illinois Extension – Rock Island County will offer a new Master Composting program at the Extension office, 321 W. 2nd Ave., Milan, Ill. Classes will be held two days per month, March-May. Cost is \$75 or \$125. For details or to register, visit web.extension.uiuc.edu/rockisland or call (309) 756-9978.

for your family

Learn about agriculture and have fun with toys at the National Farm Toy Museum

What it is: The National Farm Toy Museum, 1110 16th Ave. Court SE, Dyersville, Iowa.

Fun stuff: The two-floor museum houses a 45-seat movie theatre that shows a 10-minute show about farming and farm toys through time. The building also has a full-sized front porch and yard scenes that depict farm changes from 1900 to the present. A variety of Ertl brand toys and machines are on display, too.

The second floor's exhibit shows how people have harvested corn and grain from ancient times to today. Machine replicas are part of the display.

Visitors also can shop for hard-

to-find farm toys at the museum. For a complete list of vendors, visit nationalfarmtoymuseum.com/vendors.cfm.

Good to know: The National Farm Toy Museum is located at the junction of U.S. Highway 20 (Exit 294) and Iowa Highway 136. It is visible from Highway 20.

Good to go: The museum is open from 8 a.m. to 6 p.m. every day. Admission is \$5 for adults, \$4 for seniors, \$3 for ages 6-17 and free for ages 5 and under. Group tours at discounted rates also are available. For more information or to schedule a tour, call (563) 875-2727 or send an email to farmtoys@dyersville.com.



Submitted

Wildcraft! Kids learn about herbs as they play this adventure game

What it is: Wildcraft! is an herbal adventure game by Ion Exchange, a native plant and seed nursery in Harpers Ferry, Iowa. Players of the game embark on a mountain hike to pick huckleberries for "Grandma." As they hike, they collect herbs along the way — and troubles sometimes crop up. The object of the game is for players to collaborate and collect the right herbs to treat what ails them. In the process, they learn to identify herbs and their uses.

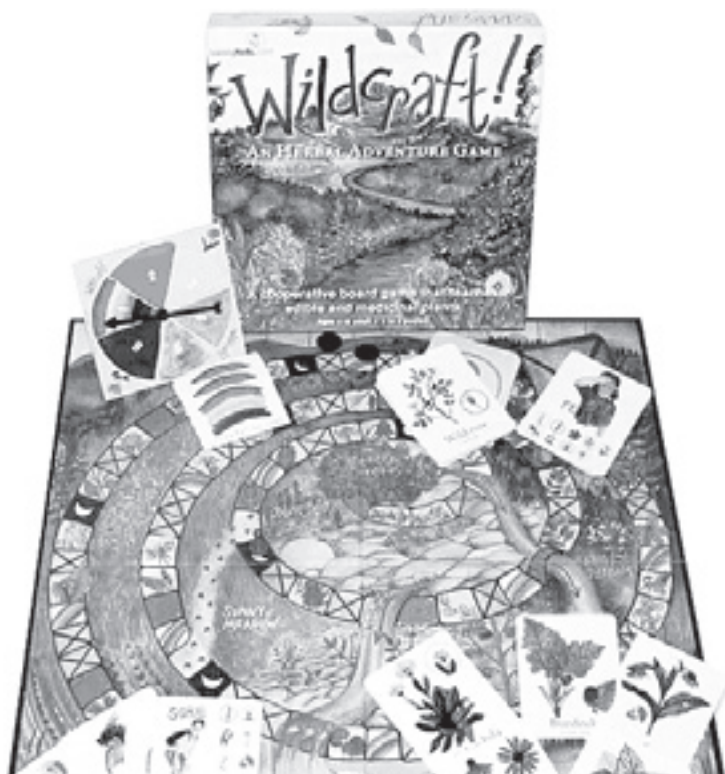
Who can play it: The game is recommended for ages 4 to adult, and it's far from being just a kids' game.

Even adults can enjoy it, especially if they're interested in learning about herbs' healing properties.

What it costs: The game is \$32.99 plus shipping.

Where to get it: The game is produced by and available from Ion Exchange. To order online, visit ionxchange.com/wildcraft_game.htm. To order by phone, call (800) 291-2143.

Other good stuff: Parents whose kids have played Wildcraft! say the game not only teaches about herbs, but it also helps kids learn cooperation and spelling. Kids also learn to identify plants in nature by playing the game.



Submitted

Have an idea — an eco-friendly toy or a great place — to share with "for your family?" E-mail it to editor@radishmagazine.com.

food for thought

Chill the drills

Why caring for America's Arctic matters

By Kit McGurn

Most people might never make it to the Arctic region to experience firsthand its unparalleled beauty or meet its hearty inhabitants. I have been privileged enough to explore this region and experience the midnight sun, see the caribou herds migrate, and experience all the magic that unfolds in one of the last truly wild places left on earth. Regardless of whether one ever steps foot in this part of the world, we all have a stake in its fate. The Arctic region is the earth's refrigerator, and the health of its ecosystem has a profound effect on global ocean currents and climate patterns the world over.

Sierra Club founder and naturalist John Muir famously said in the late 19th century, "When we try to pick out anything by itself, we find it hitched to everything else in the universe." During this period, the scientific discipline of ecology emerged from these same philosophical underpinnings and sought to describe the planet's basic biological connections and interdependencies in scientifically verifiable terms.

In the 21st century, our basic cultural understanding has grown to include the notion that we truly do live in a highly interconnected global community. In addition, most people understand that we are taking more from the planet than we are giving back. It is with these basic realizations that we may find our deepest hopes and concurrently confront our most intense fears.

As citizens of the most prosperous democracy in the world, we need to be contemplating two distinct futures as equally possible: a world quickly becoming inhospitable to the human civilization — or global ecological restoration, respect and redemption. We clearly can see these two potential futures in the Arctic, a place that is on the forefront of our planet's rapid ecological changes.

Many Americans do not think of our country as an "Arctic nation," but America's portion of the Arctic region lies to the north of the Brooks Mountain Range on the North Slope of Alaska. In this region of mostly tundra live polar bears, bowhead whales, snowy owls and arctic foxes, among countless other unique wildlife species. Also inhabiting America's Arctic are members of Inupiat and Gwich'in nations, two indigenous groups that have subsisted in this region for tens of thousands of years. As many of these inhabitants can attest, the term "canary in the coal mine" never has had a more apt application than in the Arctic region.

Recent scientific reports have confirmed that the Arctic is the fastest warming part of our planet, and the rate of warming in the Arctic region is nearly two times that of the rest of the planet. Autumn air temperatures in the Arctic are at a record 9 degrees Fahrenheit above normal. Recent National Oceanic and Atmospheric Administration reports also note that 2007 was the warmest year on record for the Arctic, leading to a record loss of 40 percent of sea ice. All of the last eight years have been among the lowest for September sea-ice extents since 1978, when satellite-based observations began. In one of the least studied and poorly understood



Photo by Matt Rafferty

ecosystems on the planet, we are finding the most direct affirmation that the planet is indeed changing at an unprecedented rate.

There is a deep irony at play in America's Arctic. At the northern tip of Alaska lies Prudhoe Bay, our country's largest domestic onshore oil field. For years, Prudhoe Bay and its satellite oil fields both on and offshore have pumped from under the Alaskan tundra and coastline millions of barrels of oil, the very substance we now know is the chief culprit causing global climate disruption.

The more direct consequences of oil development in Alaska's North Slope have been enormous over the years, with an average of 400 oil spills happening every year in the Arctic. Yet the Department of Interior recently approved additional offshore drilling in the extremely fragile Arctic Ocean at the same time that it has proposed critical habitat designations in the same areas for the threatened polar bear. In addition, the state of Alaska continues to aggressively pursue onshore oil development. With the cumulative consequences of these activities staring us in the face, we must re-examine the lengths we are willing to go to fuel our carbon intensive society.

Kit McGurn, Arctic Campaign Conservation Organizer for the Sierra Club in Seattle, will speak about America's Arctic from 7 to 8:30 p.m. Feb. 10 in the Bronze Room at the Moline Public Library, 3210 41st St. For more information, call (309) 797-4416.

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