



Radish

HEALTHY LIVING FROM THE GROUND UP

Pumpkin Pie

from the crust up

radishmagazine.com

NOVEMBER 2011

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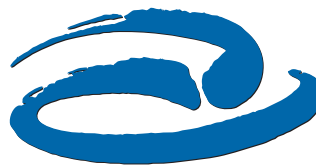
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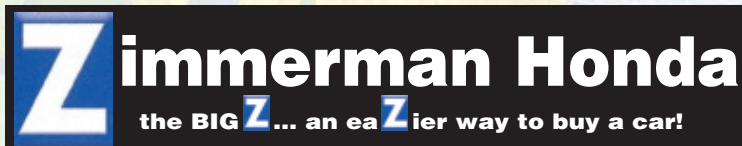
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“A Doctor’s Confession” (And Why I Still Do What I Do)

Dear Friend:

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

Ten years ago something happened that changed my life forever.

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

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

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

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– 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 John Greenwood / Radish

A few summers ago while staying in a mountain lodge in the Catskills, I packed a sandwich and a book and set out on a hike, choosing to follow a trail that was infrequently used. It was narrow and the footing tricky, but the bushes all around me were thrumming with the songs of birds who rarely encountered human beings. I saw the first — and so far only — scarlet tanager of my life.

About three-quarters of the way up the mountain I came into a shady clearing at the base of a rock wall. I climbed the escarpment and settled in on a ledge to enjoy my lunch. I had nearly finished and was about to pull out my book when a gruff rustling through the brush made my heart leap.

Did I mention I was deep in bear country? I had not yet seen one in daylight, but I had already been awoken several times in the night by the bears that wandered down from the mountain. Just the previous evening I had watched one punch a hole the size of my head through the lid of a dumpster.

Immediately my mind was of two tracks. On one was a list of all the dumb things I had done up until this moment, like not telling anyone where I was hiking. On the other track I was trying to remember what to do in a bear encounter. Act big and loud to scare them off? Play dead? I picked up the two largest stones I could reach, backed myself against the rock wall, and watched the clearing as the rustling sound grew louder and nearer. Clearly, some hulking, hungry thing was coming my way.

Into the clearing walked a turkey, clawing through the underbrush in search of food. That was it. I suppose you could say in that instant really there were two turkeys: one rustling in the clearing, one clutching two stones on the ledge above. I took two truths away with me from this experience. First, you really should tell someone where you will be hiking before you set out. And second, it is easy to imagine our troubles are greater than they are. In life, as on that mountain, we get a lot of underbrush and not too many clearings.

It's a good lesson to remember as we head into a time of year when the dark nights are the longest and holiday to-do lists can leave us gasping. Equally important is to remember to enjoy the time this season affords us to spend with those we love. This month in Radish you'll find recipes for lots of tasty treats to share with friends and family. We've also got ideas for ways to spend the time together, from making the trek to a nearby state park to playing a few simple games around the table. And remember, when the stress mounts, it never hurts to laugh — at ourselves, especially.

— 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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the grapevine

Mark your calendars

• “Help Pollinators, Help Your Holiday Table” is an educational event to be held at 1:30 p.m. Saturday, Nov. 5, at the Fairfield Arts and Convention Center, 200 N. Main St., Fairfield, Iowa. Read the article on page 16 to learn how to support your native pollinators over the winter to guarantee their survival, then learn more at this event about the connection between this unseen workforce and the quality and quantity of your holiday foods. Cost to attend is \$15. For more information, visit fairfielddacc.com.

• Unclean water is the leading cause of death in undeveloped nations, and unsanitary water kills 45,000 people each week, 90 percent of them being children under the age of 5. On Nov. 12 from 7 to 10 p.m., the **Wine to Water fundraising event** will be held on the third floor of the Redstone Building, 129 Main St., in downtown Davenport. The event features a tasting of local wine, an auction of art made by local artists, and live music. All proceeds will benefit Charity: Water, an international nonprofit organization that builds wells in places lacking sources of potable water. Each \$20 donation at the door of Wine to Water will ensure water for the next 20 years for an individual who was once without.



You can find Radish at the following community gatherings. Attend the free events, pick up back issues of Radish, and learn more about efforts towards healthy living happening in our area.

• “Sustainable Foods and Climate Change: Fixing a Broken System,” a public

presentation by Frances Moore Lappé, activist and author of “Diet for a Small Planet,” 7 p.m. Tuesday, Nov. 1, in the main lounge of the Iowa Memorial Union, University of Iowa Campus, Iowa City. For more information, visit lectures.uiowa.edu.

• **Iowa City Holiday Farmers’ Market**, 8 a.m. to 11 a.m. Saturday, Nov. 12, at the Robert A. Lee Community Recreation Center, 220 S. Gilbert St., Iowa City.

• “The Stories of this Land,” a presentation by national storyteller Brian Fox Ellis, 7 p.m. Monday, Nov. 21, at the Watch Tower Lodge at Blackhawk State Historic Site, 1510 46th Ave, Rock Island. This event is sponsored by the Eagle View Group of the Sierra Club in partnership with Citizens to Preserve Black Hawk Park.

Beg your pardon

In “Hit the Trail” (October, 2011), a photo that should have been attributed to Carole Reichardt from the Iowa Natural Heritage Foundation was accidentally attributed to John Gibney. Gibney’s photos can be found on radishmagazine.com. Our apologies.



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New Location Opening Nov. 12th:
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Existing Location:
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563-322-5354

healthy living from the ground up

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A Pumpkin Mousse Cheesecake Pie ready to be topped with whipped cream. (Photo by Todd Welvaert)

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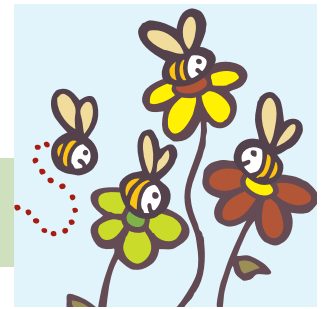
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WQPT'S TRIVIA NIGHT

WQPT, your regional PBS station invites you to gather up a team of friends, family, or co-workers for a fun night of trivia!

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(encore November 13 at 5:00 p.m.)

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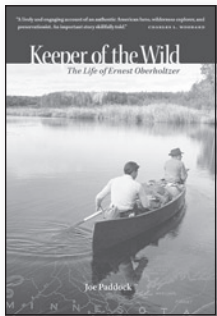
healthy living

Green reads

Eco-literature that keeps readers turning the pages

By Radish staff

As cold weather sets in and the snowflakes start falling, few things are quite as satisfying as spending those hours indoors curled up with a warm mug of cocoa and a good book. Recently, we asked leaders of Quad-Cities environmental book clubs as well as Radish writers for their recommendations of the best books they read this year. Looking for an eco page-turner for yourself or to give as a gift? Here are a few worth flipping through.



“Keeper of the Wild: The Life of Ernest Oberholtzer” by Joe Paddock

Besides this biography of an early environmental activist being a very good read, of particular interest to River Action’s Environmental Club members was the fact that Ernest Oberholtzer’s childhood home, at 6th and Perry streets, Davenport, is still standing a few blocks behind River Action’s office.

Author Joe Paddock extensively researched the book using letters, journals and writings to tell the story of Oberholtzer, who as a young Harvard graduate traveled to the Boundary Waters and discovered that wilderness as wilderness was valuable and worthy of preservation. The region, which eventually became Voyageurs National Park and the Boundary Waters Canoe Area Wilderness of northern Minnesota, was one of the last remaining wilderness areas east of the Rockies.

In the 1920s Oberholtzer (1884-1977) learned of a lumber baron’s plan to turn Rainy Lake watershed into a hydroelectric power basin through the construction of dams. It would have flooded 14,500 square miles, destroyed woodlands and forever altered the wilderness. For nearly 30 years, he struggled with the political and economic issues of saving the Boundary Waters. While not comfortable in the political arena at first, he became very adept and served as a mentor to many other conservationists.

Kathy Wine, River Action Environmental Book Club. The club meets the fourth Tuesday of every month at 7 p.m. in the River Action office, 822 E. River Drive, Davenport. Go to riveraction.org for more information.

“Eaarth: Making a Life on a Tough New Planet” by Bill McKibben

Bill McKibben warned of global warming in his work “The End of Nature” over two decades ago. With “Eaarth” he informs us that we have waited too long to act. In his words, “we’re running Genesis backward, decreating.” We have foreclosed on Earth, and now we must focus our collective creative intellect on living on this new Eaarth.

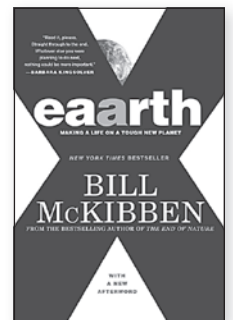


Kathy Wine, executive director of River Action. (Photo by Todd Welvaert / Radish)

McKibben has done his usual exhaustive research for his discussions on how we arrived at this point and what it now means. He argues it’s all hands on deck as we face the dual task of getting off easy energy (McKibben reminds us that a barrel of oil equals about 11 years of manual labor) and relearning life skills like raising food without the use of petroleum.

There is some good news as well in the mix. The local food systems we must build will work to improve our communities and our quality of life ... as long as you do not define the quality of life by unfettered economic growth and sprawl. “Eaarth” is a well-written treatise of where we are and how we got to this place.

Jodi Zimmerman, The Sierra Club Eagle View Group book club. The club meets the third Monday of every month at 6 p.m. in the Bronze Room of the Moline Public Library, 3210 41st St. For more information, visit illinois.sierraclub.org/eagleview.



"Sheepish: Two Women, Fifty Sheep, and Enough Wool to Save the Planet"

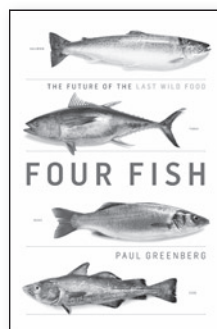
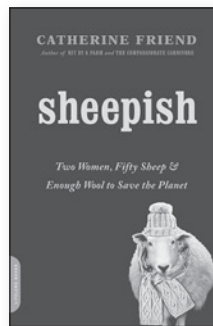
by Catherine Friend

"Sheepish" picks up where author Catherine Friend's last book, "Hit by a Farm: How I Learned to Stop Worrying and Love the Barn," leaves off. You don't need to read one to enjoy the other. Friend is still on the farm with her partner Melissa, caring for llamas, goats and sheep. They are part of a dwindling breed; in the book Friend notes that the number of sheep in the U.S. has fallen 90 percent in the past 90 years. There's not much in the way of depressing statistics though, not when Friend writes of their struggles not to name new animals or how Shearing Day can be more fun when her mom's chocolate chip cookies are involved.

One section of the book deals with Melissa's health troubles and how Friend is suddenly thrust into the role of main farmer. Painful decisions have to be made, reminding the reader that farming isn't always about cute animals and sunny weather. Fortunately, the low points in the book are easily outweighed by tales of attack rams and the joys of alfalfa in bloom.

"Sheepish" delves into Friend's adventures in using wool as she learns to card, spin and knit with the wool from their own sheep. Her desire to show off the socks she knitted will appeal to any crafter who's ever been tempted to flag down a stranger to display a finished project. As an added bonus, "Sheepish" comes with a pattern for mittens with a matching hat.

Sharon Wren, Radish writer



"Four Fish: The Future of the Last Wild Food"

by Paul Greenberg

Living in the Midwest, it is easy to think of food production in terms of row crops and grain silos. In "Four Fish" we have the opportunity to look into a wholly different food industry. Part memoir, part environmental nonfiction, "Four Fish" is an engaging book that offers a glimpse into Greenberg's own lifetime spent fishing while outlining the challenges faced by the larger fishing industry. Among the more eye-opening revelations: If every person followed nutritional guidelines for eating fish two times a week, the number of fish required — roughly

230 billion pounds every year — could rapidly lead to the extinction of the species we consume.

That sounds grim, and it is, but Greenberg does an excellent job in "Four Fish" of exploring possible solutions to our current dilemma. Along the way he presents concepts that can be applied to many other ecological challenges, including those we contend with in landlocked states. Greenberg's discussion of the concept of "shifting baselines," for example, is illuminating. According to this idea, each generation of humans forms a new perception of what is "normal" for nature based on how many animals are present in their own lifetime. As we try to determine the best ways to conserve our soils, forests and waterways, it is useful to remember our sense of a "normal" number of trees or clarity of a river may actually reflect a landscape already in decline.

Sarah J. Gardner, Radish editor

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healthy living

Supporting acts

Simple side dishes that take the spotlight in holiday feasts

By Sarah J. Gardner

Poor Ben. My husband is capable of lavishing love on a roasted turkey few could equal, a process that begins fully a day before Thanksgiving and involves getting up several times during the night to turn the bird as it brines. Then it is patted dry, seasoned, stuffed with a bouquet garni (tied by hand, no less), and basted through several patient hours of roasting. The end result is a bird so golden and tender, it's almost a pity to carve into it.

But how can one bird, no matter how succulent, compete against the wealth of side dishes that crowd

around it on the holiday table? Turkey may get top billing at Thanksgiving, but more often than not the thing that keeps us coming back for seconds (and thirds) is the array of little side dishes quietly upstaging the main act.

Case and point: The last time we hosted Thanksgiving, Ben's turkey came out of the oven the same minute I finished the last side dish. We had planned it that way, but what we hadn't planned was our guests crowding around the stovetop, ecstatically using pieces of bread to sop up the balsamic glaze from a pan of onions. The poor turkey passed to the table with barely a nod of recognition.

Without as many high expectations to live up to as the turkey, the hard-working side dishes often surprise us with their tastes and textures. I wouldn't go so far as to say we should all dispense with the turkey entirely, but I will certainly say a Thanksgiving table without the side dishes would be a sorry sight.

If you are looking to add a new flavor or two to your time-honored favorite dishes, here is a collection of recipes that represent side dishes at their best: easy to prepare — so you have more time to spend with your guests — and eminently eatable. Your turkey will really have to bring its game to the table to keep up.

No-Cook Cranberry-Orange Relish

A great, raw relish that is excellent served alongside your roast turkey, but even more inviting the next day on leftover turkey sandwiches.

1 large granny smith or other tart apple	1 cup fresh cranberries
1 orange	½ cup walnuts
	½ cup sugar

Using a Microplane grater, zest half the orange. Then peel it and chop the fruit into large chunks. Likewise, slice the apple into large chunks. Discard the apple core and orange peel; place the remaining fruit, cranberries, walnuts and sugar into a food processor and pulse until the pieces of fruit are small but still distinguishable — avoid pulsing it so long that the relish becomes watery.

Easy Balsamic Onions

2 (10-ounce) packages frozen pearl onions, thawed	2 tablespoons butter
	4 tablespoons balsamic vinegar

In a 10- or 12-inch skillet, melt butter over medium heat. Add thawed onions and sauté until soft and starting to lightly brown on the outside. Add vinegar and cook two minutes longer, stirring constantly. Serve warm.



Photo by Todd Welvaert / Radish

Whole Grain Molasses Bread

Although technically a quick bread in the family of zucchini or banana breads, this loaf is actually hardy enough that it can be sliced, toasted, and used for sandwiches. (Though it is delicious enough that served plain and spread with butter, it may well get gobbled up at the Thanksgiving table before it can be pressed into sandwich service.)

Oil or butter for greasing pan	½ cup cornmeal
1½ cups buttermilk or plain yogurt	1 teaspoon salt
	1 teaspoon baking soda
2½ cups whole wheat flour	½ cup molasses

Heat the oven to 325 degrees. Grease an 8-by-4-inch or 9-by 5-inch loaf pan, preferably nonstick. Mix together the dry ingredients. Stir the molasses into the buttermilk or yogurt. (If you find yourself without either, soured milk will substitute nicely: warm 1½ cups plain milk in the microwave for 1 minute, then add 2 tablespoons vinegar. Proceed as you would with buttermilk or yogurt). Stir the liquid into the dry ingredients (just enough to combine) then pour into the pan. Bake until firm and a toothpick inserted into center comes out clean, 45 minutes to 1 hour. Cool on a rack for 15 minutes before removing from the pan.

— Adapted from Mark Bittman's "How to Cook Everything"

Creamed Chard

A truly versatile recipe: to play with the flavors and textures of this dish, try substituting crumbled feta or Gorgonzola cheese for the cream cheese, sprinkling it over the wilted chard mixture once it is removed from the heat and put in a serving dish. Pressed for time? Baby spinach works well in place of the chard and requires no chopping.

8-10 large leaves of Swiss chard	2 tablespoons butter
1 medium onion	Salt and pepper to taste
2 cloves garlic, sliced	4 ounces cream cheese

Separate chard stems from the leaves, then slice the stems in half-inch pieces and set aside. Roll the chard leaves together and slice finely, then set aside. Peel onion, remove top and bottom, cut in half, then slice thinly and separate into crescents. Melt butter in a medium sauce pan over medium heat. Add onion slices, garlic and chard stems and cook until the chard stems are tender and the onions are beginning to brown (about 10 minutes). Add chard leaves and salt and pepper, and cook — stirring until the leaves wilt and reduce in size by roughly half (about 5 minutes). Take off heat, add cream cheese and stir two minutes more until cheese is melted. Transfer to a serving dish.

For an additional recipe for Devonshire Corn, turn to Resources, page 30.

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healthy living

Eat, play, laugh

Entertaining games to enjoy at your next gathering

By Sarah J. Gardner

If there is one thing I love more than the food at Thanksgiving, it's the chance to spend time talking and laughing with family and friends. Too often, though, post-meal pastimes send everyone in separate directions: the football fans to the den, the kids to a play room, and the remainder to the kitchen to chat over coffee. If you are hoping to spend a little more time with your loved ones gathered together, here are a few simple games that can be played using materials you have on hand. Better yet, they take mere minutes to master.

Barnyard

Necessary items: A section of newspaper or magazine and an open space on the floor for everyone to be seated.

How to play: As anyone who has ever played one too many hands of Go Fish can attest, games that are endlessly fun to us as children often become a source of boredom as we grow older. Not so Barnyard, a game that is easy enough for young children to participate but lively enough to keep the aunts, uncles and grandparents in the circle entertained.

All you need to get started is a section of newspaper (or, in a pinch, your copy of Radish) to roll up into a baton. Everyone sits in a circle. To begin, each person goes around the circle and says the name of an animal — cow, chicken, hippopotamus — that he or she will be using as a nickname for the rest of a game. Only one person can have each animal name, so if someone picks an animal name you want before you do, you'll have to pick another.

Once everyone has an animal name, the person with the most recent birthday stands up and goes to the center of the circle with the newspaper baton in hand. The youngest person in the group calls out someone else's animal name. If he or she calls out "rooster," for example, the person who



Once the dishes are cleared, invite guests to linger at the table to play Telegraph, a game that requires only paper and something with which to write. (Photo by John Greenwood / Radish)

chose rooster as his or her name tries to call out someone else's animal name. The person in the middle, meanwhile, tries to tap the "rooster" with the newspaper before he or she can call out another name. If the "rooster" calls out another name before being tapped, "buffalo," for example, the person in the middle must now try to tap the "buffalo" before he or she can call out another name. The game continues this way until the person in the middle taps someone successfully, who then is "it" and takes his or her place in the middle of the circle. The person who was formerly "it" returns to his or her place in the circle, assumes his or her former animal name, calls out someone else's animal name, and the game begins again.

My family enjoyed this game so much growing up it became a regular staple at gatherings with friends and family alike. We even played it with school groups, where the game could be adapted by choosing names to match the activity. The science club might all adopt names of elements instead of animals (hydrogen, oxygen, molybdenum), the English club could choose names of Shakespearean characters (Othello, Romeo, Ariel). If your family wanted to play a special Thanksgiving edition of Barnyard, you could try all adopting names of passengers on the Mayflower: Francis, Constance, Jasper, Oceanus. A complete ship's roster can be found at mayflowerhistory.com.

Tall Ball

Necessary items: None at all

How to play: If, like in the song, your holiday plans have you traveling “over the river and through the woods,” Tall Ball is a game that can entertain your family through the miles. To begin, someone simply thinks of two words that rhyme, “fat” and “cat,” for example. Then, that person thinks of a synonym for each of those words, something like “overweight” and “feline.” The person says the synonyms out loud, and everyone else tries to guess what the original rhyming pair of words are. The first person to guess correctly takes the next turn thinking up a new pair of words and giving the synonym clues.

If a round comes up in which no one can think of the rhyming pair, that person wins a few bragging rights and a second turn. He or she simply says the rhyming pair out loud, and once everyone finishes saying, “Oh!” and “Of course,” that person thinks up a new (hopefully easier) rhyming pair, offers two new synonyms, and the game continues.

Telegraph

Necessary items: A writing utensil and blank sheet of paper for each player.

How to play: This is a written version of the game Telephone with a twist — players alternate writing and drawing a message. No one needs to be an artist or an author to participate, just willing to have a good laugh.

To play Telegraph, gather three or more players around a table and give each a piece of blank paper and a writing utensil. Everyone begins by writing a short sentence across the top of the sheet of paper. Then all the players pass their paper to the person on their left, who reads the sentence, then tries to draw a picture illustrating it on the line below. For example, if you received a paper reading, “The cow jumped over the moon,” you would try to draw a cow flying over a moon.

Once everyone has drawn a picture, each folds the original sentence under so that only the drawing can be seen at the top of the page, and again passes the paper to the left. Each player then looks at the drawing he or she has received, writes a sentence describing it, folds the drawing under, and passes the paper so that the next person can see only the new sentence, which he or she then illustrates with another drawing.

Continue passing the pieces of paper around the table, alternately writing a sentence or drawing a photo, until you read the bottom of the sheet. End on a sentence. Then unfold all the sheets of paper and take turns going around the table reading the first sentence and the last. Some messages will have made it through all the rounds remarkably intact. Most will have morphed into hilarious new sentences. Be prepared to have a good belly laugh when you hear the results — which makes it a great after-dinner game, since laughter aids the digestion, improves circulation and makes you alert.

Sarah J. Gardner is the editor of Radish. Inspired to try a game at your next gathering? If you play Telegraph, scan one of the sheets you create and post it to facebook.com/radishmagazine. We'd love to laugh with you at the results!

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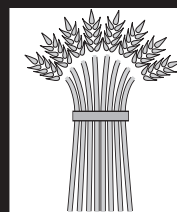


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healthy living

The gift of guinea

A bird for the holiday table courtesy of our melting pot

By Leslie Klipsch

Sonia Thiam, who moved from the West African nation of Senegal to Rock Island in 2010, smiles as she talks about guinea fowl, a gray-feathered bird that she and her family were accustomed to eating in their native country.

“They are very hard to catch,” says Thiam. “Maybe that’s why if you eat it, people say that you will have good luck and a very long life.”

Slightly smaller than a chicken, guinea is a dark-meat bird that has a delicate, slightly gamey flavor. The meat is low in calories and cholesterol, and rich in protein, essential fatty acids and vitamin E. In rural Senegal, it is common for families to raise chickens, guinea fowl and lambs in the corner of their home. Because of this, one might assume that guinea fowl is easily accessible for the special occasions during which it is eaten. And it is — as long as you can catch it. “You can catch 10 chickens before you catch one guinea,” exclaims Thiam with wonder, throwing her hands up into the air.

Ed Kracklio of Nostalgia Farms, located near Walcott, Iowa, agrees with Thiam’s assessment of the wily guinea fowl. His family once raised the birds by the hundreds and says that guinea fowl, sometimes referred to in the U.S. as “African pheasants,” are notoriously quick and can fly up to 100 yards. Sometimes, Kracklio explains, a guinea will fly up into a tree and refuse to come down.

Kracklio reminisces of a time when his family regularly slow roasted guinea — just as they did all of the birds they raised, including turkey, chicken and duck. Eventually, they stopped producing a large number of guinea fowl because of the lack of a market in an area where consumers typically prefer white meat.

There has been a resurgence in demand, however, as more and more Africans have immigrated to the Quad-Cities area over the past several years. Guinea fowl, according to Thiam, is especially popular with those from West African nations like Ghana and Liberia. Kracklio dresses several dozen birds a year for these customers and sales are coordinated by Thiam, largely through the family business Teranga House of Africa Boutique, where she works. The Rock Island shop is filled with hand-dipped incense, colorful textiles, ethnic jewelry, African art, shea butter, African soap and other imports. Being able to connect fellow Africans with these imported goods, as well as locally grown guinea, is satisfying to Thiam.

“Guinea is something special that we eat at home. When you come here you always need home food. It makes you happy when you taste it,” she says, merrily buzzing about the boutique.



Guinea fowl at Nostalgia Farm near Walcott, Iowa. (Photo by John Greenwood / Radish)

Kracklio says he is thrilled to be able to provide guinea fowl to hungry consumers and, practically speaking, is happy to once again make a home for the birds on his farm. He pasture raises guinea alongside his chickens, in part because guinea are known to keep a watchful eye for predators. In fact, he refers to guinea as the “watch dogs of the farmyard” because they are loud, observant birds, anxious to let everyone know if something is amiss.

Guinea also control the insect population. Kracklio says that the birds aren’t big on eating vegetation, but will clean the garden of deer ticks, grasshoppers and other insects. Guinea fowl will also hunt down mice and readily attack and kill snakes, making them helpful to have around the farm.

In Senegal, Thiam explains, guinea fowl is typically served during special occasions, such as a traditional naming ceremony. Seven days after a child is born, dozens of family members and friends gather to learn the child’s name, which is typically chosen to honor an older family member or close friend. Thiam says the ceremony is followed by a day full of joyful dancing and lively drumming. For such an occasion guinea is slow roasted over a charcoal fire and served with rice, vegetables, potatoes and crusty loaves of French bread. Guests are likely treated to a sweet fruit such as watermelon, cantaloupe or mango for dessert.

Thiam plans to spend this Thanksgiving feasting with family and loved ones in similar fashion. In fact, she finds that the traditional American holiday is not much different than what might be celebrated in her native Senegal. She believes that every culture has something to celebrate and that taking the time to give thanks to God is “a given.”

Leslie Klipsch is a writer, editor and mother of three who enjoys cooking, eating, reading, crafting and spending time with her family.

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Senegalese Roast Guinea

- | | |
|----------------------------------|---|
| 1 guinea fowl (roughly 3 pounds) | 1-2 russet potatoes |
| 1 lemon | 3-4 large leeks, white and light green parts only |
| 2 tablespoon grainy mustard | 1 cup white wine |
| 3 tablespoon olive oil | 8 slices of bacon |
| 3-4 large carrots | |

Heat the oven to 350. Pat the guinea fowl dry and season all over with salt and pepper. Finely grate the lemon zest, scrape it into a large bowl and set aside. Halve the lemon and put it inside the bird’s cavity. Place the fowl in a large roast-tray and put it in the oven.

To the lemon zest add the mustard and oil and mix well. Peel the carrots and potatoes, then cut them into thick chunks. Cut the leeks into 1-inch chunks. Add all the veggies to the bowl with the oil and mustard. Mix until well coated.

When the guinea fowl has been roasting for 30 minutes, add the veggies around the bird, sprinkle with a little salt and return to the oven for a further 45 minutes. Finally, splash the wine around the bird and over the veggies and put the bacon over the bird. Return to the oven for an additional 15-20 minutes, until the bacon is crisp and the veggies are tender.

— Recipe adapted from Good Food magazine

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Cure or con?

How to spot a health claim that's too good to be true

By Jeff Dick

In the American health-care marketplace, consumers have a wealth of treatments and alternative therapies from which to choose. But how do you find the one that's right for you, and more importantly, not a scam? Hope springs eternal in a lot of people afflicted with maladies ranging from baldness to psoriasis to cancer, and there is no shortage of snake-oil sellers offering modern-day elixirs. Only their means have changed — they've gone from the back of horse-drawn carriages to print ads, television and the Internet.

Sometimes promoters mistakenly believe in their remedies; mostly they're just out to make a buck through deception. When the remedies are harmless consumers are only out their money. The real danger is when they're substituting unproven for proven treatments in potentially life-threatening situations.

Perhaps the most egregious example of phony "alternative medicine" was laetrile, an anti-cancer drug derived from apricot pits (or other fruits), which became popular during the '70s. Not approved by the Food and Drug Administration for use in this country but available in Mexico, laetrile offered false hope to cancer patients while also causing serious side effects similar to those for cyanide poisoning.

The old adage, "If it sounds too good to be true, it probably is," failed to dissuade desperate cancer sufferers who were convinced the FDA was conspiratorially keeping an effective drug off the market.

More recently, the "conspiracy theory" has been the stock in trade of Kevin Trudeau, the guru of secret cures, who claims "drug companies don't want to cure disease." However, Trudeau alleges — despite serving jail time and million-dollar settlements for false claims — he can cure cancer with calcium and multiple sclerosis with a magnetic mattress, as well as applying other "natural remedies" to cure diabetes, heart disease and a host of other ills.

Scam artists frequently use come-ons like "miracle breakthrough" or "secret formula," both of which raise red flags. So does the use of personal testimonials, because they're simply not reliable: Some people experience spontaneous remission or are "cured" by the placebo effect — healed, in effect, by the power of suggestion — so individual experiences may not reflect the drug's effectiveness.

A popular lure is to offer the first month of "treatment" for free — except for shipping and handling charges, of course — but the second month's treatment will be billed to your credit card automatically. Take that as a warning sign.

Other seductive techniques to watch out for include: "one product does it all" (there are no health-care equivalents for WD-40); "immediate results" (few drugs work as fast as Viagra); "money-back guarantee" (good luck with that); and "thermogenesis" (or any example of meaningless medical jargon), to name some of the tips provided by the FDA's Paula Kurtzweil ("How to Spot Health Fraud").

When considering an advertised medical product, talk to a doctor or other



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health-care professional; discuss the matter with family members or close friends; check with the Better Business Bureau or state attorney's office to determine if complaints have been filed; or get in touch with the appropriate professional group (like the National Arthritis Foundation or the American Diabetes Association) for information on approved treatments.

Not to be confused with outright quackery, there are a number of alternative therapies which the medical establishment has been slow to embrace yet have been gaining favor and credibility.

In a recent survey of more than 45,000 subscribers, Consumer Reports found three out of four respondents were using some form of alternative therapy. Prescription or over-the-counter medication was reported as the most effective treatment for headaches, digestive ailments, depression, arthritis, insomnia, sinus problems and anxiety.

Hands-on treatments such as chiropractic or deep-tissue massage, however, were preferred for back and neck pain, with acupuncture and yoga further down in the mix. Even though medication was preferred for osteoarthritis, yoga, massage and acupuncture ranked respectably.

Jeff Dick is a freelance writer who covers consumer issues. For more information on health fraud, visit www.fda.gov/ForConsumers/ProtectYourself.

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Bee nice to natives

How to help pollinators thrive in your own backyard

By Jane VanVooren Rogers

How vital are native pollinators to our food supply? One out of every three mouthfuls of food you eat is delivered by pollinators, according to the group Midwest Pollinator Conservation. The foods that need native pollinators read like an A-to-Z list of fruits and veggies, including many that end up on the holiday table: apples, broccoli, Brussels sprouts, carrots, cauliflower, cranberries, onions, parsnips, pomegranates, pumpkins and squash, just to name a few. The list also includes legumes such as lima beans and soybeans, nuts such as almonds and macadamias, spices such as dill and nutmeg, and oils such as canola, flax, sesame and sunflower.

In 2006, colony collapse disorder made worldwide headlines when thousands of honey bee colonies “disappeared” in a matter of months. It’s not just honey bees that are in trouble, though. Many other pollinators species including butterflies, hummingbirds, bumblebees, moths and flies have declined around the world.

Clearly, helping pollinators is helping ourselves. In fact, it may be easier than you think to do your part to help pollinators thrive, keep the ecosystem in balance, and ensure the survival of your favorite fruits and veggies. Here are a few simple ways to get started.

Reduce or eliminate pesticides. Pesticides can kill native pollinators. Choose nonchemical or

organic solutions to combat insect problems. If an insecticide is absolutely necessary, use the least toxic material possible, use it according to package directions, and treat plants at the time of day or period in the season when their flowers are not in bloom.

Give them shelter. Trees and dense shrubs provide important shelter, nesting and overwintering areas for pollinators. Add a garden, fruit-bearing tree or flowering shrubs to your lawn, and “leave undisturbed places for pollinators to nest over winter,” says Sean Johnson of Midwest Pollinator Conservation.

Cut back on mowing. You can do this by growing more native wildflowers, shrubs and grasses, and by mowing your lawn less frequently to allow habitats for native pollinators to thrive.

Select native plants. They are adapted to the local climate, soils, and the native pollinators with which they co-evolved. Native plants should comprise at least 75 percent of a habitat area.

Choose perennials over annuals. Perennials are richer in nectar and, since they return every year, provide a more reliable food source for pollinators.

Grow flowers in clumps, rather than as individual plants. This will attract more pollinators. Plant bell-, tube- or trumpet-shaped flowers to

support birds and butterflies. They love red, orange and yellow. Plant purple, blue and yellow flowers to attract bees. Use night-blooming flowers to support moths and bats.

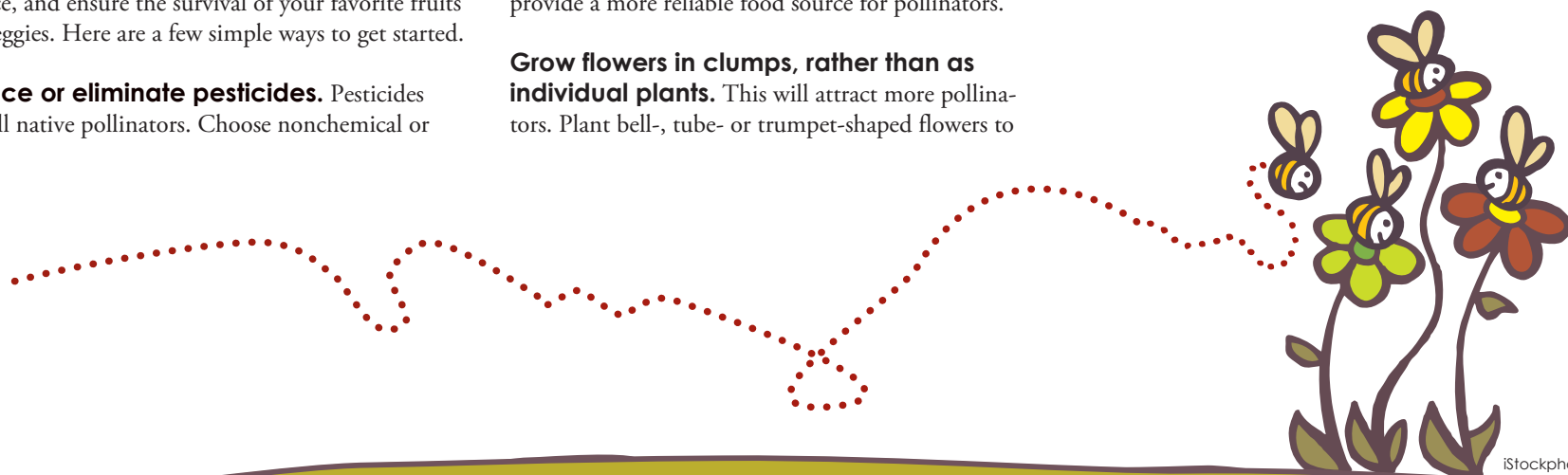
Offer water. A birdbath, fountain, dripping faucet, small pond or mud puddle will attract bees, butterflies and other beneficial insects.

Make a salt lick for butterflies and bees.

Create damp soil using a dripping hose, drip irrigation line or birdbath. Mix a bit of sea salt or wood ashes into the mud to provide butterflies and bees with their mineral requirements.

Fill a hummingbird feeder. To make artificial nectar, use four parts water to one part table sugar. Never use artificial sweeteners, honey or fruit juices. Feeders must be cleaned with hot soapy water at least twice a week to keep them free of mold.

Jane VanVooren Rogers is a lifelong Quad-Cities resident who enjoys spending time outdoors with her husband and two children.



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BEST HD NEWS





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environment

Noah's Ark

Eco-friendly shelter saves energy and stray animals

By Donna Schill

At first glance, Noah's Ark Animal Foundation in Fairfield, Iowa, appears more like a tidy schoolhouse than a home for stray cats and dogs. A lawn adorned with tall prairie grasses and glittering solar panels stand out against the shelter's country-style red walls and white trim.

But there is evidence that animals, not children, play within. The file cabinets in the main office read "dog files" and "cat logs." And a statue of St. Francis of Assisi guards the door, stone birds perched on his outstretched arms.

"People don't want to come to the shelter because they think it will be sad, and it's not," says executive director Dawn Safrit, during morning rounds of the facility. The air inside the shelter is fresh and the stillness striking — not a distressed bark to be heard.

In the cat wing, striped felines lounge in baskets by windows looking out onto countryside. Miniature doors lead to screened-in porches with tree-branch beams. When distressed kittens first enter the shelter, Safrit puts stress reliever drops called Rescue Remedy in their water. "We do whatever we can think of to make our animals more comfortable," says Safrit.

Noah's Ark is a no-kill shelter with six employees and roughly 20 volunteers, and has saved stray cats and dogs since the early 1990s. Carol Kline, longtime advisory board member and author of *Chicken Soup for the Soul*, says that the shelter's founders, David and Laura Sykes, established the philosophy that, "you can't help every animal, but you can help the ones who come in front of you."

Sometimes, helping means being patient. An abandoned 10-year-old hound dog named Bryan lived at the shelter for three years before finding a home. Safrit says no visitors looked at Bryan, despite his kind disposition. "I took him home several times a week to help him escape the stress of shelter life," says Safrit. "Bryan was our shelter dog."

Stories like Bryan's have become rare since PetSmart approved Noah's Ark for their Rescue Waggin' program in 2007. Once a month, PetSmart delivers a truck of dogs from the shelter to nearby cities where the demand for dogs exceeds supply. Noah's Ark has saved more than 750 dogs through the program.

The shelter's success is compelling due to its troubled past. In March of 1997, three high-school students broke into the shelter, killing and maiming half of the cat population. "It was horribly devastating," says Safrit.

The story made national headlines, and the shelter was showered with donations. Soon Catherine Glann, known as Miss Kitty and a longtime supporter of animal-welfare programs, donated money to build a new shelter.

Before the new shelter was complete, Noah's Ark faced another challenge — operating without a building. Kline housed cats in her basement, while an elderly couple let dogs stay in their barn.

Meanwhile, money was tight despite donations. The land the board



Dawn Safrit holds a puppy from the shelter's newest litter. (Photo by Donna Schill)

purchased was outside city limits and had no septic system. With an interest in sustainable design, they built a dry wetland, a model never before used by an animal shelter in the United States. It cycles wastewater through three gravel beds populated with native plants. "This was the most elegant, ecological, and frankly the most effective solution," says Kline.

The shelter also features eight solar panels to heat water, and separate air zoning for cats, dogs and humans. "We had champagne taste on a beer budget," says Kline. "We were good stewards of our money and the environment."

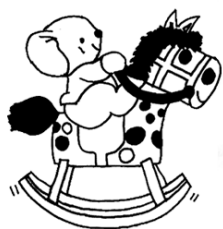
The Noah's Ark environment is unique, but Kline says the shelter's positive attitude is paramount. Instead of using horror stories to inspire action, Noah's Ark focuses on happy endings. "We don't want to break people's hearts," says Kline. "We want to move people's hearts."

The mission of Noah's Ark is to help strays in Jefferson County, Iowa. But as an owner of three shelter cats and a yellow lab, Safrit believes that pets help their owners more. "If you're having a hard day, they don't care if your hair is a mess or if you're in pajamas," says Safrit. "It's unconditional love."

Donna Schill is a freelance writer from Fairfield, Iowa, with an interest in sustainability. For more information about Noah's Ark Animal Foundation, contact them at (641) 472-6080, or visit www.noahsark.org.

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eating well

Make it a mousse!

A new twist on pumpkin pie to please the taste buds

By Lisa Kivirist and John D. Ivanko

On our farm, we grow a lot of pumpkins — enough that you can find them stacked on our front porch like cordwood. After storing them for a month or two, when they are fully ripened, we shift into savor and celebrate mode. With names like New England Pie and Long Pie, these pumpkins, we have discovered, glow with flavors. We delve into preparing delicious breakfast sides, appetizers and decadent desserts with the bounty.

Over the past decade, we've explored recipes that use fresh, seasonal ingredients, in part to showcase this luscious and nutritious fruit. Our experimentation led to the development of several pumpkin recipes found in our recent cookbook, "Farmstead Chef," including one for Pumpkin Mousse Cheesecake.

Pumpkin and mousse seem like dance partners from different dessert planets. Drop a pumpkin on your toe and it will hurt. A mousse, by its culinary definition, whips air bubbles into something to make it light and fluffy. Try this recipe and you'll never return to that flat and heavy traditional pumpkin pie again. It may score some points with the in-laws over the holidays, too.

Co-authors of "Farmstead Chef" (farmsteadchef.com), Lisa Kivirist and John D. Ivanko also operate Inn Serendipity Bed and Breakfast and Farm in Browntown, Wis.



Photo by Todd Welvaert / Radish

Pumpkin Mousse Cheesecake

Crust ingredients:

1½ cups crushed graham crackers	⅓ cup melted butter
¼ cup sugar	

Cream-cheese layer ingredients:

1 package cream cheese, softened (8 ounce)	2 eggs ¾ cup sugar
---	-----------------------

Pumpkin layer ingredients:

3 eggs, separated	1 teaspoon cinnamon
2 cups cooked pumpkin puree	1 teaspoon nutmeg
¾ cup sugar	½ teaspoon salt
½ cup milk	

Topping (optional):

1 cup whipped cream

Prepare graham cracker crust, taking about 10 graham crackers and crush them in a food processor. You can also place crackers in a plastic bag and crush them with a rolling pin. This should result in about 1½ cups of graham crackers. Keep crumbs in food processor and mix in sugar. Drizzle in the melted butter until crumbs clump together. Press into a lightly oiled 9-inch pie pan or other pan as needed.

Next, prepare the cream-cheese layer. In a mixing bowl, beat cream cheese until fluffy. Beat in eggs and sugar, one at a time, until well blended. Spread cream-cheese mixture over the crust and bake at 350 degrees for about 25 to 30 minutes or until firm. Cool completely.

For pumpkin layer, mix egg yolks with pumpkin puree and cook over medium heat in a saucepan until thickened. To that pumpkin mixture, add a half cup sugar, milk, cinnamon, nutmeg and salt. Turn off heat and let sit on burner for 5 minutes. Remove from heat and cool completely.

In a large bowl, beat egg whites until stiff. Add remaining quarter-cup sugar and beat until well blended. Fold egg whites into pumpkin mixture and pour this pumpkin layer over the cream-cheese layer. Bake at 350 degrees for 15 minutes or until set. Cool completely and chill overnight before serving. Serve with a dollop of whipped cream on top. Yields 12 servings.

Want to make it even more homemade? Turn to Resources, page 30, for recipes for homemade graham crackers and whipped cream.

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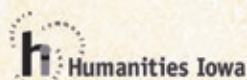
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health & fitness

Stronger Grip

Iowa entrepreneur takes fitness back to basics

By Hector Lareau

Abe Lincoln split rails. Turn-of-the-century workers wielded sledgehammers. And according to an area fitness expert, they were getting the kind of total-body workout we still need today. High-tech machines from stationary bikes to weight machines to treadmills crowd most every health club workout room. Ryan Pitts of Grand Mound, Iowa, has tried and rejected most all of that equipment in favor of his back-to-basics approach to health and fitness. The 38-year-old designs and makes old-school fitness products like sledgehammers, clubs, maces and kettlebells — with ingenious modern twists.

“Exercise and fitness is way too complicated, and it doesn’t have to be,” Pitts says. “Guess what works? The old-school stuff.”

When Pitts says old school, he means it. “Maces and clubs have been around for centuries. It’s the type of conditioning that’s been around forever.” And simplicity is central. “Sledge hammers, you swing. You pick it up and you swing. You’re working your entire body,” says Pitts. He contends that whole-body movements are best for health and functional fitness.

A health and exercise nut since his early teens, Pitts has also been making fitness equipment for more than 20 years. “By trade, I’m a journeyman machinist. Ever since I was 16 working in a machine shop, I’ve drawn blueprints and made my own stuff.” His business, Stronger Grip, came about as Pitts examined different training methods and devices for some old-time feats of strength — bending horseshoes, ripping phonebooks — and figured he could do better.

The Plateau Buster is a prime example of StrongerGrip’s approach to improving something simple. Pitts says many trainers would recommend that if you could only do one exercise, the kettlebell swing would be it. “It’s the bomb of an exercise,” Pitts says. “If you can only do one thing, do the kettlebell swing. Because it nails everything; it works your whole body.” The problem: kettlebells come in countless different weights, so people and gyms wind up with a long row of them. Stronger Grip’s Plateau Buster is a kettlebell handle with a difference. Instead of being welded to something that looks like an old-time cannonball, “You can put weight plates on it and go as low (-weight) as you want to as high as you want.”

Similar variable-weight features appear in many of Stronger Grip’s products. “I want to make good products that people want to use,” Pitts says. “There’s nothing worse than making something cool and then hanging clothes on it.”

Pitts admits that the learning curve for his equipment is slightly steeper than some high-tech gym machines. But the benefits of whole-body exercise are worth it, he maintains. The concentration bicep curl now in vogue is an example. “It’ll give you pretty guns, but your overall health is not going to be improved,” says Pitts. So, in addition to making and selling the equipment, the StrongerGrip.com website features demonstration videos to help fitness seekers learn ways to use the gear effectively.

In spite of its loyal customer base, Stronger Grip remains a small business. “I’m a small-town guy in his garage, making stuff,” Pitts says. Yet his product line has grown well beyond grip training, and he’s expanding to an additional storefront on the web, StrongerThanU.com, which will offer the ultimate anchor for rope-shaking and resistance-band training. Like all of his equipment, Pitts says of this latest offering, “It’s not rocket science, it’s not a high-tech machine.”

Hector Lareau is a freelance writer whose work has won awards from the Associated Press and United Press International, among others. For more information on these fitness products, visit strongergrip.com.



Ryan Pitts stands with a hammer he designed. (Photo by Hector Lareau)

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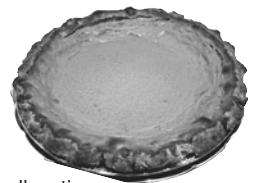
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outdoors

Grab your boots

Winter recreation at White Pines Forest State Park

By Susan McPeters

Attendance drops dramatically at most state parks when the last autumn leaf has fluttered to the ground. For the year-round outdoor enthusiast, autumn marks the time of year to put away the hiking shorts and stock up on hand and foot warmers. Or, you could enjoy the colder months from the comfort of a cozy cabin at White Pines Forest State Park in Mt. Morris, Ill.

According to Elmer Stauffer, acting site superintendent, "This land was originally one of the largest stands of native white pines in the Midwest. The trees were valuable as lumber, however, and were irresistible to loggers." By the early 20th century, the forest had dwindled to 385 acres. Stauffer credits original landowners with realizing the natural beauty of the area and resisting offers by loggers and timber buyers. In 1927 the state purchased the land for a state park.

All of the log and stone buildings in the park were built by members of a Civilian Conservation Corps work camp in the 1930s. They include 13 one-room cabins and 12 "quad-rooms" — four one-room cabins under one roof with adjoining interior doors, making them ideal for family gatherings. The cabins have been renovated over the years but still boast their original charm with the addition of modern amenities such as gas-log fireplaces, mini refrigerators, phones and TVs. The White Pines Inn also has undergone an extensive renovation while preserving the ambiance of the structure. The original stone and timbers were retained with the updated features blended in.

As Stauffer notes, "Winter is a great time of year to visit if you enjoy the quiet of the woods and outstanding natural beauty." After the park has received a minimum of 4 inches of snowfall, a trail groomer plots out several miles of cross-country ski trails. These trails are compacted every time it snows which builds up the base. Skiers must provide their own equipment. Stauffer rates the trails as "intermediate." Additionally, both hikers and snowshoers can venture anywhere in the park and are asked only to stay off the groomed ski trails.

Beth and Dennis Henderson have been managing the White Pines cabins and inn for 23 years. Beth says, "We were known for our all-you-can-eat Paul Bunyan breakfast, but I was looking for a way to bring in people to our other meals." A staff member came up with the idea of a dinner theatre, and eventually they found a niche market: Midweek Matinees for seniors. One theater production, "Scrooge the Comedy" is performed evenings and weekdays beginning Thanksgiving weekend. "Every year it is performed before sold-out audiences," Beth says. "It's a wild version of the Charles Dickens classic with audience participation and it's perfect for the entire family."

A nearby outdoor activity designed to get you in the holiday spirit is the Christmas tree forest. The Prairie Preservation Society of Ogle County purchased the land to eventually return it to native prairie.



Snow transforms the landscape of White Pines Forest State Park. (Submitted)

As delightful as this setting lends itself as a cure for the winter doldrums, the cabins and the inn close on Dec. 18 and reopen on March 1, 2012. The cabins weren't built to withstand the harsh cold, and this also allows time to perform routine maintenance.

You can, however, still enjoy a winter weekend or vacation at White Pines State Park. Pine Creek Cabins, owned and operated by the Hendersons year-round, is located just across the road. "It's a companion business to the park, and the cabins are just awesome," says Beth. There is one cabin that sleeps up to seven and two cabins that sleep 12 each. Adds Beth, "The family cabins are perfect for girl getaways or multigenerational use." There is also the new Canyon View Honeymoon Cabin, which sleeps two. All of the cabins include a kitchen, gas fireplace and satellite TV. Guests at either Pine Creek or White Pines who want to relax can visit the Henderson's Canyon View Spa where several types of massage and yoga classes are offered.

As Stauffer sums it up, "We like to say White Pines is 'postcard' beautiful in the winter." Maybe so, but you should see for yourself.

Susan McPeters has had what she calls a lifelong love affair with the outdoors. Hiking, cycling, kayaking, snowshoeing and cross-country skiing are among her favorite activities. For more information on the amenities at White Pines Forest State Park, visit whitepinesinn.com.

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environment

Eco-cloth: How flax, hemp, bamboo and Tencel stack up in terms of sustainability

By McClatchy Newspapers

Much as they're trumpeted by so-called eco-designers, plant-based alternatives to cotton are a minuscule piece of the fashion puzzle. But that percentage is growing because of consumer and corporate demand, as well as technological advancements that make natural fibers easier to transform into wearable fabrics.



McClatchy Newspapers

One of the more promising developments in sustainable textiles is flax, a stalky and fibrous plant that can be grown with far less water and fewer pesticides than cotton and produced at a lower price. Most flax is produced for its grain, which is turned into food. But its fiber can also be transformed into materials that look and feel similar to cotton. As a textile, it's incorporated into 1.1 percent of U.S. garments and most commonly used in linen.

One version of a flax fabric, Crailar flax, is produced with a naturally occurring enzyme that transforms the fibers from the flax-plant stalk into a soft and strong textile ideally suited for knit garments, such as T-shirts and underwear, mostly in blends with cotton. The processing agents for Crailar flax meet the Global Organic Textile Standards, according to Kenneth Barker, a representative of the company that manufactures Crailar.

Bamboo, once the darling of eco-designers who prized its silky hand feel and drape, has largely been discredited as an alternative source. While bamboo is among the fastest-growing plants on the planet and grows without irrigation, processing its fiber into textiles requires heavy-duty chemical solvents such as sodium hydroxide and carbon disulfide that can harm human health and the environment. The use of bamboo has dropped dramatically. In 2008, 0.1 percent of U.S. garments incorporated bamboo, compared with 0.04 percent today.

On the other hand, hemp, an industrial, nonpsychoactive plant that is part of the cannabis family, has been growing in popularity among clothing makers in recent years. Stella McCarthy, Calvin Klein and a host of lesser-known labels now use the fiber, which, like bamboo and flax, requires far less water and fewer pesticides to grow than cotton. Hemp, however, is not legal to grow in the U.S., so most of the material used by American clothing designers is imported from China. As a result, just 0.003 percent of U.S. garments incorporate hemp.

Tencel, a textile made from the pulp of eucalyptus trees imported mostly from South Africa, is rising in popularity due its rayon-like feel and sustainable origins. Like bamboo and flax, eucalyptus requires fewer pesticides and far less acreage and water to grow than cotton. Most of the wood pulp is Forest Stewardship Council-certified, and Tencel's use has doubled in the last three years, from 0.2 percent in 2008 to 0.4 percent today.

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The sound of silence: Make your home a peaceful haven

By Robyn Griggs Lawrence, from Natural Home & Garden

We live fast, noisy lives facilitated by loud machines. High-speed expressways roar through towns. Cell phone conversations are everywhere. Our homes are a symphony of digital beeps, from the computer to the dishwasher. We barely notice lawn mowers and chain saws — noises that would have made our ancestors jump and run.

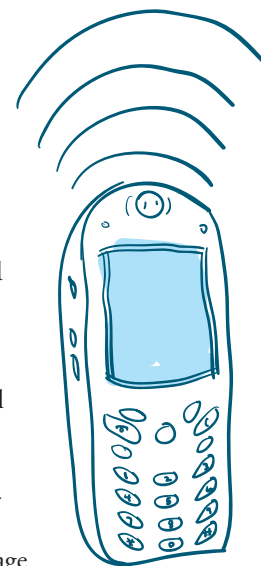
Thunder was the loudest noise that rocked pre-industrial humans. Before internal combustion, roars and booms signaled danger, and our bodies still react to loud noises with a prehistoric adrenaline surge: Our hearts pump harder, our blood pressure rises, and our blood vessels constrict. Living in a din of ring tones, mechanical humming, and loud and unrelenting advertising, it's no wonder we get a little stressed.

Chronic noise can stress the endocrine, cardiovascular and immune systems, and children from highly noisy households have been found to experience delayed language skills and increased anxiety. Noise disturbs sleep, affects emotional well-being, and may contribute to heart disease and mental illness. Fortunately, there are ways to keep noise at bay in your home.

The decor and interior finishes you choose can have a big impact on your home's noise levels. Carpet, for its many flaws, does a lot to muffle our homes' noise. Hardwood floors, for their many virtues, are big drumheads that send sound reverberating through a house. Bare walls (especially if they're plaster) and plain wood furniture do the same.

You can minimize noise by making sure that at least 25 percent of every room contains absorbent material such as drapes, Venetian blinds, fabric wall hangings or canvas paintings, and rugs or carpet. Book-filled bookcases and deep, squishy upholstered furniture — the softer and larger, the better — also help stop sound from bouncing. Consider nubby hemp, rustic burlap or raw silk for draperies. Sisal, sea grass and cork can absorb sound underfoot. Burlap-covered Homasote, a fiberboard made from recycled paper, is a terrific option for walls.

You can also help quiet your home's interior by altering your habits. Consider designating one night a week "no-TV night." Try turning off the radio during your morning commute, taking time to quietly prepare for the day ahead. You can actively engage silence by practicing a few moments of silence before eating a meal or making time in the afternoon for a quiet cup of tea.



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health & medicine

Baby blues: Fathers can struggle with postpartum depression, too

By Dan Rafter, from GateHouse News Service

The study surprised many: Postpartum depression hits as many new fathers as it does mothers. But study author James Paulson hopes the report does more than contradict common assumptions; he hopes it educates men to the real dangers of ignoring postpartum depression.

"Many men don't want to admit that they have this depression after their children are born," said Paulson, an associate professor at Eastern Virginia Medical School. "There is a stigma surrounding depression, especially in men. If you look at the Internet forums where people are talking about this study, you'll read so many people saying that these guys just have to man up or that the men suffering from this are just sad that they're no longer the center of attention."

"Men are much worse in seeking help for depression than women are. Hopefully, we can raise awareness of this real problem."

Paulson's report, published in The Journal of the American Medical Association, found that 14 percent of men suffer depression either during their partner's pregnancy or during the first year after the birth of their child. This isn't surprising; having a child changes a person's life in dramatic way. This can be overwhelming to even the most stable of new fathers.

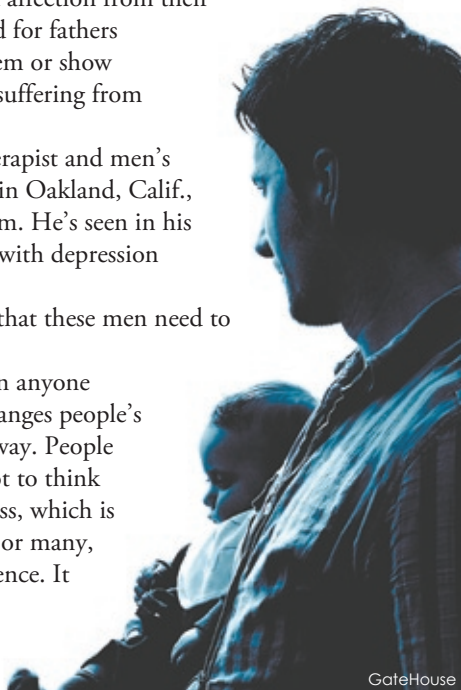
Men should seek help from their physicians if they feel for two weeks or longer persistent feelings of sadness, anxiety or uncharacteristic disinterest in activities that once gave them pleasure, Paulson said. If they feel lethargic — more than what normally happens to sleep-deprived new parents — or no longer have a desire to eat, they should also consult with their physicians.

It's important for men to treat their depression, Paulson said. New babies need interaction and affection from their mothers and fathers to thrive. It's hard for fathers to play with their children, read to them or show them any physical affection if they're suffering from postpartum depression.

Dr. Will Courtenay, a psychotherapist and men's health specialist with a practice based in Oakland, Calif., said Paulson's study didn't surprise him. He's seen in his own practice that many men struggle with depression after the birth of their children.

The important thing, he said, is that these men need to be willing to seek help.

"Having kids is much bigger than anyone expects," Courtenay said. "It really changes people's lives in a profound and fundamental way. People aren't prepared for that. They tend not to think about that. They think about baby bliss, which is what they hear others talking about. For many, though, it is not such a blissful experience. It is challenging."



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resources

SUPPORTING ACTS

(Story on page 8)

Devonshire Corn

The flavor of the corn really comes through in this comforting, porridge-like dish. What doesn't get eaten the night before could easily double as breakfast the next day.

- | | |
|---|---------------------------------------|
| 1 cup milk | 1 cup heavy whipping cream |
| 2 tablespoons flour | 1 teaspoon salt |
| 2 (10-ounce) packages frozen corn, thawed | Pinch each nutmeg, cayenne pepper and |
| 2 tablespoons butter, softened | white pepper |

Mix milk and flour together. Combine corn, butter, cream, milk/flour mixture and seasonings in a saucepan and bring to a boil. Reduce heat and simmer 5 to 7 minutes, uncovered.

— *Courtesy of McClatchy Newspapers*

MAKE IT A MOUSSE!

(Story on page 20)

Homemade Graham Crackers

Most graham crackers you'll find on the supermarket shelves don't contain a gram of graham flour. This recipe cooks up the real cracker, based on Sylvester Graham's work back in the early 1800s to develop a "health cracker" made with self-dubbed graham flour, a combination of fine-ground white flour and coarse-ground wheat bran and germ. Apparently Graham attempted to create a cracker to suppress "carnal urges." Not sure about that part, but they definitely assist in the internal plumbing department.

- | | |
|----------------------------------|-----------------------------|
| 2 cups graham flour | ¼ teaspoon cinnamon |
| ½ cup flour | ¼ cup butter (half a stick) |
| ¼ cup brown sugar, firmly packed | ⅓ cup honey |
| ¾ teaspoon baking powder | ¼ cup milk |
| ½ teaspoon baking soda | ½ teaspoon vanilla extract |
| ½ teaspoon salt | |

In a food processor, mix flours, brown sugar, baking powder, baking soda, salt and cinnamon. Add in the butter and mix until crumbly. Add the honey, milk and vanilla and process until dough becomes a ball. Cover dough in plastic wrap and refrigerate one hour. Unwrap dough and place on lightly floured surface. Roll out dough to quarter-inch thickness. Cut with cookie cutters. Bake at 350 degrees for about 15 to 20 minutes or until edges just start to darken. Cool on a wire rack.

— *Recipe adapted from "Farmstead Chef" by Lisa Kivirist and John D. Ivanko*

Whipped Cream

Talk about misleading advertising. "Whipped cream" that is sprayed from an aerosol can or filling those nondairy plastic tubs are neither whipped in the traditional sense, nor made with heavy cream. So make your own real whipped cream, just for the taste of it. Save some money, too. You'll be paying double the price for the store-bought stuff with mostly air and water. Be careful not to over whip your whipped cream. If the cream starts to stiffen and appears grainy, stop immediately or you'll end up with a bowl full of butter. Not that a bowl of butter is bad; it's just not the best topping for our Pumpkin Mousse Cheesecake.

1 cup heavy cream

Pour heavy cream into an electric mixer, start at a low speed until the cream gets foamy and then speed things up. You can also mix by hand using a whisk. Whisking by hand should take about 4 minutes. Serve immediately on top of apple pie, apple crisp or anything that needs a luscious, real dairy topping. Yields 2 cups whipped cream.

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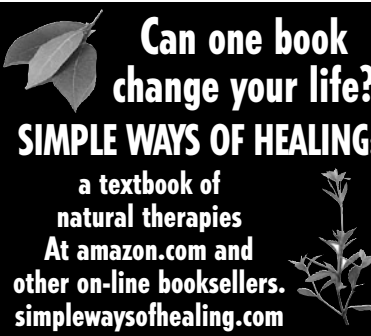
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food for thought

Tomatoland

The high cost of cheap supermarket tomatoes in winter

By Barry Estabrook

My obituary's headline would have read "Food Writer Killed by Flying Tomato." On a visit to my parents' condominium in Naples, Fla., I was mindlessly driving along the flat, straight pavement of I-75, when I came up behind one of those gravel trucks that seem to be everywhere in southwest Florida's rush to convert pine woods and cypress stands into gated communities and shopping malls. But as I drew closer, I saw that the tractor trailer was top heavy with what seemed to be green Granny Smith apples. When I pulled out to pass, three of them sailed off the truck, narrowly missing my windshield. Chastened, I eased back into my lane and let the truck get several car lengths ahead. At the first stoplight, I got a closer look. The shoulder of the road was littered with green tomatoes so Plasticine and so identical they could have been stamped out by a machine. Not one was smashed. A 10-foot drop followed by a 60-mph impact with pavement is no big deal to a modern, agribusiness tomato.

If you have ever eaten a fresh tomato from a grocery store or restaurant, chances are good that you have eaten a tomato much like the ones aboard that truck. Although tomatoes are farmed commercially in about 20 states, Florida alone accounts for one-third of the fresh tomatoes raised in the United States. From October to June, virtually all the fresh-market, field-grown tomatoes in the country come from the Sunshine State, which ships more than 1 billion pounds to the U.S., Canada and other countries every year. It takes a tough tomato to stand up to the indignity of such industrial-scale farming, so most Florida tomatoes are bred for hardness, picked when still firm and green (the merest trace of pink is taboo), and artificially gassed with ethylene in warehouses until they acquire the rosy-red skin tones of a ripe tomato.

Beauty, in this case, is only skin deep. According to figures compiled by the U.S. Department of Agriculture, Americans bought \$5 billion worth of perfectly round, perfectly red, and, in the opinion of many consumers, perfectly tasteless commercially grown fresh tomatoes in 2009 — our second most popular vegetable behind lettuce. We buy winter tomatoes, but that doesn't mean we like them. In survey after survey, fresh tomatoes fall near the bottom in rankings of consumer satisfaction.

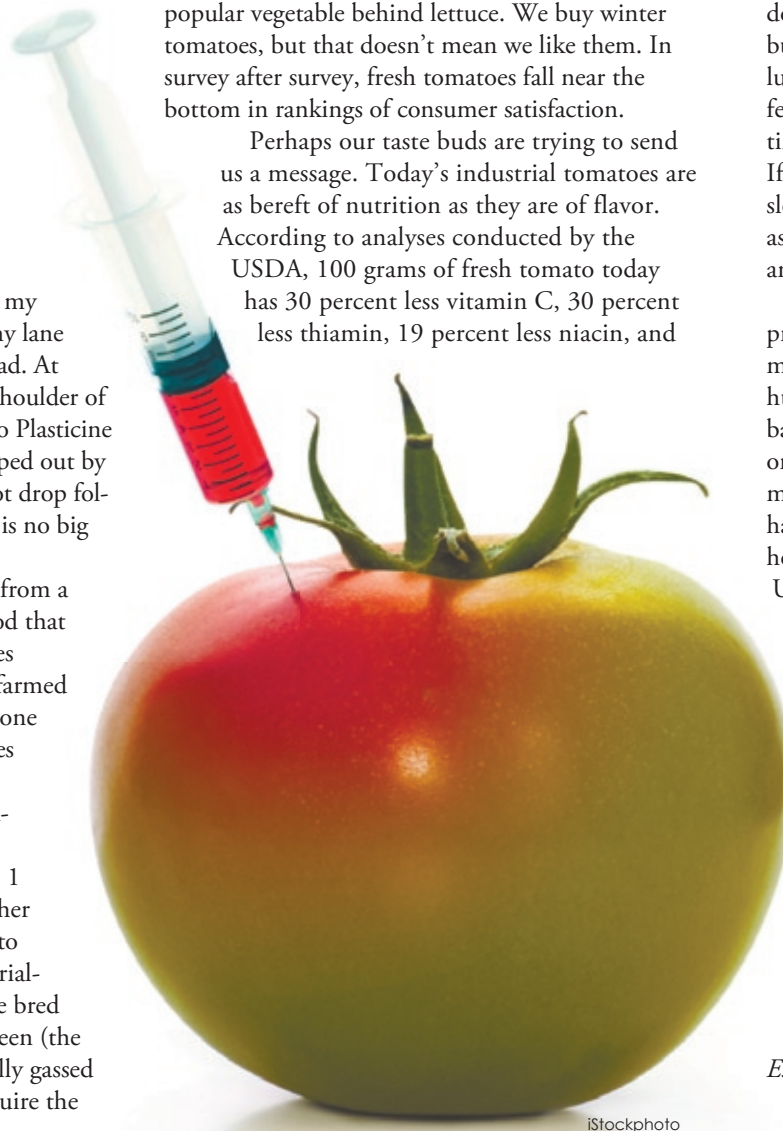
Perhaps our taste buds are trying to send us a message. Today's industrial tomatoes are as bereft of nutrition as they are of flavor. According to analyses conducted by the USDA, 100 grams of fresh tomato today has 30 percent less vitamin C, 30 percent less thiamin, 19 percent less niacin, and

62 percent less calcium than it did in the 1960s. But the modern tomato does shame its 1960s counterpart in one area: It contains 14 times as much sodium.

The tomatoes that fill produce sections 365 days a year, year in and year out, also come at a tremendous human cost. Paid on a "piece" basis for every bushel-sized basket they gather, tomato pickers are lucky to earn \$70 on a good day. But good days are few. Workers can arrive at a field at the appointed time and wait for hours while fog clears or dew dries. If it rains, they don't pick. If a field ripens more slowly than expected, too bad. And if there is a freeze as there was in 2010, weeks can go by without work and without a penny of income.

In this world, labor protections for workers predate the Great Depression. Child labor and minimum wage laws are flouted. Pesticides so toxic to humans and so bad for the environment that they are banned outright for most crops are routinely sprayed on virtually every Florida tomato field, and in too many cases, sprayed directly on workers. All of this is happening in plain view, but out of sight, only a half-hour's drive from one of the wealthiest areas in the U.S. with its estate homes, beachfront condominiums, and gated gold communities. Meanwhile, tomatoes, once one of the most alluring fruits in our culinary repertoire, have become hard green balls that can easily survive a fall onto an interstate highway. Gassed to an appealing red, they inspire gastronomic fantasies despite all evidence to the contrary. Welcome to Tomatoland. It's a world we've made, and one we can fix.

Excerpted with permission from "Tomatoland: How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit" (2011, Andrews McMeel Publishing, 240 pages, \$19.99 hardcover) by Barry Estabrook. To order, visit andrewsmcmeel.com.



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