

# Radish

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**JULY 2015**

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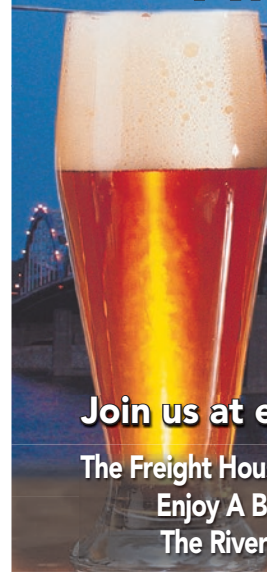
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# from the editor



Jared Johnson of WVIK and Sarah Gardner, Radish editor, at work in the recording booth to produce an episode of Radish on the Radio. (Photo by John Greenwood / Radish)

When asked about the challenges of putting together a monthly publication, the first thing that comes to my mind isn't necessarily the deadlines that have to be met weekly until an issue prints, or coordinating between our writers, photographers and the people we interview to move each article from concept to layout. Instead, I tend to think of the great parts of every story that are left to tell.

This is one of the reasons I am so thrilled about a new partnership between Radish and the Quad-Cities NPR station, WVIK, to produce Radish on the Radio segments. Perhaps you heard some of the first few episodes last month when Radish on the Radio launched on the air at 90.3 FM (and if you missed them, not to worry! The segments are available to stream on your computer at both [radishmagazine.com](http://radishmagazine.com) and [wvik.org](http://wvik.org)).

For each episode, we catch up with someone who has been featured in the pages of Radish. It's a chance to share another part of their story and to let you hear it in their own voices. It's also an opportunity for us to learn more, whether it's something new they are undertaking or another facet to what they do.

As editor of Radish, I've had the privilege of getting regular updates from the folks we've featured in the magazine as I run into them while shopping at the farmers' market or cross paths at community events. It's always a joy to learn the ways they have prospered and grown — and it's an experience I'm delighted to be able to share with you on the air.

Though it's hard to believe, in a few more months Radish will celebrate its 10-year anniversary, which makes this project seem all the more special. Is there a story you've read in Radish that has always stuck with you? Someone whose work you've been curious to learn more about? If so, I'd love to hear from you. You can send a brief description of the article and the things it has left you wondering to [editor@radishmagazine.com](mailto:editor@radishmagazine.com), and we'll keep it in mind as we develop future episodes of Radish on the Radio. It's an opportunity for all of us to continue the conversation and celebrate the people in Radish who have carried on with this work after their articles have printed — it's their dedication and ongoing innovation, ultimately, that keeps us all moving forward.

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

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# the grapevine



## From the Healthy Living Fair

"Great magazine!" — *Jodi Smiley*  
 "Keep up the good work!" — *Cris Gifford*  
 "Great event! Love the magazine!"  
 — *Brenda Jordahl-Buckles*

## From our readers

**Prickly pears where?** (June 2015): "I know the article 'Prickly pears where?' was not meant to be comprehensive, but prickly pears also abound at Big River State Forest near Oquawka."

— *Joe Taylor, Hampton, Ill.*

**Going greener** (June 2015): "Electric cars are not the answer for making cars more efficient; quite the opposite."

"There are enormous efficiency losses at every step in electricity generation. With coal there are heavy efficiency losses at the power plant and over the transmission lines. With nuclear, the federal government has to be the insurer in case of accident, because no other insurer will touch them. After Katrina, Sandy and Fukushima we know how that will likely work. And there is still no solution to the spent fuel waste disposal problem. ...

"'Feel good' articles such as 'Going Greener' may make us feel better, and sell more electric cars (thus indirectly promoting the nuclear industry), but the energy situation we face requires a much more careful, courageous and in-depth study of the issues."

— *Gillian McConnell, Richland, Iowa*

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 at the following events:

• **Skeleton Key Farmers Market**, noon-2 p.m. Sunday, July 12, 520 18th St., Rock Island. For more information about

this market, visit [skeletonkeyartandantiques.com](http://skeletonkeyartandantiques.com).

• **The Growers Market**, 9-10 a.m. Wednesday, July 15, Skate City parking lot, 1112 42nd Ave., East Moline. For more information about this market, visit [growersmarkets.com](http://growersmarkets.com).

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

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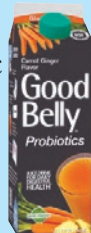
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# healthy living from the ground up

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Chris Nordick holds a blueberry bush waiting to be planted at Beacon Woods Farm.  
(Photo by Paul Colletti / Radish)

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## radishmagazine.com

Cooperation and conversation were key themes of the first-ever Quad Cities Pollinator Conference held last month and organized in part by Nahant Marsh and the U.S. Fish and Wildlife Service.

The event was designed to bring together scientists, environmentalists, farmers, and business and government representatives to discuss the health of bees, butterflies and other animals essential for plant reproduction because they spread pollen. Attendees were told it's not too late to save these vital creatures.

Learn more about the speakers, conversations, and calls to action at the two-day conference at [radishmagazine.com](http://radishmagazine.com).





healthy living

# Stirring the pot

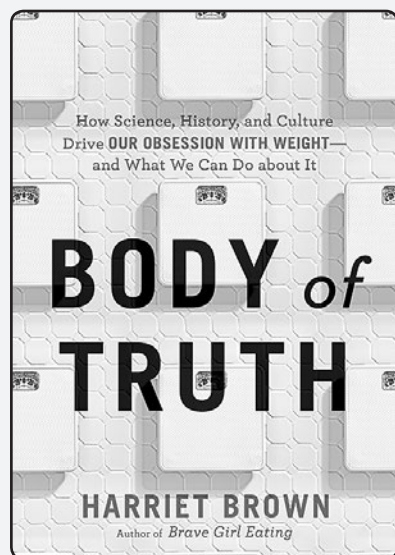
These summer reads have plenty of food for thought

By Radish staff

**H**ungry for a good book to read this summer? We asked our Radish writers to take a good look at three titles that recently hit the bookstands and have been making a stir for what they say about how we eat and the ways we think about our diet. Here's what our reviewers found to chew on.



Photo by John Greenwood / Radish



**“Body of Truth: How Science, History and Culture Drive Our Obsession With Weight — and What We Can Do About It” by Harriet Brown (2015, De Capo Press)**

It's no secret that we live in a world that is obsessed with weight — achieving the ideal size, falling within the “normal” range of the body mass index (BMI), and losing weight or preventing weight gain to ward off obesity-related health issues such as Type 2 diabetes and cancers.

Harriet Brown calls these notions into question in her book “Body of Truth,” citing numerous studies,

offering personal insight, examining the scientific data and exploring the history of how these mindsets got to where they are.

Don't expect to read a bit here and there before bedtime, though. There's a lot to digest. Brown covers a wide range of topics beneath the umbrella of weight and weight loss, including the differences in causation and correlation when it comes to obesity and disease; how statistics and data can be skewed based on who is included and excluded, and how yo-yo dieting could be more harmful to your health than being overweight in the first place.

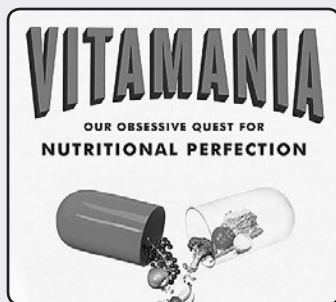
But she also talks about other ways to think of health without weight ever being a factor,

writing, “We'd do better for ourselves and our children if, instead of pushing diets and surgeries and medications, we looked at real-world strategies for eating more fruits and vegetables, getting enough sleep, dancing and playing sports, and other joyful physical activities. And especially if we supported those things for everyone, no matter what they weighed.”

Brown writes with the credibility of someone who has done her research, but with the voice of a peer. At the end of the book, she challenges readers to make up their minds for themselves, and to challenge assumptions regardless of where we wind up.

— Laura Anderson Shaw





**"Vitamania: Our Obsessive Quest for Nutritional Perfection"**  
by Catherine Price  
(2015, Penguin Press)

Among the things I never knew before reading "Vitamania" is that in the not-too-distant past people died from horrific diseases caused by vitamin deficiency. Although it's easy now to take vitamins for granted, when people still suffered from beriberi and pellagra, that was far from the case.

Tragically, the amount we need to ward off such maladies is so minute — the recommended daily allowance for B12, for example, is 2.4 micrograms, the equivalent weight of 1/67th of one grain of salt — it boggles the mind to think of anyone not getting enough (and for me raises the question as to why vitamin pills are so notoriously large — what else is in them?).

No wonder we continue to think of vitamins in the realm of miracle cures! A little more than 100 years ago, they literally were. Safe to say, I spent a lot of time exclaiming, "Wow," and then reading sentences out loud from "Vitamania" to anyone who happened to be nearby.

This truly fascinating book is infused with the author's own infectious curiosity about the history of vitamins and how much we have yet to understand. Whether you think you already know a lot about vitamins or you've never had an interest before, "Vitamania" is going to have you turning the pages to read more.

— Sarah J. Gardner

**WHAT THE FORK ARE YOU EATING?**

**"What the Fork Are You Eating? An Action Plan for Your Pantry and Plate"** by Stefanie Sacks  
(2014, Jeremy P. Archer/Penguin)

Stefanie Sacks is a nutritionist on a mission to get you to rethink your food choices. In clear, easy-to-reference sections, she walks readers through the ingredients and additives she identifies as the greatest health risks in modern foods, and outlines ways to eliminate these items from your diet.

"What the Fork" is an eye-opening reading experience, and even the seasoned label reader will find something new here, as Sacks outlines ways to assess which foods are fit to eat, and which are best avoided.

She also offers strategies to fill your cupboards with healthier, more sustainable choices and offers simple recipes that contain easily-obtained ingredients.

Sacks' conversational tone is both a strength and a weakness: It helps make the sometimes complicated information easier to digest, but also allows her to periodically slip into using hyperbole, which some readers may find off-putting.

However, Sacks does not insist the reader go all-in immediately. As she puts it, "My goal is to meet you where you are at, but at the same time push you to do a little better." And that is something that every reader can reasonably achieve.

— Courtney Walters

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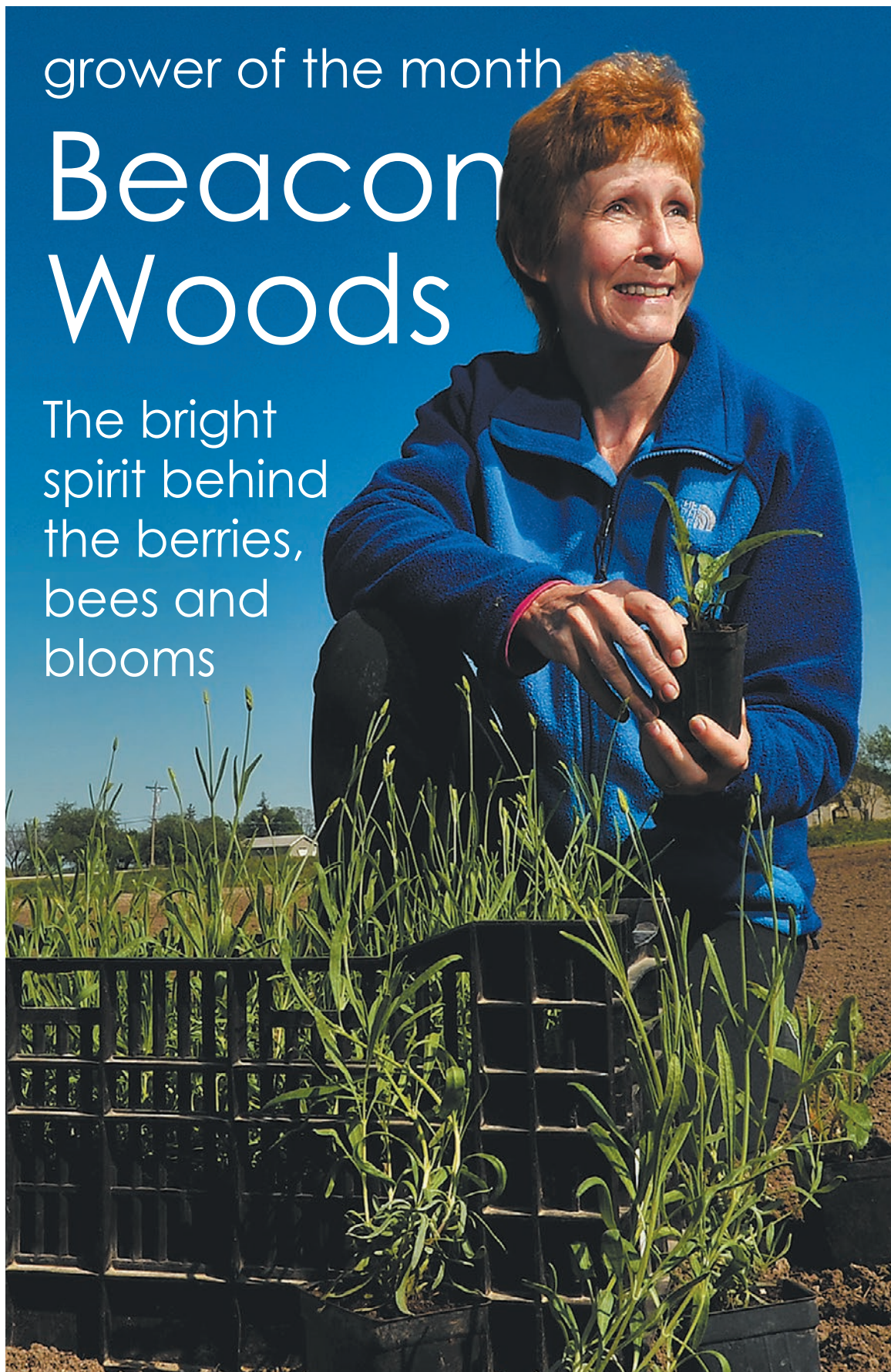
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grower of the month

# Beacon Woods

The bright spirit behind the berries, bees and blooms



By Becky Langdon

“Blueberries are hard to grow,” says “Farmer Chris” of Beacon Woods Farm. That’s why most people don’t do it.

Blueberries like soil that’s very acidic with a pH around 4.5, which is at least 10 times more acidic than what most berries prefer. They’re also costly to plant. Beacon Woods spent \$5,000 on 400 more blueberry plants just this year. To top it off, it takes three years before you start getting anything back, which is a long time to wait for a return on an investment.

For many people, such an undertaking would be a daunting challenge. But for Chris, a woman who has served in the military, completed her doctorate, teaches at a university, raised two special-needs kids, and defeated breast cancer in the last year, blueberries are just the thing.

Chris and Gary Nordick bought their 36-acre piece of land located in Milan, Illinois, after moving to the Quad-Cities area from the suburbs of Chicago. Chris grew up on a farm in Wisconsin but never really imagined returning to her past life. “It wasn’t a purposeful destination,” she says. “It was always, ‘That would be really neat if I came back to that.’”

After getting out of the military, she pursued her nursing degree, went on to become a nurse practitioner, earned her master’s degree and then her doctorate in nursing practice. She teaches mostly online classes now for the University of St. Francis while owning and operating Beacon Woods at the same time. She says they are known for being the only large “U-pick” blueberry farm in the area.

“Most people remember me as the blueberry or garlic or honey lady,” says Chris. “Blueberries are probably our number one thing people think about just because not many people do it.”

## Building a berry patch

The Nordicks began their foray into blueberries in the fall of 2007 with an initial field of 1,200 plants. Today they have about an acre and a half dedicated to berries, with plans to continue expanding. They run their U-pick operation by invitation only due to space and supply limitations, but invitations

Photo by Paul Coletti / Radish

Continued on page 30



## MISSISSIPPI VALLEY REGIONAL BLOOD CENTER



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outdoors

# Slacklining

For balance, focus, relaxation — and fun!

By Becky Langdon

Take a stroll or drive by Vander Veer Park in Davenport on a warm day, and you might see people slacklining. Though the sport emerged in the late 1970s, it's only recently gained popularity, says Quad-Cities-native and slackliner Reid Herrig. Herrig, who works as a sales associate at Active Endeavors in Davenport, decided to try the hobby after discovering the gear at his store one day.

"I didn't know anyone who did it. I had to watch YouTube videos to learn," he says. "Now I've got all my friends doing it."

The concept of slacklining is simple. Take a long, flat piece of tubular webbing, tie it between two trees or support structures, and balance on it. People walk, jump, and even flip on a slackline. While it looks similar to tightrope walking, the line is slack, as the name suggests, allowing it to flex under the weight of the slackliner and sway in the wind, which adds to the challenge.

While it's hard to credit any one individual with creating the sport, according to slackline.com, it started with a group of rock climbers at Yosemite National Park. After a long day of rock climbing, these young thrill seekers spent their downtime walking along parking lot chains, hand railings, and even ropes hung between two trees.

From those early, crude efforts, the sport of slacklining was born, and the popularity is growing. On West-Coast beaches, you can even find permanent slackline anchors set up for public use. Herrig says it's a popular sport among surfers because of the balance it develops, but it's also gaining appeal among others just looking for a way to be outside and do something fun.

"I fell in love with it the first time I tried it," says Herrig. "It's something different. It's something new."

Aside from the obvious benefit of honing balance skills, for some people slacklining can aid with focus and relaxation.

"It's kind of like yoga," says Herrig. "It's just soothing. You don't think about anything else. You just do it."

He adds that it also really develops your calf muscles.

"The first time you go out, your legs will just be shaking like crazy, because you're not used to using your muscles that way," he says. "But it's amazing how fast you can do it. I took a friend out and she took seven steps her first time doing it."

Another benefit compared to many sports is that slacklining doesn't take much to get started. Herrig's line, which he describes as an intermediate to advanced line at 50-feet long, set him back \$90. Any gear beyond that is optional. Even the environmentally friendly "tree huggers," he uses to wrap the trees to protect the bark can be replaced with two old sweatshirts tied around the trunks.

Though they're optional, Herrig plans on adding crash pads to his gear soon, so he can get better at jumps and tricks from greater heights. Tricklining is one of the many variations of slacklining that exist today. Other variations include yoga



iStockphoto

slacklining, longlining, and highlining, all of which are exactly what they sound like. Some slackers have taken highlining to the exceptional heights of canyon tops and skyscraper roofs. Herrig says he could see branching out more some day, but he doesn't really set goals with the sport. He's more interested in having fun and enjoying the outdoors.

"I would like to try highlining but I've got a long ways to go. But I also know I'm not quitting any time soon," he says.

Herrig's best advice for those getting started is to remember to breathe. "Everyone wants to hold their breath the first time." Beyond that, just keep practicing, take it slow, and don't overthink it. "People try to hurry," he says. "They try to walk before they can stand."

Those who try slacklining should be prepared for people to stop, watch and ask questions. Even with its surge in popularity in recent years, slacklining is still new for most and intriguing. If you're not sure what to say to gawkers, just follow Herrig's lead.

"A lot of people ask, 'What are you training for?'" he says. "One of my favorite answers is to say 'American Ninja Warrior.' Everyone believes it."

*Becky Langdon is a frequent Radish contributor.*



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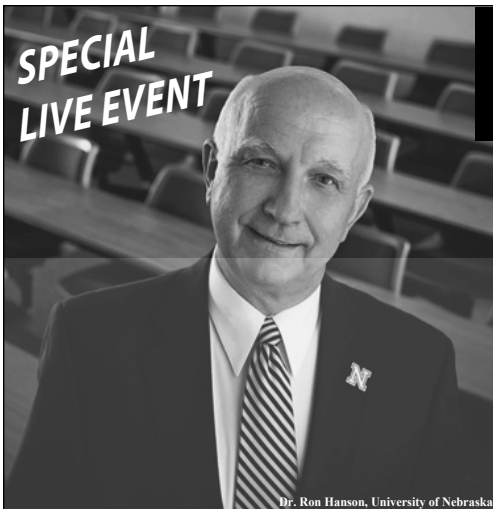
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# Pesto test-o

By Sarah J. Gardner

It's not every day I get to walk into the office, plunk three jars of green goop in front of my co-workers, and ask them to grab some pita chips and tell me what they think (which is to say, this article could easily be as much about the good nature of the people with whom I work as it is about pesto).

I was curious, though. Pesto has been having a bit of a moment lately. Traditionally made with basil, pine nuts, Parmesan cheese, garlic and olive oil, pesto is a condiment that already has a lot going for it. It is super simple to make and positively pops with flavor. It's also incredibly versatile — you can toss pesto with pasta, use it as a pizza sauce, drizzle it over sliced tomatoes, stir it into scrambled eggs, or use it as a base for salad dressing. The list goes on.

Pesto also uses up a lot of basil, which can be a real blessing when we reach the point in the summer



when the garden seems to be churning out more and more things to eat by the minute. In fact, it is this last virtue that I think has inspired the recent trend of “pesto” recipes that don't use basil at all. Instead, they make use of other greens that also tend toward overabundance.

The formula for these pestos is pretty easy. You start with a whole lot of greens, add a little acid (usually vinegar or lemon juice), a little fat (usually nuts or cheese), and blend it together in a food processor while drizzling in some olive oil through the feeder tube. Like I said, easy — but that hardly matters if the end product isn't also worth eating, which is where my co-workers and our taste-test came in.

We tried three alternative pesto recipes, along with a traditional basil pesto to use as a reference point. What we found was that although none of the alternatives had the distinctively aromatic profile of basil, they each had unique merits of their own.

Photo by Paul Colletti / Radish

## Walnut Arugula Pesto

½ cup toasted walnuts + 3 cups lightly packed arugula leaves + 4 garlic cloves + ¼ cup Parmesan cheese + juice and zest of 1 small lemon + ¾ cup olive oil + salt and pepper to taste

**The verdict:** The vibrant green and smooth consistency of this pesto had an immediate appeal. The taste seemed mild at first, but it was quickly followed by the telltale peppery kick of arugula. Because of this, we felt this pesto would work best as a dressing for pasta, spooned over grilled white fish, or made into a veggie dip — anything where the faint bitterness of arugula could serve to heighten other flavors.

## Mint Pesto

3 cups lightly packed fresh mint + ¼ cup sliced almonds + splash of lemon juice + pinch of salt + ½ cup extra-virgin olive oil

**The verdict:** For something that had so much mint packed into it, this pesto surprised us all by having a fairly subdued taste. The consistency was much thicker than the other pesto versions, though adding more oil might serve to further dampen the minty flavor. As it was, this pesto tasted refreshing without being overwhelming. We felt it would pair well with fattier fare, such as slathered on lamb chops or spread on a sandwich made with cured meats.

## Carrot Greens Pesto

1 cup packed carrot greens + 2 tablespoons vinegar + ½ cup pine nuts + 4 cloves garlic + pinch of salt + 2 tablespoons olive oil

**The verdict:** By the end of the taste test, this jar was nearly empty — we could not eat enough of it. A clear and somewhat surprising winner, this chunky green and white condiment had very little, if any, hint of carrot to it. Instead, the taste was very garlicky, but (perhaps balanced by the greens) without the usual raw, eye-watering tinge to it. We kept thinking of great uses for this pesto: on pizza! Steak! Bruschetta! (Though it could be all that brainstorming was simply an excuse to keep going back for more.)



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# Cuts and scrapes

## The best way to treat them may not be what you think

By Chris Cashion

Ah, the long, lazy days of summer. It's a time for camping trips and gardening, outdoor sports and picnics — as well as cuts and scrapes, bumps and bruises. The warm weather does tend to get us all energized and out and about. However, when we combine all that activity with the typically less protective clothing worn in summer, we open ourselves up to the possibility of all sorts of skin abrasions.

As it turns out, the wounds may be nearly inevitable, but how we treat them is not. It once was thought that letting a wound dry out and scab over was the best method of healing. Band-Aids were kids' stuff. For everyone else, once the bleeding stopped, there was no need to keep the wound covered. Current medical understanding, however, turns that wisdom on its head.

According to Dr. Jonathan Arnold, medical director at the Great River Medical Center Wound and Hyperbaric Medicine Clinic in West Burlington, Iowa, recent research shows that moist wound therapy provides optimal healing rates, as opposed to allowing the wound to dry or using wet-to-dry dressings. In other words, if you keep the wound moist, you will heal faster.

"For most wounds, moisture balance is the key — in other words, not too wet and not too dry," Arnold says. Selecting the right dressing is the key to achieving that moisture balance. "Because the skin has been disrupted, it's usually best to cover the wound to provide protection while the wound heals."

Although the type of dressing you should use may depend on the type of wound, there are some general guidelines to follow. "In general, cotton fiber dressings like gauze can easily become home to bacteria if not changed at least twice per day. Some of the newer dressings are made of more durable materials, which are naturally more resistant to bacteria and can handle more drainage," he says.

There are also a number of "second skin" products on the market, and Arnold says these can be very appropriate and effective also. Such products tend to be thin adhesive films or liquids that can be placed or painted over the wound.

Just as important is what you use to clean the wound before the bandage goes on and then each time you change the dressing. Some folks like to use hydrogen peroxide, but Arnold recommends saline solution: "Hydrogen peroxide might be OK for initial wound cleaning but can damage good tissue with continuous use. Normal saline solution is the safest and most proven wound cleansing solution."

If you're looking for a topical antibiotic treatment, reach for Polysporin. "Neosporin is fine, but some people may develop a rash. Rash is less likely with Polysporin, or double antibiotic treatment," Arnold adds.

Another common question is how often to change bandages. "This depends on the type of wound and other factors. It's best to change the dressing as often as needed to obtain moisture balance. For most wounds, the dressing should be changed at least daily," Arnold says. "Some wounds will require less frequent attention, others more."



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When it comes to the time it will take for a wound to heal, though, the biggest factor is the injury itself. Healing time, says Arnold, "depends on the size of the wound — length, width, depth. Most wounds should decrease size by at least 50 percent within four weeks. Most will heal faster," he says.

If you are concerned about scarring, keep in mind that the best way to avoid this is to promote rapid healing. Following the above tips should help you to avoid unsightly scars. Even more important, though, is to be on the lookout for any signs of infection when caring for a wound. Infection not only increases your risk of scarring but also extends the time it takes for your wound to heal and may cause additional health problems as well.

There are a number of signs that can indicate infection. "Increased drainage, odor, pain and redness indicate the wound may be infected. In cases like this, antibiotic therapy may be needed," Arnold says.

If you suspect the wound is infected, or if it seems to be taking an unusually long time to heal, Arnold says it's time to contact a medical professional. The quicker you seek medical attention, the quicker your wound may heal — and the quicker you can get back to enjoying your summertime activities.

*Chris Cashion is a writer on staff with Radish.*



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# ovens off

Simple, sweet desserts to enjoy on a hot day

By Sarah J. Gardner

Growing up, I spent a lot of my summers in the kitchen. A lot. Generally, my projects took two forms: Intense periods of baking as I made batch after batch of cookies or muffins or yeast rolls for my summer 4-H projects, and goofing off with a friend in her parents' kitchen as we worked on our proudest invention, a recipe known simply as “mess cookies.”

The baking I did for 4-H gave me my first taste of a disciplined approach to kitchen tasks. Every ingredient was carefully measured, if not weighed. Every recipe was made multiple times in pursuit of consistent results. I kept careful notes on the backs of recipe cards as I considered which to bring to the fair.

Mess cookies, on the other hand, were exactly what they sound like — inspired by no-bake cookies combined with whatever we could find in my friend's pantry. Each batch began with peanut butter and confectioners sugar and milk. After that, my memory gets a little murky. Raisins? Oats? Chocolate chips? At one point or another, I'm sure they all found their way into our gloppy concoctions.

What sticks with me from all those mess cookies was the exuberance of making them. Each time we opened the pantry door, every single item it contained felt full of possibilities — all we had to do was reach out and grab a bit of this or that, add it to our mixing bowl, and see where it took us.

The 4-H projects stuck with me, too. Many of

the techniques I first learned then continue to serve me well today, and the practice of troubleshooting recipes gave me a way to think analytically about how food is prepared.

I am grateful for both sets of experiences (and to both sets of parents who gave over their kitchens for those early forays into mixing and making). Between them, I learned both the pleasure of a dish well made and the fun to be had taking a recipe in new directions.

These days, my oven tends to stay off during the hot months of summer. But that doesn't keep me from tinkering with new recipes, particularly when it comes to simple desserts to complete a summer meal. It's still the time of year, after all, when I feel up for a bit of kitchen adventure.





## Salty-Sweet Berry Parfaits

- 1 cup pretzel twists or sticks
- 2 tablespoons butter, melted
- 2 tablespoons brown sugar
- ½ teaspoon cinnamon
- 1 cup plain yogurt
- ½ teaspoon vanilla extract
- 2 or more cups fresh raspberries, strawberries, blueberries or mixed berries

Place pretzels in a small paper sack and, using a rolling pin or a large, heavy can from the pantry, roughly crush the pretzels into a mix of small pieces. Pour the pretzel pieces into a bowl, add the melted butter, sugar and cinnamon. Mix to moisten and combine. In a separate bowl, combine yogurt and vanilla extract and mix thoroughly. Spoon a layer of yogurt on the bottom of an individual serving dish, cover with a layer of berries, then repeat with another layer of yogurt and berries. Top with spoonfuls of the pretzel mixture. Repeat with additional serving dishes and serve as soon as desserts are assembled.

## No-Cook Chocolate Pudding

- 4 ripe avocados
- ½ cup unsweetened cocoa powder
- ½ cup honey
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon

Combine all ingredients in the bowl of a food processor. Pulse a few times to break up the largest pieces of avocado, then run the blade for a minute or more until the mixture becomes uniform and very smooth. Spoon into a covered bowl and refrigerate 2-3 hours before serving; can keep in the refrigerator for up to 3 days.



## Buckeye Cups

- 8 graham crackers, crushed
- 2 tablespoons melted butter
- 12 ounces extra-firm silken tofu
- 1¼ cup creamy peanut butter
- ½ cup honey
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 1 cup chocolate chips
- ½ cup whole milk
- Peanut butter chips (optional garnish)

Mix together crushed graham crackers and melted butter until mixture is thoroughly moistened. Divide between 6 half-pint canning jars and press firmly into the bottom of each. Set aside. Drain tofu and place in the bowl of a food processor or blender. Add peanut butter, honey, vanilla extract and salt. Process until mixture is smooth. Divide between the canning jars, spooning it over the graham cracker crust. In a microwave-safe bowl, melt chocolate chips for 30 seconds. Stir, and if still partially solid, microwave 30 seconds more. Whisk in milk. When chocolate mixture is silky and smooth, spoon over the top of the peanut butter mixture. Refrigerate at least 3 hours or until ready to serve. Garnish with a few peanut butter chips (optional). Jars can be covered with lids to turn this into convenient, transportable desserts for picnics or cookouts.

# Flamingo Follies

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# Caregiver fatigue

It's natural to feel stress — and important to get support

By Ann Ring

According to the National Alliance for Caregiving, a 2009 study showed that 29 percent of the U.S. population provides care for a chronically ill, disabled or aged family member or friend during any given year. At first glance, this statistic may not seem like much, but it's inching toward a point at which one out of every three people in our nation is in that role.

Giving care to a family member or friend on a volunteer basis can be difficult, to say the least. It's stressful, time consuming, and mentally and physically draining, and its need can occur after a sudden incident when we're least prepared. Ironically, caregivers more often than not remain reluctant to seek outside help and care for themselves.

"A caregiver is any individual who spends time supporting the welfare of another person — someone who spends time, effort and money for the good of others," says Chris Pries, clinical director at Vera French in Davenport and a nurse practitioner. Pries will conduct a workshop, "I'm Drowning: How to Care for Yourself While Caring for Others," on July 28 at Our Lady of the Prairie Retreat in Wheatland, Iowa.

Pries says that more often than not, it's very difficult for caregivers not only to acknowledge they have needs themselves, but to realize that anyone caring for a relative or friend must care for herself or himself first. "It's hard to acknowledge that you have needs yourself, and that you are to take care of your own needs first. But on an airplane, there's a reason why the flight attendant tells you to put on your oxygen mask first — before helping even your child," says Pries. "If you can't breathe, you're no good at taking care of another person."

She says that same concept needs to be applied to those of us who are caring for an aging parent, a sick child, or someone such as a war veteran who has returned home with a mental or physical disability.



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Pries says that, no doubt, there are certain pressures to care giving. For example, who wouldn't feel burned out while trying to get everything done — tending to your job, taking care of the kids and their activities, doing laundry, grocery shopping and other errands, paying bills — and then spending an hour and a half helping Mom get ready for her appointment? "When someone takes that long to get ready — that's a lot of time out of your day," she says. "So it's very normal to feel guilty that you resent what you're doing."

In the midst of all this, says Pries, along with

feelings of guilt, a person can experience anxiety, depression, and suffer missed opportunities. Pries has caregivers coming to her for help who feel trapped, who can't sleep, who don't laugh anymore, who are angry, exhausted and don't know what to do.

"There are more women than men who I see, but there is an expectation that women will be the caretakers," she says. The 2009 National Alliance for Caregiving study showed that American caregivers are predominantly female (66 percent) and are an average of 48 years old. The average length of caregiving lasts over four and a half years. That's a lot of time to dedicate oneself, sometimes nearly full time, whether it be for a parent, child, other relative, or a sick friend.

During the six-hour workshop Pries will lead at Our Lady of the Prairie, participants will explore concerns of the family caregiver and identify strategies to reduce the stress of care taking. Additionally, community resources will be identified, and communication skills and self-care exercises will be reviewed and practiced.

Attendees also will have time to reflect on their own experiences of what they are going through or have gone through while providing care. "People can share if they'd like," says Pries, which will perhaps ease a sense of isolation or the feeling that you're the only one experiencing what and how you feel. In the afternoon, attendees will learn when it's time to ask for help, and where to find help.

Says Pries, "This is a time where we can learn to be sensitive to our own needs, strengths and fears and become more aware of the needs, strengths and fears you're giving care to."

Cost to participate in the workshop is \$20. More information and registration is available online at [chmiowa.org/events.php](http://chmiowa.org/events.php) or by calling 563-323-9466.

*Ann Ring is a frequent Radish contributor.*



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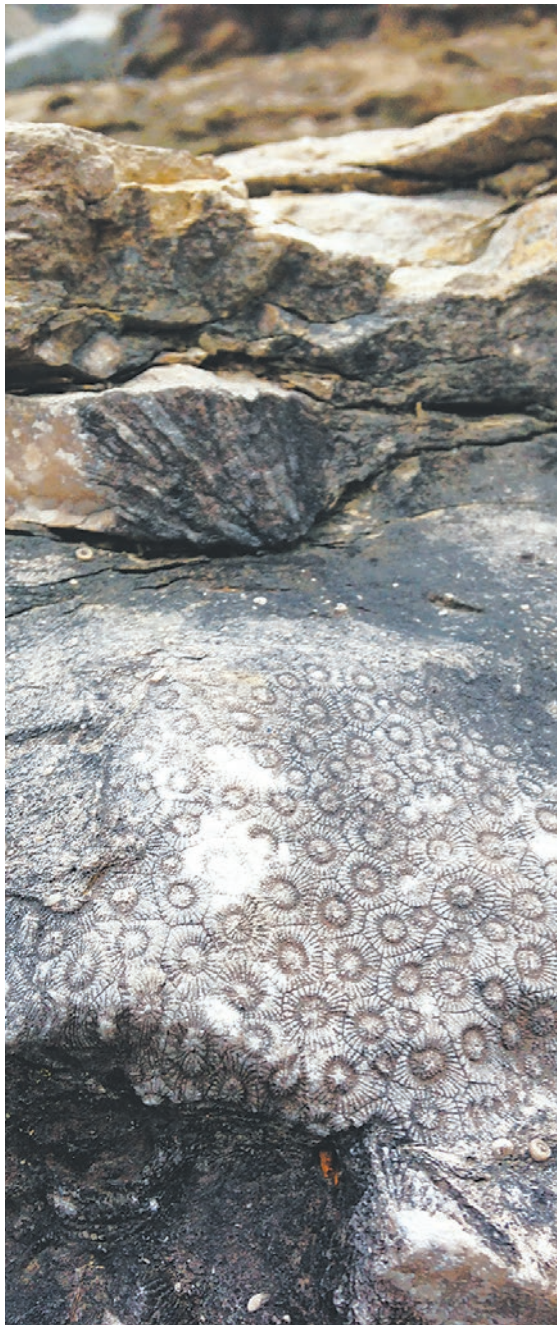
IN THE HEART OF THE OLD CAPITOL CULTURAL DISTRICT



outdoors

# Read the rocks

Discover the rich fossil history scattered in our area



Sarah J. Gardner / Radish

By Jane Carlson

If you have an interest in local history, why not take it back a few hundred million years? Studying fossils and learning to identify them can be wonderful activities for families and individuals — and you don't have to journey far to find them.

John Oostenryk, assistant curator at Augustana College's Fryxall Geology Museum, says fossil explorers will find marine and invertebrate fossils in the area from the Silurian and Devonian geologic periods and also plant fossils, although they are more frail.

"I am enthusiastic about inspiring kids and adults to investigate their surroundings. Most have some inquisitive 'science' in themselves," says Oostenryk. "The critical thinking that goes into getting out of the house and checking into 'stuff' is important in so many ways."

To find fossils, go anywhere you'd find rocks, such as creeks or rivers or ravines, and look for patterns. The riprap rock used to halt erosion along riverbanks and other areas is often rife with fossil life, too, although it may not be "local."

"When I look at a rock, I look for openings, or voids, or patterns and shapes," Oostenryk says.

Plant fossils will have a black coating over the top of the cast, which is actually carbon, and it doesn't last long in the air, according to Oostenryk.

For a surefire way to spot some fossils, head to the Devonian Fossil Gorge at Coralville Lake in Coralville, Iowa. In 1993, raging floodwaters washed out about 15 feet of silt and sand exposing the Devonian bedrock below.

This unique window into Iowa's geologic past features fossilized tropical ocean marine life from the seafloor that is approximately 375 million years old. Terry Escher, natural resource specialist for the U.S. Army Corps of Engineers at Coralville Lake, explains that it was once south of the equator and covered in warm tropical waters.

At the fossil gorge, visitors can see fossilized marine life including brachiopods, crinoids, favosites,

and, of course, coral, including a completely fossilized coral reef home to many other fossilized species.

The fossil gorge includes six huge limestone monoliths with interpretive displays overlooking the gorge. Brochures with a map are available to direct visitors through the gorge and aid in identification of species. Discovery points are marked with plaques embedded in the rock.

Admission is free, and the gorge is open dusk until dawn. Visitors should wear comfortable shoes. At the fossil gorge, the policy is "look, touch, but don't take." In fact, there are fines for removing anything from the gorge.

"Please leave it so that the people coming out the next week can see it, too," Escher says. She recommends instead taking photographs of fossils seen in the gorge or located elsewhere.

For help in identifying fossils you've located on your own, Oostenryk recommends online research. Locate a bedrock geologic map for your state through a Google search and identify what geologic periods are present on the map in your area.

From there, search for prevalent fossils from those periods, and you'll find many resources and line drawings online to aid in the identification process. Other guides may be found at your local library.

Or, get assistance from the Fryxall Geology Museum, during its open season (which corresponds with the academic year, August through May). When the Fryxall is not open, Oostenryk says other great regional resources for fossil identification and education are the Museum of Natural History at the University of Iowa and the state geologic survey.

You can also join a local rock and fossil club to keep your interest going and your knowledge growing. The Blackhawk Gem and Mineral Club, online at [blackhawkgemandmineralclub.com](http://blackhawkgemandmineralclub.com), is based in the Quad-Cities. Oostenryk also recommends the Cedar Valley Rock and Minerals Society, based in Cedar Rapids, online at [cedarvalleyrockclub.org](http://cedarvalleyrockclub.org).

*Jane Carlson is a frequent Radish contributor.*





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By Anne Dickey

When I was a kid, my mother always had a red Folgers coffee can on the counter somewhere between the sink and the stove, ready to intercept any oil or grease. We had a septic system, and having had it pumped out before, she knew that grease could damage the system. When the coffee can was full, into the trash it went.

Fast forward to the recent past: My spouse, who hates to throw away anything, had in mind that it's just fine to put a little oil down the drain, especially since we are on a city sewer line and chased it with hot water while washing up. Not so fast. Even small amounts of oil and grease accumulate as droplets in the crevices of our pipes. Over time, these droplets find each other, attach to bits of food or other waste, and coagulate, whether in your pipes or in the city's sewer.

Restaurants are especially careful with grease disposal. Grease traps installed under sinks collect oil after it goes down the drain, and deep fryers are emptied directly into grease containers to be poured into special dumpsters outside. These restaurants aren't merely complying with environmental regulations. It's also a source of supplemental income. As the saying goes, "One man's trash is another man's treasure." Whether spent, dirty or rancid, oil retains valuable energy.

As recently as six to eight years ago, says Jack Birnbaum of Midwest Renewable Biofuels, restaurants had to pay for a service to get their oil carted away from the dumpsters out back. Today, he says, restaurants can receive around \$1 per gallon for a load of around 250 gallons of fuel.

Birnbaum's company, in Prairie City, Iowa, collects waste vegetable oil, also known as yellow grease, from locations in five different states. They filter and clean the oil, cook out excess moisture, and deliver



John Greenwood / Radish

## Slick proposition

How do you get rid of potentially toxic used cooking oil?

it to the Renewable Energy Group, a national company headquartered in Ames that makes biofuels and fuel lubricants.

St. Ambrose University in Davenport is one collection site for Midwest Renewable Biofuels. Five years ago, Jim Hannon, the facilities director for St. Ambrose, made headlines for the biodiesel they were generating on campus. Though he remains enthusiastic about biodiesel, he has since found it more efficient and profitable to sell the grease to an eco-friendly processor. Other local Midwest Renewable Biofuels partners include Iowa 80 Truckstop in Walcott, Oasis Falafel in Iowa City, and 1st and Main Restaurant in Dubuque.

Individual households do not produce waste oil on an industrial scale, but regardless, just as consumers should not pour used oil down the drain, we also should do our best to keep oil out of landfills. In addition to squandering this "liquid gold," discarding oil can lead to highly toxic landfill fires.

So what can you do to dispose of used cooking oil at home? Oil that has not been cooked to the point of smoking actually can be filtered through a sieve to remove loose food particles and stored to reuse. Oil that has smoked during cooking, though, or turned rancid (a telltale turpentine smell is a good indicator of rancidity), has oxidized and become extremely toxic and should not be used for cooking.

Disposal options include burning old oil in an olive oil lamp such as the Merry Corliss models that range in price from \$7.95 to \$15.95 and are available at Lehmanns.com. Non-rancid oil can be used for homemade bird food, especially in winter when birds need extra calories and freezing temperatures outside make recipes forgiving. Simply mix the oil with peanut butter, bird seed, oats and raisins, and freeze it in paper bowls or old milk cartons before unmolding and setting it outside.

Used oil also can be taken to special collection sites like other hazardous household waste. Municipal collection sites for consumer waste vegetable oil include the Waste Commission of Scott County (5640 Carey Ave., Davenport; 563-381-1300) and the Iowa City Hazardous Waste Collection Facility (3900 Hebl Ave. SW; 319-356-5185). The city of Galesburg does not offer grease recycling. In Dubuque, oil can be recycled at North End Auto Wrecking (55 W. 32nd St.; 563-556-0044).

*Anne Dickey is a regular Radish contributor.*

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# Easy does it

## Managing hemorrhoids begins with what we eat, drink

By Annie L. Scholl

They came 23 years ago, sometime around the birth of my second child. At times, I hardly knew they were around. Other times, they caused me so much pain and suffering that I would have done anything to send them packing.

Unfortunately my “friends for life,” as I’ve come to call my hemorrhoids, aren’t going anywhere. They are, indeed, here to stay. But hemorrhoids don’t have to remain symptomatic or become a persistent bother, according to Dr. Karyn Shanks, who practices functional medicine through the Kylemore Center for Medicine and Healing in Iowa City, Iowa.

Apparently, keeping hemorrhoids quiet boils down to the same stuff we’re always told by people like Shanks: Eat well. Drink enough fluids. Exercise. Doing so, she explains, keeps the stools soft and moving regularly, which decreases the strain on the hemorrhoids so they can shrink and remain healthy.

So what exactly are hemorrhoids? They’re swollen and inflamed veins around the anus or in the lower rectum, explains Cathy Murphy, a certified natural health consultant and nutrition specialist with Heal-Thy Self from Dis-Ease in Moline. Symptoms include pain, itching and rectal bleeding with bowel movements; inflamed anal fissures; and protruding swelling tissue.

Shanks says hemorrhoids frequently show up during pregnancy, as they did for me, because there is a lot of intra-abdominal pressure. They’re also common in people who are constipated frequently from straining. Some of us, apparently, are genetically predisposed to them. (You’re welcome, my children.)

Then there’s that diet factor. Diets that are high in processed foods and low in plant fiber and water predispose one to hemorrhoids, Shanks says. Murphy, too, blames low-fiber diets. Both health care providers suggest consuming nutrient-rich fruits and vegetables instead of a diet heavy in meat, dairy and refined foods.

Other common causes, according to Murphy, include vitamin E, C and A deficiencies, essential fatty acid (EFA) deficiencies, and liver distress.

Consuming coffee, Murphy adds, creates a catch-22. Some people drink it to stimulate bowel movements but by doing so they cause acid in the body. Acid, Murphy maintains, creates inflammation and pain in the tissues. (Can I just say that I really, really hate that news?)

Shanks focuses on the nutritional piece to settle hemorrhoids down. Her mantra: “Plants, plants, plants. Water, water, water!”

In terms of supplements, Shanks recommends magnesium glycinate or vitamin C. Both are very useful nutrients that are also stool softeners. However, she says, anyone with kidney failure, who can’t process magnesium well, should not take magnesium without a doctor’s supervision.

Properly combining foods also can help achieve optimal digestion, Murphy suggests. One example is to eat fruit only on an empty stomach, which is usually the first meal of the day, then allow two to three hours of digestion before eating



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the next meal. Another tip: Never combine proteins and starches in the same meal. (If you’re interested in learning more about that, Murphy offers classes to help people get started.)

If you’re unwilling to eat sufficient fiber-filled foods, then Murphy suggests consuming flaxseed, chia seed and/or psyllium husk, all of which are high in fiber.

One other tip for relief from Shanks: Instead of applying topical ointments like Preparation H or Vaseline, use coconut oil or virgin olive oil. They have anti-inflammatory nutrients, antimicrobial action and emollients that help hemorrhoids heal.

If you’ve read this far, you likely have friends for life, too. Right now, my pals are quiet, but it’s clear to me I have work to do. I go in and out of tending to my diet, in and out of getting enough water and exercise. My friends for life do provide one benefit: They remind me when I’m not paying attention to all that good stuff.

While following their advice should quiet hemorrhoids down, Shanks says surgery is an option for difficult cases. With the right care, though, surgery is usually avoidable, she adds.

A change in diet, Murphy concurs, can help hemorrhoid sufferers like me avoid drugs, surgery and misery. As she says, these friends for life do not have to be our enemies.

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

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# To the limit!

Get down and dirty at  
these July endurance races

By Laura Anderson Shaw

For runners and cyclists looking for a little adventure this summer, two upcoming Quad-Cities events turn up the intensity. You don't have to be a peak-performing athlete, either, to get in on the fun — whether your feet or your wheels are your forte, each of these endurance races cater to people of all ages and skill levels.

## Down in the mud

A plethora of challenging obstacles. Watery mud pits galore. A scenic run. Find them all at the third annual Case Creek Obstacles 5K Mud Run.

This year's run will be held July 11, with waves of runners taking off every 15 minutes beginning at 9 a.m. at Case Creek Obstacles, 7625 120th Ave., Coal Valley, Ill.

Mark Zmuda, who runs and organizes the event with his neighbor, Theron Maring, on their properties in Coal Valley, says the 5K Mud Run leads participants through fields, woods, hills and streams, "taking advantage of the natural terrain and obstacles."

The course also includes more than 25 man-made obstacles that utilize natural features, Zmuda says, including over/under bars, Case Creek itself, a cargo net and more.

This year, Zmuda says organizers also are adding a ninja warped wall, like the ramped wall with a ledge to climb over featured on the TV series "American Ninja Warrior"; a rope traverse, where you hang and climb beneath a rope or balance on top of it to climb across its length without touching the ground; and up-and-down monkey bars over a roughly 4-foot-deep water pit.

Because the race site at Case Creek is permanent, "we can keep working on improving it every year," Zmuda says, adding that anyone who loves exercise and the outdoors should join in on the fun. It's a "very scenic location," he says.

People of all fitness levels and abilities are welcome to participate. "You can always go around an

John Greenwood / Radish

Continued on page 28



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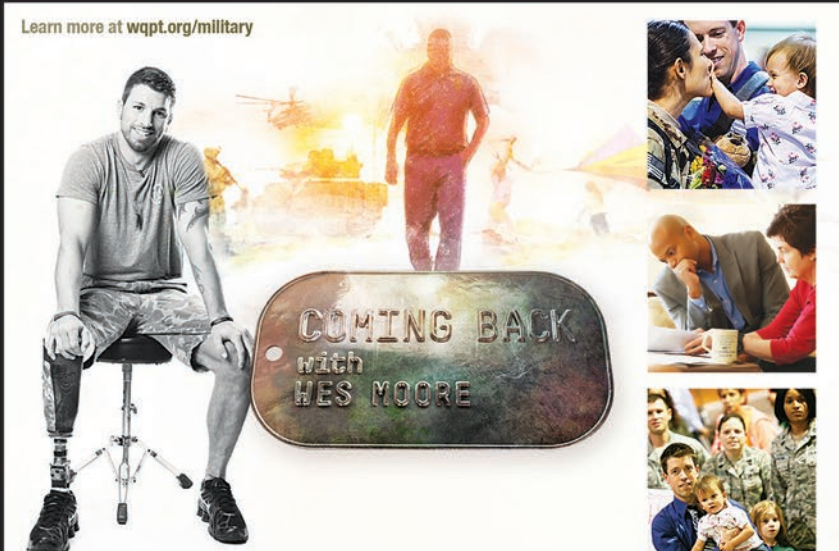
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obstacle if you need to," Zmuda says. "All our runners finish the race. There is a lot of great teamwork."

Nearly 400 people turned out for last year's race, including groups of families, friends and couples.

Registration for the run is \$69 through July 10, which includes a T-shirt, prize at the finish, a sports drink, insurance and parking. Registration is available online through [getmeregistered.com](http://getmeregistered.com).

A make-up date is scheduled for July 12. For more information, check out [cascreekobstacles.com](http://cascreekobstacles.com).

## Two-wheeled thrills

Winding through the Quad-Cities area are numerous mountain biking trails crafted and cared for by the Quad Cities Friends of Off Road Cycling, or QC FORC.

On July 12, the group will host the FORC Side Thrill Ride on the trails of Sunderbruch Park in Davenport.

The event is a cross-country mountain bike race that is part of the Illinois Homegrown Race Series and the Iowa Mountain Bike Championship Series, says FORC race director Michael Vittetoe.

This summer marks the third consecutive year for the event, which returned to the schedule in 2013 after a hiatus.

"It gives the club a great opportunity to showcase the trails that our members work hard to build and maintain, as well as provides the club with a fundraising opportunity to help pay for trail projects," Vittetoe says.

Depending on the racing class, course routes range between 8 miles and 22.5 miles, and about a quarter of a mile for kids, according to the group's website, [qcforc.com](http://qcforc.com), which describes Sunderbruch as a "Midwest single-track experience with a twist."

There are a number of man-made technical features throughout the trail, as well as roots, climbs and downhill, according to the site. The course route

will be available for those who would like to practice and get a feel for the trails the afternoon before the event.

Vittetoe says "anyone who enjoys riding mountain bikes should race. If you are competitive and want to see how you stack up with the region's best racers, here is your chance."

For those who just want to race for the fun and the challenge of it, the competition features racing classes for just that, Vittetoe says.

"The trails will be trimmed and prepared to perfection, and the course will provide numerous fun, challenging obstacles for riders of all skill levels," he says.

Vittetoe's favorite part about The FORC Side Thrill Ride is "the mountain bike community coming together and having fun on the trails. At the end of the day, that is what it's all about," he says.

Registration for the Thrill Ride is \$30 in advance at [USACycling.org](http://USACycling.org), or \$35 on the day of the race. USA Cycling memberships are required, Vittetoe says, adding that one-day memberships are \$10.

Onsite registration will open at 7:30 a.m. and close 30 minutes before each race. Races will begin at 9 a.m.

A kids race for those ages 9 and younger will be held around 12:30 p.m. There are no restrictions on bicycle type, and while registration is required, participation is free.

Those who may not necessarily be interested in racing but still want to be a part of the event may sign up to volunteer. To do so, email [racedirector@qcforc.org](mailto:racedirector@qcforc.org) with your availability.

The event is dependent on trail conditions, and may require rescheduling in the event of a heavy rain prior to or during the race. The rain date has not yet been determined, but all race start times will remain the same.

For more information, visit [qcforc.org](http://qcforc.org).

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





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Continued from page 8



Chickens raised at Beacon Woods Farm. (Photo by Paul Colletti / Radish)

aren't hard to come by. Chris maintains a U-pick signup on her website, [beaconwoodsfarm.com](http://beaconwoodsfarm.com), which she designed herself, and so far she's been able to accommodate everyone interested. "People who have been on the list the longest get first pick," she says.

Blueberries are what their customers think of first when they think of Beacon Woods, but the Nordicks also grow just about every popular berry, such as raspberries, black raspberries, yellow raspberries, blackberries, and strawberries.

Chris makes jellies and syrups out of all of it. Beacon Woods' products are available at the Freight House Farmers' market in Davenport and at their self-serve farm stand on site.

Though Chris battled breast cancer last year and had to take most of the season off, Beacon Woods continues to grow. "The community was very supportive," she says. "Both the customers and the other vendors at the market." After going through chemo, surgery, and radiation, she's very glad to be back to farming with her husband, Gary.

## Busy as bees

On the farm, Gary handles "everything with an engine," while Chris does most of the weeding and picking. Chris also wears the hat of beekeeper and admires the insects for being hardworking, useful and beautiful. Currently Beacon Woods Farm has 15 active hives, which equates to about a half million bees. Some day down the road Chris wants to expand to 50 hives — that's more than 1.5 million honeybees.

Chris says she tries to add something each year. "This year I'm trying about 10 new things," she admits. "I'm trying Brussels sprouts this year. And of course they can't just be green Brussels sprouts. I'm trying purple Brussels sprouts, too!"

Other vegetables they grow include onions, potatoes, leeks, peppers, eggplants, pumpkin, squash and popcorn. They also raise free-range chickens and turkeys, and Chris recently added a flower subscription service to their offerings, through which she delivers beautifully-arranged, handpicked bouquets.

Chris says their farm is 95 percent organic and she relies on natural methods as much as possible. With people picking her berries, it's essential to her that she never sprays them. "I'm trying to get smarter," she says. "I'm using more mulches, planting closer, shading the weeds. I'd like to think I'm getting better at it.

Her ever-expanding ambitions are a lot of work, but it's fulfilling. "Philosophically I'm very holistic," she says. "I believe people have physical, mental, social, spiritual, and emotional aspects to them. The farming has a component of holism for me. You do it all there." Summing up her positive outlook on life, she adds, "I enjoy the beauty of it all. Even though there are the weeds."

*Becky Langdon is a frequent Radish contributor.*

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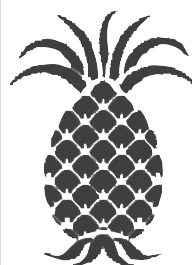
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food for thought

# Hitting pause

Sometimes it takes a setback to unlock our potential

By Chris Cashion

I've never been good at moderation. Physical challenges inspire me, and if it pushes my limits, I'm generally game. "Go big or go home" has always spoken to me. That is, until something happened that showed me I had a bit to learn about backing off of that philosophy.

About a year ago, I had laparoscopic abdominal surgery. The first few days of recovery were rough, but I bounced back quickly. Two weeks later, I ran a 5K. I patted myself on the back, smug in how capable and strong I was. Look at me go — I'm unstoppable!

How wrong I was. In March, I unexpectedly had another abdominal surgery — this time it was complete with a healthy incision, nine-day hospital stay and a lengthy recovery.

I had no idea what was in store for me, nor did I fully appreciate how much work those abdominal muscles did until the surgeon's scalpel rendered them useless. I now needed assistance to sit up in bed. My first walk down the hospital hallway made that half marathon I had completed just a few months prior look like child's play.

After a five-week medical leave, I returned to work. In my head, I thought I'd return to other normal activities as well — going to the gym, practicing yoga and adding miles to my already well-traveled running shoes. My brain heard the admonitions of "take it slowly" and "don't rush into things." I even nodded in all the appropriate places, but I somehow thought those phrases applied to other people.

I was about to learn otherwise. I was also about to have impressed upon me a very intense lesson I'd heard bandied about by yoga instructors — variations of "honor the body you bring to your practice today."

I had two options: I could sit in the corner and cry about the things I couldn't do, or I could take that mantra to heart. Never one to blindly accept defeat, I chose the latter. And that's when I discovered the freedom in it.

For the first time in my life, I took things



Chris Cashion steps off the jogging path for a short stroll. (Photo by Todd Welvaert / Radish)

slowly. I enjoyed what my body could do without that nagging voice tickling at the back of my consciousness — the one that tells me push harder and dig deeper. Instead, I listened intently for my body's quiet voice to gently tell me what was OK and what wasn't. I accepted that I was, for all intents and purposes, in a new body that I didn't fully understand yet. I didn't know my limits, but I also didn't know my capabilities.

My first attempts at things that once came easily were clumsy, at best. But I found that with the nagging voice silenced, I was able to enjoy the activities for what they were. I ran (and I use that term very loosely) without worrying about my pace. Sometimes I walked. I simply enjoyed the blue skies and budding trees of spring. I let the air fill my lungs and let my legs pump up and down in whatever fashion came naturally. I smiled like an idiot.

When I went to yoga classes, toting my mat and my slowly healing body, I explained my situation to instructors. Their level of understanding brought tears to my eyes and gratefulness to my heart. What happened on the mat felt both experimental and joyful. Could I move this way? Could I possibly bend that way?

It freed my mind, as well as my body. No longer did I fret about attempting deeper expression of poses. I simply experienced yoga in whatever capacity my body allowed me — not the body I brought to the mat months ago, but the body I brought to the mat in that moment.

I didn't worry about failure, or measuring up to some idealistic standard. I simply enjoyed the freedom of moving my body and appreciated the wonder of its ability to heal itself and move on. I gave myself permission to enjoy the moment without immediately worrying about the next.

I cannot say that I would choose to experience surgery again, but I can absolutely say I am grateful for the lessons it has taught me.

*Chris Cashion is a writer on staff with Radish.*





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