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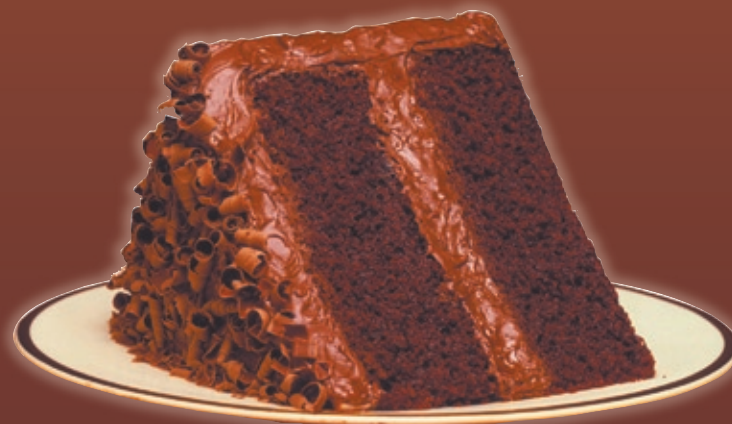
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# from the editor



Photo by Aaron Facemire / Radish

I regard the view from the I-74 bridge across the Mississippi River as one of the great rewards of my daily commute. I love to see the boats churning upriver, the hawks perched in trees on islands near the shore, the pucker in the current as it passes over rocks and branches hidden beneath. And yet, last year, I made it a point to cut that bridge out of my commute as often as possible.

Why? There is no bike path over the bridge, and I had given myself the goal of putting 1,000 commuter miles on my bike in 2011. Before that sounds too deserving of praise, I should offer a disclaimer: A process of trial and error has taught me bike commuting works best for me when I follow what I call my “20-30-40 Rule.” If a morning starts out colder than 20 degrees, if winds are forecast to gust harder than 30 miles per hour, if there is more than a 40 percent chance of precipitation, I leave my bike at home. When you add in days I need to have a vehicle at work because I have an interview or photo shoot to attend, over the course of a year I end up riding my bike an average of about one day out of three.

Viewed one way, this is a pretty minimal commitment to bike commuting. Most of my days still are spent in a car. But viewed another way, it's a testament to how small changes really can add up. Even biking just one day out of three I was able to meet my goal. In fact, I went a little over. And all of those 1,020 miles were racked up by biking six miles at a time. Small efforts, big results — and not just for me. A recent study of 11 Midwestern cities found that if we ran half of our errands by bike *just four months* out of the year, we would save \$3.8 billion in the cost of health care and property damage from automobile accidents, and we would prevent 1,100 deaths annually.

This month in Radish we're proud to present the winners of the 2012 Radish Awards, individuals and organizations whose work has had a positive impact on our communities. My guess is they also would have a lot to say about how small steps taken together can make a big difference. That's the great thing about lofty goals. When we understand every small effort counts, we never need to feel intimidated to aim high — which makes me think for 2012 a new personal goal of 1,500 miles is in order.

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

Number 1, Volume 8  
January 2012

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Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for \$19.95 for one year (\$29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. No part of this publication may be reprinted or otherwise reproduced without written permission. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines, visit [www.radishmagazine.com](http://www.radishmagazine.com).



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# the grapevine

## From our readers

**Handmade City (Dec. 2011):** "I attended this event at Rozz-Tox, and it was truly a great day. A lot of vendors (were) on hand with a lot of very nice crafts and arts to share for sale."

— Jan Sanderson, Moline, IL

**The Farmer's Table (Dec. 2011):** "Chris does an awesome job and his meals are wonderful! I have attended three of his dinners and highly recommend them! They are fun, delicious and Iowa fresh!"

— Cindy Steflik, Fort Madison, IA

**Tickle taste buds (Dec. 2011):** "Since harvesting, processing and enjoying black walnuts is my hobby, Sarah's recipe on 'mellified' walnuts has me wondering. Filling a jar with walnuts and then covering them with honey sounds like a very sticky mess to remove from a jar. ... Wouldn't it make a much nicer gift to just put the nuts in a jar with out the mess? That way the nuts can be sampled by the handful, and then, if desired, the walnuts can be added to whatever you like and then add your own honey."

— Jerry Neff, Pleasant Valley, IA

**Eat, play, laugh (Nov. 2011):** "I remember everyone playing this (Barnyard) around the cozy Ben Franklin while an ice storm knocked out the electricity in our county for a week. There wasn't any TV and too dark for other games. This game was played by the light of candles and oil lamps. It was great to see so much laughter in such a gloomy situation."

— Kathy, IN

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine at the Illinois Math & Science Academy Community STEM Festival, from 5-7 p.m. Tuesday, Jan. 24, at the Rock Island Center for Mathematics and Science, 2101 16th Ave. Pick up back issues, tell us what you would like to see more of in Radish, and learn about efforts towards healthy living in our area.

For more events of interest see the events calendar at [radishmagazine.com](http://radishmagazine.com).

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# healthy living from the ground up

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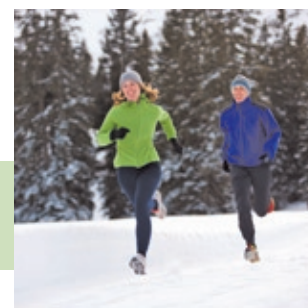
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# One simple idea

## How a recycling drive became a big deal for Q-C teen

By Rachel Warmke

When Rock Island native Anna Pienta first embarked on her electronic-waste recycling program in 2009 as a junior at Rock Island High School, she was only hoping to pick up some old trash and boost her chances of receiving a scholarship.

Within weeks, the then 16-year-old was stunned at the community's response: thousands of pounds of electronics — old and broken cell phones, televisions and computers — stood almost 10 feet high at two area drop-off locations in Rock Island County. Anna recalled being amazed at the initial sight. "It shows that people can accomplish something if they put their mind to it," she says.

The project had first begun when Anna's mother, Sue, showed her daughter a newspaper article detailing the dangers of not properly recycling electronics. For the next several months, Anna immersed herself in the ecological and social ramifications of a little known fact: In the state of Illinois, it was legal for residents to throw hazardous materials such as electronics into the trash (a new state law that takes effect this month prohibits certain electronics from entering landfills). Because of the old law, products like televisions, cell phones and computers that contain hard metals such as silver, gold, cadmium, lead, mercury and nickel, are often improperly discarded.

"We find that those things start leeching out and can contaminate ground water," says Dr. Bohdan Dziadyk, a biology and environmental science professor at Augustana College. Oftentimes these materials get exposed to water or burning methods and cause highly toxic materials, such as polychlorinated biphenyls (PCB), to be released into the environment.

Anna suspected that since the closest electronic recycling site was located at the Scott County Electronic Demanufacturing Facility in Davenport, many old electronics belonging to Rock Island and Moline residents were being hoarded or discarded improperly. The e-waste drive would thus be a way not only to collect these unused items, but also a



Recycling advocate Anna Pienta. (Photo by Paul Colletti / Radish)

means to educate local families about the necessity of proper e-waste recycling.

She contacted the Quad City Conservation Alliance (QCCA) and the Rock Island Conservation Club (RICC), and both agreed to be donation sites for area residents to drop off old and discarded electronics on six separate dates during August, September and October of 2009. "People were like, 'This is going to be a big project. You better be ready to handle it,'" Anna recalls. "And I'm like, 'Well I want it to be a big project, that's what I want.' And that's what I got."

By the end of the first drop-off day, Aug. 7, more than 100 people had dropped off more than 550 electronics, which weighed about 9,000 pounds.

The amount that day stunned Anna's father, Jay, the president of the RICC. "People were coming saying, 'I kept this because I never knew what to do with it,'" he says. Some dropped off as many as four televisions at a time.

Jay allowed his daughter to use the conservation club's old clubhouse to store items. At the QCCA, a shed was donated by a local company, Superior Sheds, to accommodate more e-waste donations. "When we got the shed, we thought, 'We'll be lucky if we fill it.' We filled it in three hours — I mean it was stuffed," Sue remembers. "That's when we were like, 'Oh my God — this could be huge.' I don't really think she was even prepared for how big it could have been."

Local media flocked to interview the teenager, and the next day newspaper headlines and area news channels heralded the project's initial success. But the rising amount of donations caused mounting concern for local waste facilities that had not been informed about Anna's project. They immediately contacted her. "I just remember getting a phone call from these people, and they said, 'We heard about your project. You can't do that,'" Anna says. "I was like 'What?'"

The Rock Island County Waste Management Agency (RICWMA) had seen an article about the first day of her project and was not prepared for the massive influx of electronics she had collected. Because the agency is privately run with a fixed budget, they were unable to process all of the newly discarded electronic waste. "We were surprised. It can get expensive," says Laura Berkley, staff coordinator for the RICWMA.

Disappointed, Anna canceled the last five collection dates. "Anna got so much e-waste at her first day with her one collection that they were just scared to death about how much she could get in six days," Sue says.

The Pientas scrambled to find a means of disposing of all the electronics that had already arrived. "The problem was getting rid of all of it. There were times I didn't think we were going to succeed with the project," Jay recalls. "I'm not sure we could have done another pick-up without more support, more people."

Eventually, discarded television sets were brought to the Scott County e-waste site, and family and friends, along with the help of local Boy Scout troops, spent an entire day separating and shrink-wrapping the rest of the materials to give to Premiere Computer Solutions in Moline, an EPA-certified company.

Anna was initially upset about having to cancel the other collection dates but wasn't prepared to give up. She met with Berkley several times in an attempt to understand the laws associated with e-waste recycling. She considered hosting another recycling event per the regulations, but because she was only 16 at the time, Anna was unable to become EPA certified, a requirement to conduct such an event.

Despite the e-waste project's early conclusion, Anna went on to win the Thoms Family Above and Beyond Scholarship, which recognizes leadership in local entrepreneurial projects, and a handful of other awards and acknowledgements from the community as well.

Her recycling project spurred her into further action, flying to Costa Rica to help save threatened turtles with her high school's environmental action club, becoming president of the club her senior year, and joining the River Action Youth Advisory Board.

Now, two years later, as a freshman at Black Hawk College, Anna, 18, says her project encouraged her to pursue an environmental degree, either in research or advocacy. "I wanted to make a difference and I wanted to do something that was going to be challenging, that no one had really ever done before," says Anna. "It helped me realize what I wanted to do."

*Rachel Warmke is a senior at Augustana College studying English and journalism. For a list of Anna's top tips for helping the environment, visit [radishmagazine.com](http://radishmagazine.com).*



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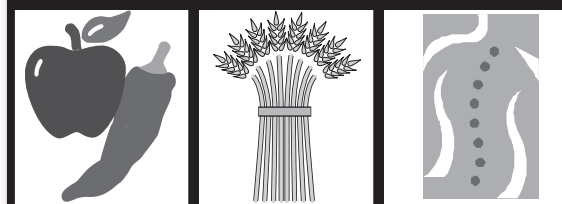
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# The Keepers

## Volunteers help preserve natural and historical heritage

By Barbra Annino  
and Sarah J. Gardner

Located off North Cross Road outside of Galena, Ill., the Keough Effigy Land & Water Reserve is a 35-acre property that runs alongside the banks of the Mississippi River up to the bluff tops above. Within the dappled woodlands is evidence of early human activity: Native American mining pits, early rock shelters, and 2,000-year-old ceremonial mounds that include a large bear effigy — the only bear mound left intact in the state of Illinois.

And then there is the evidence of more recent human activity: stairs constructed of not-yet-weathered lumber and a newly-installed parking lot for

visitors. These additions are thanks to the efforts of the Keepers of the Mounds and Mines, a group of 10 individuals who volunteer their time and sweat to maintaining the preserve so that others can enjoy it.

“We felt that maybe the area wasn’t being used as much as other places because it wasn’t as foot-traffic friendly as the other reserves,” group member Harry Lunde explains. He is one of the volunteers who contributes physical labor to maintaining the property, though there are many ways to be involved, he says.

“We have people like myself who do more physical labor, building bridges, laying pathways and hauling away debris. Then there are those who want to get involved but prefer to help in a more

intellectual capacity such as researching the historical significance of an area, updating computer databases, or organizing fundraisers,” says Lunde.

Both contributions are important, says Jeff Horn, land steward specialist for the Jo Daviess Conservation Foundation. He coordinates volunteer efforts for the Keepers of the Mounds and Mines as well as other volunteer groups at work on similar properties. JDCF provides a management plan for the land, as well as tools, equipment and training for the volunteers.

The mission of the Keepers is simple: restoring the ecological system of the natural resources of Keough Effigy Land & Water Reserve while maintaining the historical significance of early cultures. The work is rewarding, although difficult depending on the task. There is always something to be done, no matter what the season. Brush clearing, mowing, removing invasive plant species and trash, laying fresh pathways, maintaining signage and shelters, building bridges and steps, cleaning up after storms or massive flooding (such as happened in July 2011 when roads and bridges were washed out and needed to be rebuilt) are just a few of the labor-intensive tasks.

However, less hands-on efforts like computer work, research, and monitoring are also vital to the cause. Monitors visit the sites and note any damage or changes while strengthening relationships with easement land owners, a new but pivotal role in JDCF conservation efforts. Research into the natural and cultural heritage of the property can help with grant writing, education initiatives and updates to the management plan, says Horn.

“The reward is the camaraderie and being with like-minded people,” Lunde says. “I have always been interested in conservation and when I finally moved out here permanently, I wanted to become more involved in that. It’s nice to be around other people who share that interest and spirit in preserving resources for future generations.”



Volunteer members of the Keepers of the Mounds and the Mines assist with a controlled burn (above) and build a staircase (right) at the Keough Effigy Land & Water Reserve. (Submitted)

A former engineer whose designs helped to properly dispose of toxic chemicals in a responsible way, Lunde has long been interested in conservation. After he retired three years ago, he made getting back to nature a priority, even assisting in harvesting and maintaining the gardens at Sinsinawa Mounds. "If you like to be outdoors and get your exercise that way, it's a great way to make a difference in your community as well," he says.

Organizations like JDCF thrive on volunteer partnerships, says Christie Trifone-Simon, development director for the foundation. Through the work of volunteers they are able to restore and protect vital habitats and historical relics. "As conservation becomes more and more privatized, it is our responsibility as citizens to protect these special places for future generations," says Trifone-Simon.

Part of the success of these volunteer conservation efforts lies in connecting those willing to do the work with projects and land they value. In the case of the Keepers of the Mounds and Mines, the group is made up of people who live close to Keough Effigy Land & Water Reserve and who were excited about the property being open to the public. Until the site was acquired by JDCF in 2008, the property was under private ownership. The preserve opened for public use in October 2010.

"It has been neat to watch it (the Keepers of the Mounds and Mines) develop," says Horn, who has worked with each of the members to figure out how to best contribute to the project using their individual talents.

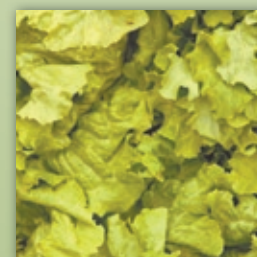
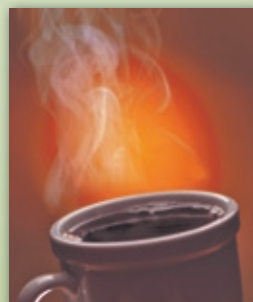
"This small but mighty site has a lot of stories to tell about the many different cultures that lived here," says Trifone-Simon, underscoring the importance of the volunteer efforts to make the preserve more accessible for visitors.

Future plans for the preserve include connecting it with the nearby Casper Bluff Land and Water Reserve. The two sites have much in common, including commanding views of the Mississippi River and significant archeological features on site. The Casper Bluff preserve contains the only known thunderbird effigy mound, which shares origins with the bear effigy found at Keough. Plans call for connecting the two properties via the Galena River Trail. Along the way, the Keepers of the Mounds and Mines will be there lending a hand.

*Author Barbra Annino can be found on the web at [barbraannino.com](http://barbraannino.com). Sarah J. Gardner is editor of Radish. For more information on becoming involved with the Keepers or other volunteer conservation programs, visit [jdcf.org](http://jdcf.org).*



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# Mr. Chuck

## Educator shares the wonders of nature for 40 years

By Pam Berenger

A stream of sunlight shining through a canopy of gold and red oak leaves spotlights Chuck Wester as he explains the wonders of Black Hawk State Historic Site.

"When my wife and I go on vacation we always stop at state parks along the way," he says. "I have to compare them to Black Hawk, and I will tell you there really is no comparison. This park has it all."

Wester, who is known as "Mr. Chuck" to those who come to the park, has guided people through dozens of nature trails for more than 40 years, the last 11 at Black Hawk.

His "name change" came after swapping his position as a teacher in the science department at Bettendorf Middle School for a position as director of the Mississippi Bend Area Education Agency's Nature Center at Scott County Park.

"I thought Mr. Wester was a little too formal," he explains.

The less-formal name speaks volumes for the soft-spoken man who can turn an educational walk through the forest into an adventure.

Looking at an oak tree will inspire him to tell how the Native Americans, after leaching the tannic acid from the acorns, used the nuts for a variety of purposes, including grinding them into a flour for mush or brewing them into a coffee-like beverage. Rather than just point out a slippery elm tree, Wester tells the hikers that a tea can be made from the bark to help soothe a sore throat.

Of course, a hike wouldn't be complete without passing poison ivy and telling his listeners a natural remedy for ivy-induced itchiness is the mashed-up plantain plant. Native Americans would use both plantain and jewelweed, which are usually spotted growing close to poison ivy, to counteract the effects of the itchy weed.

"There are no canned programs," Wester says. "One day we might be talking about the medicinal purposes of plants, the next day animals of the forest.



Chuck Wester demonstrates the sticky nature of tree sap to Kai Bengel during a field trip to the Black Hawk State Historic Site in Rock Island. (Photos by Paul Colletti / Radish)

Coming to Black Hawk is not just a field trip. It is a learning experience, reinforcing what is being done in the classroom. It always was and is geared to what the teacher is teaching. I believe in making it worth their while."

"Worth their while" is a relative term and one Wester knows well. For some of the more adventurous visitors, it isn't a worthwhile trip without seeing an animal or two, maybe even a snake.

"Snakes have a particular appeal," he says. "I warn the kids before the walk that they have to be quiet and freeze if they don't want the snake to move away. It does happen. A couple times, half way through the nature walk one was spotted. As if

on command everyone froze and I was able to pick up the snake and let everyone get a good look at it and nature."

There are tremendous natural discoveries to be made at the park, Wester says. About four years ago a war-ax head was found in the prairie. Last year an intact spider casting was found, and it was an opportunity to explain that spiders, like snakes, shed as they grow. Wester says he may have had the word "naturalist" attached to his title, but he has always considered himself an educator first.

The idea is to get young people so turned on to learning new things that they stay in school, read and ask questions. No one knows it all, he says.

"I know some things about a lot of things, but I'm not an expert on any one thing," he says. "When I want to know something I go to an expert. I have a master's degree in outdoor education, but most of my working knowledge comes from reading and asking questions. I have always tried to learn one new thing a day."

While he doesn't consider himself an expert, Wester considers himself a lucky man — lucky because he gets to do the two things he enjoys most, working with kids and being outdoors. He also considers going to work at Black Hawk a stroke of luck.

After retiring from the Mississippi Bend Area Education Agency he knew he needed to continue working. He was too young and enjoyed working with kids too much to sit at home. But he also knew the job had to be "perfect." The ideal opportunity came when Black Hawk lost its full-time naturalist and advertised for a part-time person.

"I wanted part-time," he says. "I'll retire completely when it gets to be a job — when it's not fun anymore. Right now it's great fun. It's a fantastic environment."

Opening his arms in an embrace of the space around him, Wester speaks of the restored prairie, the river, the diverse wood population, the fox, the deer and the other critters that populate the area.

"The bird life, oh my goodness," he says. "Iowa and Illinois have seven native woodpeckers, and you can find all seven at Black Hawk. Honestly, I can say that I have never had two days the same here."

Change is constant in nature, but it is also a way to keep the learning fresh in the museum, he says. Wester and his co-worker and friend Nancie Parkhurst work in tandem to ensure the displays are unique and everyone who visits gets a fresh look at the park's offerings.

Parkhurst prepares visitors with a one-hour tour through the museum explaining the scenes that depict how Native Americans lived in this area.

"People are becoming more aware of what is available," Parkhurst explains. "They come from Clinton, Muscatine, and as far away as Dubuque to see the past come alive."

"Chuck's passion is getting them connected with the idea that there is more than one way to use something," says Parkhurst. "He brings what I've shown them in the museum alive by talking about what they've seen inside with me. The park is full of teaching tools, and he knows how to use them all."

*A former reporter for The Dispatch and The Rock Island Argus, Pam Berenger is now a freelance writer and a community liaison for Intouch Adult Day Services of Lutheran Social Services of Illinois.*



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radish award

# A better bounty

## LFC works to make sustainable foods accessible to all

By Ann Scholl Rinehart

Local Foods Connection Founder and Executive Director Laura Dowd wants to make it clear: The success of the organization isn't due to any single individual. She believes that so strongly that she shied away from being interviewed for this article.

Dowd did, however, offer this when asked why she founded the organization, which has as its mission to make locally-grown, healthy food available to disadvantaged people in the Iowa City area: "The experience of spending time on local, sustainable, small farms and of eating food fresh off these farms is joyful and enriching. A person can find deeper meaning in many aspects of his or her life by building new relationships with the food they eat and the environment in which they live. Such happiness should be available to everyone, no matter their income level."

Since 1999, Local Foods Connection (LFC) has been purchasing local produce, bread, eggs, meat and other products and then donating them to families who otherwise couldn't afford them. The organization also provides families with opportunities to visit local farms and to learn how to cook the items they receive. LFC's vision: a local, sustainable food system that is accessible to all.

Each year, from April through October, LFC works with families who are committed to preparing healthy meals using the produce they receive. Currently, LFC serves 36 families, many of whom have several children. It also partners with nine local agencies, such as The Arc of Southeast Iowa and the Free Medical Clinic, which finds families who care about the food they eat and the environment.

"After visiting with any one of our clients for five minutes, it is clear what a difference LFC has made in their lives," says board member Sam Jones, 29, a Cedar Rapids attorney. Jones was so impressed by LFC that he contacted Dowd last winter to express his admiration and to indicate his interest in getting involved. Two months later, he was on the board of directors.



Last year, LFC purchased about 60 community supported agricultural (CSA) subscriptions, thus helping support local farmers who practice sustainable agriculture, Jones notes. "Without LFC, it would be that much more difficult for these farmers to make a living," he says, adding he believes there also would be fewer farmers practicing sustainable local agriculture if it weren't for LFC. And, he maintains, "I think you can say without question that the low-income segment of the Iowa City community would be less healthy and less well fed."

Susan Jutz is owner/operator of ZJ Farm and Local Harvest CSA, which serves the Iowa City, Cedar Rapids, North Liberty and Solon communities. She recalls when she and Simone Delaty started Local Harvest CSA in 1996 with the belief that

**'My favorite part about working for LFC is all the amazing people I get to work with.'**

everyone should have access to healthy, local fresh vegetables. "Laura Dowd helped turn that into reality with LFC," Jutz says.

Because of the many connections developed via LFC, leftover and excess vegetables at Local Harvest CSA's drop sites are distributed to people in the surrounding communities. Also, as part of the LFC's



program, Jutz welcomes many volunteers to work on the farm, thus increasing the amount of donated vegetables.

"Many people have reaped the benefits from Laura's dedication and commitment to LFC and the community of people they serve," Jutz says.

The "wonderful work" Dowd does through LFC is also the reason that Cassidy Bell, 21, a full-time University of Iowa student, stayed involved with LFC even after she fulfilled a community service requirement for a class she was taking. Bell calls LFC a "one-of-a-kind" nonprofit organization. LFC strives to reach as

many community members as possible and impact their eating choices and habits for the long term, Bell adds. "Ultimately our goal is for families enrolled in our services to be able to maintain healthy relationships with food and local farmers well after they are no longer LFC clients."

Bell, like Jones, likes that LFC's benefits are far reaching, impacting the lives of those who benefit from access to healthy local food and impacting the farmers "who work so hard to feed us." In turn, that strengthens the community ties between low-income families, farmers and community members who are interested in local food.

"My favorite part about working for LFC is all the amazing people I get to work with, from the generous farmers to the grateful clients," says Bell. "I love talking to families while they are picking up their share or after they have just made a successful meal out of local vegetables.

Their excitement over picking up their box

of veggies or getting a young child to try a new produce item is contagious."

Volunteers primarily run LFC. Motivated and dependable people are always welcomed. Jones believes that as more people become aware of the work LFC is doing to change the lives of farmers and the economically disadvantaged, the more they, too, will want to get involved. "I hope that in the future we are able to reach out to people who don't know who we are or what we do," he says.

Communities around the country have been inspired by LFC. To help start similar programs elsewhere, a manual is being developed. In the meantime, a basic outline of LFC's programs is available on the organization's website, [localfoodsconnection.org](http://localfoodsconnection.org). You also may access the website to make a donation or to learn more about becoming a LFC client or volunteer.

*Ann Scholl Rinehart is a frequent contributor to Radish.*



LFC volunteers help plant vegetables at a local farm (left) and prepare foods for a collaborative cookbook presentation (above). (Submitted)



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# Eco-tech

## BHC's new building points to a green future

By Hector Lareau

Dr. Adebayo Badmos, assistant professor of engineering technology, cannot contain his excitement. When he's talking about Black Hawk College's new sustainable-technologies building and the training to be offered there, his gestures grow bigger and his voice more energized. After ticking off the programs, the needs of students for training, and the needs of industry and academia for trained students, he's nearly breathless: "How wouldn't I be excited?"

Black Hawk College's first new building in 40 years on the Moline campus features a number of green technologies, yet the vision that drove their inclusion sought more than just energy efficiency. The building itself is a learning laboratory, says Michael Phillips, BHC's vice president for administration. "The common thread through all the decisions was a focus on the students and on the building being an instructional tool," he explains.

And the building's exterior design, says Dr. Rose Campbell, executive vice president of BHC, is different from the other buildings on campus, which simply sit atop the hilly and varied campus. "The building was designed to take advantage of the natural terrain," she says.

Because LEED certifications are expensive and do not offer accessible educational opportunities, BHC went in another direction. The college chose instead to construct an energy-efficient building while preserving as much of the \$3.7 million budget as possible for educational value. The college teamed with MidAmerican Energy and an engineering firm to incorporate a

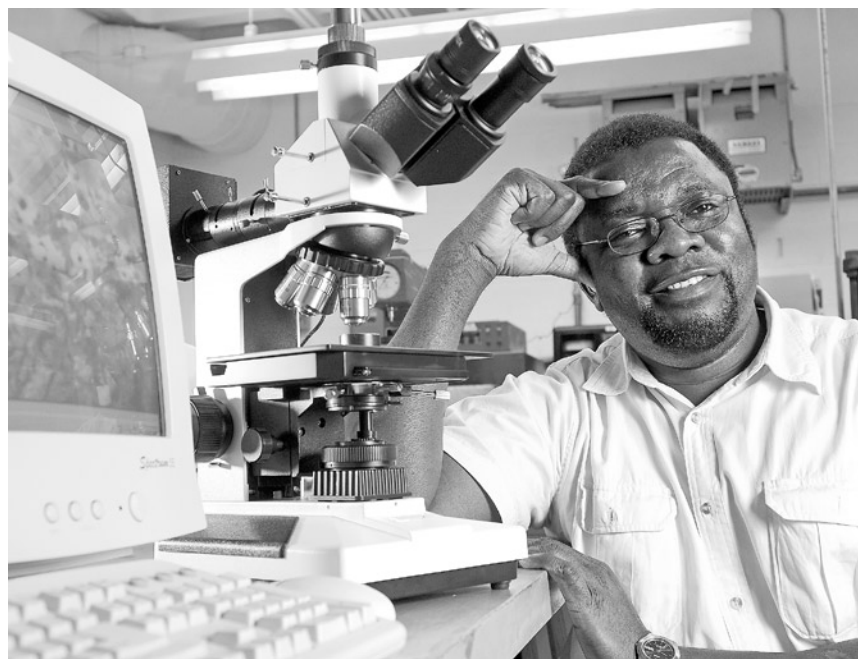
number of significant energy efficiencies. Phillips says that other community colleges showcase buildings featuring a single green technology, but none has brought this many together to form a comprehensive learning environment.

One of the building's sustainable-technology designs, solar harvesting, uses sensors to gauge sunlight coming into labs and classrooms and turn off unnecessary electric lighting.

When students wash up after their classes, the water will be heated by the building's pair of 20-panel solar arrays. Electricity powering the building from its 11-kilowatt wind turbine will be displayed on monitors for students to analyze. In cold and hot weather, the 48 geothermal wells will keep temperatures comfortable; students will have data on that efficiency, too. And the building's green roof — plants covering a waterproof membrane to reduce runoff and increase energy efficiency — will offer hands-on opportunities for natural science and botany students.

The building's main educational emphasis will be the materials science program that has Badmos so pumped up. "This development of this program is national in scale, and it should attract national attention," says Dr. Michael Rivera, dean of instruction and student learning at BHC, who has headed up the curriculum team.

The program the college has developed benefitted from assistance from the National Science Foundation and the United States Department of Energy, says Rivera, along with advisory input from industry representatives. Campbell says that the program is built both to support the community's industries and to attract new ones. "The future will come," says Badmos. "We will be there to meet it."



Top: A conceptual drawing of the new sustainable-technology building currently under construction at the Moline campus of Black Hawk College. (Submitted) Above: Black Hawk College engineering professor Dr. Adebayo Badmos is looking forward to the completion of the new building. (Photo by Paul Colletti / Radish)

The labs and classrooms are state of the art — well ahead of those found in industry, says Rivera. During a tour of the lab equipment, Badmos can't wait to show off each piece. He is excited to see the reaction when he demonstrates how specialized microscopes are connected to computers for materials analysis. With the eagerness of a child at play, he grabs a material sample fixed in a puck-shaped specimen holder and shows how the surface has been ground down to better expose any faults. Then he marches to heat-treatment equipment and describes how simply heating the same material to different temperatures can change its characteristics in application. The biggest gee-whiz machine of all is the three-dimensional printer. (Imagine a replicator from "Star Trek" and you're getting close.) Badmos describes how the machine can "print" a three-dimensional computer design of, say, a crescent wrench. When it's done, a beige, plastic version of the wrench awaits inspection — and endless fiddling with the fully functional adjusting mechanism.

The building will open this spring and will begin hosting an ongoing series of professional and continuing-education programs for professionals already in the business world. Programs for homeowners and others interested in sustainable technology also are planned. The first materials science class is scheduled to enter the new 13,000-square-foot building in the fall semester. Students will fill the building's specialized sustainability lab and materials lab, as well as the relatively ordinary 24-seat classroom and the two 40-seat classrooms that can be combined when a retractable wall is pulled back.

Sustainable technology — indeed, every technology, says Badmos — depends upon a workforce trained to identify, test and create the right materials. "The efficiency of every technology depends on materials," he says. "We're talking about faster computers, sustainable technologies — everything. Without materials science, the good life we are living would not be possible." Students will be trained to work with metals, ceramics, composites, polymers, plastics and other materials. "Designs won't work without materials science," says Badmos. The right materials permit engineering designs to be manufactured and to work.

Badmos insists that the training is highly relevant both to business and to academia. Materials science is a missing piece in the engineering field, he says. "The general public knows about design, mechanical engineering, electrical engineering," but not about materials science, which is necessary for other engineering disciplines to succeed.

BHC's materials science technology associate's degree will be a rigorous program, as will the certificate programs in metallurgical technology, polymers and plastics technology, and ceramics and glass technology, Campbell says.

The building was funded by a bond issue and \$1 million from Illinois Jobs Now. Campbell is proud of both the building and the budget. "We're very busy being good stewards of the public dollar, while providing quality education," she says. The building and its program build on the college's "long and strong tradition in the community of providing quality education at an affordable price."

*Hector Lareau is a freelance writer who regularly covers topics in education.*



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eating well

# Amazing grain

Sure, it's good for you, but oatmeal also can be a treat

By Sarah J. Gardner

**I**sometimes think oatmeal suffers from the weight of its own virtue. So much has been written about the health benefits of this good-for-you grain, it starts to seem like that overachieving straight-A student you knew in grade school. Sure, you're happy to have her help you with your homework, but beyond that ... meh.

True, oatmeal can help lower cholesterol. True, it's rich in fiber. True, eating it reduces your risk for any number of ailments — heart failure, breast cancer, Type 2 diabetes, asthma — but could you call a bowl of oats indulgent? Exciting? A breakfast worthy of leaping out of bed in the morning? You bet.

The thing to understand about oatmeal is its versatility. Boiled to a creamy consistency, oatmeal easily accommodates a wealth of other flavors. Essentially, anything you would top with whipped cream ends up being a great thing to stir into oatmeal. So why don't we get as excited about a bowl of oatmeal as we do a banana split? Everything in a banana split, after all — bananas, cherries, pineapple, chocolate, strawberries, nuts, even the occasional scoop of ice cream — is also great in oatmeal. And you get to eat it for breakfast!

"There are so many things you can put into it nowadays that nobody ever thought of before," says Terry Tygrett of Oak Hill Acres, though he himself prefers a simple bowl with milk and sugar (and, when in season, raspberries). He sells oats from his mini-bus parked at the Freight House Farmers' Market in Davenport. Like everything Tygrett raises on his farm, the oats are certified organic.

The oats Tygrett sells are in whole-groat form, not cut like steel-cut oats or rolled like old-fashioned oats. This preserves the highest nutritional value of the oats. Customers can nick the hard coating of the groats by sending them through a blender before cooking, says Tygrett, or they can use a slow-cooker method that allows the oats to be cooked whole. Best of all, with the slow-cooker method the oats grow creamy and warm overnight. When you wake up in the morning, all you have to do is choose your toppings.

A little brown sugar or maple syrup and milk are a good place to start, but when you are ready to flex some culinary muscle, try a spoonful of apricot preserves and minced crystallized ginger. Or sunflower seeds, dried cranberries and orange zest. How about peanut butter powder and mini chocolate chips? Or sliced dried figs, walnuts and a drizzle of honey — a breakfast that is positively decadent.

You don't even have to restrict yourself to the morning meal. If you are feeling adventurous, Tygrett suggests soaking a handful of groats in a vinaigrette, then sprinkling them over a salad to add a nice crunch. They also can be boiled in soups just like barley. In Scotland, oats are mixed with whiskey and cream and served as a dessert. The possibilities are endless; so much so, maybe it's time to start getting just as excited about what you can do with oats as about what oats can do for you.

*Sarah J. Gardner, editor of Radish, is a fan of both straight-A students and oatmeal.*



Clockwise from top right: Oatmeal with dried cranberries and sunflower seeds; chocolate chips; honey, walnuts and dried figs; apricot preserves and slivers of crystallized ginger. (Photos: Todd Welvaert, illustration: Kermit Stevenson / Radish)

## Overnight Slow-Cooker Oatmeal

|                                     |                     |
|-------------------------------------|---------------------|
| 1 cup whole-groat or steel-cut oats | ½ cup half-and-half |
| 4-5 cups water                      | 1 tablespoon butter |

Spray the inside of the slow-cooker with a cooking spray to help with clean-up. Combine all ingredients in the slow-cooker and set to low heat. Cover and cook for 8 to 9 hours. You may need to add a little more water depending on your texture preferences. The finished oatmeal can be eaten immediately or stored in a refrigerator for a few days and reheated as needed.

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environment

# Schuetzen solar

## Installation brings 19th-century park into the future

By Kory Darnall

For years I've tried to imagine what Schuetzen Park on the western edge of Davenport was like when it first opened in June of 1870. Located in what was then described as "a wilderness on the outskirts of civilization," the site was chosen for its natural upland forest beauty. The park's early motto deemed it "one of nature's fairest spots." Little has changed in this respect. The original use for the park as a place for shooting sports, however, has long ceased. Today, the nonprofit Schuetzenpark Gilde maintains the site primarily as a "Naturpark," and it strives to do so in a manner that preserves the park's natural qualities and advances the values of its original founders.

Some parts of the park have followed the march of time. In terms of energy use, the park initially relied upon wood and coal for heat. Kerosene and then gas were used for lighting its shooting galleries, inn, dance hall and refreshment stands. Around 1895, municipal electricity was extended to the park to light its majestic Moorish-style music pavilion, to power its four-story wooden roller coaster, and, a bit later, to illuminate the colored lights on its iconic street-car waiting station, still standing today.

Today, the park's heavily-forested 25 acres, surrounded by urban development, help soak up the carbon emissions that are created by many conventional energy production methods. The Gilde is determined not to add to those emissions. When considering current options for providing electricity for the park, the Gilde studied alternatives such as wind, an onsite generator powered by gas or natural gas, or a connection to the public power grid. Since more than sufficient sunlight would be present at the site year-round, solar was determined to be the best option for the park's energy needs.

To help install the solar panels on the park's main structure, the Jens Lorenzen Pavilion, a group of students from the Eastern Iowa Community College renewable energy program spent a week working at the park. "There is no substitute for hands-on learning, especially when every project is unique. Each project teaches us how to deal with unforeseen obstacles, which is something you can't get out of a book," explained Steve Harfst, team leader for the project.

In advance of the system's installation, the students (all of whom are training to become energy-system specialists) spent hours meeting with the park board to understand the energy needs of the site. The final configuration of the system consists of six 205-watt solar collectors on the pavilion's roof. They produce a total of 1,230 watts of energy during peak hours on sunny days. This energy can then be stored in eight deep-cycle batteries that will provide energy to meet the park's electricity needs for up to three days, or 360 amp hours, even if a ray of sunshine never hits the collectors.

As part of the project, the pavilion's incandescent bulbs have been replaced by low-wattage LED bulbs, and appliances have been selected for higher Energy



Ryan Light (left) and student Steve Harfst of Eastern Iowa Community College install a solar panel at Schuetzen Park. (Photo by Todd Mizener / Radish)

Star ratings. A supplemental gas generator will only kick in to recharge the batteries during periods of extended darkness or when the power demands during large events exceed the energy stored in the batteries.

The students will return to the site in the months ahead to evaluate the system's efficiency and to complete further calibration. Future students also may come to the site to study the system. While some still may need convincing that solar ever will become a viable alternative to conventional energy sources, Harfst is convinced that "as conventional sources of energy become more expensive or depleted, solar will, and has, become more economically feasible."

Aside from the project's energy-producing benefits, the venture has saved significant park and community resources by avoiding power line installation and monthly service fees from conventional energy sources.

The solar installation at Schuetzen Park has been made possible through grants from the Doris and Victor Day Foundation and the Scott County Solid Waste Commission, along with additional financial and technical assistance from Eastern Iowa Community Colleges.

*Kory Darnall is president of the Schuetzenpark Gilde.*

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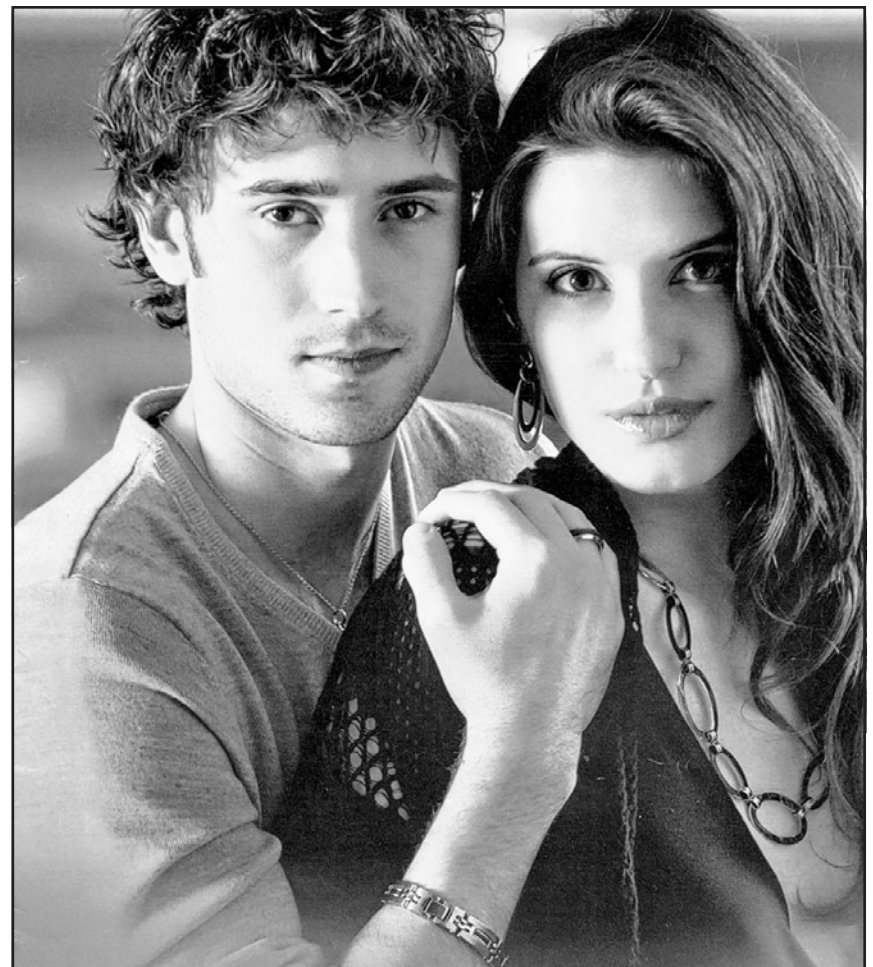
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environment

# Recycling plastics?

Depending on the store, you could be recycling more

By Sharon Wren and Sarah J. Gardner

Chances are good somewhere in your home you have a plastic shopping bag filled with other plastic shopping bags, all awaiting the day you remember to take them back to the store for recycling. Chances are also good that while you are collecting those bags, you may be tossing away several others that could just as easily be recycled: bread wrappers, dry cleaning bags, shrink wrap and Tyvek envelopes, to name a few.

**W**hy do many of us save some plastics and not others? Simply put, changing technology allows us to recycle many products we previously could not, and it can be hard to keep abreast of the changes. Even if you are aware of current recycling capabilities, you may not know where to take all your plastics for recycling. Most municipal programs in the Radish area, for example, recycle hard plastics like milk jugs and detergent containers, but soft plastics like shopping bags have to be taken back to the grocery store to be recycled.

To help clear up the confusion, we at Radish called around to area stores to find out exactly what kinds of plastics they accept. What we quickly discovered is that not all stores recycle equally. Scan the list below to find out what you can take to the stores at which you regularly shop.

## Jewel

"Bins are provided at our stores for customers to drop off plastic items such as grocery shopping bags," says Karen May, external communications manager for Jewel. "Customers can also bring in plastic wrap that has been used to encase items such as toilet paper, paper towels or bottled water, as long as the wrap has not been contaminated with metal or food. Customers can also leave plastic dry cleaner wrap in the bins. We do not accept Ziploc bags for recycling."

## Hy-Vee

Michael Smith, director of real estate and sustainability with Hy-Vee, says, "Generally speaking, our stores only accept plastic shopping bags, dry cleaning bags, and newspaper bags." They discourage recycling anything that has come into contact with food because of concerns about sanitation and pest control.

## Wal-Mart

"Right now, all Wal-Mart takes back in its plastic recycling bins are the plastic shopping bags and the dry cleaner bags," says Kory Lundberg, senior manager, Wal-Mart Sustainability Communications.

## Schnucks

Paul Simon, senior communications specialist with Schnucks, says, "Customers may recycle #2 HDPE bags, dry cleaning bags, newspaper sleeves and clear plastic packaging overwrap that has not come into direct contact with food at the plastic recycling bins at our stores. We also ask that all of the plastic be clean and dry. Ziploc bags would be OK as long as they have not come in contact with food. Of course this is for sanitation and pest control reasons." In other words, bags that held

puzzle pieces could be recycled, but not one that held a sandwich, even if it had been washed. In addition, customers can recycle #4 plastic bags and Tyvek envelopes.

## Target

"Recycling stations are present throughout all Target stores for recycling plastic and glass bottles, aluminum cans, small electronics and plastic shopping bags," says Jenna Reck, who works in public relations for the company. "Guests will see four large bins that are clearly labeled to collect cans/bottles, plastic bags, small electronics and trash." Target takes the usual plastic grocery, newspaper and dry cleaning bags and much more in those bins, as long as they are clean and dry. "That includes #2 and #4 plastic bags, Ziploc bags and plastic overwrap. One hundred percent Tyvek materials also can be recycled in the bins. In the first nine months of the recycling program (April-December 2010), Target guests recycled more than 170 million shopping bags, equating to more than 4 million pounds of plastic."

When it doubt, it's best to call the store before bringing in your recycling. Many regularly update the list of plastics they accept.

*Sharon Wren is a frequent contributor to Radish. Sarah J. Gardner is Radish editor.*

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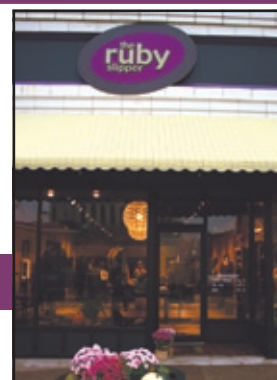
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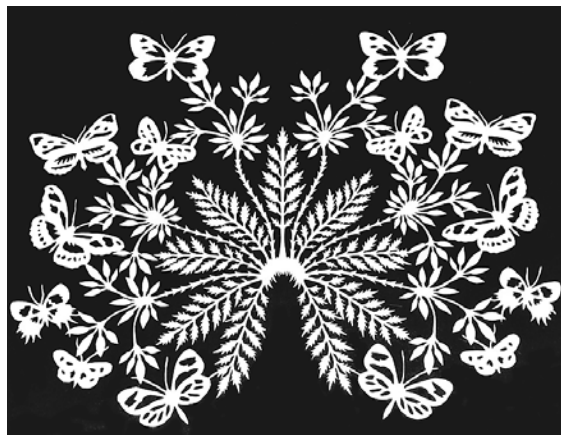
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handmade

# Making the cut

Rock Island native turns lifelong love of nature into art



By Sarah J. Gardner

They are as delicate as lace and as intricate as the pattern on a butterfly's wing. In the designs Jim Frink painstakingly cuts into sheets of paper, silhouettes of birds perch on intertwined leaves and branches. Butterflies burst from circles of foliage. Tussocks of grass reveal rabbits hidden in negative relief. The patterns Frink creates are full of delights and surprises, as much for the person creating them as anyone else.

"Sometimes I look at an image and wonder how I got there," Frink says with a wry grin. He shies away from calling himself an artist, though it's hard to imagine what else to call someone who with nothing more than a pencil, knife, eraser and cutting board can create something so beautiful.

"I always thought artists had an idea when they began (a project)," explains Frink, who is entirely self-taught at his craft. "I just sit down with a sheet of paper and make a scribble. Then I add a few leaves to it, a few other things, and go on until I've got something I like."

Each of the designs Frink cuts from paper begins this way: a freehand drawing on a blank sheet of paper with no particular pattern in mind. Then he traces the design onto a fresh sheet of paper two

or three times more, refining it with each rendering. "A leaf will be too long or too short or at the wrong angle, and I'll correct it. Or I'll put in two leaves where there was one to make it more interesting," he says, describing the process.

When he's ready to start cutting, he takes up an X-Acto knife and begins with the most difficult parts of the pattern. "The little holes in butterfly wings are tricky, and thin bits — you can slice a whole section off if you aren't careful," he explains. If that happens, it can't be glued or taped back together. Frink wads up the paper and starts again. He's learned over the years starting with the trickiest sections can save him some frustration down the road. "I hate to have to throw it away when I've already got six or seven hours into it," he says.

A brightener that gets added to paper during the manufacturing process dulls the tip of the blades Frink uses, and that's another peril. He'll go through three or four new blades on each piece he creates. Frink has to be vigilant about changing them out as he goes. "If your knife is dull it will catch on the paper and tear a leaf right off," he explains.

All told it can take as many as 12 hours to cut out a single pattern. But that's part of the fun for Frink, who says the designs often look one way drawn out, and then wholly different once they are

cut. He never can predict how a piece will turn out until it's done, though he tends to like best the more complex patterns that take the longest.

Frink's unflagging patience is evident in all of his creations. So, too, is his lifelong love of nature. "He's not much for the indoors," chuckles Frink's wife, Betty. "He used to freak his mom out dragging home snakes and mice. She once discovered a box of snakes in his bedroom. After that, she didn't want to go in there anymore."

"I've always been outdoors," agrees Frink, who describes bringing home a praying mantis once to care for it, feeding it drops of water off the tip of his finger. He frequently goes on rambles through nearby parks, including Black Hawk State Historic Site and Wildcat Den State Park. Formerly employed as a photographer who specialized in close-up nature shots, Frink has taken many photographs of flowers, mushrooms, and insects for postcards and calendars.

It's not hard to see how all that attention to the details of the natural world comes to bear on Frink's paper creations. The smallest silhouettes, such as those of insects and birds, are easiest for him to draw, he says. Frink can do them from memory. For larger animals like deer, "I need to look at a photo," he says.

*Sarah J. Gardner is editor of Radish.*

good business

# In the wash

## An eco-friendly alternative to dry cleaning

By Sharon Wren

You use the cold setting on your laundry machine for every load. Your detergent is biodegradable and phosphate-free. You line-dry your clothes. When it comes to eco-friendly laundry practices, you've got the drill down. But what to do when a garment has the dreaded "dry clean only" label? Is there a green alternative for cleaning your wool and delicates?

Yes, and it's growing in popularity. To understand what makes it environmentally friendly, it helps to know a little about dry cleaning, which has a long history of using harsh chemicals. The first dry cleaners used turpentine to clean the garments of their Victorian customers. By the beginning of the 20th century, they had switched to using raw white gasoline as a solvent. Today, dry cleaners use a petroleum derivative, perchloroethylene, commonly referred to as "perc."

Unfortunately, perc is classified as an air contaminant by the U.S. Environmental Protection Agency. The International Agency for Research on Cancer has deemed it a probable human carcinogen. In addition, exposure to perc can irritate the skin and has been associated with central nervous system disorders. Dry cleaning stores are required to reuse what they can and dispose of the rest as hazardous waste. As with many hazardous chemicals, there are still concerns about sites that don't follow approved practices for material disposal.



Nora Eikenberry accepts a sweater to be wet cleaned at Wagner's Cleaners in Bettendorf. (Photo by Aaron Facemire / Radish)

The alternative is a process known as "wet cleaning," which uses small amounts of water and nontoxic detergents and conditioners in place of perc. The clothes go through specially-designed machines to get the garments clean. Not every dry cleaner is equipped with these machines, although one in the Quad-Cities, Wagner's Cleaners, is.

"I'd say maybe a quarter (of customers) specifically ask for wet cleaning," says Nora Eikenberry, manager at the Wagner's Cleaners in Bettendorf. "Some people may be afraid of wet cleaning because the label says 'dry clean only,' but some specifically ask for wet." She says there's nothing to worry about; this new trend won't hurt your clothes.

## In a few years, these alternative cleaning methods may be the only way to clean delicate items.

In fact, it even can do a better job, says Eikenberry, because the process of wet cleaning is able to remove things from clothes that dry cleaning can't manage, like vomit or offensive odors. And the process is safe enough to use on even the most cherished garments. "We do a lot of wedding gowns in the wet machine, and they come out beautifully," says Eikenberry.

The process is fairly simple. "We use one of two special soaps, either leather soap, for leather items, or silk soap which can also be used with wool," says Eikenberry. "The machine does a rocking motion and uses water. Agitation makes the clothes shrink so our machines don't do much agitation. The machine also adds a leather or silk conditioner, depending on what's being cleaned." The garments are then dried, pressed, hung up and bagged for pick-up or delivery.

While many organic or "green" items have a higher price tag than their counterparts, that is not the case at Wagner's, according to Eikenberry. "We charge the same price, whether it's wet or dry cleaned."

In a few years, alternate cleaning methods may be the only way to clean delicate items. The EPA's Design for the Environment Garment and Textile Care Partnership recognizes the wet cleaning process as "an environmentally preferable technology that is effective at cleaning garments." The agency is encouraging all dry cleaners in the country to make the switch to more eco-friendly methods.

*Sharon Wren is a frequent contributor to Radish. For hours of operation and prices, contact Wagner's Cleaners at (563) 355-5659. To find other dry cleaners who use alternate methods, visit [nodryclean.com](http://nodryclean.com).*



health & fitness

# On eight wheels

By Laura Anderson Shaw

There's far more to roller derby than short skirts and fishnet stockings. I learned this the hard way recently when I visited an endurance practice of local derby team, the Quad City Rollers, at Skate City in East Moline, Ill.

Being a Zumba junkie and elliptical lover who has semi-regular dates with the Jillian Michaels 30 Day Shred video, I figured I could handle a derby practice. I was a teensy bit wrong. It definitely was the most challenging workout of my life, mentally and physically.

Skating isn't my forte, so when practice began with off-skate drills, I felt in my element — until, of course, I learned running was involved. After a good stretch in knee pads, elbow pads and wrist guards, we ran around the rink for five minutes. Now, five minutes doesn't seem that long, but for a non-runner like myself, it seemed like five years.

After our run, we circled up in the center of the rink for some wide squats, side-crunching squats, push-ups, crunches and the like. This proved to be especially difficult after the run. My legs felt like Jell-O, my push-ups were practically non-existent, but I managed to get in the crunches.

The girls taught me to scull, where you crouch low with all eight wheels on the floor, rocking the hips back and forth like you're skiing but with a simultaneous, almost open-close motion with the outer leg. Stationary, it's a walk in the park. Balancing on eight wheels? Kind of difficult.

I also worked on falls, and the first was definitely the scariest. The derby girls assured it was only practice for when — not if — you fall (in order to do it safely), but it's difficult to do when everything in your being screams, "Stay upright!"

Being in a room full of women who can skate at about the speed of light and stop on a dime is quite intimidating when you skate about as well as a kindergartner. In the interest of full disclosure, I did have to take a 30-minute breather while the other girls skated on. But they assured me I was doing a good job keeping up for a newbie. When I felt more like myself, I laced back up, strapped on a helmet and skated around the rink to get my bearings.

After a few laps of sculling and falling (on purpose!), I was ready to pack skate. Crouching with our hands held up like praying mantises' arms, we skated around the rink. Girls chirped throughout the laps, reminding everyone to crouch, stay tight and keep wheels on the ground.

Ellonyia Yenney — El Efino — pushed me a bit, guiding me with the pack. After a few laps, my shins and arches burned. Soon, my lower back felt fatigued from holding myself in the crouched-squat position, so I broke out of the pack to stretch, and El Efino helped me.

While I stretched, the girls started a lateral footwork drill, making their way from the inside to the outside of the track. Some looked like they were wearing sneakers, bouncing lightly in diagonal motions, zigzagging around the track. It almost seemed like "The Dance of the Sugar Plum Fairies" should have been playing.

When I was ready again, it was back to pack skating. As my legs grew more tired, my turns grew wider. Luckily, practice was almost over. Soon, we circled up, stretched and called it quits.

I knew I'd be sore the next day, the day after that and then some, but I definitely learned a lot. Skating is hard work — great for cardio and strength — and it's fun. I'll definitely do it again — if my legs ever stop hurting.

*Regular Radish contributor Laura Anderson Shaw is a good sport. For information on upcoming bouts of the Quad City Rollers, visit [quadcityrollers.com](http://quadcityrollers.com).*



Athletes with the Quad City Rollers put Laura Anderson Shaw (second from the left) through the paces at one of their regular practice sessions. (Photos by Paul Colletti / Radish)



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# environment

## Three days of films to light up the screen at free festival

By Chris Greene

The third annual Oneota Film Festival kicks off Jan. 20 in Decorah, Iowa. The festival offers three days of film screenings, question-and-answer sessions, panel discussions and other special events. This year's films focus on adventure, renewable energy, food, family, community and the environment. The slate of films also includes student submissions.

Kyra Bellrichard, director of the film festival, says the event organizers hope to create a venue which will bring people together to have a good time and to spark conversations. "OFF was the brain child of a dedicated group of film enthusiasts who have attended other film festivals throughout the U.S. and thought January would be a great time and place to warm up a Midwestern winter with a film festival," she says.

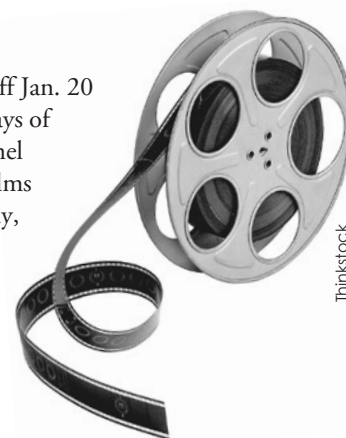
There is no charge to attend the festival, which is open to the public. "We just ask that people register either online at [oneotafilmfestival.org](http://oneotafilmfestival.org) or at the festival. Donations are accepted and memberships are optional. The festival is funded by generous sponsors and supporters, which allows admission to be free once again," Bellrichard says.

In the few years it has been held, the festival has grown from an event lasting a day and a half, primarily focused on food, to the current broad slate of topics. Says Bellrichard, "For year three, the festival will take place Friday through Sunday. More award-winning films will be included that are being screened this year at other big-name film festivals. We are expanding the submissions intake, and have a jury to select the 'Best of Film' and 'Best of Fest Student Film.' Winners will receive a cash prize and be shown at the festival. Once again, there will be panel discussions following a couple of films. Filmmakers will be present for Q-and-A's, and there shall be a workshop by a special guest filmmaker."

Much preparation goes into creating the event. OFF is organized by its eight board members and festival director. The group includes representatives of host Luther College, the Decorah Public Library, and local film enthusiasts who have formed a non-profit corporation for the purpose of producing the festival. "There is a lot of fundraising, detailed organization and 30-plus volunteers — a dedicated group of people to prescreen up to 75 films and then make the challenging decision of which ones will be shown at the festival," says Bellrichard.

The festival is hosted at Luther College, beginning at 4 p.m. Jan. 20 and ending around 4 p.m. Jan. 22. It is sponsored by The Oneota Food Co-op in Decorah and Sodexo Dining Services at Luther. The Driftless Art Collective is the Oneota Film Festival nonprofit fiscal agent. Descriptions of the films and a screening schedule are posted on [oneotafilmfestival.org](http://oneotafilmfestival.org).

For more information about the festival, contact director Kyra Bellrichard at [kyra@oneotafilmfestival.org](mailto:kyra@oneotafilmfestival.org) or (808) 372-5958.



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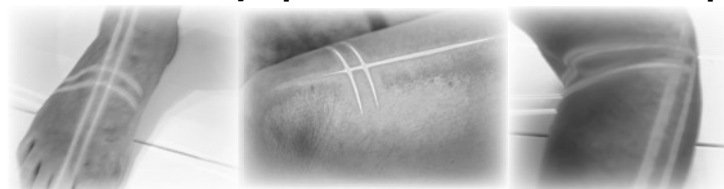
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# Red flags

## Chemicals to watch out for in household products

By Kelly Lerner and Alli Kingfisher,  
from Natural Home & Garden

We are surrounded by human-made chemicals. More than 80,000 are in use in the United States today. Of those, only a few hundred have been tested for safety. Experts suspect this cocktail of chemicals in our water, food, air and homes may be part of the cause of the rising rates of some cancers, autism, diabetes and obesity. While it may seem overwhelming to get control of our world's rampant, potentially harmful chemicals, cleaning up the chemicals in your life is easier if you take it step by step. Not sure where to start? Here's a list of the most common chemical offenders and ways to reduce them in your home.

**1 Phthalates & BPA.** Phthalates and Bisphenol A (BPA) are endocrine-disrupting chemicals. Phthalates are found in PVC (#3 plastic) and vinyl and are often labeled as “fragrance” in personal-care products and detergents. Phthalate exposure has been linked to early puberty in girls, which is a risk factor for breast cancer later. BPA is found in reusable (#7 plastic) food and beverage containers, the lining of food and beverage cans, and on receipts and money. Research links BPA to breast cancer, miscarriage, erectile dysfunction and heart disease.

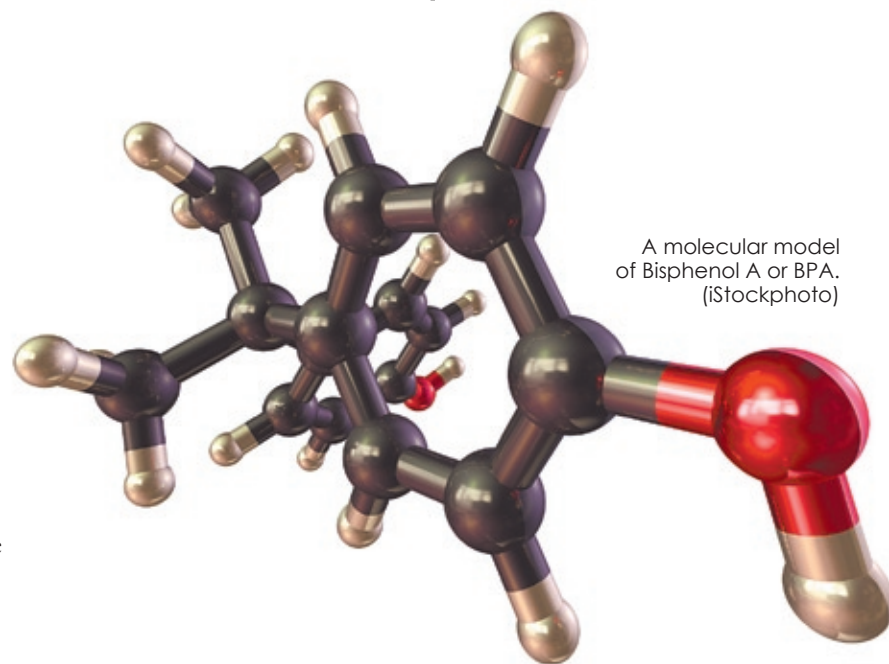
*To minimize:* Never microwave plastic containers. Store food in glass or metal containers. Avoid vinyl flooring, shower curtains, PVC pipes, and products with “fragrance” in the ingredient list. Avoid canned foods — choose bulk, frozen or fresh instead. Buy “BPA-free” containers, especially baby bottles. Wash your hands after handling receipts or money.

**2 Chlorine.** Used as a disinfectant in municipal water systems, chlorine is toxic, even at low concentrations. Studies link chlorine exposure through ingestion and showering with an increased risk of heart disease, allergic reactions and miscarriages, as well as increased rates of bladder, colon and rectal cancers. Chlorine irritates the eyes, nose and throat.

*To minimize:* You can filter chlorine with a whole-house filter or with a chlorine-filtering showerhead and a granular-activated charcoal drinking water filter. Avoid swimming in chlorinated water.

**3 Parabens.** Parabens are used as preservatives in the cosmetic and pharmaceutical industries. While no causal link with cancer has been established, parabens are controversial because they weakly mimic estrogen, and researchers have found measurable concentrations in breast tumors. Studies show that methylparaben (in some sunscreens) may react with sunlight to damage skin.

*To minimize:* Avoid cosmetics that list parabens or words ending in “-paraben” among the ingredients.



A molecular model  
of Bisphenol A or BPA.  
(iStockphoto)

**4 PFCs.** PFCs (perfluorochemicals) are persistent pollutants used on stain-resistant clothing and upholstery, cooking pans, fast-food wrappers, and inside pet food and microwave popcorn bags. Teflon, Scotchgard, Stainmaster and Gore-Tex are all PFCs. They have been associated with low-weight babies, abnormal thyroid hormone levels, liver inflammation and reduced immune function.

*To minimize:* Forego stain treatments on furniture or carpet, don't wear clothing labeled as stain- or water-resistant, avoid nonstick pans, pop popcorn in a pan on the stove, and choose personal-care items without “PTFE” and “perfluoro” in the ingredients.

**5 PBDEs & PBBs.** Used as flame retardants in building materials, foam cushions and textiles, electronics, PBDEs (polybrominated diphenyl ethers) and PBBs (polybrominated biphenyls) accumulate in blood and fat tissues. Endocrine-disrupting PBDEs and PBBs may alter children's brain development and cause learning and behavior problems. Exposure can decrease thyroid hormone levels and negatively affect reproduction.

*To minimize:* Cover or replace cushions or car seats where foam pads are exposed. Avoid rigid polystyrene (Styrofoam) insulation.

*Excerpted from Natural Home & Garden, a national magazine. To read more articles from Natural Home & Garden, visit [www.NaturalHomeMagazine.com](http://www.NaturalHomeMagazine.com) or call (800) 340-5846 to subscribe. Copyright 2011 by Ogden Publications Inc.*



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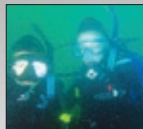
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# health & fitness

## Into the cold: 10 tips for exercise

By Joe Payne

If you're like me, you can't stand exercising inside a fitness center. Nothing against a gym, it's just that, for me, exercise has to include the outdoors, even if I get no farther into the wild than the tree-lined streets of my neighborhood.

This year I have vowed to continue exercising outside straight through winter. Whether you run, like me, or walk or hike, here are some tips that can help keep you outdoors right into spring.



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- 1. Envision yourself exercising outside.** The thought of getting out of your warm bed (if you're a morning exerciser, like me) to head out into the cold is more than enough to keep your hand on the snooze button. Upon getting in bed the night before, I envision myself enjoying an invigorating morning run and the satisfaction I feel afterward. When the morning arrives I find it's easier to get out of bed and get moving.
- 2. Have the right clothing.** In addition to a good pair of shoes, you need a cold-weather long sleeve shirt and pants (Under Armour or similar product); a snug-fitting stocking cap and gloves; a balaclava for when it's really cold and windy; a windbreaker and fleece jacket. Mix and match the combinations depending on the outside temperature and wind to get what provides the most comfortable running attire for you. Eventually you'll know what combination you need on any given day. It's best to start out feeling a little cold; your body heat soon will warm you up. For running in snow, get a pair of Yaktrax or similar "snow chains" to slip over your shoes. If you run in the dark, wear a reflective vest.
- 3. Run (or walk or hike) every other day.** It helps to know you get a day off in between exercising days to enjoy NOT going out into the cold.
- 4. If you can't exercise at the same time each day, do it when you can.** Though I prefer to run in the morning, it doesn't always happen. Instead of getting down on myself, I take my gear and run at lunch or after work. Often it's warmer then as well, and exercising at a different time once in a while adds variety.
- 5. Add an indoor warm-up and cooldown.** I do abdominal crunches and push-ups before heading out, and a short walk and stretches afterward.
- 6. Hydrate.** Even in winter you need to keep your body "well watered."
- 7. Give yourself the time you need.** I get up one hour earlier each day I exercise so I have the time I need to get in my workout without stressing about being late for work.
- 8. Know when NOT to go outside.** Some days are just too cold, windy and icy. Don't risk injury and frostbite.
- 9. Give yourself a break when you're tired or aching.** If you feel a twinge or cramp, stop. If you're just tired or feel run down, you may be overdoing it. Back off on the intensity and frequency of exercise until your energy level returns.
- 10. Celebrate even a short run, walk or hike.** Any amount of outdoor exercise in the winter is good cause to pat yourself on the back!

Joe Payne of Rock Island is Radish managing editor and an every-other-day runner.

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food for thought

# Recast your resolution

## Perhaps the key to big successes is to think small

By Leslie Klipsch

Around this time of year, many of us make grand plans for self improvement. “I will run a marathon, climb out of debt, get more sleep and learn to play the guitar,” we say, bolstered by the promise of an unsullied start. Unfortunately, just thinking about our audacious resolutions often leaves us exhausted and discouraged before we even begin the year-long journey to potential success. But it doesn’t have to be so.

Resolutions come in all sizes. Among the writings of Pope John XXIII, who came to be referred to affectionately as “Good Pope John” during his brief five-year papacy, are a list of 10 resolutions known as his “Daily Decalogues.” They range from a determination to dress modestly and make time for reading to living positively and without fear — each one beginning with the phrase “only for today.” “Indeed, for 12 hours I can certainly do what might cause me consternation were I to believe I had to do it all my life,” he writes.

With this perspective, change becomes more manageable. Can I truly muster the willpower to eliminate animal products from my diet for the entire year? The thought is intimidating. But no meat or cheese just for today? I can handle that. Will I actually exercise three times a week for the next 12 months? I’m not sure, but I know that a brisk walk after lunch will feel tremendous. A lingering sense of intimidation is replaced by strings of small, subtle success.

And yet we all have our trying moments, don’t we? As the mother of three young children I spend my days passing out snacks, shepherding small hands, answering questions and reading stories. But even on the most pleasant day, there comes the hour between 5 and 6 p.m. during which I struggle mightily with patience. Before came homework and quiet play. After will be lively conversation, laughter and new energy. However, as I prepare dinner and complete the final tasks of the day, bickering becomes epidemic among the oldest siblings and our youngest child breaks out in an insistent chorus of apparently urgent need. I look at the clock. I have hit my breaking point.

But then the decalogues come to me, with one, small twist: I can do anything for an hour. If I were to believe my whole life — or even the rest of my evening — would be filled with such consternation, I might feel hopeless. But one hour? My perspective shifts. I redirect the boys. I settle the girl on my hip. A new peace settles in.

Perhaps you’ll move through 2012 with the words of the Daily Decalogues at the front of your mind. Or maybe writer Anne Lamott’s advice on tackling life’s projects “bird by bird” will rest on the tip of your tongue. Or maybe the phrase “one day at a time” will become your mantra. No matter how it settles into your life, it’s a perspective that will yield similar results: Less anxiety about falling short over the course of the year, a steadier daily rhythm and more bite-size successes.

Subscribing to this idea is not an act of tricking yourself into believing you only have to do something for a day when really you know you have to do it for a lifetime. Rather, it recognizes and allows for the possibility that each day is new, and that we don’t really know how the course of our lives will run. Endings usually look different than their beginnings. All we can do is live in the moment.

These moments, of course, add up as we move throughout our lives. But without the absolute pressure of lofty, year-long resolutions, we might find discipline in our daily attempts to improve ourselves in ways that will endure — or at least make time spent more palatable. And with a daily declaration, this year may be one in which to train ourselves in truly new ways of thinking and being, one step at a time.

For me, 2012 will not be one of grand proclamations or long-term overtures. We cannot be sure what tomorrow will bring. I know only that for today I resolve to be a mother who embodies great patience and a woman who is open to new experiences. In particular, as is written in the Daily Decalogues, “I will not be afraid to enjoy what is beautiful and to believe in goodness.” If only for this moment, this hour or this day.

*Leslie Klipsch is a frequent Radish contributor.*



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