

# Radish

HEALTHY LIVING THE GROUND UP

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**FEBRUARY 2011**

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**Winter skin care**

**Reusable Usables**

**Get fit with kettlebells**



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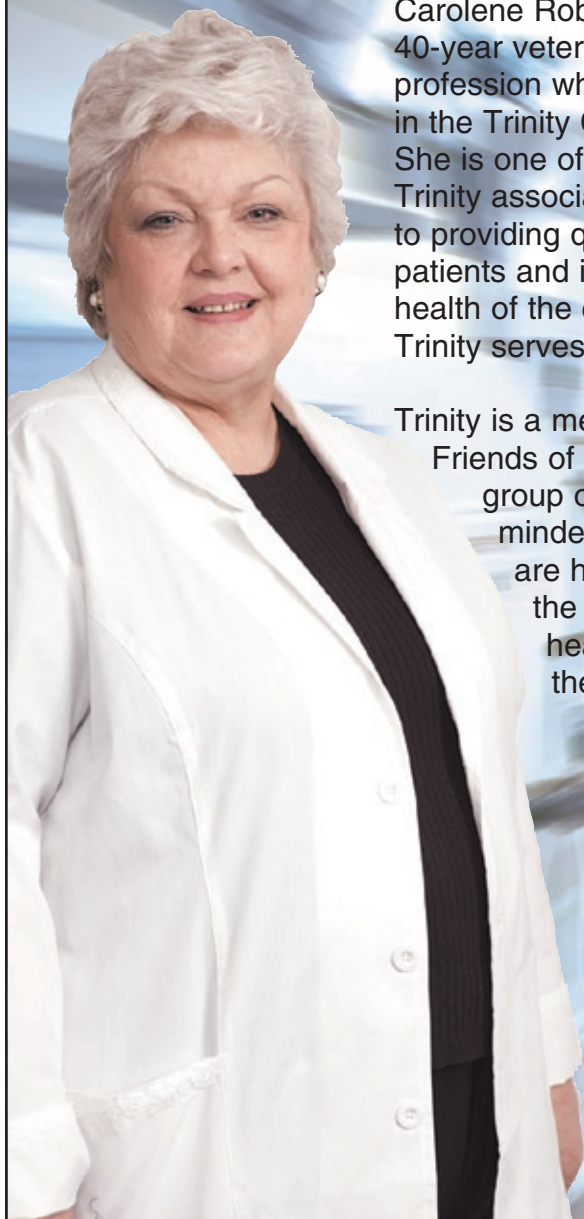
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Carolene Robinson, RN, is a 40-year veteran in the nursing profession who currently works in the Trinity Cancer Center. She is one of more than 3,000 Trinity associates committed to providing quality care for patients and improving the health of the communities Trinity serves.

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# from the editor



Photo by Paul Colletti / Radish

February always strikes me as a very artful month, in the sense that Pablo Picasso defined art — a lie that reveals the truth. We need only look out our window to see the lie: The empty tree branches look graven, the landscape lifeless. Of course, in reality, life is still everywhere with us. Those trees are alive to their topmost twigs, and deep in their hollows great horned owls will soon be hatching their young.

Whenever I stand out in the dark in winter months and feel the wind cool my cheeks, I get a sense of the truths those empty branches reveal. Looking up, there seems to be so little standing between us and the coldness and vastness of space. No further astronomy is needed to tell me we exist on a tiny bit of rock adrift in a frigid abyss. I just know it. That anything could live in such conditions seems improbable, which is to say miraculous. Simply to be here makes us lucky beyond belief.

Speaking of artful, did you see the cover for this month? Pretty spectacular, if you don't mind me saying so. That cocoa bean, which looks so much like a giant, glistening dinosaur egg, is in reality about the size of your thumbnail. One of the privileges of helping put this magazine together each month is that I get to witness so many talented and creative individuals doing what they do best. Don't let the editor's photo fool you; I may have been on hand to help hull some cocoa beans and hold lights, but the real credit goes to our photographer Paul Colletti for the image.

It is always a little humbling to watch an issue take shape, how a handful of ideas about articles seeded out to our writers take root and become interesting stories full of useful information. Each piece gets matched with artwork, much of it taken by our dedicated photographers, and then our keen-eyed layout editor fits it all together. Finally, it is sent off to our hardworking press operators to print, cut and bundle. All told the process takes months (work for this issue began just after Thanksgiving), but still I feel a little breathless whenever an issue prints — and very, very proud to work with the amazing people who make this magazine possible.

Of course, the life of the issue doesn't end once it hits the stands. If anything, it just becomes broader and busier as you, our readers, bring your own enthusiasms and insights to the issue. We love hearing from you each month about what you enjoyed, what else we could cover, even what we could do better. Thanks for being a part of Radish!

This month we're proud to bring you another issue full of places to visit, like the Reusable Usables Creative Arts Center; new things to try, like kettlebell workouts, and interesting stories like "Beyond organic" (plus a few good recipes!). Regardless of whatever else this month may bring, we hope you'll think of it as a little Valentine from us to you.

— Sarah J. Gardner,  
[editor@radishmagazine.com](mailto:editor@radishmagazine.com)

**Radish**  
HEALTHY LIVING FROM THE GROUND UP

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Gerald J. Taylor  
PUBLISHER

Joe Payne  
MANAGING EDITOR

Sarah J. Gardner  
EDITOR  
(309) 757-4905  
[editor@radishmagazine.com](mailto:editor@radishmagazine.com)

Val Yazbec  
ADVERTISING DIRECTOR

Terry Wilson  
NICHE PUBLICATIONS MANAGER  
(309) 757-5041

Rachel Griffiths  
ADVERTISING EXECUTIVE  
(309) 721-3204

Spencer Rabe  
LAYOUT & DESIGN

PUBLISHED BY  
Small Newspaper Group

Deborah Loeser Small  
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse  
TREASURER

Robert Hill  
VICE-PRESIDENT

Thomas P. Small  
SENIOR VICE-PRESIDENT

Len R. Small  
PRESIDENT

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



# contributors



**Julie Stamper** is a writer and blogger who lives in Bettendorf with her husband, Chad, their three children, and a standard poodle named George. Her work has appeared online at iParenting.com, in a number of eastern Iowa newspapers, in trade magazines and on her blog at adayinthewife.com. She is an Iowa Newspaper Association Master Columnist recipient. Julie spends her free time attempting to cook like Ina Garten, parent like Carol Brady and garden like Alice Waters. Read her article about winter skin care on page 14.



When Radish asked **Susan McPeters** if she would be interested in writing a story about the 90th anniversary of the Black Hawk Hiking Club (page 32), we quickly received back an enthusiastic e-mail which read, "YES! YES! YES!" Susan enjoys many outdoor activities and has written about several of them for Radish, including kayaking, snowshoeing and archery. When not pursuing an outdoor activity, Susan is a recruiter at Black Hawk College in Moline.



**Elizabeth Russell** of Rock Island has lived in the Mississippi River Valley for 14 years. The mother of three and a Catholic Worker, she tutors math, volunteers as a Master Naturalist, knits, fiddles and sings with Zloti Village Chorus. (She also writes for Radish when asked.) In her third appearance in our magazine, Elizabeth writes about volunteering with children. You'll find her article on page 40.



Also contributing to Radish this month is **Donna Schill**, a freelance writer from Fairfield, Iowa. She graduated with a bachelor's degree in communications and is working on her master's degree in journalism from the University of Iowa. She has an interest in sustainability as well as the Slow Food movement. Read her article, "Beyond organic," on page 20.

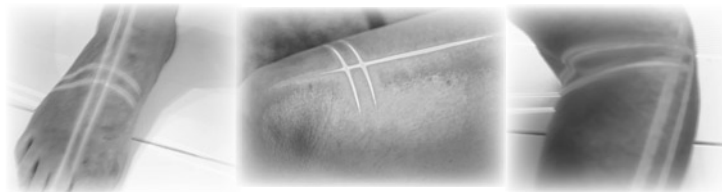


**Mary Blackwood** is the director of Landlocked Film Festival. She writes fiction and nonfiction, designs for print and web, and is keenly interested in all forms of sustainability — from public health to the planet to creative commons. She can be reached via maryblackwood.com. This month, Blackwood contributes an article on a life-altering diet for those with drug-resistant epilepsy, page 16.

Also appearing in Radish this month are contributors **Sharon Wren** ("From farm to blog," page 6 and "Cold Iron Creek," page 8); **Ann Ring** ("Kettlebell craze," page 28); **Chris Green** ("Chúc mừng năm mới," page 22); **Laura Anderson** ("Creative outlet," page 26); **Rita Pearson** ("Mother's milk," page 12); **Jeff Dick** ("Unnatural gas," page 24); and **Lindsay Hocker** ("Two of a kind," page 30).

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# the grapevine

We love to meet our readers! Radish representatives will be at the following events, where you can say hello, pick up an extra copy, and tell us about articles you'd love to see in future issues.

- **Year of the Rabbit Open House**, 5 to 8 p.m. Thursday, Feb. 3, at Ancient Wisdom Acupuncture Clinic, 2395 Tech Drive Suite 7, Bettendorf.
- **"Seed Saving" with Organic Farmer Cindy Heilmann**, 10 a.m. to 1 p.m. Saturday, Feb. 5, at the Freight House Farmers' Market, Davenport.
- **Everything You Always Wanted To Know About Solid Waste Management**, 7 p.m. Wednesday, Feb. 23, at the Moline Public Library Bronze Room.

## Radish reads: A balanced, easy-to-follow approach to raw foods

Mini-review: "Ani's Raw Food Essentials: Recipes and Techniques for Mastering the Art of Live Food," by Ani Phyo (Da Capo Press, 2010, 368 pages, \$27.95)



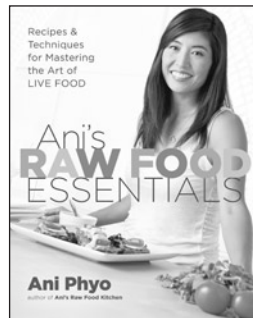
"Ani's Raw Food Essentials" is an appealing introduction to the world of raw foods. As a complete novice, I was uncertain what to expect, but found Ani Phyo's down-to-earth approach easy to understand and convincing. She lays the groundwork for incorporating more raw foods into our diet by explaining how they enhance and work in conjunction with other healthy changes in lifestyle. For Ani it is not just about diet, but about maintaining a balanced and life-affirming approach to all areas of our lives.

One of the most encouraging aspects of the book is the author's acknowledgement that a complete raw food regimen may not be for everyone, or it may not be for everyone at all times. She notes that at certain times of the year, especially in very cold climates, it may be necessary to include some warmer foods, and she advises the reader to pay attention to his or her own sense of what and how much is appropriate for his or her individual needs.

One caveat: In order to really get into this new way of preparing food, I found there are a few kitchen tools that are extremely useful, if not absolutely necessary. A good high-speed blender and a dehydrator are really essential. Without having those items, some of the recipes would be difficult to prepare. Another caveat is that many of the recipes contain fairly large quantities of nuts, so would not be appropriate for anyone allergic to nuts.

The more familiar soups, sauces, smoothies and salads are a simple and delicious place to start before moving on to the breads, burgers and other more exotic recipes. While I haven't moved into that second level of raw food preparation, I found this book to be an accessible, easy-to-follow introduction to eating more healthfully. Ani Phyo's gentle, nonintimidating approach makes the book a pleasure to read. I highly recommend it to anyone curious about the growing popularity of raw foods.

— Ellen Wetzel, Iowa City



Submitted

## From our readers

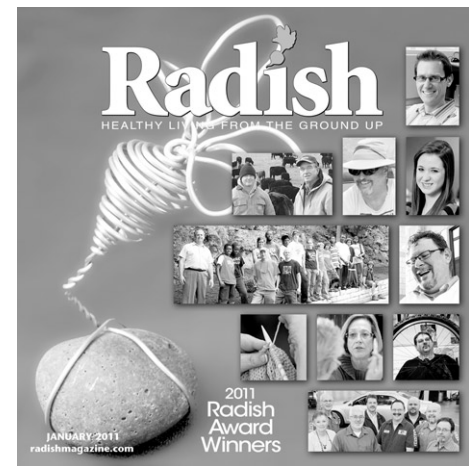
"I enjoy your magazine every month and this month especially enjoyed the vegetable cake recipe. This issue was especially entertaining — a mood lifter for a cold winter day!"

— Kathy Yoke, Davenport

### 2011 Radish Awards (Jan. 2011):

"Thank you for recognizing the efforts of our ladies and their contribution into this community!"

— Sue Dillon, Davenport



### Waterway restoration (Jan. 2011):

"I am always happy to see something positive on the Hennepin Canal. I would love to see it restored to the Mississippi River as I live on the Rock River slack water section just below Lock 29. I used to give boat rides on the Hennepin from the Visitors Center and have a lot of fond memories. Tom Lagomarcino Sr. told me of trips on his boat up the canal from Davenport when the canal was still open decades ago. It might be of interest to the readers to know that the steamer Lone Star in LeClaire, Iowa, was the first boat to navigate the canal on April 17, 1895. This was on the Milan section."

— John Vize, East Moline

**Pedals to the people (Jan. 2011):** "Thanks for the award! All of us at the Iowa City Bike Library would love to see this idea spread and take hold in many communities."

— Donald Baxter, Iowa City

**Public produce (Jan. 2011):** "I grew up on a farm with nine in our family. Besides raising corn and beans, we also raised tomatoes for Heinz. We had a huge garden to feed our large clan. I swore I'd never live in the city, but bought a house not far from the fairgrounds in 1991. When I see some of these huge spaces not being used I question why gardens aren't being planted in them to raise healthy food. I have tried to raise food in my little piece of the city. However I don't see the abundance here like what I saw out in the country. I do believe the soil does not have the quality like what I saw in the country. Perhaps the chicken manure would not be accepted here in the city."

— Sue Hakanson, Davenport

**Beat the winter blues (Jan. 2011):** "Enjoyed your (article on) vitamin D and seasonal affective disorder. I've been doing vitamin D for a decade. My wonderful patients have always gotten back to me about results and it's not necessary to have SAD; most people feel 'lighter' with a normal vitamin D level."

— Debra Katchen, M.D., Monmouth, IL

**Mississippi on display (Nov. 2010):** "This looks like a fun place to visit. Plus, I really like Loren Eiseley."

— Malcolm R. Campbell, Jackson County, GA



# healthy living from the ground up

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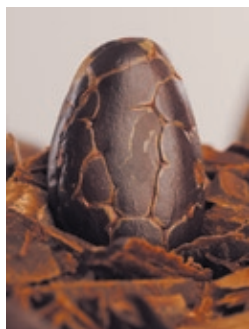
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A hulled cocoa bean rests in dark chocolate shavings. (Photo by Paul Colletti)

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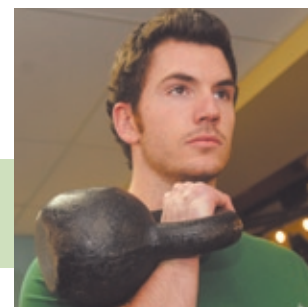
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healthy living

# From farm to blog

## Small-scale growers connect with others online

By Sharon Wren

When she found out both her daughters would be moving to the Quad-Cities, Aprillynn Weber decided it was time for her to move, too. Her son-in-law and future son-in-law both had been transferred to the Rock Island Arsenal. From her home in New Jersey, she began an Internet search to find a place to live and turned up a whole lot more.

"I'm a farmers' market kind of person; I shop from the farmers' market whenever I can so I wanted to keep doing that," explains Weber (pictured at right). Her search led her to the Davenport Freight House Farmers' Market blog, and she followed links to other blogs from there. "I Googled 'Quad-Cities' and got into sites from downtown Davenport. We were looking for apartments and that led in different directions, too. You see the lists of friends and comments on a site and you go, 'Oh, they do goat cheese,' and go from there. It's like putting a pebble in the water and following the ripples."

She began corresponding with some of the farmers she found online, who eventually turned into friends. "It was a nice way to find my way around before I got here. I've been to the farmers' market and met a few of them already. I walked up to Corinne (Champaignle Rasso, from Crosswind Farms; [crosswindfarm.blogspot.com](http://crosswindfarm.blogspot.com)) and said, 'Hello, Sheepie neighbor, I'm April!' They hug me like they've known me for years."

One of the blogs Weber first found was "Miss Effie's Diary" ([misseffiesdiary.blogspot.com](http://misseffiesdiary.blogspot.com)), a



Aprillynn Weber visits Miss Effie's Diary to learn what's new on the farm. (Photo by Gary Krambeck / Radish)

chronicle kept by Cathy Lafrenz of life on her flower farm outside of Donahue, Iowa. Lafrenz describes her blog as "a way of writing a diary or journaling, a way of venting frustrations, sharing the fears and celebrating the victories that we all have in farming. I have extended it to areas that are more personal than just farming — my faith, health and insurance concerns, once in a while politics. But that is what

homesteading is all about: a well-rounded life."

Soon after starting her blog, Lafrenz had many regular readers, and not all of them from the Quad-Cities. "I have a regular reader from Portugal, one from Brazil and several followers from Canada. I have to laugh — when we talk 'nearly-naked canning' in the summer, Southeast Asia lights up!"

The blogging isn't just a way to vent and brag;



### Blogs worth reading

Want to start reading farm blogs? Aprillynn Weber and Cathy Lafrenz suggest their favorites:

- **Crosswinds Farm:** [crosswindfarm.blogspot.com](http://crosswindfarm.blogspot.com)
- **Miss Effie's Diary:** [misseffiesdiary.blogspot.com](http://misseffiesdiary.blogspot.com)
- **Beyond the Blue Gate (Blue Gate Farm):** [beyondthebluegate.blogspot.com](http://beyondthebluegate.blogspot.com)
- **Brazy Creek Farm:** [brazycreekfarm.blogspot.com](http://brazycreekfarm.blogspot.com)

- **The Renegade Farmer:** [therenegadefarmer.com](http://therenegadefarmer.com)
- **Adventures in Wonderland:** [girlwithasword.blogspot.com](http://girlwithasword.blogspot.com)
- **Antiquity Oaks:** [antiquityoaks.blogspot.com](http://antiquityoaks.blogspot.com)
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- **Front Porch Indiana:** [frontporchindiana.blogspot.com](http://frontporchindiana.blogspot.com)

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it's also a way to interact with her customers and share her experience with others. "I really love the relationship they have with the farm; it is part of their family, too," says Lafrenz. "Many farm bloggers have found that our readers have a vested interest in the success or failure of our farm. It has been a way to educate people on growing food, raising livestock, baking bread or canning."

Lafrenz is part of a growing trend among small-scale farmers who are turning to the Internet to connect with their customers. According to the most recent census conducted by the U.S. Department of Agriculture, 57 percent of farmers now have Internet access, a significant increase from the last time such data was collected. This coincides with another notable agricultural trend: For the first time in more than a century, the number of farms on American soil is growing. More people are getting into farming than getting out of it.

Of course, starting a farm is no easy feat, and many of these new farmers face unique challenges. The census data reveals the new farms — nearly 300,000 strong — tend to be smaller, grow a wider range of crops and have lower sales volume. Unlike their larger, more established counterparts growing corn or soybeans, these farms may need to develop a customer base for the specialty crops they raise. Through their own blogs and social networking sites like Facebook and Twitter, these farmers are able to reach out to customers interested in knowing how their food was raised and share with them the farm experience.

Lafrenz runs into her fans occasionally while traveling and is still surprised by their reactions. "I think it's thrilling, humbling and embarrassing all at the same time. I know I share too much with my readers, so literal strangers know everything that is happening in downtown Donahue. But I also know that I have built a family of strangers, friends that I connect with within seconds of actually meeting. My husband (Cliff) is known as 'Honey' in the blog, and when we go somewhere, he is regularly called 'Honey' by all sorts of people!

"One of my favorite stories is when I called a fiber mill and explained that I needed some brightly colored roving (fiber to spin into yarn) for my little on-farm retail store and they asked, 'Is this Miss Effie?' You could have knocked me down with a feather on that one!"

Blogging for Lafrenz has become more than just sharing stories of Miss Effie's; it's a way to reach out to the world and find others who are doing the same thing. "Sometimes you can feel extremely isolated when you live a homesteading-based lifestyle," says Lafrenz. "The lifestyle is considered odd by many. It is different than just farming; homesteading is based on total self-sufficiency and sustainability. The connection across states' borders and across the country makes me feel like I fit in, at least somewhere.

"It also inspires me. My friend Maggie made mozzarella cheese once. I thought if Maggie can make cheese I should be able to. So I researched it, tried it, failed, tried again, got better and finally made really good cheese. So now I teach cheese-making classes — all from a little note on Maggie's blog (girlwithasword.blogspot.com) that she had made cheese."

These days, many of Lafrenz's readers who want to live a similar lifestyle find inspiration and ask questions in her blog. "My chickens quit laying, why?" or "My mozzarella was a failure, what did I do wrong?"

When Weber finally arrived in the Quad-Cities, both she and Lafrenz were eager to meet after months of online correspondence. Did the Lafrenz in real life match what Weber had imagined while reading Miss Effie's Diary?

"She was even better in person," says Weber. "There was no feeling of not having known her. All the farmers' market people I met online were that way, like people I already knew."

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healthy living

# Cold Iron Creek

Local farmer offers his own line of specialty goat meats

By Sharon Wren

Six years ago, Larry Vroman of Orion, Ill., started raising a small number of goats to help control weeds on his property. As he learned more about them, he felt a growing interest in raising them for meat. That was the start of Cold Iron Creek. Now he has about 60 goats, mostly Boers, and he has developed a unique line of goat meat bratwursts, summer sausages and snack sticks for his business.

"Boer goats are more muscular," says Vroman. "They're like the Angus stock cow of the industry." Caring for animals on the farm isn't something new to him. "I've always had livestock; my parents had a dairy farm.

After awhile I thought, 'Maybe I can market the animals myself, instead of selling them to someone who will take them to market.'"

He sees goat meat as a product that will become more popular as time goes by. "Someone said that grain-fed meat is going to become more expensive as more corn goes to making ethanol. Goats are mineral/vegetation animals and eat little grain. They live on marginal ground, land that's not compatible for farming." Right now, his goats are bred out of cycle. Normally goats have two kiddings, or births, a year about every five to five and a half months, and he's trying to get them back in cycle.

The first goat seminar he went to at Black Hawk College East in Galva, Ill.,

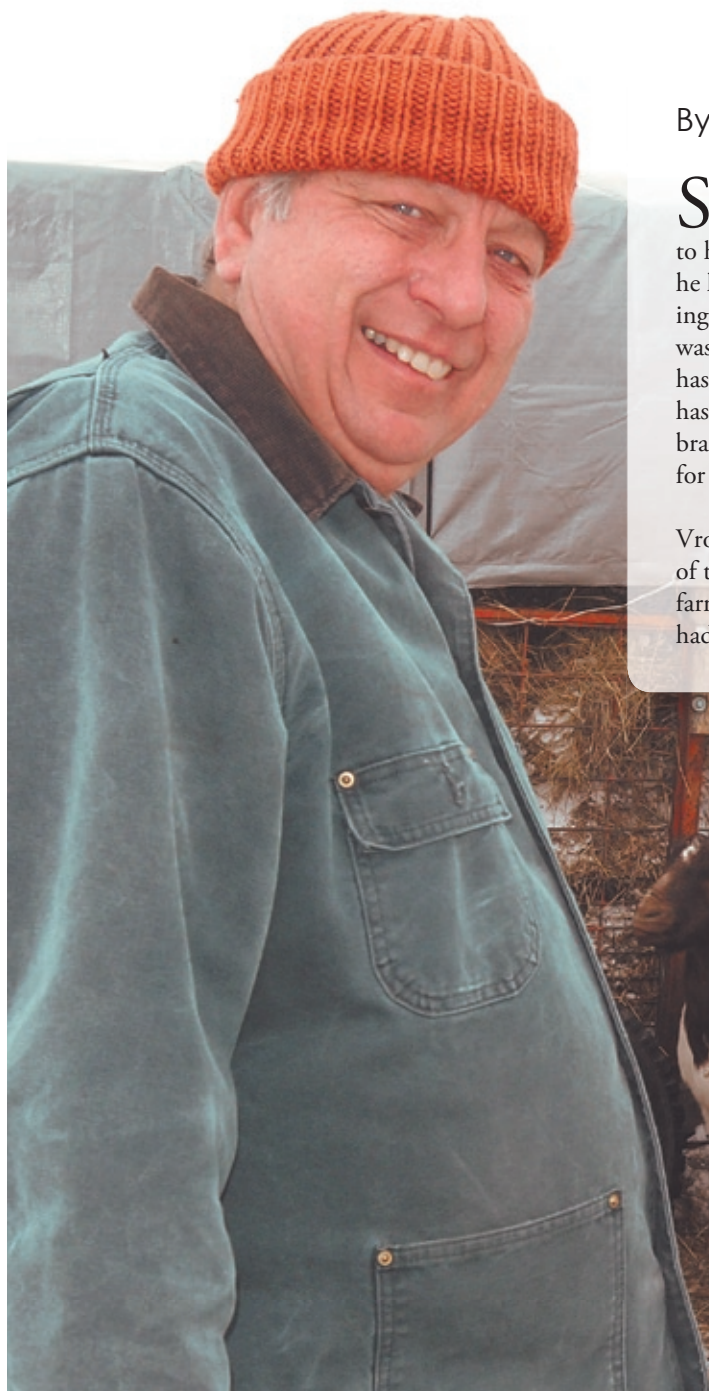


Photo by Gary Krombeck / Radish



sponsored by the University of Illinois Extension, had between 15 and 20 people in it. The next one was standing room only.

"When I first wanted to do this, in order to get the state permit, state and federal inspectors came and inspected the facilities and ran a background check. Everything went well and three to four weeks later I got my permit. I went to Reason's Locker Service in Buffalo Prairie, Illinois, to have them process the meat and they thought I was crazy. Two weeks later they said, 'I think you're on to something,'" says Vroman.

Having a pure product is important to Vroman; Cold Iron Creek's sausages and brats have no fillers. "So many meats have additives — there are no growth hormones for goats that I'm aware of, but even if there are, I wouldn't use them." In fact, the U.S. Department of Agriculture's Food Safety and Inspection Service says that "hormones are not approved for growth promotion in goats. Antibiotics may be given to prevent or treat diseases in goats. A 'withdrawal' period is required from the time most antibiotics are administered until it is legal to slaughter the animal. This is so residues have enough time to exit the animal's system."

Trying goat for the first time can be surprising. Vroman recalls one person who tried the goat brats and had an interesting reaction. "He said they were drier than regular ones because the grease didn't gush out when he bit into it," says Vroman. Fortunately, not everyone has a problem with the lack of grease. "Chefs in Chicago rave about how lean they are," Vroman explains. "They have to cook goat in bacon or duck fat because it naturally has so little fat."

The key to cooking goat meat is to not be in a hurry. "Low and slow, that's the way to go," says Vroman. Goat kids don't store much body fat until they're about a year old, so meat from them, called cabrito, is extremely lean. Cuts from adult goats, called chevon, can be tough, so braising or stewing is the best way to prepare them.

Although in the U.S. goat meat may seem like a novelty, worldwide it makes up 63 percent of all red meat eaten. Goats are the main source of animal protein in many North African and Middle Eastern countries and are prominently featured in Southeast Asian and Caribbean cuisines. Three ounces of cooked goat meat contains 122 calories, 2.6 grams of fat, 23 grams of protein and 0.79 grams of saturated fat. In comparison, 3 ounces of cooked chicken contains 162 calories, 6.3 grams of fat, 25 grams of protein and 1.7 grams of saturated fat.

Radish sampled some of the Cold Iron Creek summer sausage and the results were overwhelmingly positive. As we nibbled we noted that the sausage tasted similar to more conventional sausages, without a greasy feeling left on the roof of your mouth. Our writers described it as "not too spicy." Others noted that the sausage was very well balanced with no tangy "sour" aftertaste, and no grassy or gamey taste. The samples did not last long.

The positive reviews aren't a surprise to Vroman. "It's turning a few heads; people need to rethink what's on their plates. Everyone wants good, safe food to eat." Part of his own reason for eating goat is to help with his cholesterol and triglycerides.

Vroman plans to market goat meat in as many ways as possible, including developing deli meats and selling ground goat to use in any recipe calling for ground beef. "Maybe I'll have a hot dog stand for my brats," he says.

*Interested in trying goat meat yourself? Larry Vroman can be contacted at Cold Iron Creek by calling (309) 798-3674.*

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healthy living

# THE TV DIET

Are there healthier ways to indulge in television?



iStockphoto

By Sarah J. Gardner

Flip far enough back through lifestyle magazines and you just may notice something striking. Television, blamed today for everything from the rising obesity epidemic to diminished attention spans, was once thought of as beneficial to families. “No survey’s needed, of course, to establish that television has brought the family together in one room,” chirped a New York Times television critic in 1949. He was hardly alone. Smiling families were regularly pictured with their chairs pulled up to the set, Mom and Dad beaming behind their children, TV beaming in front of them.

Of course, people used to think cigarettes were good diet aids, an idea we have now thought better of. What’s interesting about such articles isn’t that we have come to think differently about TV, but that we actually think the same things about other, newer technologies. TV may be regarded as the bogeyman on the mantle, but don’t certain interactive video game systems get a lot of praise as something families can enjoy together? And aren’t we told various social networking sites have the power to build relationships?

It makes me wonder if we are naive to think any technology can add to our happiness, or if the technology itself isn’t the issue, but how we use it.

Gretchen Rubin, author of “The Happiness Project,” had similar questions. She developed nine suggestions for ways to make sure TV isn’t sapping your happiness and posted them on her website. In an e-mail she explained, “I was interested in TV watching and happiness because the fact is, no matter what experts advise, people spend a tremendous amount of time watching television! So it seems important to think about TV watching to make sure that it is adding to, not undermining, happiness.”

She has a point. Sooner or later we all plop down in front of the tube. Her tips on better ways to watch TV, ranging from “enjoy the commercials” to “use TV as a bridge,” got me thinking. What if there were such a thing as a TV diet? Could we use tools that help to rein in weight to get a handle on our TV consumption? If successful, then maybe we could apply the lessons we learn to other technologies so that someday we don’t end up with a dim view of them, too. Since the average American watches four hours of TV a day, a good place to start seems to be to figure out how much we watch individually.



## Keep a TV log

Years ago my husband and I were invited to be a Nielsen household for a period of several weeks. We were sent a journal in which we were to note down any time the television was turned on and what programs we watched. From the experience, we got \$10 for every week we participated and a lot of insight into our viewing habits.

I'm glad we did it, even though I cringed to watch the hours the TV was on add up. It made us reconsider practices we took for granted, like turning on the tube first thing when we got home or keeping it on as "something to listen to" when washing the dishes. When we left it off we found we didn't miss it, and it made us feel better about the time we did spend watching TV because we had considered which programs were really worth viewing. In a similar way, starting a TV diet by writing down everything you watch for two weeks can help you identify your own patterns and what you would like to change.

## Watch TV together

No doubt television really did bring families together in one room when there was only one set in the house. Now, though, more than half of all American households have at least three television sets, and many people are able to watch their favorite programs on their mobile devices. It's easy to laugh at the idea of television bringing people together when watching it is something we increasingly do on our own.

Just like dieting with a friend, making TV a shared experience can help us keep track of how much we are consuming. But more than that, it can increase the amount of enjoyment we get from the experience. Often we get the most pleasure out of programs we watch and discuss with friends. Even badly made programs can seem fun when rehashed over the water cooler at work.

Of course, there is nothing wrong with watching TV on our own — if that's what we want to do. Whether planning to watch a program alone or planning to share a program with others, the planning itself seems key. Rather than simply flipping on the set and seeing what's on, it puts us more in control of the time spent in front of the tube. This brings us to our final TV diet tool.

## Make TV a choice

The last suggestion Rubin offers on her website is the one she says is the most important: Don't just turn the TV on automatically, make it a conscious choice. "This sounds obvious, but often, we don't really choose TV, it's just the easy default activity," she writes. "Make the effort to ask yourself, 'What do I choose to do for the next hour?' before you plop down with the remote control. In many cases, other activities would take a bit more effort to begin, but would yield more enjoyment in the long run."

When we watch TV passively, she explains, it can sap our sense of well-being. But if we make it a planned activity, one we give a little thought, that can change the whole experience. Writes Rubin, "Bottom line: If you watch TV mindfully and purposefully, it can be a source of happiness, especially if you use it to connect with other people."

*For more tips on getting the most pleasure out of watching TV, visit Gretchen Rubin's blog at [happiness-project.com](http://happiness-project.com).*

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# Mother's milk

## Breast milk becomes a gift from one mom to another

By Rita Pearson

**K**risti VerHeecke of Woodhull, Ill., never expected to feed more than one baby with her breast milk when her son Chase was born in early March of 2010.

Her supply of milk was more than adequate for Chase, however, and she soon ran out of freezer space for his milk. Bottles of breast milk started squeezing out the frozen foods at home and at her mother's house. (Chase is Kristi and Derek VerHeecke's second child; she also breast-fed son Gavin, now 4.)

Her options, especially after a bout of flu, were to stop nursing altogether and use up what she had stored or to donate the milk to another baby in need. Breast milk can be stored frozen for up to six months, according to the Mother's Milk Bank at the University of Iowa Children's Hospital website.

Before Kristi gave away her breast milk, however, she offered it to a relative for her newborn. In fact, she promised to supply the sick newborn for the rest of the year.

Life started with difficulty for Garrett Jacobs, son of Adam and Stephanie Jacobs of Orion, Ill. (The babies' dads, Adam Jacobs and Derek VerHeecke, are first cousins, and the couples have been close friends for several years.)



Kristi VerHeecke and son, Chase, left, and Stephanie Jacobs and son, Garrett  
(Photo by John Greenwood / Radish)

Garrett was born April 30, 2010, with spina bifida and several other medical problems. The Jacobses switched from breast milk to formula after Stephanie stopped producing her own milk during Garrett's prolonged hospital stay.

That's when Kristi decided to offer her breast milk for Garrett. Unsure how receptive the Jacobses would be, the VerHeeckes invited the family to dinner last summer and delicately offered their gift if it was wanted.

"We were so excited" with the offer, Stephanie says. "I remember saying, 'You would do that for me?'"

The donated breast milk helped cut down on the family's mounting expenses for Garrett and provided him the perfect food. The families arranged a milk run every week, meeting halfway between Woodhull and Orion, and filling a beverage cooler with the stored human milk.

Both babies have thrived under the arrangement. Research indicates that infants on breast milk tend to have fewer ear infections, fewer rashes and allergies, less diarrhea and lower hospital admissions rates, according to the Mother's Milk Bank page on the University of Iowa Health Care website.

Donors to the Mother's Milk Bank of the University of Iowa Children's Hospital must be nonsmoking moms who are not taking medications or large doses of vitamins or consuming alcohol. Donors also are screened and given blood tests. There are no milk banks in the Quad-Cities.

Stephanie says they probably would not have accepted breast milk from anyone other than family.

There has been no downside for Kristi, a medical assistant for an East Moline, Ill., family medical group.

"Giving to Iowa City is great, but if you know a neighbor, a relative in need, why not give?" she says. "Even a couple of bags a week can help."

Kristi followed the same routine for Garrett as she did for her son, Chase. She watched what she ate, did not smoke, drank no alcohol and only took certain painkillers. During working hours, she retreated to a private room to use a breast pump for 10 minutes at a time, four times a day. Her co-workers supported what she did.

"People are not all blessed the same," Kristi says. "Moms try, but they don't always produce enough. God has blessed me with a wonderful gift."

In addition to the Mother's Milk Bank at the University of Iowa Children's Hospital, milk sharing is also available through Eats on Feets, a grassroots mother-to-mother network that has organized online through Facebook. The movement now boasts 110 chapter pages spanning 28 countries. On these pages mothers can post requests, match up with donors and work out the necessary details.

Jennifer Trias of Macomb, Ill., helps run the Illinois Eats on Feets chapter. "It's all about getting human milk to human babies," she says.

*For more information, visit [uihealthcare.com](http://uihealthcare.com) and enter "Mother's Milk Bank" in the search field. Or visit the Eats on Feets pages for Illinois or Iowa on Facebook.*



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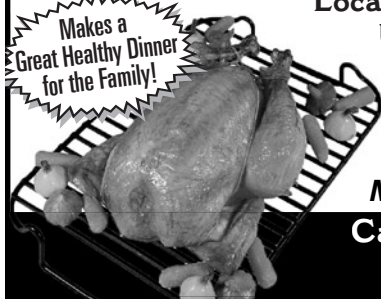
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body, mind & soul

# Winter skin care

## Essential tips to keep skin supple in cold, dry weather

By Julie Stamper

As winter in the heartland. A time of cold winds, warm fireplaces, and skin so dry it might be snowing on your eyebrows. What is a Midwesterner to do about that dry winter skin? Slather on the lotion? Get a chemical peel? According to Nicole Hagen, aesthetician at Hagen Chiropractic in Bettendorf, it's time to take drastic measures — drink water.

“Hydration is key in this weather,” Hagen explained. “With the constant change from being exposed to the outside elements, then to our heated homes and offices, we are constantly being depleted of water. ... Researchers say you should drink half of your body weight in ounces of water. If you weigh 120 pounds, you should be drinking 60 ounces of water.”

I visited Hagen at Hagen Chiropractic on a cold night to do some intense research — I got a facial. On my way to their office, I found myself wondering when was the last time I washed my face, when had I last exfoliated, and would Hagen be able to tell that I don't drink nearly as much water as I should?

My anxiety dissipated when I walked into the office. The smell of lavender was prevalent, and very calming. Hagen took me back to the facial area and explained that she got involved in the skin-care industry because she believes it's an essential factor in promoting “whole body health.”

Once I was comfortably nestled under the blanket on the facial table, Hagen began putting various oils, toners and cleansing milk on my face. Each one had a refreshing, relaxing scent and made my skin feel terrific. I asked about the products she was using, and Hagen explained that she uses Alchemilla, an organic company out of Oregon.

In addition to the importance of water consumption, Hagen recommends that you cleanse, tone and moisturize your skin every morning and in the evening before bed. She also advocates regular exfoliation, which removes dead skin cells and makes room for new skin cell growth (your skin develops new skin cells on a daily basis and regenerates every 14 to 28 days, she says).

After exfoliating, you must replenish your skin. Even when using a gentle



Aesthetician Nicole Hagen of Hagen Chiro. (Photo by John Greenwood / Radish)

exfoliant, you're still removing the dead skin cells and exposing the new skin underneath. Once a week after exfoliation, you should use a mask, which helps force nutrients into your skin. After masking, replenish your skin with nutrient-rich serums, spritz with a toner or floral water, and moisturize. Don't forget to use your sunscreen, too — SPF 15 will do nicely.

I was now the recipient of a neck and shoulder massage, and a massaging of my skin with a lovely-smelling product. Hagen was giving me more terrific information, such as cutting back on coffee consumption, and describing a natural mask made from avocado, but honestly, I wasn't listening to a word she said. In my mind I was running through a sunny field of lavender. There were no children asking me for juice, my checkbook had balanced itself and laundry didn't exist.

Suddenly, an hour had passed, and the worst part of the facial happened — it was over. I felt completely relaxed, refreshed and renewed, and as an added bonus, my skin looked terrific. I asked Hagen how often people should get facials, and she said it really depends on a client's needs, schedule and budget.

“I honestly believe this is a type of therapy,” Hagen said. “Not only does it contribute to the health of your skin, but it forces you to relax and take time for yourself, which everyone needs to maintain balance in life.”

### For your healthiest skin

#### What to do:

- Drink water
- Use essential oils
- Use natural products
- Use 15 SPF sunscreen
- Get plenty of sleep

#### What to avoid:

- Pthaltes
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- Mineral oil & artificial dyes
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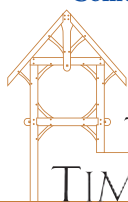
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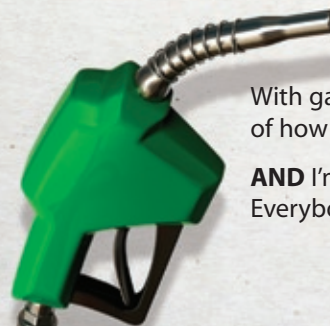
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# The ketogenic diet

## For some with epilepsy, food may be the best medicine

By Mary Blackwood

If someone told you that a super-high-fat diet could be healthy, would you believe it? No? Nor would I. But when it comes to children with epilepsy, we would be wrong.

Epilepsy strikes around 300,000 kids under the age of 14 in the United States. Epilepsy, which by definition means “seizure,” manifests in many ways, from the dramatic tonic-clonic (formerly called grand mal) which involves alternating rigidity and severe jerking movements, to the “silent” seizure, which can be determined only by EEG (electroencephalogram).

Colin Nelson of Dubuque, Iowa, experienced seizures from the age of 8 months. At the worst point he had up to 12 seizures daily. Some were tonic-clonic; some were absence (formerly called petit mal), where he appeared to blank out for several seconds; others were myoclonic, where he would abruptly lose muscle tone and collapse in a heap.

Colin’s epilepsy was treated with medications at University of Iowa Hospitals and Clinics, the only Iowa hospital that treats medically intractable epilepsy. Success was limited. By the age of 5 he had been taken twice by ambulance and once by helicopter to UIHC. His parents decided it was time to try something different.

Dr. Charuta Joshi is a pediatric neurologist at UIHC. On her office walls, diplomas are mingled with the artwork of her young patients. Joshi begins treatment of a new patient by prescribing anti-epileptic medications. Some children see improvement; others, like Colin, rotate through different drug regimens and still remain resistant. At that point, Joshi suggests to the parents something that seems a bit crazy: the ketogenic diet, which provides three times as many calories in the form of fat as it does in protein and carbohydrates combined.

While there is no single theory about how it works, some scientists think that the ketosis (meaning a fat-burning process) brought on by the ketogenic diet creates ketone bodies that protect the brain from seizures. In ancient times, fasting for a week sometimes ended seizures. Fasting causes the body to use stored fat for energy, but is, for obvious reasons, a limited therapy. Doctors in the early 20th century reasoned that a low-carbohydrate diet also causes the body to rely on fat for energy; hence the ketogenic diet was created. It lost favor in the intervening decades as medical science turned more and more to creating a pill for every condition.

In the past decade the ketogenic diet has come back. The patient stays on the diet only long enough to become seizure-free for two years. Amazingly, the diet doesn’t doom children to obesity. Active kids can burn calories from fat just as they would burn calories from carbs. During the diet, Joshi closely monitors and treats side effects to the kidneys and liver. So far there is no indication in the medical literature that keto kids develop long-term side effects, while there is much evidence that the diet ends seizures.



Colin Nelson, ready to eat a specially prepared ‘keto’ pancake. (Submitted)

Kristin Nelson, Colin’s mother, prepared all his snacks and meals with the help of a UIHC dietitian, sending lunches with him to school or on visits to friends’ houses. The diet offered no leeway: Colin had to eat absolutely everything in the diet, and nothing extra. Amazingly enough, Kristin recalled, Colin’s seizures stopped immediately when he began the diet.

The whole family was impacted. Kristin prepared family meals that could accommodate Colin’s dietary requirements. If Colin had a hamburger, the other family members would have hamburgers but they would be allowed to eat the bun. If tacos were on the menu, Colin would get the taco meat but not the shell. Extra bacon and butter rounded out nearly every meal. Even pancakes and brownies were made from ground macadamia nuts instead of flour.

“Colin called it his magic diet,” said Joshi, because it enabled him to do normal kid things.

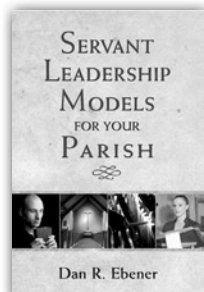
In retrospect, Kristin says it was a difficult time, but well worth the effort. By April of 2010, Colin had been free of seizures for 23 months, so he came off the diet. Nowadays this happy little boy of 7 can eat an ordinary, healthy meal, pay attention at school, play with his friends, and enjoy spending time with his younger brother and his parents.

Just like any other kid.

*For more information on the ketogenic diet, visit [charliefoundation.org](http://charliefoundation.org).*



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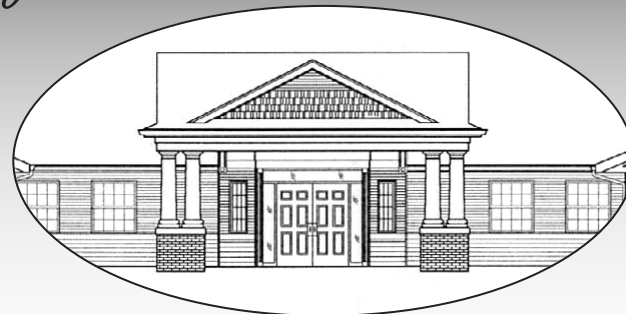
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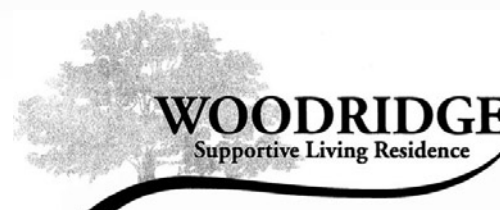
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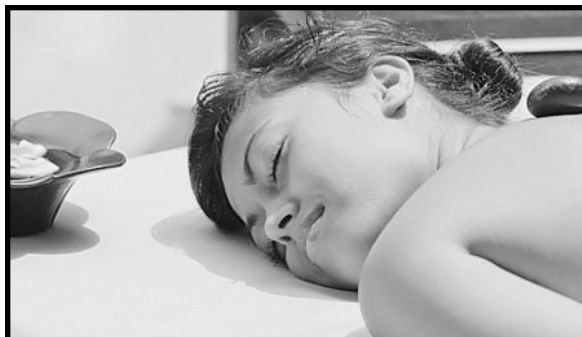
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food

# Cooking with cocoa

## Creativity in the kitchen unlocks this bean's benefits

By Sarah J. Gardner

There is just something about cooking with cocoa that makes me feel like I'm getting away with a wee bit of mischief. By now it's not news that a little chocolate can be good for us. Cocoa beans, from which chocolate is derived, naturally contain iron, magnesium, phosphorus and potassium, among other nutrients. Even so, we don't talk about most nutritious foods the way we do about chocolate. When was the last time you heard someone purr, "I indulged in rich, velvety broccoli spears. They were decadent," as they licked their fingers? My guess: never.

Cocoa, though, really is a powerhouse, one capable of holding its own in a nutritional showdown. It is chockablock full of antioxidants, compounds that researchers have shown fight cancer, lower blood pressure and help ward off heart disease. In fact, cocoa contains more antioxidants than most other foods. Think blueberries, green tea, strawberries and pomegranates have a lot? All of them pale in comparison to the antioxidants cocoa brings to the table.

That's the good news. The bad news? The more cocoa is processed, the more its nutritional profile is diminished — and the way most of us eat cocoa, baked into sweets or formed into chocolate bars, is highly processed. Along the way sugar and fat get added and vital nutrients are sapped out. You don't need to be a dietitian to know that doesn't add up in our favor.

Which brings me back to cooking with cocoa — specifically, unsweetened cocoa powder, a product that can be found in the baking aisle of most grocery stores. The tannins in cocoa that give it a dark color and the characteristic "chocolately" texture also make it very bitter, which is why most of us prefer to eat the candy version. When we cook with cocoa, though, the other foods in the dish contribute their naturally occurring sugars, counterbalancing the bitterness of the cocoa and eliminating the need to add processed sweeteners.

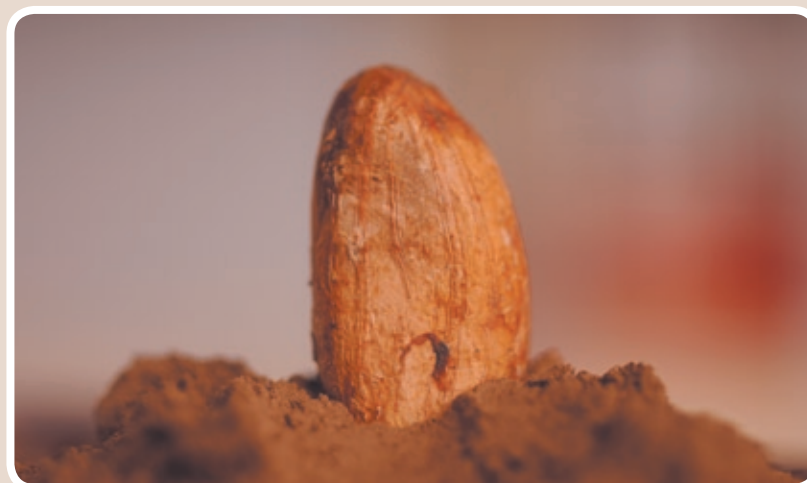


Photo by Paul Colletti / Radish

The other foods benefit, too. Adding cocoa to lean cuts of meat can make for richer dishes, not unlike adding a cream or mole sauce, but without the high fat content. The lean meats stay lean, but seem more succulent.

Cocoa also can help balance acidity in other foods. This is one reason we like to dip strawberries in chocolate. In "The 12 Best Foods Cookbook," (of which chocolate is one) author Dana Jacobi suggests adding a tablespoon or two of unsweetened cocoa to tomato-based sauces and dishes like chili or black bean stew. It's a surprisingly good combination of tastes.

No wonder I feel like I'm getting away with something. I have to confess, though, knowing about the nutritional benefits of cocoa is all well and good. But actually eating the cocoa-laced dishes? That's pure, unadulterated bliss.

*For additional recipes, turn to page 39.*

### Cocoa Roasted Winter Squash

1/3 cup cocoa powder  
1 tablespoon salt  
1/4 teaspoon cayenne pepper (more or less, to taste)  
1/2 teaspoon cinnamon  
1 tablespoon sugar

3 medium butternut squash (or other winter squash, roughly equal to 6 pounds), peeled and cut into 1-inch chunks  
1/4 cup canola or vegetable oil  
3/4 cup toasted slivered almonds

Heat the oven to 375 degrees. In a small bowl, combine the cocoa powder, salt, cayenne, cinnamon and sugar. Arrange the squash chunks on 2 large baking sheets. Drizzle the oil over the squash and toss to coat evenly. Sprinkle the cocoa mixture over the squash and toss to coat. Roast for 45 to 55 minutes, or until tender. Transfer to a serving dish and sprinkle with the toasted almonds. Makes 10 servings. *Recipe adapted from Alison Ladman, The Associated Press*



eating well

## Give your cast iron a little TLC

By Ken Hoyt  
from Natural Home

In this age of gastronomic toys, cast-iron cookware still rules. This affordable option has two qualities that make it peerless: It can withstand high heat, making it perfect for searing and frying; and its heavy weight traps and maintains temperatures, which is ideal for braising. Properly cured and maintained, cast iron also can develop a wonderful nonstick surface, but you must follow a few simple rules.

### The Cure

• **Step 1** (*You'll need: a scouring pad or wire brush; natural dish soap.*) New cast-iron cookware comes with a coating, either shellac or wax, that you must remove before curing. A scouring pad or wire brush and warm water with a little dishwashing soap will get the job done. Once the coating is removed, you should never again let soap touch the iron. Let's repeat that. Do not use soap on seasoned cast iron. The cure (seasoning) is based on grease, and soap's job is to remove grease. So if you wash your iron with soap, you'll destroy the very effect you are aiming for.

• **Step 2** (*You'll need: vegetable oil.*) Cover the pan's surface, inside and out, with a liberal coating of vegetable oil. Put the pan in a cool oven. Turn the oven to 300. The pan should remain in the oven during preheat, then an additional 30 minutes. For extra insurance (against burns, too), let the pan cool inside the oven once you've turned it off.

### Care and feeding for your skillet

• **Clean gently.** Properly treated, your pan will never be bright and shiny. Over-scrubbing ruins the cooking surface. Gently remove food particles with a scouring pad, then rinse with water. Soaking it could remove its protective surface. Always dry immediately. Never clean cast iron in the dishwasher.

• **Keep it dry.** Cast iron's nonstick surface can be damaged by frequent exposure to water. Even making soup a few times can remove the coating. The best practice is to cook with dry ingredients or fry between liquid cooking. If you lose your coating, re-season the pot following the directions above.

• **Cool down slowly.** Never hasten the cooling process by exposing a hot pan to cool water. It can damage or crack the surface.

*Excerpted from Natural Home, a national magazine that provides practical ideas, inspiring examples and expert opinions about healthy, ecologically sound, beautiful homes. To read more articles from Natural Home, visit NaturalHomeMagazine.com or call (800) 340-5846 to subscribe. Copyright 2009 by Ogden Publications Inc. For more information, visit [www.motherearthnews.com](http://www.motherearthnews.com) and search "cast iron."*



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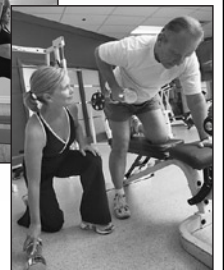
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# Beyond organic

## An Amish farmer embraces humane pasturing practices

By Donna Schill

Robert Yoder's animals have the most luxurious lives of anyone on his farm. On a windy October morning in Bloomfield, Iowa, the 32-year-old Yoder can be found out in the pastures with his six small children working hard to ensure one thing, that his cows and chickens are happy.

Marvin, 6, holds a spool of portable fencing high between his fists. His father marches down a field of bristling prairie grasses and drives a stake into the ground. Michael, 8, directs 50 trotting brown, gray, white and black cattle into their newly sectioned-off paddock. Soon, the chorus of teeth sinking into thistle, grass and hay overtakes the hillside. Yoder's four daughters stand watch atop a horse-drawn wagon, the oldest holding the youngest, wrapped in wool headscarves and crisp bonnets.

On higher ground, Yoder's hens forage for bugs and worms around a coop Yoder built by hand. Carved wooden perches line the inside walls, fresh air ascending from clean mesh flooring. Big downy hay beds line the east side like cozy bedrooms, hens roosting over Irish-cream-colored eggs, and sunlight bouncing off shells.

Yoder and his wife, Luella, are one of over 150 Old Order Amish families living quietly in the countryside skirting Bloomfield. As old fashioned as Yoder may seem, his farming practices are far from traditional. He describes his practices as "beyond organic," a somewhat nebulous term farmers have begun using to describe their philosophy. Beyond organic can mean anything from creating space for wildlife on the farmstead to emphasizing social justice for workers. But all farmers using the term feel that they in some way exceed the standards required by the USDA to be certified organic.

For Yoder, raising his animals on pasture is at the heart of beyond organic, allowing them to live a natural and humane life, hence creating a healthier meat. Certified-organic chickens are given organic feed, but often live a life of confinement similar to conventional birds.

In contrast to many organic operations, Yoder's farm is Animal Welfare Approved. Only family farms are eligible, and the program requires all animals be raised on pasture. Selling locally is also an integral part of Yoder's philosophy, supporting the local economy, freshness, and energy efficiency.

**Salatin's book put into agriculture the principles that guide a traditional Amish life, such as being neighborly and a good steward of the land.**

"I was looking for something, but I didn't know what it was," says Yoder, brown-eyed and soft spoken, with an undercurrent of Pennsylvania Dutch. Yoder's sister recommended he read "You Can Farm" by Joel Salatin. Yoder marveled, "It made so much sense reading that, it just blew my mind."

Inside "You Can Farm," Yoder found practical advice as well as a passionate commentary about the state of American food production. Salatin was concerned that a bottom-line mentality was causing farmers to produce what he characteristically called, "Adulterated fecal particulate pseudo-food."





Salatin's book resonated deeply with Yoder, perhaps because Salatin himself is a devout Christian with similar values. His book put into agriculture the principles that guide a traditional Amish life, such as being neighborly and a good steward of the land. "You need to have your heart in it," Yoder says. "Most farmers will do whatever they want to their animals, it's not an issue to them. ... It's all about making money."

Yoder has seen this sentiment trickle into his own community. Although the Amish avoid using technology, their farming practices closely resemble conventional in many ways. Yoder says that the Bloomfield community holds "pasture walks," gathering at a neighbor's farm and exchanging ideas and resources. Here they have discussions about ways of farming that Yoder admits, "almost turn into disputes."

"I have to be careful what I say," says Yoder, "because they'll think I'm a total weirdo." However, when Yoder's neighbors tease him about his small production, he's ready for a lively debate.

"An old fella down the road always kids me about my free-range eggs," Yoder recounts. "I only have 300 chickens and he has 8,000."

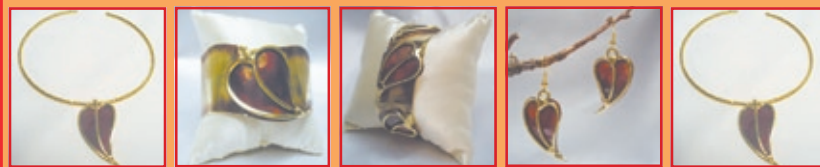
His Amish neighbor sells "cage-free" eggs to the Farmer's Hen House company. Although cage-free birds are not individually caged, they are raised in confinement buildings by the thousands. "Cage-free is a big hypocrisy," says Yoder emphatically. "He has to de-beak his birds so that they won't cannibalize each other. I try to get him to think, 'Why do they want to eat each other?'"

After reading Salatin's book, Yoder, who already worked full time for a construction company, began his own farm. Presently, he wakes at 5:30 a.m. to feed his cows, chickens and goats, then moves them to fresh pasture before going to work. He calls this rotational technique "mob grazing." When he gets home at 4:30 p.m. he takes his horse and cart out to the hen house to collect eggs with his children and to move fencing once again. Although farming this way is labor intensive, Yoder doesn't complain, saying, "I get paid to get my exercise."

Yoder sees beyond organic as fitting perfectly with his Amish values. It has also given him a reason to reach out to the outside world. "My whole life is different because I'm Amish," says Yoder, matter-of-factly. "But my wife and I have different philosophies about what we eat." He knows a handful of Amish farmers who share this sentiment, and Yoder says he's "grateful for that." But instead of trying to persuade others, Yoder is making plans for his own future, saying, "My dream is to be a full-time farmer."



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food

# Chúc mừng năm mới!

## Vietnamese community rings in the lunar new year

By Chris Greene

The last strains of “Auld Lang Syne” may have faded away, but New Year festivities aren’t all over. This month the Vietnamese Lunar New Year begins.

New Year, or “Tết,” is the most celebrated sacred holiday of the Vietnamese people. This New Year is based on the lunar calendar, which is determined by the phases of the moon. The date varies each year from late January to early February. In 2011 the New Year is celebrated on Feb. 3, ringing in the Year of the Cat.

In the Quad-Cities, the Vietnamese community planned a New Year’s event for Jan. 30 at the Col Ballroom in Davenport. Thanks to a Riverboat Development Authority grant, event organizer Lien Nguyen says this year’s event was easier to plan since the focus was more on the festivities than the finances. The annual event features a flag ceremony, dinner, dancing and traditional performances.

According to Nguyen, one of the main components of a Vietnamese family celebration of New Year is the food. The traditional festivities include a family party on New Year’s Eve to invite ancestors to join their living relatives for the New Year celebration.

“We put a set of five types of fruits — banana, grapefruit, orange, papaya and pineapple — on the spirit table along with Bánh Trung (Vietnamese sticky rice cake). Bánh Trung was to thank farmers who worked hard planting rice. This square cake was the symbol of the earth in those days,” she explains.

According to Vietnamese tradition, the five fruits represent the thankfulness the Vietnamese feel toward heaven and the earth for what they have, as well as their wish for an abundant life. The ancestral altar that displays the fruit is meant to show admiration and gratitude to heaven, earth and one’s ancestors as well as show a family’s wish for a life of plenty.

In addition to the ancestral altar bearing the fruit, Nguyen says Vietnamese families also prepare Thit Ga (boiled male chicken), Giò Lua (Vietnamese pork ham), deep fried spring rolls (Vietnamese egg rolls), Mien (grass noodle in soup), sticky rice and wine.

“In the house, we have peach and tangerine trees. The peach flower blooms in January and February in Vietnam, so it has become a symbol of spring in our country. Before Tết, we buy peach trees from markets or nurseries with the hope that it flowers. We believe the fresher looking the peach tree is, the happier its owners will be,” she adds.

Nguyen says that families are bustling with preparations before the new year. Houses are cleaned and family members often get new clothes and haircuts. They also try to settle outstanding debts, in order not to bring that debt into the new year. Businesses are decorated as well, often boasting red banners emblazoned with the words “Chúc mừng năm mới!” which translates to “Happy New Year.”



A Dragon Dance is part of the Tết festivities. (Photo by Gary Krambeck / Radish)

### Vietnamese Egg Rolls

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1 pound ground pork              | 1 tablespoon soy sauce                |
| 1 medium onion, chopped          | 4 ounces bean thread vermicelli       |
| ½ bunch of green onions, chopped | noodles                               |
| 1 carrot, grated                 | 1 package spring roll wrappers (found |
| 1 clove garlic, minced           | in freezer section)                   |
| ½ teaspoon black pepper          |                                       |

It may be too late to participate in the festivities at the Col Ballroom this year, but you can still ring in the Lunar New Year yourself by making your own Vietnamese Egg Rolls. The ingredients are easy to find and assembling the egg rolls can be a fun family activity.

Combine ground pork, shredded carrots, bean thread vermicelli, chopped onions, dash of salt and sugar, and black pepper in a mixing bowl. Separate wrappers and cut each in half into triangles. Put about 2 tablespoons of filling at one end of wrapper. Fold over and tuck in both sides and roll. Dip finger into beaten egg mixture and use to glue the tip of the wrapper to the roll. Heat oil in wok or deep fryer to about 350 degrees. Deep fry the rolls in batches for about 5-7 minutes until golden brown. Remove and drain in paper towels.



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environment

# Unnatural gas

## Many question extraction method's environmental costs

By Jeff Dick

“Like a canary in a coal mine” is the saying that comes to mind while watching “Gasland,” the hackle-raising documentary by filmmaker Josh Fox. Recently released on DVD, “Gasland” won the Special Jury Prize at the 2010 Sundance Film Festival and has been short-listed for Academy Award consideration.

The 107-minute expose offers a highly critical view of hydraulic fracturing — referred to as “fracking” by the gas industry — an increasingly controversial method for extracting natural gas from shale and coalbeds that is underway in 34 states, including Iowa and Illinois.

Fracking involves drilling deep wells, followed by high-pressure injection of water, sand and a noxious brew of chemicals (including benzene, chloride, toluene and sulfates) to shatter rock, triggering the release of gas. Usually done just after a well is drilled, fracking may also be applied several more times to eke out as much gas as possible. According to the U.S. Environmental Protection Agency, at least nine chemicals used in fracking are used at concentrations that pose a threat to human health.

Despite Congressional testimony that raised questions about the process, the 2005 Energy Policy Act exempted fracking from the long-standing Safe Drinking Water Act and Clean Air Act. The legislation opened the floodgates for the formerly little-known procedure. Currently, 90 percent of all oil and gas wells in the U.S. are fracked to increase production, according to the Interstate Oil and Gas Compact Commission.

Although it has been used for decades, fracking has benefited from advanced deep-drilling technology that has enabled companies to extract previously unreachable natural-gas deposits. But the majority of the chemical mixture used to extract gas stays behind, either in subterranean rock or in surface waste water pits that require cleanup. Complicating the matter, most state oil and gas regulatory agencies do not require companies to report which chemicals are being used and in what amounts.

Promoted as preferable to oil drilling and coal mining, fracking has been touted by the energy industry for creating thousands of jobs and making millionaires out of property owners who lease their land for a share of profits.

Offered \$100,000 for drilling rights on his Pennsylvania Delaware River Basin property, filmmaker Josh Fox instead went on a cross-country trip to check out drilling sites in Colorado, Wyoming, Texas and elsewhere. Visiting with nearby residents, Fox videotapes them starting their tap water on fire with lighters.

Fox also encounters farm and domestic animals that lost their hair after drilling started; ranchers whose water wells spewed natural gas; and gas-pipeline emissions far exceeding the acceptable public health level for cancer-causing benzene and the neurotoxin carbon disulfide.

Not surprisingly, “Gasland” has come under fire from the gas industry. Detractors attribute its compelling footage of tap-water combustion to naturally



A natural gas extraction site. (Submitted)

occurring methane gas, not drilling from nearby gas wells. (Opponents to fracking, meanwhile, argue without knowing the exact chemicals used in the process, there is no way to track them.) Industry spokesmen generally maintain that the process is safe.

The EPA recently commenced a comprehensive study on the topic in response to public concern. In September, the agency sent requests to the nine major hydraulic fracturing companies to voluntarily provide information about their operations. Eight of the companies complied. The ninth, Halliburton, declined to provide information about the chemical composition of fluids used in its fracking process, locations of sites where fracking has taken place, and standard operating procedures at those sites. The EPA has since issued a subpoena for the information.

Fracking is the subject of several other films not yet commercially distributed on home video, although clips can be viewed and copies purchased on producers' websites. These include “Split Estate,” another film that takes a critical view of fracking, and two that are sympathetic, “Haynesville” and “Gas Odyssey.”

But it is “Gasland” that has really stoked interest in fracking, prompting shows such as “60 Minutes” and “NBC Nightly News” into doing pieces on the subject. Director Josh Fox has definitely started his own fire.

*For more information on “Gasland,” go to [gaslandthemovie.com](http://gaslandthemovie.com).*



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# Creative outlet

## At Reusable Usables, craft supplies take on a second life

By Laura Anderson

Tucked into the historical heart of LeClaire, Iowa, is Reusable Usables, a unique, earth-friendly shop, working to inspire creativity while diverting items from landfills.

“Reusable Usables is a reusable resource center,” says Angie Mapes, director of the nonprofit. “There are 60 across the country, but this was the first in Iowa.”

Throughout a handful of rooms between two floors, goodies to be reused and repurposed await teachers, parents, crafters and artists. A little rummaging turns up Altoids containers, wood scraps, granite samples, buttons, bolts and swatches of fabric, industrial vinyl and cork — all donated by businesses and individuals.

Everything is sold by the pound, in 10-pound increments. “That just covers gas and lights,” Mapes

says, adding that anyone who works at the shop is a volunteer.

On the first floor is an art studio. With a mission “to promote hands-on creative learning using reusable resources,” this studio is a great place to bring children, host birthday parties, field trips and more, says Mapes. For \$5 a day per person, people can “sit and go to town” with scissors, crayons, markers, paper and more. Other reusable items throughout the shop can be purchased for use in the studio, too, Mapes says.

Not only does the shop and studio give children a creative outlet, it teaches environmental awareness, “which is huge,” Mapes says.

During a tour of the house, Mapes pointed out several pieces and smiled as she described in bubbly tones what projects each could be used for.

A rack held brightly-colored green and blue

fabric with a variety of shapes woven into it. Mapes rubbed her hand through the cloth and says the high-end fabric samples came from an architectural firm, and they could be made into great, one-of-a-kind scarves, she says.

Plastic containers held squares of beautiful granite and marble in blues, greens, black and more. “They’re great for coasters,” Mapes says, thumbing through the squares. “This is the stuff they throw away.”

She rattled off a half-dozen things the squares could be used for from gift ideas to mosaics. It’s all about reusing, she says. “That’s the name of the game.”

She says getting started with a business like Reusable Usables could be a bit difficult. “You can’t just cold call companies” and ask for their garbage, she says. Companies have trade secrets, she says, and “a lot of them don’t want you to know what they’re throwing away.”

To find her goodies, she says people at the Department of Natural Resources Iowa Waste Exchange helped to “matchmake” her with companies that were getting rid of items that could be repurposed or reused.

Mapes says some of the companies they work with have a system to their donating. Once a box is full of whatever they’re getting rid of, they call Mapes and she goes and picks it up. “It’s unbelievable” how business has been, she says, “just with word of mouth.”

The shop will take donations of most anything that’s “clean, safe and nontoxic,” though it has a wish list and a list of items it will not take posted on its website at [reusableusables.org](http://reusableusables.org).

“Either people really ‘get it’ or they don’t get it at all,” she says. “Most people get it.”

*For a list of some of the items on Reusable Usable’s wish list, turn to resources, page 39. Visit Reusable Usables Creative Arts Center at 322 N. Cody Road, LeClaire, Iowa.*



Angie Mapes speaks with a patron at Reusable Usables in LeClaire, Iowa. (Photo by Paul Colletti / Radish)





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health & fitness

# Kettlebell craze

## Time-honored Russian sport catches on in the U.S.

By Ann Ring

Russia is famous for its vodka and fur hats. But more recently, people all over the U.S. are hoisting and swinging its latest export: the kettlebell. Kettlebells, which are individual cast iron balls with a handle, are found in nearly every large fitness club and are a part of a personal trainer's repertoire. The balls range in weight from five pounds to more than 100 pounds.

"Kettlebells offer a great deal of combined cardio and functional strength," says Brian LaJeone (pictured), a personal trainer at Gold's Gym in Davenport. He originally used them in college and for the past year has incorporated the weights for his clients. "You'll have a higher metabolic cost when you use them because you're doing more work than just lifting weights."

Kettlebell workouts are more than just lifting a heavy bowling ball. Movements involve the entire body and workouts are taxing because they burn fat, build muscle and increase stamina simultaneously. Like free weights, kettlebells are not meant to be picked up and handled without a lesson or two because they can cause injury. "Kettlebells are easily the most improper use of equipment in the gym," says LaJeone. "Exercises are fast, and they generate momentum. Anyone should guard against grabbing one and swinging it around."

Personal trainer Angela Josephs of Minnesota, who's one of the country's few Russian Kettlebell Certified level two trainers, agrees, but goes even further. "My philosophy is, 'If I'm not educated, I should not be teaching,' which is why I became certified. Until you are certified, you can't appreciate the complexity of what your body can endure."

Josephs says she is not pleased with the plethora of books and DVDs available for online purchase. "They're dangerous," she says. "A video can't be there with you to observe proper form, like are you driving your heels into the ground, is your chest up. My job is to see that they're being used 100 percent correctly every time."

LaJeone mentions three basic moves for the beginner. "The swing, then a kettlebell clean, and either a snatch or overhead press," he says. "Basic kettlebell movements work the heart (cardio), hamstrings, hips, glutes and hip flexors."

Both LaJeone and Josephs agree that anyone at any age can learn to use kettlebells. "There are so many ways to train," says Josephs, "but as with anything, if you do not use proper form you are prone to injury. So many people think they can just watch and see what to do."

Because of their popularity, the American Council on Exercise (ACE) studied their energy cost and exercise intensity at the University of Wisconsin. According to its findings, during the 20-minute test, the average calorie burn was 272 calories, not counting additional calorie burn due to "substantial" anaerobic effort. Volunteers burned more than 20 calories per minute, which is "off the charts." Researchers believe the sharp calorie expenditure is due to total-body movements that are done very quickly.

Both LaJeone and Josephs believe in results. Says Josephs, "If done properly, it's a phenomenal exercise. If you do the swing properly, it's intense."

*For more information, contact Brian LaJeone at Gold's Gym, (563) 355-2900.*

Photo by  
Gary Krambeck / Radish



# environment

## Household goods off-gas toxins, but potted plants can help you breathe easy

By GateHouse News Service

Most people spend 90 percent of their lives inside, where the air they breathe contains at least 10 times more harmful pollutants than the air outdoors, according to the U.S. Environmental Protection Agency.

There's a natural solution for better indoor air quality: houseplants. Plants work around the clock to filter the air from pollutants and release oxygen and moisture into the surrounding space.

"Plants act as the 'lungs of the earth' by giving off oxygen and taking in carbon dioxide," says former NASA research scientist Dr. B.C. Wolverton, author of "How to Grow Fresh Air."

Formaldehyde is one of the leading chemical compounds found in indoor air emissions, and it is found in paper products, paints, upholstery, drapes and pressed wood products, Wolverton notes. Ordinary products like paint, tobacco smoke, printer ink and carpets also hold hidden dangers. Today, there are more than 80,000 synthetic chemicals that emit off-gases.

A recent study published in the British Medical Association's journal, Thorax, found that "children exposed to higher levels of (volatile organic compounds) were four times more likely to suffer from asthma than children who were not."

Plants improve air quality with a natural "filtering" ability. Wolverton found that indoor houseplants absorb up to 87 percent of VOCs like ammonia, formaldehyde and benzene.

Plus, certain indoor houseplants "clean" the air every 24 hours. Plants absorb toxins into the leaves and root zone and turn toxins into nutrients for themselves. Some tropical plants even suppress airborne mold.

Researchers at Washington State University studied the impact of indoor houseplants on dust reduction in office spaces. When indoor houseplants were present, dust particulates were reduced by 20 percent.

Some of the hardest working plants are the peace lilies, ferns, palms and spider plants.

Snake plants, broad sword ferns and rubber plants are among the top 10 air purifiers recommended by experts. They're easy to grow, are natural humidifiers and remove airborne chemicals. Other green heroes are chrysanthemums and gerbera daisies. Or try golden pothos or heart leaf philodendron. Rimland's favorites are anthuriums.

Consider the light, humidity and temperature of your indoor spaces to determine the best place for your plant. Wolverton recommends to "place as many plants as space and lighting will allow."

To learn more about the world of indoor houseplants, visit [O2foryou.org](http://O2foryou.org).



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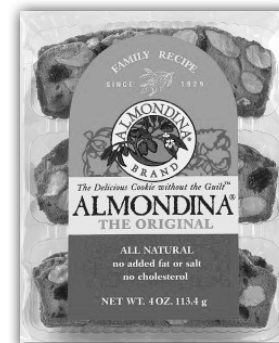
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good business

# Two of a kind

## Recycled, upcycled clothes forge a unique partnership

By Lindsay Hocker

Little did Aimee Winslow and Ashley Francis suspect when they were each pregnant that their businesses would soon be reborn, too. Aimee was owner of Mint Green Boutique, a clothing resale shop in the Village of East Davenport. Ashley owned Fannie's Closet, a specialty shop featuring handmade clothes, which was located a few blocks away in the Pierce School Mall.

The two entrepreneurs knew each other from meetings of the Village board, but Aimee didn't realize until the two began talking about combining their businesses that Ashley was also expecting. Ashley jumped on board, moving her store to the Mint Green location in March 2010.

The partnership has proven so successful, neither can imagine now managing their businesses any other way. The two mothers split up the work week, so they're spending an equal amount of time at the store, but still have plenty of time to spend at home. When their babies came due, each covered for the other's maternity leave.

"I get to be a mom while still living through a dream," Ashley says.

Their businesses have prospered from the partnership, too. Both Mint Green Boutique and Fannie's Closet strive to offer clothing and handmade goods that others don't. Ashley says there are always plenty of one-of-a-kind items which make visiting the stores a "part shopping, part treasure hunt" experience.

"It's just kind of a fun place — you never know what you're going to find," says Aimee.

Some of the offerings include gently used clothing, new clothing created by Ashley, and accessories of all kinds — jewelry, scarves, headbands and shoe clips that allow women to accessorize their footwear.

There's a kids clothing section with onesies and T-shirts Ashley has added to, as well as items created by others, including coloring aprons with slots for many

crayons. Aimee says the kids' items are big sellers, and many moms bring in their kids while shopping. A coloring table allows kids to keep busy while their moms shop and test out the crayons shaped like Legos, cupcakes, and other items. "They can shop, and their little ones can kind of shop," says Aimee.

Aimee, 33, is originally from the Quad-Cities, but lived in Chicago for years before coming back to the area. In Chicago, she loved shopping at boutiques like Mint Green, and decided that she'd love to open one herself if she moved back home.

"They're a dime a dozen up there," she says.

Ashley, 25, lived in Hampton, Iowa, before moving to Davenport two years ago. She says she loves sewing and creating items, and having a store was always something she wanted to do.

"I wanted to give customers a way to get handmade and not have to go online to get it," she says.

The Fannie's Closet items are created by Ashley or are purchased from local artisans or dealers on Etsy.com, a website where people can sell and purchase handmade goods.

The cardigans at the shop featuring birds, umbrellas, and other images, are "all upcycled from thrifted cardigans," Ashley says. Many of the other items at the store are also "upcycled." Some of the jewelry, for example, comes from a woman who creates "new" pieces from vintage jewelry she purchases at estate sales.

"Instead of buying something new, you can buy something that's already there," she says.

Many of the Mint Green items also have been used before. Most of the clothing comes from suppliers in the Chicago area. A smaller portion of the clothing is sold on commission. Aimee says she strives to bring in items not readily available in the Quad-Cities that are affordable finds.

"A label is much more affordable if it's gently used," she says.



Ashley Francis, left, and Aimee Winslow, right, in their shared retail space, Mint Green and Fannie's Closet. (Photo by John Greenwood / Radish)

*Mint Green Boutique and Fannie's Closet are located at 2218 E. 11th St., Davenport.*



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outdoors

# Bootprints in snow

## Black Hawk Hiking Club enters its 10th decade

By Susan McPeters

Six-year-old Andrea Hurley probably didn't realize she was revisiting local history when she, her grandparents, and 28 others hiked Rock Island's Sunset Park on a brisk, snowy day in late December. In 1920, businessman and community leader John Hauberg founded what would come to be named the Black Hawk Hiking Club and conducted the first official outing in Sunset Park. Ninety years later, the snowy trek Hurley was on was the club's 2,360th outing.

Every Saturday from September to early June, the Black Hawk Hiking Club conducts its outings. In all its 90 years the club has never canceled a hike. Hurley's grandparents, Sandy and Tom Cline of Coal Valley, Ill., have been members of the club since the late '80s. The couple tries to make all the outings. "I've always loved to walk and hike," explains Sandy.

As to why they ventured out on a day when the official high temperature was 18 degrees, Tom says simply, "The sun is shining, it's decent, and it is close to where we live."

Club founder John Hauberg grew up on a farm outside of Hillsdale, Ill., and perhaps that is where his love of nature was instilled. He worked a variety of manual-labor jobs, mostly outdoors, before going to law school and establishing a practice in Rock Island. With his marriage to Susanne Denkmann (her father was a principal in the Weyerhaeuser and Denkmann Lumber Company) came opportunities for Hauberg to hold numerous executive board positions and become active in community work. He also played a major role in the creation of Black Hawk State Historic Site, and the couple donated land for a YMCA summer camp.

LaeUna DeWitt, current club president and member since 1971, says she joined because, "I didn't have to be anybody special to join. I just love nature." The club still follows Hauberg's rule against picking



Members of the Black Hawk Hiking Club commemorate the club's first hike of 90 years ago. (Submitted)

flowers or taking any souvenirs home from hikes. "It's a way to appreciate nature," says DeWitt. "It's not important who the fastest hikers are, although some people are surprised at the pace we can keep."

The club currently has about 260 members, although not all of those are active members. Dues

are \$10 per person a year, with a family rate of \$20 for three or more members. The money pays for the production of the annual bulletin, which outlines the upcoming hikes for the year, as well as equipment purchases for the club. "Once you have been a member for 50 years you become an honorary member and are exempt from paying dues," DeWitt explains.

A person interested in joining the Black Hawk Hiking Club first has to go on three hikes. "We want them to know what they're getting into," says DeWitt. "Every hike has a director and a committee to plan the hike and to make sure everything is in place the day of the event. We hike through all kinds of weather and have never canceled a hike."

The club also goes on overnight camping trips and a yearly "Big Hike," as Hauberg called them. The first Big Hike was in 1920 to Starved Rock in Illinois and Indiana Sand Dunes. The cost per person was \$12. Over the years the destinations have become more far flung, ranging from the Upper Peninsula to Colorado and beyond.

Michelle Cauwels of East Moline joined the club six years ago when her son passed away and she was looking for an activity she and her daughter could get involved in together. Cauwels clearly remembers her first hike with them. "It was at a farm and had been raining and it was really, really muddy. I asked if it was like this on all the hikes, and they assured me it wasn't. So, I went on the next one and now I have been on almost all of them."

Most hikes last one and a half to two hours. On this "crisp" December day, the majority of hikers decided to end their hike after an hour and head back to the shelter where member Larry Spillers had prepared hot cocoa and coffee on the club's camp stoves. Hurley proclaimed hike No. 2,360 "good," joining with those who are continuing the legacy of John Hauberg, one step at a time.

*For more information on club activities, visit [blackhawkhikingclub.bravehost.com](http://blackhawkhikingclub.bravehost.com).*



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# rooting around

## Celebrate a life rich in art, adventure and the pursuit of birds at Moline Public Library's John James Audubon event

In commemoration of the 200th anniversary of John James Audubon's first journeys through Illinois, the Moline Public Library will host an evening program featuring storyteller and author Brian Fox Ellis. During the program, Ellis, in the persona of Audubon, will celebrate the life and work of this great American naturalist and artist. The free program will be held at 7 p.m. on Feb. 16 in the library meeting room and will touch on the history, ecology art and literature that sprang from Audubon's explorations when Illinois was still considered wilderness. The program will also highlight the rotating display of Bien Audubon prints on loan from the William Butterworth Memorial Trust in cooperation with the Figge Art Museum. For more information, contact librarian Doug Bond at (309) 524-2440.

## From farm and field, women in agriculture convene at Overall Woman Conference

As long as agriculture has existed, women have been involved with it. Among American farmers, women are increasingly taking a leadership role: According to the most recent census data collected by the U.S. Department of Agriculture, the number of farms on which a woman is the primary farmer has grown by more than 30 percent in just a five-year time span. This month, a conference coordinated by Iowa State University Extension will bring women involved in or affected by agriculture together for two days at the Isle Casino Hotel in Bettendorf. The "Overall Woman Conference" will run Feb. 10-11 and will provide rural women the opportunity to participate in workshops led by industry experts. Topics will include farm business, value-added agriculture, tax help, safety and family communication. Visit [extension.iastate.edu/scott/news/overallwomen](http://extension.iastate.edu/scott/news/overallwomen) for more information. Register online or by calling (563) 359-7577.

## Sample a taste of far-off lands and cultures at Augustana's International Food Festival

The Augustana Office of International Programs has gathered recipes from around the globe for the ninth annual International Food Festival to be held from 5 to 7 p.m. on Feb. 5 in the College Center Dining Room, 3750 7th Ave., Rock Island. The festival will feature more than 30 dishes from Asia, Africa, the Middle East, Europe and Latin America. As is tradition, the items on the menu are selected to represent the homelands of Augustana's current international students and the locations of its study-abroad programs. The event is open to the public; tickets are \$12.50. Children under 4 are free but still require a ticket, which may be obtained through the Augustana ticket office at (309) 794-7306. For more information, contact Scott Cason at [scottcason@augustana.edu](mailto:scottcason@augustana.edu) or (309) 794-7323.



Gary Krambeck / Radish

## Take advantage of new wellness facilities at the Sylvan Boathouse

The Two Rivers YMCA is making it easier than ever to lead an active lifestyle with wellness coaching and a convenient new location. In January, the Y began allowing members to use the facilities at the Sylvan Boathouse, 1701 1st Ave, Moline. The location makes it convenient for those employed in downtown Moline to access it for lunchtime or after-work workouts. A wellness coach is available at the boathouse to support and guide patrons through cardio classes and drop-in usage of ellipticals, rowing machines and free weights. Locker rooms and showers are also available on-site. The Sylvan Boathouse is open Mondays through Fridays from 11 a.m. to 1 p.m. and again from 4 to 7 p.m. Two Rivers YMCA members with a boathouse membership may use the facility at no additional charge. Y members without a boathouse membership may purchase a \$20, 10-punch wellness pass to use wellness services at the boathouse. For more information, contact the Y at (309) 797-3945.



Paul Colletti / Radish

## Should GMO crops continue to be planted on National Wildlife Refuge lands?

The U.S. Fish and Wildlife Service is inviting public comment on the future of farming on National Wildlife Refuge lands in the Midwest Region, including several sites in Iowa and Illinois. Traditionally, farming has been a tool in restoring native habitats, controlling noxious weeds and providing foods for migratory birds and resident wildlife on 31 managed sites in the Midwest region. This practice has declined in recent years, though. Approximately 20,000 acres of the Midwest region's 1.5 million acres are currently farmed by the Service. This is a 5,000 acre decrease from 2005, and it is expected that farming on managed lands within the Midwest Region will be further reduced over the next 10 years. Even so, revisions in regional farming policy and changes in agricultural practices, such as the increased use of genetically-modified crops, has prompted a need to re-evaluate farming on managed lands in the Midwest Region. Four potential actions have been identified, with continued farming and allowance of GMOs being the option currently favored. The public has the power to weigh in on this important issue, though. A draft evaluation of the proposal is available at [fws.gov](http://fws.gov). The public is invited to comment on this draft by e-mailing [r3planning@fws.gov](mailto:r3planning@fws.gov) or writing to U.S. Fish and Wildlife Service, Division of Conservation Planning, Attention: Farming EA, BHW Federal Building, Room 530, 1 Federal Drive, Ft. Snelling, MN 55111. In order to be considered, comments must be received by Feb. 14.



## Swap for better bling at Quad City Botanical Center fundraiser

Recycling has never been more fabulous: From 6:30 to 8 p.m. on Thursday, Feb. 10, you can bring your gently used (or new but not quite right for you) purses, totes, costume jewelry, scarves, gloves, hats or other accessories to the Quad City Botanical Center, 2525 4th Ave., Rock Island. Then embark on your own personal treasure hunt while you browse the items others have brought in. Complimentary beverages will be available, as will a cash bar, and the Sun Garden will be open for a stroll. Cost to participate in the event is \$10, and all of the proceeds will be used to help support the Botanical Center. There is a limit of 10 items to swap per person. For more information, contact Beth Peters at (309) 794-0991, ext. 30, or by e-mail at [vs@qcgardens.com](mailto:vs@qcgardens.com).

## Gain greener thumbs and gardening know-how at the 15th annual Nursery School

Before you plant one seed or put one shoot in the ground, join the Rock Island County Master Gardeners from 8 a.m. to 4 p.m. on Feb. 26 for Nursery School at the i wireless Center, 1201 River Drive, Moline. Recognized as one of the Quad-Cities premier gardening symposiums, Nursery School brings together local and regional horticultural experts who provide a diverse range of workshops and gardening ideas. The event also features several gardening vendors and shopping opportunities. Cost to participate is \$45, which includes continental breakfast, sit-down luncheon, afternoon snacks, handouts and all workshops. A complete list of workshops is available online at [web.extension.illinois.edu](http://web.extension.illinois.edu). To register for Nursery School, contact the University of Illinois Extension Rock Island County office at (309) 756-9978 by Feb. 13.

## The eyes have it: How to protect your peepers when cold weather sets in

Winter weather is tough on your skin, but it also can do a number on your eyes. The American Optometric Association has a number of suggestions to protect your eyes from the dry air and harsh glare that comes with frigid weather. For starters, drink plenty of water to avoid becoming dehydrated and use a humidifier to increase the levels of humidity at work or home. Use over-the-counter tear solutions as often as needed to supplement natural tear production. Preservative-free artificial tear solutions are recommended because they contain fewer additives that might further irritate your eyes.

Also, remember sunglasses aren't just a summer accessory. Bright reflections off snow or ice can cause an intense glare that could damage the eyes. When purchasing sunglasses, look for glasses that block out 99 percent to 100 percent of ultraviolet rays, screen out 75 percent to 90 percent of visible light and have lenses that are perfectly matched in color and free of distortion.



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## rooting around

### More bad news for bees: Illinois researchers find new insight into colony collapse disorder



Thinkstock

There's a new development in the mystery of why bees are disappearing, and it's not good. Four different bee species that are vital to crop production have experienced a 96 percent decline in the past few decades and bumblebee range has decreased by as much as 87 percent. Researchers are still unsure why, but one theory says that disease and inbreeding are among a host of factors.

Bees pollinate about 90 percent of the world's commercial plants, such as coffee, cotton, and most fruits and vegetables. "These are one of the most important pollinators of native plants," says Dr. Sydney Cameron, assistant professor in the entomology department at the University of Illinois, who led the study. "Pollinator decline has become a worldwide issue, raising increasing concerns over impacts on global food production, stability of pollination services, and disruption of plant-pollinator networks."

### Waste not, want not: Software to prevent needless printouts

Remember when computers were supposed to make us a paperless society? With the help of the World Wildlife Federation's WWF file format, that might finally happen. It's similar to a PDF format, except the file can't be printed. The software is free on the WWF website, [saveaswwf.com/en](http://saveaswwf.com/en).

Making a WWF file is exactly like creating a PDF. The software installs a "Save as WWF" option in your print menu, which you can select instead of a printer. WWF files can be e-mailed and opened by anyone with PDF reading software such as Adobe Acrobat. The software shouldn't be used for documents that need to be signed, like contracts, but it would work for memos and meeting minutes, as well as all those jokes that get passed around the Internet.

### Hit the mall or go online — which method of shopping is the greenest?

Although it involves sending smaller packages to many different destinations rather than a centralized store, online shopping does seem to have the eco-edge on popping into the shops yourself. If each individual replaces just two trips to the mall each year with online shopping, it could reduce the amount Americans drive by 3.3 billion miles and keep 3 billion pounds of carbon emissions out of the air, according to the U.S. Postal Service. A number of studies, including one in 2009 by Carnegie Mellon University's Green Design Institute and a study from early 2010 based in the United Kingdom seem to confirm this conclusion.



## Online tools to help manage diabetes now include a simple health assessment function

DiabetesCare.net, a website which aims to provide useful information and support to lives touched by diabetes, has recently added a Health Assessment Tool to its expanding library of resources. The tool will be able to generate a "Personal Wellness Score" for users who answer simple questions about their lifestyle and family history. The Health Assessment Tool will also generate a "Doctor's Chart Report" that can be saved in PDF format for easy printing and/or e-mailing to the user's health-care professional. Other tools on the website include a resource with more than 40,000 food items for tracking daily food intake and carbohydrates consumed; an exercise tracker that tracks more than 80 different daily exercise activities for visitors; a blood glucose tracker; and a body mass index calculator. The website, which aims to provide useful information and support, presented free of bias, contains no commercial advertising. It is regularly reviewed by a medical panel that makes recommendations as to its content. For more information or to make use of the library of tools, visit DiabetesCare.net.

## Toilet paper tubes? So last century

Kimberly-Clark, the paper giant behind the Kleenex, Cottonelle and Scott brands and the largest manufacturer of tissue products in the world, recently launched Scott Naturals Tube-Free toilet paper which, to reduce waste, is wound in such a way that it doesn't need cardboard tubes. The company estimates that the 17 billion toilet paper tubes produced yearly in the U.S. account for some 160 million pounds of trash. By eliminating the tubes, the company hopes to both save cardboard and allow customers to use every last piece of toilet paper, since the last one won't have any glue on it to stick to the roll. The tube-free TP is being sold initially at Wal-Mart and Sam's Club stores in the Northeastern U.S. and will be launched nationally and beyond if it catches on with consumers. In addition, Kimberly-Clark has committed to sourcing 40 percent of its North American tissue fiber — some 600,000 tons yearly — from recycled sources or from forests certified as sustainable by the nonprofit Forest Stewardship Council (FSC). This change in company policy comes in response to pressure from Greenpeace and other environmental groups calling upon Kimberly-Clark to clean up its act in regard to how it sources its wood fiber and how much recycled content it includes in its products.

## Help shape future waterway policies

Have you heard about the Asian carp making their way up the Mississippi? The fish is just one example of an aquatic nuisance species (ANS) — non-native animals and plants — that infest local waterways, threatening native species and destabilizing the waterway ecology. ANS pose a problem that is easy to understand but more difficult to solve. Currently, the U.S. Army Corps of Engineers is conducting a study to explore options preventing ANS migration between the Great Lakes and the Mississippi River basin. They would like to hear from you through online commenting or at a public hearing. The deadline to contribute your thoughts is March 31. For more information, visit [glmris.anl.gov](http://glmris.anl.gov).


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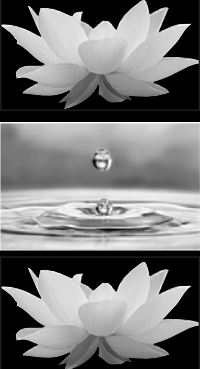
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# rooting around

## Solar power? The hornets have it

A team of researchers at Tel Aviv University's School of Physics and Astronomy have discovered that the Oriental hornet has a solar powered tummy. The insect's exoskeleton harvests the sun's energy and converts it into electric power. Researchers discovered that the yellow and brown stripes on the hornet's abdomen have a photo-voltaic effect: the brown and yellow stripes on the hornet's abdomen can absorb solar radiation, and the yellow pigment transforms that into electric power.

The team found that the brown shell of the hornet was made from grooves that split light into diverging beams. The yellow stripe on the abdomen is made from pinhole depressions, and contains a pigment called xanthopterin. Combined, the light diverging grooves, pinhole depressions and xanthopterin change light into electrical energy. The shell traps the light and the pigment does the conversion. Now researchers hope to duplicate the hornet's abilities in the future. "The interesting thing here is that a living biological creature does a thing like that," says physicist professor David Bergman of Tel Aviv University's School of Physics and Astronomy, who was part of the team that made discovery. "The hornet may have discovered things we do not yet know."

## Methane gas, a current climate change concern, may be the renewable energy source of the future

Harvard researchers are developing a new way to power portable electronic devices like laptops — methane. The research team, led by Shriram Ramanathan at the Harvard School of Engineering and Applied Sciences (SEAS), says that solid-oxide fuel cells (SOFCs) can be used to power a variety of portable devices. These electrochemical fuel cells are more eco-friendly alternative to fossil fuels and produce very little waste, except water. The cells convert chemical energy from hydrogen or a hydrocarbon fuel such as methane into an electric current. The main obstacles to using SOFCs has been reliability and cost. "It's expensive to make pure hydrogen," says Ramanathan, "and that severely limits the range of applications." Methane is much less expensive and as it begins to take over as the fuel of choice, the advances in reliability, and affordability should continue.

## Take a pass on the printed receipt to cut down on paper use and BPA exposure

You know about the dangers of BPA in plastics, but did you know that seemingly innocent sales receipts probably contain BPA too? The Warner-Babcock Institute for Green Chemistry in Wilmington, Mass., ran tests on 10 receipts from various outlets and found that six of them had 1.09 percent to 1.70 percent BPA by mass. Two more contained 0.30 percent to 0.83 percent BPA. A Swiss study found that BPA rubs off of receipts easily; wet fingers can pick up 10 times as much BPA as dry ones. In addition, the Swiss study showed that within two hours of holding a receipt, nearly 30 percent of the transferred BPA had been absorbed. To avoid BPA from receipts, the Environmental Working Group recommends declining receipts when you can (such as at an ATM or gas pump), washing your hands before eating, and storing receipts separately from other items in your wallet or purse.



# resources

## COOKING WITH COCOA

(Story on page 18)

### Lean Mean Chocolate Chili

4 teaspoons canola oil	1 tablespoon ground cumin
1 pound lean meat (such as chopped round or ground turkey)	1 teaspoon dried oregano
1 large onion, chopped	1 (28-ounce) can whole tomatoes
1 small green bell pepper, chopped	2 tablespoons dark chocolate cocoa powder
3 cloves garlic, chopped	1 tablespoon cider vinegar
2 to 4 tablespoons chili powder (to taste)	1 teaspoon salt
	1/8 teaspoon freshly ground pepper

In a medium Dutch oven, heat 3 teaspoons of the oil over medium-high heat. Add the meat and brown it on all sides, 5 minutes. Transfer to a plate. Add the remaining teaspoon of oil to the pot. Sauté the onion and green pepper for 3 minutes, mix in the garlic, and sauté 2 minutes longer, until the onion is soft. Stir in the chili powder, cumin and oregano. Return the meat to the pot, including any juices on the plate. Add the tomatoes with their liquid, using a wooden spoon to break them up. When the liquid boils, stir in the cocoa. Reduce the heat and simmer uncovered for 30 minutes. Add the vinegar, salt and pepper. Cook until the meat is tender, 40 to 45 minutes longer. Makes 4 servings.

— Recipe adapted from Dana Jacobi, "The 12 Best Foods Cookbook"

### Slow-Cooker Pulled Pork

2 cups store-bought salsa, plus more for serving	2 tablespoons unsweetened cocoa powder
2 tablespoons chili powder	kosher salt
2 tablespoons dried oregano	2 1/2-pound boneless pork butt or shoulder, trimmed of excess fat

In a 4- to 6-quart slow cooker, combine the salsa, chili powder, oregano, cocoa, and 1 teaspoon salt. Add the pork and turn to coat. Cook, covered, until the meat is tender and pulls apart easily, on high for 4 to 5 hours or on low for 7 to 8 hours. Serve on a toasted bun with your favorite sides.

— Recipe adapted from Allison Fishman, "Real Simple"

## CREATIVE OUTLET

(Story on page 26)

Interested in donating items to Reusable Usables? Here are a few goods they could use: paper bags / kitchen stools / scissors / crayons (pieces OK) / construction paper / paint brushes / paints / chalk / canvas / big paper to paint on / mat board / hole punchers / art tools / craft items / art paints (watercolor, acrylic, oil, poster, gouache, or tempera) with labels (no house paint) / art supplies (printing blocks, brayers, stencils, craft kits) / artificial plants and flowers / baggies / balls / beads / bones / brushes / bottlecaps / baby food jars / buttons / cassettes / cameras / canvas / candles / ceramic tiles / CDs / CD cases / chalk / chip board / colored paper / corks / craft supplies / crayons / currency / DVD cases / disks / educational games and kits / egg cartons / envelopes / fabric samples (no cut-up clothing, please) / fabric yardage / feathers / file folders / film canisters / foam core / frames / games / gift wrap / glitter / glue / hobby supplies / instruments / jewelry / knitting and crochet needles / labels / lace / leather / mailing tubes / magnets / maps / marbles / office supplies (paper trays, paper clips, index cards, labels, hole punchers, staplers) / notebooks and pads / paper of all types / party supplies / pens and pencils / pins and needles / photographs / plastic utensils / Plexiglas / popsicle sticks / posters / records / ribbon / rubber bands / rubber stamps / rulers / sewing notions / stamps / staplers / stamp pads / stickers / screenprinting supplies / string / stuffing / tape / teaching materials / test tubes and lab gear / trimmings / toys / yarn / wallpaper / wire / wood rounds and dowels / zippers / volunteers to help sort items.



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food for thought

# As a family

## Everyone benefits when kids volunteer alongside parents

*I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve. — Albert Schweitzer*

By Elizabeth Russell

A review of recent research has shown that adult volunteers reap a host of benefits including greater longevity, lower rates of depression and less incidence of heart disease. What might not be as apparent to us are the benefits to our children of volunteer work. Implementing this ethos in their youth may contribute to their lifelong commitment to volunteering, and those who volunteer with their parents get the immediate benefits of spending more time with their family. Children also gain a sense of purpose and compassion.

Mindy Olson, a mother of four children, remembers as a young girl being taken once a week to serve a homemade meal with her family at the Catholic Worker house. “When you’re little you don’t see the social differences. You tend to accept people and situations when you’re a child,” she notes.

Olson’s grandparents brought her mother to the Dubuque Mission to help out on a regular basis, so it was natural for Olson’s parents to do likewise. Mindy and her husband have continued this family tradition by including their children in volunteer activities. Mindy shrugs, “Helping others is what I grew up doing so it just seems normal to me.”

For my own family, volunteering and being of service to others is a priority. We believe in taking care of the earth and its inhabitants. Whether it’s serving food at St. Joseph’s Evening Meal site, taking elderly friends to doctor appointments or out for groceries, or monitoring water quality for IOWATER, our children know that volunteering is a regular part of our everyday lives and are eager to participate when new opportunities arise.

Perhaps you want to help but feel at a loss as to where to begin. How does anybody find the time

to squeeze in volunteering in a family’s already jam-packed schedule? Although help is always needed by nonprofits, homeless shelters and soup kitchens, these might not be where your family feels comfortable, and some places do not readily welcome children as volunteers. Consider what your children have an interest in doing and what your family values.

The easiest place to start is within your neighborhood. Helping out elderly or disabled neighbors with yard work or picking up trash in the local park requires little forethought. For animal lovers, check into your local humane society or zoo to see what opportunities are available for children. Food pantries, soup kitchens and meal sites need food donations and help with serving. Children can make up “goody” bags of soap, shampoo and other toiletries to give out at the local mission.

For nature buffs, try contacting your local Sierra Club or Audubon Society chapter, extension office, park service or community garden. Keeping bike paths and other trails clean is a great way to serve and get some exercise, too.

Families who are active in a faith community need only to contact the church secretary, parish nurse or pastor to discover ways to help. Disinfecting toys in a church nursery, straightening up books after services or reaching out to shut-ins are ways for children to participate in a tangible way.

Through volunteerism, children meet role models, develop relationships, learn new skills and perspectives, challenge themselves with responsibilities, and gain a sense of purpose while learning to give. Children become contributors and problem solvers in improving the health of their communities while laying the foundation for lifelong service. Whether it’s helping people, animals or the environment, what are you waiting for? Get ready to volunteer, and take your children with you!



Siobhan Dunn takes food to those eating the nightly meal served at the Rock Island Township Hall. (Photo by Paul Colletti / Radish)



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