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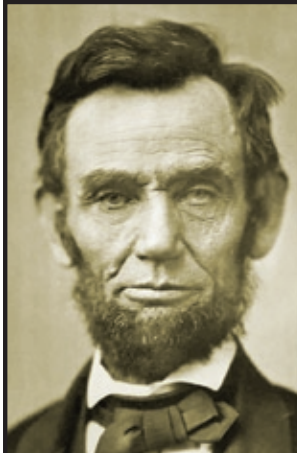
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from the editor



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Laura Anderson Shaw, a longtime Radish contributor, has a word for the lackluster weather we so often encounter in winter. She calls it “glummy,” a combination of “gloomy” and “crummy.” If there is a hidden blessing in the cold, overcast days of February, it may well be this: All the glummy weather really dampens our motivation to get up, get out and get going.

No, that’s not a typing error. I’m quite sincere in calling it a blessing. Why? We live in a culture that often thinks of happiness as something to be pursued. In fact, that very idea is written right into the founding documents of our nation. As a result, we’re very goal-oriented in our approach to happiness. We tend to think of it as something to work towards. If we just get that next job, fix up our house, lose those 10 pounds, eat more fresh vegetables, make better use of our free time, then happiness will surely follow.

Of course, we may be right. Any one of those things may very well make us happy. But what if happiness isn’t only something to be achieved? What if it’s also something that just happens? Here is where the blessings of February factor in. Forced to slow down, perhaps even put a plan or two on the back burner, we might be surprised to find happiness cropping up nonetheless. Just because it is glummy outside, February reveals, we don’t have to be glummy inside.

For me, this revelation always hits square in the chest some gray afternoon deep in the heart of winter. I’ll look up from a task at hand and notice a curl of steam rising from my cup of tea, or catch the scent of wood smoke out on a walk, or pull from the drawer a sweater soft and smelling of lavender, and there it will be — happiness settling in me like a bird on a branch. They are special gifts, these little joys that come to us on their own.

This month in Radish you’ll find pleasures great and small, from reflections on eating seasonally in the Midwest to the adventures of ice climbing up the side of a silo — plus recipes for making your own lip balm and snow ice cream that needs no snow. No doubt spring will be here before we know it with all its delights, but in the meantime it’s nice to know we don’t need much more than the present moment to find happiness.

— Sarah J. Gardner
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Radish
HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

"The magazine is such a gem. I read it cover to cover, including the advertisements, and could go on and on about things I have learned and products I have tried. In the January issue, I found much to enjoy — as I write this, oatmeal is in the crock-pot for my morning breakfast, I plan to visit The Yarn Shoppe-On the Courtyard, and I might try my hand at papercutting again (with a pattern)! The article that had the most impact on me, though, was Leslie Klipsch's Recast Your Resolution. She reminded me of yet another way to stay in the moment, to live a centered life."

— Jane Cox

"Thank you, Radish! I am so thrilled with your publication. I can hardly wait to get it home from the mailbox to read. Every page has so much to inform, educate and interest me, even the advertisements. Keep up the good work!"

— Sandy Soenhse, DeWitt, IA

Making the cut (Jan. 2012): "Great article! It's so great to see local artists sharing their work and getting exposure."

— Meg Hollister, Davenport, IA

Schuetzen solar (Jan. 2012): "Kory, I applaud your commitment to the preservation of Schuetzen Park. Without your hard work and many volunteers' dedication, a part of German history would be lost. Keep up the good work."

— Terry Johnson, Princeton, IL

The Farmer's Table (Dec. 2011): "I went to the Farmer's Table meal at Ms. Effie's a couple months ago. It was incredible. Farm-fresh food prepared by a trained chef who understands the importance of bringing consumers directly to farmers, literally."

— Michael Brennan, Davenport, IA

On the Road
with
Radish

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine at the **St. Ambrose University Health Fair**, 11 a.m. to 1:30 p.m. Tuesday, Feb. 7, in lower Cosgrove Hall, 518 Locust St., Davenport. Pick up back issues, tell us what you would like to see more

of in Radish, and learn about efforts towards healthy living in our area.

To discover more upcoming events of interest, see the events calendar at radishmagazine.com.



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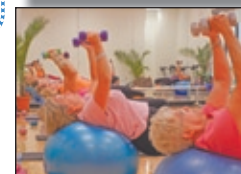
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healthy living from the ground up

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Ben Caskey waits for his turn to try ice climbing on the side of a silo outside Cedar Falls, Iowa. (Photo by Andy Rowland)

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Want a behind-the-scenes look at Radish? Watch a video on radishmagazine.com from a recent photo shoot featuring longtime Radish writer Laura Anderson Shaw. Then, keep your eyes out next month for her article on minimalist shoes — the latest footwear craze for hikers, runners and walkers — which Anderson Shaw describes as “the closest thing to going barefoot.” Read all about how these shoes won her over in the March issue of Radish.



healthy living

What's in season

Midwestern author touts local eating all the year through

By Sarah J. Gardner

She's no Johnny-come-lately locavore: author Beth Dooley has been writing about local foods in the Midwest for 25 years. In her new cookbook, "The Northern Heartland Kitchen: More than 200 Recipes to Satisfy Seasonal Appetites" (2011, The University of Minnesota Press, \$29.95 hardcover), Dooley profiles regional farms, offers tips on getting the most out of CSAs and farmers' markets, and presents recipes according to season. The book begins boldly with recipes for the cold-weather months. Recently, she agreed to answer a few questions for Radish about her cookbook and what she's learned along the way.

Radish: Although eating locally has gotten a lot of attention in recent years, it seems to have its most avid proponents in places like California, where the growing season is longer and milder. Do you see something unique about Midwestern "locavores?"

Beth Dooley: I think we're lucky to live in a place with such defined seasons. To quote Greg Reynolds, an organic farmer, "Why would I buy tomatoes from China to eat in January? They taste awful. I like the anticipation of August tomatoes. I look forward to them, and when they're in, I savor their flavor. I think they taste better because I've had to wait." I know that my appetite follows the arc of the sun and the thermometer. When it's dark and cold, I crave those long-simmering stews and soups; come summer, I crave being outside picking berries. I think living in such an extreme climate makes us more present to the earth and her bounty.

R: How did you go about gathering the recipes for "The Northern Heartland Kitchen?"

BD: I talked to a lot of people at farmers' markets, with farmers as I walked their fields, and to home and restaurant cooks. People in these parts are open and generous and enthusiastic about good local food and cooking. In some cases, I took the best from several recipes and tweaked the components to come up with a final dish. I looked for new ways to use heritage foods (like sorghum, wild rice, fresh wheat), and I looked for easy ways to work new ethnic foods into our cuisine. The curries and Thai-spiced dishes meld Asian and European flavors in one pot.

R: Often the Midwestern diet is characterized as plain, meat-and-potatoes fare. Do you think recipes like "Squash Soup with Thai Spices" and "Winter Vegetable Tagine" reflect the diversity of the Midwestern population, the adaptability of Midwestern cuisine, or both?



Submitted

BD: I'd like to think that this reflects both and represents the way our cuisine has evolved over time. The Scandinavians brought their love of potatoes, fish and meat and then learned to plant and use tomatoes and herbs from the Italians who came to work in the mines; the Germans brought their affinity for beer, breads and fermented foods (sauerkraut and pickles) and learned to plant and use hot peppers from the Mexicans; the Hmong introduced lemon grass and other spices. I think the classic "pot luck" gatherings in small towns as well as the farmers' markets have much to do with northern heartland fare.

R: Can you describe the role you see home cooks can have in shaping "a regional food system based on flavor, health and sustainability?"

BD: The power of the purse is tremendous. Every time I go to the farmers' market and buy my vegetables directly from the farmers in transactions as old as civilization, I'm putting my money where my heart is. There is no doubt that our local farmers, large and small, depend on us just as much as we need their good organic food and their sustainable growing practices. They work hard to keep us healthy and our land, water and air clean. The cliché "vote with your fork" is spot on. There is so much in my life I do not have control over. But what I choose to bring into my home and feed my family is one way I can draw a line in our culture's sand. We get so many mixed messages about cooking. We're told it's too hard or messy or expensive, when, in fact, that message is simply a means of selling us bad food. In fact, cooking is easy, fun and often quicker and cheaper than relying on processed fare. It is liberating.

R: At the same time, you warn cooks against "local overachieving" in the introduction to your book. How would you define that and why is it something to be mindful of?

BD: I confess I'm not perfect by any means. I don't always make everything from scratch; there are times I'll give in to fast food or packaged stuff. But just by trying to buy locally-pastured meat and dairy, I know I'm making a difference. If we all made a conscious effort to source just 10 percent of our diet from local sources, the impact would be profound (\$1 spent on local food returns \$4 to the community). I don't like strict dictums and I find people who make an issue over every little article of food are bores. Food is enjoyable. Why not drink good coffee or have a banana and an orange in the dead of winter? It's really about being mindful of the choices we make. If you want ice cream, find a local brand.

R: One question that seems to come up time and time again in speaking with Midwestern locavores has to do with citrus. There doesn't seem to be an equivalent fruit to lemons and oranges grown in our area, but many recipes call for citrus juice in their ingredients. This leaves locavores scratching their heads as to what to use instead. You suggest substituting fruit vinegars in place of citrus in recipes. What are these?

BD: Raspberry vinegar, blueberry vinegar, strawberry vinegar. They're easy to make — simply steep ripe fruit in the vinegar for a couple of weeks. It gives the vinegar a mild, fruity taste adding the same "snap" citrus does to fruit. I also like to make rhubarb lemonade — just steep rhubarb stalks in water overnight; strain off the rhubarb and sweeten to taste (these are all in the book).

Sarah J. Gardner is editor of Radish. To read more of this conversation with Beth Dooley, visit radishmagazine.com, or turn to Resources, page 27, to try a recipe from "The Northern Heartland Kitchen."

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healthy living

Up 80 feet

Silo ice climbing is a homegrown adventure

By Ann Scholl Rinehart

Don Briggs may be the only Iowan who bemoaned the mild temperatures and late start of cold weather earlier this winter. Briggs, 62, of rural Cedar Falls, Iowa, needs the temperatures to be consistently below 26 degrees before he can fire up the business he loves to share: Silo Ice Climbing.

In fall 2001, Briggs, a physical education instructor at the University of Northern Iowa, landed on the idea of silo ice climbing. He was plowing a friend's farmland when the line of silos across the field caught his eye. An avid rock climber since the early 1980s, Briggs first wondered what it would be like to scale the silos. Then he hit on what turned out to be an original idea: What if he sprayed water on the silos to create ice so that the silos could be used for ice climbing?

"I was excited," Briggs says of his "ah-ha" moment. "I was like a little kid."

He shared the idea with his farmer friend, who was game to give it a try. Originally, Briggs, then a newcomer to ice climbing, thought he was creating the icy silos just for him to enjoy. "Try keeping that a secret," he says of what were then four silos, one measuring as tall as 70 feet. His idea quickly became a business.

Once the weather cooperates, Briggs opens the ice-climbing season, which usually extends into mid-March (after temperatures get above 40 degrees, climbing is suspended). The public can climb on Saturdays from 10 a.m. until dark and Sundays from noon until nightfall. Occasionally he offers night climbs, lighting up the silo and also hosting a bonfire.

About four years ago, Briggs moved the business to the farm of his neighbor, Rusty Leymaster. The farm is located three miles west of Cedar Falls and is about a mile from Briggs' home.

"He just knocked on the door one night and introduced himself," Leymaster recalls. "My daughter was home at the time and I asked her, 'What do you think?' She thought it was great."

Leymaster and Briggs have become good friends. Leymaster likes that his cement stave silo, which he estimates to be about 25 years old, is being used again on his 400-acre farm. He says he enjoys "99 percent" of the people who come to his place to climb. Leymaster has climbed the silo a few times himself and even had the chance to see his 88-year-old father scale it as well.

"I had never rappelled or anything," says Leymaster, 56. "The first time I climbed it I was panicking. Once you realize you're not going to fall — you're in a harness — it's not terrifying. There's a sense of accomplishment when you make it. It's physically challenging. There's some technique involved."

Photos by Andy Rowland

He learned a lot just by watching other climbers. "It's just another activity for people to do in the wintertime," Leymaster says. "Lots of people are cooped up. It's just another activity for people to give a try."

Briggs decided to ask Leymaster if he could set up the business at his farm after a mishap at his other friend's farm. Instead of falling straight down to the ground when it started to melt, the ice fell against a metal grain bin, causing \$15,000 damage. While his friend welcomed him back despite the calamity, Briggs couldn't take a chance on the same thing happening again. He likes that Leymaster's farm is closer to his own home so he can keep an eye on the silo through the night when he is spraying water, which involves rigging hoses.

"We use a lot of water, but it's all well water and it all goes back down into the ground, so we're not wasting anything," he notes.

Briggs estimates that 90 percent of the silos in the state of Iowa are not in use. He would love to see more of them being used for ice climbing. Farmer Craig Schroeder, 51, of Tipton, Iowa, agrees. He heard about Briggs' venture and consulted him so that he could use a 60-foot silo on his farm for ice climbing. He shares it only with friends. It is not open to the public.

"I did it so I have a good, close place to ice climb in the winter," Schroeder says. "We have a ball. We'll climb at night. It's just a lot of fun."

He's grateful that Briggs brought silo ice climbing to Iowa. "It's introduced us flatlanders to (ice) climbing," he says. "It's a controlled setting you can learn in rather than trying to figure things out for yourself. From here you start looking at going on ice-climbing trips, climbing real waterfall ice."

Schroeder and Briggs are in agreement, though: Silo ice climbing is more difficult than climbing ice created naturally. The ice is harder and more brittle so climbers have to be careful about tool placement, Schroeder notes. He also explains that the ice tends to be overhanging on the silo so climbers have to use their arms more than their legs. "It's more strenuous," he says. "Rather than resting on your feet most of the time, you're hanging from your arms."



'I did it so I have a good, close place to ice climb in the winter.'

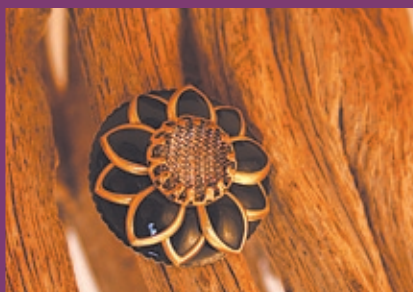
On a good day — and when he's in good shape — Briggs says he can scale the silo to the top and ring the cowbell mounted there in less than five minutes. Otherwise, it takes him about 15 minutes. Making it to the top of the 80-foot silo is "cool," he says.

"You can see the UNI Dome and the UNI campus. You can see across the land. It's a nice good feeling to know you made it to the top. It beats you up. You're pretty fatigued when you get there. It's like a good workout."

Ann Scholl Rinehart is a frequent Radish contributor. To learn more about Briggs' business, visit siloiceclimbing.com.

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Mind the change

Charting a way through menopause, with or without HRT

By Ann Ring

If you see a woman driving with her car window rolled down on a day with a windchill of minus 2, don't be alarmed. She's probably just experiencing a menopausal hot flash. Beyond momentary nuisances like this, the physical, emotional, cultural and sometimes spiritual changes that accompany menopause can have a profound effect on women.

In simplistic terms, menopause occurs when a woman's monthly cycle of ovulation comes to an end — ovaries cease producing eggs as well as the hormones estrogen and progesterone. If a woman has not had a period for 12 consecutive months, she has reached menopause. Perimenopause and postmenopause are stages before and after menopause, and stages can overlap.

The average age range for menopause is 42 to 58, but for some women, like Carol Burke of Urbandale, Iowa, the process can begin much earlier. "My first hot flash was at 38 years old. Then into my 40s I had more symptoms — night sweats, fatigue, depression, weight gain, dry skin, sensitivity to cold temperatures, the list goes on. It was becoming unbearable."

To say that menopause impacts each woman differently is like saying weather in the Midwest varies; it's an understatement. While some women have long-term, nearly unbearable symptoms like Burke, others have it relatively easy.

Beth Carvey of Moline says, "For me it was not remarkable at all. One day I stopped having periods and that was it. I would have mild hot flashes but then they would go away. That was it! I feel so lucky — you hear of all kinds of horror stories from women. For me, it was like that line from the T.S. Elliot poem, 'This is the way the world ends: not with a bang but a whimper.'"



The exact cause of night sweats and hot flashes remains unknown. (iStockphoto)

It's uncanny that in an age of advanced medical discoveries, the exact causes of menopause symptoms, such as hot flashes and night sweats, remain unknown. And even more problematic, hypothyroidism, or an underactive thyroid, can cause menopause-like symptoms.

In 1941, the Food and Drug Administration approved estrogen products, or hormone replacement therapy (HRT), for the relief of menopause symptoms. After that, estrogen and progestin (a synthetic progestogen) drug manufacturers were a force to be reckoned with: By 1975, Premarin, initially formulated from pregnant mares' urine, had become the fifth leading prescription drug in the United States.

The widespread use of hormone therapy continued to grow until July 2002, when nightly news shocked women and the medical profession worldwide. A large-scale clinical study revealed that, during a time when more doctors than ever were prescribing HRT, a link had been found between an increased risk of blood clots, heart attacks, stroke and breast cancer in women and the use of estrogen and progestin. The study came to an abrupt end.

The average participant in the study had been 63 years old when she started taking hormones. Learning from the findings, the FDA and most traditional medical professionals now consider a modified dosage of HRT safe for healthy women, if taken early, judiciously, and temporarily. However, taking each woman's medical history (including family history), into consideration is an absolute must in the decision-making process.

HRT is absolutely off-limits for women with gallbladder disease or a history of cancer or blood clots. Char Carpenter, a 20-year cancer survivor, can't take hormones. "I had to white-knuckle my way through (menopause) because I had

breast cancer. The hot flashes were the worst, especially when I was in a meeting in an air-conditioned room and my glasses would fog up. That was a dead giveaway," she says, laughing. "It was hard if not impossible to manage ... I did increase my intake of vitamin E, and the hot flashes did lessen in severity."

"Although I don't think I've experienced anything extraordinary about menopause, I wasn't able to do anything to manage hot flashes, as I have an uncommon condition called intravenous leiomyomatosis," says Amanda McNeill, of Prophetstown, Ill. "Hormone replacement therapy may result in more tumors."

Other women like Cathy Graham of Davenport follow an alternative regimen for their own reasons. "I did not cave into my gynecologist's recommendation to go on HRT, and I have been happy with that decision. I eat more fruits and vegetables, plant-based proteins, use soy milk on cereal, and try to exercise daily," she says. "I try to laugh more and add to life. I enjoy more spontaneity and worry less about what others think."

Certified menopause clinician Rebecca Hulem (themenopauseexpert.com) weighs the pros and cons of hormone therapy. "Hormones today are prescribed only to women who have great difficulty with frequent hot flashes, night sweats and vaginal dryness. Many women do not need hormones."

"Every woman is unique," she says. "It is important to have your health-care provider inform you of your individual risks. The ultimate goal is to live a long and healthy life. Taking hormones to relieve hot flashes and other bothersome symptoms brought on by the menopause transition is a viable, safe option for some women."

Hulem adds her opinion on bioidentical hormones: "They are a viable option to women who want them. However, women should understand that just because a prescription is made up in a compounding pharmacy, it does not mean that this prescription is safer than a pharmaceutical-grade hormone. A hormone is a hormone no matter what face it comes in. They all carry the same risk."

If the idea of taking hormones repulses you, or if you are unable to go on them, there are a small number of dietary supplements you can find at any drug store that can aid in reducing hot flashes, night sweats and problems with sleep. Drinking water and taking in soy, tofu and melatonin also may help, as well as reducing your caffeine, sugar and salt intake and getting regular exercise. Lynn Carstens of Sacred Lotus Acupuncture advocates acupuncture and Chinese herbs, and other women recommend relaxation modalities like yoga, meditation, aromatherapy and tai chi.

As Hulem says, "You will get through this, and it's not permanent."

Frequent Radish contributor Ann Ring works as a full-time grant writer for Christian Care, Rock Island. Read a longer version of this article at radishmagazine.com.



Considering hormone therapy?

Rebecca Hulem (left), certified menopause clinician, offers these suggestions when considering hormone therapy:

1. Discuss your individual health history and concerns regarding the risks and benefits of taking hormones with your health-care provider, perhaps a naturopathic doctor, before making a decision.
2. Take the lowest dose possible that relieves the hot flashes and other symptoms.
3. Limit hormone use to three to five years.

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handmade

Pucker up

Keep your lips kissable with homemade lip balm

By Leslie Klipsch

For the past several years I've gone to great effort to make sure that the skin-care products I use are as natural as possible. I've found some excellent cleansers, cosmetics and moisturizers on the drugstore shelves, but because my pocketbook doesn't always support my paraben-free preferences, I have also happily embraced a little at-home alchemy. Recently, I spent an afternoon making my own lip balm and lip gloss.

After a bit of initial research and trial and error, I found several recipes that yield fantastic results. Most of the necessary ingredients were already in my pantry and others were provided by friends who were happy to contribute, say, a few drops of essential oil for the promise of a tin of lip balm in return. I used honey and beeswax from local beekeepers. The few things that I didn't have and was unable to borrow, I purchased at my local health-food store.

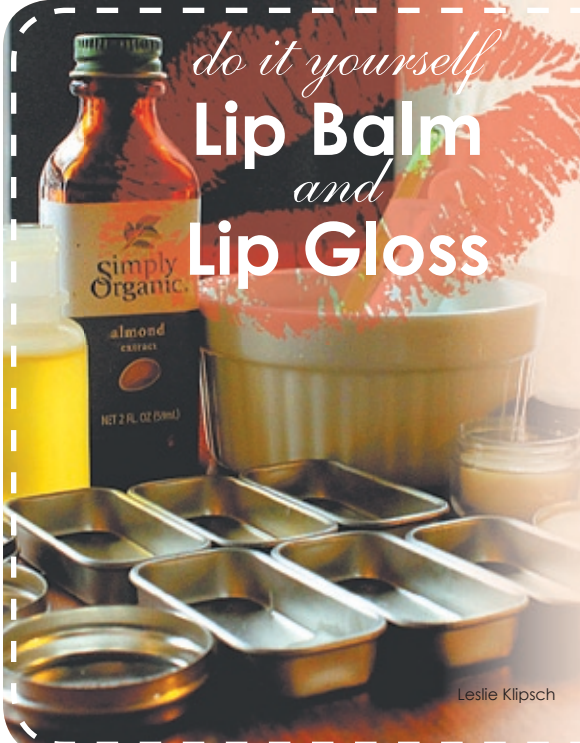
Though I hoped my do-it-yourself salve would have a nice fragrance and flavor, I was more intent on its healing and restorative properties — Midwest winters, after all, can be brutal on the very thin skin that covers our lips. I focused

on vitamin-E oil, which moisturizes and soothes chapped lips; peppermint, which smooths and softens; and lavender, which is said to have antibacterial and antiseptic properties.

There are moments during the process in which I found I needed to move fast (the wax cools and hardens quickly), but the whole endeavor from set-up to clean-up is really quite simple. Washing up was a bit of a challenge because of the waxy nature of the product, but my utensils were restored after a long soak in a sink full of hot, soapy water and a bit of scrubbing.

Previously used lip balm and/or lipstick containers can certainly be recycled to store your homemade salve. I, however, decided to order a dozen small, inexpensive tins from a specialty website. Because these tins are perfectly functional but a little plain, I couldn't resist adding some simple embellishment. To me, handsome packaging is important, especially as I plan to distribute the homemade lip balm to loved ones as small tokens of love and affection, making February the most kissable month, naturally.

Leslie Klipsch is a frequent contributor to Radish magazine.



do it yourself
Lip Balm
and
Lip Gloss

DIY Lip Balm

4 tablespoons natural beeswax, grated
2 tablespoons coconut oil
5-10 drops essential oil of choice
1/8 teaspoon vitamin-E oil (optional)
1/2 teaspoon honey or glycerin-based food-grade flavor extracts, such as almond (optional)

Place grated beeswax into a heatproof glass dish. Add coconut oil to the container. (The oil will be solid at room temperature.) Microwave the beeswax and coconut oil on low for approximately 2-3 minutes, removing to stir at 20-second intervals, until the two ingredients are fully incorporated.

DIY Lip Gloss

1 teaspoon grated beeswax
1 teaspoon coconut oil
1/8 teaspoon vitamin-E oil
1/8 teaspoon pure vanilla extract or other flavored extract of your choice*

Heat first three ingredients in a small dish in the microwave on low for 1-2 minutes, stirring every

20-30 seconds until they begin to melt. Add the vanilla (or other flavored oil) and stir well until ingredients are completely melted and well blended. Pour into a clean container and let cool completely. (Yields 1/2 ounce and can be easily adapted to the number and size of containers you have.)

* Available in the baking section of your local grocery in a wide array of flavors including almond, peppermint, pomegranate and rose.

Once melted, remove the glass container from the microwave and place on a cloth or trivet. Add essential oil of choice and flavoring agent (if you're using one). Stir to distribute evenly.

Pour mixture into containers. If your dish doesn't have a spout, work quickly and use a medicine dropper to fill containers. Cover each container with a lid. Allow to fully cool. Mixture will be solid at room temperature. (Makes enough for one 2-ounce container. For larger batches, simply multiply ingredients by the amount of 2-ounce jars you wish to make.)

— Adapted from Design*Sponge

— Adapted from The Herb Quarterly

Leslie Klipsch



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eating well

In from the cold

Winter markets offer a unique 'buy local' experience

By Laura Anderson Shaw

Put on your mittens and grab a scarf — it takes more than a little chill to stop hardy Midwesterners from gathering goodies at area winter farmers' markets.

"Being able to buy local has become more important to consumers," says Iowa City markets coordinator, Tammy Neumann. "I think we see more and more of that desire each season. People want to support the local vendors and local economy."

Myra Roelens, advertising chair for the Freight House Farmers' Market in Davenport, agrees. "Our winter market gives shoppers the ability to make a personal connection to the farmers, bakers, (and) artists. That is something you just won't get from the produce department of any grocery store."

In fact, for those who want to chat with the grower who raised their turnips or the baker who made their bread, the winter markets may offer an even better opportunity to do so than in warmer months. Roelens says that during summer months, the market is "so busy that you can barely walk the aisles of the market." In the winter, though, "the aisles are easy to walk, shop, (and) peruse."

The slowdown lends a "fantastic opportunity" to get to know the vendors, Roelens says.

A wealth of local goods is available even when Mother Nature isn't exactly at her kindest, including beef, cheese, bread, coffee, baked goods, jewelry, crafts, granola and more, organizers say.

In addition, duck, goose, fish, honey, soap, eggs, birdhouses, fudge, pizza, chili and quiche can be found at the Freight House winter market.

Meats like pork, bison and elk are sold at the Grant Wood Market Place in Iowa City, as well as jams, jellies, soup mixes, herbs, pasta, salsa, candles, glass art, pottery, photography, paintings, kids clothing and accessories.

Neumann and Roelens say that a number of growers take a break from growing produce after the summer months, but some continue growing in



John Greenwood / Radish

Winter markets

The **Freight House Farmers' Market**, (pictured above with Kari Goff and her daughter Kiersten) located at 421 W. River Drive, Davenport, is a year-round, indoor/outdoor market open Tuesdays from 3 to 6 p.m., and Saturdays from 8 a.m. to 1 p.m. For more information, visit freighthousefarmersmarket.com.

The **Grant Wood Market Place**, located at the Grant Wood Elementary School Gym, 1930 Lakeside Drive, Iowa City, is held from 2 to 4 p.m. on the first and third Saturdays of each month, November through April. For more information, visit icgov.org.

green houses and hoop houses. Although produce won't be as plentiful at winter markets as it is in summer months, it starts to reappear sooner than many would guess.

"In January and February, the produce nearly disappears (from markets) from lack of adequate sunshine," Roelens says. "But you can bet by March, produce will start returning to market."

In the meantime, "There are so many other options besides the produce ... that continue to be available throughout the year," Neumann says.

Roelens agrees. "While most customers shop for local fruits and vegetables, there are other options to continue a locavore lifestyle, and that is in purchasing from local farmers, artists, bakers and soap makers — especially in the winter months," she says.

The Freight House's summer outdoor market has operated for the past two decades, says Roelens. It began operating year-round outside and indoors in 2008.

"Being able to keep our doors open (in the winter months) means the community still has a source of local goods and wares to shop (and) covet," Roelens says.

In Iowa City, a twice-monthly trial run of the Market Place was held late last winter. It proved to be so successful that the market this year is being held for the full winter season, November through April, says Neumann.

Roelens said the Quad-Cities is lucky to have a year-round market, from both the shopper and vendor standpoints; shoppers benefit from the chance to get their hands on local goods, while vendors benefit from having an outlet to market them.

"Local vendors and customers go hand in hand, without one you can't have the other," Roelens says. "We are working to ensure the entire community is able to get local news about agriculture, cooking demonstrations, giveaways and more."

Laura Anderson Shaw is a regular contributor to Radish magazine.

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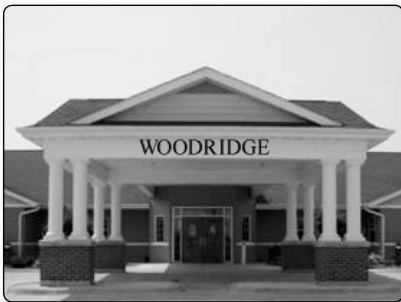
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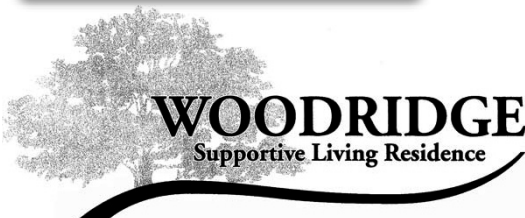
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Wildlife trivia

Put your knowledge of the natural world to the test

By Deb Kutsunis and Sarah J. Gardner

On Feb. 9, a trivia night will take place at the Black Hawk State Historic Site Watch Tower Lodge in Rock Island to support the work done by Interstate Resource Conservation and Development, a group whose volunteers work to protect and restore natural areas in the Quad-Cities region. To get in the spirit, you can put your knowledge of local wildlife to the test by answering these 10 questions. Then, turn to Resources, pages 27-28, to learn the answers and read more about the upcoming fundraiser.



iStockphoto

1) Even if it is not in sight, a barred owl can be identified easily by its call, which sounds like:

- a) a deep who-who-who
- b) a loud, crying screech
- c) the phrase "Who cooks for you?"

2) Which is the largest prairie plant?

- a) prairie dock
- b) rattlesnake master
- c) big bluestem

3) Which plant allegedly helped guide settlers through the prairie because of the alignment of its leaves?

- a) false sunflower
- b) black-eyed Susans
- c) compass plant

4) Which N. American rodent has the largest teeth?

- a) jackrabbits
- b) beavers
- c) porcupines

5) What is the largest of the weasel family?

- a) badgers
- b) minks
- c) wolverines



6) How big are baby opossums when they are born?

- a) the size of a piglet
- b) the size of a kitten
- c) the size of a honeybee



7) How did the woodland plant Dutchman's breeches get its name?



- a) the flowers resemble upside-down pants
- b) the fibers can be woven into cloth
- c) early settlers used the leaves to dye their garments a deep blue

8) The barred and spotted owls differ from other owls in the area in that:

- a) they have dark brown eyes
- b) their feathers are colored black
- c) they have an extra talon on each foot

9) Which does not hibernate in winter?

- a) bats
- b) skunks
- c) woodchucks

10) Among North American mammals, one critter has more teeth than any other — a whopping 52 chompers! Which animal is it?

- a) chipmunks
- b) opossums
- c) weasels



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Round and round

Megabus aims to make bus travel a quality alternative

By Debi Neville and Sarah J. Gardner

Want to travel but have more time than money? Megabus might be right for you. It's the first city-to-city bus line dedicated to bringing "low-cost, express bus service for as low as \$1 via the Internet" to 70 cities in the Midwest and Northeast U.S. and Canada, according to the company website. Launched in April 2006, Megabus is a subsidiary of Coach USA, and has served more than 15 million passengers as of January 2012.

"There has been a jaded view of bus travel in the past, but we are trying to raise the bar and show that this can be a viable option for travel," says Bryony Chamberlain, a spokesperson for Megabus. She says the company is committed to offering a high-quality travel experience at an affordable cost. "And it's green!" she enthuses.

Just what do they mean by quality? For starters, a high level of training for their drivers, says Chamberlain, and 24-hour monitoring of all buses by GPS. The buses themselves feature free Wi-Fi, power outlets at each seat, on-board restrooms, and allowances for one piece of 50-pound luggage and one carry-on per customer for free. The company recently added 12 new state-of-the-art double-decker buses to their Midwest network, an \$8 million investment that Chamberlain says demonstrates their commitment to meeting customer needs.



Submitted

The buses aren't just high-tech, they are also handicap accessible. Those who use a wheelchair or scooter can have them stored safely in the luggage compartment. If a traveler is not able to make it up a couple of steps, he or she can contact the company at (877) 462-6342 for assistance.

Megabus operations are also unique in several other respects: They operate with no offices (all transactions are via the Internet); no tickets (it doesn't hurt to bring a copy of your trip's confirmation); take payment by credit card only, no cash or check (you only need your reservation number to get on board); and no terminals (pick up and transfers happen near easy-to-find landmarks — in Iowa City, for example, the pick-up point is at the intersection of South Dubuque Street and East Court Street by the Greyhound station).

Like all other modes of transportation, prices vary depending on when and where you travel. The earlier you book, the cheaper it is. The company is committed to offering at least one \$1 seat on every bus, and although those seats tend to get snatched up quickly, the cost doesn't go straight from \$1 to their highest fares, says Chamberlain. "Prices from Iowa City to Chicago might be as high as \$35, but most will be cheaper." There is a 50-cent charge (50 cents!) to make a reservation. If you need to change a reservation, that will cost you another whopping 50 cents, plus another half a buck for the new reservation.

At the moment, Megabus has two points of origin in Iowa — Iowa City and Des Moines — from which you can travel to Omaha or Chicago. The only point of origin in Illinois is Chicago, but as the site of the original Megabus launch in the U.S., it has developed an extensive network of destinations, "as far north as Minneapolis and as far south as Memphis," says Chamberlain.

There has been an especially positive response to Megabus service in Iowa City, says Chamberlain, noting that the company has increased the size of the vehicles serving Iowa City from single- to double-decker coaches to accommodate the high volume of travelers.

Although the fares are low, don't look for any senior or student discounts to lower prices further. Age doesn't matter. Kids over 2 years old are charged the standard fair. If they are under 7, parents must provide an approved car seat. Children aged 2 and younger can sit on a parent's lap.

The best way to save on Megabus fares is to be flexible with travel dates and book as far in advance as possible. Weekend fares will typically be higher, says Chamberlain, while travelers who can book trips for weekdays will usually pay less. And keep your eyes on the website: Megabus often offers free rides as a promotion in celebration of adding another destination to their list.

Debi Neville is a frequent contributor to the Rochester, Minn., publication of Radish magazine. Sarah J. Gardner is Radish editor. To learn more about Megabus, including booking information, visit megabus.com.



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eating well

Snow ice cream

A modern mom's spin on an old-fashioned treat

By Rachel Morey Flynn

When winter started, my 8-year-old daughter wanted to make snow ice cream. Badly. She watched the weather forecast every night, and like a lot of adults, expressed frustration when the predictions proved incorrect. “What are they even doing? Just making this stuff up for fun? They say it’s going to snow — and then it doesn’t!” reported Victoria, on her third trip into the kitchen.

Her younger sister Zoe, 6, was less enthused. “Seriously, are you gonna make us eat snow with dog pee in it?” she wanted to know.

I explained to her that my plan was to catch the snow in a bowl so it would never touch the ground. Zoe argued, “It’s not like we grew it and we know where it comes from, Mom. It just fell out of the sky. Do you know what’s up there?”

That hit a nerve. When I was a child, my parents told us we shouldn’t eat snow, because it’s actually frozen acid rain and could make you very sick. Thirty years later, even with sweetened condensed milk added to it, there was nothing I found appetizing about the idea of eating frozen pollution.

I agreed to do a bit of research on the dangers of eating snow, thinking it would calm my irrational

fears and convince Zoe that our plan to imitate Laura Ingalls Wilder and glean dessert from the sky was super exciting.

Thirty seconds after starting my search, I was faced with a list of 15 blogs written by home-schooling mothers who each had their own version of snow ice cream. As it turns out, home-schooled kids are eating snow with reckless abandon.

But it was the report from the University of Toronto’s environmental chemist Frank Wania that stopped me in my snow tracks. “The atmosphere is exceedingly efficient at transporting pollutants — so efficient, in fact, that industrial pollutants released into the atmosphere in India could be found in snow in northern Canada only five days later,” he observed.

Wania had me at industrial pollutants. I went to the store and bought a bag of designer ice. You know, the kind with the little hole in each piece.

Zoe and I assembled the blender while Victoria stared at the local weather forecast in the next room. I filled the blender with ice. Zoe covered her ears while I pushed the pulse button about a hundred times. In fact, it took so long I think next time I’ll put it in a big ziplock bag and hit it with a hammer so our ice is smaller to begin with.

When we got to the point that we had more ice chips than ice, I put a half cup of sweetened condensed milk and half teaspoon of vanilla extract in the blender and resumed pulsing. We added a little less than a cup of frozen blueberries, and just to bring the dairy-liciousness up a notch, we squirted a nice heap of whipped cream on top. About five hundred pulses later, we were staring at “Snow Ice Cream” — without industrial pollutants from the other side of the globe. Also, it was absolutely divine: smooth, creamy, and purple. All good enough reasons to make it again.

Zoe, her confidence restored in her foodie-mom, hollered, “Hey, Victoria! We made the kind of snow ice cream that won’t kill you!”

Rachel Morey Flynn is a regular contributor to Radish.



No-Snow Ice Cream

4 cups ice cubes, bagged and beaten with a hammer until they are mere chips
1 cup frozen blueberries
½ cup sweetened condensed milk
1 pinch salt (optional)
1 cup whipped cream

Combine ingredients in a blender and pulse until smooth. Best eaten fresh.

John Greenwood / Radish



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environment

Roll film

Recent documentaries that inspire healthier living

By Jeff Dick

For eco-minded movie buffs, there has been no shortage of documentaries in the last few years to entertain and inform. Looking to curl up on the couch one of these cold winter evenings with a bowl of popcorn and a good film? Here are three recent flicks to consider.

‘Nation’ unites

In place of the downbeat message of many environmental films, director Peter Byck’s “Carbon Nation” focuses on sunny solutions being carried out to combat global warming.

Installing solar panels and geothermal heating, putting green roofs on office buildings, weatherizing homes and apartments, and retrofitting old buildings are among the energy-saving options portrayed in various settings around the country.

Often colorful entrepreneurs, including a Texas cotton farmer developing wind power that proves to be a boon, are shown promoting their projects. And, in an unexpected appearance, onetime CIA director R. James Woolsey endorses hybrid vehicles as a way to “get the oil monkey off our backs.”

Without addressing the “cap and trade” controversy, the film advocates putting a price on carbon emissions to encourage alternatives to coal, natural gas and oil-based energy production.

Echoing Byck’s can-do message in the film, New York Times columnist Thomas L. Friedman tells viewers, “Green is the new red, white, and blue.”

Move over, meat

Skewering the meat-and-dairy-based Western diet, documentary filmmaker and vegetarian convert Lee Fulkerson serves up a helping of scary statistics and compelling testimony arguing in favor of a plant-based, whole-food diet in the documentary “Forks Over Knives.”

Fulkerson relies on the research of two farmers-turned-doctors — T. Colin Campbell and Caldwell Esselstyn — who pursued different fields of medicine but arrived at the same conclusion: Animal fat and processed food are largely to blame for diabetes, heart disease, strokes and cancer.

Esselstyn tells viewers “one-quarter of what you eat keeps you alive; the other three-quarters keeps your doctor alive.” The needless result of processed foods and a meat-based diet, he claims, is an ever-increasing demand for cholesterol-lowering drugs, vascular stents and heart bypass surgery — a \$50 billion per year business.

Unfortunately, after a promising start where the filmmaker leans on solid research to support his claims about the connection between diet and disease, anecdotal evidence serves as the main dish for Fulkerson’s second course.



Cliff Etheredge, a wind farmer featured in ‘Carbon Nation.’ (Submitted)

At his most egregious, Fulkerson allows the suggestion that a whole-food diet can not only prevent but actually cure cancer — a claim that should be taken with a grain of salt.

‘Tapped’ out

Produced by the same people who made “Who Killed the Electric Car?” (2006), “Tapped” pokes holes in the bottled water industry, first by asking who owns the world’s water supply.

As the major bottlers of water, Nestlé, Coca-Cola, and Pepsi have created a commodity from a natural resource necessary to maintain life. And they’ve done it by selling their product for 1,900 times the price of tap water. Ironically, some bottled water actually is just tap water that has been filtered. Yet bottled water is not subject to the stringent testing for safety like municipal water supplies.

Then there is the matter of waste. From the petroleum-based plastic bottles to the transportation costs to the empty containers, the environmental cost of bottled water is enough to drive green-minded consumers to drink — tap water (filtered or not) from their own containers filled at home, that is.

When not covering consumer issues for Radish, regular contributor Jeff Dick does his best to get his money’s worth out of his Netflix subscription. To read longer versions of these film reviews, visit radishmagazine.com.

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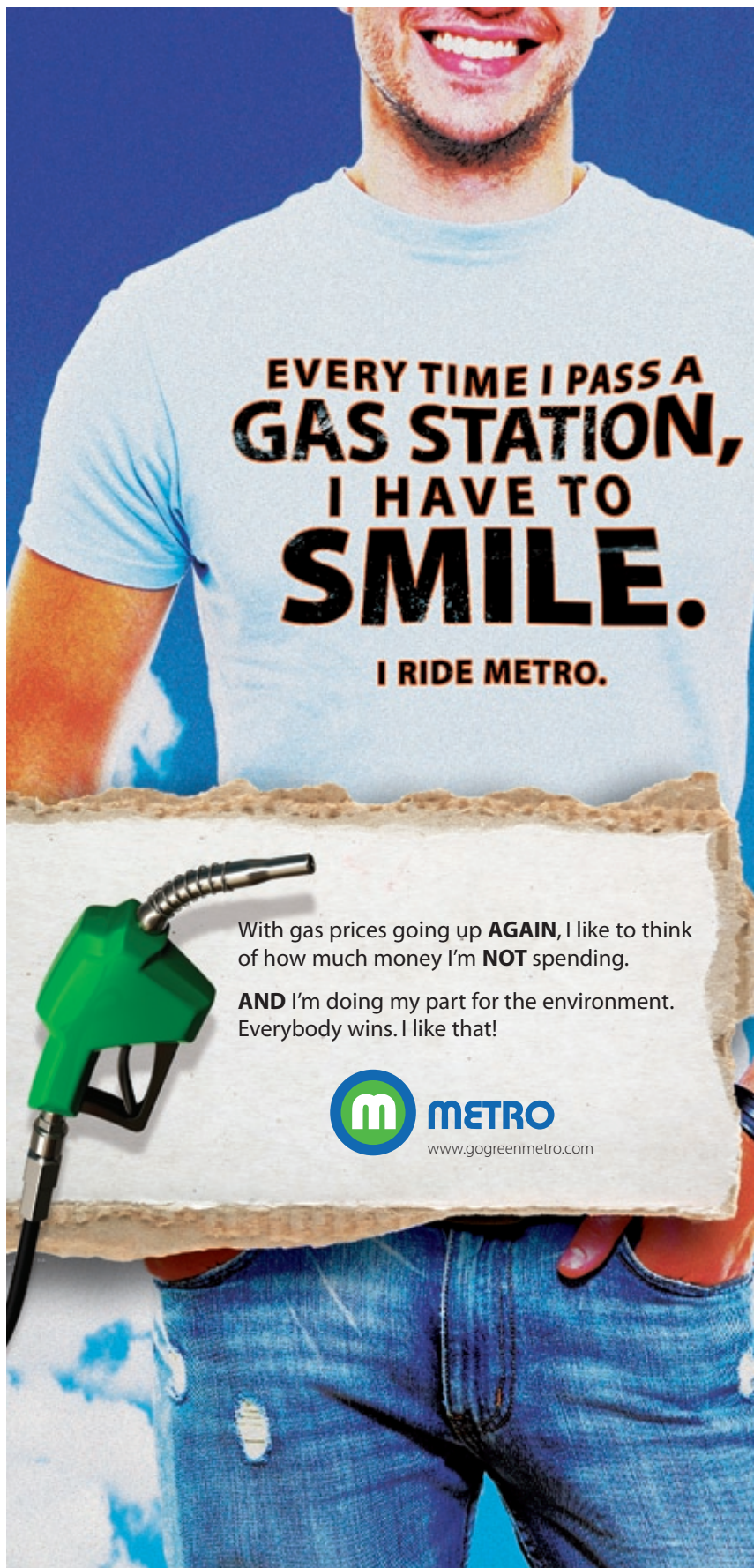
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environment

Give and take: Gardeners can share their favorite varieties at free seed swap

By Sharon Wren

It is the time of year when Midwestern gardeners are busy pouring over seed catalogs in search of just the right tomatoes and beans to plant come warmer weather. Before you place your order, though, you may want to pay a visit to the Freight House, 421 W. River Drive, Davenport, at 10 a.m. March 3. That's the date for an upcoming Quad-Cities seed swap, according to Cindy Heilmann of Heilmann Hawkeye Acres, one of the co-organizers of the event.



iStockphoto

Seeds were once some of the most precious possessions brought by people immigrating to the United States. "People coming to America sewed seeds in hems and hat brims when they immigrated, but over the years we've lost millions of those seed (varieties)," says Heilmann. "Maybe with this (seed swap), we can keep the seeds going that are left."

She's been laying the groundwork for this swap for quite a while. "Throughout the year at the market, people get different tomatoes from me, and I asked them to save the seeds for the exchange. I've been handing out garlic and potatoes." Heilmann hopes her customers remember and bring them to the exchange. She will be bringing beans, okra, tomatoes and peppers herself.

Unsure whether that German Johnson tomato that looks so tempting in the catalog will work as well in your backyard? What about the Kilimanjaro speckled beans? A seed swap isn't just a way to preserve heirloom varieties, it also can be a way to obtain seeds that already have proven themselves close to home. Heilmann says they are looking for seed swappers to come to the event who "have a good product that works in this area, that grows well for them, and they want to share that experience with other people."

There's another reason why saving seeds makes sense. "Once you get your own seed going, it's cheaper," says Heilmann.

People interested in attending the swap should do a little work beforehand and package the seeds they want to trade. They don't have to spend money on special seed envelopes, says Heilmann, who uses small envelopes like mailing envelopes. She encourages people to put eight to 10 seeds in an envelope and write information about the seeds on it. This could include what they are, how they grow, where they came from, a short history of the seeds or any other pertinent information.

No reservations are required and there is no admission fee to participate. "Just come and trade seeds with different people," says Heilmann.

Sharon Wren is a frequent Radish contributor. For more information on the seed swap, call Cindy Heilmann at (563) 522-2923.



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- ♥ Vendor booths with great shopping opportunities
- ♥ Blood pressure, pulse oximetry and BMI screenings
- ♥ A presentation by Alar Sambandam, D.O., board-certified cardiologist, on how 80 percent of cardiac events in women can be prevented

Attendees who join Cottage Hospital's Healthy Woman program, which sponsors the event, will have their name entered into a special door prize drawing for a \$50 gift certificate to Landmark Café and Creperie.

Tickets for the event are \$10 and are available at Cooks and Co., Landmark Cafe and Creperie, and Galesburg Cottage Hospital. For more information or to reserve tickets, call 345-4567.



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Keeping fit

Social media tools help Fitocracy users get active

By Chris Greene

I have to admit when it comes to anything that smacks of social networks, I'm not a fan. I treat Facebook as just a cool way to get coupons, and I wouldn't know Twitter if it tweeted in my ear. So, when my editor suggested I write an article reviewing Fitocracy.com, an interactive fitness website designed to help track fitness activity, I had my reservations. Did I mention that I work two jobs and typically log 60 to 70 hours each week? And that the review would likely mean being active outdoors in the bitter chill of winter? I was pretty sure that if there was ever a legitimate excuse not to do a story, this would be it.

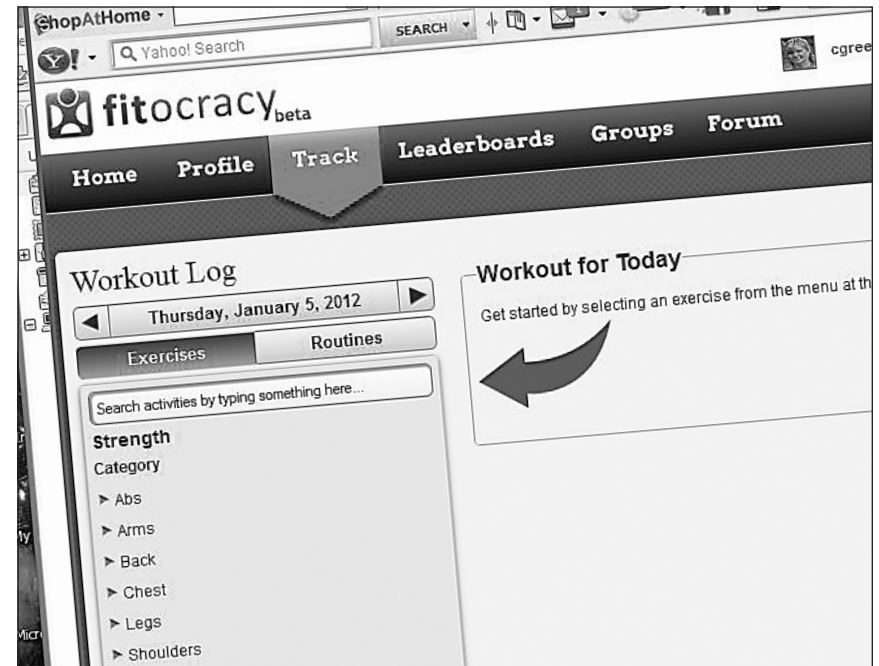
Then the guilt set in. For a long time, I was a bit of a fitness nut. I ran or walked every day and did Pilates regularly. When I picked up a second job, however, my fitness routine suffered. But then I got to thinking. How many of us think we don't have time to exercise? And how many of us have time, but just say we don't? With that in mind, I set out to prove that if I can find time to exercise with my crazy work schedule, then maybe anyone can.

My first hurdle was getting signed up. According to the "frequently asked questions" portion of the website, you must have an invitation to join. The site suggests emailing them or searching on Google for a Fitocracy invite. When a Google search proved fruitless, I emailed Fitocracy and had an invite within seconds. Mission accomplished. After that, it was just a matter of using the invite to register on the site, which was extremely easy to do. I was given a step-by-step tour of the site and suggestions of other fitness buffs to "follow." I was now a member of a fitness community, and it was time to woman up and get moving. Literally.

Plus, I got to log my progress when I got back to my desk — woo-hoo! That tiny sense of accomplishment felt pretty darn good!

With other work tasks to accomplish in the meantime, however, I logged out — and that's where they got me. When you log out, a message appears saying, "Make sure to come back soon. We miss you already." Now, I know this site really doesn't "miss" me, but for some reason that spoke to me. Silly, huh? But that's OK — it was enough to motivate me to take a walk on my 15-minute break. Plus, I got to log my progress when I got back to my desk — woo-hoo! That tiny sense of accomplishment felt pretty darn good!

Suddenly, I wanted to read every motivational blog on the site (of which



An easy-to-use interface allows Fitocracy users to track their progress. (Submitted)

there are many) and accomplish every possible "quest" offered. A quest, by the way, is "Fitocracy speak" for optional goals you can try to accomplish in order to gain extra points. As you gain points — which you also earn for the activities you log — you "level up," or advance to higher fitness levels. There are also "achievements," which are recognitions you receive for doing something extra special. And did I mention "props?" I had a member give me "props" for logging activity, and suddenly I was feeling on top of the world. Granted, I was mostly just logging walks, but someone gave me a virtual pat on the back and I liked it!

On it went for an entire month during a typically inactive time of year on the fitness front. I logged points at least every other day, often more, and found myself looking forward to plugging in my "mini-workouts." No, I didn't run a marathon or become a gym rat during my month of Fitocracy, but I DID manage to stay active and not gain winter weight. In fact, I even lost a couple of pounds.

When I took on this assignment, I found myself thinking this would be a fun thing to try for a month, and that would be the end of it. But now I want to invite friends to join and may join a group or two on Fitocracy. Feel up to the challenge? Try it for yourself at Fitocracy.com.

Chris Greene is a frequent Radish contributor.

resources

WHAT'S IN SEASON

(Story on page 6)

Winter Vegetable Tangine

2 tablespoons olive oil or vegetable oil	½ cup vodka or white wine
1 sweet onion, peeled and chopped	1 whole jalapeño
2 shallots, chopped	Salt and freshly ground black pepper
2 cloves garlic, chopped	4-5 small new potatoes, scrubbed and cut into 2-inch pieces
½ teaspoon ground cumin	2 cups cubed winter squash, sweet potatoes, or both
1 teaspoon ground red chili or hot paprika	2 cups cooked chickpeas, rinsed
½ teaspoon ground coriander	
1 tablespoon tomato paste	
1 cup vegetable stock	

In a large, deep skillet or medium Dutch oven, heat the oil and sauté the onion, shallots and garlic with the cumin, chili, and coriander until they are fragrant. Stir in the tomato paste and continue cooking until the mixture just begins to brown. Stir in the stock, vodka and jalapeño and bring the mixture to a boil. Reduce the heat to a simmer, sprinkle with salt and pepper to taste, and then add the potatoes and squash. Cover and cook until the vegetables begin to soften, about 15 to 20 minutes. Toss in the chickpeas and cook until they are warmed through. Serve on couscous and drizzle with Moroccan Green Sauce. Serves 4-6.

Moroccan Green Sauce (Charmoula)

4 cloves garlic	½ teaspoon ground cumin
1 teaspoon salt	⅛ teaspoon cayenne
¾ cup chopped cilantro	¼ cup extra-virgin olive oil
½ cup chopped parsley	Juice of 2 large lemons, or to taste
2 teaspoons sweet paprika	Ground black pepper

Using a mortar and pestle, pound the garlic with the salt until you have a smooth paste. Add the cilantro and parsley, and pound just long enough to bruise the leaves and release their flavor and fragrance. Stir in the paprika, cumin, cayenne, oil and lemon juice. Season the sauce with pepper to taste. Try this sauce on grilled chicken or steak. It's also great as a marinade for fish and terrific tossed with rice. Makes about ¾ cup.

— Recipe source: "The Northern Heartland Kitchen" by Beth Dooley

WILDLIFE TRIVIA

(Story on page 16)

1. **C, the phrase "Who cooks for you?"** Barred owls are large in size with a round head that lacks ear tufts. Their feathers are streaked brown and white, but some barred owls sport pink feathers on their bellies, possibly from eating a lot of crayfish.
2. **A, prairie dock.** With its large, spade-shaped leaves and towering stems — some of which reach 9 feet in height — it's easy to spot prairie dock where it grows. The flowers attract honeybees and bumblebees, and goldfinches eat the seeds, helping the plant propagate.
3. **C, compass plant.** To minimize drying out on the prairie where there is limited cover from the noon sun, the lower leaves of the compass plant have evolved to protect themselves by aligning to the north and the south. This proved useful for people crossing the prairie, who, in the absence of trees or mountains, had few landmarks by which to navigate.
4. **B, beaver.** Beavers have a natural edge when it comes to lengthy teeth: Although beavers' teeth are constantly being worn away while chewing on wood, they also never stop growing. The same goes for the whole beaver, which continues to grow throughout its

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WILDLIFE TRIVIA (continued)

- natural lifespan. Beavers can live as long as 24 years in the wild and grow to weigh as much as 55 pounds.
- A, badger.** Male badgers, called boars, measure between 24- and 29-inches long and weigh nearly 20 pounds on average. Female badgers, called sows, weigh slightly less, averaging about 15 pounds. They may be big, but they are also short, with squat bodies and short legs built for digging.
 - C, the size of a honeybee.** A good thing, too! Opossums can give birth to up to 14 young at a time. The baby opossums spend only two weeks in the womb before being born, but then crawl into their mothers' pouch to grow for another 70 to 125 days.
 - A, the flowers resemble pants hung upside down on a clothesline.** The distinctive shape of these flowers means only bees with long tongues — like bumblebees, mason bees, miner bees and anthropoid bees — can sip the nectar of this plant. Dutchman's breeches can be found flowering throughout dappled woodlands in early spring.
 - A, dark brown eyes.** In fact, the color of an owl's eyes can tell you a little something about its habits. Dark-eyed owls are usually most active at night. Owls with orange eyes are generally more active at dawn and dusk, and owls with yellow eyes are more active during the day. Regardless of the color, all owl eyes are shaped like a bell to help them see in low-light conditions, and this shape prevents an owl from rolling its eyes the way people do. That's why owls can turn their heads so far to the left and right — they have to move their head, since they can't move their eyes to see what's around them.
 - B, skunks.** Unlike true hibernators, which curl into a tight ball and dramatically reduce their heart rate, breathing, metabolism and body temperature for the duration of winter, skunks merely reduce their need for food in winter by sleeping for brief periods lasting up to two weeks. True hibernators in our area include ground squirrels and jumping mice, while other mammals like badgers, raccoons and chipmunks simply take long winter naps like the skunk.
 - B, the opossum.** There's more than just a toothy grin that sets opossums apart. They are North America's only marsupial, they have opposable thumbs on their hind limbs and a prehensile tail they can use for grasping, and they have special glands that secrete a foul-smelling odor to mimic the smell of a rotting carcass when the opossums play dead.

Test your knowledge of area plants and wildlife further at the RC&D trivia night on Feb. 9 at the Black Hawk State Historic Site lodge, 1510 46th Ave., Rock Island. Doors will open at 5 p.m. for registration and trivia will start at 6:30. Cost to participate is \$10 per person. Attendees may bring their own snacks or purchase food and nonalcoholic beverages available at the event. The fundraiser will also feature a silent auction and ticket raffle — bring this issue of Radish and receive one raffle ticket for free. Contact event organizers Deb Kutsunis at (309) 794-1798 or Liz Haynes at (309) 373-0890 to reserve tables.

VITAMIN 411

(Story on page 30)

Vitamin facts:

- ods.od.nih.gov/factsheets/list-VitaminsMinerals
- ods.od.nih.gov/factsheets/MVMS-HealthProfessional

FAQs:

- ods.od.nih.gov/Health_Information/ODS_Frequently_Asked_Questions.aspx

Dietary advice:

- dietaryguidelines.gov

Vitamin E and prostate study and interview with study's author:

- jama.ama-assn.org/content/306/14/1549
- jama.ama-assn.org/content/306/14/1549/suppl/DC1

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Vitamin 411

Experts offer advice about supplement safety

By Marilyn Marchione,
The Associated Press

Vitamins have long had a “health halo.” Many people think they’re good for you and at worst might simply be unnecessary. The industry calls them an insurance policy against bad eating. Even junk foods and drinks often are fortified with nutrients to give them a healthier profile, but there’s a downside: the risk is rising that we’re getting too much. Add a supplement and you may exceed the upper limit.

The best way to get vitamins is to eat foods that naturally contain them, says Jody Engel, a nutritionist with Office of Dietary Supplements. “Foods provide more than just vitamins and minerals, such as fiber and other ingredients that may have positive health effects.”

David Schardt, a nutritionist at the consumer group Center for Science in the Public Interest, adds: “It’s virtually impossible to overdose on the nutrients in food.”

If you do need a supplement, beware: Quality varies. Consumerlab.com, a company that tests supplements and publishes ratings for subscribers, has found a high rate of problems in the 3,000 products it has tested since 1999.

“One out of four either doesn’t contain what it claims or has some other problems such as contamination or the pills won’t break apart properly,” says company president Dr. Tod Cooperman.

For example, one gummy bear calcium product had 250 percent of the amount of vitamin D claimed on the label. Another liquid product made with rose hips had just over half the amount of vitamin C listed on its package.

“You don’t have to pay a lot. Price is not necessarily linked to quality,” Cooperman says. “We find good and bad products in every venue.”

Mark Blumenthal, executive director of the

American Botanical Council, suggests looking for “seals of approval” or certifications of quality from groups that spot test supplements such as the USP, or United States Pharmacopeia; NSF International; and NPA, the Natural Products Association.

How to be supplement savvy:

- Keep it simple. The more ingredients there are in a supplement combo, the more chance that one of them will not be the right amount, Cooperman says.
- Consider a supplement combo tailored to your gender and age, the Office of Dietary Supplements suggests. Multivitamins often contain little iron, and ones for seniors give more calcium and vitamin D than products aimed at younger adults.
- Take vitamin D with dinner. A study found significantly more absorption of that nutrient when it was consumed at the largest meal, which tends to have more fat, than at breakfast, Cooperman says.
- Watch out for vitamin K — it promotes clotting and can interfere with common heart medicines and blood thinners such as warfarin, sold as Coumadin and other brands.
- Current and former smokers are advised to avoid multivitamins with lots of beta-carotene or vitamin A; two studies have tied them to increased risk of lung cancer.
- For cancer patients, “vitamins C and E might reduce the effectiveness of certain types of chemotherapy,” Engel says.
- People having surgery should know that some vitamins can affect bleeding and response to anesthesia.

With any supplement — ask your doctor.

Marilynn Marchione is a medical writer for the Associated Press. For a list of websites with useful consumer information regarding vitamins, turn to Resources, page 28.

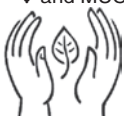


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food for thought

Part of the cycle

Contemplating death can help us appreciate life

By Joe Gauthier

We are alive, therefore we will die. This is the simplest, most obvious truth of our existence, and yet very few of us have really come to terms with it. The last teaching the Buddha gave before he passed into nirvana was, “All composite things are impermanent.” This means that everything is constantly changing; nothing can remain the same even for a moment. This universal truth governs everything in our lives.

Sometimes we can see change occurring, but many times it is so subtle we cannot. When an old car we have been driving for decades finally breaks down beyond repair, we have a very concrete experience of the transient nature of things. What we probably don’t realize is that this subtle process of impermanence started the moment we bought our shiny new car.

Most people would agree in theory that the one constant in life is change; however, we forget this when we are busy living our lives. We get lulled into a false sense of security because things appear very stable and unchanging. What is the

result of this appearance of stability? We get blindsided by things which in reality were inevitable: losing a loved one, our company shutting down, a sudden house repair, a natural disaster.

To keep a deep understanding of the impermanence of all things is to keep perspective in our lives. It is essential for our daily peace of mind to be able to see beyond the present moment. Instead of being like a child who cries when his sandcastle is washed away by the tide, we can maintain a wise and realistic view of things.

We can test ourselves by asking, “How do we mentally react when faced with a sudden change that disrupts our life? Do we take it in stride or do we refuse to accept what is happening?” Our reactions tell us how in tune we are with the truth of impermanence. If we understand the value of keeping this truth in the forefront of our minds, not only will we be able to handle unexpected changes in stride, we also will be more relaxed in general. We can enjoy the people and things in our lives without tightly clinging to them. We can be like someone who enjoys a luxury hotel on vacation knowing the entire time that he cannot stay there forever.

When we mentally come to terms with the inevitable separation of things, the fear of that loss no longer has any power over us. Having this stability of mind will be crucial when we ourselves are dying and must completely let go of everything we have ever known. Coming face to face with our own impermanence can be a frightening and painful experience if we’re not ready for it. Even if we are ready to let go of everything in “this world” we still will be fearful if we have no idea what is coming next.

So what does happen? It’s a big question to answer. Does our consciousness completely cease? Will we never have another thought or feeling ever again? If we have never given any serious consideration to our experience beyond death, then we will either have to live our life completely ignoring the subject or live our life in fear of it.

If, however, we start to look at death as part of a larger continuum, we will realize that it is not a complete end of everything we are but simply another change in the never-ending cycle of our life. Cycles, like circles, have no beginning and no end, they simply change continuously. The important thing to know is that our mind is the invisible thread that connects one life to another, and we have the great opportunity to mold and shape it how we want. If we live our life well, we will be able to die with a peaceful and happy mind. We will realize that although our death will be the end of many things, it is simultaneously the seed for many new beginnings.

Joe Gauthier is a Buddhist teacher in the New Kadampa Tradition who has studied and taught throughout the world. He will host a course, “Death-Teachings for a Meaningful Life,” Feb. 4 at Lamrim Kadampa Buddhist Center in Davenport, Iowa. For more information visit meditateiniowa.org or call (563) 322-1600.





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