

Radish

FROM THE GROUND UP



radishmagazine.com

NOVEMBER 2010

**Acupuncture
for pets**

Winterizing a garden

Tamale traditions

Practicing gratitude

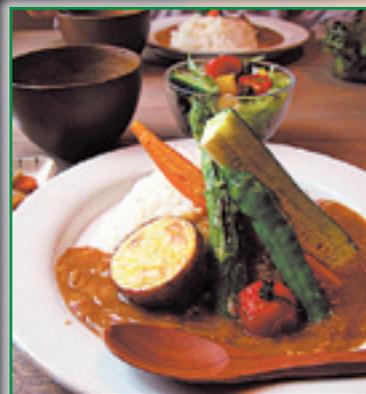
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ADVERTORIAL

“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.

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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.

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from the editor



Photo by Gary Krambeck / Radish

Five years ago this month my husband and I set out in our little Honda on a trip. We never arrived. Just a few miles from our destination, a large SUV travelling the opposite direction began careening in and out of our lane. We were on a bridge with no shoulder. There was no way for us to get out of the truck's path. I watched the SUV bearing down on us, took a deep breath, and thought, "This is it. We are going to die."

The fact that I am writing this today tells you we didn't. At the last possible second, the driver sat back up (she had been digging for her cell phone in the back seat) and changed direction. Her SUV still hit us, but at an angle instead of head on. We lost the front left quarter of our vehicle, but not our lives. Fortunately, the other driver was unharmed as well.

It sounds funny, I know, but I recall that moment now whenever I hear someone talk about the decline of our society, how you can't trust people any more, how everyone is out for themselves — and not because of the danger we were in at that moment, but because of how absolutely bizarre it was to see an oncoming car cross the yellow line and come into our lane.

When you think about it, on any given highway or street there is really nothing to prevent any other car from doing the same. But instead of putting up a wall or fortification to protect ourselves, we lay down a thin strip of paint. That's it. That's all we've decided we need. Why? Because on some basic level we understand that, actually, the vast majority of strangers we meet are peaceable and trustworthy human beings.

That little strip of paint down the middle of the road is a miracle, one we often overlook. It is dramatically easier to spot the things that go wrong than the things that go well — to notice the SUV barreling down your lane rather than the thousands of cars that pass by safely — precisely because things going well is such an everyday occurrence. In this way we are deeply fortunate as a society.

Every November when the anniversary date of the accident rolls around, I think back to it and am thankful. I'm thankful first of all that no one was seriously injured, and I'm thankful for all the people who came quickly to our aid. But I try also to be thankful for all the people we passed that day without incident and the thousands upon thousands of people we have passed every day since.

Among the articles in Radish this month you'll find the story of a family of seven who works together to run their poultry farm, a ski instructor who is hitting the slopes into her 70s, and a vet who uses acupuncture in his practice. All of them are people who live near where you live. Isn't it good to imagine they are among your neighbors, the people you pass every day on the street?

— Sarah J. Gardner,
editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

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Gerald J. Taylor
PUBLISHER

Joe Payne
MANAGING EDITOR

Sarah J. Gardner
EDITOR
(309) 757-4905
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Terry Wilson
NICHE PUBLICATIONS MANAGER
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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contributors



Ann Ring has been freelancing since 2003, writing on a variety of topics. Her articles have appeared in American Fitness, Priority!, Western Illinois Family, Club House, and Albuquerque Sports News. In addition to nonfiction writing, Ann works as an independent grant writer/grant researcher. Read her story on massage for babies, page 18.



Jen and Ted Knights garden and write together in Iowa City, where Ted works as a horticulturist and landscaping professional and Jen works as a nonprofit writer/editor. Their work has been published in The Chicago Sun-Times, at the Chicago Botanic Garden and in Catalyst, the New Pioneer Co-op newsletter. They have a preschooler son, Arlo, a baby on the way and four agreeable cats. Read their tips for putting a garden to bed for winter on page 16.



Sarah Ford graduated from St. Ambrose University with degrees in English and philosophy. She is currently an AmeriCorps member, making matches at Big Brothers Big Sisters of the Mississippi Valley. Sarah contributes two articles to Radish this month, one on digestive bitters and another on practicing gratitude. You'll find them on pages 12 and 28.



Lindsay Hocker is a reporter for the The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. She earned her B.A. in journalism and religious studies and a certificate in nonprofit management at The University of Iowa. Lindsay lives in Rock Island and enjoys spending her free time helping animal shelters, reading, and exploring natural sites and quiet towns. Read her story on a local business that uses UV light to clean mattresses on page 32.



Jeff Dick of Davenport is a freelance writer who covers film, video, consumer and library-related issues. His feature articles and reviews have appeared in Library Journal since 1986. In his free time, Jeff tries to break bogey on the golf course, goes to movies, plays and concerts, and gets his money's worth from Netflix. This month, he shares his thoughts on the Choose2Choose campaign in our food for thought section, page 40.

Also appearing in Radish this month are contributors **Leslie Klipsch** ("Behnke Poultry," page 20); **Sharon Wren** ("Inhale, exhale" and "The right lights," pages 8 and 30); **Ann Scholl Rhinehart** ("Turkey to treadmill," page 14); **Laura Anderson** ("Pet acupuncture," page 6); **Chris Green** ("Let's talk tamales," page 26); and **Barbra Annino** ("The golden girl," page 24).

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the grapevine

We love to meet our readers! Radish representatives will be at the following events, where you can say hello, pick up an extra copy and tell us about articles you would love to see in future issues.

• **Iowa City Holiday Farmers' Market**, 8 a.m. to 1 p.m. Saturday, Nov. 13, in the Robert A. Lee Community Recreation Center, 220 S. Gilbert St., Iowa City.

• **Sierra Club Eagle View group meeting**, 7 p.m. Monday, Nov. 15, at the Moline Public Library, 3210 41st St. The meeting will feature a presentation on conifer trees given by Ellen Kelley. Read more about her work with these trees on page 13.

On the Road with Radish is made possible by The Friends of Radish: Metro, Trinity Regional Health System, WQAD News Channel 8 and WQPT.



Need a good book? Check out these freebies from Radish!

Radish has a stash of titles waiting to be reviewed, perfect to cozy up to with a warm cup of cocoa on a cold afternoon. Best of all, they are free! Request any of the books below by sending an e-mail to editor@radishmagazine.com. The book will be yours to keep in return for a short, 100- to 200-word review (a little longer than the size of this paragraph), which may be printed in a future issue of Radish. Books are available on a first-come, first-served basis, so get your request in early!

• **“How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers,”** by Toni Bernhard (Wisdom Publications, 2010): Author Toni Bernhard, a lawyer, professor, wife and mother, was living a busy and fulfilling life until, while on a short trip to Paris, she contracted a chronic viral infection. “How to Be Sick” chronicles the lessons she learned on the path to living gracefully and with purpose despite her new limitations.

• **“The Old-Time River Rats,”** by Kenny Salwey (Voyageur Press, 2009): Tales of bygone days along the wild Mississippi, brought to life by Salwey’s signature brand of storytelling.

• **“A Watershed Year: Anatomy of the Iowa Floods of 2008,”** edited by Cornelia F. Mutel (University of Iowa Press, 2010): Written by leading scientists, watershed specialists and public administrators, the book contains accounts of the flood and possible lessons to take away.

• **“Giant Tomatoes,”** by Marvin H. Meisner (Annedawn Publishing, 2007): A step-by-step guide to selecting varieties, preparing soil, fertilizing, watering, pollinating and pruning so as to grow all-natural giant tomatoes.

• **“Canine Sports & Games,”** by Kristin Mehus-Roe (Storey Publishing, 2009): Everything you need — complete rules, lists of equipment, safety reminders, physical requirements, governing bodies, goals and titles — to play organized games with your dog.

• **“Ani’s Raw Food Essentials,”** by Ani Phyo (Da Capo Lifelong Books, 2010): From key ingredients and utensils to tips on transitioning to the raw food lifestyle, Phyo sets out to prove you don’t have to sacrifice taste to reap the benefits of raw foods.

From our readers

“I absolutely love Radish! I have enjoyed your magazine for a couple of years now. In fact, I have even had some life-changing experiences made possible through Radish! Thank you so much for all you contribute to the health and welfare of the Q-C area!”

— *Carol McNeely, Bettendorf, IA*

Three days of yoga (Oct. 2010): “Thanks Ann (Scholl Rinehart)! What a great article!”

— *Victoria, Coralville, IA*



“Good info, Ann. It makes a difference in an article when the ‘reporter’ is in tune to subject matter. Thanks for caring, thanks for writing!”

— *Amanda, Swisher, IA*

Bottlemania! (Sept. 2010): “I really enjoyed your interview with Elizabeth Royte. I had not heard of her before, but now I’m adding her book to my list.”

— *Jen, Davenport, IA*

Schooled lunches (Aug. 2010): “Thank you Rachel (Morey Flynn)! It is an uphill battle to find a healthy balance that interests our kids. I am happy to hear from another parent that can balance life with food and still hope to come out on top!”

— *Mindy Harson, Rock Island, IL*

Live from the Iowa City Yoga Festival

Did the October article “Three Days of Yoga” whet your appetite for the Iowa City Yoga Festival? Let Radish take you there. The festival runs Nov. 5, 6 and 7. For readers who are unable to attend this year, yoga instructor Jen Smith will be blogging live from the event for Radish. You’ll find a link to her observations and adventures on our home page at radishmagazine.com.



SIS International (Photo by Paul Colletti / Radish)

Coming next month

- The Radish holiday gift guide.
- Recycled gifts from around the world at SIS International, a new fair-trade store in Davenport.
- Cookbooks to give and get: Mini-reviews by our favorite food writers.
- Visiting loved ones in the hospital over the holidays? Hospital chaplain shares thoughts and ideas.
- Myofascial release: A new massage technique that might be right for you.

healthy living from the ground up

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Chris Behnke and her five children — Arthur, George, Martha, Stephen and Cecelia — at home on their poultry farm. (Photo by Gary Krambeck)

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healthy living

Pet acupuncture

Noninvasive treatment brings pain relief for furry patients



Dr. Bob Herath uses acupuncture to treat Zoe. (Photos by Todd Mizener / Radish)

By Laura Anderson

Zoe wagged her tail and trembled with nerves as she sat on the exam table and waited with her owner at the Andalusia Road Veterinary Centre, Ltd., in Milan, Ill., one morning last month.

“Shh. It’s OK, girl,” says her veterinarian, Dr. Bob Herath.

“That’s a good girl,” echoes her owner, Sharon Kargl of Rock Island.

Zoe, a 9-year-old dachshund, was in for an acupuncture treatment. Just a couple weeks prior, Kargl says she stepped in a hole and wrenched her back while wandering around the yard. She’d been dragging her hind legs ever since.

Herath says this is a common issue with dachshunds because of a hitch in their spines where the front and back half meet. He says eight out of 10 acupuncture patients are dachshunds because “of the way they’re put together.”

But with just a couple of acupuncture treatments, Kargl says Zoe was walking around a little in their yard and greeting guests at the door.

Kargl and Herath comfort Zoe before giving her a shot of a sedative and putting a little ointment in each of her eyes. Herath says the sedative will help her lay still during the treatment as well as calm her spasming back.

First, Herath inserts a teeny, tiny needle into a toe on each of Zoe’s hind legs. She doesn’t seem to even flinch.

“They’re tiny needles. Not like hypodermic needles,” he says, which are hollow and can cut upon entering. These needles slide in without disrupting tissue. “They’re very noninvasive, very not painful,” he says.

Next, he inserts a tiny needle in each of her knees, and then begins on her back, feeling between each vertebrae to find the correct spots. After about 20 needles are inserted in two rows lining her spine, he attaches two tiny cords that look like tiny jumper cables to each side of the rows of needles. Herath then turns on an electrical machine.

Zoe’s back and tail bounce to a pattern as Kargl comforts her.

The electrical treatment during acupuncture takes about 10 to 15 minutes, Herath says, depending on the patient and how much they are able to take.

He says the electrical machine used is the same machine used by doctors in China, adding that it’s like a deep massage without the pressure.

He compares finding acupuncture points within the body with electricity in a room. While the room might be lined with electricity within the walls, it can only be accessed at the outlets.

He says he mainly uses acupuncture to treat intervertebral disc disease, or slipped discs in dogs and cats, but he also uses it to diagnose a variety of illnesses by inserting a needle throughout various points of the spine, looking for inflammation and the pet’s response. “Their body will tell me” where the illness is, he says, adding that “the Chinese call it the ‘no question diagnosis.’”

He says someone once brought in a dog for a rabies vaccination, but Herath wanted to perform a check-up first. He told the owner that the dog wouldn't get a rabies vaccine — it had bad kidneys and had been throwing up.

The dog's owner looked back at him, flabbergasted. He asked how Herath knew, and he responded that the dog "told him" during the acupuncture test. Blood tests confirmed it.

After Herath treated the dog, he says he was able to give him that rabies vaccine.

Herath has been Kargl's vet for years, and when he had first mentioned acupuncture a few years ago with Kargl's beagle, she was skeptical. But after the beagle's positive response, Kargl says she didn't think twice when he mentioned it for Zoe.

"It was the automatic choice to try acupuncture" for Zoe, Kargl says.

Herath says he, too, was a skeptic at first. After graduating from the University of Illinois College of Veterinary Medicine in 1973, he says he was required to take continuing education courses, and took a one-day "short course" in veterinary acupuncture, intending to "poke fun" at it.

Instead, acupuncture poked fun at him. "My mouth fell open" after seeing what it could do, he says. He saw images of once-paralyzed horses walking again and realized how powerful the treatment could be.

"It was just amazing," he says.

Kargl knows that because of Zoe's age, she won't spring back to 100 percent after treatments. "We don't bounce back as easily," Kargl says of getting older.

Even so, both Kargl and Herath are pleased with the progress Zoe is making. "This is wonderful, how well she's doing," Herath says. "I'm really happy for you," he tells Kargl.

Zoe also takes anti-inflammatory medication. She's getting the "best of what Western medicine has and what Eastern medicine has," he says.

At the end of the day, Herath says that acupuncture has proved itself to him. He says he works with more than a 90 percent success rate in getting dogs walking again. Most treatments run less than \$100 with sedatives costing a little under \$50, he said. Initially, it may be a little costlier because the pet needs an exam, but "it's really quite affordable," he says, and cheaper than surgery, which often doesn't correct the problem or causes more trauma.

Herath says he's happy to offer an option that a lot of other veterinarians don't have. Unfortunately, he hears of so many animals being euthanized because owners are out of answers.

"The people get so bonded" to the pet, Herath says. "The pet gets the owner so well-trained." Whether your teeth are brushed or your hair is combed, "they'll love you no matter what," he says. "We can learn a lot about life" from them.

A video of this procedure can be viewed at radishmagazine.com. For more information about Dr. Herath and his office, visit petvetbob.com/larvc.html.



Sharon Kargl holds Zoe while Dr. Bob Herath administers a mild sedative.

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Janet Macon, MS, RD, LD
2351 W. Locust St., Davenport
563.324.9948



Chrissy Mitzel, MS, RD, LDN
2930 18th Ave., Rock Island
309.793.0684



Valerie Wheatley, RD, LDN
2011 W. 10th Ave., Milan
309.787.0273



Beth Freehill, MS, RD, LD
901 S. 4th St., Clinton
563.243.6162



Dawn Blockinger, RD, LD
750 42nd Ave., Moline
309.757.1085



Stacy Mitchell, RD, LD
2900 Devils Glen Rd., Bettendorf
563.332.8496



Christy Finn, RD, LD
1823 E. Kimberly Rd., Davenport
563.359.9323



Molly Shattuck, MS, RD, LD
2200 W. Kimberly Rd., Davenport
563.391.0213



Nikki Putnam, RD, LDN
2001 5th St., Silvis
309.292.7494



Kristen Decker, RD, LD
4064 E. 53rd St., Davenport
563.355.5540

healthy living

Inhale, exhale

Breathing techniques bring on the tranquility

By Sharon Wren

I was rather surprised when the Radish editor gave me this assignment on breathing and stress. Had she been reading my (frazzled) mind? I'm your typical working mom — juggling two part-time jobs, housework, the kids' school and sports schedules, etc. With two big work projects due within the coming weeks, junior high math, and the upcoming holiday season, I found myself one deadline away from a full-blown breakdown. My shoulders were chronically up by my ears and I honestly couldn't remember the last time I took a nice, deep breath (maybe when I was in labor?). It was time to try a new way to deal with stress.



Sharon Wren, at home with her sons Logan and Tyler, practices one of the breathing techniques she learned. (Photo by John Greenwood / Radish)

My Quest for Quiet started with Jeani McKenzie at the Davenport School of Yoga. I've been practicing yoga at home for about six years, but had never taken a class. She was getting her hands on me after a typical chaotic morning of getting everyone out the door and then driving across town in rush hour traffic. Jeani had me lie on my back for a few breathing exercises. That made me nervous, only because I'd been dealing with a bad cough and congestion for almost a month; frankly I doubted my ability to breathe out of either nostril!

Jeani had me take a deep, slow inhalation while thinking "Om," drawing it out as long as it took me to inhale. On the exhale, she encouraged me to think "Shanti" three times. "Oooooooooommmmm ... Shanti Shanti Shanti." She told me the meaning of Om, "I am," and Shanti, "peace." I began to feel like Jell-O inside; even the siren from a fire truck going up Brady Street didn't interrupt my Jell-O-ness. Oh yeah, I am at peace.

Since that one worked so well, Jeani had me try combining breathing and mudras (hand gestures). She had me breathe deeply while gently holding my index fingers and thumbs together. Next I gently curled my other fingers in, while breathing into the middle of my chest. Finally I tucked my thumb inside my fingers and breathed into the top of my chest. Afterward, I told Jeani that since my kids had been tiny, I'd gotten into a habit of touching my

thumbs and middle fingers together when I was getting stressed, especially when we were out in public. She laughed. "You know that's the mudra for patience, right?" I had no clue; apparently the universe had thrown me a good coping mechanism and I didn't even know it.

I floated home and headed out for my afternoon job. I did the Om Shanti breathing all the way there and traffic on the I-74 bridge didn't seem bad at all. Where, oh where was this earlier this year when three out of the four local bridges across the Mississippi River were under some sort of construction?

My next stop on the Quest for Quiet was the Buddhist meditation class that's offered on Tuesdays at the Quad City Botanical Center. I'd tried meditation a couple of times in the past but it didn't work well. Meditation instructors warn you about the "monkey mind," what they call a brain that interrupts with thoughts during meditation. I call mine a "monkey mind on hyperdrive." I was apprehensive about the class — I fully expected to see a bunch of people in orange robes, sitting on the floor, legs folded together, quietly meditating for an hour. There was no way I could spend an hour in one position, let alone keep my mind quiet and not cough!

Joe Gauthier from the Lamrim Kadampa Buddhist Center in Iowa City was nothing like whom I expected. No orange robes; he looked like anybody you'd run into at the farmers' market. He assured me that we wouldn't meditate the entire class and participants are encouraged to get comfortable first. "In class, we do an introduction to meditation, and then do a preliminary one that's easy. Then we cover a different Buddhist topic every week that we meditate on, positive things like love and compassion." The other four students in the class were ordinary-looking people; two of them were discussing a high school football game before class. "Most of the people who come to class aren't Buddhist," said Joe.

We sat in chairs and nobody tied their legs into pretzel poses. I snuck in some cough drops and was relieved to see one woman pop a couple of mints before meditating, so she wouldn't have a dry throat. After the initial meditation, which seemed to last only a few minutes, Joe explained that one use for meditation is to change how we react to the world. "If you have someone at work who irritates you, you might try to get them transferred, but maybe what you really need to do is change how you react to them. There will always be irritating people in the world." As much as I love my boys, there are quite a few times they drive me insane doing typical boy stuff, like forgetting how to clean their room. Instead of yelling, I can take a few deep breaths and try to remember that they're not intentionally out to make me crazy.

I felt a lot more relaxed after class. However, that didn't last as I floated to the car and realized I was in a dark parking lot, alone. I'd been too blissed out to think to ask someone to walk to my car with me. It's hard to be relaxed when you have tae kwon do defensive moves running through your head! By the time I got home it was time for getting the kids into bed, which (for once) wasn't too stressful.

The last stop on the Quest for Quiet was YouTube. I wanted to try tai chi breathing, figuring it would appeal to my martial arts background, but a busy schedule made it tough to get to a class. One video was extremely short; I was just getting relaxed and then it ended. The instructor in another video was hard to understand and the video was choppy. The third one I tried was pretty good; by the end I felt quite relaxed. Next time I'll look for an entire class on YouTube.

I'm beginning to realize that dealing with stress isn't a one-time thing; one method isn't going to make it all go away. It's like what they say about weight loss — a lifestyle change is what makes it work. I can't eliminate backups on the I-74 bridge, but I sure can change how I react to them.



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Our daily bread

In learning to bake bread, larger truths are to be found

By Sarah J. Gardner

Two years ago I began a project that I had put off for some time. I resolved that I would bake all of the bread I was going to eat. It seemed like the right time to try, although I admit I was intimidated. Bread is complicated, as anyone who has attempted it can tell you. Recipes for bread baking are not like recipes for other baked goods. They don't fit easily on index cards and they rarely contain all the information you need to know, things like how to tell if the gluten has properly developed and how (and when) to rig yourself a proofing box.

Of course, there is another significant way bread differs from other baking projects: "At the risk of sounding mystical, I must tell you that one does not bake bread as simply as one boils an egg," Bernice Kohn writes in "The Organic Living Book." "The baking of bread is in some way a magical, almost a religious rite."

I know exactly what she means, and I say that as someone who is not religiously inclined. When I pull out a recipe for quiche I don't expect to find in it life lessons. But there is something about bread baking that is different. When I began my project, I understood I had a lot to learn about the practical aspects

of baking bread. But I also understood there was poetry in the process, if I paid enough attention.

Pat Cogar, baker at Uncle Billy's Bakery in Galesburg, Ill., agrees. When he is in the kitchen working on a batch of bread, he says the process can feel very meditative. "Over and over I think about the line in the Lord's Prayer, 'Give us this day our daily bread,' as I work," he says, and he thinks about how we are all here to feed each other.

As a bread baker Cogar is literally feeding other people, but he feels the process feeds him, too. "There was definitely a big learning curve when I started," he explains, "but I learned to take it slow, to give it time, to not give up."

Not giving up was a lesson I had to learn as well. In years past when I would attempt to bake bread, I would become so frustrated when a loaf did not turn out that I would not try again for months. So many hours would be invested in the bread, mixing and kneading and letting it rise, that when it didn't work, it wouldn't just feel like I was tossing a ruined loaf in the trash bin. It felt like I was throwing out the whole afternoon. This did not exactly inspire me to break out the flour and try again.

But now, to get bread in my pantry, trying again was exactly what I had to do. I took as my mantra, "OK, no bread today, I'll try again tomorrow," and a funny thing happened: Just as I learned I wouldn't



Pat Cogar of Uncle Billy's Bakery stands near a rack of fresh bread he has baked, while Julie Osper (opposite page) waits to help customers at the register. (Photos by John Greenwood / Radish)



starve if I had to start over and bake a loaf of bread again the next day, I began to see how I could accept other mistakes I made with greater grace.

I also learned to be more present in my day to day. Every change in weather puts different requirements on bread baking. Is it rainy? Did the temperature drop? What will it be like in a few hours when the bread is on its second rise? To get consistent results, I couldn't just roll out of bed and start baking. I had to be attentive. As it turns out, being attentive to your surroundings doesn't just make for better bread, it makes for better living.

A friend once told me his definition of a wasted afternoon was one where, at the end of it, you couldn't say what kind of clouds there had been. Baking bread gave me ample opportunity to look skyward and contemplate what the clouds meant for the afternoon weather. I began to see my friend was on to something.

Because the humidity of the air and the moisture content of the flour differs from day to day, a bread baker always has to be adjusting the amount of liquid in a bread recipe. The temptation, says Cogar, is to give it too much, so he often has to remind himself to wait and see, to give the bread a little water and watch what happens before giving it more.

It makes him think about the ways we nurture others and are nurtured ourselves, he says. "Perhaps it is like God and us," says Cogar. "He has the power to give us anything and everything, but in His wisdom, He knows we wouldn't develop the way we should then. Maybe we need to need a little."

What is it about bread baking that leads to these kinds of insights? Perhaps it is the time invested. This is not a process that lends itself to shortcuts. Even slow-rise, no-knead methods require you to think hours if not days in advance. Bakers have to take the long view.

Or perhaps it is the fact that in baking bread you are working with something living. There is a part of the process that is literally out of your hands; you walk away and return to find the dough twice its size. That is the yeast at work. To bake bread, you have to put your faith in it.

Now, my weekly bread baking has become a welcome ritual, something I look forward to every Saturday. Through patience and perseverance, I have learned how to reliably produce a variety of breads. Two books helped immensely. The first, "The Bread Bible" by Rose Levy Beranbaum, comes as close as any book can to detailing all the practical aspects you need to know. And the second, "Brother Juniper's Bread Book: Slow Rise as Method and Metaphor," by Peter Reinhart, captures the poetry.

Of course, if you appreciate good bread but don't have the time to embark on your own baking just yet, every loaf at Uncle Billy's Bakery is made from scratch using organic flour and natural ingredients, without preservatives or artificial flavors. It is bread well worth eating. You will know Pat Cogar is at the oven in the back, caring for each loaf and contemplating the care of others, body and soul.

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body, mind & soul

Practicing gratitude

A Radish writer gives thanks one note at a time

By Sarah Ford

In the past decade, scientific research has delved into the psychology of gratitude and discovered that people who regularly focus on being thankful report, and usually show, a greater sense of well-being and happiness. People with grateful attitudes tend to experience more positive emotions, more optimism, better health, and less stress and depression.

Spiritual teachers, philosophers and schools of thought celebrate the practice of thankfulness. Intentionally practicing gratitude requires us to adjust our attitudes or reconnect to a virtue that we often take for granted. When we choose to be thankful on a continual basis, we cultivate the positive aspects of ourselves, especially when we focus on the people who enrich our lives. By choosing to think about the good we have, instead of what we don't, we cleanse ourselves from negativity.

Inspired by a thank-you I received this year, I decided to practice gratitude through writing a few notes myself. The note I had received was full of eloquent thought and sincere gratitude, thanking my “magnanimous spirit” and telling me that I was “truly a joy to know.” This thank-you card transcended mere acknowledgment of a material gift or time, it made me feel good about a moment we had shared. Would I be able to do the same?



Photo by Gary Krambeck / Radish

I chose to write a letter to my son, because he's my inspiration; to my co-worker, who went above and beyond in helping me through a crisis; to a friend and a mentor who is always willing to share time; a friend who made my life easier; and to family members who loved me unconditionally and helped me find my path in life.

Because thanking people who are dear to us can feel like an important gesture, it is tempting to use flowery language and over-the-top descriptions. I chose to keep the content of the notes simple, using appreciative statements such as, “When I think of you while you're at school and I'm at work, I smile and sometimes LOL!” “Thank you for your time, patience, and inspiration,” “Your kindness and generosity is with us every day,” and “I am blessed because you are in my life.” Sincerity is more important than a big vocabulary, in the end. Sometimes the simplest words mean the most.

I took the time to ponder my intent, and to ask myself why I wanted to thank these people now? I wanted the recipient to smile and feel good, and to know that I value who they are and what they bring to my world. In a karmic sense, I hoped to continue the cycle of kindness that we're in the process of sharing.

While writing the notes, I happily imagined my words putting a smile on their faces and making their day brighter, the way knowing them often brightens my days. We can all use affirmation of our importance to others. And by expressing my thankfulness for their goodness in my life, I rediscovered the meaning of a heartfelt thanks.

Realizing a relatively simple act can really strengthen the bonds we share filled me with a sense of hope. After the notes were received, I was rewarded with warmer smiles and longer hugs. “You're the best, Mom,” said Isaiah after getting home from school, and I sensed the uplifting nature of words on paper. I knew there were many others to offer my appreciation and was inspired to write more notes of gratitude.

There is a challenge to expressions of gratitude. A spoken thank-you can always suffice, but a thank-you note is a document someone can read and read again. It acknowledges in a more permanent form the meaningful way we enhance others' lives. By accepting the depth that such a practice requires, we are challenged to identify the core of the relationship, and be intentional in praising someone's value in our life.

A practice of gratitude allows us to cultivate the treasured spirit of Thanksgiving while realizing a sense of contentment in ourselves. As we welcome another season of reflection and appreciation for the people in our lives and the things we have, why not embark on a daily practice of gratitude? Thankfully, the positive energy we put out into the world has a ripple effect, and an act of appreciation tends to encourage others. Gratitude is a gift that recirculates the flow of goodness in life.

environment

Think outside the Christmas tree when considering conifers

By Sarah J. Gardner

Ellen Kelley remembers the exact moment she fell in love with conifer trees. She wasn't in a nursery stocked with spruces, nor was she face to face with a rare fir high up on a mountain slope. She was at a slide presentation at a hosta society meeting.

Kelley and her husband had recently built a house on a wooded lot in Bettendorf and assumed because of the shadiness of their yard they would be growing hostas. But when Justin "Chub" Harper, a representative of the American Conifer Society, stood up to give his presentation to the hosta enthusiasts, the future of Kelley's yard changed forever.

"We saw those slides and we were hooked," she says. "This is a group of plants that has an amazing array of shapes, sizes and colors. This is an amazingly diverse group of trees."

That presentation set Kelley on a path of cultivating conifers in her own yard and, nearly 20 years later, serving as president of the American Conifer Society. Although her two-year term as president ended in June, her interest in conifers is still going strong.

Most people, she says, think of conifers strictly as Christmas trees, not realizing the wonders of living with the trees year-round. "There is a time of year, fairly fleeting, when a spruce flushes new growth, and it is the most wonderful color of red. Another conifer flushes gold that then fades to green," she enthuses.

Today, Kelley and her husband care for more than 400 different conifers on their property. Kelley will share her love of these plants and what she has learned about growing them in a presentation at 7 p.m. on Nov. 15 at the Moline Public Library as part of the monthly meeting of the Eagle View chapter of the Sierra Club. The event is free and the public is welcome to attend.

As at the conifer presentation she attended all those years ago, Kelley plans to begin by showing slides to demonstrate the variety of colors and forms among conifer plants. She will also talk about common misconceptions, pests and diseases, and conifer species that grow best in this area.

One of the aims of the American Conifer Society, says Kelley, is to steer people away from trees that have difficulty growing in certain regions while still encouraging diversity in what people plant. Though no longer president, Kelley is still active with the society and dedicated to its mission.

"We may admire certain firs that originated on mountainsides but they may not be right for where we are," she says. Thankfully, the diversity of conifers means there are still many to choose from that are right for the Midwestern climate.

Planting a greater diversity of conifer trees also helps prevent the spread of diseases, she says

Kelley hopes that in the audience at her Nov. 15 presentation will be someone just like her 20 years ago — a person to whom she can pass on "a sense of real wonder about these amazing trees."



Ellen Kelley

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health & fitness

Turkey to treadmill

Fitness instructors dish on their post-Thanksgiving plans

By Ann Scholl Rinehart

Thanksgiving. It's a great excuse for overindulging in foods we rarely eat — and for taking the day off from our exercise programs. But what about the day after? Do you roll out of bed, ready to hit the treadmill? Or do you cut yourself another slice of pumpkin pie and carve out a spot on the couch for the day? What about the die-hard fitness enthusiasts — those who teach the rest of us how to move our bodies? Radish was curious how they spent their post-Turkey-Day day. We asked. They shared. Here are their plans (maybe with a few ideas to inspire the rest of us!).

“The day after Thanksgiving, I'll exercise and then spend the rest of the day with family. It feels so good to move after a day of sitting around. This year will be our first extended family group vacation over Thanksgiving. I can't wait to spend time with relatives enjoying each other's company.”

— Maria Dummermuth, 36, instructor, Pilates, TurboKick, and BodyJam, Cedar Rapids

“I plan to spend Thanksgiving Friday in delightfully underwhelming fashion: my usual couple of hours of yoga in the morning, procrastination over house and yard work for most of the day, and probably seeing family in the evening. It's plenty to be grateful for.”

— Evan Harris, 32, owner, Tapas Yoga Shala, Davenport

“My husband and I usually visit relatives in the south over the Thanksgiving holiday. I take advantage of the warm weather to get outside and take a long walk. I am usually in training to walk a half marathon so I like to get in 6 to 8 miles. It feels great after several days of traveling, sitting and eating.”

— Kathy Robinson, 52, owner, Body and Soul Personal Training Studio, Bettendorf

“I usually work with a few clients the day after Thanksgiving. It tends to be an 'easy' day, so I will also get my own workout in and spend some quality time with my family and the dogs — preferably outdoors if the weather cooperates.”

— Kris Cameron, 40, ACE Certified Personal Trainer, Coralville

“Traditionally the day after Thanksgiving is spent searching for the perfect costumes for the annual (dance) performance in June. I'll sit in my living room with tons of costume books from all over the U.S. and search for costumes that correspond with the music that has been selected for the dance classes. It's fun and time consuming!”

— Michele Ann Burke, 45, owner and instructor, Studio Dance, Cedar Rapids

“After having enjoyed the sumptuous feast the day before, my family and I usually like to get out and move our bodies and get some fresh air. After meditation and some stretches (at least for me), we'll most likely go for a morning walk around the local reservoir. We sometimes play a board game in the afternoon or take the kids to the bowling alley. By evening time it's nice to get together, relax and watch a movie.”

— Teresa Mullan Frease, 49, instructor, Jingui Golden Shield Qi Gong; I-fit 150: Intended Evolution Fitness; Morning Star Studio, Fairfield

“The day after Thanksgiving is a sacred, long-standing tradition for the females in my family. My daughter, granddaughters, sisters, sister-in-law, nieces and I go shopping out of town. We usually make this a weekend adventure. We shop, laugh, eat and have talks until early in the morning. I wear my pedometer on that special weekend and always find that I walk miles and miles. Shopping can be good exercise!”

— Beth Pelton, 62, Nia instructor, Iowa City



Photo by Paul Colletti / Radish

“I will be doing a Zumba Fitness presentation at the Festival of Trees and training a group of dancers who are getting ready for a private presentation in the afternoon.”

— Bettinna Bolger, 40, Dance and ZIN Zumba Fitness instructor, Gold's Gym, Davenport



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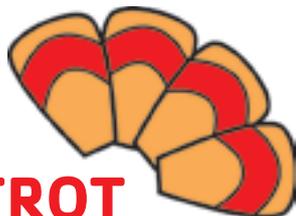


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outdoors

Good night, garden

Essential tasks for putting a garden to bed for the winter

By Jen and Ted Knights

Daylight hours are waning this time of year, and many of us feel the urge to start winding down for a long winter spent indoors with hands wrapped around warm mugs of cocoa, and crackling fires glowing in our fireplaces. Before you start hibernating, though, there are a few things you should do around the yard to ensure that your garden will spring forth with vigor next growing season.

In the garden

Get out your loppers and hand pruners. Some attractive and sturdy perennials can be left until spring to provide visual interest during snow-covered months, but most should be cut down to the ground so that new shoots can come up unencumbered in spring. If you've planted annuals, cut them down or pull them out of the ground. Remove all debris from garden beds and compost or otherwise dispose of it properly.

Remove weeds and put down a fresh layer of mulch — two to three inches deep — to prevent new weeds from germinating next spring. You can edge beds before mulching for a crisper demarcation between grass and garden — or consider installing edgers for more effective and decorative control.

Here's the fun part: Plant bulbs! Sinking dozens of spring-blooming bulbs now — think tulips, crocus, daffodils, and hyacinth — will make spring come sooner, and more colorfully, after months of snow.

On the lawn

Have weeds overtaken your grass this summer? The best way to control weeds in your lawn is to keep the grass as healthy as possible. One way to do that is to aerate the soil and overseed with new grass this fall, as well as fertilizing the lawn before the first hard freeze. If you're adverse to chemical fertilizers, many natural products are available, including Milorganite, a slow-release fertilizer that also incorporates organic matter into the soil.

If you really must get that creeping Charlie (or other stubborn broadleaf weeds) under control, you may need to turn to an herbicide — and fall is the right time to apply it. Make sure you read, understand, and follow the label directions. If your weeds are not too numerous, consider spot-applying herbicide just to those weeds rather than blanketing your entire lawn. Crabgrass thrived during this hot, wet summer, but you'll have to wait until spring to do anything about it. Next spring, try applying corn gluten meal (developed for this use by an agronomist at Iowa State University), a byproduct of the corn milling process that acts as both a pre-emergent crabgrass control and a fertilizer.

Radish 16



File

For trees and shrubs

Limbing up a tree means cutting off its lower branches. This is usually done to make more room in the landscape — either visually or to allow more space for people (for instance, the person who mows the grass around the tree) to move around in the yard. Cut the branch from top to bottom, just outside the branch collar where the limb meets the tree.

Rejuvenation pruning is the most effective way to rein in an overgrown deciduous shrub like spirea, burning bush, lilac, weigela, or honeysuckle. If one of your shrubs is encroaching on a doorway or sidewalk, or just getting too big for its britches, give it some tough love. Using loppers (and a pruning saw, if necessary), cut the entire shrub down to a height of 6 to 12 inches from the ground. Though you may lose flowers temporarily, the shrub should start fresh in spring, with new growth and a new lease on life.

Finally ...

Before temperatures go below freezing, disconnect outside water sources, drain hoses, and store them indoors. Sharpen, oil, and organize your garden tools. Clean and sanitize your bird feeders, and start filling them to keep your garden alive with winged activity throughout the food-scarce months.

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body, mind & soul

Oh, baby!

Basic massage from Mom and Dad can benefit infants

By Ann Ring

Wouldn't it be wonderful if parents everywhere could access a key that would deepen the parent-child relationship, improve sleep and relaxation, even reduce colic?

Parents and caregivers, that key is right in front of you: your hands. For most people, a little massage on the shoulders can do a world of good, and studies over the years have shown that not only does massage help adults, but children, too, including infants.

"Parents can begin massaging their baby right after they're born," says Bonita Howes, licensed massage therapist (LMT) and co-founder of the Institute of Therapeutic Massage and Wellness in Davenport. "I started on my kids when they were a week old. Now they're 9 and 10 years old, and they love massages — they even have come to anticipate it. It's great the night before the first day of school or after that football or soccer game."

Massage, often considered a complementary alternative medicine, has become mainstream in the U.S., and is now standard for a number of ailments. "Massage for infants is not new," says Barbara L. Brender, LMT, owner, Bodywork For Life's Seasons, Eastwind Healing Center, Iowa City. "It's been in the U.S. for 30-plus years, and in many other cultures for thousands of years."

LMT Jennifer Johnson, program coordinator for Black Hawk College's massage therapy program and a massage therapy instructor, talks about how to begin the process on a baby. "When you massage a baby," she says, "he or she should be in an awake and relaxed state — a quiet-alert state, if you will." She suggests starting with the baby's head. "There's a thing in the business that's called 'consent.' Simply placing your hands on the head is a good way to gauge the baby's mood, and whether or not the baby consents."

If baby isn't agitated, Johnson suggests using a light circular motion with your fingertips while talking to the baby, then moving down to arms, legs, and feet. "Light gliding from ankle to hip is beneficial. We also teach a thumb over thumb technique for the feet," she says. And rubbing an infant's stomach clockwise can aid in digestion.

Sounds simple enough, but Brender, Howes and Johnson caution against trying this at home without instruction from an LMT. Johnson says that when a baby is irritated and crying, a massage may or may not be the best way to soothe. "There are things a parent or caregiver can do, like running a hand gently down the spine, or hand-over-hand soothing stroke. But a massage could possibly cause more agitation. That's why a class or two is strongly recommended."

"We teach the parent," says Howes. "We show them how to massage a baby. It's all about helping the baby-parent connection, enhancing communication and helping the parent understand nonverbal cues." Brender agrees. "An LMT can provide appropriate touch, including information on the right environment,



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temperature, lighting, sound and appropriate massage techniques. The parent or caregiver can learn when a massage would not be appropriate, like with a fever, infections, skin rashes, etc. This is especially true for premature babies and babies with special needs. It's also important to learn how to interpret the baby's responses — is he or she happy? Do they like the massage? An LMT will teach you how to observe the physical clues your baby gives you, both positive and negative."

Even what you use on the baby can be tricky. Johnson and Howes say to stay away from mineral or petroleum-based oils. Instead, use natural, plant-based oils like grape seed, sesame seed, avocado, lavender or almond. "Use what LMTs use," says Johnson.

Brender, Howes and Johnson all tick off a list of benefits from massage that they're familiar with: improved circulation, breathing, neurology development, skin stimulation, muscle tone, digestive and colic relief, and improved sleep.

"It's all about helping the baby and the parent," says Howes. Massage can be a way to enhance communication and understanding verbal cues. All three therapists talk about the emotional bond that builds between the child and parent. "Yes, there's an emotional component to massage," says Johnson. "We see a lot of dads because this is something he can do to help with the baby."

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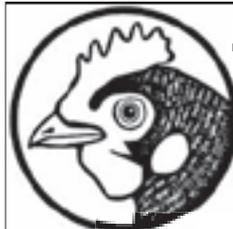
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Behnke Poultry

A family finds its calling raising free-range fowl



By Leslie Klipsch

You might say Behnke Poultry was in the stars, or rather, in the rock: a large boulder set facing the road from a small rise in the front lawn of a farm. Fifteen years ago, Chris Behnke, a part-time art instructor at St. Joseph's School in DeWitt, Iowa, was hired to paint a duck, chicken, goose and turkey on the rock for the farm's owners. Little did she know that one day she would suggest her son Arthur raise a dozen chickens for a 4-H project — and that those chickens would lead her back to the very farm whose boulder she had decorated.

Although Arthur, then 9 years old, was reluctant to embrace the idea at first, by the time his new 4-H chicks hatched he declared love at first sight. It didn't take long for his parents and four siblings to show their affection as well. Soon after Arthur's initial poultry project began, opportunity knocked and the Behnke family moved from their housing development outside of Long Grove to the 10-acre farm where they added their own name to the rock and set up shop. "Shop," in this case, being a yearly production of 500 turkeys, 1,000 chickens, 150 ducks and 75 geese.

The venture into farming has not come without challenges. The learning curve has been steep and the Behnkes say they are constantly trying out new ways to make their operation more efficient. The family has relied on the advice of other farmers and the book "Storey's Guide to Raising Poultry" written by Leonard Mercia. Chris says the family is constantly reflecting on their practices and reading new material, primarily in the winter when they aren't as busy working outside with the birds.

Chris and her husband, Lonnie, who is a principal at Southeast Junior High School in Iowa City, have both served for years as 4-H Club leaders and have established a sound parenting philosophy rooted in hard work. "As 4-H leaders, we have worked with some of the best kids you ever want to meet," says Chris. "We want to raise our kids to know the value of hard work. We also want them to know where their food comes from."

Though the Behnkes didn't necessarily begin farming with lofty environmental goals, they have always known that they wanted to be responsible growers. They have found, however, that in order to produce birds that are free-range and antibiotic-free, they must be willing to go the extra mile. Or, in the case of processing their meat, an extra 360 miles, which is the distance that they travel time and again each autumn to the facility where the turkeys are processed in time for Thanksgiving. They also special order all-natural feed that does not include antibiotics. Chris says that people cautioned her about this decision, stating that without antibiotics, the birds wouldn't survive. The Behnkes have not lost a bird yet.

"We are paying much more attention to what we eat and where it comes from. Our goal is to raise all of our own meat and as much of our other food staples as possible," Lonnie says. "As we read more and more about sustainable

farming and grazing, we are getting more and more excited about trying new things.”

The more the Behnkes learn about safe food production, the more passionate they find themselves about raising their birds in a responsible way.

Chris says that she, her husband and children are in constant dialogue about the way that their food is raised and were

greatly affected by the 2008 documentary, “Food Inc.” Right around that time, Arthur, now 12, gave up eating chicken unless it came from the Behnke farm. “Big companies like Tyson do not have happy chickens,” he says. “Our chickens are happy chickens.”

The family quickly came to appreciate the taste of their labor. Chris recalls the first time they had a turkey raised on the farm. It was the summer of 2009 and the family was in the midst of renovating their house and learning to be poultry farmers. She defrosted a frozen bird and popped it in the oven — no marinade, no seasoning, nothing extra. The result, she declares with dreamy satisfaction, was mouthwatering.

“These birds are delicious without adding anything,” she says. “To me, that is the true test.”

The Behnke children, who share daily chores on the farm as well as Saturday morning market duties, each have a favorite way to eat the meat that they raise, and though none of them admit to having an abundance of talent in the kitchen, one could imagine that their mother has already taught them a few culinary tricks.

Chris has noticed that people at potlucks flock to the homemade, rather than the store-bought deli selections. She makes sure to bring the homemade. “I really like to feed people,” she says.

That includes customers. In what has become an annual event dubbed “Turkey Tuesday,” the Behnkes welcome their customers to their farm to pick up their holiday birds and share a little pre-Thanksgiving meal. In 2009, around 200 customers came to pick up their freshly processed turkey and enjoy Chris’s much-talked-about turkey-and-dressing sandwiches, an appetizing warm-up to the big day.

Last year, after the Behnkes sent happy customers home with turkeys and basic roasting instructions, they buckled down for the next day: a Thanksgiving celebration with all seven of Chris’ siblings, their spouses and children (a guest list that added up to more than 30). This year, Chris says, while hundreds of Behnke Poultry customers carve their flavorful, tender, farm-raised turkeys at their Thanksgiving Day feasts, you might just find the hard-working Behnke clan — all seven of them — at the movies.

For more information, visit behnkepoultry.com or call (563) 285-7844. For Behnke-tested turkey recipes, turn to Resources, page 39.



The Behnkes use an antibiotic-free feed.
(Photos by Gary Krambeck / Radish)

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Gifts of the season

Lessons in good humor from the trip to the tree farm

By Joe Payne

Getting your Christmas tree from a farm can be a wonderful experience sure to create memories that last long after the tree has been recycled.

For example, I have a friend, Larry, who brought home a large tree from a farm a few years ago. Before putting up the tree in his house, he shortened it, only to find out once he brought it inside that he had cut it much too short.

His solution: brown duct tape.

There are several inherent tips to be gleaned from this, such as:

1. Measure your available space BEFORE you cut your tree.
2. Have brown duct tape on hand, just in case.
3. Don't ask Larry for help.

Following are several more tips, all inspired by Christmas tree farm stories sent in by readers.

Don't take the Mini Cooper

While Radish encourages the use of small and fuel efficient cars, they probably are not the best choice for transporting a Christmas tree — at least not if you like big trees.

Mike and Lola Harris of East Moline, Ill., recall their first trip to a Christmas tree farm 40 years ago — a trek of 185 miles. The tree they chose “was 6 feet wide ... and 7 feet tall,” writes the couple. “Unfortunately, our transport vehicle was a 1970 Opal Cadet, which is a little bigger than a VW ‘bug!’”

The Harrises bound the tree tightly with twine and placed 2½ feet of it in the trunk with the other 4½ feet “sticking out precariously at an angle.”

Unbelievably, the tree, the car and the Harrises survived the ensuing three-and-a-half-hour trip home: “We sat in amazement for the next two weeks that we had actually hauled that monster almost 200 miles in a tiny car.”

Have the tree shaken

Being “the cheapskate that I am,” writes Craig Whiting of East Moline, one December he declined the offer to have his family's newly cut tree “shaken out” for an additional \$1.

“The following day and several days after my family kept hearing strange sounds coming from beneath the tree — papers rattling and slurping of water,” writes Craig. “I, of course, told them it was just their imagination.

“To try to prove me wrong, my wife and two sons put a piece of leftover pizza on a paper plate and placed it not far from the Christmas tree. When I came home from work later that night, that piece of pizza was under the tree and had been partially eaten. ... That is when I decided my family possibly was right.



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“Over the next several days, with the setting of several traps under the Christmas tree, I managed to catch not one, but two small shrews. ... Needless to say, I paid the \$1 to shake out all the trees after that year!”

Modify house as needed

“Every year since 1976 our family has cut down our Christmas tree,” writes Donna Nelson of Hillsdale, Ill. Often the size of their trees has required a modification of their house.

“When we had a drop panel ceiling, we sometimes had to remove a panel or two to allow the tree to stand.”

The large size of the family's trees is due to her sons' wingspans.

“My sons employ what they call the ‘clap rule,’ meaning if they can clap their hands around the tree, it's not big enough for our house. With them being 6-3 and 6-5, you can imagine how much area is covered in their claps.”

And remember, when you go to the farm, be prepared to check out every available tree.

“Friends and family join us for the hunt each year, understanding that you must always search the entire farm for the perfect tree,” writes Mrs. Nelson. “You can ultimately pick the first one you saw, but you have to still look at all of them.”

Find a list of Christmas tree farms in the Radish region in Resources, page 39.

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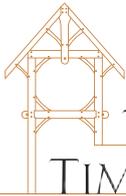
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The golden girl

Sundown Mountain instructor sparkles on the slopes

By Barbra Annino

Rita Osterberger didn't strap on a pair of skis until she was 48 years old. That was 24 years ago and she hasn't put them away since. "My daughter was a ski instructor. One day she invited me to go skiing with her and I said, 'Why not?'" Nearly an empty nester at that stage in her life, she was looking for something to do and that afternoon on the slopes, she found it.

I am sitting on her deck, overlooking a gorgeous lake. Next to the dock are kayaks, a fishing boat and other water toys. It's clear this woman loves the outdoors and I cannot help but notice how strong Rita's body looks right down to her painted pink toes. "I taught all 12 of my grandchildren to ski," she says, "It's a great thing to do with the family. Plus, there's nothing better than hearing a little kid yell, 'Grandma — wait up!'"

Rita is an instructor at Sundown Mountain Resort in Dubuque, Iowa, on Asbury Road. After that initial outing with her daughter, she found herself heading out regularly for the fresh air and a vigorous workout. But, she says, it can be rather lonely skiing solo. "I couldn't get anyone to go with me and it wasn't much fun eating lunch in the lodge by myself. By that time I had gotten to know some of the instructors, so they invited me to join them." Then they encouraged her to join the staff.

"They are wonderful people from all walks of life. I have so much fun with them. There's a lot of firemen, plus other retired people, although not too many women," she tells me. It's a family atmosphere, one where Rita bakes cookies for the bartender and on her birthday they throw a huge party with enough food to feed an NFL team. But on the mountain, Rita says, everyone is equal. "I am just as valuable — if not more so — than that 20-year-old guy on the other side of the hill."

When Rita isn't visiting her son in Florida, she's at Sundown six days a week during the winter

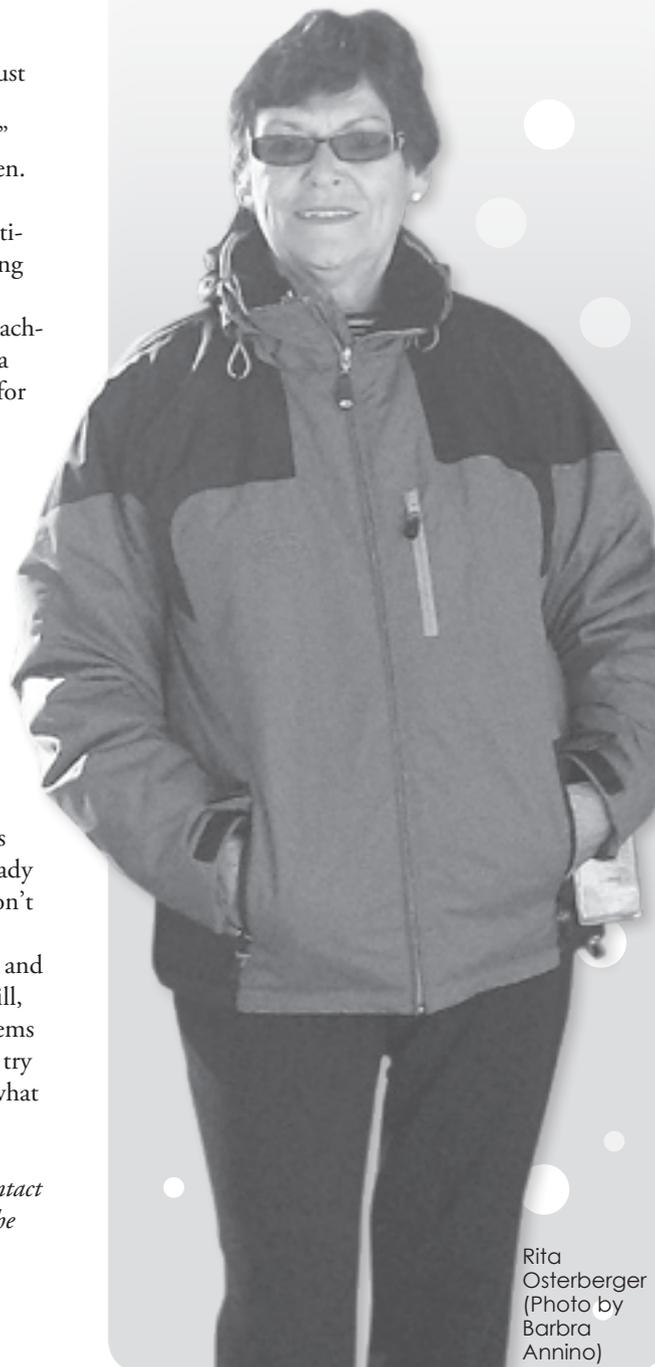
months. She also walks two miles every day and swims and golfs in the summer. I'm exhausted just listening to her, but her energy and enthusiasm are infectious. "I just love it. It keeps me young," she says. She especially enjoys instructing children. "When my grandson was small, I used to bring him with me a couple days a week. Nothing motivates a beginner to learn like a 6-year-old shooting past him."

She has a special language she uses when teaching kids. A "pizza wedge" is when the skis form a triangle so the skier can stop. "French fries" are for moving faster, although she makes sure the kids stay behind her when they are just learning. "I don't want them going past me, they need to follow so they can learn and watch how it's done. Because turning is skiing, not just going forward and stopping," Rita says.

Or in my case, going forward, tumbling, and falling over like a bowling pin. I ask Rita about private lessons. Technically, I have been on a ski slope, but I don't think my performance would qualify as skiing. "I can teach anyone to ski," she says, and I believe her. "With couples, though, I ask the guy to leave so I can work with the woman alone. Sometimes men will tell their wife or girlfriend that she's ready when she's not. That's how people get hurt. I don't want anyone getting hurt on my watch."

That's the kind of instruction I need. Slow and steady. Even if I don't make it past the bunny hill, at least I will have tried. Talking with Rita, it seems to me that she's found the fountain of youth — try something new. Stay young at heart no matter what it says on your driver's license.

For rates and information on lessons with Rita, contact Sundown Mountain at (563) 556-6676 or visit the website at sundownmtn.com.



Rita Osterberger
(Photo by Barbra Annino)

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food

Let's talk tamales!

A holiday tradition that celebrates the harvest

By Chris Greene

It's the most wonderful time of the year, when visions of ancho chilis dance in your head. At least they do if tamales are a part of your holiday celebrations. For members of Elvia Aguilar's family, the holidays wouldn't be the same without the annual tradition of making — and eating — tamales.

Tamales are basically a filling of a seasoned meat and/or vegetables wrapped in a starchy dough and boiled inside a leaf wrapper. Their history may make them the original “fast food,” as they were eaten by Aztec and Mayan soldiers when heading into battle. They were convenient, quick to eat and easy to transport. So how did they become a staple at the holiday table?

For Aguilar, her tamale education began as a young girl in Mexico. She says entire families — wives, husbands, children and grandchildren — would get together to make tamales in November and December after the corn harvest. The husks of the corn were saved for later use as the “wrappers” for tamales.

Aguilar learned everything she knows about cooking from her mother, whom she describes as a fantastic cook and a bit of a perfectionist. “Presentation was very important to her,” Aguilar says. “I also learned from her that a good cook is someone whose food tastes good, but can't tell you what's in it.”

“My job was to remove the silk of the corn. It was work, but it was fun,” she says, describing her early tamale education. “Since it was once a year, it was a real treat.”

Now Aguilar makes tamales with her own children and grandchildren in her East Moline home.

“Sometimes the grandchildren even bring friends over to help,” she says. “Each pair of hands has a job. The grandkids are learning what step comes next, and I don't even have to tell them. The 5-year-old was even at someone's house when they were making tamales, and she said, ‘That's not how you do it! I guess they did something a little different.’”

Aguilar says she likes to prepare the meat the day before. She uses five pounds of pork, which is steam cooked for about two-and-a-half hours with salt and onion, then shredded.

“I use shoulder or pork butt, and a little bit of grease is good,” she says.

The chiles (about 10 chiles anchos, seeds removed) are fried and ground, and then mixed with the meat, along with a clove of garlic and salt.

The dough is a combination of five pounds of maza (if you are looking for a source, Aguilar suggests Tony's Grocery in Silvis, Ill.), one pound of lard, three tablespoons of baking powder and salt to taste, all mixed until it's the consistency of peanut butter.

“You mix the lard like you are making cake frosting,” Aguilar says. “You mix it with the maza until a piece will float in cold water.”

The corn husks must be soaked, cleaned and dried, then spread with the dough.



Corn husks, the traditional wrapping for tamales, are removed before eating. (Photo by Paul Colletti / Radish)

“Grab and open a husk. Use about a tablespoon of dough for each. The dough should be spread just like spreading peanut butter on bread,” Aguilar says. “Then another person puts the meat in the middle of the husk that's been spread with the dough. Then you roll it up and put it aside and start all over again with the next one, one by one.”

Once Aguilar has about 100 tamales ready, she puts them into a steamer that's already hot and ready to go.

“Put them in standing up, cover and let simmer for about an hour. If you open one up and the husk separates from the dough, they are ready. Make sure you take them out of the steamer when they are hot so they don't get flat,” she says.

Aguilar laughs when she says she can always tell who has rolled each of the tamales. “I like mine to be round and tight, but you can see which one of the kids made them by their shape,” she says.

Aguilar's family members aren't the only ones who get to enjoy her tamales.

“Neighbors ask for them, too, and friends have asked me to make them for graduations. I tell them to bring me the ingredients, and I will make them. And I will be happy to teach anyone. Get a group together and come see me!”

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Bitter relief

A spoonful of bitter herbs may offset heavy meals

By Sarah Ford

Digestive bitters — the name isn't pleasing, but it's a product you may want to have on hand, especially in these festive times of deliciously tempting foods and tendencies to overindulge. Digestive bitters (which also include Swedish bitters or bitter herbs) are an herbal remedy that stimulates digestion after your taste buds have detected bitter flavors. It's a product touted for its ability to awaken, improve, and soothe your digestive system.

Today's market of bitters contain various concoctions of ingredients, but a Swiss physician, Dr. Phillipus Paracelsus, created the original formula around 1541 as a digestive aid. It appears Paracelsus collected every known natural digestive remedy and combined them for the ultimate blend of intestinal relief. The formula included the herbs myrrh, aloe, saffron, senna leaf, camphor, rhubarb root, zedoary, manna, theriac venezine, carline thistle root, and angelica root. Other bitters mixtures include ingredients such as gentian root, skullcap, dandelion, valerian, burdock, and ginger.

So what exactly will a dosage of bitters do for you? Physiologically, remember this: "Digestion starts with the tongue." The tart flavor of bitters stimulates a natural body process whereby the digestive organs anticipate a bitter meal and will secrete more juices in preparation for the incoming food. This increase of digesting enzymes makes passage of the food easier, and eases discomfort after a hearty meal.

"Definitely, you're going to feel better. Whenever you're eating heavier food, bitters helps with digestion, acid reflux, bloating and gas. It's better, quicker digestion so you don't have as many problems," says Lori Pennington, owner of Heritage Natural Foods in Moline and Davenport.

Bitters are available in two forms: liquid and capsule. With the liquid, you'll need to take the product about 15 minutes before your meal, to give your body ample time to prepare. The capsule form can be ingested with your meal.

Pennington sells more capsules than liquid since the latter requires more discipline, or the preference of your taste buds. "If you don't deal well with bitter tastes, or take it 15 minutes before a meal, a capsule will be more convenient."

Pamela Taylor, N.D., (doctor of naturopathic medicine) of Naturopath in Moline offers two capsule formulas for clients. One is gentian and skullcap, and the other is cape aloe and wormwood. She claims that the capsules don't necessarily speed up the digestive process, but rather break down carbohydrates, fats, and proteins in a more efficient manner — she recommends one capsule a day to restore normal functioning of the digestive system.

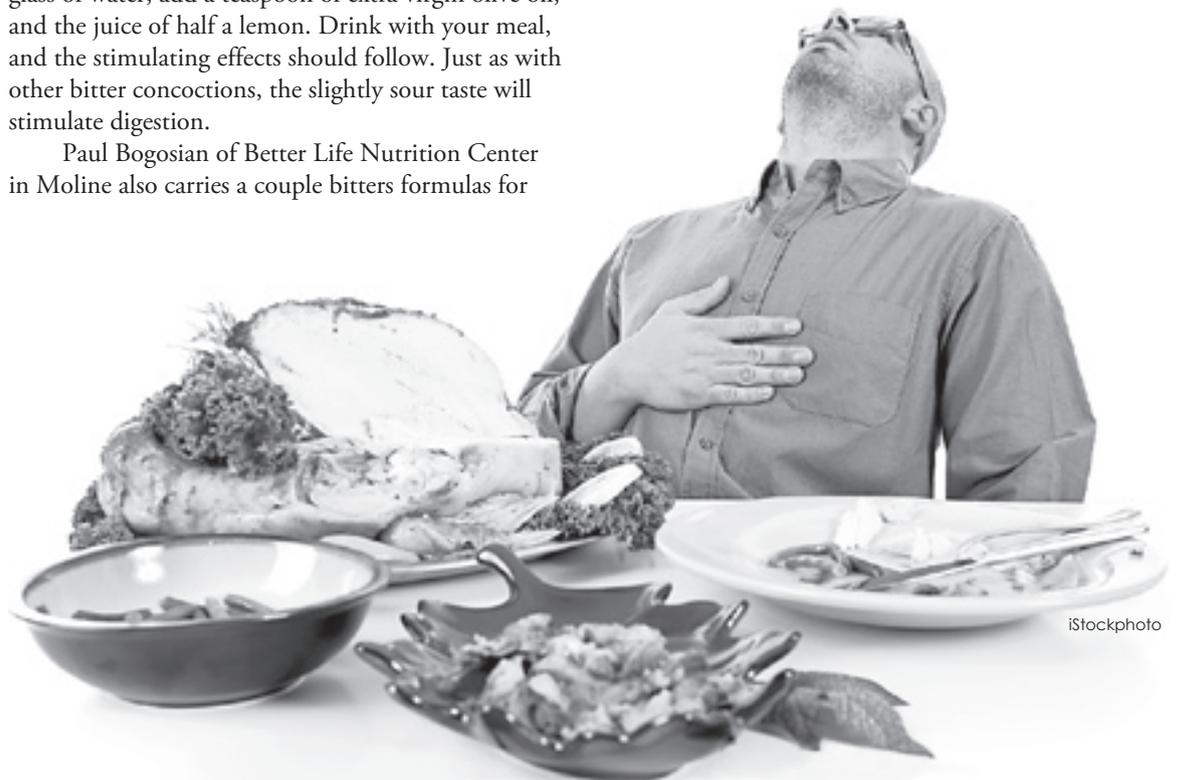
Taylor also offered a simple DIY recipe, from the French, for the cost savers among us: Pour half a glass of water, add a teaspoon of extra virgin olive oil, and the juice of half a lemon. Drink with your meal, and the stimulating effects should follow. Just as with other bitter concoctions, the slightly sour taste will stimulate digestion.

Paul Bogosian of Better Life Nutrition Center in Moline also carries a couple bitters formulas for

digestive relief. "It's a product we've been selling for 25 to 30 years," he noted, adding that a new bitters product he's added has been popular with clients.

As with any herbal remedy, it'd be wise to consult your health-care provider, if you have one, before starting a bitters regimen. Pregnant and nursing women should avoid bitters, as well as those with ulcers, as it may exacerbate the discomfort. But for those of us, like myself, who have a propensity to try everything at the holiday dinner tables, a solution for the subsequent discomfort can once again be found in Mother Nature's pharmacy.

For recipes and the specific functions of various bitter herbs, visit swedishbitters.com.



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environment

The right lights

How we light our communities can make a difference



By Sharon Wren

We all try to lead a more sustainable life, but sometimes cutting back causes complications. You know it is important to turn off lights to conserve energy (and save money), but what about porch lights and security lights at night? Outdoor lighting is vital for safety, both for avoiding the toys the kids leave on the sidewalk and for discouraging the “bad guys” from visiting your home. Is there a way to have the lighting security you need and the energy conservation you want? ?

The answer is “yes,” according to the Iowa Center on Sustainable Communities (ICOSC) in West Des Moines. Their recent seminar, “Iowa at Night — Lighting for a Sustainable Community’s Future,” taught commercial building industry members, community leaders and members of the general public how to do just that.

What is sustainable lighting? “The first thing that comes to people’s minds is ‘less energy,’” says David Raver of RDG Planning & Design, who led the seminar. “This, however, leads to additional topics such as more efficient lighting sources, advanced controls and optical design of fixtures. The other typical answer to what defines sustainable lighting is the lighting trespass (light pollution) issues that we cover.”

“Lighting trespass involves keeping the light where you need it and not inadvertently affecting

nocturnal activities of humans or the animal kingdom,” says Raver, who uses satellite images of the earth at night to demonstrate how much light is directed up into the air rather than down at the ground, replacing dark skies with an urban glow.

“Nocturnal animals would prefer that all of the lights were off; there is a reason they are only active at night,” says Raver. “Humans, however, are expanding our society to a 24/7 activity level.”

Fortunately, easing your lighting’s impact on the planet doesn’t have to compromise your security. “We are in no way advocating turning off every light at night, or dimming all of the lights so that no one feels safe going out at night,” says Raver. “Instead, the main point that we try to get across to everyone is that there is a better way to design. Too many of the exterior lighting examples that I see around are done ‘by the book’ without much thought. In Des Moines, there are abandoned warehouses and complete industrial areas where all of the buildings are floodlit from dusk to dawn.”

Energy efficiency and lighting trespass are important but should never compromise safety, emphasizes Raver. “Whether we are reducing the lighting levels or using less energy, the main concern still has to be the safety and the ‘perceived’ lighting levels of the people living, working or visiting that environment.”

Raver explains that a “curfew concept,” a common-sense solution that involves turning off

all exterior lighting except that which is needed for security when a building is not in use, is gaining support. Many states have even started mandating it as part of their energy codes. And businesses that are open 24 hours a day, for which turning off the lights at night is not an option, are showing interest in light emitting diodes (LEDs) for lighting, which can use two-thirds less energy than their predecessors.

Smarter design is often the key to sustainability, says Raver, whether in the form of lights that can dim at curfew, recharge using solar energy or use less energy overall. New developments in lighting technology are coming almost every day, both for personal and municipal use. “LEDs are the hot topic right now as we see them become more available in the consumer market. This technology is changing so fast that even the Department of Energy standards can’t keep up with what is becoming available out of the lighting labs these days.”

What should you do if you’re ready to swap out your old coach house porch light? “The first step would be to hire a professional lighting designer,” says Raver, then determine what is important to you — whether it be energy use, safety, long-term cost — to make your plan.

For more information on sustainable lighting, contact the Iowa Center on Sustainable Communities at icosc.com.

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good business

'Light' cleaning

GreenSweep combats mattress irritants with UV-C light

By Lindsay Hocker

After months of cleaning people's houses with commercial cleaning products, Janice Saucedo suffered from chemical burns in her nose.

"I knew I was going to have problems if I didn't start watching what I was using," Saucedo says.

The Geneseo, Ill., woman made the decision to switch to using green products. Now, the GreenSweep owner/operator's cleaning ingredients of choice are kitchen staples — baking soda and vinegar.

"My favorite is the vinegar and water. It's simple, and I can mix it whatever strength I need," she says.

The green products work wonders, she says, and have caused her to become a champion of cleaning green. Because of her affinity for all things green, she took notice when she saw an ad about a vacuum that could reduce allergens.

After researching the Hygienitech mattress/upholstery cleaning machine, Saucedo decided to purchase one. She says the machine's ultraviolet C band (UV-C) light alters the DNA of organisms, making it impossible for them to reproduce.

"It actually sanitizes and considerably reduces viruses, molds, yeasts, bacteria, pollutants and dust mite byproducts," she says, explaining that the "byproducts" are shed skin and droppings, which cause allergies.

While it might sound like a new concept, Saucedo says light disinfection has been used for more than 30 years for water treatment, HVAC systems, and in hospitals and food processing facilities.

Before she learned of the Hygienitech machine, Saucedo says the only way she knew to clean mattresses was to vacuum them as well as possible. In years past, she says, people would beat dust off of them outside and then leave them in the sunlight.

Saucedo now cleans mattresses by vacuuming them with the machine to get rid of debris, going over their surfaces with the UV-C light on, and then vacuuming them again. While the UV-C light itself

is invisible, a blue light allows her to see where the UV-C light is touching the mattress.

"After a cleaning with the UV-C light and vacuum, a mattress smells like it has been airing outside all day," Saucedo says.



Janice Saucedo and her Hygienitech cleaning machine. (Photo by John Greenwood / Radish)

Once Saucedo received the machine during the summer of 2010, the first mattress she cleaned with it was her own. She says the machine's effectiveness "even surprised me." Before cleaning her mattress, she says she always woke up with an itchy throat.

"I noticed a huge difference in a night or two," she says.

At first, she was worried that it was just wishful thinking on her part, until her clients started reporting that they also were sleeping better after their mattresses were cleaned.

One such customer is Elaine Polton of Aledo, Ill. She met Saucedo at an information fair, and decided to sign up for the service. Polton wanted to reduce the number of allergens on her mattress because she has asthma.

After the mattress cleaning, Polton says her allergy symptoms seemed lessened, and she was sleeping better. When it comes to inhaler use, she says she's been able to decrease the amount of puffs she takes by at least half.

"It has to be the mattress making the difference because I haven't changed anything else in my household," she says.

GreenSweep client Karen Jordan, of Geneseo, decided to get her mattress cleaned when Saucedo began offering the service. She was already a GreenSweep client. Jordan now plans on having the mattress she sleeps on cleaned twice a year, which is what Saucedo recommends.

"I loved it. It just made everything feel cleaner, and of course, naturally, it was," Jordan says.

The machine also can be used on sofas, chairs, carpet, pillows, drapes, curtains, hard surfaces and stuffed animals. If someone has more than one mattress cleaned at a time, the additional mattress cleanings cost less than the first one.

GreenSweep has a waiting list for home cleaning, but Saucedo is accepting new clients for mattress and upholstery cleaning. GreenSweep serves a 50-mile radius of Geneseo. People who live 25 miles or more from Geneseo must have at least two items cleaned.

Saucedo has a green cleaning blog she updates weekly and a website with cleaning tips and information on resources. To learn more about the company or to read Saucedo's blog, go to greensweepcleaning.net.

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Volunteers wanted for three-day conflict resolution training

Quad Cities Mediation Services, Inc., is an organization that helps individuals and groups resolve conflicts in a peaceful, cooperative manner. More than 25 volunteers fill their ranks. You could be one of them. The group is seeking individuals interested in becoming mediators to participate in training exercises to be held Nov. 17-19. The training will be held in a classroom environment with practical exercises and role play, and will include an opportunity to observe mediation in a small claims court. To participate, an application for Basic Mediation Training must be made. The cost of the training is \$75, which includes materials and lunch. Those accepted into the training program must commit to two hours of volunteer service per month for one year, though the class also may be taken without a volunteer time commitment for an additional \$350. "For those exploring a future in the ever-growing field of mediation, this is an important first step towards that goal," says Bill Peiffer, a volunteer mediation trainer for Quad Cities Mediation Services. For further information and to receive an application, contact Peiffer at peifferw@gmail.com.

Thinking of grabbing a quick bite for the family at a drive-through? You may want to think again.

Food obtained from fast-food outlets, restaurants and other commercial sources is associated with increased caloric intake and lower diet quality, especially among children ages 13-18, according to a recent report issued by the U.S. Department of Agriculture. These effects were observed even after researchers controlled for factors such as personal characteristics and access to food outlets, which might also affect food choices. This finding strengthens the argument that there is a relationship between overeating, poor nutrition and the food we eat while on the go. It also supports policy and educational efforts to improve food and beverage options for kids when they are outside of the home.

Library patrons, get ready to sweat

You might want to throw a few more things in your book bag before heading out Tuesday evenings to the River Valley Library in Port Byron, Ill., and not just that overdue copy of "The Cat in the Hat." How about a towel, tennis shoes and loose clothing like T-shirts and shorts. Why? From 6:45 to 7:45 p.m. Tuesday evenings, instructor Pam Geregove will lead Zumba classes for anyone 16 and older upstairs in the library. Classes cost \$8 and bottles of water may be purchased at the library for \$1 (or you could make a bottle of water one more thing you remember to toss in that bag). Zumba fuses Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. The goal is to work out and love it. So, you may break a sweat, but one thing is certain: this is your chance to kick it up at the library without anyone shushing you. For more information, contact the River Valley Library at (309) 523-3440.

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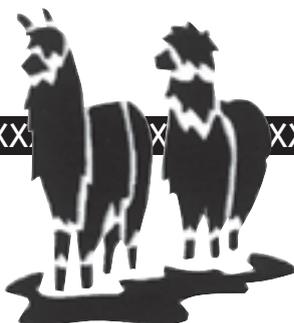


New for the chemical-conscious home canner: BPA-free lids

By now we are used to seeing plastic drinking containers and baby bottles labeled as “BPA free.” Bisphenol A, or BPA, is a chemical hardener used in the manufacturing of certain plastics. A growing body of evidence has linked BPA, an endocrine disrupter, to health problems in animal studies and has shown the chemical can leach from the containers into the food we eat. This has prompted health organizations, including the Mayo Clinic, to advise consumers to limit their BPA exposure. As word of the dangers of BPA has spread, many manufacturers—particularly makers of beverage containers—have begun offering alternatives. However, BPA is still used in the coating on the inside of cans used for canned foods. Although home canning, which makes use of glass jars, may seem like a smart alternative to store bought canned goods, the lids for home preservation are also covered with a BPA-treated coating. However, a new option has recently come on the market. Tattler, a canning goods company, has begun offering BPA-free lids for home preservation. The lids are manufactured using polyoxymethylene copolymer, a plastic compound that is FDA and USDA approved for direct contact with food products. The lids also have the added benefit of being reusable, so although they are more expensive than conventional canning lids, home canners can quickly recoup the cost. For more information on this product, visit the company website, reusablecanninglids.com.

WQPT launches second season of exercise program, ‘Get Movin’

WQPT, a public media service of Western Illinois University — Quad Cities, premieres the second season of their children’s exercise program, “Get Movin’.” The new season features a faster paced, more colorful look and a new host, Jennifer Neal. Neal currently serves as co-project director of the Iowa Department of Education’s Healthy Kids Act, where she assists schools with the implementation of healthier foods and beverages into their a la carte lines, vending machines, and fundraisers during the school day. Additionally, she is an assistant registered dietitian coach for the Healthy Schools Partnership, a joint effort between the American Dietetic Association Foundation, PE for Life and the American Council for Fitness and Nutrition. She also is an ACE Personal Trainer and AFAA Group Exercise Instructor. Returning to the program are Stacy Mitchell, a registered dietitian for Hy-Vee, who creates healthy snacks with her helpers Jack and Ally, and Zack Finn, who hosts “Put Play In Your Day.” The Get Movin’ kids are Deena Gibbs, Isaiah Gibbs, Pearson K., Kennedy Jo Smith, Noah Mejia, Maya Chavez, Sydney Ruggles and Victoria Bonilla. “We have streamlined the program and made it more ‘hip’ for our young viewers. Plus, each exercise routine is challenging enough for parents to do with their kids,” said Lora Adams, director of local content for WQPT. Get Movin’ airs Wednesdays at 4:30 p.m. and Saturdays at 11 a.m. and is produced by WQPT.



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rooting around

Award-winning Cedar Rapids film festival, now in its fourth year, returns with eight environmental movies

A wide variety of eco-themed films, a more compact screening schedule and greater interactivity are the hallmarks of this year's Cedar Rapids Area Environmental Film Festival. The festival kicks off at 7 p.m. Nov. 8 at Indian Creek Nature Center with a series of short films by local filmmaker Kevin Railsback. At 7 p.m. the following day, "A Thousand Suns" will show at Peoples Church, 600 3rd Ave. SE, Cedar Rapids. The remaining six films, including "Spirit of the Trees," "Garbage Dreams" and "In the Light of Reverence," will be screened at Coe College's Kesler Auditorium between 10:30 a.m. and 9 p.m. Nov. 13. All of the films are free, and there also will be free popcorn all day on the 13th. For more information, find the Cedar Rapids Area Environmental Film Festival on Facebook or go to treesforever.org and click on the box in the lower-right corner.

Illinois receives \$4.5 million in HHS grants for public health and prevention priorities

On the six month anniversary of the Affordable Care Act, U.S. Department of Health and Human Services Secretary Kathleen Sebelius announced nearly \$100 million in grants to support a variety of critical public health programs. Of those grants, \$4.5 million will go to Illinois. The grants are made possible primarily by the law's Prevention and Public Health Fund and will support everything from efforts to fight obesity to HIV testing to programs that help address and tackle substance abuse and mental health issues. The grant money is being given to proven programs run by agencies such as the Centers for Disease Control and Prevention and the Substance Abuse and Mental Health Services Administration. "This investment in prevention and public health will pay enormous dividends both today and in the future," said Sebelius. "From providing tools to help people stop smoking to new HIV testing and prevention programs to a critical investment in mental health, these Affordable Care Act Prevention grants will help people get what they need to stay healthy and live longer."

Txtng klls: Iowa law aimed at driver distractions, teen safety

A new law that recently took effect in Iowa is designed to make travel on that state's 114,000 miles of roads a whole lot safer. The first provision of the law prohibits all drivers, regardless of age or license type, from texting while driving. Additionally, this law makes it illegal for teens holding a restricted driver's license to use any electronic entertainment or communication device (not built into the vehicle) while driving; this includes, but is not limited to, cell phones and iPods. A two-minute Department of Transportation video discusses the new law; it can be viewed at transportationtv.org/statetostate.html.

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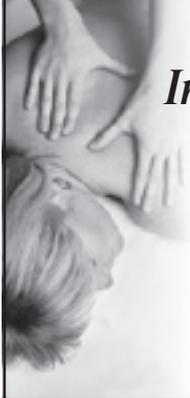
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Walmart responds to consumer demand with plans to increase support for sustainable agriculture

In a recent press release, Walmart announced a new commitment to sustainable agriculture that aims to help small- and medium-sized farmers expand their businesses, get more income for their products and reduce the environmental impact of farming globally. Through this commitment, the company also seeks to strengthen local economies and provide customers around the world with long-term access to affordable, high-quality, fresh food. Walmart's sustainable agriculture strategy is divided into three broad areas, each containing specific supporting goals to help the company track and report its progress. Stated goals include doubling the sale of locally sourced produce in the U.S. and increasing Walmart's purchase of select U.S. crops. This includes using Midwest sources for tomatoes, blueberries and broccoli. Global goals for the company include sourcing 50 percent of its fresh produce locally in India; upgrading 15 percent of its products from green to organic certified in China; reducing in-store produce waste by 35 percent in Japan; and purchasing 30 percent of its produce locally in Canada. In the press release, Mike Duke, Walmart president and CEO said, "Through sustainable agriculture, Walmart is uniquely positioned to make a positive difference in food production — for farmers, communities and customers. Our efforts will help increase farmer incomes, lead to more efficient use of pesticides, fertilizer and water, and provide fresher produce for our customers." For more information on Walmart's Global Sustainable Agriculture Goals, visit the corporate website at walmartstores.com.

Outstanding efforts to recycle in Iowa honored at awards banquet

The Iowa Recycling Association has announced the winners of the 2010 Iowa Recycling Awards, a diverse group of recipients that include businesses, programs, projects and individuals exhibiting cutting-edge waste management and recycling practices. The awards were presented at the 12th Annual Awards Banquet, co-hosted by the IRA and the Iowa Society of Solid Waste Operations. Awards included the Murray J. Fox Recycling Innovation Award, given this year to Iowa Health Systems in Des Moines. The Recycling and Reuse Technology Transfer Center at the University of Northern Iowa, Eco Iowa City, Whirlpool/Amana Division, Quaker Oats and the East Bremer Regional Recycling Authority were among the other award recipients. Individual awards went to Michelle Kinchele of Colorado, Iowa, named recycler of the year, and Erin Novak of Sioux Falls, S.D., named IRA volunteer of the year. "We are very pleased to present these awards celebrating business, government, education, and individual efforts that exemplify excellence in recycling," says Jennifer Jordan, president of the Iowa Recycling Association. Summaries of the award winning projects and photos are available at iowarecycles.org.



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One to eat, one to keep: Rock Island County Extension hands-on cooking class to feature two holiday centerpieces

Tired of the same old bread basket on your Thanksgiving table? Is your holiday centerpiece a little dusty and showing its age? At the "I Made This!" workshop to be held at 1:30 p.m. and again at 5:30 p.m. on Tuesday, Nov. 23, at the Rock Island County Extension office in Milan, Ill., participants will have a chance to liven up their holiday table with not one but two homemade items. The first is an edible cornucopia made of bread which can be eaten or preserved as a decoration for future feasts. Instructor Donna Buechler will help workshop participants sculpt the bread dough into the fanciful shape and get it into the oven. Then, while the bread bakes, instructor Tracy Jo Mulliken will assist participants in creating a fresh floral design to take home and enjoy for Thanksgiving. The workshop costs \$20 per person and covers the cost of materials. To register for the workshop or get more information, call (309) 756-9978, ext. 10. A description of other holiday cooking classes through the extension office is available at web.extension.illinois.edu/rockisland/downloads/25299.pdf.

Iowa Organic Conference to help producers meet growing demand

The nation caught a glimpse of Iowa organic farming when President Barack Obama visited Morgan Hoenig and MogoOrganic last April as part of his Main Street Tour. Now, participants at the 10th Annual Iowa Organic Conference will learn even more about MogoOrganic and organic production Nov. 21- 22 as producers and experts from across the country, including Hoenig, speak at the Iowa State University conference at the Scheman Building on the ISU campus in Ames. The conference agenda includes information on vegetable, fruit and livestock production and related topics. A preconference social is planned for exhibitors and sponsors on Sunday, Nov. 21, but anyone can purchase a ticket to attend. The cost of the conference is \$125. Non-vendors must purchase a \$15 ticket for the Sunday reception. For additional conference information and directions to the conference visit www.ucs.iastate.edu/mnet/organic10/home.html or contact Kathleen Delate at kdelate@iastate.edu.

Maquoketa River to receive funding to mitigate climate change effects

Tom Melius, Midwest regional director of the U.S. Fish and Wildlife Service, has announced more than 13 fish habitat projects in eight Midwestern states will receive funding under the National Fish Habitat Action Plan. Among the projects to receive funding is the Maquoketa River Iowa Fish Habitat Improvement Project, a plan to enhance 4.4 in-stream miles and 0.6 miles of riparian area. "Climate change, fragmentation, invasive species and habitat destruction harm fish habitat in the Midwest," said Melius. "It is our responsibility to work with our partners to heal the damage and protect our valuable fishery resources against future harm." More information about the National Fish Habitat Action Plan, its partnerships and programs, can be found at fishhabitat.org.

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BEHNKE POULTRY

(Story on page 20)

Behnke Poultry Turkey Roasting Guide

Plan on 1 pound per person up to about 15 pounds. After that, the meat-to-bone ratio increases, so you can add ½ pound per person for more than 15. Defrost the bird, if necessary, for 2 days in the refrigerator. Rinse bird with cold water and remove giblets. If desired, place quartered onions, lemons, and/or fresh herbs inside the cavity. Or, rub the turkey skin with butter or olive oil and herbs. If stuffing the turkey, spoon it loosely into the cavity. Place turkey, breast side up, on rack in roasting pan. Twist and tuck wing tips under back and tie drumstick ends together if desired. Cook at 325 degrees until a meat thermometer registers 180 degrees. Juices from the thigh should run clear (not pink) when pierced with a fork. You can estimate the cooking time at 15 minutes per pound. However, internal temperature is the safest way to check for doneness. To prevent overbrowning, you may want to cover the drumsticks with foil part way through cooking. Let the bird stand (covered) 15-20 minutes before carving.

Turkey and Dressing Sandwiches

Roast a 12-pound turkey, unstuffed, in a large electric roaster. Reserve all the pan drippings in the bottom of the roaster. Lift the turkey out of the roaster. Pick the meat from the bones, chop it, and return it to the pan with the drippings. Add a finely chopped onion and 3-4 celery ribs, chopped. Simmer until the vegetables are tender, adding turkey or chicken broth if necessary. Tear an entire loaf of stale wheat sandwich bread into small pieces and add to the roaster, along with sage, salt, and pepper. (Start with a teaspoon of each and adjust from there, keeping in mind that seasoning depends on if your turkey was seasoned during roasting, and if your broth is seasoned.) After adding the bread, add more broth. (It takes quite a lot — 4 cups or more, depending on how much moisture is already in the roaster.) The consistency should be moist, but not soggy or sticky. Let it cook in the roaster for an hour or so on low heat, stirring and adding more broth as needed. Serve the meat on sandwich buns.

Note: This makes a very large batch. Most people make it with the leftovers after Thanksgiving. Use your leftover turkey, stuffing, and gravy, adding more bread, broth, and seasonings as needed.

Recipes courtesy of Chris Behnke

CHRISTMAS TREE MEMORIES

(Story on page 22)

Interested in making your own family tradition of cutting down a tree? Here are a few area farms where you can do just that.

- **Hidden Pines**, 4614 221 St. N., Port Byron, Ill. Opens for the season Nov. 20. Call (309) 523-2435 for more information.
- **Lakeside Pines**, 3028 265 St. N., Hillsdale, Ill. Opens Nov 26. (309) 658-2317.
- **Weber's Christmas Forest**, 27185 E. 1870 St., Geneseo, Ill. Opens Nov. 25. (309) 944-3656.
- **Richland Grove Tree Farm**, 3358 Meadow Gate Road, Lynn Center, Ill. Opens Nov. 26. (309) 521-8229.
- **Burns Tree Farm**, 4515 186th St. N., East Moline, Ill. Opens Nov. 26. (309) 292-2169.
- **Magerkurth Christmas Trees**, 18820 E. 900 St., Geneseo, Ill. Opens Nov. 26. (309) 944-7393.
- **Sieghartner Farms**, 3803 N. 1800 Ave, Coal Valley, Ill. Opens Nov. 26. (309) 526-3769.
- **Voltz Tree Farm**, 23788 E. 1260th St., Geneseo, Ill. Opens Nov. 26. (309) 944-2484.

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food for thought

Who's choosing?

Choose2Choose ad cooks up a controversy

By Jeff Dick

The sun rises over an idyllic farm scene as the superimposed image of a dinner plate bearing the words “Choose2Choose” and “Stand up for your food freedom” fills the screen. So begins the two-minute television ad that started running last summer.

Then comes the montage of Everyday Folks — moms, dads, teens, farmers, firemen, students, nurses, veterinarians — in their respective settings, voicing concerns about “food freedom” in meticulously edited sound bites:

“Choices are great. They give us freedom, a word so strong we built this country on it. What happens when you don't have choices, when someone takes away your freedom? It's happening right now with your food. Your farmers. To you. We're used to a variety of food options from a variety of farming methods. It's your choices that tell the farmer what to grow. But a small minority is trying to change that. They want legislation to dictate your food choices. To take away your food freedom. But you know what? We won't stand for it. Sure it's un-American. But it's so much more than that.” (To view the full video, go to choose2choose.com.)

The spot ends with an on-screen invitation to “Join our cause. Celebrate food choice for all Americans. Sign our pledge and pass the plate.” While not identified as its sponsor, the Iowa Farm Bureau funded the initiative. Given the strong feelings on display, less skeptical viewers may wonder whether all these concerned citizens organized bake sales to pay for the message.

The Choose2Choose website seems to deal in deception, too. “Not so long ago eggs were \$1/dozen, but then a vocal minority thought everyone should eat like they eat,” begins one example. Written in the past tense as if the situation — increased illness, foreign eggs flooding the U.S. market, and the phrase “thousands of Americans went hungry” — had already occurred. Even as speculation it amounts to fear mongering. (For the record, a dozen eggs currently retail for little more than a buck, and Mexico is a huge importer — not an exporter — of U.S. eggs.)

Although it does not specify who, exactly, the alleged bandits robbing us of our food freedoms are, the Choose2Choose campaign seems to be in response to critical accounts of certain agribusiness practices such as last year's documentary “Food, Inc.” At the National Pork Industry Conference in July, Meat Trade News Daily reporter Jim Longy identified other potential culprits: “As an industry we are being threatened by activists such as the Humane Society of the United States and PETA (People for the Ethical Treatment of Animals). We have to fight them, and there is little room for negotiation.”

While it is true that environmental and animal rights groups are pushing for tougher regulations governing hog and poultry confinement, pollution from manure, the excessive use of antibiotics and other industrial farm practices,



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branding their efforts with hot-button terms like “un-American” comes off like just another slick faux-patriotic political ad.

It also amounts to faux-activism. Visitors to the website are encouraged to sign a pledge, but what then? The pledge is not a petition, no plans are mentioned to send signed copies on to Washington. Rather than encouraging participants to take genuine political action by discussing their concerns with their representatives, Choose2Choose offers the empty gesture of “expressing support” by signing a pledge to no one.

Consumers need look no further than last summer's widespread salmonella outbreak traced to two Iowa farms to realize there are legitimate reasons for greater regulation of potentially unsafe procedures. As David Kirby, author of “Animal Factory,” emphasized in a recent Quad-Cities appearance, “Factory farms lend themselves to more contamination ... so we're more adversely impacted when there's a problem.”

Contrary to agribusiness propaganda, production methods do matter because they affect people's health and quality of life. Opposition to common-sense regulations, such as mandatory rather than voluntary product recalls, ought not be characterized as un-American activity perpetrated by a radical minority.

Choose2Choose does have one thing right: People do want choices. Like the option to order their eggs soft boiled, poached, over easy, or even sunny side up, without having to ask, “Hold the salmonella, please.”

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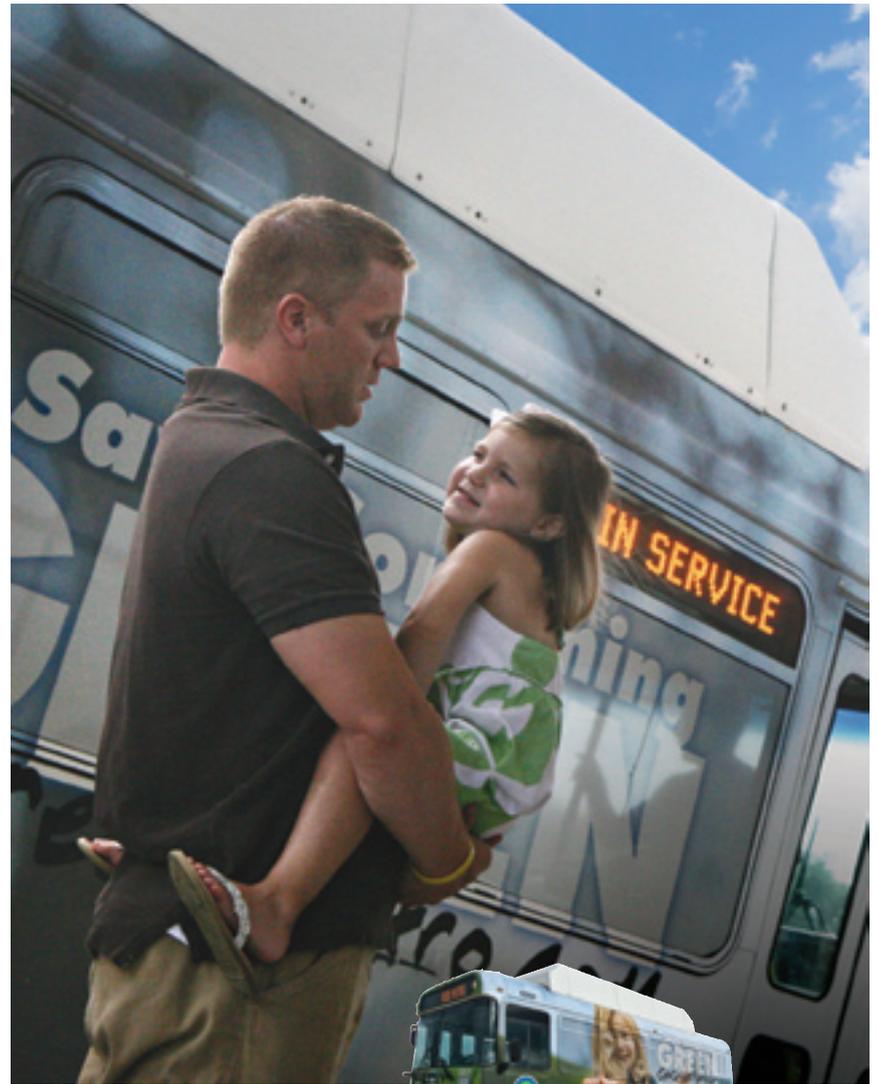


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