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JANUARY 2016

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from the editor

Photo by Todd Welvaert / Radish

Adrian English, of Davenport, left, and Joel Ryser, executive director of Hot Glass, stand with Radish editor Laura Anderson Shaw.

In the very first edition of Radish in late 2005, former editor Joe Payne shared his first "from the editor" column in this space. He quoted the author Thomas Moore: "At our best we are like a radish. ... When our succulent, somewhat bitter, red, delicious underground soul is manifest, we are most ourselves and most creative."

It just made sense to us that the 2016 Radish Awards be exactly that: radishes. After all, the awards honor some of the organizations and individuals in the Radish region who are making a difference in our communities, doing great things for the Earth and for others. They are people who are hard at work, day in and day out, tapping into their creative juices and cultivating change from scratch.

To craft the awards, I approached glass-blowing artist and executive director of Hot Glass Inc. Joel Ryser, who founded the nonprofit organization to reach out to youth by teaching them the art. As I spoke with Ryser and another Hot Glass artist, Adrian English, we talked about the radish — its beautiful red bulb, trailing white tail of a root and delicate green leaves.

As I held a blown-glass radish in my hand, I was amazed — amazed by all of the people in our community who work so hard to make it better for us all. I was grateful we live in a place where so many people care about the food we eat, what it takes to grow it and how easy it is for us to find it; how we can do the things that we enjoy and leave minimal environmental effects by taking a few careful steps or tapping into alternative resources, such as solar or wind energy.

I also was blown away that there are people in our community who have the power, knowledge and creativity to take gooey, molten glass and transform it into a radish in mere moments.

Ryser said each of the radishes took several people to make. They had to work quickly and in close proximity to pull, blow, twirl and clip. It took a little planning and a few tries with a period of trial and error.

Really, it's that very dedication, teamwork, patience and effort that create the community we enjoy and write about in these pages each month. And this month is no different. In this issue (on page 28), you'll find a story about Rescued, a resale shop in Moline that donates a portion of its proceeds to homeless pets and organizations who care for them. On page 10, you can learn about kickboxing, what it can do for you and where you can find it.

And you also can read more about this year's award winners and the work they have done, as well as the organization that designed the awards on page 12.

Cheers to a wonderful 2016.

— Laura Anderson Shaw
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP
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Radish uses soy-based ink and recycled content in its newsprint and is 100 percent recyclable.

the grapevine

On the Road with Radish

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month (with magazines and reusable Radish bags!) at the January presentation of the Sierra Club Eagle View Group on single stream recycling coming to the Scott County Recycling Center at 6:30 p.m. Monday, Jan. 25, at the Moline Public Library, 3210 41st St., Moline. The event is free and open to the public. For more information, visit sierraclub.org/illinois/eagle-view.

To discover more upcoming events of interest, see the events calendar on the Radish website.

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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. Connect with other readers and discuss the stories you like; suggest future articles and post upcoming events for your community group or nonprofit.

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FROM THE WINTER WELLNESS FESTIVAL

"I love to find (the magazine) everywhere, and I read it all the time." — *Patricia Nouch*

"I enjoy the healthy recipes!" — *Gayle Rinaldi*

"We've attended several fairs/events that Radish sponsored or displayed, and were quite satisfied. We grab a mag each edition, and read and learn." — *Joe Lindemann and Linda Barnett*

"Keeps me motivated to eat healthy, exercise and tread lightly!" — *Patrick Street*

"Informative on community activities. Good recipes! Motivates me to keep active." — *Melissa Padesky*

"They have a lot of good articles and healthy food."— *Cheryl Oliver*

"The magazine has connected me with health-food providers and organic produce. I was able to go blueberry picking this past summer in Farmer Chris' field."— *Diane Fite*

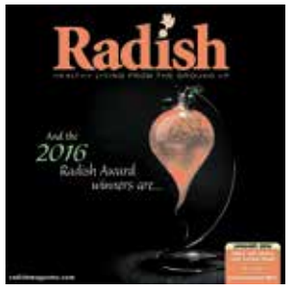
"I love the magazine — the local articles, businesses, new trends." — *Beth Hamby*

healthy living from the ground up

features

in every issue

on the cover



The 2016 Radish Award recipients. Glass-blown radish by Hot Glass, Inc. (Photo by Paul Colletti / Radish)

departments

radishmagazine.com

For cyclists in the River Benders Cycling Group, it's not about the total miles or the miles per hour — it's all about the smiles per mile.

"I think one of the big things for me is hearing someone come to the group and say, 'I haven't been on a bike since middle school,'" group founder April Berthiaume said. "The idea we are bringing people back to cycling, introducing them to a community of cyclists, that's really gratifying."

The group is dedicated to building a community of like-minded cyclists who might not be inclined to race and rack up big miles, but still want to enjoy cycling and being around fellow cyclists.

The group is in its off-season now, but it's still holding periodic meet-ups; rides are expected to begin again in March. Learn more at radishmagazine.com.

Radish Award Winner

Spreading 'Butter' love

Woodhull market caters to the community

By Annie L. Scholl

It was the summer of 2012, and Stephanie Liljedahl Freeman was visiting her grandmother in Freeman's hometown of Woodhull, Ill., when it came time to make dinner.

"I didn't quite have the ingredients I needed to make some food, and I thought, 'Why can't I buy food in this town? This is ridiculous. Someone should open up a store in this place,'" Freeman says.

"I had this sinking feeling in my stomach that I would probably be that 'someone,' even though it didn't make any sense."

Freeman lives in California, where she is a childbirth educator, doula and placenta encapsulator. But with the help of Roxi Bringolf, of Woodhull, Freeman opened The Butter Churn — at 275 N. Division St. — in July 2015 in Woodhull, a village in Henry County with a population of just more than 800.

"People flooded in" on opening day, Freeman says. "It was overwhelming and amazing."

The small fresh-food market is dedicated to community and real food, carrying products that support local growers, farmers and artisans. A commercial kitchen also is available for rental for anyone wanting to make items to sell — at The Butter Churn or elsewhere.

"If I had to describe it, I would say it's a fusion of the little store on the old (television) show 'The Waltons' with a modern Trader Joe feeling with a commercial kitchen," Bringolf says.

While it was meant to be a neighborhood store where people in Woodhull and the surrounding small towns could shop, it also has become a tourist attraction.

Freeman wanted to create a store that was the antithesis of a big-box grocery store with thousands of items. "I wanted people to be able to walk in my store and have their anxiety level lowered, not raised," she says. "I wanted them to feel good when they walked in and feel good about what they purchased when they walked out."

She also wanted them to be able to trust the quality of the food they were purchasing.

"I knew that all around Woodhull there was this huge population of people who were growing and producing and making food," she says. "Quality means a lot to me, and small producers have a track record of good quality."

It was important to Freeman to have a store that, if her great-great-grandmother were still alive, she could visit and be able to tell what was food — and what wasn't.

Because The Butter Churn carries the basics for most recipes, "you could make almost anything from what we carry in the store," Freeman says. Every item also has a story behind it — and a real person or family that customers directly support when purchasing items.

Roxi Bringolf, pictured, and Stephanie Liljedahl Freeman opened The Butter Churn in Woodhull in July. The grocery store offers the basics for cooking, and focuses on community and supporting local growers and artisans. (Submitted photos)

"There aren't any big, faceless corporations behind what we carry. There are people who directly care about what they are producing and are also trying to make a living. There is a personal responsibility taken for the quality of the food we sell."

Freeman, 40, lived in Woodhull from 1979 to 1989. She moved to California when she was 19, but returns to her hometown every couple of months. Bringolf, who has a background in retail management, handles the day-to-day at the store.

Bringolf was in church when a friend mentioned to her that Freeman wanted to open a store in Woodhull. At the time, Bringolf was looking for a less-stressful job after being diagnosed and treated for colon cancer. She reached out to Freeman and offered to be the store's manager.

The two had crossed paths before — Bringolf's late mother taught Freeman to play piano, and Freeman's grandmother taught Bringolf how to play — but they didn't really know one another. After talking, they knew they wanted to work together.

When people come into The Butter Churn, Bringolf says she wants them to feel — and be a part of— the "Butter Love." She greets each person and treats him or her not just as a customer, but also as a friend.

"I encourage them to help themselves to our coffee. A pot is always on. I always say, 'Please help yourself. Spoons are in the drawer and cream is in the fridge if you need it.'"

Bringolf says the store is an innovative business that focuses on people and food. "It's a business that creates community," she says.

That was clear to her last Halloween. The Butter Churn hosted an event called "BratoberFest," which featured grilled bratwurst and local vendors. Worried that no one would show up, Bringolf and her husband went to a local store to pick up some supplies and told a couple they ran into about the event. That couple went home and called five other couples, and before long, The Butter Churn was packed.

"All of our stools were taken and people were gathered around, eating, drinking and being merry," Bringolf says. "It was so warming to see our community in action."

Stephanie Liljedahl Freeman

But it wasn't just townspeople. People traveled from outside of the town, too. A new community was gathered," Bringolf says. Afterward, people were asking if The Butter Churn would host the event again.

"That's what I hope; I hope we can give to people a place to gather and create community, a place to create memories, share memories, eat, cook and leave with a smile that will last," Bringolf says.

Freeman says she hopes The Butter Churn becomes so entrenched in the community that people won't be able to remember a time without it.

"I hope it meets the needs of the folks who live there and, if it doesn't, I hope they tell us so we can change and grow. I hope that we can stay open," Freeman says.

While she's happy to answer any questions about The Butter Churn and the products it carries, she's "beyond tired" of being asked, "Why would you open a store in such a small town?"

But after taking a deep breath, she answers.

"I know Woodhull," Freeman says. "This is a pretty basic need, this food business, and it just made sense to me."

Freeman believes all small towns need and deserve a Butter Churn, where townspeople can have access to good, quality food.

"There is no reason for there to be only gas stations or dollar stores for folks in small towns to get food, or to have to travel more than five miles to buy food. That is ridiculous," Freeman says.

"This should be a model for all small communities, and it should excite anyone who wants to really talk about what it is to create access to food in rural communities."

Though she remains in California for now, Freeman values her hometown, where her grandmother, aunt and uncle, two cousins and many good friends still live.

"The actual town of Woodhull has emotional memory value for me," she says. "It is nostalgia and present at the same time. When I walk to the park now, it is me as a 40 year old and me as a 12 year old. I can touch it. ...

"I have grown as a person because of the care-taking and emotional gifts of many people there."

***Annie L. Scholl** is a frequent Radish contributor. The Butter Churn is open from 10 a.m. to 6 p.m. Mondays through Fridays; and 9 a.m. to 4 p.m. on Saturdays. For more information, visit thewoodhullbutterchurn.com.*

Radish Award Winner

From farm to classroom

McKinley students learn to plant, harvest and cook

By Ann Ring

Amy Wine

If you grew up with a backyard garden, having a garden on your school's grounds may not seem like a big deal. But when that school garden introduces children to healthy eating, a local food source, a "teaching kitchen," agriculture, educational curriculum and more, it is.

Farm to School, a national program that brings all of this together, started nearly 20 years ago with a pilot project in California and Florida in which schools incorporated gardens with curriculum and beyond for students in kindergarten through 12th grade. The National Farm to School Network is the organization at the heart of the Farm to School movement, and is the leading resource for information about national, state and local policies that impact Farm to School. As of 2012, more than 40,000 schools, or 44 percent of schools in all 50 states, are part of this network.

The Farm to School program offers the opportunity for students to gain access to healthy, local foods, as well as educational opportunities, such as direct ownership of school gardens, cooking lessons and farm field trips. Farm to School empowers children and their families to make informed food choices; it strengthens local food growers by providing schools with fresh produce; it influences schools to provide healthy food options; and it presents teachers with opportunities to integrate agriculture, botany sciences and more.

Locally, one such Farm to School participant surpassing its sixth year is McKinley Elementary in Davenport. McKinley Elementary hosts about 350 kindergartners through fifth-graders.

Sarah Davis Priest, now of Highland Park, Ill., was a teacher in the Davenport School District when she was involved with a state version of the program. She learned that the Iowa Department of Agriculture and Land Stewardship was providing grants to install school gardens.

"Initially, we thought of a districtwide Farm to School project," says Davis Priest. But because that would've been such a large endeavor for a new model, the project was assigned to McKinley because of its strong support from parents, its principal and the PTA.

"The school was willing to donate land (for the five raised beds), and we had such huge support from everyone. We wanted McKinley to be a model for other schools."

Farm to School implementation differs by location, but always includes one or more of the following: procurement, where local foods are purchased, promoted and served in the cafeteria or as a snack or taste-test; education, where students participate in educational activities related to agriculture, food, health or nutrition; and school gardens, where students are guaranteed hands-on learning.

The National Farm to School Network alone cites a plethora of studies which indicate a far-reaching effect this program has or may have on students, parents, farmers and the community. For example, there is proof of improvement in early childhood and the eating behaviors of kids and teens in kindergarten through 12th grade, including choosing healthier options in the cafeteria, consuming more fruits and vegetables at home, consuming fewer unhealthy foods and pop, reducing screen time and increasing physical activity.

Outcomes show that Farm to School programs have increased students' knowledge and awareness about gardening, agriculture, locally-grown foods and seasonality; demonstrated a willingness to try new foods and healthier options; enhanced students' overall academic achievement; provided children with an understanding of agriculture and the environment; and even improved life skills, self-esteem, social skills and behavior.

Amy Wine, who now oversees the Farm to School program at McKinley, says that while she conducts some work behind the scenes, the process for the students begins each March and runs through October. Additional curriculum reaches students year-round.

"In March, the student council organizes a school 'veggie vote' on what to plant that year," Wine says.

"I come up with some possibilities — varieties in all kinds of shapes, sizes, length of time until maturity and tastes, but kids vote from there."

Amy Wine is this year's chair of the McKinley School Garden. (Photos by Gary Krambeck / Radish)

Wine orders the seeds and makes certain all supplies are on hand or are purchased.

Over the years, grants, supportive parents and the PTA have paid for the school's gardening needs. When school's nearly out for summer, the kids plant the seeds. "We try to get all the students involved in planting," Wine says. "Students also mark what they're planting and each grade can identify their various roles."

Over the summer, parents volunteer to water and weed the crops. When school's back in session the following fall, the kids see their work in the ground and nearly ready for harvest, which is normally in September.

Come October, second-graders gather in the school kitchen and prepare a dish for the entire school using a vegetable from the garden. Chef Robert Lewis, "The Happy Diabetic," volunteers his time and helps guide and teach the youngsters in the kitchen. Every year, Lewis comes up with a different recipe. One year, kids served Crispy Potato Latkes (pancakes) … of Love! McKinley Style, another year salsa and another year kale chips.

Wine says the program has definitely grown over the years. Age-appropriate curriculum has been developed for at least two grades, and kids also harvested organic kale on a field trip to Brockway Farms in Pleasant Valley.

Not only does Farm to School help kids and their families to make better choices with their food, curriculum and experiential activities also offer a platform for teachers to teach core content areas such as science, math and language arts.

The program adds so much value that a bipartisan team in the House and Senate has introduced the Farm to School Act of 2015, a bill that will expand the USDA Farm to School Grant Program. Plus, come this June in Madison, Wis., a national Farm to Cafeteria Conference will be held.

Farm to School simply works.

"My dream would be for every school to have a Farm to School program," Davis Priest says.

Ann Ring is a frequent Radish contributor.

Kale chips

Large bunch of kale, with tough stems removed and leaves torn into pieces (about 16 cups)
1 tablespoon extra-virgin olive oil
¼ teaspoon salt

Preheat oven to 400 degrees. If the kale is wet, thoroughly pat it dry with a clean kitchen towel. Transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Massage the oil and salt onto the leaves to coat evenly.

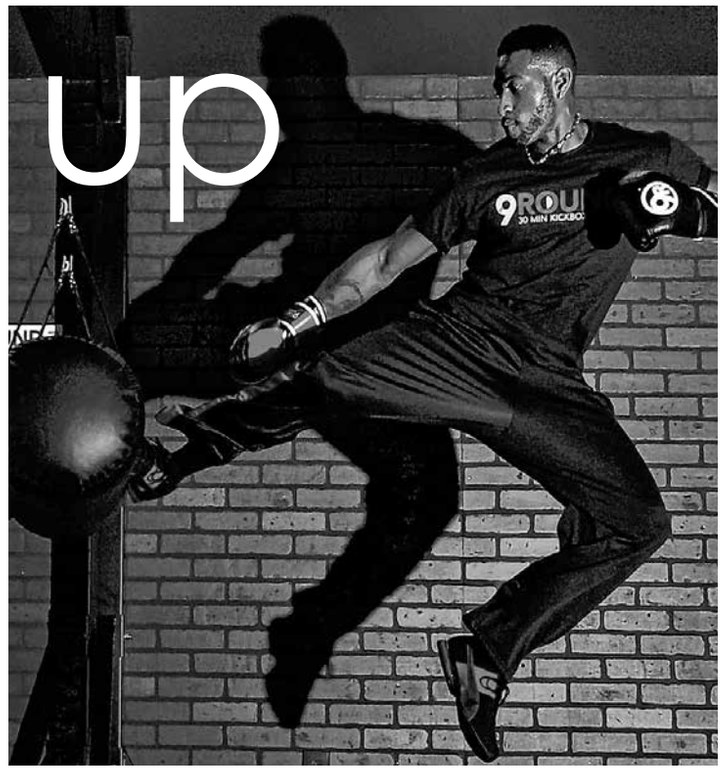
Fill two large, rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. Bake for 8 to 12 minutes, until most leaves are crisp, switching the pans back to front, and top to bottom halfway through.

Recipe source: "The Happy Diabetic" Chef Robert Lewis

Kick it up

Try this versatile workout for fitness or self-defense

By Chris Cashion



Professional trainer Tony Carpenter, of Moline, warms up for a workout at 9Round. (Photo by Meg McLaughlin / Radish)

Kickboxing — is it a sport? A martial arts discipline? A fitness craze? Maybe a cardio routine? If you ask local kickboxing instructors, the answer is yes — to all of the above.

Kickboxing actually is a pretty broad term. It can refer to the cardio kickboxing classes that are popping up across the country, as well as the more competition-based martial arts discipline.

There are many variations of the martial arts discipline, which go by a variety of names, including Muay Thai, Bando kickboxing, Japanese kickboxing and American kickboxing.

Michael Smith, owner of Ekim's Karate, Kickboxing and MMA in Silvis, says kickboxing is "a style of fighting or sport that involves the art of striking with the hands, feet, knees, elbows and legs. There is no ground fighting."

There are some basic pieces of equipment used in kickboxing, including boxing gloves, hand wraps, shin and instep guards, a mouthpiece and headgear. Men typically wear an athletic supporter, and chest guards are available for women.

Kickboxing traditionally has had a fairly macho image, but don't let that fool you — it's attracting a strong female element these days, too.

As the face of kickboxing changes, it's driving people to classes.

"The commercials are getting people here, but the results they see keep them coming back. When they see their results and how quickly they improve, they come back for more. You get stronger quickly, and it's also great for weight loss, especially when you combine it with a healthy diet," Smith says.

John Morrow, owner of Morrow's Academy of Martial Arts in Moline, says kickboxing is approachable for students of all ages.

"I have students as young as 5. My oldest student is 82. Really, if you can walk and you can breathe, you can do it to some extent. We all have limitations, and we can modify it to fit you," Morrow says.

Morrow says he has students who come to his classes wanting to compete in the sport or to get in shape. Some students also come to classes looking for a form of self-defense.

He starts his students with six private lessons where they learn the basic blocks, punches or strikes, kicks and proper mechanics. After that, students continue with regular classes, learning additional breathing, balancing and conditioning, as well as memorizing a series of moves. They also work with a partner and do light sparring.

Students can continue to advance in kickboxing, ultimately achieving a black belt.

Both Smith and Morrow emphasize the usefulness of kickboxing in self-defense.

"With kickboxing, you can fight more than one person, if necessary. You stay mobile; you're never on the ground, which means you can even run away if you need to," Smith says.

Morrow even incorporates kickboxing into the two-hour self-defense classes he offers.

"You learn how to defend yourself. It's not just a false self-confidence," Morrow says.

Kickboxing also can come in more of a fitness class format. At 9Round in Bettendorf, manager and head trainer Aaron Hoenig says the gym doesn't train fighters, but focuses on general fitness.

"We get people here who know nothing or know all about it. We offer a workout that changes daily. We don't have class times, but have a new round time every three minutes," Hoenig says.

Students at 9Round work through a kickboxing circuit. "There's always a trainer with you demonstrating at each station," he says. Each session is a full-body workout. "You'll find kettlebells, dumbbells, plus hitting and kicking the bag and resistance training."

The idea behind 9Round is to stave off boredom and take away the excuses. "Can't afford a personal trainer? We always have someone working with you. Don't have time to work out? A half hour can be plenty," Hoenig says. "And you can't get bored because we change it up every three minutes."

At Ekim's Karate, Kickboxing and MMA, Morrow's Academy of Martial Arts and 9Round, your first lesson or workout is free. Each recommends talking to your doctor before beginning a program, especially if you have joint or heart issues.

Investments in the programs vary. Typical costs range from about $45 to $100 per month. Smith says you can purchase the basic beginner equipment for about $100 to get started in a traditional kickboxing program. At 9Round, the gloves and hand wraps are included in the monthly pricing.

***Chris Cashion** is a writer on staff with Radish. For more information, visit ekimskarate.com, morrowsacademy.com or 9round.com/fitness/Bettendorf-ia-x8742.*

handmade

Hot Glass

Meet the artist and shop behind 2016 Radish awards

By Lillian Zier Martell

A few years ago, Joel Ryser was a football coach. Now, he's a glass-blowing artist.

But the change isn't as drastic as it sounds. Art has been just as much a part of his life as football, going back to his school days growing up in Moline.

"You put yourself out there with art the same way you do on the field," he says.

Ryser is now in his second year as the executive director of Hot Glass Inc., a nonprofit organization he started as a way to reach out to youth by teaching them the art of glass-blowing.

Located at 104 Western Ave., Davenport, near Modern Woodmen Park, the organization accepts youth into its programs for free, regardless of their artistic abilities or past behavior. The programs receive funding from donations and grants.

Hot Glass also offers fee-based classes for adults and corporate team-building events, among other programs, to help provide income that pays for the space, equipment and supplies.

Continued on page 124

Photo by Paul Colletti / Radish

TOP: Joel Ryser explains the process of creating the 2016 Radish Awards and displays the final shape. **ABOVE:** Adrian English, of Davenport, begins the form at Hot Glass in Davenport. (Photos by Todd Welvaert / Radish)

Hot Glass,
continued from page 12

Commissions also provide revenue for the organization. One of the organization's latest works are the radishes Ryser and other workers designed for this year's Radish Award recipients.

Ryser came up with the idea for Hot Glass several years ago after seeing a television report about Hilltop Artists in Tacoma, Wash. Established by renowned glass-blower Dale Chihuly, Hilltop Artists has operated for more than 20 years and serves about 500 youths a year.

It also serves as a model for Hot Glass.

Ryser gained experience in glass-blowing from his college days at Eastern Oregon University, where he also played football. He started out with an interest in pottery that stemmed from his high school art classes. But then an instructor at Eastern Oregon pointed him toward the school's glass-blowing facility, and he was hooked.

He earned his degree in fine arts from Eastern Oregon, then returned to his home state and completed an education degree at Illinois State University. He went to work at Moline High School as an art teacher and football coach. He continues to teach at the school.

After 26 years of coaching, Ryser decided to turn his attention toward art. He found a place in Rock Island where he was able to start blowing glass again. When that location closed, he considered building a shop in his house, but his son, Logan, found the space in Davenport.

It took about two years and $200,000 to prepare the space and equipment for the shop, Ryser says. He enlisted the help of other artists, educators and businesspeople in the Quad-Cities, who helped remodel the space for the shop and build the equipment. Many of them also have continued to work with the organization.

Last year, Hot Glass served 80 kids, working in groups of six, split into two teams. By working together on projects, the kids build lifelong skills, including communication, planning and responsibility.

"Glass blowing is not a one-man sport — it's a group thing," Ryser says.

While he loves football, he says, he also loves that he doesn't have to be concerned about developing the best athletes. With art, athleticism isn't necessary.

"A lot of other kids will have success doing this, and I don't have to worry about the win-loss record," he says.

The youth participants keep their artwork, such as paper weights, small bowls, vases and the like.

"You should see the smile on their faces when they make it," Ryser says.

Grants for Hot Glass Inc. come from the Iowa Arts Council, Quad City Arts, the Doris and Victor Day Foundation, HavLife and the Frederick Logan Companies, as well as numerous individuals.

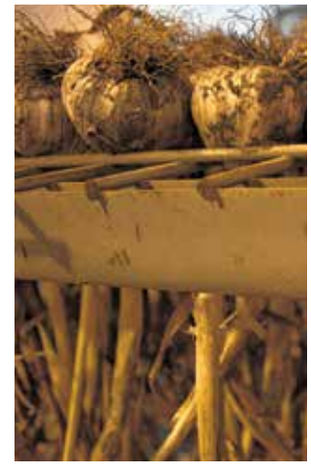
Ryser says he's "blessed and fortunate" to be able to operate in a community where he knows a large number of folks who can help with the shop and its programs.

At the end of the day, he doesn't need to make a profit, he says. If he's able to do what he loves and help others, "then I'm good with that."

***Lillian Zier Martell** is a regular Radish contributor. For more information about Hot Glass, visit hotglassart.org, or its Facebook page. The shop is open most evenings and weekends. Joel Ryser may be reached at 309-236-9223, or at hotglassdavenport@gmail.com.*

Photo by Todd Welvaert/ Radish

Photos by Paul Colletti / Radish



Afghanistan war veteran Sonia Kendrick, of Cedar Rapids, founded Feed Iowa First, a nonprofit that partners with churches, community agencies and businesses to find open space and volunteers to grow fresh produce for Iowans in need. Her organization grew, harvested and donated 30,000 pounds of produce valued at $53,000 to people in need last year. (Photos by Cindy Hadish / Radish)

A quest to feed Iowa

By Cindy Hadish

In a state that prides itself on feeding the world, people are going hungry. When Sonia Kendrick came to understand the issues with Iowa's food system, she rolled up her sleeves and started working for change.

In 2011, the Cedar Rapids woman founded Feed Iowa First, a nonprofit that partners with churches, community agencies and businesses, finding open space to grow fresh produce for Iowans in need.

"Our food system is not sustainable," says Kendrick, 38, who has a master's degree in sustainable food systems from Iowa State University. "It's in trouble."

Even while it boasts having the best soil in the world, 90 percent of the food consumed in Iowa has been transported more than 1,500 miles; one of several issues that concern Kendrick.

An Afghanistan war veteran, Kendrick has seen people suffer from hunger. She earned a degree in agronomy, and began tackling the same problem in her home state.

Kendrick was featured in the documentary film "Terra Firma" with two other women who are veterans and farmers. Last year, she was honored in Washington, D.C., as one of 10 Women Veteran Leader "Champions of Change."

Kendrick says more than 800 acres of grass surrounds churches in the Cedar Rapids area. Just 500 of those acres could produce enough vegetables to reach the organization's goal of 2.5 cups of vegetables a day for the 26,000 Linn County residents who experience food insecurity, or those who don't have enough food to eat or access to nutritious food.

Feed Iowa First began with one church site. Now, it has grown to 24 locations in the Cedar Rapids area. With the help of 150 volunteers, it grew, harvested and donated 30,000 pounds of produce valued at $53,000 to people in need last year through food pantries and agencies, including Horizons Meals on Wheels, which delivers daily meals to homebound adults.

Mar Joan Rhodes, site manager for Meals on Wheels, says Feed Iowa First has provided clean, fresh tomatoes, beans, squash and more for its meals. "It's been a wonderful asset to us," Rhodes says, adding that the produce otherwise would have been purchased out of the agency's budget.

Kendrick wants to do more than drop off a load of vegetables, though. Food pantries and other agencies need special equipment to better use the food, she says, such as green bean cutters. Kendrick says 800 pounds of green beans were dropped off at Horizons in one delivery this summer. "It's good to grow food for people

who need it, but we need something in-between."

The same is true for aspiring farmers. Feed Iowa First also works to support beginning farmers through training and investments that ensure the next generation of farmers and food production.

Kendrick says new farmers face hurdles not only in purchasing land, but in buying equipment needed to farm. A new root washer is among the equipment that farmers or community gardeners could use. Last year, it took Kendrick eight hours to wash 600 pounds of daikon radishes by hand.

"It would take me just an hour with this," she says, pointing to the new cylindrical washer inside the Feed Iowa First packhouse. Previously, the organization worked out of a church kitchen, so the site — leased for $1 annually from the nearby Cargill — is better able to handle larger quantities of vegetables.

Root washer

Kendrick also raised money to retrofit a bus that recently began visiting neighborhoods and delivering fresh produce directly to people in need.

From its inception, Kendrick hoped Feed Iowa First would provide a living wage to farmers-in-training, but despite the organization's success, even Kendrick donates her time. She is grateful for the donations it has received from businesses, but so far, there has been no steady source of funding to provide wages.

A single mom, Kendrick works 50-hour weeks while providing for her two daughters, ages 9 and 11, with the disability checks she receives as an Army veteran. She was diagnosed with post-traumatic stress disorder after returning from Afghanistan.

Turning to the soil was her way to cope with the trauma, she says.

"I think the soil microbes have a way of healing us," Kendrick says. "I don't think I'll ever be 100 percent OK, but I've found a way to feel that I have a purpose."

To learn more, visit feediowa1st.com.

***Cindy Hadish** writes about local foods, farmers markets and gardening at homegrown-iowan.com.*

Driftless Dirt, a loose-knit group of people who organize trail races at Dubuque's Mines of Spain, has been organizing races that greatly limit trash output. Pictured are race organizers Will Hoyer, Danielle Stowell and Rob Williams, all of Dubuque, and Josh Sun, of Davenport. (Submitted photos)

Keeping trails *clean*

Dubuque running group creates fun, sustainable races

By Sara Clifton

When the weather is nice — and sometimes, even when it isn't — you can find road races, 5Ks and other running events nearly every weekend throughout the Radish region. Many race organizers may not truly consider how much trash is produced during races, or what could be done to reduce the carbon footprint they leave behind.

But a group in Dubuque has been going green with an annual event for three years now. The Mines of Spain recreation area is home to Driftless Dirt, a loose-knit group of people who love trail running and recently experienced great success with its third annual Mines of Spain Trail Races.

Last summer, three main races and a Mini Mines kids' race were held at the Mines of Spain, organized by Will Hoyer, Rob Williams and Danielle Stowell, of Dubuque; and Joshua Sun, of Davenport. The group is very proud of what it has created.

From the start, Hoyer says the group wanted to make its race as sustainable as possible, and it does a number of things to minimize the impact on the environment. For instance, there are recycling and compost bins at the events, and participants are encouraged to use them.

"Last year we had over 200 people hanging out after the race, eating food and drinking beer, and the total garbage generated fit into one small grocery bag," Hoyer says.

To cut back on waste, organizers have skipped the disposable cups and instead encourage racers to carry their own water bottle or hydration pack. For post-race festivities, the group purchased reusable plates and forks, and Hoyer collected and washed more than 200 sets to use again.

"Did I really want to spend a few hours washing all those plates and forks? ... No, but I think it's important that we're not throwing away something that's only used for 20 minutes (or less)," he says. "Do runners give up a little convenience by having to carry their own water instead of being able to grab a disposable cup at each aid station? Yes, but nobody has complained."

Beer bottles aren't an issue after the races, either. The post-race beer kegs were supplied locally, and all of the finishers were given pint glasses to drink from and take home.

Additionally, the swag that racers receive is sustainable. Participants received organic cotton bandannas the first year of the race; T-shirts with a 50/50 blend of organic cotton and recycled synthetic fibers the second; and socks made by an American company the third.

The group also strives to have local food at its post-race gatherings. Most of the food comes from the Dubuque Food Co-op, with pulled-pork sandwiches and baked beans catered from a food truck called the Lunch Bus out of Platteville, Wis., which uses locally sourced products.

Area farmers' market vendors contributed door prizes including local wine, maple

syrup and honey.

Even the race bibs are recyclable. They are from Recycle Racing, a small outfit in Portland, Ore.

"We could get free (or almost free) bibs from various sources," Hoyer says, "but we want the bibs to be recyclable and to support a company that is doing good things."

Food scraps also were collected at the end of last year's races, and Hoyer says the group planned to compost them, but they realized they were an hour, round-trip, away from the large-scale composting facility.

"We tossed them because nobody wanted to make the drive, and we assumed that the impact of driving that far would largely cut into the benefits of composting," Hoyer says. "I'd love to find a solution to this for (this year's race)."

From the beginning, the group's goal has not been to raise money for any particular organization or cause, Hoyer says, though the group has donated more than $4,000.

"Instead, we've simply tried to put on the best event we could; an event that is run the way we think races should be. We've made sure it's affordable, fun, well-organized, challenging and sustainable, and people have responded."

Last summer, the event sold out more than two months before the race. This year, Hoyer expects it will sell out even faster. Not including the kids' races, participation has grown from 140 people to 250.

"I think one of the unique things about the race is the geographic distribution," Hoyer says. He estimates that about a fourth of the runners are from the Dubuque area, with several coming from the Quad-Cities, and slightly fewer from Iowa City, Cedar Rapids, Waterloo and Cedar Falls.

"This year, we got more participation from Des Moines and Madison, too," Hoyer says. "I think we've had runners from eight states, and this year, we had someone from Florida come up for the race."

In the first year of the race, the group received a small grant from the city of Dubuque to put together a guide to help other organizations make their races more sustainable, too, though Hoyer is unsure whether it has been used. "I have fielded questions from other area RDs (race directors) about some of the things we've done sustainability-wise, so some people are paying attention," he says.

After Driftless Dirt's third annual Mines of Spain Trail Races event last year, more than 200 runners produced only one small grocery bag of waste.

Fees to participate in the race may be a bit higher than other races, but it's because finding a sustainable way of doing things can sometimes cost a little more.

"I think people who are involved in trail running tend to be people who support what we are trying to do," with sustainability efforts and beyond, Hoyer says. "And, that's one reason our race has become so popular. We've gotten a lot of really positive feedback, and we keep tweaking the race to try to make it better every year."

Driftless Dirt will continue its tradition with the fourth annual Mines of Spain Race in August. For more information, visit driftlessdirt.blogspot.com/p/mines-of-spain-trail-races.html.

***Sara Clifton** is a frequent Radish contributor.*

Fast life? Slow cook

By Brandy Welvaert

Winter nights hit hard in January, all wind, ice and darkness. Wouldn't it be nice to come home to a delicious hot meal one of these evenings? And yet, if you're like some of us, perhaps you packed away your desire to labor over the stove with the last of the holiday decorations.

Enter the slow cooker: Friend in summer when it's too hot to cook, and equally welcomed in winter, when your post-holiday self needs a break from laborious meal prep. Just load some healthy ingredients into your trusty crock and slide it into the fridge the night before. In the morning, pop the crock into its heating element, and off you go. Dinner's ready when you get home.

The slow-cooker doesn't boast gourmet appeal, but perhaps this has more to do with its associations than ability. Its low, steady heat works wonders on less-than-tender cuts of meat, making it the simple choice for old-fashioned family meals like roast with potatoes and carrots. But it can work just as well melding spicy and sweet flavors, as in the Asian-inspired Teriyaki Beef and Onions recipe here. Served over hot rice, this dish replaces take-out with half the sodium and just a little more effort.

Prepare it with locally-raised beef, and you're on your way to a better-for-the-planet meal, too.

The slow cooker also does a good job of infusing flavor into whatever's inside — so herbs and spices go a long way, as in the Spicy Cauliflower and Potatoes recipe you'll find below. It's a healthy, vegetarian main dish that riffs on Aloo Gobi, an Indian buffet favorite. Serve it with warm naan — a flatbread you can make yourself or purchase in the freezer section of most supermarkets — and you won't even miss the ghee that's been omitted from the recipe.

Slow-cooked teriyaki beef with onions. (Photo by Brandy Welvaert / Submitted)

Both of these recipes are basic, so you can try them as-is or easily modify them by adding seasonal ingredients or your personal favorites. In spring and summer, garlic and green onions could make delicious replacements for the large onions in the Teriyaki Beef, when both are plentiful in farmers' markets. Add cooked chickpeas to the Spicy Cauliflower to bulk it up, or remove the jalapeno if you're not a fan of heat.

Go on — give these two simple slow-cooker meals a try. They may not lengthen the winter nights, but they'll warm up your kitchen and feed your family, leaving ample time for relaxing and recharging.

Spicy Cauliflower and Potatoes

2 tablespoons fresh ginger root, peeled and grated
1 tablespoon ground coriander
¼ teaspoon turmeric
2 tablespoons tomato paste
1 cup vegetable or chicken broth
2 tablespoons canola oil
1 large jalapeno pepper, halved, seeds removed
1 teaspoon smoked cumin
1 head cauliflower, washed and cut into flowerets
2 large potatoes, peeled and cubed
Chopped fresh cilantro, if desired

In a bowl, mix the ginger, coriander, turmeric, tomato paste and half of the broth. This is the wet masala mixture. In a skillet, heat oil until it shimmers; add jalapeno. Then add cumin and heat 30 seconds. Add the wet masala and cook until the mixture forms a paste; set aside.

In a 4-quart slow cooker, place the cauliflower, potatoes and remaining broth. Pour masala over top. Cover and cook on low 4-6 hours. Remove jalapeno before serving. Serve with hot cooked rice or naan. Season to taste with salt and pepper. Sprinkle with cilantro, if desired. Serves four.

Teriyaki Beef with Onions

1½ to 2 pounds flat iron steak (or other not-so-tender cut), cut into ¼-inch-thick strips
2 large onions, cut lengthwise into six wedges each
¼ cup brown sugar
½ cup soy sauce
2 tablespoons toasted sesame oil*
½ teaspoon salt
1/8 teaspoon pepper

In a 4-quart slow cooker, place the beef and onions. Set aside.

In a small bowl, combine the brown sugar, soy sauce, sesame oil, salt and pepper. Pour over steak and onions in slow cooker. Cook on low 6-8 hours. Serve over hot, cooked rice. Serves four.

* Buy toasted sesame oil or toast the oil yourself in a small pan. Heat it just until it begins to caramelize and give off a nutty aroma. Don't skip this step; it really makes a difference in the flavor of the finished dish.

Brandy Welvaert is a former editor of Radish.

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Radish Award Winner

Greener energy

Geneseo powered by wind and by sun

By Lisa Hammer

Employees from J.F. Edwards Construction of Geneseo, who built Geneseo's solar array, conferred at the Oct. 14 open house on how to improve a future expansion. From left are employees Willy Minnaert, John Stagg and Terry Dvorak. (Photo by Lisa Hammer / Radish)

Often called the "green machine" town for its football prowess, Geneseo has been growing greener in another way.

The city has switched about half its street lights over to LEDs — with plans to have them all changed over a four-year period — and it's looking into an electric vehicle for the electric department.

The main green projects, however, are in wind and solar energy.

The city's two wind turbines along Interstate 80 began producing electricity in 2009. They will be paid off in 2027. Even with bond payments, the turbines generated $200,000 more in revenue than what they cost each of the first two years.

A new solar farm went into operation last August, hooked into the same distribution lines. Solar "tracking" panels following the sun's path were considered, but because of issues of weather and maintenance cost, fixed panels ultimately were used.

The solar project became a reality after the city found the Illinois Clean Energy Foundation grant that paid $1.25 per kilowatt, up to $1 million. The grant award was announced in the fall of 2014, and a field of 4,248 solar panels — each one 290-watt — went online on city land next to the wind turbines. The remaining $1.5 million cost of the solar project will come from 10-year debt certificates to be paid off at the rate of $170,000 per year.

All that renewable energy is used every day by the residents of Geneseo.

Lewis Opsal, director of electrical operations, says the city is hoping its wind and solar generation comprise 14 percent of the city's total energy use.

"Everything else we have to buy fuel for," he says. "This lowers our demand."

Peak power from solar to mid-fall was 944 kilowatts. "It's actually better in the winter because the temperature of the panels — they're cooler, they're more efficient. At least that's what they're telling us; we'll find out after the first year.

"Seventeen hundred megawatt hours we're hoping for from solar per year," he says. That is enough energy to power 140 homes year-round.

What's more, the city may double the size of the five-acre solar facility in coming years.

At the fall dedication for the city's solar farm, Geneseo Mayor Nadine Palmgren called solar "the energy of the future, reducing the city's carbon footprint."

"It's our chance to be responsible stewards of the Earth," she says.

Payback time for the panels is 10 years or possibly less, and Opsal told small tour groups that even after 25 years, the panels' efficiency still is supposed to be at 80 percent.

The open house last fall gave young families the chance to see wind and solar energy up close. Kaden Riley, age 9, asked city worker Mike Lauritzen a variety of questions about Geneseo's wind turbines, including some about the colored lights that shine on them at night. His 5-year-old brother, Kaleb, asked how many colors they had.

Lauritzen discussed the lights and told the boys that Geneseo had one of the first blade inspections to be done by drone when Clean Energy Renewables of Moline conducted test flights at the facility. The boys' mom, Kerry Riley, asked about risks of turbines falling over at high wind speeds. Lauritzen says when the turbine blades hit 50 mph, they "go neutral and stop."

"This is so neat out here. I never thought we'd get a chance to see all this," Riley says.

Geneseo Chamber of Commerce ambassador Elizabeth Round says she went

“It’s actually better in the winter because the temperatures of the panels — they’re cooler, they’re more efficient. At least that’s what they’re telling us; we’ll find out after the first year.” — Lewis Opsal, Geneseo’s director of electrical operations

home and grabbed her husband, Andrew, and son, Cormac, for a golf cart tour at the open house.

“Even my 5-year-old was so excited that they make our energy with the turbines and solar panels. You could start to see the wheels turning in his head,” she says. “It was really awesome.”

According to the Solar Energy Industries Association, total installed solar capacity in the U.S. hit 22.7 gigawatts this year, or enough to power 4.6 million U.S. homes. In 2014, wind energy powered 18 million U.S. homes, according to the American Wind Energy Association.

Geneseo Municipal Utilities also has its own plant with eight diesel and natural gas engines, but they only operate when market prices are high, for instance, when a coal or nuclear plant is down or “the wind isn’t blowing in the west” for big wind farms, Opsal says. The city’s conventional plant ran for 1,000 hours last year.

According to the U.S. Environmental Protection Agency, each of the country’s 454 coal-fired power plants in 2010 added an average of 3.8 million metric tons of carbon dioxide that year. Each wind turbine reduces CO2 emissions by 3,633 metric tons per year — an average of 10 tons per day. The online feed from Geneseo’s solar farm shows that on sunny days, the project avoids 2 to 3 tons of CO2 emissions.

Geneseo earns carbon credits but cannot sell them, according to the terms of the Illinois Clean Energy Foundation grant.

“We retire them; that’s part of the grant. The city of Geneseo must keep them, but we do earn carbon credits for the city,” says Opsal.

Over 30 years, including initial construction, solar could cost the city $2.1 million, compared to an estimated $5.6 million the city otherwise might have spent on energy from natural gas and diesel sources, figuring in a 1-percent increase per year on those conventional energy sources.

The city’s budget for solar maintenance is a minimal $5,000 per year.

“Most of it’s just going to be groundskeeping. We’re planting grass that only gets 1-foot tall, then falls down so we don’t have to mow it as much,” says Opsal.

So far, the city’s solar system has operated smoothly.

“There have been no issues yet,” he says, adding that there’s a one-year warranty.

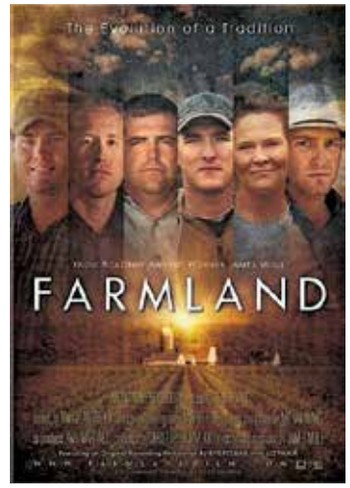
The city also is using the renewable energy park to educate people. The municipal utility brings out each Geneseo third-grade class for field trips. Augustana College students in a related field have visited already, and other colleges have contacted Opsal to visit as well.

__Lisa Hammer__ is a correspondent for The Dispatch and The Rock Island Argus and an occasional contributor to Radish.

Farm on film

Recent documentaries zoom in on farming issues

By Jeff Dick



Looking back over last year's food-related documentaries, there weren't any titles that created the buzz of "Food, Inc.," "Fed Up" or "Fast Food Nation." But a few films were released on DVD that ought to interest locavores and others who take an abiding interest in the source of their food.

'Farmland' tops film harvest

Spreading the word about family farming and burying stereotypes about farmers is the goal of filmmaker James Moll's "Farmland," an informative, if promotional, documentary about the ups and downs of an occupation that is more of a calling than a job.

In the film, a half-dozen farmers — both conventional and organic — as well as ranchers from Minnesota, Texas, California and several other states share their experiences growing corn, soybeans and onions, and raising cattle, hogs and poultry.

Although the average farmer is 60 years old, "Farmland" focuses exclusively on 20-somethings — a minority of the 1 percent of 317 million Americans who work the land. Most of the profiled farmers run commercial operations; one is a community farmer whose customers register.

Mostly college educated but having returned to established family farms, this new generation weighs in on hot-button agricultural practices like genetically modified crops, the use of antibiotics and the treatment of farm animals — not to mention the labels "certified organic" and "all-natural."

Viewers gain insight into the personal stories of these young farmers — five men and one woman — and hear their concerns about making a living in a field dependent on unpredictable weather, fluctuating commodity prices and inheritance-tax laws that make it difficult to hand down family farms to the next generation.

Underwritten by the U.S. Farmers & Ranchers Alliance, "Farmland" should not be dismissed as a public relations effort. The film clears up misconceptions held by many consumers about the source of their food, though ending with the folk song "This Land Is Your Land" comes off like a feel-good pitch.

'Sesame' sings seeds' praises

Unlike the case of "Farmland," there is no soft sell offered by "Open Sesame: The Story of Seeds," M. Sean Kaminsky's ode to seeds — the natural kind, not the genetically modified ones engineered and patented by agrichemical firms like Monsanto.

Opening with a succession of starry-eyed folks using words like "magic" and "love" to describe what makes seeds grow, "Sesame" tips its hand early. This advocacy documentary aims more for the heart than the head — it never really explains the actual growth process.

"Sesame" does provide some context for its "save the non-GMO seed" argument by digging into the history of seeds as a natural resource. Only in the last century have seeds become a patented commodity protected by the courts. But the film ignores the seminal hybridization of pea plants by Austrian monk Gregor Mendel, an early geneticist, in 1865.

Farmers on the losing end of lawsuits, as well as members of organizations such as SaveSeed.org and Seed Savers Exchange, passionately discuss their efforts to preserve and distribute non-GMO heirloom seeds. Maintaining biodiversity in an era of corporate-driven "monocultures" is their mission.

In the past, many small firms sold a great variety of seeds. Now, a few large firms account for the vast majority of available seeds.

"Sesame" raises some worthy points, but less seed hugging and more informing would have made it bear better fruit.

'Chains' looks at cheap farm labor

Picking tomatoes for a penny per pound, the workers in Immokalee, Fla., farm fields average less than $50 per day working from dawn to dusk. Co-produced by actress Eva Longoria ("Desperate Housewives") and author Eric Schlosser ("Fast Food Nation"), Sanjay Rawal's "Food Chains" raises awareness of unfair labor practices.

Supermarkets like the Sunshine State's Publix and nationwide Wal-Mart have depressed the cost of labor by pressuring farmers to produce low-cost veggies, then threatening to buy cheaper tomatoes from Mexico if domestic suppliers don't keep the squeeze on their overhead.

The gaping hole in one field worker's straw hat — a tear in the shield that protects his skin from the sun's powerful rays — symbolizes the poverty-stricken plight of laborers who go on a hunger strike to bring change. Specifically, the workers call for a doubling of their payment rate to two cents per pound.

The campaign is taken to the "end user" — customers not only of grocers but fast-food outlets such as Taco Bell, Burger King and Chipotle. The strategy turns out to be more effective with restaurants than supermarkets, but Wal-Mart eventually agrees to the "fair food tomato," even as Publix fails (by the film's end) to get on board.

"Everyone should be aware of where their food comes from and who picks it," Longoria concludes, in a voiceover. "Chains" does an affecting job making the link.

__Jeff Dick__ is a regular Radish contributor. Films are available from Quad-Cities-area libraries and Netflix.

Going deep

Massage helps heal muscle, relieve stress

By Martha Garcia

Two weeks before I prepared to run the Quad Cities Marathon last September, my piriformis muscles (located underneath the gluteus maximus) weakened because I was running every day. Each buttock felt like there was a bowling ball inside of it, and I was in excruciating pain.

Recently, I learned how massage therapy could be used to heal injuries, and how important relaxation and breathing techniques are in relieving stress. I discovered their benefits through Dino Hayz, a massage therapist, reiki practitioner and Black Hawk College instructor, and decided to give massage therapy a try.

Hayz recommended massage therapist David Clevenger, who had experience using deep-tissue massage to improve sports performance. He works out of Shipman Chiropractic, across the street from UnityPoint Health — Trinity Bettendorf.

Deep-tissue massage relieves muscle tension by massaging deep into the muscle, Clevenger says. Tension develops from adhesions that form in muscles, tendons and ligaments, which block circulation to the area. Deep-tissue massage breaks down the adhesions to relieve pressure and restore movement by working with pressure points throughout the body.

When I arrived at my first appointment, I was greeted with calming music and dim lights. Clevenger's hands awoke achy muscles beyond my legs and piriformis muscles. I suddenly felt achy in my arms, the sides of my waist, the center of my back, neck and shoulders.

At first, it was difficult to relax because the massage caused so much pain, but as it continued, the muscles relaxed, releasing built-up lactic acid. Drinking a lot of water after the massage would be the key to remove the acid from my body.

During the massage, Clevenger used pressure points and stretching to relieve the tense areas that weren't as mobile after I had overworked the muscles from my sciatic area to my Achilles tendon.

"When someone tells me what is not working, I can work the muscle with massage and stretches to deactivate the tension," he says.

Clevenger says deep-tissue massage can be used to ease the pain of fibromyalgia, migraines, arthritis, sports injuries such as mine and more. He says people should consult their physicians before seeking deep-tissue massage, especially for those who have severe illnesses or injuries.

Clevenger says anyone suffering from muscular tension or other ailments related to tension and pain should give deep-tissue massage a try.

"I have had great success with people with chronic pain," he says. "Everybody's body is different and the body is complex, but working with the person to relieve and treat the root of the cause and find the muscles causing pain helps with pain control."

Shipman Chiropractic massage therapist David Clevenger gives a deep-tissue massage to Martha Garcia in Bettendorf. Deep-tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. (Photos by Meg McLaughlin / Radish)

During a massage, Clevenger recommends using meditation and deep-breathing techniques to relax. "You almost have to train people to relax. Overall, healthy results come from the combination of a good, balanced fitness program, relaxing through breathing and massage and moving more."

To work thoroughly on an area of the body and locate pressure points, deep-tissue massages work best when the client is undressed and laying beneath a sheet. The sheet is then raised and pulled to the side to expose the particular area the therapist will work on.

Sessions can last up to 90 minutes, Clevenger says, and it's not recommended for any longer because it can cause bruising and more injury. Clients typically return for more therapy until they feel better.

Massage therapy as a whole works beyond muscle pain, too. "Massage de-stresses the body, whether to promote circulation or just relaxing muscles," says massage therapist Ron Thiele, who travels to several Quad-Cites locations to make massage more accessible.

Thiele offers chair massages at the Freight House Farmers' Market in Davenport, The Grape Life, Family Care Chiropractic, C. Noelle Salon and several retirement communities.

"Touch is such an important part of life," Thiele says. "We have the privilege to touch people to relax them. Stress causes a lot of health problems, and with the healing touch of massage, we can help others."

Two weeks of whole-body and deep-tissue massages that focused on pressure points helped me finish the marathon. I have seen significant improvement in my mobility, and am swimming, cycling and walking until I can return to running.

***Martha Garcia** is a regular Radish contributor.*

Rescued resale

Moline shop's proceeds help homeless pets

By Dawn Neuses and Laura Anderson Shaw

Two women with a passion for animals established a nonprofit resale boutique at 2105 16th St., Moline, with a goal of donating some of the proceeds to benefit homeless pets.

Erin Granet, of East Moline, and Kris Westmoreland, of Moline, spent two months last summer and fall sorting through donations of clothing, shoes, household items, collectibles, decorations and small furniture in preparation for the September opening of their boutique, Rescued.

The women worked together in retail for 15 years, while also helping people with disabilities learn job skills and maintain employment. Granet says they talked on and off about opening a resale shop and their shared love for animals, and decided to tie them together.

"I needed to go on a personal journey to find out how to best use my talents and skills in order to best serve animals, a population I've always been passionate about," Granet says. "This journey included a trip to Best Friends Animal Sanctuary in Utah last year to work for several weeks," she says, where she ultimately decided that "retail was where I wanted to be.

"I still get the hands-on experience by volunteering two nights a week at Animal Aid in Moline."

Granet did some research on opening the shop, and talked with people who have opened similar nonprofits in other areas of the U.S. Then she approached local animal shelters to see if they would support their efforts, and they agreed.

The news that Rescued would be opening was posted on Facebook, and donations began to arrive.

"It is amazing how generous people have been," Westmoreland says, adding the conversations they have had with donors have been amazing, too. "These are people from all walks of life," and some are animal lovers, and some are not, but all want to help, she says.

"I feel someone needs to advocate for animals, and together we can do a lot of good," Westmoreland says.

The women want to support animal shelters and rescue operations, or even people who may need help with a vet bill.

So far, the women say they have donated $1,000 to King's Harvest in Davenport; funds to cover a surgery for a shelter cat from Animal Aid in Moline; and $1,000 to Henry County Humane Society in Geneseo to help finish its new facility. They also fostered a cat and her kittens "until they were taken to their forever home," Westmoreland says.

"With only being open a few months, we're not in a position to donate a lot of money," Granet says. But their work will "hopefully bring awareness to where there are needs in the community so that others can consider donating or volunteering as well."

Erin Granet, of East Moline, and Kris Westmoreland, of Moline, sit inside their store, Rescued. Rescued is a nonprofit retail shop at 2105 16th St., Moline, that accepts donations and sells them. Profits are given to animal-rescue missions. (Photos by Meg McLaughlin/Radish)

Granet says their mission only can be achieved with continued support. "Donations and shoppers are so important. After we deduct overhead and other expenses, the proceeds will go to help animals."

Rescued offers many types of items, Granet and Westmoreland say, including books, clothing, purses, shoes, knickknacks, toys, kitchen and bathroom items and more. Donations may be dropped off during store hours, which are 10 a.m. to 6 p.m. Tuesday through Saturday. For shopping, parking is available off the alley.

"People can pull up in the back of the store and we unload their donations into our garage until we have time to process them," Westmoreland says.

She says the two try to be very conscious of repurposing everything that is donated. "We do receive some donations that we cannot use, and either we recycle it or donate it forward for someone else to use."

***Dawn Neuses** is a former staff writer for The Dispatch and The Rock Island Argus. **Laura Anderson Shaw** is the editor of Radish. For more information about Rescued, visit its Facebook page.*

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FIRST ALERT WEATHER 6

Parsing the Paris pact

Who wins and loses in historic climate agreement?

LE BOURGET, France (AP) — The climate deal adopted in suburban Paris last month was the culmination of four years of negotiations on how to get nearly all countries to jointly reduce the greenhouse gas emissions that scientists say are warming the planet.

The talks were difficult and sometimes teetered on the brink of collapse. Every country made compromises to get the deal done, but some got more than others by the time the gavel dropped on Dec. 12.

Here's a look at winners in the Paris climate agreement and some who came up short:

Women wear masks as they walk along a street on a polluted day in Beijing on Sunday, Dec. 13, 2015. China's push for a global climate pact is partly because of its own increasingly pressing need to solve serious environmental problems, observers said Sunday. (AP Photo/ Andy Wong)

WINNER: Small islands

The tiniest countries arguably were the biggest winners in the deal. Tuvalu, Marshall Islands, Maldives, Kiribati and other island nations pushed hard for two things. First, a global commitment to at least try to limit Earth's warming to 1.5 degrees Celsius (2.7 degrees Fahrenheit) compared to pre-industrial times. Second, recognition that they're going to need help to deal with damage caused by rising seas, more extreme weather and other impacts of climate change. They got both, though with some caveats.

WINNER: United States

The deal in some ways looks like a wish list from U.S. negotiators. It has no new legally binding emissions or financial targets, which would have prevented President Barack Obama from accepting it without approval from the Republican-controlled Congress. It allows countries to set their own emissions targets, rather than having to negotiate them with other countries. And it requires everyone, not just rich countries, to set emissions targets and be transparent about what they are doing to meet them.

WINNER: France

Almost everyone involved in the talks heaped praise on France for making the deal come together. With masterful diplomacy, the French built bridges and gave every country confidence that its voice was being heard. France also earned respect for staying the course despite the bomb-and-gun massacres in Paris just weeks before the climate conference.

WINNER: China

The world's biggest greenhouse gas polluter didn't have to cross any of its red lines. Though a strict firewall between developed and developing countries is gone, the deal still reflects different capabilities of rich and poor throughout the text, a key Chinese demand. Another win for Beijing is that, unlike at the chaotic climate summit six years ago in Copenhagen, China wasn't seen as blocking the talks in Paris.

MIXED: India

Indian Environment Minister Prakash Javadekar blended praise with criticism in his post-deal speech, suggesting he had mixed feelings about the outcome. Knowing its emissions are expected to peak later than those of other major economies, India made sure the text includes some leeway for developing nations. It reluctantly accepted the 1.5-degree goal and failed to get the deal to oblige rich countries to provide clean technology free of intellectual property rights to poor ones.

MIXED: European Union

The Europeans didn't come out of Paris looking like the leaders they want to be — and in many cases are — on climate change. They helped form a "high-ambition coalition" of rich and poor countries, but it wasn't clear whether the alliance was anything but symbolic. The EU successfully introduced a mechanism in the deal designed to ramp up emissions targets over time, but caved on demands that the targets be legally binding.

MIXED: Saudi Arabia

Oil-rich Saudi Arabia argued against the 1.5-degree temperature target and a long-term goal to phase out emissions. It lost both battles. However, the long-term goal doesn't specifically mention emissions from fossil fuels, a small win for the Saudis.

LOSER: Fossil fuels

The biggest loser in the Paris agreement could be the fossil fuel industry. The deal signals to businesses that governments will enact policies over time to promote a shift toward cleaner energy sources, such as wind and solar power. Of course, it remains to be seen whether they follow up on their pledges. In response to the deal, the World Coal Association referred to projections that "electricity generation from coal would grow by 24 percent by 2040," even with the emissions targets countries have set so far.

The General Store

food for thought

Paying it forward

Working to project love and kindness onto those in need

By Julie Stamper

It's been an interesting fall in my house. Houses, actually.

We moved my oldest child to college on a Saturday, and had our first open house on the home she knew on Sunday. After a couple of months of keeping the house clean, which is a real feat in our family, we moved out of one house, and moved into another.

The week before we moved, our beloved standard poodle, George, died of cancer. I started my master's degree. My husband and I each had long and inconveniently scheduled work trips. Our youngest two kids had cross-country and other school activities and, for some reason, they insisted on eating meals and wearing clean clothes.

This all might sound overwhelming, and yet, we made it to the other side. How did we do this? With the help of an amazing support system.

As I started to get my house in order to put it on the market, a friend knocked on my door with wine and her work clothes on. She has an amazing eye for design and staging, and she stayed at my house through the night, getting it ready. I have another friend who said, "My gifts don't include cleaning or painting, but I would love to bring meals!" And so she did. Four times. I may owe her a new Crock-Pot.

Another couple stopped by on a Sunday morning when we had an open house at 1 p.m. and said, "We have two hours and four people. We're good at yards — put us to work!" Another friend offered to take our kids and dog during an open house, and another left work to be at the house when I couldn't make it there to meet someone. When we moved, four different families stopped by at different times to see if they could take a load or two, and my teenage son's friends helped move everything from the garage. It was more than a movable feast; it was friendship gluttony.

As 2015 comes to a close, I think about the people who went out of their way to help us. How does one repay such goodness? How can I ever settle the score?

Sometimes, I feel as though maybe I don't deserve this kind of generosity. I can wistfully reflect on times when perhaps I haven't been such a great friend. A few friends have lost a parent in the last year and I haven't acknowledged it yet, despite the best of intentions. Two of my friends were married in the last few years, and I didn't buy them a gift, mostly because I wanted it to be something meaningful, and then the time ran away from me. It's inexcusable.

Then there are the petty differences — the small things that build into big things. I've lost friends over the years to misunderstandings, divorces and sometimes because the friendship just ran its course. Those people will never stop being an important part of who I am; they just aren't in my life much anymore. It's sad, but maybe it's for the best. I hope I was an important part of their lives as well.

If there is a resolution to be made this year, mine will be to pay it forward. All of the good that has come my way through caring, amazing people can be multiplied and showered on others.

The concept of paying it forward can be traced back to the beginning of the first century, but the phrase was coined by Lily Hardy Hammond in her 1916 book, "In the Garden of Delight," when she wrote, "You don't pay love back; you pay it forward." The Beatles even referenced the concept in one of their last songs, "Golden Slumbers," with the verse, "And in the end, the love you take … is equal to the love you make."

This isn't a New Year's resolution for 2016; this is what I intend to do next year, and hopefully for the rest of my days — to take the love that is given to me and project it back to someone who needs it. I'm not planning to be perfect; far from it. I plan to pay it forward to help even out those imperfections, and to make a difference in someone's life, as others have made a difference to me.

Happy New Year!

Photo courtesy of thinkstock.com

"In the end, though, maybe we must all give up trying to pay back the people in this world who sustain our lives. In the end, maybe it's wiser to surrender before the miraculous scope of human generosity and to just keep saying thank you, forever and sincerely, for as long as we have voices." — Elizabeth Gilbert

Julie Stamper is a regular Radish contributor.

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