

# Radish

HEALTHY LIVING FROM THE GROUND UP

10 great stories inside!



2010  
**Radish**  
HEALTHY LIVING FROM THE GROUND UP  
Awards

**JANUARY 2010**

**Hearty winter  
soups**

**A visit to the  
Wapsi Center**

**10 healthy  
resolutions**

**Club Health for Kids**



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to see  
life clearly...**

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# The Friends of Radish

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ABOUT HEALTHY LIVING



Tricia Thodos, RN, is a 20-year veteran in the nursing professional who currently works in the Ambulatory Surgery department at Trinity Regional Health System. She is one of nearly 3,000 Trinity associates committed to providing quality care for patients and improving the health of the communities Trinity serves.

Trinity is a member of The Friends of Radish, a special group of community-minded businesses that are helping to spread the word about healthy living from the ground up.

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## “A Doctor’s Confession”

(And Why I Still Do What I Do)

Dear Friend:

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

**Ten years ago something happened that changed my life forever.**

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

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

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– Dr. Rob Scranton, D.C.

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

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

*\*Medicare exclusions apply*

# from the editor



A new start, a new decade, a new year. It's all here. What are your intentions? For 2010 one of my dearest friends has made a promise to herself to eat less sugar. She finally realized that sweets just don't make her feel good beyond the initial taste. The going may get tough — she's a candy-maker, and a good one — but something tells me she will triumph.

Ann Scholl Rinehart, whose byline appears in Radish almost every month, also is planning to give something up. For 2010 Ann is going sugar- and coffee-free. In her essay on page 40, she writes, "If I'm still sane a year from now, I'll let you know how my plan worked out." I'm wishing Ann not only sanity, but clarity and success, as well.

And then there's Julie Davenport of Davenport (of course), who called recently after attending an "On the Road with Radish" event featuring the new film, "No Impact Man," which tells the story of Manhattanite Colin Beavan. Beavan and his family gave up almost every modern comfort — including their washing machine! — in an effort to prove to themselves and others that a life of consumption is less fulfilling, not to mention more wasteful and damaging to the environment, than a simpler existence. Julie told me that the Beavans' story is changing her life.

She, her husband and their two young sons plan to jump aboard the No Impact Project, which challenges people to learn a greener way to live by paring down. Julie promises to keep me updated on their progress. Meanwhile, if you want to learn more about the project — or try it yourself — visit [noimpactproject.org](http://noimpactproject.org).

All this paring down got me thinking: What's on the other side of the coin? Maybe Beavan puts it best: "A happier planet makes for happier people." I would add that happier people make for a happier planet, too.

So here's to your happiness — and to all your healthy intentions — in 2010. Let's make it a great year.

— Brandy Welvaert  
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**Radish**  
HEALTHY LIVING FROM THE GROUND UP

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



# contributors



**Jim Earles** of Dubuque, Iowa, is a Kundalini Yoga teacher who also has a passion for nutrition. Jim is a stay-at-home dad and homeschool teacher for his children and is the co-publisher (along with his wife, Amber) of the Dubuque Health-Ready Guide. Read his story about Arnolds' Farm on page 24.



**Leslie Klipsch** is an editor, writer and mother of two. Leslie returned to Iowa a few years ago after living in Chicago for six years. She is thrilled to shop the area's farmers' markets and to have conversations with the people who grow her family's food. You can check out her Iowa food-life blog at farm-raised.blogspot.com. In this issue, Leslie writes about 10 New Year's resolutions you'll actually want to keep on page 6.



**Chef Donna Duvall** of Spragueville, Iowa, is a personal chef serving eastern Iowa and western Illinois, providing home meal replacement services and cooking demonstrations. She has been cooking since the age of 8 and has developed a large and eclectic repertoire of recipes. She is an avid organic gardener who teaches cooking classes around the region. Find Donna's recipes for healthy, hearty winter soups on page 30.



Frequent contributor **Sarah J. Gardner** came to Davenport, after having lived in five states and three countries. She believes what makes where you live a community is as important a question as what makes a house a home. Sarah divides her time between writing, hiking and finding more recipes for garbanzo beans. Read her story about the greening of the city of Davenport on page 10.



**Elizabeth Janicek** of Kenosha, Wis., is a former Quad-Citian by way of Morrison, Ill. A graduate of Augustana College in Rock Island, Elizabeth is a freelance writer and a musician. She performs with the Wicker Park Coral Singers and enjoys farmers' markets and her book club. This month, Elizabeth writes about place-based education on page 32.

Also contributing to this month's issue are **Sarah Ford** ("Silver success story," page 26); **Laura Anderson** ("Cutting risk for stroke," page 29); **Linda Egenes** ("Intelligent design," page 14); **Stephanie Catlett** ("Hitching a ride in I.C.," page 20); **Ann Scholl Rinehart** ("Serendipity Project," page 22, and "Jittery for java," page 40) and **Sharon Wren** ("Local artist turns driftwood into sculpture," page 8, and "Club Health for Kids," page 28).

## REMARKABLE!



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# the grapevine

## A basket of goodies for a soup-er reader

Last month Radish asked readers to tell us what they like about the magazine — and what they'd like to see. We received many notes, but Patricia O'Brien of Davenport is the lucky reader whose name we pulled from a hat to win a basket filled with healthy, natural goodies. In her note, Patricia writes, "I would like to tell you how much I enjoy your magazine. I like the recipes and articles. I wish you would put more soup recipes in it in the winter." We have more good news, Patricia: In Radish this month, you'll find a story with recipes for hearty, healthy winter soups. Check out the story on page 30.

## On the Road with Radish

Every month, Radish magazine hits the road in the hopes of meeting you — our readers — at events around the region. You can meet up with a representative from Radish at the following events this month:

- **Bald Eagle Days** will be held Jan. 8-10 at the QCCA Expo Center, 2621

4th Ave., Rock Island. A representative from Radish will be at the event on Jan. 9. For more information about Bald Eagle Days, turn to page 9.

- **A stewardship salon** will be held from 6:30 to 8:30 p.m. Jan. 12 at the University of Illinois Extension – Rock Island County, 321 W. 2nd Ave., Milan, Ill. Everyone is invited to join in the conversation about environmental stewardship. The event is free. To register, call (309) 756-9978.

- **Winter Solstice Workshop: Integrating Iowa's Environment with Education** will be held Jan. 15-17 at Honey Creek Resort State Park, Moravia, Iowa. A representative from Radish will be there Jan. 16. For more information about the event, turn to page 32.

## 'Nutcracker' tickets for 10 lucky winners

Back in November, Radish asked readers to fill out a brief survey inside the magazine. In exchange, their names were placed in a drawing for free tickets to see Ballet Quad Cities' performance of "The Nutcracker" last month.

Congratulations to all our winners:

Pauline Brown, Viola, Ill.; Eva Buchholz, Geneseo, Ill.; Pat Bushur, Davenport; YuVawn Fluharty, Davenport; Josie Johnson, Moline; Dorothy Kaufman, Lyndon, Ill.; Luis Marrugo, Moline; Doreen McGuire, Davenport; Roxann Skulte, Davenport; and John Zabloudi, Coal Valley, Ill. Each winner received two complimentary tickets to the ballet.



Stephanie Makosky / Radish

## From our readers

**Save some green (Dec. 2009):**

"The recent edition of Radish had an article, 'Save Some Green,' on page 24.

The article implied that you could take a \$1,500 tax credit in both 2009 and 2010. In checking with a local CPA, I was told this is not correct. ... People should check with their tax preparer to get specifics.

P.S. I enjoy your magazine."

— Glen Fredrickson, via e-mail



*Glen, thanks for bringing this to our attention. For further details about energy tax credits, readers should check with their tax preparers or visit the government's EnergyStar Web site, [energystar.gov](http://energystar.gov), and click the "Tax Credits for Energy Efficiency" link in the bottom left corner. EnergyStar.gov's top 10 list of frequently asked questions about the tax credits is particularly helpful. — Editor*

"I get (Radish) religiously every month and cannot think of a single thing you guys should change or add! My favorite part is actually On the Road with Radish, as I love to learn about local healthy events — and Radish is the best place to find these. Keep up the great work! Thank you!"

— Nikki Lemon, via e-mail

"I like your magazine a lot. I get it at the Marion (Iowa) Hy-Vee. I enjoyed your story, 'Omnivore's Solution,' by Darrin Nordahl (Nov. 2009)."

— Emily Carson, Marion, Iowa

"I have been delivering Radish since its beginning. I wanted to tell you that everyone and every place (where) I deliver Radish is so enthusiastic about receiving it. I can't even begin to tell you how many great comments I have been receiving monthly. It feels good to deliver a magazine that everyone is waiting for. Someone last week called it her 'beloved Radish!'"

— Linda Wood, via e-mail

"Thanks to you and your staff for such a fine job. The relevant content of Radish is a joy to read."

— Dan and 'Red' Huber, via e-mail

## Coming next month in Radish ...

- A better-for-you cookie
- Yoga teacher-training programs
- Love Your Local Farmer breakfast
- Great Valentine gifts for Fido
- Healthy ways to warm up
- Lean cooking with elk



# healthy living from the ground up

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Dave Murcia of the Wapsi River Environmental Education Center near Dixon, Iowa, holds Bubo, a great horned owl. (Photo by Paul Colletti / Radish)

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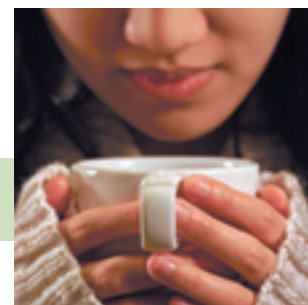
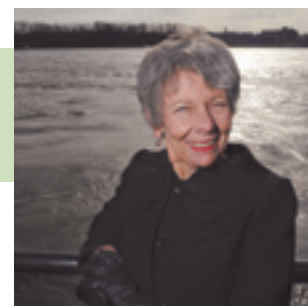
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healthy living

# Make 2010 your year

## Laugh more, eat better and manage your money

By Leslie Klipsch

With each new year come eager expectations of how we might transform our lives and become better versions of ourselves. Unfortunately, by February, many of our carefully planned resolutions often have fallen by the wayside in favor of old habits. This does not have to be so. With a little reshaping, this year's resolutions can be transformed into joyful promises you'll be happy to keep.

**laugh more eat more sleep more take a class sweat more take a trip be a friend**

**Laugh more.** The old adage that laughter is the best medicine might have more merit than meets the eye. Scientists believe that this droll social signal functions on many levels, from forging bonds between people to positively affecting physical and mental well-being. Find fun at Comedy Sportz in Rock Island ([comedysportzqc.com](http://comedysportzqc.com)) and Penguins Comedy Club in Cedar Rapids and Davenport ([penguinscomedyclub.com](http://penguinscomedyclub.com)). Or, at the least, resolve to tell a joke for Global Belly Laugh Day on Jan. 24.



**Sleep more.** After scurrying around during the holiday season, many people face the new year with an accumulated sleep debt that is difficult — if not impossible — to recover. Because this sort of sleep deprivation may have a more profound effect than shortness of temper and lack of mental sharpness, now is the time to evaluate your sleep habits and start anew. The National Sleep Foundation recommends maintaining a regular bed and wake schedule, implementing a calming bedtime routine, and creating a dark, quiet, comfortable sleep environment. To find advice on how to do just that, visit [sleepfoundation.org](http://sleepfoundation.org).

**Sweat more.** Rather than dread the drudge of the gym, kick-start the new year with an exercise regimen that you'll actually look forward to. Love to shake it? Try Zumba, a cardiovascular class based on Latin dance and music. Prefer an instrument to an elliptical? Check out Drums Alive, a unique workout that combines rhythm and movement. Both are offered at YMCAs, and according to Annette Ackerman, a fitness coordinator at the Scott County (Iowa) Y, such classes tend not to feel like a typical workout even though they get your blood pumping. Ackerman recommends working out with a friend to add camaraderie to the cardio.

**Eat more.** Greens, that is. As Michael Pollan, Michelle Obama and the farmers at your local markets might tell you, dieting doesn't have to be dreadful. In fact, rather than limiting our intake, it's often wiser to eat more of the things that are better for us, like dark, leafy greens. Check out winter farmers' markets for healthy greens — a list is online at [radishmagazine.com/markets](http://radishmagazine.com/markets) — and get cooking.



**Take a class.** Instead of just watching Chef Duff and his team ace cake after cake on the popular Food Network show, why not learn the intricacies of such confections? Bake cakes, blow glass, roll sushi, play the guitar or tap dance. Local parks and recreation departments are a good place to start. Not only are there health benefits to boosting your brain power (education is often linked to a longer, healthier life), but you are also likely to meet new people, have a good time and gain an impressive new skill to show for it.

**Take a trip.** Last year, Kasey Kelly, Rock Island, travelled near and far, exploring Chicago, Milwaukee, and McGregor, Iowa, as well as New York, Barcelona and Amsterdam. Kelly keeps travel affordable by staying with friends, limiting meals out and searching for the best deals. Travel, she says, enriches her life year-round. "If I look in the right places, I usually find a value that I have had but may have lost along the way," she says.





**Be a friend.** In the last 10 years, study after study has validated the importance of friendship and social networks in an individual's overall health. Having friends has been linked to better brain health, psychological well-being and an increased chance of recovery from disease. This year, make an effort to keep your friends close. Linger over coffee. Send a small package in the mail. Expand your circle with kind words and loving gestures. Life will be richer — and healthier — because of it.



**Take a stand.** Rather than sit and stew in 2010, channel your energy into something positive by working for common good. There are plenty of opportunities to dig in both locally and globally from right here in the Radish region. With a simple Internet search, you'll unearth a multitude of ways to use your talents to make a difference. Start at the United Way's Web site ([liveunited.org](http://liveunited.org)), where you'll be directed to local opportunities to use your tools. Whether you are an artist or an accountant, you can find a place to serve.

## take a stand be budget-savvy just be

Photos from iStockphoto



**Be budget-savvy.** The economy's crash has made way for what we hope will be a lasting trend: minding your money. Join the craze and make time to crunch some numbers this year. Not only will attention to your personal finances bring peace of mind, but it will also make you more mindful of where your green goes. According to Bill Moylan, a financial representative at Northwestern Mutual in Davenport, this helps people to prioritize and begin paying down debt or start saving more. "When you write out your budget, you all of the sudden find out where your money is going. It surprises a lot of people." Online tools, such as those found at [mint.com](http://mint.com), are a great place to start.

**Just be.** Yoga instructor Michelle Campbell of Bettendorf, Iowa, recommends allowing ourselves the time to quiet down. "Getting quiet is like pressing the reset button on life," Campbell says. "As we develop the skill of getting quiet, our life unfolds with a pattern of deep and lasting beauty." Campbell recommends finding one area of your home that you can claim as a quiet sanctuary. Then take five minutes of quiet and simply focus on your breath, allowing your mind to be still. Others may enjoy a silent walking practice where they walk in nature at the same time each day for 15 minutes. "With practice," she says, "we retain a centeredness in our day-to-day practice. We might still be busy and challenged, but it gets easier to get back to a mindful state of peace where we can remember who we truly are."



# Lose Weight Feel Great in 2010



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radish awards

# 2010 Radish Awards

## Artist turns driftwood into unique sculpture for winners

By Sharon Wren

Kate Price, the creator of this year’s Radish awards, always has been an artist, thanks to her “hippie” mom. She’s been designing sculptures from reclaimed items for about three years using driftwood and river pebbles found along the Mississippi River, from Sunset Marina in Rock Island to Ben Butterworth Parkway in Moline. “Everything I use is nature made, aside from the baseboards,” says the Rock Island artist.

Like many crafty souls, she got her start using found items after seeing something in a store. “I was first inspired after a trip to Dwellings in LeClaire (Iowa) when I saw a piece of tall, thin driftwood mounted on a steel rod, affixed to a piece of lumber that sold for about \$85. I immediately thought to myself, ‘I can make that for nothing!’ And I did. I started visiting the shores along the Mississippi and collected a multitude of wood in every shape, size and hue. I also grab any seed pods, pebbles and unique-looking twigs to accent the finished product.”

Her inspiration comes during those material-scrounging trips. “When I start on a piece, I find myself getting lost in the work by the ease in which it all flows together so perfectly. It’s not uncommon to find a random piece of huge driftwood within every corner of my house. I love to surround myself with raw nature. I’d go Grizzly Adams in a heartbeat!”

She doesn’t grab any old piece of wood and start a project; she takes her time to make sure her materials are just right. “Not all driftwood makes the cut, which is why the process is so unique. When I find the right one, I see more than just a piece of wood wedged between the rocks on the shore. I see something that was once the living flesh of a grand old oak tree or the bones of a majestic maple — all of which have been individually weathered and



Kate Price of Rock Island is the artist who has created this year's Radish awards using driftwood from the Mississippi River. (Photo by Todd Mizener / Radish)

manipulated by the mighty Mississippi in a way that no man-made tool or instrument can do.”

To see Kate Price’s work, contact her at [bowlies@mchsi.com](mailto:bowlies@mchsi.com) or (309) 788-6147.

### And the Radish Awards go to ...

People in communities around the region are doing great things for others and for the earth, and telling those stories is what the



2010 Radish Awards are all about. It was easy to find 10 efforts worthy of the award. The challenge, however, was to narrow the field to new efforts or those of special importance in 2009. In addition, to reflect the mission of our magazine, each recipient had to be involved in an activity that in some way reflected a grassroots commitment to healthy living. Following these criteria, we are proud to present the following 2010 Radish Award winners and where you can find their stories in this edition of Radish:

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# environment

## Puppets for the planet: Check out Tricia and the Toonies' show at Bald Eagle Days

By Brandy Welvaert

A touch of Elmo-esque cuteness, a pinch of environmental awareness and a hefty dose of fun: Mix it all up and what do you get? Tricia and the Toonies' Enviro-Show, a family-oriented performance that sings and laughs its way through important lessons about caring for the planet.

"We'll talk about trees and about the proper disposal of things. And we'll talk about being in action — about becoming a 'planet hero,'" says Tricia Haynes.

Haynes created the Enviro-Show 10 years ago, pulling some material from another show she was commissioned to write and perform with that best-known of Sesame Street characters, Elmo.

"Elmo has moved on, and it's been thousands of performances since then at lots of schools, fairs, festivals, green events and environmental organizations across the Midwest," says Haynes, who performs with puppeteer Pete Cappello.

This month, the pair will bring the Enviro-Show to Bald Eagle Days at the QCCA Expo Center, 2621 4th Ave., Rock Island.

Bald Eagle Days will be held from 4 to 8 p.m. Jan. 8; 10 a.m. to 8 p.m. Jan. 9; and 10 a.m. to 5 p.m. Jan. 10. Admission is \$4 for ages 16 and older, \$1 for ages 6 to 15, and free for ages 5 and under. Admission to the Enviro-Show is included in general admission.

The Enviro-Show appeals to families, and especially to children under the age of 12.

"Kids like that (the show) is funny," Haynes says. On stage, the puppets learn lessons about taking care of the planet, as does Tricia.

"I get busted a few times," she says, "because I think I'm already a great planet hero."

Kids get into the show because they truly want to make a difference in the health of the environment, she says.

"When Donster (a reptilian puppet) casually throws trash on the ground, I ask him what he thinks happens to it. He replies, 'Who cares?' You've got to see the look on the student's faces! They are stunned at his attitude."

For more information about Tricia and the Toonies, visit [thetoonies.com](http://thetoonies.com). For more about Bald Eagle Days, visit [qccaexpocenter.com](http://qccaexpocenter.com).



Tricia Haynes and her puppet friends will put on a show with an environmental message at Bald Eagle Days. (Submitted)

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radish awards: healthy living

# Great green gateway

The city of Davenport is 'cool' in so many ways

By Sarah Gardner

Ask Davenport mayor Bill Gluba about the city's future, and he will talk to you about its past. "Davenport's history has been one of innovation. The German immigrants who came over here were inventors. The people who came in 1848 and at the turn of the century, they were bright, they had all kinds of patents," Gluba explains. That is why, he says, green initiatives in Davenport just make sense. By embracing new technologies and creative solutions to environmental issues, the city simply is doing what it always has done.

Just how green is Davenport? The list of recent projects is long. In the last several years, the city has completed eight major stream cleanups, planted more than 350 trees and developed several recreational green spaces. It has replaced aging vehicles in the city's fleet with fuel-efficient models and increased the use of biodiesel. Davenport also has strengthened the municipal recycling program, decreasing the amount of solid waste sent to the landfill. The biggest green undertaking by far, though, has been Davenport's commitment to green construction practices for new city buildings, starting with the renovated, environmentally friendly police station downtown.

Completed in 2007, the police station has internal and external shades for the windows, low-flow faucets and geothermal heating and cooling. The building also features a "green roof," which is a partial covering of the roof in plants that absorb rain water, help insulate the building and combat poor urban air quality.

The police station earned LEED certification from the U.S. Green Buildings Council. LEED, which stands for Leadership in Environment and Energy Design, is an internationally recognized designation that acknowledges projects built to reduce emissions and conserve resources. The Davenport police station is the first municipal building in Iowa to earn this recognition.

Now the city is following that success with its second LEED-certified building, the new Eastern Avenue Branch of the public library. It is scheduled to open

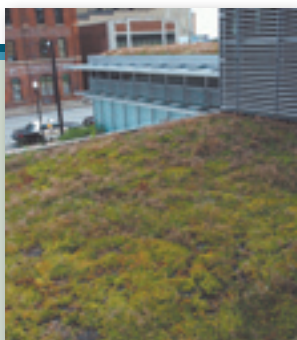


Davenport mayor Bill Gluba is proud of the new 'green' library being constructed just north of 53rd Street on Eastern Avenue. The library will have many eco-friendly components, including geothermal heating. (Photo by John Greenwood / Radish)

this summer. Even though it will share a certification with the police building, the new library will not be a replica of it.

However, like the police station, the new library will have energy efficient windows and geothermal heating and cooling. Instead of a green roof, the library will feature an infiltration pond and a bioswale to filter silt and pollutants from rainwater before channeling it into the storm sewers. It also will have special lighting in the parking lot to reduce light pollution and preferred parking spaces set aside for hybrid vehicles. The materials used to build the library will come from within a 500-mile radius of Davenport.

## Davenport's **GREEN** INITIATIVES



As part of the city's commitment to green construction practices, the police department features a **green roof**. The roof is covered by low-maintenance vegetation that prevents storm water run-off and provides shade and insulation.

Photo by John Greenwood / Radish



The new library currently under construction will feature a number of environmentally-friendly components like **geothermal heating and cooling**.

Photo by iStockphoto



Even though it will be several months before the Eastern Avenue Branch is complete, it already is being used as a model for other libraries hoping to construct environmentally friendly buildings of their own. The Davenport Public Library also has set up a blog at [blogs.davenportlibrary.com/eastern](http://blogs.davenportlibrary.com/eastern) that allows the public to follow the project's development, learn more about the LEED certification process and track how many LEED points the library has earned so far.

The library is just one of many projects underway. As he looks to the future, Gluba points to several upcoming environmental initiatives. There are plans, he says, to stabilize the banks of Duck Creek and to expand the city's bike paths. Several upgrades in windows and doors will help improve the energy efficiency of existing city buildings. Gluba is especially interested in appointing an advisory board that can help city planners develop new environmental initiatives.

"We've got a lot of bright people in the community, and we've got so many groups that are committed to the environment already. We just need their input," says Gluba, who sees the advisory board as a way to identify best practices from other cities and get that information to public officials who can implement them. "They can help keep us ahead of the curve," he says.

One such citizen interested in local environmental issues is Jerry Neff. Neff, along with others in the Sierra Club Eagle View Group, helped encourage Davenport to adopt the Cool Cities Initiative. To do so, Davenport had to commit on the local level to curbing global warming. Says Neff, "To be a Cool City, you have to cut down on pollution. It means two things: reducing our carbon footprint and reducing our pollution that contributes to climate change."

How exactly can Davenport accomplish this? According to Neff, there are three main ways: using cleaner vehicles, increasing energy efficiency of our homes and businesses, and utilizing renewable energy. Of the three, Neff says renewable energy is the hardest to implement. He argues that it is worth trying, however, and that he would like to see the city one day install solar panels on buildings downtown. Even if the idea of global warming is disproven in the future, he says, these changes will lead to cost savings for the city in the long run.

Neff also says that when it comes to environmental initiatives, Davenport is lucky. "If you look at the people interested in the Cool Cities Initiative — aldermen, city planners, the mayor — it is clear this is not just one or two people who want to be involved, but a real united effort to achieve it," he explains.

Mayor Gluba agrees. He praises the creative thinking of city staff members and describes the interest at City Hall in environmentally friendly changes as "enlightened self-interest." Supporters understand it is not just the environment that benefits. These initiatives also create jobs and save money. "We think the wave of the future to some degree is going to be environmentally conscious," says Gluba. "We just need to build upon it and keep working."



Under consideration for future projects by the city are plans to expand the city's **bike paths**, stabilizing the banks of **Duck Creek** and replacing existing buildings' **windows and doors** with more efficient ones.

Photo by Todd Mizener / Radish



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radish awards: healthy living

# A visit to the Wapsi

## You can experience one of Iowa's last wild places

By Brandy Welvaert

In the natural world, children learn, all things are interconnected. It's much the same at the Wapsi River Environmental Education Center in Dixon, Iowa, where a team of nature experts works in collaboration to teach lessons about the natural world and works to protect it.

At the Wapsi Center, visitors don't just hear stories about Iowa's native snakes and frogs; they can meet them in the Eagle View Eco Center. They don't have to imagine what a bald-eagle roost looks like; they can walk into the woods and see it. And when it comes to the great horned

owl, kids can feel the strong breeze blow the hair away from their faces as "Bubo," (pictured) a resident predator, beats his wings.

"You can feel the wind ... and they remember that," says executive director Dave Murcia. A former nursery manager and steward of public lands, Murcia eventually decided that his career needed to morph into education. As he sees it, stewardship is worthwhile, but it means nothing if the next generation doesn't value the planet and its resources.

The Wapsi Center is an ideal place to help youngsters learn those values. Last year over 25,000 school-aged kids took part in its programs, most of which provide immersive, hands-on experiences.

"You can go to the Web site. You can see the pictures. But you have to get out here," says Murcia. "Then the kids go, 'That's what they're talking about!'"

Wapsi naturalist Mike Granger agrees. "It's such a delight to have kids who are from the city come out here and see things that they can't see in town."

Sometimes, however, a visit to the country isn't in the cards. When schools lack the funds to bus students out to the Wapsi Center — a bit of a drive from any nearby population center, some of it on gravel — Murcia takes the Wapsi Center on the road, packing up supplies and sometimes even live animals into a van provided by the county.

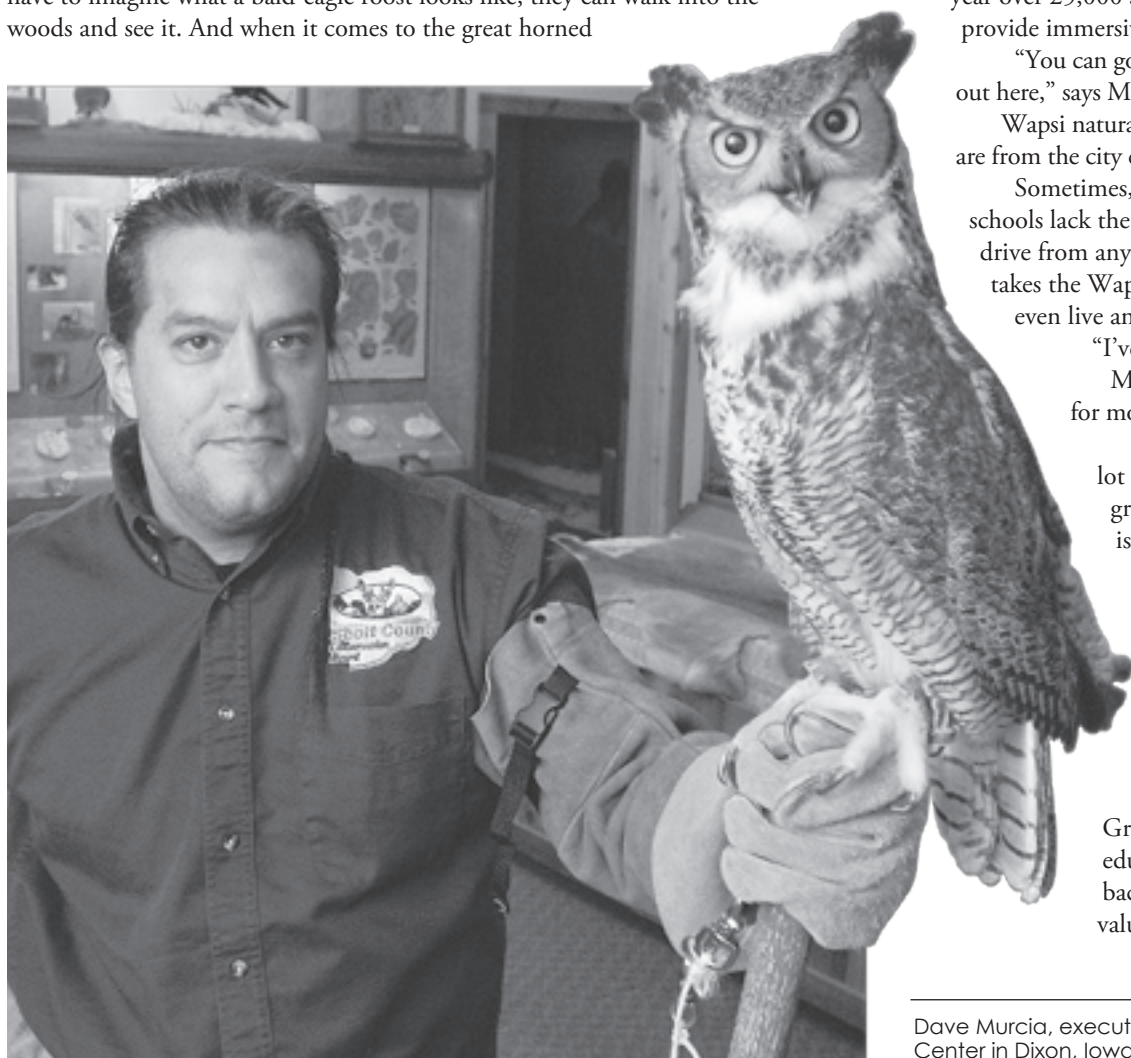
"I've made an effort to do more outreach," he says.

Murcia says the challenges at the Wapsi Center are familiar ones for most organizations these days: "We try to do more with less."

The staff is small but mighty. There's Murcia, who spends a lot of time on administrative tasks, although he could "do programs every day," he says. Then there's Mike Granger, naturalist; Lisa Gerwulf, assistant naturalist; and Leroy Haeffner, a recent addition to the team who lives on-site and cares for the grounds. Right now two AmeriCorps naturalists also are working at the Wapsi Center: Amy Newman and Katie Van Der Linden.

Murcia and Granger say they're thankful every day for the AmeriCorps volunteers. They're also grateful to have the Scott County Conservation Board as their overseer.

"We are very blessed to be in Scott County," says Granger. "Some counties lack the funding to do environmental education, and unfortunately, a lot of times programs get cut back. So I think that people in this part of the state put a high value on environmental education, which is really exciting."



Dave Murcia, executive director of the Wapsi River Environmental Education Center in Dixon, Iowa, holds a great horned owl. (Photo by Paul Colletti / Radish)



Although most visitors to the Wapsi Center come with school groups, individuals and families can visit, too. Every Saturday from 12:30 to 4:30 p.m., the nonprofit Friends of the Wapsi Center hosts an open house at the Eco Center, which houses exhibits about three local habitats and lots of native Iowan animals, including a screech owl, a kestrel, turtles, fish and snakes. Visitors also can touch a variety of native animal pelts and see taxidermied animals. (None of the animals was killed by Wapsi staff, and all of them are donations.) Among the Eco Center's most surprising holdings is the encased tusk of an American mastodon.

The Wapsi Center offers classes in outdoor skills, too. At 10 a.m. Jan. 30, Granger will lead a snowshoe hike into the woods to hunt for animal tracks. In February, the center will host its annual Winter Fun Day, which includes skiing, snowshoeing, a tree-identification hike and woodland crafts. Upcoming events always are included in the Wapsi Center's newsletter, The WREN (Wapsi River Environmental News), which can be downloaded in PDF format from the Wapsi Center's Web site, [scottcountyiowa.com/conservation/wapsi.php](http://scottcountyiowa.com/conservation/wapsi.php).

At other times of the year, the center offers classes in archery and boating on the Wapsipinicon River — “the last wild, meandering river in Iowa,” says Murcia.



A one-winged screech owl named Otis lives at the Wapsi Center. (Photo by Gary Krambeck / Radish)

**‘You can go to the Web site. You can see the pictures. But you have to get out here.’**

The Wapsi Center is located on 225 acres on the Wapsipinicon River at the site of what once was a Boy Scout camp. The land encompasses three habitats: forest, grassland and wetland.

In addition to the Eco Center, the site also has a dormitory, an outdoor amphitheater, an astronomers' observatory, an aquatic lab and a rustic lodge and cabin. The lodge, cabin, dormitory and assembly room in the Eco Center may be rented, and each provides kitchen access. There also are campsites on the property, but their use is reserved for Boy Scouts. However, anyone over age 21 can rent Kestrel Cabin, which sleeps 6 to 7 people, for an incredible \$30 per night.

Former center director Bob Bryant saw the site through its conversion from a camp to an environmental destination, and now one of Murcia's goals is to make sure more people know about it, he says.

“We provide the opportunity to explore our natural resources in a wild location,” says Murcia. “And there aren't many wild places left in Iowa, or in the U.S., for that matter.”

*The Wapsi River Environmental Education Center is located 6 miles south of Wheatland or 1 mile northwest of Dixon, Iowa, via County Road Y4E. Then turn north at 52nd Avenue and follow the signs. The phone number is (563) 328-3286.*

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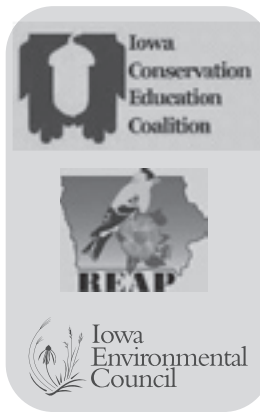
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radish awards: community

# Intelligent design

## Sustainable Living Coalition draws from nature's wisdom

By Linda Egenes

**I**t started in 2004 when a few people in Fairfield, Iowa, were looking for a sponsor for an environmental conference.

"We decided to form our own nonprofit and called it the Sustainable Living Coalition," says Diana Krystofiak, a founding board member of the SLC. "The goal was to combine people from different sectors to create a more sustainable Fairfield, which could then become a model for other communities."

From the start, a driving force behind the SLC's vision and educational initiatives was Lonnie Gamble, who with permaculture expert Grover Stock, began teaching a 10-week permaculture course called Big Green Summer. Hundreds of interns trained with Gamble and Stock and lived in Gamble's home. But Gamble and his wife, Valerie, couldn't donate their time, money and home to educate interns indefinitely. A campus was needed.

Fast forward to the fall of 2009. The newly inaugurated SLC campus stands on the north edge of Fairfield.

"We bought the land in 2006 with a grant from Iowa's Great Places," says Briggs Shore, the SLC's administrative coordinator.

The purpose of the campus, she explains, is to become a working permaculture farm and educational center with classes and internships.

"Permaculture is a way to take the principles of intelligent design, found in nature, and apply it to absolutely everything in your life — how you get your food, water, shelter, heat (and) power, and (how you) dispose of waste," says Shore.

"We want this to be a model, to establish best practices for natural building and rural farming that people can take back to their own communities," says Frank Cicela. At age 40, Cicela brings a wealth of experience to the SLC, having established a similar nonprofit called Sustainable Indiana, and shows remarkable dedication by taking an unpaid leave from his job at Clipper Wind Power in Cedar Rapids to spend every other week working for the SLC.

Shore points to the 1,200-square-foot straw-bale, post-and-beam barn that is the main classroom and administrative space for the campus (pictured). The building is functional but awaiting funds for plastering the outer walls, covering the gravel floor with flagstone and completing a five-room dormitory loft. It was erected in just four months with the help of an Amish construction crew for the foundation and dozens of volunteers, who worked innumerable hours.

"We're completely off the grid, and we provide our own power and water," says Shore. She points to the rain catchment system, 10 photovoltaic solar panels and one-kilowatt wind turbine that supply electricity and high-speed Internet. "We're high-tech while being sustainable, rustic while still being modern."

The SLC benefits from its collaboration with other groups. For one thing, the campus adjoins and makes use of two other sustainable sites for its workshops:



With the help of volunteers, the Sustainable Living Coalition in Fairfield, Iowa, built this straw-bale and post-and-beam barn for use as a classroom. (Submitted)

the Abundance Eco Village and the Mullenneaux extended-family acreage, which includes three sustainable cob, straw and clay homes. Other collaborators include Grinnell College and Maharishi University of Management.

Future projects include building four-season dormitory space to house 50 interns, a hospitality center, an Elderhostel, underground cisterns to store drinking water from the rain catchment system, wetland waste management system, permaculture food forest, edible landscaping, and seed money to extend educational offerings.

But ambitious as these plans are, Gamble sees a more visionary goal. "The SLC is a way to foster ecological micro-enterprises," he says. As an example, the SLC bought equipment and loaned it to help a local baker get started, and launched the Edible Cityscapes Project.

Another project in the works: a micro-enterprise center to help fund sustainable businesses. And the SLC is providing land and sponsorship to a John Jeavons mini-farm center, one of three in the U.S. to be established this spring.

*Read a longer version of this story online at [radishmagazine.com](http://radishmagazine.com).*

*For more information about the SLC, contact Briggs Shore at [briggsshore@gmail.com](mailto:briggsshore@gmail.com) or visit [sustainablelivingcoalition.org](http://sustainablelivingcoalition.org).*



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radish awards: education

# From farm to fork

## Local food goes to school at Augustana College

By Sarah Gardner

This should be a question at a local trivia night: What are the only two frozen vegetables you will find in the dining halls at Augustana College in Rock Island? The answer is peas and kernels of corn. Everything else has to be fresh, and increasingly, those fresh products are locally raised. It is part of a program called Farm to Fork, initiated by Garry Griffith, director of dining at Augustana. Farm to Fork partners with local farmers and is transforming the way students and faculty eat.

Farm to Fork began as a way to get fresher fare into the dining halls and to support local, sustainable agriculture. It is no small potatoes for the people involved. In fact, Griffith can explain the program's impact in terms of potatoes — all 600 pounds of them. That is how many are needed on any given day when mashed potatoes are on the menu. Instead of paying someone to ship potato flakes from a factory, Griffith pays a local farmer for what he or she has grown close to home.

"If you give your money to a local grower, I will guarantee that 80 percent of it is going right back into the community," he says. That ends up being good for the local economy, the farmers and the diners.

Now in its second year, Farm to Fork has grown to include partnerships with several area suppliers, including Wesley Acres Produce, Illinois Crown Beef,

Cravers Little Red Barn, Happy Hollow and Barb's Pantry. The program also has partnered with classes in environmental conservation and environmental literature at Augustana. Students from these classes visit the farms as part of their curriculum.

"It's really interesting that Augie is not an ag school but (that) these students have bonded with our growers and producers because they are able to partake in planting, harvesting, and eating. It has been an amazing transformation," says Griffith. Since Farm to Fork's inception, he notes that dining hall complaints have gone down and students now take a more active role in what is being served.

### **'These students have bonded with our growers and producers.'**

Of course, starting such a program was no small task. Griffith had to work with his staff to change the way they prepared food. In order to utilize fresh, local produce, everything would need to be made from scratch. Then Griffith had to get area farmers on board, many of whom he describes as being understandably cautious when he first pitched the idea at a meeting of the Quad City Fruit and Vegetable Growers Association.

But not everyone was a skeptic. Jim Johansen, owner of Wesley Acres Produce in Milan, Ill., attended that first meeting. He scheduled an appointment soon after, excited to discuss Griffith's plan. "As we talked in his office, I realized there was a vision for a local food system which was nearly in line with my own," Johansen says.

Their collaboration has grown ever since. Now, in addition to selling produce to the college, Johansen converts used cooking oil from Augustana into biodiesel to run his farm machinery. He also composts vegetable waste from the dining halls and uses it to fertilize his crops. "I would like to see other businesses develop a similar relationship with other farms. We have the blueprint," says Johansen.

As the program evolves, Griffith continues to find ways to extend Augustana's commitment to sustainability. This year he introduced a reusable container program for students who need to grab a meal on the run. As a result, 260,000 fewer plastic containers have ended up in campus waste bins. Also new this year is Augie Acres, a program in which Augustana students have the opportunity to raise food on two lots leased from the city of Rock Island. Produce from these gardens is used in campus kitchens.

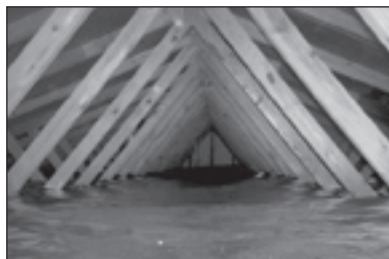
Griffith describes the faculty and staff as incredibly supportive of Farm to Fork and says that has contributed to the success of the program. Says Griffith, "I tell my staff it's real easy to come up with the ideas, and it's a lot harder when you have to implement and follow up on them. They have done an amazing job."



Garry Griffith, director of dining services at Augustana College, Rock Island, is helping bring local food to its dining halls. (Photo by Todd Mizener / Radish)



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radish awards: green transportation

# Greening the ride

## Metro provides eco-friendly transit to the Q-Cs

By Joe Payne

What's green and ridden all over? In the Illinois Quad-Cities, it's any one of 25 compressed natural gas (CNG) buses which make up half the fleet of Metro, the area's mass transit system.

Metro first added CNG buses to its fleet in 2002, the second transit agency in Illinois to do so and the first in Northwest Illinois to receive the EPA's "Green Fleet" designation. Metro general manager Jeff Nelson says the agency (formerly called MetroLink) began using cleaner-burning fuels in 1998, and those first 12 CNG buses in 2002 "were a defining moment for us as we began to move forward and 'walk the talk' of being environmentally responsible."

CNG buses — equipped with John Deere compressed natural gas engines — cut toxic air emissions by 70 to 85 percent, including a 90 percent reduction in particulates, the grainy stuff in the black smoke. Besides being cleaner-burning, natural gas is less expensive than diesel fuel, and CNG engines also reduce noise by up to five decibels, a 50 percent reduction in noise emission.

Thanks to \$3.2 million in funding from the American Recovery and Reinvestment Act, an additional eight CNG buses will join the Metro fleet next summer.

Metro's environmental agenda goes beyond its buses. The agency has addressed the energy efficiency of its current buildings, looking at such things as lighting and heating and cooling systems. It also will seek LEED certification for a new maintenance facility being planned for construction in Rock Island's Columbia Park area. It already has received \$600,000 from the American Recovery and Reinvestment Act to build a solar thermal system on the roof of the \$30 million, 135,000-square-foot facility. Other sustainable design features include wash water recycling systems, day lighting in bus storage and maintenance areas and offices, radiant-floor slabs and low VOC carpets, paints, adhesives and composite materials.

To reach greater returns on the salient environmental benefit of mass transit (fewer cars on the road mean reduced CO<sub>2</sub> emissions), Metro launched the "Save Something Green" campaign and the GoGreenMetro.com micro-Web site and has added high-tech tools to bring up-to-the-minute schedule information to individual riders.

"GoGreenMetro has just the right kind of information you need, whether you have never ridden the bus before or want to reduce your carbon footprint," says Jennifer Garrity, Metro manager of administration. "The site walks you through all the steps — from going online to plan a trip to putting your bike on the bus."

High-tech, consumer-friendly tools now available include an online trip planner using Google maps; GPS-enabled bus arrival updates via text messaging and an

online savings calculator that shows how much "green" people can save by taking the bus versus a car.

Lower-tech tools include bike racks on all its buses and even on its two biodiesel-powered Channel Cat Water Taxis, which provide service in the warm months for those seeking scenic transportation across the Mississippi.

Metro's efforts appear to be working; the agency has experienced a 20 percent increase in ridership over the past two years.

Metro will continue to use and add CNG buses — "a stepping stone," says Nelson, until the next big thing (perhaps hydrogen or diesel electric) becomes viable and affordable.

"We know a strong transportation network is vital to a thriving and sustainable community," Nelson said when the CNG stimulus funding was announced last summer. "These new clean-burning buses, complete with our real-time next bus technology, gives us the opportunity to continue our commitment as an environmentally friendly agency."

*For more information, visit [qcmetrolink.com](http://qcmetrolink.com).*

### Mass transit facts

- Converting one diesel bus to CNG saves about 145 barrels of petroleum annually.
- Public transportation is estimated to reduce CO<sub>2</sub> emissions by 37 million metric tons annually.
- A solo commuter switching his commute from a private vehicle can reduce CO<sub>2</sub> emissions by 20 pounds per day — more than 4,800 pounds in a year.

*Source: Metro*



Metro general manager Jeff Nelson and manager of administration Jennifer Garrity stand in front of a CNG bus. (Submitted)



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PARKS & RECREATION

radish awards: good business

# Hitching a ride

## IC Ecocabs' first season marked by achievements

By Stephanie Catlett

In its first year of business, IC Ecocabs in Iowa City has turned heads and inspired the community to reconsider public transportation. In warmer seasons, the bicycle taxi service uses people-powered pedicabs to transport downtown commuters from home, to school, to the library, or to work, all without using fossil fuels.

In their first year of business, Vik and Veena Patel, the brother-sister proprietors, have gained media attention and accolades for their endeavor.

Looking back on year one, Vik reflects, "It went so much better than we expected. ... We hit all of our goals consistently and had a great time doing it." The Patels even were able to add an employee to help with the physical challenges that came with the job.

"The first weeks, when we didn't have our employee, Jacob, were pretty rough," Vik admits. But once the team was in place, Vik and Veena quickly recognized the advantages of owning their own business, including never having to buy a gym membership.

As University of Iowa students, both felt that a pedicab business was the perfect fit. The flexibility that owning the business provides them outweighs the drawback of giving up every Friday and Saturday night to work. "With a business like this, we can set our own hours, we feel a sense of ownership that is really exciting, and we get a lot of positive feedback from the community," Veena explains.

Their community connection in combination with sustainability is a feature that Iowa City assistant transportation planner Kristopher Ackerson appreciates. "It's always nice to have a variety of options out there, and you're not going to see a business like this in any other city in Iowa," Ackerson says.

Executive director of transportation planning John Yapp agrees that Iowa City is a great place for creating a business that provides sustainable transportation. "By having so many downtown destinations, like two grocery stores, the library, nearby



Vik and Veena Patel, owners of IC Ecocabs, ride through downtown Iowa City. (Photo by Paul Colletti / Radish)

employment opportunities and nightlife, it's easy to succeed in this business in Iowa City."

For obvious reasons, IC Ecocabs benefits from Iowa City's bicycle-friendliness, too. The city recently was honored with a bronze-level "Bicycle Friendly Community" award by the League of American Bicyclists. The adoption of the Metro Bicycle Master Plan demonstrated the city's commitment to safe bicycle commuting and convinced this year's judges to move it a notch up from last year's honorable mention.

"We would like to continue to make Iowa City the kind of city where you don't have to have a car to live," says Yapp.

"New and creative transportation options, such as IC Ecocabs, add to the vibrancy of the downtown by increasing options for the public," says Ackerson.

Bicycle enthusiasts and owners of 30th Century

Bicycle, Steve Goetzelman and Cody Gieselman, met Vik and Veena last year when the Patels were just getting started. Goetzelman and Gieselman were huge fans of the idea and agreed to trade free repairs and a discount on parts for promotion.

"We liked the idea of community rather than just the free advertising," Goetzelman notes. "There's a really strong cycling presence in Iowa City. We've got the Bike Library and Bike to Work Week. ... It's a bike-friendly community."

Vik and Veena agree that Iowa City is the perfect size and — has the right demographics — for a business such as theirs.

"You could start a business like this in a big city," Veena says, "but you wouldn't get as much love!"

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radish awards: gardens

# Serendipity Project

'I'm very happy. All in all, I think we made a difference.'

By Ann Scholl Rinehart

The Serendipity Project seemed like the perfect name to give to the community garden that Barb Pople initiated at the low-income apartment complex where she's lived for eight years in Cedar Rapids.

Since the beginning, the right people and the right things came along at the right time and the right place, she says. While some attribute that to Pople's incredible networking skills, she chalks it up to a "higher power." She's also simply following the advice passed down to her through generations: Help your neighbors. And, as her grandfather used to say, "if you're not part of the solution, you're part of the problem."

The garden, started in 2008, has proven to be part of the solution. It has provided fresh produce for many families who live at Cedar Valley Townhouses, a 187-unit complex at 3000 J St. S.W. — a frequent site for police calls. It's provided an education and a safe haven for dozens of children who showed up regularly and even attempted to roust Pople out of bed early in the morning to garden. It also has brought together numerous individuals and organizations that have donated labor and materials and pledged their support.

"It turned into this community effort that just sort of snowballed," Pople says. "I was overwhelmed with surprise. We were happy to take the help and get off to a good start. It was good for people to see that people outside of here (the complex) cared about them."

Pople also saw children who often fought outside of the garden work side by side in it. The children got to decide what would go in the garden. Their top request: strawberries.

The garden, which started with a 4-by-32-foot raised bed, tripled in size this past summer. Nearly 20 families had their own plots, and the children did the bulk of the work. Pople figures nearly 50 children had a hand in the garden over the summer. The community section of the garden netted about three bushels of tomatoes and a fair amount of green peppers and herbs, including "basil out the ears." With some of the produce, the children made gallons of spaghetti sauce and salsa.

"It was a learning experience," Pople says. "We had kids who were amazed to see where green beans came from."

One hope was that the project would become a model for other community gardens. Pople knows that's the case. She's received phone calls from others expressing interest in starting community gardens in their neighborhoods.

"I'm very happy," she says. "All in all, I think we made a difference."

The children's respect for the garden was evident this fall, Pople says. Instead of running through the empty beds, they walked around them.

There were negatives, Pople admits. While many children were involved in the garden, very few parents helped out. Some people who didn't help with the garden helped themselves to the produce. Vandals smashed some produce. And

around the Fourth of July, Pople fell and hurt her hip. The garden suffered in her absence, but the kids and families who were involved kept working. When Pople showed up on crutches, children were immediately at her side, asking how they could help. "We learned we needed more people involved, but we also saw people step up to help," she says.

The future of the garden? Pople recently learned her lease isn't being renewed. "I'm disappointed I won't be living out here anymore," she says. "I'm not sure what the future of the garden will be, but there are neighbors who are interested in being involved. We're going to do what we can do to follow through."

She has fielded many calls from organizations that know she is moving, asking if she is interested in helping start other community gardens. Pople knows this: Wherever she goes, a garden will follow — and the Serendipity Project will always be in her heart.

**'We had kids who were amazed to see where green beans came from.'**



Barb Pople hands plants to Blake Marx (left) and Xavier Hemann, as the boys work in the community garden dubbed The Serendipity Project in Cedar Rapids. Working in the background are Meshake Rulindavyago (left) and Debonayr Hunt. (Photo by Ann Scholl Rinehart)

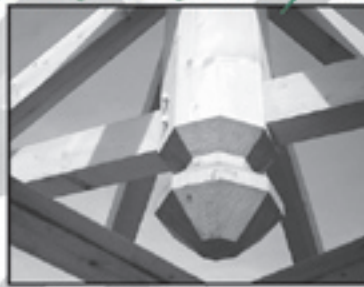




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radish awards: growers

# Good for 100 more

## Sustainable food grows at Arnolds' centennial farm

By Jim Earles

On an unseasonably warm November morning, I visited Arnolds' Farm, located several miles into the rolling hills north of Elizabeth, Ill. On this particular morning, it was quiet on the farm, and Tom Arnold, fourth-generation owner of this centennial family farm, took a couple of hours to relax and converse.

A chat with Arnold is educational — and certainly not boring. He is a farmer who is every bit as diversified as the farm he runs. Focusing on direct-to-consumer sales relationships, he raises chickens, turkeys, pigs, sheep and grass-finished beef. The animals on his farm receive no hormones or antibiotics, and there are no animal byproducts or genetically-modified ingredients in their feed. What they do receive are high-quality grains, hay and grass grown on the farm by Arnold, his wife, Jessica, and their family, as well as carefully-selected natural supplements.

The animals raised at Arnolds' Farm are given free access to the outdoors. The lush, green hills on the farm provide ample grazing for the cattle, as well as plenty of tasty bugs for the chickens and turkeys. Arnold focuses on sustainability, humane treatment of animals and stewardship.

For Arnold — and for many other farmers who don't live close to large population centers — it can be a tremendous challenge to find a local market strong enough to support business. Despite Arnold's solid commitment to local food systems, he frequently finds himself packing up his products and driving 150 miles to Chicago to take part in farmers' markets there. However, as he pointed out, quality food that only has to travel 150 miles is still extremely local. (Most food items travel between 1,500 and 2,000 miles from their place of origin to the store.)

Arnolds' Farm long has been a participant in Harvest of Hope winter farmers' market sales, organized by the Wisconsin-based nonprofit organization Churches' Center for Land and People. The traveling winter farmers' market program has taken Arnold to



Tom Arnold raises poultry, pork and beef on his sustainable family farm in Elizabeth, Ill. The farm has been in the Arnold family for more than 100 years. (Photos by Jim Earles)

market sales in Iowa, Wisconsin and Illinois. His presence at such sales is hard to miss — especially when he brings his portable grill and fills the room with the delicious aroma of food samples!

Yet Arnold's business savvy extends beyond luring potential customers with samples. He also puts careful consideration into his prices. He covers his production and living costs but keeps products affordable. (Chicken is \$2.99 per pound.)

He also realizes the importance of using technology, so he maintains a large e-mail distribution list of potential customers and an informative Web site, [arnoldsfarm.com](http://arnoldsfarm.com). He regularly e-mails updates to tell customers everything they need to know about prices, discounts and where Arnold will be traveling in the near future to sell his products.

Arnold also realizes that customers care about what happens after the animals leave his farm and

go off to the processing plant. The best care for an animal and wisdom in its feeding can be overshadowed by unsavory techniques at the time of slaughter and processing. That's why Arnolds' Farm only sends its animals to USDA-inspected plants that do not use irradiation, do not add water to the final product to boost its sale weight, and do not add unnecessary preservatives. With the exception of the cured and smoked meats, all of the meats are free of sodium nitrate and MSG. It's a difference that can be tasted.

While Arnold focuses primarily on marketing his products in the Chicago area — he does not offer shipping — he also is open to establishing regular delivery routes in the region. Visitors also may make purchases at the farm by appointment.

*For more information about Arnolds' Farm, visit [arnoldsfarm.com](http://arnoldsfarm.com) or call (815) 858-2407.*





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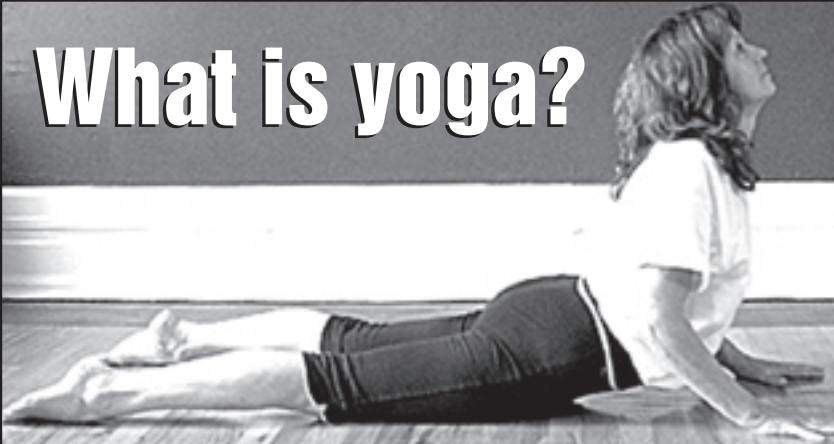
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radish awards: environment

# Silver success story

## River Action celebrates 25 years on the Mississippi River

By Sarah Ford

If River Action conjures up images of, well, river action, then that's exactly what founders Kathy Wine, Paddy Blackman and Priscilla Parkhurst had in mind when they founded the nonprofit organization in 1984. Recognizing the region's lack of riverfront trails, the trio set out to reshape the landscape through public access to the riverfront. Now, after 25 years of action in the Quad-Cities, the organization celebrates a milestone, reflects on myriad achievements and continues to lead riverfront enhancement and restoration efforts in the region.

Through community support, project success and passionate energy from dedicated personnel, River Action has evolved into one of the premier environmental organizations in the area, bringing us enhanced trails, riverfront activities, conferences and stormwater runoff solutions. In the quest for sustainability, the staff at River Action, as well as scores of enthusiastic volunteers, continue to provide a voice for riverfront stewardship and offer hope for maintaining the balance between nature and society.

What has been River Action's secret to success? According to executive director Kathy Wine, it's been "engaging people in river recreation, celebrations, development, or conservation, which helps citizens invest in good design and stewardship of the river."

Wine leads the small but dedicated staff that is housed along River Drive in Davenport. As a member of two planning committees in 2009, I witnessed firsthand their devotion and love for the river corridor and their desire to make the Quad-Cities a more environmentally friendly place to be.

The mission of River Action is to use education programs, economic development projects and natural resources efforts to foster the environmental, economic and cultural vitality of the Mississippi River and its riverfront in the region.

Over the years, River Action has accomplished much. The nonprofit lighted the Centennial Bridge, which connects Rock Island and Davenport, and restored one of the largest urban wetlands on the upper Mississippi River, among other projects. One can't help but wonder what is next on the agenda for River Action. Community collaboration will be the key ingredient for continued success, as the organization seeks to include all residents, businesses, and industries to enhance the river.



Kathy Wine, executive director of River Action, poses for a photo beside the Mississippi River in Davenport. (Photo by Todd Mizener / Radish)

Upcoming projects include implementation of the Quad City Watershed Plan, which includes creating filter strips of native grasses and wildflowers along Duck Creek to filter pollutants before they reach the stream.

The newly formed Youth Advisory Board will find ways to engage youth in local environmental issues, and the River Trails brochure will provide an overview of river trails and activities for boaters, kayakers and other river enthusiasts.

If you've enjoyed convenient access to trails, viewed native plants or unique art along the river or participated in an event on the Mississippi, then you've experienced River Action's influence in the region. River Action has created a legacy that will continue to inspire a love for the river and the surrounding land.

*Read a longer version of this story online at [radishmagazine.com](http://radishmagazine.com), and find more information about River Action at [riveraction.org](http://riveraction.org).*

### Highlighting River Action

**1984:** Kathy Wine, Paddy Blackman and Priscilla Parkhurst started River Action.

**1985:** Founded the annual Ride the River Father's Day bike ride, which attracts thousands of bikers every year.

**1986:** Launched the Channel Cat Water Taxi service, providing a novel link between Quad-Cities downtown communities.

**1987:** Spearheaded the effort to light, and maintain, the Centennial Bridge.

**1995:** Organized the effort to purchase and restore the contaminated Nahant Marsh, which is now a biologically diverse urban wetland.

**1997:** Began erecting RiverWay Trail signs and kiosks. These kiosks dot the landscape along 60 miles of trails.

**2001:** Initiated the Retain the Rain program, which offers solutions to the rainwater runoff problem.

**2006:** Started The Taming of the Slough, the annual Mississippi River Adventure Race that brings paddlers, bikers and runners to Moline's Sylvan Slough.



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# Club Health for Kids

## Program aims to get kids off the couch, into the gym

By Sharon Wren

Kids in Galesburg, Ill., have a new way to get fit, thanks to an innovative program called Club Health for Kids.

"We knew that the nation was facing an obesity problem with children and wanted to facilitate a program that would help our youth with this issue," says Roger Sensabaugh, superintendent of recreation for the city. "When the local YMCA built a fitness center, we decided to switch gears with our group fitness program. Our adult classes were small, so we decided to revamp with a unique program for this area: Club Health for Kids. This led to a Kids' Fitness Center and Camp Fusion, which met in all six elementary school one day a week during the 2008-09 academic year."

Sometimes parents find that it's a real battle to get kids away from video games long enough to get some physical activity, but Club Health for Kids has a way around that: human-powered games.



Merisa Ashbaugh of Knoxville, Ill., tries out a piece of equipment at Hawthorne Centre Gym in Galesburg, Ill. Supervising is Amy Landon. (Photo by Kent Kriegshauser / The Register-Mail)

"We are really amazed how youth can sit for hours gaming. So instead of fighting it, we joined it," says Elizabeth Varner, recreation supervisor for the city. "Youth love playing (video) games, so it actually makes exercise fun while they are biking and playing a PlayStation 2 game." In this case, the game imitates life. "This actually works best with racing games. The game will not play unless they are biking."

There are big plans starting this month for Club Health for Kids, including a campaign that will make working out more trendy: "Kids' fitness is in for 2010."

"The average child spends much of their time in front of the TV, and they get less than 15 minutes of exercise a day. This does not have to be the case," says Sensabaugh. "There are so many activities and programs to choose from; all they need to do is look around."

"We want everyone involved to help our nation's youth lead a more active and healthy lifestyle in the future," he says.

Starting Jan. 4, the city of Galesburg recreation division will be working in cooperation with the Knox County YMCA to offer more programs and activities in conjunction with the Club Health for Kids program.

Children who take part in Club Health for Kids won't be stuck in the same place doing the same thing, according to Varner. Participants will meet at the Hawthorne Pool and Kids Fitness Center on Mondays and Wednesdays, and at the YMCA on Tuesdays and Thursdays.

**'We knew that the nation was facing an obesity problem with children.'**

Also expected this year is a new Aquatrack fitness play feature for Hawthorne Pool, thanks to a grant from the Ronald McDonald House Charities Foundation.

"We really believe that we can provide a quality program with greater variety to help combat youth obesity by combining forces," Varner says.

Once the weather warms up, Club Health for Kids will head outdoors.

"We also have a goal of getting the kids active in the out-of-doors through nature programs. A building is currently being renovated for a future Nature Center to provide more outdoor education and activity outside. We are working with a nature coordinator to come up with some very creative programs in the near future," says Sensabaugh.

Parents can get in on the fun, too, he adds. "We want the parents to participate and have fun with their child. ... An active parent will usually lead children to an active adulthood."

*To learn more or to register your child, call Galesburg parks and recreation at (309) 345-3683.*



# Cutting stroke risk

## Eat well and exercise regularly to avoid the No. 3 killer

By Laura Anderson

It started as a normal day for 28-year-old Tiffany Massey. But after the mother of four — with a fifth on the way — did some shopping for her daughter's birthday, she had a horrible headache.

She went to bed, woke up about 2 a.m., and vomited. On her way back to bed, she fell. It was Feb. 1, 2006, and the Rock Island woman was having a stroke.

Massey, now 31, said everything was hazy. She remembers the ambulance coming — and being cold.

Strokes are the leading cause of disabilities in the U.S. and the third-leading cause of death, after heart attack and cancer, according to Dr. Bassam Assaf of the Center for Neurosciences in Rock Island.

When a possible stroke patient comes in, doctors first determine whether it's a non-bleeding or bleeding stroke. A non-bleeding or ischemic stroke, caused by a blockage in the brain, accounts for 85 percent of strokes. A bleeding or hemorrhagic stroke, caused by bleeding in the brain, is responsible for the other 15 percent.

Massey had a hemorrhagic stroke. After her son was delivered by Caesarean section, she was flown to a hospital in Peoria, Ill., and remained in a coma for weeks. Although doctors don't know what caused the bleeding, her family does have a history of strokes.

If you experience stroke symptoms but don't think you're having a stroke, go to the hospital anyway, even if the symptoms seem to go away, Assaf said.

Stroke symptoms include sudden numbness or weakness, especially on one side of the body; sudden, severe headache with no known cause; and sudden trouble seeing. If you begin to have symptoms, note the time and call 911.

Today Massey can talk again, thanks to speech and physical therapies, but she does have some paralysis in her right arm.

"I walk a little funny, too," she said. "My family doesn't think so, though."



Neurologist Dr. Bassam Assaf stands by a chart illustrating how strokes can start with a disturbance in the blood supply to the brain. (Photo by Gary Krambeck / Radish)

Though some risk factors for stroke can't be controlled, living a healthy lifestyle is important for cutting stroke risk, say Assaf and Dr. Conway Chin at Genesis Medical Center.

"Prevention of stroke is the most important thing a person can do to help themselves," Chin said.

"Stroke prevention also applies to younger people, too," Assaf said. "Vessels don't harden overnight."

### Cutting your risk for stroke

You can't change your age, your gender, your heritage or your medical history — all of which come into play when calculating your risk for stroke — but there are many risk factors you can control. Here's how:

- Blood pressure: Monitor your blood pressure and keep it in check.
  - Don't smoke: If you do smoke, quit.
- For former smokers who have quit

for 10 years, stroke risk is the same as for those who never have smoked.

- Manage cholesterol: Eat a balanced diet.
- Exercise: Aerobic exercise lowers blood pressure and increases good cholesterol in the blood.
- Manage health problems: With your doctor, control diabetes and manage heart disease if you have these problems.

- Maintain a healthy weight: Losing as little as 10 pounds can lower blood pressure and improve cholesterol levels.

### Stroke warning signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden, severe headache with no known cause

- Sudden trouble seeing in one or both eyes
- Unbalanced smile, with more drooping on one side
- Drooling
- Sudden trouble walking, loss of balance or coordination, dizziness
- Sudden confusion, trouble speaking and understanding, trouble finding words

Source: Mayo Clinic, [mayoclinic.org](http://mayoclinic.org)

healthy living

# Warm up your belly!

These hearty, delicious winter soups are healthy, too

By Chef Donna Duvall

Soup is food in the slow lane. It's heart-warming and soul-touching, easy to prepare and nourishing to eat. Almost any edible can be made into soup, hence the presence of soup in the cuisine of cultures throughout the world: Italian minestrone, French onion, Spanish gazpacho, Russian borscht, Vietnamese pho and Chinese egg drop.

Soups are made with a little of this, a bit of that. Recipes are not a necessity for turning out a first-rate soup, although I'm providing three of my own recipes here to get you started. So come in from the winter cold and enjoy a hot, satisfying

bowl of soup. Whether it's quick-cooking or simmering all day, soup will dominate winter's chill.

With the following recipe for vegetable soup, you can skip the can and whip up your own version of the tasty classic. This easy-to-prepare recipe gets you off to a fast start with lean stew meat. It is easy to vary by using different vegetables; almost any vegetable will work. Home-canned or frozen veggies are the perfect addition to homemade vegetable soup. Keep a container in your freezer for vegetables leftover from meals, and then use the "recycled" veggies as part of your soup mix.



## White Bean and Swiss Chard Soup

White Bean and Swiss Chard Soup has roots in Italian cooking. Don't be afraid to use the anchovy paste. It does not taste fishy, and it adds depth of flavor. You can make this soup vegetarian by omitting the anchovy paste and using vegetable stock in place of the chicken stock.

|                                |  |
|--------------------------------|--|
| ½ pound Swiss chard or kale    | 2 teaspoons salt, or to taste          |
| 2 tablespoons olive oil        | ½ teaspoon freshly ground black pepper |
| ½ teaspoon kosher salt         | 2 teaspoons fresh rosemary             |
| 3 teaspoons anchovy paste      | 1 tablespoon white wine vinegar        |
| 2 medium garlic cloves, sliced | High-quality olive oil                 |
| 8 cups chicken stock           | Grated Parmesan cheese                 |
| ½ cup small shell pasta        | Red pepper flakes                      |
| 1 15-ounce can white beans     |  |

Wash chard and cut the stems from the leaves. Cut the stems into ½-inch slices and set aside; slice the leaves. Heat 2 tablespoons olive oil in a medium saucepan over medium heat; add the chard stems and ½ teaspoon salt and sauté 2 to 3 minutes. Add the chard leaves, anchovy paste and garlic and continue cooking until chard leaves are wilted.

Add the chicken stock, bring it to a simmer and cook for 15 minutes. In the meantime, cook the shell pasta according to package directions; set aside.

Add the beans, 2 teaspoons salt, pepper and rosemary, and continue cooking 5 more minutes; stir in the white wine vinegar and add the cooked pasta.

Serve with a drizzle of good olive oil, a sprinkling of grated Parmesan cheese, and red pepper flakes as desired. Serves 4.

Gary Krambeck / Radish



## Vegetable Beef Soup

|   |   |
|---|---|
| 1 tablespoon olive oil                        | 3 potatoes, peeled and diced  |
| 1 pound stewing beef, cut into 1-inch cubes   | 2 cups additional fresh vegetables such as cabbage, turnips, fennel, or celery root or 2 cups frozen vegetables, such as corn, peas, green beans or edamame |
| 1 small onion, diced                          | Salt and pepper to taste  |
| 1 garlic clove, crushed                       | ½ teaspoon thyme  |
| ½ cup red wine, optional                      | 1 tablespoon chopped flat-leaf parsley  |
| 8 cups beef broth                             |   |
| 2 cups home-canned tomatoes or 1 14-ounce can |   |
| 2 carrots, peeled and diced                   |   |
| 1 stalk celery, chopped                       |   |

Brown the beef in oil; add onion and continue cooking until onion is wilted. Add the garlic and cook another minute.

Add wine; stir and cook for a minute. Add broth and tomatoes, and bring to a boil then simmer for 1½ hours.

Add carrots, celery and potatoes, and additional fresh vegetables and seasonings, and cook 20 minutes.

Add frozen veggies, if using them, and cook 10 minutes more. Serves 4-6.



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## Seafood Chowder

The keys to a good seafood chowder are not to overpower the delicate flavor of the seafood and to use the freshest seafood available. If you can find wild fish and shrimp, so much the better. Any mild fish such as tilapia, haddock or cod will work for this delicious chowder.

|                              |                                     |
|------------------------------|-------------------------------------|
| 1 tablespoon olive oil       | 2 small red potatoes, diced         |
| ½ cup onion, diced           | ½ small bell pepper, diced          |
| 1 bulb fennel, sliced        | 12 ounces fish, diced               |
| 1 clove garlic, minced       | 1 pound shrimp, peeled and deveined |
| 1 large tomato, diced        | Juice of half a lemon               |
| 4 cups chicken stock         | Salt and pepper                     |
| ¼ teaspoon red pepper flakes |                                     |

Heat the oil in a medium Dutch oven. Add onion and cook until its juices run. Add fennel and cook until soft, about 3 minutes. Add garlic and cook a minute longer. Add tomato, chicken stock, red pepper flakes, potatoes and bell pepper. Simmer until potato is tender. Add fish and shrimp and simmer until seafood is cooked, about 3 minutes. Stir in lemon juice and adjust seasonings. Serves 4.

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education

# Get out the map

## Winter workshop focuses on place-based learning

By Elizabeth Janicek

Richard Louv coined the term “nature deficit disorder” in his 2005 book, “Last Child in the Woods.” The idea is that due to parental fear, decreasing green space, and infatuation with technology, children today spend less time than ever outdoors. The result: a wide range of behavioral and even cognitive problems, as well as a lack of personal connection to the natural world.

Louv addressed these issues in Iowa last January, when the Iowa Conservation Education Coalition (ICEC) brought him in as keynote speaker for its yearly Winter Solstice Workshop, held in January.

If his work illuminates the challenge, then this year’s keynote speaker, author and educator David Sobel, is helping to spread a solution. It’s called “place-based education.”

Place-based education aims to get kids out and about, engaging them with not only the natural environment around them, but also the cultural environment that is their local community. Strengthening these ties benefits the natural land and civic community while creating valuable experiences for the students themselves. Community gardens, outreach programs and collaboration between local naturalists and schools are all examples of place-based education in practice.

One of the challenges facing place-based education is the pressure on teachers and administrators to “teach to the test,” says Sobel. This limits curriculum and activities to very specific subjects.

“That’s why we’ve worked hard to collect research,” he says. “The studies show that if you do good place-based education, going outside does have a positive impact on test scores.”

In addition to higher grades and test scores, studies consistently link place-based education with advances in critical thinking skills, greater achievement motivation and more responsible behavior in the classroom, according to a report by the University of Denver. And anecdotal feedback from teachers and

parents credit place-based education with transforming school cultures and energizing teachers, students and communities.

In Iowa, groups like the ICEC not only are sharing these findings with schools and legislators, but they also are working to provide tangible solutions for integrating place-based education, and outdoor education in general, into the classroom.

The annual Winter Solstice Workshop is a big part of that. This weekend-long event, to be held

Jan. 15-17, brings together teachers, nonformal educators, administrators and outdoor education advocates from around the area to share ideas and information.

The workshop provides valuable insight into all aspects of outdoor education. Teachers can hear presentations on recreating some of the most successful curriculums in their own classrooms. Administrators can participate in discussions on supporting outdoor education initiatives in their own districts. Nonformal educators can attend workshops on coordinating their programs with local teachers.

Teachers can earn continuing education credits with a mix of indoor and outdoor activities since “many outdoor ed folks don’t like to be cooped up inside for too long,” says Rebecca Kauten, ICEC communications chair.

Highlights of this year’s workshop include live music Friday night by Iowa musician Dave Moore and a Sunday workshop led by David Sobel himself.

Sobel’s half-day workshop, “Mapmaking for Students,” addresses one avenue of place-based education in which he’s taken particular interest. Map-making encourages students to pay attention to the way their landscapes and communities fit together, says Sobel, and map-making at different ages shows how kids’ perspectives on the world change as they grow.

“Curriculum that encourages map-making fits in with the inherent cognitive desire to put this stuff together,” he said. “It’s something that kids are trying to do anyway.”

*The Winter Solstice Workshop will be held Jan. 15-17 at Honey Creek Resort State Park, Moravia, Iowa. Cost is \$75/ICEC members or \$125/nonmembers. To sign up, visit [tinyurl.com/ICECregistration](http://tinyurl.com/ICECregistration). Or contact Heather Niece at (319) 848-7019 or [adminicec@mchsi.com](mailto:adminicec@mchsi.com).*

*For more information about place-based education, visit [peecworks.org](http://peecworks.org).*



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**Place-based education aims to get kids out and about.**





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# rooting around

## 'Walk with the Eagles' or stay inside to learn about winter birds

There are two ways to see winter birds coming up on Jan. 16. Participants can "Walk with the Eagles" at 10 a.m. as part of a group led by the Davenport parks and recreation department. Participants will meet at the Credit Island Lodge, which is located south of Highway 61 at 800 Credit Island Lane. If you go, bring binoculars if you have them. (There will be a few pairs available to borrow.) The event is free. For more information about the event, call the Davenport parks and recreation department at (563) 326-7812.

If you're not a fan of being outdoors in the cold, instead you can check out "See the Birds at Singing Bird," an indoor slide program about winter birds, also being held at 10 a.m. Jan. 16, at Singing Bird Nature Center at Black Hawk State Historic Site, located at 15th Street and 45th Avenue, Rock Island. Homemade bird feeders will be on display, and refreshments will be provided. The event is free. For details, call (309) 788-9536.



File

## Families can gather for yoga Jan. 9

Moms, dads and kids, ages 5 and up, are invited to a special family yoga class. The class will be held from 3:30 to 4:30 p.m. Jan. 9 at Indigo, 1621 5th Ave., Moline. The class will focus on using yoga as a form of play at home. Especially for moms and dads, stress-relieving tips will be offered. Instructor Daina Lewis will lead the class. Cost to attend is \$8 per adult and \$5 per child. To sign up, call (309) 764-9642 or e-mail [info@indigowellness.info](mailto:info@indigowellness.info).

## U.S. population smokes less overall, but obesity could keep us from living longer

We may have quit smoking, but we're still fat. Though fewer people in the U.S. are smoking today than in the past, a new study says that we might not live longer as a population because so many of us are overweight. If obesity trends continue, the negative effect on the health of the U.S. population will overtake the benefits gained from declining smoking rates, according to a study by University of Michigan and Harvard researchers. Public health efforts to discourage smoking have worked, and a similar effort could help turn around obesity rates, says Allison B. Rosen, assistant professor in the Department of Internal Medicine at the University of Michigan, and the study's co-author. "Losing weight is harder than quitting smoking," Rosen says. "People don't have to smoke to live. People have to eat to live."

## Watchdog: Target used organic image to sell non-organic soy milk in ads

An investigation by the USDA's National Organic Program has determined that Target Corporation wrongly used the image of a certified organic product when promoting the sale of a conventional product to consumers. The investigation was triggered by a complaint filed by The Cornucopia Institute, a farm policy group and organic watchdog based in Wisconsin. The violation at Target came after Dean Foods switched almost all of its Silk-brand soy milk from organic to conventional soybeans in 2009. After the switch, Target continued to use an image of the Silk organic product in advertising flyers when stores actually were selling the non-organic Silk soy milk. Since then, Target has made a commitment to the USDA to review their procedures to "prevent future errors of this nature."

## Get local-foods advice at new Web site

Imagine one place where you can get tips on buying meat directly from a farmer, connect to local food groups in Iowa, explore post-harvest handling techniques, discover ways to manage niche pork feed costs, and learn how to use goats to control weeds. You can find all these things and more online at [www.valuechains.org](http://www.valuechains.org), the new Web site for Value Chain Partnerships (VCP), an Iowa-based network for food and agriculture working groups. Begun in 2002, VCP now includes groups working in the areas of niche pork, regional food systems, small meat processing, and the state's fruit and vegetable and grass-based livestock industries. The new Web site has reports from the more than 60 projects funded by the five working groups during the past seven years.

## Gowns for graduates are going green

The school colors are red and blue, but the Tri-Point High School Class of 2010 will be green when it collects diplomas next spring. The 45 students from eastern Livingston County are the first in Illinois to choose graduation gowns made from renewable fibers from managed forests; the fabric decomposes in soil, compared to traditional gowns made from polyester. "I thought the seniors would love the idea, and ever since they were sophomores they have been doing class projects like recycling and other things," says Principal Todd Bean. "They heard about it and thought that it was a great idea."

The gowns are available from Jostens, a Minneapolis-based company specializing in high school and college event items and memorabilia. Spokesman Rich Stoebe said the company wanted to meet demand.



AP



## Starting Feb. 19, you can learn to teach yoga

Tree House Yoga Studio, formerly the Freestyle Yoga Academy, will begin a teacher training course for certification on Feb. 19 at the studio, 505 E. Washington St., Iowa City. Teachers who complete the program will be registered with the Yoga Alliance, which registers both individual yoga teachers and yoga teacher training programs (schools) that have complied with minimum educational standards established by the organization. So far, Tree House Yoga Studio has trained over 65 graduates. For more information about the teacher certification course, visit [TreeHouseYogaStudio.com](http://TreeHouseYogaStudio.com) or call (319) 325-9642.



New yoga teachers in 2009 at Tree House Yoga Studio. (Submitted)

## Getting restless? Go wild!

The Quad-Cities Eagle View Group of the Sierra Club will host a free program at 7 p.m. Jan. 18 at the Moline Public Library, 3201 41st St., Moline. Presenting the program will be Marilyn Andress, who is education coordinator for the Rock Island County Soil and Water Conservation District, and Amber Andress, a biologist for the U.S. Fish and Wildlife Service in Moline. The pair will talk about local ecology, site assessment for your garden, plant selections and ideas for types of gardens. The program is free. For details, e-mail Kristen Bergen at [ishibook@hotmail.com](mailto:ishibook@hotmail.com).

## Simplify: Learn how to streamline your life

"The world is too much with us." The great poet William Wordsworth was saying it 200 years ago, and it's still true. If you feel like you've become caught up in all the "getting and spending," then the Voluntary Simplicity Discussion Group is for you. The group will meet from 6:30 to 7:30 p.m. Tuesday nights, Jan. 5 to Feb. 9. The first three sessions will be held at Prairiewoods Franciscan Spirituality Center, 120 E. Boyson Road, Hiawatha, Iowa; the last three sessions will be held at Indian Creek Nature Center, 6665 Otis Road S.E., Cedar Rapids. Cost to attend is \$30 for the discussion book. For more information, call the nature center at (319) 362-0664.

## Celebrating environmental literature at ISU

From non-fiction stories about the real-life dangers of Lyme disease to poetry that explores the imagination, Iowa State University's 6th Annual Symposium on Wildness, Wilderness & the Creative Imagination promises to be a feast for creative souls. The event will be held Jan. 29-31 in Ames and will include readings, poetry performances, panel discussions, documentary films, book-signings and receptions. All events are open to the public. For details, visit [engl.iastate.edu/programs/creative\\_writing](http://engl.iastate.edu/programs/creative_writing) and click on the link.

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**Date:** Wednesday, February 10th, 2010  
**Time:** 7:00-8:30 p.m.  
**Location:** Moline Public Library, Bronze Room  
3210 41st St. Moline, IL  
**Contact:** Kristen Bergren  
309-797-4416 or [ishibook@hotmail.com](mailto:ishibook@hotmail.com)

**Featured Speaker & Host**  
**Kit McGurn** is the National Arctic Organizer for the Sierra Club. He is working to educate and engage citizens across the country in Arctic conservation issues in order to build demand for protection of the unique ecosystems in America's Arctic.

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## rooting around

### Two-thirds of chickens tested harbor dangerous bacteria

Consumer Reports' latest test of fresh, whole broilers reveals that two-thirds of birds tested harbored salmonella and/or campylobacter, the leading bacterial causes of food-borne disease. Consumer Reports also found that most disease-causing bacteria sampled from the contaminated chicken were resistant to at least one antibiotic, potentially making any resulting illness more difficult to treat. No chickens purchased from farmers' markets were included in the tests. Among the findings:

- Campylobacter was in 62 percent of the chickens, salmonella was in 14 percent, and both bacteria were in 9 percent. Only 34 percent of the birds were clear of both pathogens.
- Among the cleanest overall were organic "air-chilled" broilers (a process in which carcasses are refrigerated and may be misted, rather than dunked in cold, chlorinated water). About 60 percent were free of the two pathogens.
- Perdue was found to be the cleanest of the brand-name chicken: 56 percent were free of both pathogens.
- Tyson and Foster Farms chickens were found to be the most contaminated; less than 20 percent were free of either pathogens.

You can read the full story in the January 2010 issue of Consumer Reports.



Two-thirds of fresh, whole broilers in a recent test had bacteria that can make you sick. (Photo by MCT)

### Whose are they? Footprints in the snow

As part of the Nature's Backyard Series, the Jo Daviess Conservation Foundation will present "Skins and Tracks" at 10 a.m. Jan 16. The program is intended for students in grades 5 to 8 and will teach kids to identify animals by their coats and footprints. The free program will be held at the Galena Adventure Center, 525 S. Main St., Galena, Ill. For more information, call (815) 858-9100 or e-mail [info@jdcf.org](mailto:info@jdcf.org).

### Get your farm on with Pay Dirt Farm School

If you think you have what it takes to be part of the local-foods movement as a producer, you can learn more at Pay Dirt Farm School. Classes will be held from 5:30 to 8 p.m. Thursdays, Jan. 14-Feb. 18, at the University of Illinois Extension – Rock Island County, 321 W. 2nd Ave., Milan, Ill. Participants will learn from seasoned producers about what it takes to run a small farm business. Tuition is \$100, and \$25 of that is due at the time of signup. To register, call (309) 756-9987 or visit [web.extension.uiuc.edu/rockisland](http://web.extension.uiuc.edu/rockisland) and click the link.



## Habitat ReStore celebrates seven years

It's been seven years since Habitat for Humanity ReStore opened its doors in Davenport, offering new and gently used building products. In the time it has been open, ReStore's financial support for Habitat for Humanity has topped \$332,000. ReStore has diverted more than 2,200 tons of materials from landfills; more than 700 volunteers have contributed their time to ReStore; and more than 60 homes have been "harvested" by Habitat ReStore crews prior to demolition. Not only does ReStore recycle home stuff. In the course of everyday business, ReStore also recycles paper, cardboard, metal, cell phones, printer cartridges, glass, plastic and cookie wrappers. For more info, visit [restoreqc.org](http://restoreqc.org).

## Q-C TAG plans alt-trans program

What's happening in the Quad-Cities in regard to alternative transportation? You can find out at "Walk and Roll: State of Alternative Transportation in the Quad Cities," an event to be held Jan. 14 at the Figge Art Museum, 225 W. 2nd St., Davenport. Civic leaders from the Quad-Cities area will discuss what's happening now as well as what's in the works. The event is open to everyone. There will be snacks and a social at 5:30 p.m. followed by the program at 6:30 p.m. Q-C TAG covered some of what's happening with transportation late last year when the group presented its "Thinking Outside the Car" awards for 2009. Winners of awards were Davenport's CitiBus "Green Saturday" and College Initiatives; Greg Champagne, Rock Island's director of community and economic development; the city of Moline; the Quad Cities Passenger Rail Coalition; and the City of Davenport. The "Inside the Car" award — reserved for those who make transportation more difficult — went to distracted drivers of all modes. "It's critical as motorists we consider cyclists and pedestrians," and vice versa, says Dan McNeil, a member of QC-TAG.

## Blight-resistant Midwest chestnuts move to Philly

Chestnut seedlings from Mount Carroll, Ill., have found a permanent home in Philadelphia. Last fall, three tiny American chestnut seedlings, propagated from blight-resistant trees growing at Campbell Center in Mount Carroll, were planted in the city's Independence National Historic Park alongside other historic American tree species. Though the American chestnut was one of the trees chosen to be planted in the park when it was founded in the 1700s, the chestnut had been missing from the park landscape — perhaps since the blight was brought from Asia on nursery stock around 1900. For more information about Independence National Historic Park, visit [nps.gov/inde](http://nps.gov/inde).



Edward Jurack and Lisa Iversen show blight-resistant chestnut seedlings at Campbell Center in Mount Carroll, Ill. (Submitted)



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## Oak Hill Acres Certified Organic Farm 2010 CSA Memberships Available — SIGN-UP NOW!

A 2010 Community Supported Agricultural (CSA) membership from Oak Hills Acres Organic Farm, Atalissa, IA, will provide fresh, organic and heirloom produce throughout the 2010 season.

All produce grown on our organic family farm. Members pick up their shares at pre-arranged sites in the Quad-Cities and surrounding area including the Davenport Freight House Farmers Market, May through October.

2010 Organic CSA memberships are limited, order now.

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## rooting around

### Miss Effie's to join Silos and Smokestacks

As early as spring, Miss Effie's Flowers and Garden Stuff, Donahue, Iowa, could be joining the Silos and Smokestacks National Heritage Area as one of just a handful of businesses to be included. Silos and Smokestacks is one of 49 federally designated heritage areas in the nation. Its goal is to interpret farm life, agribusiness and rural communities both past and present. Miss Effie's is a flower farm owned by Cathy LaFrenz, who also raises heritage-breed hens for their eggs, which she sells. More about Silos and Smokestacks is online at [silosandsmokestacks.org](http://silosandsmokestacks.org). Miss Effie's is online at [misseffiesflowers.com](http://misseffiesflowers.com).



Cathy LaFrenz, aka 'Miss Effie.' (File)

### Study: Transcendental Meditation helped coronary heart disease patients

In a recent study, patients with coronary heart disease who practiced the Transcendental Meditation technique had nearly 50 percent lower rates of heart attack, stroke and death compared to nonmeditating patients. The study found a 47 percent reduction in the combination of death, heart attacks and strokes in the participants. It also found a clinically significant reduction in blood pressure associated with decrease in clinical events and significant reductions in psychological stress in high-stress patients. "This is the first controlled clinical trial to show that long-term practice of this particular stress reduction program reduces the incidence of clinical cardiovascular events, that is heart attacks, strokes and mortality," said Robert Schneider, M.D., FACC, lead author and director of the Center for Natural Medicine and Prevention.

### What were the top food stories of the decade?

This decade has witnessed a dramatic transformation in the way Americans shop for, eat and think about food. When Americans were asked to recall the top food stories of the decade, nutritional concerns and food safety grabbed top spots. The top three stories, from No. 1 to No. 3, were childhood obesity, Mad Cow disease and the rise of food-safety concerns. The survey was commissioned by Hunter Public Relations.

### SC Johnson reveals what's in its products

What chemicals does it take to make Drano? If you've wondered about the ingredients in cleaning supplies and other household solutions, you can find out. SC Johnson has a new Web site where consumers can find the ingredients of several of its home-care and home-fragrance products. Not all products are online yet, but several are, including Drano, Scrubbing Bubbles and Fantastik. The Web site, [whatsinsidescjohnson.com](http://whatsinsidescjohnson.com), says that more products are being added.

## River Music Experience's Second Annual Wine Tasting Event Saturday, January 16th, 2010, 5-8pm

Tickets: \$35 in advance, \$45 at the door  
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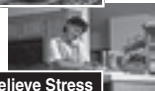
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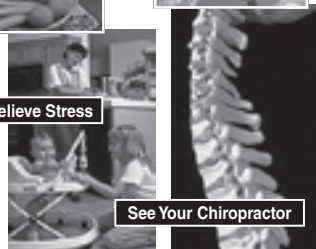
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# for your family

## Biodegradable blocks made from cornstarch build imagination

**What it is:** EnviroBlox are biodegradable building blocks that stick together after you moisten them. They're made of cornstarch.

**What it costs:** About \$7.99 for 130 pieces. Also sold in 70- and 400-piece sets.

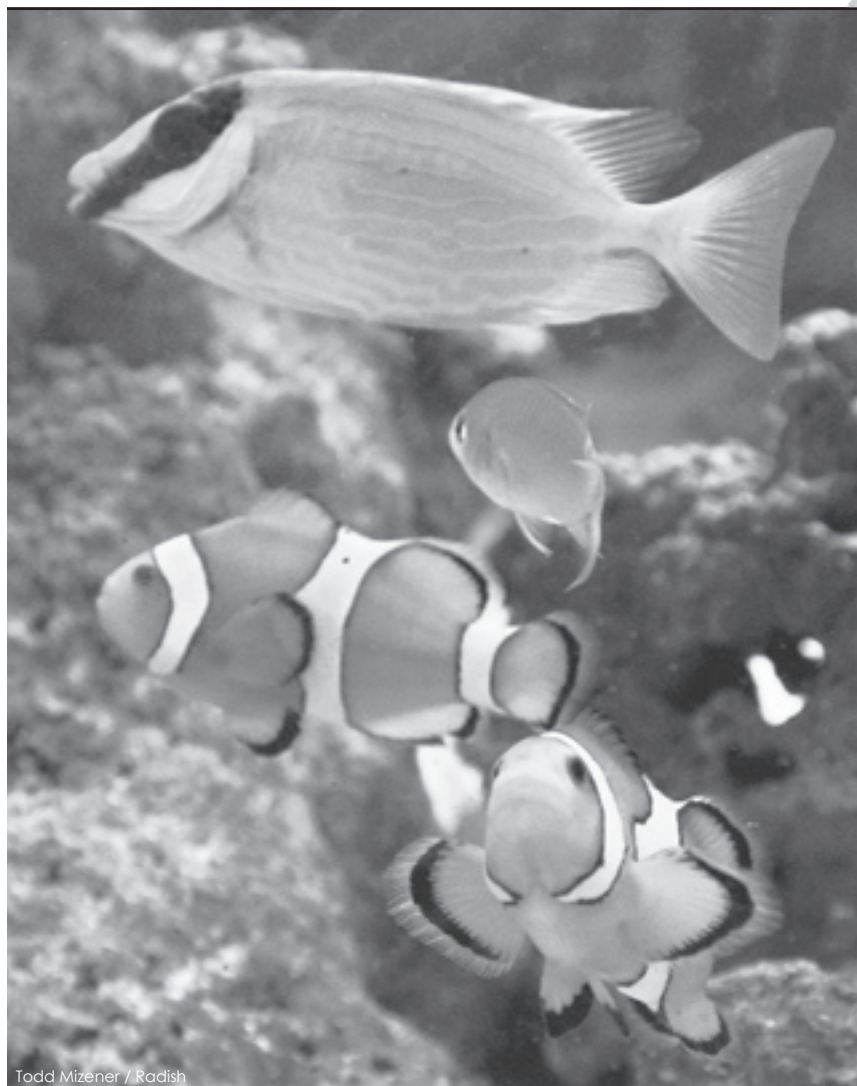
**Who can use it:** EnviroBlox are recommended for kids ages four and up. (Hint: Adults like these toys, too.)

**Where to get it:** Buy EnviroBlox online from the manufacturer at [cadaco.com](http://cadaco.com)

**Other good stuff:** When kids are done playing, EnviroBlox may be added to the compost pile. They also dissolve in water.



Submitted



## Putnam Museum dives into the ocean with its newest exhibit

**What it is:** The "Ocean Experience," a new exhibit about ocean life at the Putnam Museum and IMAX Theatre, 1717 W. 12th St., Davenport. (563) 324-1933 or [putnam.org](http://putnam.org).

**Fun stuff:** Designed especially for kids, the new permanent installation evokes various underwater habitats, from kelp forests and coral reefs to tidal pools and deep seas.

The colorful atmosphere details life in the hydrosphere, with cutouts of a whale, shark and other creatures hanging from the ceiling, itself covered in sheer blue fabric. Sound and lighting effects complete the picture.

In the middle of the room, there's a saltwater fish tank that includes live coral, and another tank with two spiny Caribbean lobsters. There are replicas of corals, and the kelp area has books, science magazines, and beanbag chairs where kids can read.

In back, there's a 5-foot-tall, 8-foot-wide fiberglass octopus that

kids can climb and slide on. A yellow underwater submersible has a robotic arm that kids can play with and pretend they're snagging undersea creatures.

Visitors also can examine cross-sections and X-rays of ocean life at a nearby light table, build a mock sand castle, and see remnants of a tidal pool.

**Good to know:** The exhibit is not just for children, but for families to experience together. It's "a space where kids, parents and grandparents can spend time learning and having real conversations," says Kim Findlay, president and CEO of the Putnam Museum and IMAX Theatre.

**Good to go:** Admission to exhibit halls is \$6 for adults, \$5 for seniors, \$4 for youth and free for members. Exhibit-hall admission may be added to any IMAX ticket for \$1.50.

The Putnam Museum and IMAX Theatre is open from 10 a.m. to 5 p.m. Mondays-Saturdays and noon to 5 p.m. Sundays.

Todd Mizener / Radish

*Have an idea — an eco-friendly toy or a great place — to share with 'for your family?' E-mail it to [editor@radishmagazine.com](mailto:editor@radishmagazine.com).*

food for thought

# Jittery for java

## Rethinking coffee's status as constant companion

By Ann Scholl Rinehart

Between my hands, I cradle a warm cup of decaf — my least favorite thing in the warm beverage department. Sometimes that cup holds tea. White tea with raspberry. China green tips. Goji berry green tea. Mint.

I drink decaf or tea when I'm behaving myself. What I'd rather drink, though, is hazelnut coffee. Make it a hazelnut latte, and I feel like I've flown to the moon and back. (Sometimes quite literally, thanks to the caffeine).

Some years back, though, I came to the realization that coffee didn't like me nearly as much as I liked it. It left me feeling discombobulated. I could be in a meeting after a morning of drinking, say, 24 ounces, and feel as if everyone around me was talking in a foreign language. Words didn't stick in my noggin. Coherent thoughts seemed to escape me. By 6 p.m., I was ready for bed.

I've gone through periods where I've sworn it off completely, other times when I have figured one cup a day wouldn't hurt. Wrong, says my chiropractor, who also specializes in nutrition. Coffee, she tells me, has an acid called "carboxylic acid." Apparently the stuff eats away at the lining of the digestive system. On top of that little problem are the many pesticides used to grow coffee. So that means it gets absorbed when we drink it. If I'm gonna have coffee, she tells me to stick to organic — but only on special occasions. When pressed, she agreed to once a week.



iStockphoto

Ideally, she wants me drinking tea. Specifically green tea because it stimulates metabolism and aids digestion.

When I was really addicted to coffee years ago, I turned to a certified acupuncturist, Alice Spitzner Claussen, in Iowa City. She, too, is no fan of coffee as a daily beverage for anybody. Coffee, she tells me, is warming, drying and moving. It's that moving aspect that gives us the energy boost we dig so much. Turns out that all that stress we're under tends to stagnate our energy, which coffee then gets moving. Coffee also takes energy from our deep reserves and brings it to the surface, giving us that energy boost. She told me what we're really doing, though, is "robbing Peter to pay Paul." We're stimulating the adrenals to release adrenalin (hence that energy boost), but in the long run this stimulation exhausts our adrenals.

### Coffee takes energy from our deep reserves and brings it to the surface.

The culprit, she says, isn't caffeine. It's the coffee bean, darn it, so the effect is the same with regular or decaf coffee. More bumner news: Drinking coffee can exacerbate menopausal symptoms, such as hot flashes and night sweats, and increase inflammation, thus adding to chronic pain. Then there's that whole deal about coffee's acidity, which causes bone loss because the body leaches calcium from our bones to offset the acidity. (This is so depressing, isn't it?)

She did give me one upside: Once you get away from the stuff, it will work great if you use it only when necessary. Think road trips and emergencies. Some folks also only use coffee (or strong green tea) when they feel a migraine coming on.

But when it comes to what's in my cup on a daily basis, she says to pick tea. It doesn't tax the adrenals like coffee. It's high in antioxidants, which detox free radicals in the body — the rascals that are linked to cell damage and aging. Sure, coffee is high in antioxidants, too, but she tells me the bad outweighs the good.

More good news about tea: Some research, she says, indicates it decreases LDL levels (that's our bad cholesterol), while green tea increases HDL levels (good cholesterol). And it also seems to positively affect blood vessel function.

Black or green tea? Go green, she tells me. Black tea is higher in caffeine and fluoride, which can be a problem for people with issues such as anxiety, palpitations or fibrocystic breasts. While both teas are high in polyphenols, a type of antioxidant, only green tea has high levels of epigallocatechin gallate (EGCG), considered to be one of the more powerful antioxidants.

I wrote that first sentence about holding a cup of decaf in December 2009. By now, I'm drinking tea for 2010. I've pledged to go a full year without coffee — as well as sugar. If I'm still sane a year from now, I'll let you know how my plan worked out.



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A photograph of an elderly couple, a woman with short blonde hair wearing a green top and a man with white hair and glasses wearing a blue button-down shirt, both smiling. They are standing in front of a doctor whose back is to the camera. The doctor is wearing a white lab coat and glasses. The background is a bright, out-of-focus indoor setting.

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