Radish

HEALTHY LIVING FROM THE GROUND UP

2015 Radish Award WINNERS

JANUARY 2015

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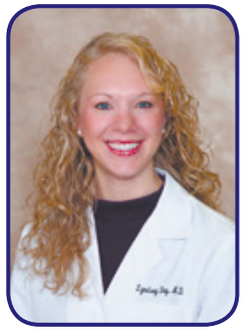

Lyndsey J. Day, M.D.

I am a giving…
I am enthusiastic…
I enjoy my work!

Lyndsey J. Day, M.D., grew up in Bettendorf, Iowa. She received her Bachelor of Science degree in Biology with a minor in Chemistry from Saint Ambrose University in Davenport, Iowa. She received her medical degree from the University of Iowa and completed her residency in Obstetrics and Gynecology at Loyola University Medical Center just outside of Chicago, Illinois. Dr. Day thoroughly enjoys OBGYN and providing healthcare throughout all phases of women's lives.

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from the editor

Book artist Andrew Huot shows Radish editor Sarah J. Gardner how to operate one of his printing presses at Big River Bindery. (Photo by Todd Welvaert / Radish)

When asked how I came to live in this area, I am fond of saying that when the opportunity to move here arose, I knew exactly one thing about the Quad-Cities: Johnny Cash sings about "cavorting in Davenport" in his song "Big River."

"It's an up-tempo song for Cash," I've said to friends. "So, we figured it would be OK to move there."

Because of this, I had to smile when I approached artist Andrew Huot last year to design and produce the 2015 Radish Awards. The name of his business? Big River Bindery.

Like me, Huot is a transplant to the area. As he and I discussed design ideas and the award winners, I felt genuine pride sharing their stories. It was as though with each one I was saying, "You've moved to a great place."

Over the years that I've lived here, I've come to know and love so many things about this corner of the country. Now, whenever I get asked about living here, I find myself talking about the beauty of the rolling landscape and the fertile farmland, as well as the clear connection area residents feel with our waterways. How many community events, after all, take place alongside the rivers? How many stalls at farmers' markets have the word "creek" in their name?

And I talk about those community events and bustling farmers' markets, the many things to do in this area, and the ways residents create and participate in so many different opportunities to connect with others in the community.

But above all, I talk about the residents of the area themselves, how out of all the places I've lived, it's here I've found the most engaged citizens. I've met so many people dedicated to protecting the area's natural resources, others who give selflessly of their time and energy to strengthen our communities, and still others who believe by working together a better future is possible for us all.

What a pleasure it is, then, for myself and the Radish staff each January to get to give out Radish Awards to recognize some of individuals and organizations making a positive difference in our communities. You can read more about this year's award winners and the work they have done on pages 6-15, and more about the wonderful award Huot designed for them on page 26. It's a great way to start a new year — with so many inspiring stories.

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

the grapevine

On the Road with Radish

We love to meet our readers! Thanks to Friends of Radish, you can find us this month at a **screening of the film "Fed Up"** at 1:30 p.m. Saturday, Jan. 17, at the National Geographic Giant Screen Theater, Putnam Museum, 1717 W. 12th St., Davenport. Representatives of the magazine will be among the health-related vendors and informational booths in the museum lobby prior to the movie from 11:30 a.m.-1:30 p.m. This event is co-sponsored by the Palmer Clinics and the Putnam Museum & Science Center. For more information, visit palmer.edu/clinics/qc/fed-up.

To read a recent Radish review of the movie and watch the film trailer, visit radishmagazine.com, click on "stories" just under the Radish banner, and then scroll down to click on "Forks on film: Recent documentaries focus on food issues."

While you're on the website, you also can check out the events calendar to find other upcoming events of interest in our area. There's lots there to love!

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Become a fan of Radish on Facebook and get updates on your favorite articles plus sneak peeks at issues before they hit the stands. Discuss the stories you like with other readers, suggest future articles and post upcoming events for your community group or nonprofit. Becoming a fan is easy, just visit facebook.com/radishmagazine, then click the "Like" button at the top of the page.

FROM THE WINTER WELLNESS FESTIVAL

"I very much enjoy Radish!" — *Liz Paxton*

"Love the magazine very much." — *Nora Taets*

"Your magazine is a refreshing read for our time. Thank you!" — *Pamela Leyten*

"Thank you! Very interesting and helpful!" — *Elvin L. "Curly" Curl*

"Thank you. Loved the wellness festival." — *Jennifer Wigal*

"Love your publication." — *Susan Zachmeyer*

"I always look forward to reading Radish!" — *Carol Stream*

"Love the Radish." — *Amy Costello*

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The 2015 Radish award recipients. (Carousel book by Andrew Huot; photos submitted/ Radish staff)

departments

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A lot of thought went into the Radish Award this year. Each page of the carousel book depicts some part of what can be found in the pages of Radish. There's Midwestern farmland (for local foods), wind turbines (environmental stewardship), a hiker (outdoor adventure), a cyclist (health and fitness), and, of course, a radish!

Visit radishmagazine.com to see these beautiful designs by book artist Andrew Huot.

Nurture and grow

Local food advocate helps small farms make big impact

By Cindy Hadish

Jason Grimm on the family farm outside Williamsburg, Iowa. (Photo by Cindy Hadish / Radish)

People seeking information about Iowa's local foods scene often turn to Jason Grimm.

"He knows everyone," said Les Beck, Linn County Planning & Development director, who has served on several conference panels with Grimm. "Whenever I introduce him, I say he is one of the most connected people in Iowa, as far as local foods go."

Grimm, 29, is a food system planner for Iowa Valley Resource Conservation & Development and has been serving as RC&D's interim director, working with residents in Benton, Iowa, and Johnson, Linn, Poweshiek and Tama counties to improve the area's economy, environment and quality of life.

In addition to his roles with RC&D and with other organizations, Grimm is a food producer. Tender leeks, leafy greens, winter squash, Yukon Gold potatoes, black turtle beans and more from Grimm Family Farm makes its way to restaurants and Iowans' tables through various outlets.

One of those outlets is especially close to Grimm. He is a founder of the Iowa Valley Food Co-op, a web-based cooperative that connects consumers to farmers. The online co-op serves as a "virtual farmers' market," where members select from in-season produce, local meats, honey, home-baked goods, herbs and more.

Grimm has worked to increase the distribution days, when the products are brought for pickup at a central location in Cedar Rapids, and added an Iowa City distribution site for the busy holiday season. The co-op, which processes orders and payments and facilitates deliveries, has grown to more than 450 members since it began in 2011.

Since he started in his post, Grimm has been a tireless advocate for local foods, serving as president of the Iowa Food Systems Council Board of Directors, among other duties.

"I don't know when he sleeps," Linn County's Beck says, noting that Grimm is involved in numerous organizations at the local and state levels. "He's a very accomplished guy, but really down-to-earth and very humble."

Beck describes Grimm as one of the "bright young people we want to keep in the state."

A path back to his roots

Staying in Iowa wasn't necessarily Grimm's original intent. He earned his degrees in landscape architecture and environmental studies from Iowa State University, with an emphasis in regional and urban food system design and planning, working internships in the state of Oregon and downtown Chicago. "The people looked like robots walking off the train," Grimm says of the daily commutes in Chicago, which, he realized, wasn't the life he wanted to lead.

Instead of designing parks and parking lots, as he might have done with his degree, Grimm preferred to focus on urban agriculture to help make a difference in the sustainability of cities, he says, noting the connection between a local food system and a community's resilience.

Five years ago, when he started in the urban agriculture movement in Iowa, progress seemed slow. "Now it seems like every organization wants to be involved," he says.

As he helped facilitate opportunities for other farmers, and in helping his parents and grandparents on their farm, he took a new look at becoming a producer.

Grimm's family — parents Lyle and Peggy Grimm and grandparents Norman and Lorraine Grimm — farm in rural North English, just south of Williamsburg. The 125-acre farm, which sits above the English River Valley, has primarily been used to grow corn, but Grimm gradually has been using small parcels for his Grimm Family Farm enterprise.

"I see opportunities of things I can grow and try to fill those niches," he says. For example, restaurants interested in local and seasonal foods were asking for grains and legumes. Because grains need an additional milling process, Grimm chose to grow beans.

His black turtle beans now can be found in the cheese, rice and bean burrito at Local Burrito in Iowa City and accompanying chickpeas, avocado and ancho pepper aioli on brioche in the Black Bean Falafel Burger at Atlas, a popular restaurant in downtown Iowa City.

Grimm Family Farm's products also are used at the Trumpet Blossom Cafe; Motley Cow and other Iowa restaurants and sold at the Quad Cities Food Hub, Iowa Valley Food Co-op, New Pioneer Food Co-op and Hy-Vee.

He views the wholesale enterprise he developed with Hy-Vee for himself and several other co-op producers among his successes. Grimm sold a lot of cucumbers, along with kale, leeks and broccoli through the Hy-Vee Homegrown pilot program. "It seemed like we were making an impact," he says.

Selling to a variety of outlets — restaurants, schools, stores and co-ops — is advice that Grimm recommends. While farmers' markets offer a higher return, they can be time-consuming, especially for producers like Grimm, who work full time.

Continuing to serve fellow growers

Grimm and his wife, Hannah, and their 1-year-old son, Elliot, recently moved from Coralville to Williamsburg to be closer to the farm. Hannah works in North Liberty, while Jason squeezes in farming between his RC&D obligations.

The number of food councils, coalitions and task forces on which Grimm serves is impressive.

He is a founder and adviser to both the Linn County Food Systems Council and Johnson County Food Policy Council.

As the Iowa Valley RC&D's food system planner, Grimm leads the RC&D's Regional Food Initiative. He also coordinates the Field to Family Regional Food Coalition, a broad group of partners in the region that Grimm gathers together a few times annually.

And he himself continues to learn — Grimm is being mentored through a Practical Farmers of Iowa initiative that also serves as a savings incentive program.

True to his farming roots, however, if given a choice between his desk job and working the land, the answer is easy. Even as he battles the last of the season's weeds by hand at the family farm, Grimm says, "I'd rather be out here than in the office."

***Cindy Hadish** writes about local foods, farmers' markets and the environment at homegrowniowan.com.*

Heuimin Lee, a student at Knox College, harvests tomatoes in the school high tunnel. (Photo courtesy of Knox College)

Digging in

Local food takes root in Knox College campus culture

By Jane Carlson

When tomatoes are harvested at the Knox College farm, they don't have far to go. They're hauled a couple blocks down Berrien Street to dining services, where they're cooked down into sauce, vacuum-packed, and served to students.

The same goes for the greens and other produce that are now grown in spring and fall in the 1-acre outdoor area and two high tunnels that comprise the college's operation on South Academy Street in Galesburg — about a 100-yard trip for fresh use on the salad bar.

This year, the farm provided approximately 2,000 pounds of produce for use in campus dining facilities. Clearly marked as locally-produced food, the offerings have been incredibly well received by students.

"Students wanted to produce their own food," says Ramona "Froggi" VanRiper, director of Campus Sustainability Initiatives, on the burgeoning local food production that is part of the college's overall sustainability efforts.

At the farm, one of the high tunnels is devoted to tomato production in the summer, with additional crops grown in spring and fall, while the other is used as an educational and experimental garden, both for the college's urban agriculture course and for summer programs like College for Kids.

Both high tunnels were constructed in 2014, with the goal of extending the growing season and producing more food. The "tomato" tunnel is 30-by-100 feet, and was funded in part by student activity fees. The educational tunnel is 30-by-60 feet, and was made possible by a grant from the Galesburg Regional Economic Development Association, awarded to the college through the efforts of Peter Schwartzman, chair of the Environmental Studies program.

The farm is staffed by a paid student worker, as well as volunteers. For sophomore Coral Weinstock, volunteering at the farm is about putting theory into practice. Her parents had a garden and she has worked in a food co-op, but this is her first experience truly getting her hands dirty growing food. "I love my Knox classes," she says, "but it's really gratifying to come out here and work on this."

The decision to focus on tomatoes in the summer, VanRiper says, came after contemplating the growing season in relation to the academic calendar. With no classes in session during the summer at Knox, it made sense to grow other produce in spring and fall that could be used fresh in the cafeteria, and use the summer season to grow something in bulk that could be preserved easily for use in the fall.

The first year's supply of tomato sauce lasted midway through the fall term. Kale, spinach, daikon radishes and beets were planted in the tunnel once the tomato season was over. A harvest of green tomatoes also was turned over to dining services.

In addition to educating students about the benefits of a more localized food chain, VanRiper says, the farm also encourages them to try new foods.

While there's plenty of traffic going from the farm to dining services, there's just as much traffic the other way. VanRiper works with Helmut Mayer, director of dining services, and Scott Maust, director of facilities services, to ensure the farm's soil is amended with campus-generated compost.

Pre- and post-consumer food waste are separated into bins in the kitchen. Paper waste is pulped and dehydrated, and all of it is transported back down Berrien Street to the composting bays at the far edge of the farm. Through these efforts, 95 percent of organic waste on campus is diverted for composting and no pesticides are used on the farm.

"None of this would be happening without exemplary collaboration," VanRiper says.

Many efforts, one goal — sustainability

In addition to the farm, Knox's sustainability efforts include a commitment to purchase 100-percent renewable energy and recycled paper, reduction of solid waste through recycling and composting, purchasing energy-efficient computers, inclusion of sustainability in the college's strategic plan, and a focus on environmental issues on campus as part of new student orientation.

At the Gizmo, the college's snack bar, VanRiper has turned disposal into a teaching opportunity, with clearly labeled bins for landfill, compost, recycling and food. Posters atop the bins feature examples of each category.

Pairs of bins for waste and recyclables also have been placed throughout campus, and through VanRiper's direction, the college has done several "zero waste" events, wherein all materials used can be composted or recycled. Those events, VanRiper says, extend the message to alumni and visitors to campus, and even to caterers and vendors who may learn something about solid-waste reduction through the process of putting on an event on campus.

Alumni and vendors aren't the only ones taking notice of the many efforts underway at Knox: Mayer was awarded the Golden Beet Award from the Illinois Stewardship Alliance in 2011 for his use of locally-grown foods in student meals. In 2014, Knox was honored with a Gold Level Campus Sustainability Compact Award, one of four such awards presented to colleges and universities in Illinois. Also in 2014, Knox was named to the Sierra Club's list of "Cool Schools" for sustainability-related initiatives.

The successes are several years in the making. Knox convened a Sustainability Task Force in 2008, drawing on faculty, staff, trustees and students to review and implement sustainability initiatives. Input and initiative from students has been key throughout the "greening" of the campus, including the establishment of a full-time director to oversee and coordinate efforts. "The whole position exists because the students decided the campus needed it," VanRiper says.

Students can apply for funding for sustainability projects as well through the Student Sustainability Fund, also established in 2008. The fund is administered by the Student Senate Sustainability Committee, which deals directly with environmental issues on campus.

The goal of all of these projects and initiatives, VanRiper says, is to reduce the college's carbon footprint, but also to instill habits of stewardship and sustainable practices in students and other members of the campus community.

***Jane Carlson** is a frequent Radish contributor.*

Habitat helper

Biologist assists landowners with conservation projects

By Sarah J. Gardner

Aleshia Kenney is a woman with vision. Where others might see a spot to dig a pond, Aleshia, a biologist with the Rock Island field office of the U.S. Fish and Wildlife Service, sees the potential for a wetland — and not just the wetland, but all the species of plants and animals it could support.

Where others might see a tangle of weeds in a neglected patch of ground, Aleshia's keen eyes can spot the remnant prairie species that might flourish and the pollinators they would attract if a prairie were re-established on that spot.

And where others might see a uniform stand of trees, Aleshia sees the opportunity to increase plant and wildlife diversity by thinning the softwoods and adding mast-producing hardwoods that can feed a variety of mammals and birds.

It's her ability to share this vision, though, and help private landowners make it a reality that makes a difference — and not just to the people involved. "Most species are endangered because of habitat issues," explains Aleshia. "But there are things we can do."

Through a program called Partners for Fish and Wildlife, Aleshia assists private landowners with conservation projects that restore prairies, woodlands and wetlands. This includes properties owned by individuals as well as cities, counties and businesses. Generally, landowners contact Aleshia with a project in mind, and then Aleshia arranges to visit the site and come up with an action plan.

"I feel very invested in every project I work with," says Aleshia, whose responsibilities with the program cover an extensive area — the northern third of Illinois (excluding Cook and Lake Counties) and all of Iowa.

Working hand in hand

During her site visits, Aleshia works with landowners to develop a plan that fits with what they would like to see on the property but also "provides maximum benefits to wildlife and encompasses all the potential that their site provides," she says.

It can be a learning process for all involved. When landowners approach her about putting in a pond and she suggests the site would be suitable for a wetland, they can be a little hesitant, says Aleshia. "People often think it's going to be a mosquito hole, just smelly and buggy, without knowing all the other species that come with it."

Once she explains that ducks prefer shallow waters to deep pools, or explains the way wetlands help stem nutrient loss from the surrounding soils — and especially when she gives them pictures of past projects that show how pretty many wetland plantings are — the landowners come on board with the idea, she says.

After the landowners commit to a plan, Aleshia begins applying for permits on their behalf and also registers them for financial assistance. Generally, she says,

Aleshia Kenney, a biologist with the U.S. Fish and Wildlife Service. (Submitted)

the program asks landowners to contribute half the cost of the project, but if they can provide in-kind work (such as removing trees or helping maintain the site), it can count toward their contribution.

After the project gets underway, Aleshia provides assistance and support throughout the process, doing everything from developing seed mixes for prairie plantings and tree selection for woodland plantings to meeting with contractors and overseeing construction.

For Jeremy and Erin Swenson, who own a partially-wooded 10-acre lot north of Geneseo, Illinois, the assistance they received from Aleshia and her U.S. Fish and Wildlife Service colleagues "couldn't have worked out better," says Jeremy.

Shortly after purchasing the land and moving out there, they started looking for better ways to manage the property. At the time, Jeremy was working near the Rock Island field office for the U.S. Fish and Wildlife Service, located at 1511 47th Ave., Moline, so he "just happened to pop in one day, almost on a whim," to talk about his ideas for the property.

And where others might see a uniform stand of trees, Aleshia sees the opportunity to increase plant and wildlife diversity.

It was the experience that Aleshia and her colleagues brought to the project, ideas based on what they had tried in other similar locations and what had worked well, that was really invaluable, says Jeremy. He describes the process of developing the plan as "really interactive."

Since the prairie restoration, woodland restoration, and wetland project was completed on their property in 2011, Jeremy says his family has enjoyed seeing wildlife that wasn't there before. And, he says, "every grass we planted, every flower, every forb, all the trees and shrubs, are all native species," which means they take a lot less work to maintain.

An ongoing impact

She loves it when landowners send pictures of wildlife spotted using a wetland they restored together, Aleshia says, or flowers blooming in their prairie. The work has other rewards, too.

Aleshia has been with the U.S. Fish and Wildlife Service since 2008 and in her current position since 2010. "One of the things I didn't understand when I first took this job was how many endangered species are around here," she says.

Now she can point proudly to projects she has assisted with that have helped some of those species. This includes the Topeka shiner, a small fish once abundant in Iowa that has benefited from habitat restorations Aleshia has initiated.

As the daughter of a commercial fisherman, who first sparked her interest in biology by taking Aleshia with him along the Mississippi River, "that's really meaningful," she says.

*Sarah J. Gardner is the editor of Radish. For more information about the **Partners for Fish and Wildlife**, contact the USFWS Rock Island field office at 309-757-5800.*

Clare Car


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Building community through the power of kindness

By Christine Darr

Clare Vosberg is a 9-year-old girl with a big heart and even bigger dreams. She is the founder of Clare Cares, a Dubuque organization with a mission to build friendships and make the community a better place.

The story of Clare Cares really starts, though, with Clare's older sister and hero, Madie. Like Clare, Madie has a bright smile and joyful attitude. She also has epilepsy. When Clare saw other kids bullying Madie for having seizures, she decided she wanted to do something to change the culture at her elementary school.

She became aware of the idea of "buddy benches," through the website buddybench.org, and loved that their purpose was to "eliminate loneliness and foster friendship on the playground."

Clare wanted to create a place for kids to go when they are feeling lonely, but she quickly realized one bench wouldn't be enough. So she decided, "Why don't we try getting them in every school in the tri-state area?"

In order to get buddy benches into all the elementary schools in Dubuque, Clare approached the school board and proposed her idea. Once she was approved, she spoke with local businesses about donating materials. Edwards Cast Stone, Spahn & Rose Lumber Co., Fastenal, and Brannon

Continued on page 28

Keep 'em coming

Grant writers help fund Black Hawk field trip transportation

By Ann Ring

The Black Hawk State Historical Site, located on the outer edge of Rock Island at 1510 46th Ave., is an urban paradise that includes Watchtower Lodge, the John Hauberg Indian Museum, six miles of hiking trails, a dedicated nature preserve, and Singing Bird Nature Center. Taken together, they offer visitors — especially school children — an experience rich in cultural history and natural wonder.

Most teachers in the Quad-Cities area realize and value this gem, and school buses unloading students for a day of adventure have been a common sight at Black Hawk. But in 2013, something had gone awry. Site Coordinator Nancy Parkhurst noticed that things were just too quiet. A little research confirmed what she suspected: In 2009, 3,100 students from 55 Illinois and Iowa schools visited the park. In comparing that to 2013's figures, something was way off. "We were down 2,000 students," says Parkhurst.

"There were multiple reasons why teachers weren't bringing students to the site," says Janet Moline, the Citizens to Preserve Black Hawk Park Foundation's board chair, with whom Parkhurst conferred.

The educational programs at Black Hawk for students are free — funded by proceeds from rentals of the Watchtower Lodge, which the foundation oversees — but schools still have to transport students to and from the site. A big reason field trips had dropped in numbers was that funds for renting a bus had dried up. "We have a good (educational) program here," says Moline, "and the board knew if transportation were one of the problems, we could fix it."

The foundation contributed some of its own funds to help bring kindergartners through high-school students back to the site before asking for outside grant funders to help. And then three board members — Moline, Sheila Guse and James Horstmann — rolled up their sleeves and started writing grant applications to help fund the remainder. Their efforts were rewarded by the Rock Island Community Foundation, the James and Carol Horstmann Charitable Gift Fund, and the Dick Judisch Memorial Fund.

Moline says that the grants solved the transportation woes and doubled the attendance in 2014.

A classroom like no other

One teacher who recently took advantage of the available funding was Angie Brownson, a third grade teacher at Eugene Field Elementary in Rock Island. "We had been studying Native Americans and we saw this as a great opportunity for kids," she says. "They loved it — they absolutely loved everything about the field trip." Brownson says that each component — from the museum and its dioramas to the lively animal presentation that included various pelts to the Native American folk tales and songs — enthralled her third graders with what they saw and heard.

Chuck Wester, who along with Parkhurst and site historian Beth Carvey works with the school groups that visit the site, says that he's had teachers say to him, "This child is so hard to reach in the classroom, but they come here and they just want to know more." He notes that the entire site is a non-threatening environment and having field trips means teachers can take advantage of a natural environment as well as a unique historical site.

One of the most popular elements of the entire site is the John Hauberg Museum, which interprets the story of the Sauk and Meskwaki tribes. Field trips in the museum portion alone can range from 35

minutes to an hour. Seasonal dioramas and summer and winter houses bring to life what were Sauk and Meskwakis' activities and their ways of living.

"When students see the museum, they're amazed and excited, and there's lot of questions, which is what we want," says Wester. "They're so interested because it makes what they're talking about in the classroom real — they can understand."

The Sauk and Meskwaki used a site adjacent to Black Hawk State Historic Site as their principal dwelling place for nearly 100 years, beginning around 1735. With an estimated population of nearly 5,000 in 1822, Saukenuk was one of the largest Native American settlements and the largest city in Illinois at the time.

Black Hawk State Historic Site's steeply rolling 208-acre tract, which includes a 100-acre nature preserve, also offers, among other things, a natural-science outdoor classroom. "The main thing for all these kids is looking and observing — touch, taste, see, hear," says Wester.

"For the little ones we might go on an awareness hike where we look for animal discards, or get a firsthand look at plants the Native Americans would use for medicine," says Wester. "The white pine, for example, they would make tea with its pine needles for a shot of vitamin C. With the junior high and high school students, I have them work on a small group activity — something they can do on their own. I try to involve them in social studies, math, science, language arts — either on-site or when they return to the classroom."

Wester adds that "not one day" in all the years he's been teaching at the site has been the same. "Each day is different because there's always something new to be observed." He says that with the students' help, they can find something he hasn't caught or noticed.

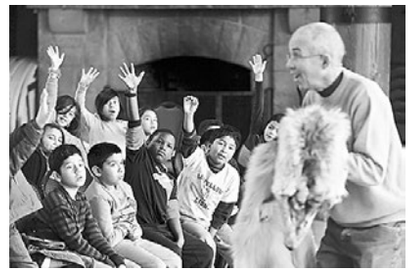
The site's educational programs are available during the nine months when school's in session, with occasional field trip opportunities during the summer. Various programs for the general public are offered year-round. The Watchtower Lodge is available for weddings, receptions, business meetings, conferences, dinners and other events.

Wester says that attendance is "back to normal now," with transportation costs covered. "No matter what the age, kids of all ages are amazed by what they learn, especially in today's society with its hustle and bustle, and with everything being so artificial. We try to whet appetites so kids want to learn on their own."

Schools may receive one grant up to $250 per school year to help offset transportation costs for a field trip, which must be taken by the end of June. To learn more, visit blackhawkpark.org or call 309-788-0177.

Ann Ring is a frequent Radish contributor.

"When students see the museum, they're amazed and excited, and there's lot of questions, which is what we want."



Left, Janet Moline, Sheila Guse and James Horstmann in the Hauberg Museum; Above, Chuck Wester and a group of third-grade visitors to Black Hawk. (Photos by Paul Colletti / Radish)

Sweet beginnings

Cook up a simple, healthy breakfast — in a cookie

By Brandy Welvaert

Mornings can be rough. Case in point: At no other time of day do I sometimes confuse deep-fried pastry with an actual meal.

Enter the breakfast cookie, a simple solution for those of us who crave a grab-and-go sweet that pairs well with coffee, but who don't want to completely blow our chances of eating healthy for the rest of the day.

You can buy individually packaged breakfast cookies in stores, but most of them deliver big on sugar and not-so-big on nutrients, kind of like regular cookies. Nobody eats Chips Ahoy for breakfast and brags about the health benefits.

But a recipe for two-bite breakfast cookies I recently stumbled upon, well, it might be slightly brag-worthy. With just six inexpensive ingredients you probably have in your kitchen right now — like oats, bananas and chocolate chips — you can whip up a batch to last a week using only 20 minutes.

At just 144 calories, two little cookies deliver 3 grams of protein. With no added sugars other than those naturally occurring in bananas and cranberries — and the small amount in the gotta-have-'em dark-chocolate chips — each serving contains 6 total grams. That's less than half of the store-bought breakfast cookies' sugar content.

Plus, the ones from the store won't warm up your kitchen with the scent of freshly baked goodies as January snow piles up outside your window.

Leave these cookies in a sealed container on your kitchen counter, in your desk at work, or in your car if you commute, and you'll actually be on your way to better health. It's true! People who eat breakfast are able to maintain a healthier weight, whereas those who skip it tend to eat more the rest of the day.

Not that you need to be on the weight-loss track to appreciate these gems. They're soft yet toothsome, lightly sweet yet tart. So if you're among the 10 percent of the population that skips breakfast every day, these cookies could be just the ticket to help push you to the other side — and that could be a very good thing for your health in general.

Eating breakfast boosts concentration and problem-solving skills, as many studies in school children have shown, according to WebMD. Plus, those who eat breakfast report feeling more energetic throughout the day. Who couldn't use a little more energy, especially on a dreary winter afternoon?

So go on — bake a batch of these healthy cookies and see what happens. Your morning self might just thank you for it.

***Brandy Welvaert** is a former editor of Radish.*

Todd Welvaert / Radish

Two-Bite Breakfast Cookies

2 ripe bananas, mashed
1 cup old-fashioned oats
1 teaspoon vanilla extract
½ teaspoon cinnamon
¼ cup dried cranberries
¼ cup mini-chocolate chips

Preheat oven to 350 degrees. Line a cookie sheet with parchment paper and set aside.

In a large bowl, mash bananas. Add oats, vanilla and cinnamon. Stir and let sit for 5 minutes to allow the oats to absorb some of the liquid. Fold in the dried cranberries and mini-chocolate chips.

Drop tablespoons of batter onto parchment paper. Bake 15 minutes until slightly golden and firm to the touch. Makes 16 cookies.

Recipe source: Begin Within Nutrition, beginwithinnutrition.com

Pen, paper, peace

Zentangle drawing practice offers meditative benefits

By Leslie Klipsch

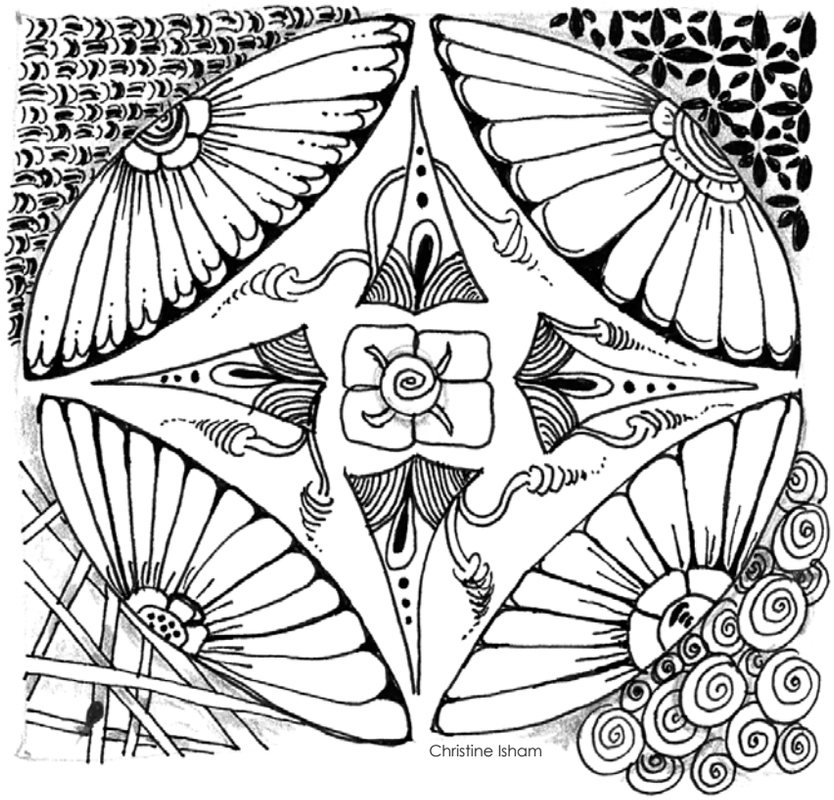
Reverend Dr. Christine Isham was at a spiritual renewal retreat at a Benedictine monastery in 2012 studying spiritual practices used to calm the mind for meditation and prayer when she encountered a unique new practice: the art of zentangle.

"I had tried centering prayer — sitting quietly and emptying my mind — but it wasn't working for me. Zentangle hooked me by occupying my hands and the active part of my mind, letting the rest of my mind fall away," she recalls of her introduction to zentangling. "Different methods work for different people. It's like trying on different clothes. When it fits, wear it."

The fairly new art of zentangle was created by a former monk and a calligrapher who collaborated after realizing that drawing repetitive patterns held a meditative quality. Since 2006, zentangle has grown in popularity and many have embraced the practice as a form of nonverbal journaling, stress relief, and a doorway to mindfulness. The simple, repetitive patterns of zentangling induce a state of relaxed focus similar to that found in yoga or meditation practices.

Since encountering the elegant art of zentangle, Isham has made it part of her regular spiritual practice. "I can get lost in a zentangle for hours," she says. "Being involved in the repetitive strokes helps me to clear my mind and be more focused in the moment."

Every intricately detailed "tangle" is a collection of patterns that are readily available to zentanglers. There are books filled with example patterns, as well as a huge assortment of free patterns available online. (Pinterest has a rousing variety of tangle patterns.) When sitting down to draw, the individual chooses the patterns that most appeals to him or her and then copies the patterns onto his or her own square of paper. This act of replicating the pattern rather than creating a new one is an important part of the process.



Christine Isham

"It's really an Eastern, zen concept," explains Isham. "It's humbling to follow someone else's pattern, and yet those patterns come together to make something completely unique. Copying what's in the pattern onto your own paper, as opposed to coming up with your own, engages you in an important way. It's this passive engagement that helps to calm the mind."

Other than a group of patterns, an aspiring zentangler needs drawing paper (ideally cut into 3½-inch square tiles), a fine-tipped Micron pen, and a sketching pencil. What they don't need is a large block of time. Most tangles take about 15 to 30 minutes, an ideal period for a short meditative reprieve.

"The beautiful thing about tangling is that there are no mistakes," Isham explains. "The point of tangling is not the end product but the process. You do end up with something quite beautiful, but the process of getting involved in the creation is what you're after."

Practiced zentanglers may sit down with a specific intention, such as a particular reading to reflect upon, a certain problem they're struggling with, or a hope they hold close, and find that the repetitive work can be both clarifying and soothing.

This month, Isham will share her delight in the practice of zentangle during a Jan. 17 gathering at Edwards Congregational United Church of Christ, 3420 Jersey Ridge Road, Davenport. The workshop will last from 9:30 a.m. to noon and is open to everyone. Cost is $25 to participate; registrations can be made by calling the church at 563-359-0331.

"Zentangle is simple, portable and calming," says Isham, recalling the times she has engaged in zentangle, drawing everywhere from a quiet table to a crowded airport. "It's a wonderful thing to try."

***Leslie Klipsch** is a frequent Radish contributor. Find more of her thoughts on food, family and healthy living at leslieklipsch.com.*

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In for a swim

Hydrotherapy offers health benefits for dogs

By Ann Ring

Years ago, an incident at home foreshadowed a career change for Sally Carter. "One of our dogs, Clark, a hunting dog, tore his ACL while running," says Sally, "and the veterinarian recommended swimming. So we had Clark swim in our pond at home and that helped — he's back to hunting in the fields.

"We also ran agility with Norton — one of our other dogs — and a lot of our friends' dogs were getting hurt — ACLs usually." The Carters discovered the nearest hydrotherapy centers for dogs were in Ames, Iowa, and Grayslake, Illinois, and that got them thinking about doing something about that.

Hydrotherapy is nothing new, at least not for humans, who long have benefited from exercising in water. For dogs, it can help them reduce stress and lose weight; it also offers a low-impact mode of regaining muscle mass and increasing range of motion, which allows for greater mobility in stiff and sore joints. (Muscle mass not only supports the joint but lessens the severity of grinding degeneration of the joint.)

Hydrotherapy also benefits dogs with chronic pain, obesity, atrophy, degenerative joint disease, and other mobility problems, such as common knee-joint problems. Hydrotherapy also may benefit dogs with pre- and post-surgery conditioning and recovery.

All of which led Sally and her husband, Ray, to open The Paddling Pooch at 2491 53rd St. in Bettendorf last August. To prepare, Sally earned a certificate in canine hydrotherapy at Rocky's Retreat in Orlando, Florida, through the Canine Fitness Institute. Beth Johnson, a therapist employed at the Paddling Pooch, also earned her canine hydrotherapy certificate there as well.

During the certification process, students work directly with numerous dogs of varying sizes, ages and temperaments, and the coursework ranges from anatomy and physiology to proper dog handling and healing techniques.

At The Paddling Pooch, the pool is 12 feet wide by 22 long with a depth of four and a half feet. The water is kept at a comfortable 92 degrees. The Carters built the pool to fit the facility, which also houses a K-9 retail store, a grooming spa, and dog bath stations. A high-efficiency dehumidifying system maintains a comfortable humidity level.

Critically, the pool is configured so that minimal chlorine has to be used to treat the water. Instead, the pool water continually circulates through a filtration system that uses hydrogen peroxide and ultraviolet light, minimizing exposure of both dogs and therapists to harsh chemicals.

For a typical hydrotherapy session at The Paddling Pooch, a complete intake is first conducted, then the dog, with gentle assistance from the owner and Sally or Beth, enters the pool. Sally or Beth holds the dog, acting as the dog's "island of security" throughout the pool session — Sally notes that dogs initially can be skittish about this process because they can't touch the bottom of the pool. "I don't want to let go of the dog because they'll leave the pool, and of course we don't want that," she explains.

Sally Carter and pug Norton work in the exercise pool at The Paddling Pooch. (Photo by Paul Colletti / Radish)

During the water session, therapy can incorporate swimming, strength training, massage and periods of rest while in the pool. The dog's owner isn't allowed in the pool with the dog, but can be there at poolside during a session. Depending on the vet's instructions, a sample regimen may consist of one to two visits to the pool per week for six weeks.

Other dog owners seeking indoor exercise and a different form of recreation for their pet also may rent the pool. Two dogs are allowed in the pool if they're from the same family.

Sally says that a number of dogs don't know how to swim, and it's not uncommon for them to want to climb out the side of the pool instead of using the steps. For these reasons, she prefers to work with the dog in the pool so it understands what it's supposed to do while the owner observes at poolside.

After the session, you may blow-dry your dog on-site, and a treat is provided for a job well done — no doubt Fido's favorite part.

__Ann Ring__ is a frequent Radish contributor. For more information on __The Paddling Pooch__, visit thepaddlingpoochqc.com.

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Iowa Pollinators

Group hopes to help fund local food businesses

By Mary Blackwood

The Midwest is a haven for small-scale farmers, food producers and retailers of the local bounty. Crops need soil to grow — we've got it. Animals need feed to grow — we can raise it. And a farm needs money to grow. Thanks to a recently established investment group in Iowa City, that can be found locally, too.

The Iowa Pollinators is a "Slow Money" group founded in December 2013 by area residents who seek to boost area businesses that are in the sustainable food or farm business. It's one of a growing number of such groups across the country which make small loans at a pivotal time in the development of a grower, producer or retailer. Perhaps a farmer needs a new tractor, or a restaurant wants to increase its use of local produce. Enter Slow Money.

This investment approach grew out of the principals that gave rise to Slow Food, a movement toward old-fashioned ways of growing and enjoying food that has rippled through America's cultural landscape. According to the Slow Money website, slowmoney.org, it's an approach that seeks to "connect investors to the places where they live, creating vital relationships and new sources of capital for small food enterprises."

The members of Iowa Pollinators are not bankers or farmers; they have worked in fields such as nursing, law and nonprofit management. Membership skews toward those more established in their careers or entering retirement. Twelve members have each invested a minimum of $5,000 with a five-year commitment.

Retired finance professor Carl Schweser, known for bringing an actual calculator to the meetings, got involved because of his interest in microloans in developing nations. Although microloans are too small to be useful in the U.S., he stayed interested because he wants to find young entrepreneurs who need that initial push into sustainable agriculture.

Theresa Carbrey, education and outreach coordinator at the New Pioneer Co-op, was drawn to the group because she wants more input into how her investment funds are used. "How do I make my money and my life more harmonious?" she asks. "I care about responsibility in investment." As part of this group, she's able to synchronize her principles and her investments.

That sentiment is echoed by other members. Paul Durrenberger, a retired anthropologist, says that a key part of Iowa Pollinators' mission of providing loans to nascent entrepreneurs is the message that "somebody believes in you."

Indeed, while the Iowa Pollinators hope to make a financial profit from their investments, it's equally critical to fulfill their mission of investing in local sustainable food to accelerate the transition to an economy based on restoration and preservation. They look forward to becoming part of the success stories of their applicants.

Finding potential applicants is a challenge. Young entrepreneurs may not be as visible as those who are more established. The group has sought out, visited and spoken with the proprietors of many businesses, including organic farms, vendors at the farmers' markets in Davenport, Muscatine and Iowa City, and Iowa River Valley Co-op producers.

From left, Iowa Pollinators Roxane Mitten, Bryson Dean, Suzan Erem, Blair Frank, Paul Durrenberger and Theresa Carbrey meet to discuss loan applications by local food producers. (Photo by Mary Blackwood / Radish)

While loan applicants should have a couple of years of experience, the Iowa Pollinators acknowledge that young people may not have a deep credit history, so the group evaluates other relevant information and is positioned to provide loans that the individual applicant may not have been able to qualify for through a bank.

The Iowa Pollinators recently finalized their first loan: a Muscatine producer will make artisanal Mexican cheese, sourcing ingredients from a local dairy and targeting Muscatine's significant Latino population as potential clientele. The $15,000 loan has flexible terms and a low interest rate. The group has another loan of about $5,000 in the works with an organic producer in Kalona.

The goal is to foster and enlarge the local, sustainable food economy. As group member Suzan Erem says, "In our local food bank, money is the one element that is not local. We want to round out the picture by adding that element."

*Contributor **Mary Blackwood** lives and writes in Iowa City. To learn more about the **Iowa Pollinators** or contact the group, visit iowapollinators.com.*

Skimming the fat

When it comes to cooking oils, a few things to consider

By Anne Dickey

How often do you find yourself stranded in the cooking-oils aisle at the store, skimming the labels and wondering which to buy?

"The two most important things when choosing an oil are the smoke point and the flavor it's going to impart," advises Kristin Bogdonas, extension educator for the University of Illinois. "Generally, the lighter the color, the higher the smoke point, because it's going to be more refined."

Fats can enhance flavor at every stage of cooking, but keep that smoke point in mind. When oils get hot enough to start smoking, they begin to break down into chemicals that taste unpleasant and can even have adverse health effects.

Want more tips? Read on!

Anne Dickey is a regular Radish contributor.

iStockphoto

Give it a drizzle

Tamar Adler's lyrical meditation "An Everlasting Meal" contains hearty recipes, most of which end with the instruction, "drizzle with a good olive oil." When you "finish" a dish with oil, you gain not just flavor but the superior health benefits of oils that heat would destroy. Extra-virgin olive oil, rich in monounsaturated fat but also in delicate, antioxidant polyphenols, shines here.

Be cautious when choosing an extra-virgin olive oil, though. Impurities and mislabeling are widespread. California Olive Ranch Extra Virgin Olive Oil is one brand available locally that has tested pure ($9.98 for 16.9 ounces, John Deere Road Hy-Vee Health Market, Moline).

Other options for drizzling include Manitoba Harvest Hemp Oil, which comes refrigerated ($11.67 for 12 ounces, Utica Ridge Hy-Vee Health Market, Davenport), while Tree of Life Walnut Oil is on the shelf at Heritage Natural Foods, Moline ($5.99 for 8 ounces). Buy small quantities, store according to the label, and use within about six months.

Omega-3 and omega-6 oils

Polyunsaturated oils are those rich in omega-3 and omega-6 fatty acids. Flax oil is known for its rich stores of omega-3 alpha-linolenic acid (ALA), but Bogdonas believes that hemp oil is an even better bet because hemp contains omega-3 ALA and omega-6 fatty acids in an optimal ratio, including omega-6 gamma linolenic acid.

The most famous omega-3s are the "fish oils" EPA and DHA, both of which humans can synthesize from ALA. The hitch is that conversion of ALA to EPA and then to DHA is quite limited and varies dramatically by individual. EPA and DHA are so vitally important to bodily function, especially for chronic health concerns, that you may want to eat oily fish to get them directly, or if you're vegetarian, consider supplements synthesized from algae.

Bogdonas recommends herring, which is very high in EPA and DHA, low in mercury, and high in the antioxidant selenium. Crown Prince Wild Caught Kippered Snacks offers low sodium, naturally smoked herring fillets in BPA-free tins ($3.34, Utica Ridge Hy-Vee Health Market, Davenport).

Coconut oil

"Coconut oil has a very nice flavor, and is an excellent substitute for butter in baked goods," comments Bogdonas. "It mixes and bakes nicely." Coconut oil is mainly saturated fat, but is over 50 percent lauric acid, a medium chain triglyceride that boosts metabolism, has antiviral properties, and can raise HDL cholesterol. Unfortunately, it contains minimal amounts of other fatty acids needed for your health.

Similar to olive oil, unrefined coconut oil is better tasting and higher in polyphenols, but refinement brings a higher smoke point and range of cooking uses. Regardless, buy expeller-pressed and nonhydrogenated oil to avoid harmful chemicals and trans fats. Good coconut oil has a substantial shelf life if it stays clean of food particles, which can cause mold.

handmade

The printed page

Meet the book artist behind the 2015 Radish awards

By Becky Langdon

Andrew Huot is an artist with a different type of canvas. He works with books — and not just ordinary books seen on modern store shelves, but rare treasures, handmade volumes, artist books and more.

For a book lover, his bindery at 230 W. 15th St. in Davenport is paradise. Inside is a smorgasbord of paper types and materials, from exotic Japanese tissue to ordinary cardstock to a rainbow palette of papers. Beyond the shelves of materials, something else seizes your attention: the large, vintage presses at the back of the room and cabinets filled with chunky metal letters used for letterpress printing.

Huot's work is tactile, visual and reminiscent of past eras — but also merged with modern sensibilities. The artist books he creates tell a different kind of story than a piece of artwork that hangs on a wall. "I like how you can play with additional elements," he says. "A flat piece is static, but a book brings in the element of time. You can introduce surprises."

Big River Bindery is new to the Quad-Cities area, opening at the end of last year, but owner Andrew Huot is an experienced bookbinder, conservator and book artist. Prior to opening Big River Bindery, he was the conservator and preservation specialist at Illinois State University, repairing old books and materials in the library's collection. He holds an MFA in book arts and printmaking from the University of the Arts in Philadelphia.

At Big River Bindery, Huot offers a variety of services, including book repair and conservation, custom bookbinding, archival presentation boxes, and letterpress printing. On the conservation side, he enjoys the problem-solving nature of his work, but as an artist he finds great joy in taking a project from start to finish — sketching out an idea, selecting materials, printing pages and assembling the books.

Book artist Andrew Huot in his studio, Big River Bindery. (Photo by Todd Welvaert / Radish)

One of Huot's latest works is the carousel book he designed for this year's Radish Award recipients. Carousel books came into vogue in the 1920s and '30s as children's books. These unique, multilayered designs fold flat like a traditional book, but open up to fan all the way out into a circle. Images and silhouettes are cut out of the layers of paper to form three-dimensional scenes in each segment.

The format is an example of some of the aspects of his work and art that Huot finds most enjoyable. He says, "I like surprising people as to what a book is. I like the combination of text and image working together and the tactile quality of the materials."

Huot says a carousel book is a unique design because of its ability to become, in effect, a sculpture. While most books need to be pulled off the shelf to view and enjoy, a carousel book can sit out on a table and become a conversation piece that way. The types of conversations that happen over books, Huot says, tend to be "quieter" conversations than those that happen while viewing something like a painting.

In designing a new project, Huot's process begins with thinking about a structure that makes sense and exploring imagery and themes. "I'll start by assembling images or photographs, or by drawing. I play with the images," he says. "Then I play with paper, folding and cutting, figuring out where the folds are going to be."

He does some work on the computer and a lot by hand. The process will involve several drafts or prototypes of the book before he constructs the final version. Once he has a structure and concept developed, he chooses paper, considering factors such as color, weight, and combinations that will work well together.

While the idea of making multiples of the same design might sound tedious to some, Huot loves the opportunity to expand the reach of who gets to experience a particular piece.

The type of work Huot does is highly specialized, but it's a specialty he's readily willing to share. At Big River Bindery, Huot offers classes for people who want to learn the art and science of bookbinding. Upcoming classes described on his website, bigriverbindery.com, include hands-on workshops in which participants can make prints and learn bookbinding techniques. People who love books as much as Huot does will feel right at home.

***Becky Langdon** is a frequent Radish contributor.*

Continued from page 13

Clare Vosberg, 9, of Dubuque, Iowa. (Photos by Sarah J. Gardner / Radish)

Monuments jumped at the opportunity. Clare says, "The only thing I had left to do was get schools to sign on and they would get the bench."

Chris McCarron, principal of Prescott Elementary School in downtown Dubuque, says in describing her experience with Clare Cares and the buddy benches that Clare did all the hard work reaching out to the district and individual schools. It was very easy for Prescott to sign up and get a bench.

McCarron was interested in getting a buddy bench as part of a multifaceted strategy to "give kids access they need for support in their relationships."

The school has "many different ways of facilitating students, like teachers being out on the playground, but we didn't always know to help if kids didn't verbalize their needs or say they were feeling left out," says McCarron.

"We talked with the kids regarding the bench," says McCarron, explaining that if a student sits on the bench, it's a signal that he or she is feeling left out and hoping someone will come play with him or her.

Since installing the bench this year, McCarron noticed that students used the bench very frequently at the beginning of the school year and since then the use has tapered off some — which is how it's meant to work, she says. As students develop friendships and feel more connected, they do not need the bench as much.

Clare is very pleased with how the buddy bench idea has taken off. Clare Cares has put 35 benches into the tri-state community, with more on the way. When asked what has surprised her the most about the last year, she says she is happy to see the buddy benches working so well.

One day she came outside for recess, says Clare, and she noticed someone sitting on the bench. She was about to go play with them, when, "someone who loves soccer and was out playing on the soccer field said, 'Guys, I'm not playing soccer anymore,' and went to go play with the person on the bench. So, that was really amazing."

The buddy benches continue to be a great success, but Clare has undertaken other projects as well. Another part of her strategy to build friendships is her monthly buddy playdates. Each month, a local business hosts a playdate that includes "friendship building activities and giving back to the community."

At one playdate, more than 90 people joined Clare at Mindframe Theater to do arts and crafts and to watch a movie. The admission to the event was a toy to Toys for Tots, and they filled an entire sleigh with donations.

According to Clare's mother, Trish Vosberg, the people who attended varied widely — "there have been adults who come who have adult kids who just want to be involved, and they come and help out; there are people who come with their kids in a stroller; some are Clare's age, and we have many Girl Scout troops" that want to be involved.

"People are inspired by Clare's example," says Trish. "They say, 'If a 9-year-old can do this, so can I!' "

One more project that Clare is excited about is Sack Lunch Sundays, where she coordinates families to make sack lunches for the residents of Almost Home, a seasonal overflow homeless shelter in Dubuque.

Clare had learned about the idea of Sack Lunch Sundays from a family friend in Chicago, and when the executive director of Almost Home mentioned to Clare their need for a substantial meal for their residents, she knew just what to do.

Clare says the support for this project has been overwhelming and she is confident she can meet her goal of providing sack lunches through April, when the shelter closes for the season.

Throughout their experience developing Clare Cares, Clare and her family have been pleasantly surprised by how many volunteer opportunities there are for families in Dubuque. Part of the mission of Clare Cares is to make those opportunities more visible to people and to encourage people to think of their own ways to build friendships.

"Building friendships is so important because when you take time to build friendships you are more likely to be kind to others and more likely to stand up for others if they are being bullied," says Clare. "If you're friends, it would be harder to bully or allow bullying to happen."

Clare says she enjoys volunteering and being kind "because when you do something to make others feel good, then you feel good."

Trish has loved watching Clare in her role as leader of Clare Cares, and her pride in Clare and her accomplishments is obvious. However, when asked about a time Trish was most proud of Clare, she recalls a time when she picked Clare up from school one day and "her friend said, 'It doesn't surprise me that Clare did the buddy benches, because she's always very kind.' To know that it's not just kind to do the projects, she's just known as being kind."

*Contributor **Christine Darr** lives in Dubuque. For more information about **Clare Cares**, visit clarecares.org or facebook.com/clarecaresdbq.*


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Orthorexia

Can 'eating right' become an unhealthy fixation?

By Laura Anderson Shaw

At one point or another, those of us interested in healthy eating have questioned whether we were drinking enough water. Are we eating enough fruits and vegetables? Being careful to incorporate good forms of protein? Balancing indulgences in moderation? Each of these questions, of course, are great tools to keep ourselves healthy.

But from that simple mindfulness and awareness can bloom obsession.

According to the website of the National Eating Disorders Association, nationaleatingdisorders.org, "those who have an 'unhealthy obsession' with otherwise healthy eating may be suffering from 'orthorexia nervosa,' a term which literally means 'fixation on righteous eating.' "

Orthorexia begins as an innocent attempt to eat more healthfully, the site states, "but orthorexics become fixated on food quality and purity. They become consumed with what and how much to eat, and how to deal with 'slip-ups.' "

Dr. Iyad Alkhouri, a psychiatrist at Robert Young Center for Community Mental Health in Rock Island, said the term "orthorexia" was coined by a Dr. Steven Bratman in 1996 to describe an "eating disorder variation manifested by an obsession with healthy eating."

Alkhouri says the literature on orthorexia is just beginning, adding that there is no clear diagnostic criteria for it, but those in the eating-disorders field have been discussing it for more than 15 years.

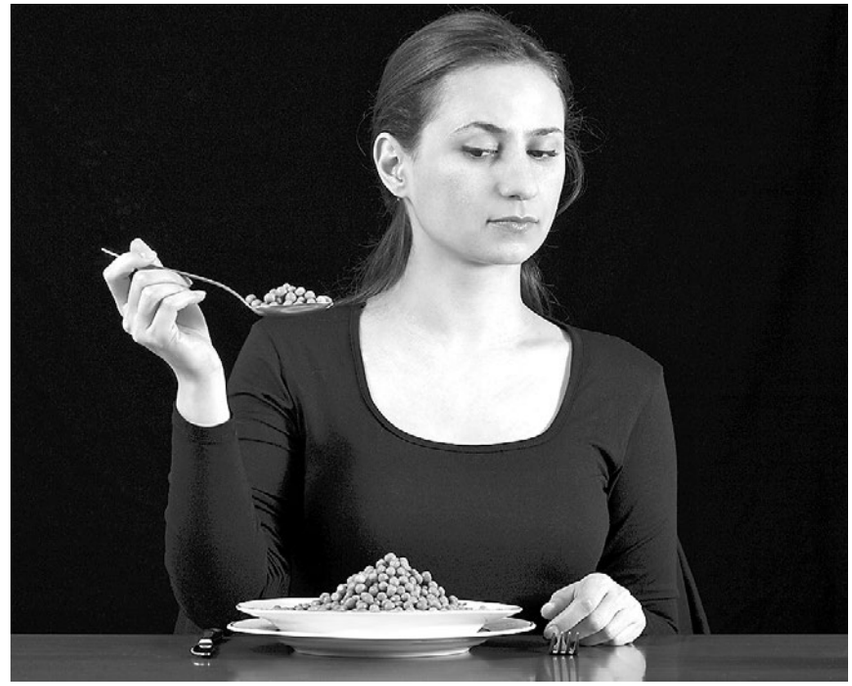
Orthorexia is defined as "a pathological obsession with food, its purported nutritional value, composition, origin and health-related values," says Alkhouri. While it is thought to be a form of eating disorder, Alkhouri says it is more related to "obsessive compulsive phenomenon," as patients with this problem tend to be very obsessive about health and purity.

"Eventually food choices become so restrictive, in both variety and calories, that health suffers — an ironic twist for a person so completely dedicated to healthy eating," the NEDA site states. People who limit their diets in this way then develop "nutritional deficits specific to the diet they have imposed upon themselves."

Alkhouri says that while Bratman has described "fatal" cases of the condition, in most cases, "orthorexia causes distress and social isolation rather than serious medical decline."

The site states that while orthorexia is not an officially recognized disorder in the latest Diagnostic and Statistical Manual of Mental Disorders (DSM-5) it "is similar to other eating disorders — those with anorexia nervosa or bulimia nervosa obsess about calories and weight while orthorexics obsess about healthy eating, (though) not about being 'thin' and losing weight."

The prevalence of orthorexia within the general population is unknown, says Alkhouri. He notes that there is "real difference" between eating healthily and "being pathologically obsessed with healthy food." In some cases, though, "the line is really fine," Alkhouri says.



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But when a person "starts getting bothered by it or they recognize that they have a 'problem,' "then Alkhouri recommends a trained professional in eating disorders might be the best person in health care to contact.

In order to treat the condition, the person suffering from it must "become more flexible and less dogmatic about eating," according to the NEDA site. "Working through underlying emotional issues (also) will make the transition to normal eating easier."

"Recovered orthorexics will still eat healthfully, but there will be a different understanding of what healthy eating is," the NEDA site states. "They will realize that food will not make them a better person and that basing their self-esteem on the quality of their diet is irrational."

If you are concerned with your health or your eating habits, contact a physician. To help your doctor understand orthorexia, the NEDA site suggests printing out its handout on orthorexia at nationaleatingdisorders.org/orthorexia-nervosa.

***Laura Anderson Shaw** is a writer on staff with Radish.*

The General Store

Seeking serenity

Five simple steps to put inner peace within reach

By Annie L. Scholl

Ever since I can remember, I've set New Year's resolutions. Lose weight. Give up sugar. Get out of debt. Exercise more. Some of them I kept, at least for the year, but mostly by mid-February, I would be back to my old ways and beating up on myself for "failing" to keep my resolutions.

This year I resolved to do the New Year differently. I decided to follow the directive I had tattooed on my left wrist three years ago when my second marriage was imploding and my world was upside down: "Be."

Much of my life has been spent searching for peace, but I didn't know it. I just didn't want to feel this antsy, agitated, unsettled feeling anymore, this nagging "there must be more," even though I already had so much.

I'd get a different house, a different car, a different vacuum, a different — or another — dog. I'd run up this or that credit card buying stuff that felt good in the moment, but that I'd soon forget about. I'd talk to this psychic, that therapist, this friend, that sibling. I'd volunteer at the kids' school, at church, in the community. I'd become a Reiki master. Start a photo studio. Get a massage.

I was seeking, but I sure wasn't finding. I thought if I got my outer world squared away, my inner world would settle down. But peace, it turns out, is an inside job. It comes in the quiet of a morning walk with my dogs. It comes when I close my eyes and meditate. It comes when I remember to breathe instead of swear when traffic isn't moving the way I'd like.

After the Sunday service I attend, we hold hands and sing the Peace Song: "Let there be peace on earth and let it begin with me." I've sung that song many a Sunday over the past 16 years. I've been moved to tears while singing it, not only because of the connection I feel with the people in the room, but because the truth of it resonates so deeply with me.

While I'd still like to lose that elusive 10 pounds, while I still wish I'd eat less sugar and get on the treadmill more, carving out quiet is my New Year's resolution. Truth be told, it's my hope for the rest of my days on this planet, not just for 2015.

***Annie L. Scholl** is a frequent Radish contributor.*

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Is seeking peace your passion? Here are five tools that have worked for me so far.

1 Pause. Before you rush out of bed and into the busyness of the day, take a second to pause. See your day going smoothly and effortlessly. Prepave it, just the way you want it to go. Enter the day feeling peaceful and it's likely you'll feel peaceful all day.

2 Walk outside. Even when it's freezing cold out. For me, nature is where I feel most peaceful. Putting my feet on the earth, even if my feet are layered in wool socks and winter boots, helps calm me. Each morning I walk through a cemetery, which puts everything in perspective. I'm still out here in the world. Lucky me. If my mind starts to clutter, I look at my feet or up at the sky and root myself in the here and now.

3 Stay in your own boat. Someone once told me, "Annie, think how much energy you'd have if you quit trying to live everyone else's life for them." Talk about a lightbulb moment! When I find myself venturing mentally into someone else's business, I gently remind myself to get back in my own boat.

4 Meditate. It works. When I start my day with meditation, my day simply goes better. When thoughts come in that disturb my peace, I shoo them away. This time is sacred to me. I don't want to share it with noisy houseguests.

5 Follow your inner wisdom. Peace doesn't come from the outside. That's for sure. And while we can't blame other people or situations or circumstances for our disharmony, we do need to be willing to make changes to facilitate our own inner peace. Get clarity — in the silence — and then be willing to follow the inner guidance you received.

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