Radish

HEALTHY LIVING FROM THE GROUND UP

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"A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

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

Ten years ago something happened that changed my life forever.

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

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

Several times a day, patients thank me for helping them with their health problems. But I can't really take the credit. **My confession is that *I've never healed anyone of anything.*** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by ***healing itself***. We get tremendous results. It's as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

Amazing Offer – When you bring in this article, you'll receive our entire new patient exam, with x-rays for just **$27**. That's it, no kidding.

Great care at a great fee – Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. I just have that low fee to help more people who need care.

My assistants are Tacia and Amy, and they're both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called ***SCRANTON CLINIC*** and it is at 2512 18th Avenue, Rock Island, IL (We are "next to, but not in Whitey's"). Our phone number is 309-786-3012. Call Tacia, Amy or myself today for an appointment. We can help you. Thank you.

– Dr. Rob Scranton, D.C.

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

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

from the editor

There weren't many snowflakes, and they certainly didn't stick, but it snowed on Oct. 10. I hardly know what to say. It was a Saturday morning, and my aging and slightly potbellied Labrador, Rocko, had asked to go outside. I obliged, only to observe fluffy, nickel-sized flakes fall from above, then settle on his gold-and-white fur and stay for several seconds before melting. It was snowing. In October! We hardly knew what to do.

We bounced around in the backyard for a few minutes, a tennis ball between us, weighing the options. To the farmers' market? To run errands? Finally we decided to do what man and beast — or in this case, woman and beast — have been doing since the beginning of time. We returned to the house, and we hunkered down.

Within moments Rocko was plopped lazily near the stove as I busily mixed together whatever was in the cupboards and in the refrigerator into a makeshift chili. Later, he watched with the focused attention of a dog waiting for a bit of food to hit the floor as my husband and I mixed up a batch of cookies for the oven. It was a day of cold on the outside and warmth on the inside.

Even as the mind-boggling holiday season approaches, my hope is that the cold season brings at least a couple more restful days like this to my house, and to your house, too. Days in which you can enjoy good food and good company, which are two of the healthiest things I know.

— Brandy Welvaert
editor@radishmagazine.com

p.s. Want to win two tickets to see Ballet Quad Cities' performance of "The Nutcracker" in Davenport next month? Turn to page 33 and fill out the Radish survey, then mail it to us by Nov. 30. If you win, we'll contact you.

Radish
HEALTHY LIVING FROM THE GROUND UP
Number 11, Volume 5
November 2009

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Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for $19.95 for one year ($29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines and distribution sites, visit www.radishmagazine.com.

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

contributors

Steve Elliott of Moline, Ill., is a reporter for The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. When he's not reporting on happenings in rural communities, Steve enjoys reading, fishing and cooking with bacon. Find his story about the environmental revitalization of the Milan Bottoms Preserve on page 12.

Elizabeth Janicek of Kenosha, Wis., is a former Quad-Citian by way of Morrison, Ill. A graduate of Augustana College in Rock Island, she is a freelance writer and a musician. Elizabeth enjoys farmers' markets, choral music and experimenting with food. This month, she writes about author and agrarian Terra Brockman of Congerville, Ill., on page 6.

Donna Duvall of Spragueville, Iowa, is a personal chef serving eastern Iowa and western Illinois, providing home meal replacement services and cooking demonstrations. She has been cooking since the age of 8 and has developed a large and eclectic repertoire of recipes. She is an avid organic gardener who teaches cooking classes around the region. Read her ideas and recipes for creating a potluck-style Thanksgiving on page 10.

Darrin Nordahl is the city designer for the city of Davenport. He is a native of the San Francisco Bay Area, where he received his master's degree in urban design at the University of California, Berkeley. He also has a degree in landscape architecture and has taught planning and design courses at UC Berkeley Extension. He also is the author of "My Kind of Transit." Read his essay about growing food in public spaces on page 40.

Sarah Ford of Port Byron, Ill., graduated from St. Ambrose University in 2009 with majors in English and philosophy. Sarah is active in the community, helping to create Port Byron Earth Fest, the community garden, the farmers' market and the Green Committee. Find her story about eco-friendly holiday greeting cards on page 18.

Also contributing to this month's issue of Radish are **Jeff Dick** ("Focus on food," page 22), **Sarah Gardner** ("Balm for the planet," page 19, and "Happy trails to you," page 24), **Ann Scholl Rinehart** ("Economy eat your job?" page 14, and "Gifts for the spirit," page 32), **Ann Ring** ("Farming under 40," page 28) and **Sharon Wren** ("Click it for your heart," page 26, and "Retreats for the soul," page 16).

Radish is an editorial affiliate of ENN ENVIRONMENTAL NEWS NETWORK

the grapevine

On the Road with Radish

The weather may be turning cold, but Radish isn't slowing down. You can come out to visit with a representative of the magazine at the following events this month:

• The Davenport School of Yoga and Tapas Yoga Shala, 421 Brady St., Davenport, will host an anniversary open house Nov. 7. The day will include yoga demonstrations, information, a potluck and a screening of "Fresh," a documentary about the current state of food. For details closer to the day of the event, visit tapasyogashala.com or davenportschoolofyoga.com, or call (309) 236-6084.

• The Illinois Sierra Club will celebrate its 50th anniversary from 6 to 8:30 p.m. Nov. 10 at Watch Tower Lodge at Black Hawk State Historic Site, 1510 46th Ave., Rock Island. The evening will include snacks, music and storytelling.

Actor John Wallace will portray early conservationist John Muir and tell stories beside the fireplace beginning around 7 p.m. Cost is $5 for adults; students get in free. Tickets will be available at the door.

• A Social Justice Movie Night featuring "Dirt," a film about the relationship between people and soil, will begin at 7 p.m. Nov. 20 at the Unitarian Church, 3707 Eastern Ave., Davenport. The showing is sponsored by QC Progressive Action for the Common Good. Free admission. For more information, visit qcprogressiveaction.org.

On the Road with Radish is made possible by The Friends of Radish: Humana, Metro, Trinity Regional Health System, Zimmerman Honda and WQPT.

From our readers

Crêpes for a cause (Oct. 2009): "Love Chad's crêpes!"

— Tamara, Moline, IL

"What a guy! Handsome, awesome cook, and a guy with a big heart. Thanks, Gilda's Club, for partnering with him on this."

— Linda, Port Byron, IL

"I visit the farmers' market weekly and have made it a habit to eat Chad's crêpes for breakfast. I am so pleased to have them at the market and hope they keep doing well!"

— Erin, Rock Island, IL

Get your event into the Radish calendar

Have a health-related event that you'd like to let Radish readers know about?

Looking for something fun, educational and healthy to do this weekend?

Check out radishmagazine.com and click on the calendar icon on the right side of the page. There you can peruse events happening around the Radish — from cooking classes and outdoor events to runs, rides and walks.

If you have an event you'd like to share, visit the Web site and use the online form to submit it to the calendar.

And, as always, if you have questions or comments, send an e-mail to editor@radishmagazine.com.


Colin Beavan, aka No Impact Man

Join No Impact Man for week of carbon-neutral living

Last fall Radish featured Colin Beavan, aka No Impact Man, when he visited the Quad-Cities for the Earth Charter Summit. Beavan is the guy who lived for a year in Manhattan with the goal of creating no net impact on the environment. He swore off plastic, shopping and non-local foods in an effort to prove to himself — and the world — that people not only can live well, but also be happier, with less stuff.

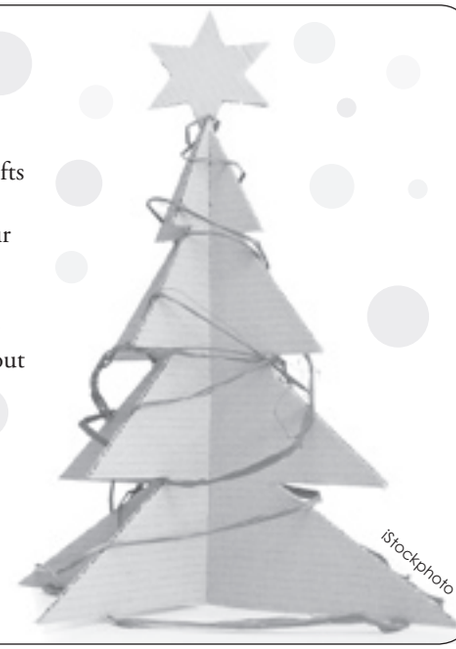
Now No Impact Man is inviting others to join him — for a week, at least.

All you have to do is visit noimpactproject.org, where you'll find a seven-day plan that tells you exactly what to do each day to achieve a greener way of life. The No Impact Project isn't negative or preachy, and it offers plenty of inspiration to keep you going along the way.

Think you'll try the No Impact Project? Let Radish know! Send an e-mail to editor@radishmagazine.com and tell us about your plans.

Coming in December …

- 20 healthy, useful holiday gifts
- New eco-friendly tunes
- Organizations that need your help this season
- Winter farmers' markets
- Gifts that honor and inspire
- What you need to know about energy tax credits



healthy living from the ground up

features

in every issue

on the cover

Cranberries are just one healthy ingredient for frugal Thanksgiving feasting. (Photo by iStockphoto)

departments

Living on Henry's Farm

Terra Brockman revels in the details of the seasons

By Elizabeth Janicek

Like many raised in the Midwest, author Terra Brockman didn't fully appreciate her rural roots until she moved away. After years spent in New York City, Japan, and elsewhere around the globe, Brockman returned to Congerville, Ill., where her equally well-travelled brother, Henry, had decided to settle his own family and take up farming as a fifth-generation agrarian.

Brockman's new book, "The Seasons on Henry's Farm" (Agate, 2009), follows this small-scale, labor-intensive family farm through the 52 tiny seasons that comprise a year. Interlacing vibrant description, thoughtful reflection and mouth-watering recipes, Brockman's book explores and recounts the physical and personal realities of a daily relationship with the land. She spoke to Radish about her book and her experiences.

Radish: You frequently write on the interconnectedness of life and death in farming. Does death lose its sentimentality when you see it so regularly?

Terra Brockman: The thing I was struck by, coming back to the farm, was how everything is cyclical. It's always the same, yet it's always different. And no matter where you look — every season, on every level — you start to see those cycles.

There are the insects (that) hatch and go into a larval stage, then a butterfly or moth stage, then lay their eggs and die. The plants go to flower and to fruit and to seed and die in the winter, then come back to life in the spring. So you don't get sentimental, but it becomes very poignant. You get used to it in one way, but you appreciate it every time it happens. It's got this reassuring-ness about it: Every time there is death, it leads back to life somehow.

Terra Brockman's new book is 'The Seasons on Henry's Farm.' (Submitted)

R: This isn't just a book about a farm. This is also a book about your family. Who is Henry?

TB: Who is Henry? He's very quiet, calm, incredibly hard working, thoughtful and kind. I think he was born understanding some things. He got married pretty young; he had kids pretty young — he didn't need to live for 30 or 40 years before he "got it." He was the little brother. He was very funny and still is. But mostly, he's a quiet, hardworking person.

R: Sustainability is an emphasis on Henry's farm today. Has it been for generations, or is that a recent shift?

TB: My grandparents and great-grandparents had a sense of sustainability and ran a very diverse farm. But my grandfather had a bad farm accident in the early 1960s, when everyone was changing to mono-crops, planting fencerow to fencerow in corn and soybeans. They started to rent the land to the neighbor, who went the same way everyone else did.

My grandma always said, "I wish they wouldn't put on those darn chemicals!" But they also felt like, "Oh well, this is progress. This is science. This is what all the experts tell us we need to do." Gradually my dad got a different neighbor to transition all the farmland back, and now it is certified organic again.

So it did go through the same pattern that a lot of Midwestern farms did in turning to chemicals. It's just maybe a little ahead of the curve in transitioning back to something that is very sustainable.

R: Why do you start the book in November?

TB: I love November. It's a beautiful time of year. But I started there specifically because that's when we plant garlic, the first crop of the following year.

People think of November as the time of, if not death, then at least dormancy. Creatures go into hibernation and trees lose their leaves. It seems

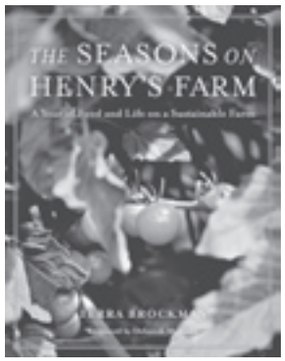
like this stark time, but while all that's happening, there's something in the ground that's starting to have life, starting to put roots down, and getting ready for the spring already.

R: Your writing often ties small natural details to larger truths. Is there something that you've experienced, personally, that resonates as a particularly meaningful symbol or metaphor?

TB: I have a little redbud tree outside the bathroom of my house. I've looked out that bathroom window a million times, at all different times of year. Of course you notice when it's in full bloom, but then you forget about it because it's not very striking. It's just a tree — a little tree.

But one day I came in from the field, and I noticed a little heart-shaped red leaf was coming out the end of each branch for that year's new growth. And I thought, "How many times have I looked, and I've never seen this? How many other things go on every day in nature, or with people, that I just haven't noticed? That I have my blinders on, or am so involved in my day, that I just don't notice it?"

It's one of those little wake-up calls, and things like that happen all the time. I love that you'll never stop noticing, or learning, or having some level of awe about what is around you. We can only absorb so much. But isn't that a wonderful thing? It means that no matter how long we may be lucky enough to live, the world is always new.



November seems like this stark time, but there's something in the ground that's starting to have life.

R: Do you think that a sense of awe is necessary to be a truly good farmer?

TB: It is. Every side of a human being comes into play when you do this kind of farming. It's a lot more than just having a strong back. You have to be hard-working and scientific and practical.

But there's also this quasi-religious awe, this total respect, for all the things you can't see that are going on in the soil — to know that you, the farmer, the human being working on the land, are just a small piece of the bigger things that are happening. We will never control something that's so much bigger than we are. All we can do is learn from it and do our best to nudge it along.

Terra Brockman's book "The Seasons on Henry's Farm" was published this fall by Evanston, Ill.-based Agate Publishing. It is available at agatepublishing.com for $15 and through major book retailers. Turn to Resources, page 38, for a recipe for Henry's Autumn Pear Salad from the book. More recipes are online at radishmagazine.com.

Learning to cook

Preparing food at home is healthier, less expensive

By Brandy Welvaert

While food TV is fun, nothing trumps a real-life cooking class with a real-life chef, probably because real-life food does all kinds of nice things that screen food never does. It smells, it tastes, it fills your belly. It makes you sniff your clothes for one last remembrance when you get home.

That's why a friend and I spent $20 each on a class about Korean cooking last year at the Club Room at the Bettendorf Hy-Vee, 2900 Devil's Glen Road. Sure, we could have watched people make Bulgogi, the national dish of Korea, on YouTube, but the Internet only takes one so far.

Our instructor, Chef Donna Duvall, took us all the way, demonstrating how to make Mandu (egg-roll like appetizers), Bulgogi (marinated beef with soy sauce, sesame oil and garlic) and Yah Chae Jun (vegetable fritters) with dipping sauces.

She and Club Room manager Cathy Norgard then served our class, a group of about 12 people, in courses, as they finished cooking different foods. The class lasted about 1½ hours and provided us with several recipes, as well as some great tips for cooking in general. It was, in a word, fun.

Yet there are other, more practical reasons to learn to cook. One of them is health; another is thrift. When you cook at home, you control exactly what goes into everything you eat. You control where it comes from, too. Eating at home makes locally-grown food much more possible. And it's no surprise that cooking with whole foods costs less than buying packaged foods and restaurant meals, too.

So whether you crave culinary inspiration for the sake of fun, health, thrift or all three, cooking classes abound in the Radish region.

Many Hy-Vee stores have Club Rooms, which basically are gourmet kitchens that also function as classrooms. They host food- and health-related classes several nights a week.

Parks and recreation departments, too, usually add a few culinary courses to their schedules, as do university extension offices.

Where to learn

• **Baxter's Vineyards and Winery,** 2010 E. Parley Street, Nauvoo, Ill. Liz Clark, named "The Julia Child of the Midwest" by the Chicago Tribune, teaches cooking classes. Classes are $45 per person and include a full meal in a lovely historical kitchen. For a list of classes, visit nauvoowinery.com or call (217) 453-2528.

• **Borders,** 4000 E. 53rd St., Davenport, hosts evening cooking classes with Quad-Cities chefs, often

Meat department manager Kurt Johnson prepares a variety of dishes during a cooking class in the Club Room at Hy-Vee in Rock Island. (Photos by John Greenwood / Radish)

from Heart of America restaurants like Johnny's Italian Steakhouse, Thunder Bay Grille and Iowa Machine Shed. No registration is needed. For a list of classes, visit borders.com and use the store locator.

• **Club Rooms at Hy-Vee stores** host classes several times a week. Features range from healthy eating to wine tasting. Most classes and events require registration and pre-payment, if applicable. For a list of classes, visit hy-vee.com.

• **Great Galena Cookery,** 412 Spring St., Galena, Ill. Patricia Lenhardt teaches "Come Cook with Me" classes ($60 per person) in the evenings in her professional gourmet kitchen. She also offers "Glaze and Graze" classes ($120 per person), which meet for two nights. The first night, participants glaze a three-piece dinnerware set. The pieces then are fired, and they dine on the dishes after the next evening's cooking class. To sign up for a class, call (815) 777-0354 or (815) 777-1556. For more classes, visit galenapeddlery.com and click on "Cookery."

• **Kirkwood Community College,** Cedar Rapids, offers community cooking classes at locations in Cedar Rapids, Iowa City and Monticello. Topics range from international cooking to professional food preparation. Classes for parents and children, and for singles, also are offered. For a list of classes, visit kirkwood.edu/ce, click on "search and register for courses" and search for "cooking."

• **Learn Great Foods,** an agri-culinary tour and dinner company, has centers in Michigan and Mount Carrol, Ill. Events include tours of sustainable farms and cooking classes with chefs, who often prepare meals using foods gathered the same day along the way. One-day tours and multiple-day retreats cost $50 to $225. Prices for weeklong travel/food events vary. For information about upcoming events, visit learngreatfoods.com, e-mail contact@learngreatfoods.com or call (866) 240-1650.

• **Moline Activity Center,** 620 18th St., Moline, hosts seasonal cooking classes through the Moline Parks Department. For a list of classes through the Park Department, visit moline.il.us/departments/parks/index.asp and click on the brochure you want to see.

• **New Pioneer Food Co-ops,** located at 22 S. Van Buren St., Iowa City, and at 1101 2nd St. Coralville, Iowa, offer culinary classes that often are out of the norm. Vegetarian and vegan cooking, as well as international cuisines, are featured. Classes are posted online at newpi.com. For more information, call (319) 358-5513.

• **Rock Island Fitness and Activity Center,** 2303 24th St., offers seasonal cooking classes through the Rock Island Parks and Recreation Department. The department also offers wine classes at other locations. For classes, visit rigov.org, then click on "parks and rec events" and "program guide."

More resources

• Chef Pam Hunt, owner of Quad Cities Personal Chef Service, teaches classes in the Quad-Cities. Her Web site includes complete information: qcpcs.com.

• Healthy Exchanges in DeWitt, Iowa, presents healthy and diabetes-friendly cooking classes. For information, call (563) 659-8234 or visit healthyexchanges.com.

• University extension offices offer a variety of nutrition and culinary classes. University of Illinois Extension is online at web.extension.uiuc.edu. For programs through Iowa State University Extension, visit extension.iastate.edu.

Get Chef Donna Duvall's Korean recipes for Mandu, Bulgogi and Yah Chae Jun online at radishmagazine.com.

Potluck-style feasting

Share the joy at Thanksgiving with these healthy recipes

By Chef Donna Duvall

Thanksgiving is a time for gathering together and expressing gratitude — and for the annual feast. This year it's your turn to prepare the dinner, and you're stressed to the max. How do you get everything ready to serve at the same time? How long will it take to prepare that massive menu? And the expense! A meal like this could cost a week's salary. The past year's dismal economy has put a crimp in many budgets, but no one wants to scrimp on the holiday dinner. As the big day approaches, we would do well to look back to the Pilgrims of Plymouth, who are credited with holding the first Thanksgiving in 1621. They survived their first year with the help of the Wampanoag tribe, which taught them to hunt and grow crops in an unfamiliar land. Their first harvest inspired them to gather their surviving 53 members and invite the Wampanoag to a communal feast of celebration and thanksgiving — a potluck.

We can follow the Pilgrim's example and simplify and control the expense of our own Thanksgiving feast by inviting guests to become participants by asking them to share their culinary and creative talents to help make a memorable celebration.

Like the Pilgrims, we can share the bounty of our own harvest by using fresh, local products that we have grown, preserved or gleaned during the year. Try Roasted Brussels Sprouts and Potatoes, Butternut Squash Cranberry Apple Bake, or Roasted Cauliflower to bring new flavors to your Thanksgiving table.

To get the party started, determine your guest list several weeks in advance. Then create an outline for the menu deciding which items you will make. In your planning, keep in mind the food preferences and food allergies of your guests. Decide if your dinner will be served family-style or buffet. Do you have enough tables, chairs, china and silverware? If not, make a note to borrow or rent needed items.

In true potluck fashion, you could let everyone bring a favorite dish, but this plan is not for the faint of

Photos by Paul Colletti / Radish

Roasted Brussels Sprouts with Potatoes and Bacon

1½ pounds red potatoes, quartered
1 pound Brussels sprouts, trimmed and halved
6 medium shallots, quartered
3 slices thick-cut bacon, diced
3 tablespoons, olive oil
2 teaspoons, salt
½ teaspoon freshly ground pepper
2 tablespoons butter, melted
2 teaspoons fresh lemon juice

Preheat oven to 450 degrees. Combine the potatoes, Brussels sprouts, shallots and bacon in a large bowl; toss with oil, salt and pepper.

Transfer to a 10x15-inch ovenproof dish ands roast, 35-40 minutes. Combine the melted butter and lemon juice. Pour the butter mixture over the roasted vegetables. Serves 6.

heart. You could end up with 12 green bean casseroles and no dessert. On the other hand, you could assign a dish for each guest to bring, but this limits spontaneity — and it may not allow guests to contribute a family must-have dish to the menu. To allow guests some choice and the opportunity to contribute family favorites, you may want to chat with attendees about what they would like to bring and gently steer them away from items that are similar to what someone else is making. Be sure to include some kid-friendly choices as well. Ask guests to bring everything needed to serve their dish, but have extra serving pieces available in case someone forgets. Guests who are culinary challenged can supply wine, flowers, candles or other table decorations, or create an activity for children in the group, or one for the entire crowd.

Never underestimate the amount of time it takes to cook a turkey. Determine when it needs to go into the oven and stick to it. As it rests, other dishes can go in. Ask guests to bring fully cooked dishes, but bear in mind that many still will need to be reheated. Use cooking sources creatively. Some items, particularly those that do not need to be crisp, can be microwaved; some can be heated on the stove top or brought in slow cookers and plugged in to warm, while others will need the oven. As items are reheated, cover them with foil until serving time, or stick them in a warming oven or on a heating tray if you have one.

Make sure the clean up, as well as the meal, is communal. Some of the best conversations happen in the kitchen. Have plastic bags or dishes to take home leftovers. Make sure there are plenty of trash containers for cleanup as well as one designated for recycling.

Remember, simple is best. Thanksgiving is not a day to stress over the perfect meal or presentation thereof, but to give thanks and to enjoy the blessings of family and friends.

Butternut Squash Cranberry Apple Bake

1 cup dried cranberries
¾ cup orange juice
1 small butternut squash
2 medium apples
½ cup packed brown sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg
4 tablespoons butter
Salt and freshly ground black pepper
1½ cups homemade or good-quality purchased granola

Plump cranberries by placing them in a small bowl with the orange juice and allowing them to sit for 30 minutes.

Peel butternut squash; cut in half lengthwise and remove seeds. Slice into ½-inch slices. Core and slice apples. Mix together brown sugar, cinnamon and nutmeg.

Butter a 3-quart casserole. Layer half of the squash, apples and cranberries into the casserole; sprinkle with salt and pepper and top with half of the brown sugar mixture. Repeat. Add any remaining liquid from the cranberries.

Cover and bake in a preheated 350-degree oven for 35 minutes. Sprinkle granola over the top. Bake uncovered for 10 minutes longer, or until the topping is slightly browned and the squash is soft. Serves 4.

For another recipe, turn to Resources, page 38.

environment

Planting the marsh

Volunteers plant 125 trees in Milan Bottoms Preserve

By Stephen Elliott

Another hardwood tree planted brings hope for a better environment at the Milan Bottoms Preserve.

The new preserve, a 92-acre piece of property, was purchased in the summer of 2008 by the Natural Land Institute. It is near the 3,400-acre Milan Bottoms, which is the largest stretch of floodplain forest and marsh along the Upper Mississippi River in Illinois, according to the Natural Land Institute.

The Milan Bottoms provides important nesting areas for herons, red-shouldered hawks and bald eagles.

In October, a group of nature enthusiasts planted about 125 hardwood trees in the preserve. Marilyn Andress, Rock Island County Soil and Water Conservation District education coordinator, says the entire 3,400-acre refuge stretches from the mouth of the Rock River almost to Andalusia, Ill.

The idea is to try and restore some of the natural habitat to the area with the tree plantings. The 92 acres is a buffer between Illinois Route 92 and the ecologically sensitive Milan Bottoms she says.

Eric Anderson, with his son, Wythe, Marilyn Andress, Sheri Colman and Matt Schramm are helping to plant trees in the Milan Bottoms near the Mississippi River. The trees were planted at the Milan Bottoms in October. Andress, with the Rock Island County Soil and Water Conservation District, is supervising the effort. (Photo by Paul Colletti / Radish)

The Natural Land Institute is asking the Quad City Natural Area Guardians (NAGS), which is the soil and water conservation district's volunteer corps, to oversee the preserve's restoration, she says.

"We're going to convert the crop ground," Andress says. "Plans are for a shallow-water wetland, which is going to be designed as a sedge meadow to attract the sand hill cranes.

"There's just nothing here to attract them. We also hope to develop some hiking trails."

Right now the preserve has primarily cottonwood trees. The initial wave of tree plantings will be hardwoods, such as white oaks.

"Eventually, we're going into this cottonwood grove, and we'll clear an acre and plant these hardwood trees," she says.

The Natural Land Institute is partnering with other area conservation organizations to accomplish these efforts.

"One of which that has already committed to this effort has been the Quad City Eagle View Sierra Club Water Sentinels," she says. "They have adopted an acre of trees, which will include planting about 50 trees.

The Water Sentinels is a new effort of the Sierra Club, which is celebrating its 50th anniversary with a special event Nov. 10 in Rock Island.

Living Lands and Waters, the nonprofit river cleanup organization, also is in on the effort through its Riverbottom Restoration program.

"We've also partnered with the U.S. Fish and Wildlife Service. We've received a $10,000 grant through their conservation program," Andress says.

The eventual goal is to find a balance between human needs and the earth's natural resources. The tree plantings, besides providing natural habitat, also will serve as an area to capture water runoff from Illinois 92 and runoff from the industrial area.

"By putting in this shallow-water wetland and doing the tree planting, we're filtering this water before it reaches the Milan Bottoms and the Mississippi River," Andress says.

So far, the restoration group has 93 members, and new volunteers are being sought all the time. To volunteer, contact Andress at (309) 764-1486, extension 3.

Celebrating Illinois Sierra Club's 50th

The Illinois Sierra Club will celebrate its 50th anniversary from 6 to 8:30 p.m. Nov. 10 at Watch Tower Lodge at Black Hawk State Historic Site, 1510 46th Ave., Rock Island. The evening will include snacks, music and storytelling.

Actor John Wallace (pictured above) will portray early conservationist John Muir and tell stories beside the fireplace beginning around 7 p.m.

Cost to attend is $5 for adults; students get in free. Tickets will be available at the door.

Kriya yoga: Retreat in Rock Island aims to clear the mind and energize the body

By Brandy Welvaert

Julie Skoff says that Kriya yoga has changed her life. The LeClaire, Iowa, reiki practitioner and registered nurse says that for 35 years, she suffered from a sleep disorder. But after a weekend Kriya yoga retreat taught by international yogi Kambiz Naficy, Skoff says, "I completely stopped medication and have never been back on. … I have been able to experience the joy of life, peace, quiet and states of blissfulness that I was not able to achieve before."

That's why Skoff is promoting an upcoming Kriya retreat to be held Dec. 4-6 at Satva Center, Rock Island. The retreat will be led by Naficy, a meditation master, guru, and founder of Joy of Life, a wellness and stress-management center in Iran. Joy of Life also has centers in Sri Lanka and New Delhi, according to the Web site joyoflifeorg.com.

Kriya yoga teacher Kambiz Naficy. (Submitted)

Naficy says that retreat participants will experience a "total blossoming" during the level-one "psycho-spiritual" retreat.

The retreat's four 3½-hour sessions involve meditation as well as talk about "childhood emotions (and) beliefs, how they were formed, and how they affect our life results today," says Naficy, who acts as a spiritual guide. As such, he "opens up the participant's subconscious mind" and activates their spiritual energies. "The spiritual electricity can be awakened by a guru who … has this electricity awakened and coursing through is own body," he says.

According to Naficy, he awakens spiritual energy through special Kriya yoga breathing practices.

Skoff says that this process was especially important in her experience. "Being in his presence and getting the initiation is what I feel made the leap for me," she says.

Before he started Joy of Life, Naficy worked for American Express on Wall Street and founded a computer consulting firm in Boston. He holds degrees from Iran Center for Management Studies, Columbia University, and the New School for Social Research in New York.

Naficy says he's motivated to teach Kriya yoga because he's seen it change lives.

"I have seen thousands of participants literally transform within a few short weeks through the psycho-spiritual foundation of my teachings," he says.

As Skoff puts it, "you walk away with a new set of glasses on."

Kambiz Naficy will present a Kriya yoga retreat Dec. 4-6 at Satva Center, 1918 7th Ave., Rock Island. Hours will be 6-9:30 p.m. Dec. 4; 9:30 a.m.-12:30 p.m. and 3-7:30 p.m. Dec. 5; and 9 a.m.-12:30 p.m. Dec. 6. Cost is $250 per person by Nov. 6 or $300 after. To register, visit joyoflifeorg.com or call Julie Skoff at (563) 289-1437.

Economy eat your job?

Follow your passion to get happy, healthy and wealthy

By Ann Scholl Rinehart

According to business coach Blair Wagner, adhering to the Law of Attraction can greatly enhance our health — and our wealth.

About five years ago, Wagner, chapter president of the International Coach Federation of Eastern Iowa/Western Illinois, discovered Lynn Grabhorn's book, "Excuse Me, Your Life Is Waiting." It was through Grabhorn's work that Wagner was exposed to the Law of Attraction: the idea that we bring into our lives whatever we focus our attention and energy on. That philosophy became the foundation of Wagner's life and her coaching business.

In the following interview with Radish, Wagner, of Coralville, Iowa, elaborates on the Law of Attraction and how we can consciously use it to create healthier lives and businesses.

Radish: Tell us more about the Law of Attraction.

Blair Wagner: The Law of Attraction is a natural law that says I attract to my life whatever I put my attention, energy, and focus on — whether wanted or not. What it boils down to for me is that when I look for things and people that please me — and ignore those that don't — I get more pleasure in my life.

R: You assist people in becoming 'master manifesters.' What do you mean by that?

BW: Master manifesters are people who are continually delighted by what the universe brings them. They are in tune with their inner guidance system (in the form of emotions), they have great self-awareness, and they have a mind-set that says they deserve all the goodness this world has to offer.

R: How can we tell when we're ignoring our internal guidance system?

BW: Our emotions tell us whether or not our thoughts are in alignment with who we really are and what we really want. When we ignore our emotions, our body says, 'OK, let me take a shot at getting her attention.' Then we get sick.

R: What's the greatest obstacle standing in the way of our good?

BW: The greatest obstacle we face, in my opinion, is a victim mind-set. My definition of freedom is when I don't need you to behave in a certain way for me to be happy. I am quite pigheaded about what I want in my life. I'm very clear on the 'what' and the 'why.' The universe continues to delight me in the 'how.'

R: Tell us about your work as a business coach.

BW: I work primarily with 'solo-preneurs' who have an expertise and offer a service they are passionate about. Some of them have lost their jobs, and some have left jobs. I help them implement a business model that generates passive income (moving away from the dollars-for-hours model). It's the ultimate combination of doing what you love and putting practical small-business practices in place that create financial freedom.

R: Job loss can be devastating, yet it also can be a wonderful push for people, as you say, to 'align themselves with their passions and strengths.' Why is it important for us to do that?

BW: Some people are very happy in their jobs. And many aren't. I personally have gotten to a place in my own life where I have no tolerance for anything that doesn't feel good. Life is supposed to be fun, and I am on this earth to experience joy.

R: How do you know you're doing the right thing by starting your own business?

BW: Here is the test: Are you running away from something, or are you running toward something?

R: How can you let go of fear and trust that you will be provided for?

Submitted

Setting sail for success

Business coach Blair Wagner (above) shares five tips for succeeding at a new business:

1. Assume it will take longer and cost more than you think. Then double your estimate.
2. Develop a very strong support network, and ignore everyone else.
3. Have a mentor who's "been there, done that."
4. Build a powerful team around you.
5. Know your business model, and document your plan.

BW: Wow, that's a toughie. I don't know if you can let go of the fear. You feel the fear, and you decide to do it anyway.

Learn more about Blair Wagner at BlairWagner.com or e-mail her at Blair@BlairWagner.com.

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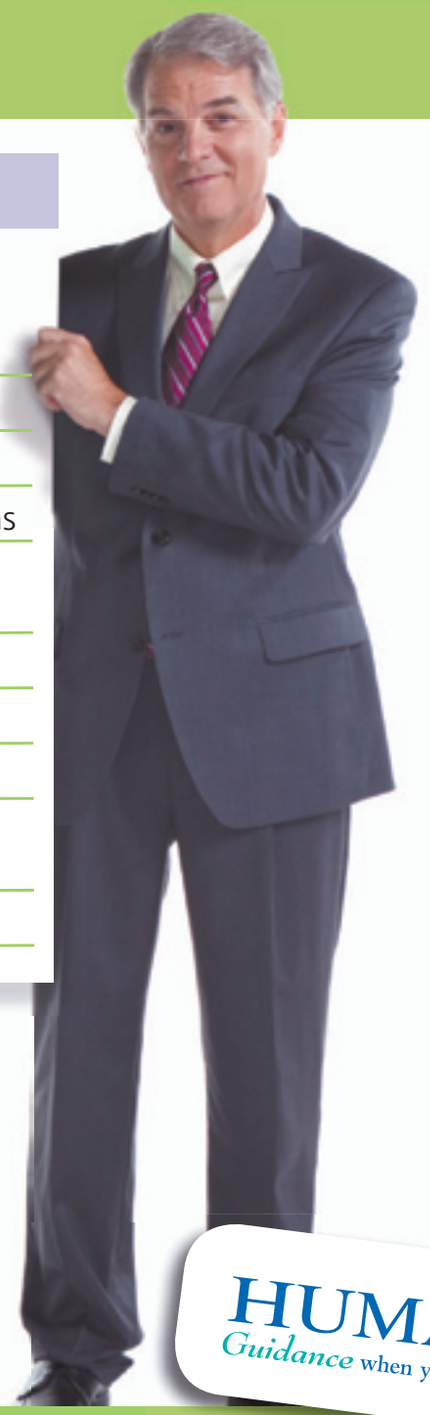

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Retreats for the soul

Here's where to nourish your spirit at holiday time

By Sharon Wren

There's nothing like the holidays to ramp up your stress levels. If you need some TLC on the inside, a spiritual retreat may be just the thing. Fortunately you don't have to travel to Tibet to get a soul tune-up; there are spiritual retreat centers right here in the Radish region.

"Spirituality is the main thing we're dealing with here," says Sister Charlotte Sonneville, the director of Benet House at the St. Mary Monastery in Rock Island. "We help people find God in nature and the world — and to find time away. We have special days, like around Thanksgiving, where people spend the day just reflecting on all the things they're grateful for, to be grateful to God. We're trying to support those who are searching for true values in their life."

Benet House Retreat Center

Poetry: A Way to Nourish the Soul: 7-9 p.m. Nov. 5. Learn how reading and writing poetry, like praying, is a way to unlock the sacred and deepen your inner life.

Practicing Gratitude: The Spirituality of Everyday Thanksgiving: 9 a.m.-3 p.m. Nov. 19. Learn how to see gratitude as a state of heart and a way of life through prayer and reflection.

2200 88th Ave. W., Rock Island, IL. (309) 283-2100, benedictines@smmsisters.org or smmsisters.org.

Sisters Charlotte Sonneville, left, and Catherine Cleary read outside at the Benet House Retreat Center in Rock Island. Benet House offers retreats to help people deepen their inner lives. (Photo by Todd Mizener / Radish)

Shalom Retreat Center

Finding & Becoming Peace in a Troubled World: 7 p.m. Dec. 4 through 1 p.m. Dec. 6. The world can seem violent and hateful. This retreat provides a way to share a wish for peace. The focus is finding peace internally rather than externally — and then passing that peace on to others.

1001 Davis St., Dubuque, IA. (563) 582-3592, info@shalomretreats.org, or shalomretreats.org.

Prairiewoods Franciscan Spirituality Center

Meditation Retreat: 5:30 p.m. Nov. 6 through 1 p.m. Nov. 8. This weekend retreat is for beginning meditators or those who want to deepen their practice and spend a weekend in silence and prayer. The weekend will include presentations and practices of Zen meditation, mindfulness meditation, chanting, sounding and centering prayer.

120 E. Boyson Road, Hiawatha, IA. (319) 395-6700, ecospirit@prairiewoods.org, or prairiewoods.org.

American Martyrs Retreat House

Centering Prayer Advent Retreat: 5 p.m. Dec. 11 through 3 p.m. Dec. 12. Most of this retreat will be spent in silent prayer. There will be fellowship at meal times and scripture readings, but the purpose of the centering prayer retreat is to offer the experience of solitude and silence. Cost is $70 per person.

New Year's Retreat: 5 p.m. Dec. 31 through 11 a.m. Jan. 1. There will be quiet time to reflect and pray, spiritual talks and a social at midnight. The morning begins with a brunch. Cost to attend is $70 or $40 for students.

Individuals and groups also may schedule their own retreats at AMRH. Retreaters enjoy access to hiking trails and the labyrinth. Visitors typically bring their own food.

2209 N. Union Road, Cedar Falls, IA. (319) 266-3543 or DBQAMRH@arch.pvt.k12.ia.us.

Season's greenings

Send locally crafted cards or make your own this year

By Sarah Ford

We've all heard plenty of good reasons why shopping locally benefits our communities as well as the planet. It keeps the money flowing in the region while supporting the livelihood of independent retailers; it reduces transportation and energy use; and it offers choice and diversity. Now you can add another reason as you embark on the tradition of sending holiday cards: There are some really cool season's greetings to choose from in our own community.

First, consider this: The U.S. Census Bureau estimates that 1.9 billion Christmas cards are exchanged every season, making it the largest card-sending occasion in the United States. (Valentine's Day is a distant second with 192 million cards.) The average American household will send or receive 30 cards during the holiday season. Most of the millions of dollars made will benefit corporations.

Besides the economics of the industry, the environmental ramifications of this holiday custom should be considered an unsustainable practice. Imagine how many trees are cut down every year to make those two billion plus cards. Add to that the chemical processes, energy usage, and post-consumer waste, and that captivating card in the aisle is worth far more than the asking price. While progress has been made with big-box retailers and manufacturers offering recycled-content cards, the holiday season is as good a time as any to think globally while acting locally.

With these considerations in mind, there are a few local artists who will appreciate your business while offering a one of a kind product for season's greetings.

Inspirational Cup and Gift Gallery, 2724 Brady St., a co-op shop of local artisans in Davenport, offers a selection of greeting cards for the holidays. Besides an array of household art, there is a creative selection of greeting cards produced locally, many depicting familiar scenes of the Quad-Cities area.

Resident artist Diane Michele Wall, whose photographs adorn seasonal cards, notes that the inventory "is always shifting, changing for every season. And it's all one of a kind. That's what's so fun about it." This is evident in the hand-painted greeting cards depicting familiar Quad-Cities scenes, such as the giant Santa balloon being navigated through downtown Davenport during a holiday parade, or winter landscape photos of Iowa and Illinois.

Artist Denise Murphy also caters to sports fans, with whimsical images of snowmen sporting wares of favorite teams, such as the Hawkeyes, Cubs, Packers and Cardinals. She creates paper mosaics for card prints, "piece by little piece," as well as pen-and-ink drawings of the Quad-Cities, which she then watercolors. You can visit cupandgallery.com to view the unique inventory of the many artists and order online.

Diane Wall shows some of the locally made holiday cards available at her shop, Inspirational Cup and Gift Gallery, Davenport. (Photo by Paul Colletti / Radish)

Davenport artist Lauren Weinstock sells her products under Esther's Girls, where she brings new meaning to the act of reusing. Her handmade cards mix ingredients such as old postage stamps, fruit stickers, vinyl strips, ribbons, and inspirational quotes, all stitched onto cardstock or homemade paper, some which contains flower petals, plants seeds, or orange rinds. The collage medium allows a creative synthesis of repurposed items. According to Lauren, it's an outlet that allows her to "just play with it." You can view her work at shmooz.wordpress.com, or purchase at The ARTery, 1620 2nd Ave., Rock Island.

Shalom's Cottage Home (shalomscottagehome.com) is the independent business of Shalom Schultz, a Rock Island resident and graphic artist who incorporates abstract designs and nature-infused images and themes in her greeting cards.

Another option for season's greetings is to get creative and make your own. (Turn to Rooting around, page 34, for a class that will show you how.) Check out a library book for ideas, pull out the craft box and see what you can assemble, or look for classes to stir up your imagination. E-cards are another environmentally friendly option that shouldn't be overlooked.

Balm for your face and for the planet: This winter, try eco-friendly lip protectants

By Sarah Gardner

For many people, lip balm is as much a winter staple as a heavy coat or woolen mittens. Those little tubes of moisturizer help protect lips against the drying effects of cold and wind and prevent painful chapping. An increasing number of natural offerings on the market, though, have many people realizing that not all lip balms are created equal.

Conventional lip balms are most often made with petrolatum or mineral oil as the main ingredient. Both are derived from petroleum in an intensive manufacturing process that is taxing on the environment. They also carry potential health risks, including the ability to trigger allergic reactions and digestive discomfort. Some studies have identified petrolatum as a potential carcinogen.

In contrast, natural lip balms use beeswax, shea butter, candelilla wax, jojoba oil and other plant-based oils. These ingredients are less environmentally damaging to harvest. Each comes from a renewable resource that can be cultivated year after year. Natural lip balms also are often free of parabens (ingredients beginning with methyl-, ethyl-, propyl- and butyl-) that can affect the body's endocrine system, which controls hormones. Because they use safer ingredients, many natural lip balms don't need to be tested on animals.

A quick glance at the shelves in a natural foods store will tell you there are literally hundreds of lip balms to choose from. One is even made close to home.

Eco Lips, a popular line of natural lip balms, is handcrafted in Cedar Rapids. Its lip balms use organic ingredients whenever possible. This means those ingredients not only are found in nature, but that they are grown without synthetic fertilizers or harsh pesticides. This helps protect the watershed.

Eco Lips offers a range of lip balms appropriate for winter use, including Organic Eco Lips Medicinal, a product that contains tea tree oil and lysine to help heal.

When asked which lip balms he recommends, Eco Lips vice president Rob Shriver suggests choosing one with an SPF factor because UV rays are just as damaging now as they are in summer.

In 2006, Eco Lips initiated Iowa's largest solar energy project and now is working with engineers to create a manufacturing process that is 100-percent solar powered. Shriver says this is part of the company's ongoing commitment to serve both its customers and the planet. That's a balm we can live with.

Visit cosmeticsdatabase.com to search the Environmental Working Group's cosmetic safety database for lip balms.

Submitted

Keeping cancer at bay

Eat more veggies, reduce your stress and live socially

By Linda B. White, M.D.,
from Mother Earth News magazine

While some people inherit genes that dramatically raise the risk for certain cancers, only 5 percent to 10 percent of cancers of the breast, ovaries and colon are attributed to genetic factors. This means that environmental factors, many of which you can control, cause the majority of cases. Here are some of the most important choices you can make to reduce your risk of developing cancer.

Nutrition matters

A 1997 report from the World Cancer Research Fund and the American Institute for Cancer Research estimated that diet accounted for one-third of cancer deaths. Dr. Eleni Linos at Harvard Medical School says that the field of nutrition and cancer is complicated and that dietary relationships can vary with different types of cancer. Nevertheless, good diet is important to overall health and especially cardiovascular health. With that in mind, here are several recommendations:

• Follow a plant-based diet. Plant foods contain vitamins, minerals and fiber, plus plant pigments and compounds similar to estrogen. Many of these compounds protect us by acting as antioxidants, stimulating the immune system, enhancing detoxification and modulating hormones. Plus, all plants contain the green pigment chlorophyll, which activates genes that crank out detoxifying enzymes, thus reducing exposure to carcinogens.

• Graze on berries. Berries, cherries and red grapes all are nutrient dense. The flavonoids that provide red, blue and purple pigments have anti-cancer effects.

• Crunch cruciferous vegetables. This plant family — broccoli, cauliflower, cabbage, mung beans, alfalfa sprouts, Brussels sprouts, arugula, watercress and others — contains glucosinolates, which break down in the body to form anti-cancer substances. Broccoli is particularly famous for its anti-cancer power.

• Eat complex carbs. Overeating refined carbohydrates (particularly combined with excess weight and inactivity) can elevate blood sugars, which can stimulate cancer growth.

You can keep your blood sugar more constant by substituting foods high in sugar and refined flour with whole-grain foods, fruits and vegetables. These foods also are rich in fiber, which may help bind potentially carcinogenic toxins in the bowel, thus preventing their absorption into the blood stream. A 2004 study did find that refined-grain products increased rectal cancer risk, whereas more vegetables, fruit and whole-grain products reduced cancer risk.

• Add spice to your life. Standouts include turmeric and ginger. Both contain potent anti-inflammatory substances — curcumin and gingerol, respectively. Because inflammation plays a role in the development of certain cancers, anti-inflammatory substances are beneficial in cancer prevention.

• Go for garlic. Garlic boosts immunity, acts as an antioxidant, inhibits proliferation of cancer cells, induces cancer cell death and enhances enzymes that detoxify carcinogens. Some of garlic's key ingredients are unstable, and heat can ruin them — so raw garlic is better than cooked.

• Choose your fats wisely. The link between high dietary fat and cancer is murky because the type of fat may be what's important. High saturated fat (animal fats) and trans fats (hydrogenated fat found in many processed foods) seem to increase cancer risk, while monounsaturated (olive oil) and polyunsaturated fats (most vegetable oils and cold-water fish oil) seem to be protective.

Healthy choices

Regular exercise has been linked with a significant reduction of cancer risk. Physically active women can lower their risk for breast cancer by 20 percent to 40 percent. Overweight women who achieve and sustain a weight loss of 20 or more pounds can cut their breast cancer risk in half. Obesity increases hormones such as insulin and estrogen that encourage tumor formation.

• Avoid tobacco. Tobacco use, including smokeless tobacco, is the No. 1 preventable cause of cancer, and smoking is responsible for an estimated 30 percent of all cancers. Long-term exposure to secondhand smoke also raises the risk. Tobacco causes not just lung cancer, but also cancers of the mouth, throat, esophagus, pancreas, bladder, stomach, liver, kidney, cervix, breast and bone marrow. People who quit by age 30 reduce their chances of dying from cancer and other

smoking-related diseases by more than 90 percent — though kicking the habit at a later age still reduces the risk of premature death.

• Keep alcohol to a minimum. Heavy drinking increases the risk of cancer. One or two drinks per day increases breast cancer risk by 10 percent, and more than three raises risk by 30 percent. On the other hand, moderate drinking is associated with a lower risk of cardiovascular disease and greater longevity. If a glass of wine with dinner is a habit you don't want to give up, the B vitamin folate protects against the alcohol-induced risk of breast cancer.

• Avoid stress overload. Chronic stress depresses immune function, and one of the immune system's jobs is to destroy abnormal cells such as cancer cells. Animal studies show that stress and stress hormones increase cancers, though human research hasn't been able to yoke stress to cancer. Such a link is hard to prove. For one, cancer takes years to develop and likely involves multiple factors. Because stress overload erodes many aspects of physical and mental health, it still makes sense to manage it.

• Stay social. A number of studies have linked social isolation to degradation of mental and physical health. A French study showed that socially disconnected people had a greater risk of dying from cancer. Social support may also be important to survival after a cancer diagnosis. In 1989, a landmark study by psychiatrist Dr. David Spiegel at Stanford University found that group therapy doubled survival time.

The bottom line

• Get screened. A number of cancers — colon, breast, skin, cervix and prostate — can be detected early with screening examinations. Talk to your doctor about your family history and other risk factors, and follow your doctor's recommendations about these tests. The chances of surviving cancer rise the earlier treatment begins.

With the exception of avoiding tobacco, any of these lifestyle changes will likely produce modest benefits. Live well, incorporate many healthy acts into your routine, and the impact is significant.

Excerpted from Mother Earth News magazine, the original guide to living wisely.

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Focus on food

Eye-opening 'Food, Inc.' comes to DVD this month

By Jeff Dick

Not for those easily prone to indigestion, the food-industry expose "Food, Inc." premiered to a near-capacity crowd at the University of Iowa's Bijou Theatre in Iowa City on September 11, the opening night of a week-long run at the student-run venue.

The special engagement was sponsored by Slow Food Iowa City, the local chapter of Slow Food USA — an educational nonprofit organization promoting food that is "good, clean and fair" — along with Edible Iowa River Valley magazine. When introducing the film, editor Kurt Friese quipped, "Not showing 'Food, Inc.' in Iowa would be like not showing 'An Inconvenient Truth' on Earth."

In limited release since June 12, "Food, Inc." scored a chart-topping 97 percent at RottenTomatoes.com, a Web site that gathers reviews from critics around the country. Only two critics gave the documentary a "rotten" rating; 77 deemed it "fresh."

The film features interviews with authors Eric Schlosser ("Fast Food Nation") and Michael Pollan ("The Omnivore's Dilemma"), as well as farmers both independent and under contract to major agribusiness firms.

In the opening scene, director Robert Kenner debunks the myth of the sun-dappled family farm as an idyllic place where crops are grown and livestock raised. That scenario may have existed at one time — and still may to some degree — but it does not represent the prevalent industrialized agriculture system.

Showing archival footage of an early McDonald's Drive-In, Kenner traces the origin of modern agribusiness practices to the cheap fast food ushered in by the restaurant's assembly-line preparation.

To meet growing demand, food producers fed cows grain rather than their natural grass diet to fatten them up, and stuffed chickens into windowless warehouses, genetically altering them to grow bigger breasts. But there were unintended consequences.

Digestive-tract infections in cows served as the source for E. coli outbreaks, and chickens whose legs couldn't support their increased weight died before slaughter. Crowded hogs on big lots didn't escape unscathed, either; they had their curly tails removed to avoid being bitten off by other pigs.

The presence of processed corn, especially but not limited to high-fructose corn syrup, in so many food products comes under fire, too, for its contribution to diabetes and obesity.

Other targets of the documentary include the watchdog role of the understaffed Food and Drug Administration, and industry regulators too often comprised of one-time corporate food company executives — a situation that gives new meaning to the adage about the fox guarding the hen house.

Despite its definite point of view, "Food, Inc." does not come off like an exercise in agitprop. Eschewing the sort of grandstanding that mars filmmaker Michael Moore's otherwise forceful work, Kenner doesn't try to ambush food company execs. He simply informs viewers that "the (company) declined requests for an interview."

Viewing some parts of "Food, Inc." is a little like watching sausage being made. It's not really a pretty sight, but it is a must-see.

The opening showing was followed by a panel discussion, including biodynamic dairy farmer Francis Thicke, organic farmer Laura Krause and Lonnie Gamble, an expert on renewable energy and sustainability.

Members of the audience asked questions about the patent control of soybeans and corn, farmers' responsibility for unintended cross-pollination, the economics of growing non-commodity crops, and other issues raised in the film.

It was an evening with plenty of ideas to chew on.

"Food, Inc." will be available Nov. 3 for sale or rent on DVD. For a rebuttal to the film, go to safefoodinc.org. *Turn to Resources, page 38, for a mini-review of the film "Fresh."*

Despite its definite point of view, 'Food, Inc.' does not come off like an exercise in agitprop.

Sustainable farmer Joel Salatin of Polyface Farms in Swoope, Va., appears in the film 'Food, Inc.,' which is being released Nov. 3 on DVD. (Submitted)

Happy trails to you

Clean, well-marked waterways are safer, more fun

By Sarah Gardner

A rose by any other name would be as sweet, we know, but what about a river? What if we called it a "water trail?" All the sweeter, say advocates, who argue that by thinking of waterways as another kind of trail, we can encourage more people to enjoy these great natural resources. Because the best remaining tracts of undeveloped land often lie along rivers and streams, such trails offer unique glimpses of native wildlife and scenery.

Of course, turning a waterway into a water trail is a little more involved than simply calling it by a different name. Chuck Jacobsen, conservation naturalist for Clinton County, Iowa, says the process is a lot like developing a pathway into a foot trail. Access points are designated (in this case, landings instead of trailheads), signs are built along the length of the route, and brochures are developed to provide information on mileage and geological features. "When you do all that," says Jacobsen, "the waterway becomes like one long park."

Just like foot trails, water trails can vary from place to place. Some are short, others are long, some are more challenging, others more serene. And like foot trails, they can offer views of the natural landscape or pass by structures of historical significance, such as old mills or bridges. They do have one significant advantage over foot trails, however. While many foot trails can be difficult to navigate for people with disabilities, water trails have fewer barriers to accessibility. Someone who is wheelchair-bound or unable to climb a steep or rugged trail still can enjoy boating down a river.

Although the trail itself does not require construction when it is a waterway already, Jacobsen says developing a water trail is actually more challenging than developing a foot trail. The main difficulty is in getting equipment and supplies to places that are only accessible by water. You cannot simply drive a truck down the trail to clear out brush. You have to figure out how to do it by boat, often working one boatload at a time. This is one of the things that make the collaborative efforts of volunteers vital to these projects.

Don Propst is one such volunteer. He has been involved in many waterway cleanup efforts throughout the state of Iowa, including the Lower Wapsipinicon River Clean-Up Project that made possible the development of the Lost Lakes Water Trail in Clinton County. Along with other volunteers, he has paddled down rivers, systematically collecting tires, trash, debris and one very memorable boat that had to be cut up and removed piece by piece.

"A lot of people say what we do is just cosmetic, but it makes the river safer. It makes it cleaner. It gets more people to the river," says Propst. He was working with other volunteers to remove a large log that had fallen across the water when the Lost Lakes Water Trail opened. Seeing boaters out on the water with their families that day was a really great feeling, he says.

Because the signs tell you exactly where you are and how far to the next landing, and because the access points are maintained, Propst says everyone benefits from the development of a river into a water trail. "It doesn't matter if you are a beginner or if you have been out on the river for 50 years; it's good for everyone," he says.

Participants paddle during a DNR class on Iowa's Boone River. (Submitted)

As the idea of water trails takes hold, more are being built in Iowa and Illinois. A group called the Access Project, for example, is developing river systems in Illinois into water trails that will allow paddlers to pass through forest preserves, city parks and even into the heart of downtown Chicago, following the Chicago River. Likewise, the Iowa Department of Natural Resources has developed a water trails program that is designed to provide financial and technical assistance to adapt waterways across the state into trails.

Volunteer cleanup efforts are also key in securing that DNR funding in Iowa, says Jacobsen, because they demonstrate public interest in the waterway. In the future, he hopes to continue developing the Lost Lakes Water Trail to link up with other foot paths, waterways and bike trails. Thanks to a dedicated group of volunteers, including some local Boy Scout troops, he thinks this is possible. Jacobsen is excited to continue the project. As a paddler for 35 years, he says he has seen the great things Iowa's waterways have to offer.

To find water trails near you, visit watertrailslocator.com.

Click it for your heart

Go Red's BetterU provides online coaching, eating tips

By Sharon Wren

Hey, ladies: Forget being bikini-ready by spring. How would you like to have a healthier heart before spring training? With a little help from the American Heart Association's BetterU, you can make that happen. Signup is easy and free at goredforwomen.org — click on "BetterU". After registering, you pick the day you want to start your cardio makeover.

It's wise to start thinking about heart health sooner rather than later.

"Cardiovascular disease kills one woman every minute, claiming more lives than the next five causes of death combined, including all forms of cancer. But the good news is that it is largely preventable with a healthy diet, physical activity and management of risk factors," says Kate Cuellar, regional director of the American Heart Association in Davenport.

Dr. Rafat F. Padaria, a cardiologist with Cardiovascular Medicine PC in Moline, agrees.

"Women should get checked sooner than later, as by the time (many of them) go to a doctor, their heart disease has progressed a lot," Padaria says.

Not only is heart disease a real threat for women, but women experience different symptoms than men. These include fatigue, feeling breathless, weakness or dizziness, flu-like symptoms, atypical chest pain and feelings of anxiety.

Women also should know their BMI (body-mass index), cholesterol, blood pressure and blood sugar, which give clues about heart health.

"It is crucial that women know their numbers and talk to their doctors about their own personal health. The important end result of all this is an open and thorough conversation between women and their doctors," say Cuellar.

Padaria says it's vital for women to be concerned about their hearts and to know the risk factors, which include diabetes mellitus, hypertension, smoking, obesity, high cholesterol and a family history of heart disease.

Go Red's BetterU Web site is designed to help women understand their risk and then manage it through healthy choices. After they sign up, they're prompted to download the free BetterMe Coaching Tool, which can go on a computer desktop, blog or social networking site. (Progress isn't available to anyone who visits your page on your social networking site, so users don't have to worry about nagging e-mails from friends if they skip a week of the program.)

iStockphoto

Every week in the program focuses on a different way to be nice to your ticker. The site offers 12 weeks of step-by-step guidance, including 365 daily tips from expert coaches on nutrition, stress, physical activity and more. One week focuses on knowing your cholesterol levels, another covers the importance of exercise, and still another shows why it's important to stop smoking. If you already have one of the topics for a certain week under control — you already exercise or don't smoke, for instance — you can use that week to check your progress in other areas.

Cuellar believes this guidance can make all the difference. BetterU "is designed for busy women who are on the go. Its online resources are a one-stop shop of information encompassing all the keys to achieving improved cardiovascular health. It even offers a downloadable widget that can be loaded to a personal Web site or e-mail to help women track their nutrition and physical activity, and receive reminders and tips right to their e-mail."

Padaria agrees. "Something like BetterU is very motivating for women," she says. "It's a great site for busy, working women."

Find Go Red Quad Cities on Facebook or visit goredforwomen.org.

Go Red, get lunch

Go Red for Women luncheons will be held in November and December around the Radish region — and beyond — with the goal of educating women about heart health. The events promise to provide an opportunity for networking and education, not to mention food. Here's where you can join in the fun.

• Quad-Cities: 10:30 a.m. Nov. 11 at the Waterfront Convention Center, 2021 State St., Bettendorf, Iowa. Cost is $35 per person.

• Cedar Rapids: 10 a.m. Nov. 20 at Kirkwood Center for Continuing Education, 7725 Kirkwood Boulevard S.W., Cedar Rapids. Cost is $45 per person.

• Johnson County (Iowa): 10 a.m. Dec. 10 at Coralville (Iowa) Marriott Hotel & Conference Center, 300 E. 9th St. Cost is $40 per person.

Farming under 40

CSA farmer Lyndon Hartz makes Mother Nature's list

By Ann Ring

Sometimes people find fame, and sometimes it finds them. That's what happened to Lyndon Hartz, 27, of Wyoming, Ill. — at least 15 minutes' worth, anyway. Hartz is among Mother Nature Network's 40 Farmers Under 40, who, according to its Web site, are "young and energetic idealists who are bringing local, sustainable food back to the table." Humble and matter-of-fact, Hartz seems to be thriving more on passion and hard work than idealism.

His story began when he graduated five years ago from Western Illinois University in Macomb, Ill., with a degree in Recreation, Park and Tourism Administration. "I worked at a couple of state parks, and with the state's budget cuts, it didn't seem like it'd work out for me. So I thought I'd go in another direction."

During his last winter break in college, he kicked around some ideas of what to do. His mom liked the idea of a vegetable farm, and in February of 2004 Hartz attended the Midwest Organic and Sustainable Education Service (MOSES) organic farming conference, which struck more than the proverbial chord. "I bought a lot of books and tried to make connections. Shortly afterward I decided to make a go of it."

That summer, while balancing a final internship, Hartz rented two acres of farmland from his beloved grandfather, LaVerne Lebahn, of Sheffield, Ill., in exchange for a watermelon and extra produce. Hartz bought a tractor and away he went, spending his summer driving to and from Sheffield every day, about a 40-minute trip. "That first year, I just got my feet wet," says Hartz, selling "pretty basic stuff" in the towns of Princeton and Wyoming.

Lyndon Hartz, 27, of Wyoming, Ill., recently was named one of Mother Nature Network's 40 Farmers Under 40. (Submitted)

Over the winter of 2005, he purchased more farm equipment and installed a greenhouse — with a furnace — at his parents' house and added an acre from his grandfather. But in 2005, gas prices were creeping higher than ever, and Hartz needed more land for perennials. He needed local farmland. It took a while, but after a real estate agent convinced a landowner to divide some property, in December of 2006 Hartz called 10.5 acres in Wyoming his own.

So how does a 20-something secure a loan for nearly 11 acres of prime Midwest farmland? He wrote a business plan — and got lucky. "They knew my family, but it was a leap of faith on the bank's part — Bank of Toulon," he says.

To supplement his investment, Hartz purchased two hoop houses, and in December 2008, he and nine others founded the Good Earth Food Alliance (GEFA), which provides weekly shares of fresh produce through community supported agriculture (CSAs). GEFA was born out of small farmers coming together and sharing the same goals — to provide safe, chemical-free fruits, vegetables and herbs. The group sold its 110 CSAs in its first year (summer 2009) and has a mailing list of nearly 400 addresses. Founders include growers from Farmington, Elmwood, Dahinda, Brimfield, Country View Estates, Kickapoo, Knoxville, Manito, Cramer and Wyoming, Ill.

"Spend your money locally and keep the small farmer going."

Though his food is chemical-free, Hartz hasn't sought organic certification.

"I'm not going certified organic, no," he says. "I tell people at farmers' markets we're not certified, but we don't use chemicals. Most people are OK with that."

This summer Hartz hired a staff of three high school kids, who planted, weeded and picked for the Peoria and Wyoming farmers' markets. Hartz says he produced "something like nine bushels of green beans a week and 400 quarts of strawberries. … They've been a really good bunch of guys," he says. "They definitely went above and beyond, and all three want to come back next year, so that's good."

Five years after graduating from college, Hartz obviously has found his niche. Eventually he'd like to farm full time, so he advises shoppers to "spend your money locally and keep the small farmer going."

For more information, visit hartzproduce.com and goodearthfoodalliance.com.

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The Red Oak

Old-timey comfort foods from a Swedish kitchen

By Brandy Welvaert

Looking for a way to connect with a slower-paced, old-fashioned holiday? Like Swedish meatballs? If you answered "yes" to either of these questions, then it's time to pull out your mittens and head to Bishop Hill, Ill., for some yuletide spirit disguised as food. Yummy food at The Red Oak.

The menu staples at The Red Oak — now The Red Oak Comfort Food and Pie Company — haven't changed in nearly four decades, says Trisha Nusbaum-Rux, who bought the business after moving back to Illinois from Colorado in 1996. "We have served Swedish meatballs for 39 years, and those are our headliner," Nusbaum-Rux says. "We have never taken anything off the menu in 39 years, but we do add to it as new things pop into our heads."

You also can get the same meatballs with lingonberry cream-sauce over mashed potatoes, or Kaldomar, a beef-cabbage roll covered in tomato sauce. The menu also offers Scandinavian sandwiches with fun-to-pronounce names like the Frikadeller — meat loaf with dill sauce, mayo, mustard, pickled beets and cucumber — and Kycklingsalad, which is an almond-and-celery chicken salad. These sandwiches and more, plus a variety of iceberg and spinach salads, soups and different combinations of these, are available. Nothing on the menu is over $8.

"The majority of the staff at The Red Oak has been retired people," says Nusbaum-Rux, "and those ladies, well, their recipe boxes are huge. It has been an evolution of a lot of those recipes brought by those ladies over the years. Our comfort food is the kind of thing that your grandma would make for you."

Nusbaum-Rux says that the foods she serves aren't "organic or anything like that, but we do get farm-fresh ingredients." She also says she uses a large food supplier for some items, but that The Red Oak "has a lot of little family-owned businesses, and those are our main suppliers."

A few years ago, Nusbaum-Rux added the "Comfort Food and Pie Company" to her business — an addition that brings casseroles and pies to the menu and allows Nusbaum-Rux to hand-deliver those "grandma-style" foods to folks in Central Illinois. (Customers just leave a cooler outside, and Nusbaum-Rux drops off casseroles and pies while they're at work.) She also ships nationwide.

"Our comfort food is the kind of thing that your grandma would make for you."

Submitted

If you're hungry for a turkey casserole reminiscent of Thanksgiving, or a quadruple-berry pie, you just might find them at your favorite farmers' market, too. Nusbaum-Rux sells comfort foods at several of them, including the Freight House Farmers' Market, 421 W. River Drive, Davenport, from 8 a.m. to 1 p.m. Saturdays.

The Red Oak's foods — whether they're served in the restaurant or shipped by mail — are prepared by hand in the carriage house behind the restaurant in Bishop Hill. Yet the place is worth a visit for its cheery vibe alone.

Walking into The Red Oak is like walking onto a colorful set from the movie "Elf." The beaming servers wear red aprons and, sometimes, matching red shoes. The tables and chairs are red, the walls are yellow, and a Mason jar stuffed with live evergreens grace each small table this time of year.

If you visit when it's cold outside, it's a good idea to try the hot lingonberry tea. You also might like the Swedish cream dessert, especially if a you need a little sugar to jump-start your shopping energies. It's like a cupful of light cheesecake filling topped with red raspberries in a sweet sauce.

On holiday shopping weekends, The Red Oak can get pretty busy. Stop by before you're super hungry and give your name to the hostess, who can provide you with an estimated wait time. Then peruse nearby gift shops — all of them chock full of local, homemade items — while you wait.

A good time to visit is during the annual Christmas market. Details are on Resources page 37.

The Red Oak is located at 106 Bishop Hill St. Hours are 11 a.m. to 2 p.m. Tuesdays through Sundays. For more information, call (309) 927-3539 or visit theredoak.com.

Gifts for the spirit

Om is the place for relaxation and healing

By Ann Scholl Rinehart

Jeet Saini at her shop, Om Gifts, in Iowa City. (Photo by Ann Scholl Rinehart)

When Jeet Saini worked in the Indian restaurant she and her husband Ashwani first owned in Iowa City, she often fielded questions about her native India — and compliments about her clothing and jewelry. Those questions and comments served as the inspiration for Om Gifts for Body & Soul, the store she has operated at 105 S. Linn St. in Iowa City since December 2003.

The store has more than doubled in size over the years — from 800 square feet at the start to 1,700 square feet now. She's also diversified her offerings. The guiding force: requests from her customers — and her own growing interest in various healing modalities, meditation and yoga. While she's long been interested in yoga, subjects such as meditation and reiki are newer interests for Saini. She's even taken a class on Theta healing in Chicago, mostly to gain knowledge. The former teacher says she loves learning.

"I'm a very open person," she says, "I never stick to one thing. I'm so open — I want to learn more and more."

In addition to clothing and jewelry, Saini also sells music, books, incense, essential oils, yoga and meditation items, candles, home decor, statues and gemstones. She also offers services such as henna tattooing and workshops on a variety of subjects. On a monthly basis, she shows movies and offers meditation circles (first Thursday of the month at 7 p.m.) and healing circles (third Thursday of the month at 7 p.m.).

People often feel drawn to the circles — as well as drawn to the store. Customers often tell Saini they knew they had to come in and they then look to her for intuitive guidance to help them determine what they're to purchase.

"The best part I like about it is when I can find the thing they're really needing at that time," she says. "I feel really good when they get the thing they'll use and they'll be really happy with after they get it. It's a learning process for me, too. Every day I learn something."

On a late summer evening, Ryan LaRue, 24, of Atalissa, Iowa, walks into the store with some friends. "It always smells so good in here," he announces. LaRue says he enjoys shopping at Om when he's in Iowa City. "When you walk in, it's a relieving feeling," he says. "It feels happy. Stressless."

Nikia Lanfier, also 24, of Atalissa, adds, "It's beautiful. It's spiritual. I feel happy, good vibes" in the store.

Saini hears those sorts of comments frequently. It's her desire to create a calming environment. "There's no rushing," she says.

Saini, 46, moved from India to the United States for "a better life" 16 years ago. She and her husband and son, Eshang, 18, a freshman at University of California at Berkeley, lived in California and in Fairfield, Iowa, before moving to Iowa City. In addition to Om, they own Exotic India, an Indian restaurant in Coralville.

Saini sees parallels between her former life as a teacher of "home science" in India and her work at Om now. As a teacher, she learned to listen well. And she worked with all sorts of different types of people. The same is true at Om.

Her clients, she says, often become friends.

"When they leave, if they leave happy, that's the thing I really like."

Om Gifts for Body and Soul is open Monday through Saturday, 10 a.m. to 7 p.m., and Sunday noon to 5 p.m. Check out Om on the Web at omgiftsic.com or e-mail Om at omgift@yahoo.com.

UI Extension offers classes on global warming, crochet


Sister Cathleen Real

The University of Illinois Extension, Rock Island County, will host several health-related classes in the coming weeks. Events will be held at the extension office, 321 W. 2nd Ave., Milan, Ill. To register for a class, call (309) 756-9978, extension 10, or visit extension.uiuc.edu/rockisland. A complete list of classes is on the Web site, as well. Here's a sampling of what's happening:

- Global warming lecture, 6-8 p.m. Nov. 5, with Sister Cathleen Real, who trained with Al Gore. $5 donation to Living Lands and Waters.
- Tai Chi, 7-8 p.m. Tuesdays, Nov. 10-Dec. 22. $5/session or $25/series.
- Crochet a Scarf, 6:30-8:30 p.m. Nov. 17. $13 fee includes yarn and crochet hook.
- Card-making, 5:30-7:30 p.m. Nov. $10 fee to make five cards, with the option to pay $2 per additional card.

Learn to prepare healthy holiday foods

Want to make the holidays a bit better for you? Area Hy-Vee stores are offering cooking and baking classes with health in mind.

Kids' Cake: Make & Decorate will teach kids ages 5 to 8 to make a healthy cake from 9 to 10 a.m. Nov. 7. Kids ages 9 to 12 can take the class from 11 a.m. to noon. Cost is $10 per child. A class for adults, Healthy Holidays, will show how to make appetizers and savory dips with Greek yogurt at 6 p.m. Dec. 8. Cost is $7. Classes will be held at the Club Room at Hy-Vee, 2900 Devils Glen Road, Bettendorf. Call (563) 332-8496 to register.

More classes will be held at the Club Room at Hy-Vee, 2930 18th Ave., Rock Island. Ward off Winter Weight Gain will be held at 3 p.m. Dec. 10 and will include tips and recipes for keeping you slim all winter. Cost is $3. To register or for more information, call (309) 793-0684.

Study says breast cancer death rates continue to drop 2 percent annually

Although fewer women in the United States are dying from breast cancer, more black women than white women are dying from the disease each year. Deaths from breast cancer have dropped more than 2 percent each year since 1990. Since then, that decline has been shared by black, Hispanic and white women. But black women still have a 40 percent higher death rate from breast cancer than white women, according to a recent report, Breast Cancer Facts & Figures 2009-2010, released recently by the American Cancer Society. The decline in breast cancer deaths could be accelerated with more targeted treatment, more access to mammography, and more treatment for the poor and the uninsured, said Dr. Ahmedin Jemal, strategic director for cancer surveillance at the American Cancer Society.

Set a local table with New Pioneer

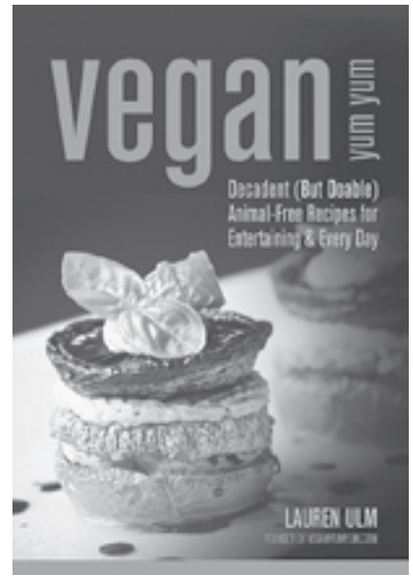
You can get out and taste some local food on Nov. 11 at New Pioneer Food Co-Op, 1101 2nd St., Coralville, Iowa. The Home for the Holidays Sample Fair will be held from 11 a.m. to 3 p.m. Nov. 15. The fair will include live music, tasty nibbles from local vendors, and food demonstrations. The event is free and open to everyone. For details, visit newpi.com or call (319) 358-5513.

$1 million in federal funds goes to study TM

The National Institutes of Health recently awarded a grant of $500,000 per year for two years for research on the Transcendental Meditation technique in the treatment of coronary heart disease in African Americans. The research is a collaboration between Maharishi University of Management Research Institute's Center for Natural Medicine and Prevention, Fairfield, Iowa, and Columbia University Medical School, New York. The funding comes from the American Recovery and Investment Act via the National Heart, Lung and Blood Institute. The research will compare the effectiveness of cardiac rehabilitation with and without the Transcendental Meditation program, especially after a heart attack.

Planning a vacation? Make it green with TIES

If you think you can't enjoy a vacation and be good to the environment at the same time, you'd be mistaken. TIES Travel Green Guide 2009 is now available to view online or download. The guide includes responsible travel tips and ideas from around the world at ecotourism.org/TravelGreenGuide.



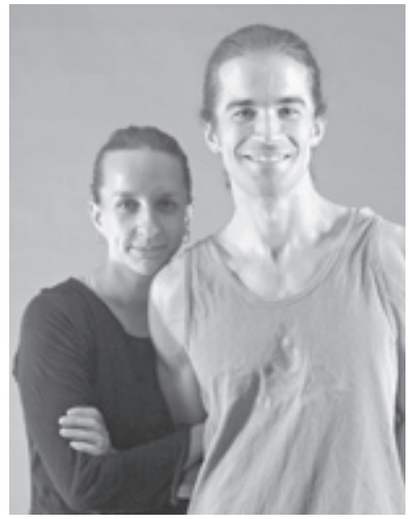
Submitted

100 vegan recipes that satisfy

Looking for vegan recipes that fulfill your cravings without breaking your resolve? "Vegan Yum Yum: Decadent (But Doable) Animal-Free Recipes for Entertaining and Every Day," includes 100 recipes from Boston-based author and blogger Lauren Ulm of veganyumyum.com. "When I first went vegan, it was a bit of a mystery to me. I was totally amazed that you didn't need eggs and dairy for baking, and that the resulting treats tasted just as good," Ulm says. The book includes chapters on breakfast and brunch, entrees, sides, light meals, pastas, desserts, drinks, sauces and dips. It is available in stores, online and at veganyumyum.com.

Celebrating Tapas' anniversary with free Ashtanga

Now there's no excuse not to try Ashtanga yoga — the sweaty, strenuous, deeply affecting form of yoga being taught at Tapas Yoga Shala, 421 Brady St., Davenport. Owners Evan and Kelly Harris are celebrating Tapas' one-year anniversary and will offer free classes in Ashtanga Nov. 2-8. Free classes will be held at 10 a.m. Monday; 4:30 and 6 p.m. Tuesday; 10 a.m. and 4:30 and 5:30 p.m. Wednesday; 1, 4 and 6 p.m. Thursday; 10 a.m. and 12:30 p.m. Saturday; and 10 and 11 a.m. Sunday. In addition, Tapas Yoga Shala will be showing the food-focused film "Fresh" at 6 p.m. Nov. 7. For more information, visit tapasyogashala.com or call (309) 236-6084.



Kelly and Evan Harris of Tapas Yoga Shala, Davenport. (Photo by Paul Colletti / Radish)

Galena Territories hosting farmers' market

A special holiday farmers' market, featuring fresh vegetables and baked goods, as well as other local foods and craft items, will begin at 8:30 a.m. Nov. 7. The event will be held at the Galena Territory Owners' Club, 2000 Territory Drive, Galena, Ill. Admission is free. For more information, call (815) 777-2000.

Caramels created by clergy at Prairiewoods

Shoppers will find locally-made Trappastine caramels, jewelry, fair-trade coffees and more at the Prairiewoods Holiday Bazaar, planned for 8 a.m. to 1 p.m. Nov. 21 at the Franciscan Spirituality Center, 120 E. Boyson Road, Hiawatha, Iowa. There is no admission fee. For more information about the event or about Prairiewoods, call (319) 395-6700 or visit prairiewoods.org.

Local fiber and clay arts in Amana Colonies

The Fall Fibre and Clay Show and Sale will be held Nov. 7-8 in the Amana Colonies, Iowa. The indoor, autumn-themed show and sale will include unique weavings, textile arts, baskets, pottery and crafts by area artists. Visitors can shop for holiday gifts, clothing and original fine art at the event, which is juried. It will be held at the Amana Arts Guild Center in High Amana from 10 a.m. to 5 p.m. Nov. 7 and 10 a.m. to 4 p.m. Nov. 8. Admission is free. For more information, call (319) 622-3678 or visit amanaartsguild.com.

rooting around

Submitted

Organic yogurt you can drink

Organic Valley of La Farge, Wis., will begin offering a new, pourable yogurt in January. The company says that the yogurt is sweetened with agave nectar and contains billions of probiotic cultures to boost the digestive and immune systems. The yogurt will come in 32-ounce recyclable bottles and three flavors — plain, berry and vanilla — for a suggested price of $3.99 each. The company says that that yogurt is good for use in recipes (such as salad dressings, smoothies or dips), mixed with granola for breakfast, or straight from the bottle as a drink. For more information, visit organicvalley.coop.

MOSES helps new organic farmers

A farmer-to-farmer mentoring program is being sponsored in 2010 by the Midwest Organic and Sustainable Education Service (MOSES). The program helps new organic farmers make the transition to organic production with help from experienced farmer mentors. Applications are now being accepted for mentor farmers and those wishing to be mentored. In addition, all participants in the mentoring program will be admitted to the 2010 Organic Farming Conference and Organic University, which will be held Feb. 25-27, 2010, in La Crosse, Wis. For more information or to apply, call Harriet Behar at (888) 551-4769 or e-mail her at harriet@mosesorganic.org. For more information about the program, visit mosesorganic.org/mentoring.html.

Augustana professor champions the larkspur

Jason Koontz (Submitted)

The wild blue larkspur of the hill prairies, which is found only in three Illinois counties, soon will be on the state's threatened plant list. Thanks to the work of Jason Koontz, a botanist and biology professor at Augustana College, Rock Island, and his research assistant, Beth Eyler, the Illinois Endangered Species Protection Board officially will add the larkspur to the Endangered Species list at its Nov. 13 meeting. "We need to protect and appreciate what we have left," Koontz says. "When we protect plants like the larkspur, we are preserving our heritage. Without the native vegetation, we just have land. It is these native plants that make Illinois." Koontz's preservation efforts were supported by the donations of Illinois citizens to the Wildlife Preservation Fund. The fund is a voluntary contribution check-off option on Illinois state income tax forms. The projects sponsored through the Wildlife Preservation Fund range from habitat enhancements to species restoration to research on threatened species.

Shoppers admire holiday decorations during Julmarknad in Bishop Hill, Ill. (File)

Fuel your yule in Bishop Hill at Julmarknad

A visit to the "Utopia on the Prairie" may be in order, especially if holiday gifts are on the agenda. Julmarknad, the annual Swedish Christmas celebration, will be held the weekends of Nov. 27-29 and Dec. 5-6 in Bishop Hill, Ill. The event awakens the sights, sounds and aromas of Christmases past. Swedish folk characters roam the village, musicians perform and artisans showcase their work. For more information, call (309) 927-3345 or visit bishophill.com.

Energy efficient heating and cooling classes

COSC & Cenergy will present a free workshop for homeowners about HVAC systems from 5 to 7:30 p.m. Nov. 17 at Northeast Iowa Community College's Town Clock Center for Professional Development at 680 Main Street, Dubuque. The class will be held in room 106B and will cover energy-efficient heating and cooling installations, maintenance, durability and indoor air quality. The seminar is for homeowners, real-estate agents, lenders, appraisers, municipal staff, neighborhood groups and policymakers. To register for the class, call (563) 557-8271.

Culinary retreats planned for early 2010

Learn Great Foods, an agritourism company with a base in Mount Carroll, Ill., will host themed retreats in February, March and April of 2010. The theme for Feb. 12-14 will be "All Things Chocolate;" March 27-29 will be "2 Busy 2 Cook;" and April 23-25 will be "Culinary Escape." The weekend-long retreats are $225 each and do not include lodging. If an overnight stay doesn't work for you, you may join any of the tours on Saturday only for $105. For details about the tours and lodging, visit learngreatfoods.com, call (866) 240-1650 or e-mail pam@learngreatfoods.com.

resources

LIFE ON HENRY'S FARM

(Story on page 6)

Terra Brockman, author of the new book "Life on Henry's Farm," shared the following recipe that's perfect for fall. It, along with several other seasonal recipes, are included in the book.

Henry's Autumn Pear Salad

6 Kieffer pears, peeled, cored and chopped
½ shallot, minced
1¼ teaspoons diced fresh ginger
1 cup water
½ teaspoon vanilla
1½ tablespoons sherry vinegar
1 tablespoon mirin (a Japanese sweet cooking wine)
1 tablespoon soybean oil
Black sesame seeds, for sprinkling
Mixed greens

In a 1-quart saucepan, cook the pears with the shallot, ginger, and water over medium heat until soft. Strain and set aside to cool. Once at room temperature, purée one of the pears and strain through a sieve. Add the vanilla, sherry vinegar, and mirin to the puréed pear and process in a blender or food processor. Slowly add the oil to emulsify. Dice the remaining pears for garnish. To serve, toss the greens well with the pear mixture. Divide among four serving plates and garnish with the diced pears and sesame seeds.

POTLUCK-STYLE FEASTING

(Story on page 10)

Here's another healthy recipe to try this Thanksgiving.

Roasted Cauliflower

1 head cauliflower, broken into florets
3 tablespoons olive oil
1 teaspoon dried rosemary, crumbled
Salt and freshly ground black pepper
Preheat oven to 500 degrees

Place cauliflower, olive oil and seasonings in a medium bowl; stir to coat. Transfer cauliflower to a sheet pan. Roast in middle of oven 12-15 minutes, until tender and browned in spots. Serves 4.

FOCUS ON FOOD

(Story on page 22)

In its September 18 screening at the Unitarian Church in Davenport, "Fresh" covered a lot of the same ground as "Food, Inc." But the 70-minute documentary offered more of an inspirational call to action rather than an alarmist wakeup call. Promoting the need for a paradigm shift in farming practices, Ana Sofia Joanes' film relies heavily on Michael Pollan and Joel Salatin, both of whom appear in "Food, Inc." However, the inclusion of Milwaukee-area farmer Will Allen offers a successful example of an advocate for slow-food practices and sustainability. "Fresh" also makes the case for buying locally grown produce, eggs and other foods simply because they're better for not having been shipped far to market. "We can feed the world without current big-agriculture methods" is the message, and forward-thinking farmers are shown leading the way. "Fresh" will be shown at 6 p.m. Nov. 7 at Tapas Yoga Shala, 421 Brady St., Davenport. Admission is free.

— By Jeff Dick

Distributed by the filmmaker, "Fresh" is available for home or community screenings. For more information and to watch a trailer, visit freshthemovie.com.

DIY windmill teaches kids about renewable energy

Want your kids to learn about eco-friendly energy? A new, inexpensive toy makes it fun.

What it is: The Green Science Windmill Generator, a toy that's powered by the wind. Kids assemble the wind-powered motor and install it atop a recycled 20-ounce plastic bottle, then watch as the breeze powers the LED light attached to the gizmo. It comes with complete directions for building and all necessary parts except for the plastic bottle.

What it costs: It's $11.99 or less.

Who can use it: It's recommended for ages 8 to 12, but parents likely will need to help kids in this age range put together the motor.

Where to get it: It's available online from its maker, 4M Industrial Development Ltd., at 4m-ind.com and from several other online retailers, such as Amazon.

Accolades: The Green Science Windmill Generator is included in the Dr. Toy "Best Green Toys and Best Green Toy Company" awards for 2009.

Submitted


MCT

Learn about Honest Abe and agriculture at Lincoln Library

The Abraham Lincoln Presidential Library and Museum opened in 2004 in Springfield, Ill.

Fun stuff: The library and museum is a far cry from a dusty, book-filled cavern. It's bright and high-tech, with video and holographic presentations about Lincoln and the times in which he lived.

The museum itself is divided into 12 areas, each with a different theme. In Mrs. Lincoln's Attic, children can play dress up in the President and Mrs. Lincoln's clothes. In the Treasures Gallery, you'll see cased artifacts from Lincoln's life. And in Ghosts of the Library, "ghosts" of Civil War soldiers appear and disappear.

The newest exhibit at the museum, "How Vast and How Varied a Field," covers the agricultural legacy of the Lincoln years. The exhibit features the first John Deere tractor, farm tools from before the Industrial Revolution, and a map showing agricultural themes across the landscape. It's open now through August 2010.

Good to know: Plan to visit the museum with your family? You might want to consider a membership, which is $60 if you live over 100 miles from the museum. It includes four free admissions with each visit.

Good to go: The Abraham Lincoln Presidential Library Museum is located at 212 N. 6th St., Springfield, Ill. Hours are 9 a.m. to 5 p.m. daily except Thanksgiving, Christmas and New Year's. Admission is $10 for ages 16 to 61; $7 for military, students and seniors 62 and up; $4 for children ages 5 to 15; and free for children under 5. For information, visit alplm.org or call (217) 558-8844.

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

food for thought

The omnivore's solution

Instead of flowers, let's plant food in our public spaces

By Darrin Nordahl

Ever consider an apple tree in the park to be a sentry, guarding our national and economic security? Some folks do, and it all has to do with food security.

Not too long ago, our once-great decentralized system of agriculture, which comprised millions of small family farms spread out across the country, proved superior to the Soviet Union's large-scale, centralized system of agriculture. Crop losses in the Soviet Union became a perennial concern, as it only took one anomaly in a particular geographic region to render devastating effects felt across the nation.

Today our agriculture system is not unlike that of the former Soviet Union's, a highly industrialized, centralized system controlled by a few agribusinesses in distant parts of the country. Our system of agriculture relies heavily on foreign oil and natural gas for almost every phase of production — from working the land, manufacturing fertilizers and harvesting crops to the delivery of those crops hundreds — if not thousands — of miles to terminal markets. Such a reliance on fossil fuels means that when we see an increase in oil prices, our food prices increase. And when the day comes that we experience a shortage of oil, we then will experience a shortage of food.

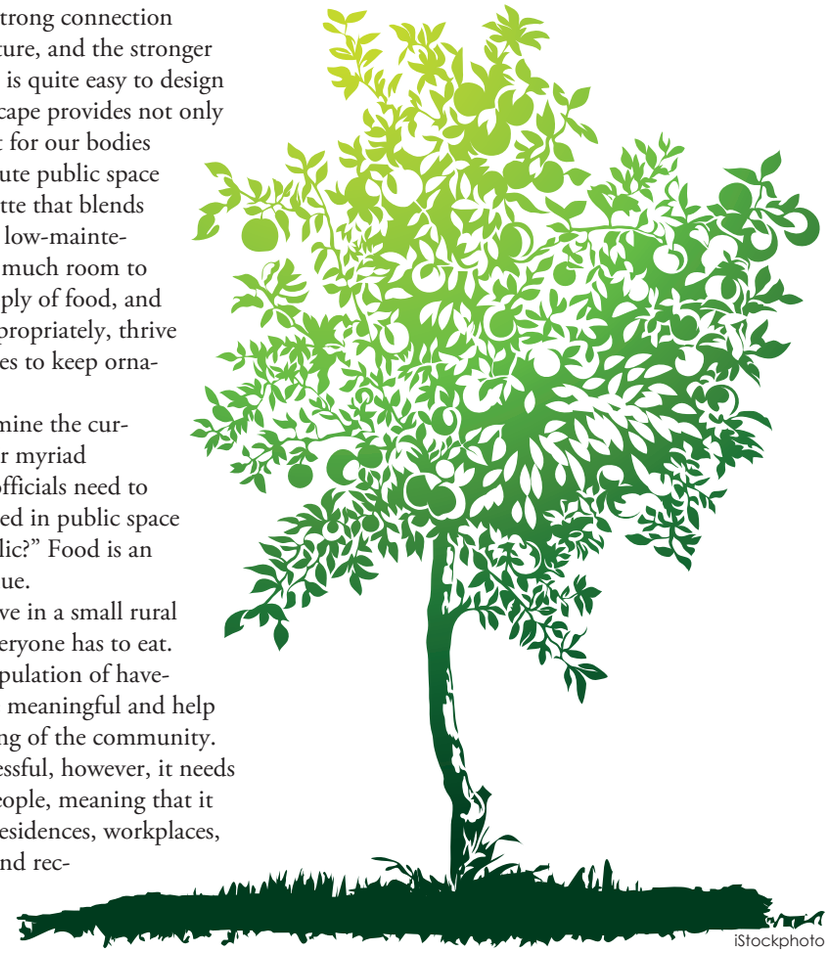
Such a highly centralized system of agriculture also is sickening our population. Incidence of obesity and diabetes has risen dramatically, coinciding with the abundance of processed foods in our diets — foods made from commodity crops such as corn, soybeans, beef and pork. Also, food-borne pathogens like salmonella and E. coli increasingly are contaminating our produce. Such contaminations wouldn't be such a dire health threat in a decentralized system of agriculture. But as it stands, a single infection to a peanut processing plant in Georgia, or inside a pepper-packing plant in Texas, has health implications across the country.

One effective method to decentralize our current system of food production and to help establish food security (while also providing satiety to the growing hunger for fresh, locally grown produce) is to cultivate the abundance of arable land within our cities, particularly, land that is under public control. The public spaces in our communities — street rights of way, parks, downtown plazas and city squares, parking lots, transportation and utility easements, floodplains, and the grounds around our schools, libraries, courthouses, jails, and city halls — all possess, at the very least, a modicum of landscaping.

The problem is that these trees, shrubs, and ground covers primarily are chosen for aesthetic purposes. Understanding the strong connection humans have to plants and nature, and the stronger connection we have to food, it is quite easy to design public spaces so that the landscape provides not only nourishment for our souls, but for our bodies as well. The task facing the astute public space designer is to craft a plant palette that blends aesthetics with sustenance in a low-maintenance package. It doesn't take much room to grow an abundant, diverse supply of food, and many food crops, if chosen appropriately, thrive with no more work than it takes to keep ornamental plants looking good.

Cities must critically examine the current landscaping trends of their myriad public spaces, and municipal officials need to ask, "How might the plants used in public space provide more value to the public?" Food is an excellent measure of public value.

It doesn't matter if you live in a small rural town or a large metropolis: Everyone has to eat. As long as there is a certain population of have-nots, public agriculture will be meaningful and help bolster the health and well being of the community. For public produce to be successful, however, it needs to be freely accessible to the people, meaning that it should abound very near our residences, workplaces, schools, places of commerce, and recreation. A 40-minute drive into the country for fresh produce hardly qualifies as publicly accessible. By having food production close to the people, under the authority of the municipality, a significant voice in what, where, and how food is produced is returned to consumers, validating the democratic ideals this great nation was founded upon.



iStockphoto

It can start as tiny as a flower seed but the longer breast cancer is allowed to develop, the harder it is to fight. That's why yearly mammograms are a must. At Trinity, we not only want to catch cancer early — we also want to provide the best care and the best tools possible. Talk to your doctor to schedule your digital mammogram today and find out what having peace of mind is really like. For more information on digital mammography, call Trinity's imaging center at (309) 779-5186.