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from the editor



Photo by Paul Colletti / Radish

One of my favorite poems was written by a woman living in 10th century Japan named Izumi Shikibu. Here is a translation by Jane Hirshfield and Mariko Aratani:

Although the wind
blows terribly here,
the moonlight also leaks
between the roof planks
of this ruined house.

I love how in five short lines Shikibu manages to convey such a deep truth about the human condition: we live in an imperfect world, at times even fearsome and frightening, but then — as if by some improbable miracle — there is beauty, too.

I imagine it is a sentiment author Bill McKibben could appreciate. In his new book, “Eaarth: Making a Life on a Tough New Planet,” he argues that it may be too late to reverse many of the effects of climate change. Some things are worse now than they were 50 years ago, and they aren’t going to change back. We can’t, for example, refreeze the polar ice caps. What is left for us to do is figure out how to live in this reconfigured world.

But here is the silver lining: to survive, McKibben writes, we need to reinvest in our communities, building the kind of societies and economies that are less about a few people prospering and more about all of us working together toward the common good. There it is: as if by some improbable miracle, beauty. The poles are melting, the forests dying, the seas have acidified ... and the way forward involves tapping into best of human nature, our capacity to care for one another.

A great example of this already happening, actually, is St. Paul Lutheran Church in Davenport, which is hosting a free public talk by McKibben in its sanctuary on Oct. 17. That isn’t all they are doing, though. Members of St. Paul’s congregation also tend a large community garden plot, produce from which provides fresh vegetables to the kitchen of Café on Vine and the Central Community Circle Food Pantry, among other green projects. The actions of St. Paul’s congregants demonstrate that, rather than succumb to despair when faced with societal challenges, we can respond with thoughtful discussion and a greater involvement in our communities.

This month in Radish we bring you an article by McKibben as well as several articles about different kinds of community — farms open to visitors, a service that helps birding enthusiasts find like-minded pals wherever they travel, an upcoming yoga festival — with the hopes you’ll find a little beauty there, too.

— Sarah J. Gardner
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

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

contributors



Mary Blackwood is the director of Landlocked Film Festival. She writes fiction and nonfiction, designs for print and web, and is keenly interested in water conservation and water rights. She can be reached via maryblackwood.com. Blackwood makes her Radish debut this month with an article on cisterns. Read it on page 28.



Chris Greene is the coordinator of the Grapevine news for the business section of The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. (She also appeared on the first Radish cover in 2005.) In her free time she enjoys cooking, gardening, running, volunteering and reading. Read about what Greene learned about the practice of lucid dreaming on page 12.



Former Radish intern **Laura Anderson** is a graduate of Augustana College, Rock Island, and is a reporter for The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. She is a fan of loud music, lattes and her pet lizard, Doom. Read Anderson's articles on fat free foods and preventing sports injuries on pages 16 and 24.



Frequent contributor **Sharon Wren** has been freelancing for 15 years, mainly writing on green, parenting and food topics. She lives with her family on Campbell's Island in the Quad-Cities, where she is working on a solar oven cookbook. Her hobbies include working in her greenhouse. Read her article on greenhouses and extending the harvest on page 22.



Leslie Klipsch is an editor, writer and mother of two. Leslie returned to Iowa a few years ago after living in Chicago for six years. She is thrilled to shop the area's farmers' markets and to have conversations with the people who grow her family's food. Read about Klipsch's recent discovery, the Elegant Barn, on page 20.

Also appearing in Radish this month are contributors **Ann Scholl Rinehart** ("Three days of yoga," page 6); **Julie Barton** ("Green Halloween," page 8); **Sarah Ford** ("Destination farms," page 10); **Ann Ring** ("Canine comfort," page 32); **Barbra Annino** ("Birds of a feather," page 14); **Stacy Mitchell** ("Hy-Vee Healthy Family Challenge," page 25); **Bill McKibben** ("Hand in hand," page 40); and **Joe Payne** and **Laura Fraembs** ("By foot, hoof and bike," page 30).

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the grapevine

From our readers

Climbing the walls (Sept. 2010): As an avid Radish reader, I was most intrigued by the September 2010 front cover showcasing “where to climb in Iowa and Illinois.” As many of your readers are located south of the QCA, I want to make them aware of the climbing opportunities afforded at Western Illinois University’s Horn Field Campus in Macomb. We offer climbing instruction on a 40-foot wooden climbing structure and also on a high ropes course, both of which are outdoors. The challenge course activities can be reserved by contacting us at (309) 833-5798 or via our website, www.wiu.edu/RPTA/HFC/index.html (case sensitive). Thank you for the opportunity to help us spread the word on more outdoor adventure recreation options in west central Illinois. Climb on!

— Mindy Pheiffer, Western Illinois University, Macomb, IL



We need your nominations!

It’s hard to believe, but 2011 is right around the corner. At Radish, we are already on the lookout for the next 10 recipients of the Radish awards, and you can help. Know someone who is making a positive impact on local foods or agriculture, the environment or our fellow human beings? Let us know about them! Send an e-mail to editor@radishmagazine.com with the words “Radish award nomination” in the subject line and tell us what this person or organization is doing to promote healthy living from the ground up.



Make a date with Radish this month! Radish representatives will be at the following events, where you can say hello and pick up an extra copy.

- Bettendorf Family Makeover

Challenge Kick-Off from 11 a.m. to 1 p.m.
 Saturday, Oct. 9, at the Bettendorf Hy-Vee,

2900 Devils Glen Road. Read more about this event on page 25.

- Freight House Farmers’ Market, Heilmann Hawkeye Acres booth, from 9 to 11 a.m. Saturday, Oct. 9, at 421 W. River Drive, Davenport, featuring our favorite cabbage and fall vegetable recipes.

- 2010 Earth Charter Summit, from 9 a.m. to 2 p.m. Saturday, Oct. 16, at the St. Ambrose University Rogalski Center, 518 W. Locust Street, Davenport. Read more about this event in rooting around, page 34.

- Community lecture by environmental speaker Bill McKibben at 4 p.m. Sunday, Oct. 17, St. Paul Lutheran Church, 2136 Brady St., Davenport. Read McKibben’s essay, “Hand in hand,” on page 40.

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

healthy living from the ground up

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Eva Stamper, wearing home-made, nontoxic face paint, is ready to trick-or-treat. (Photo by Stephanie Makosky)

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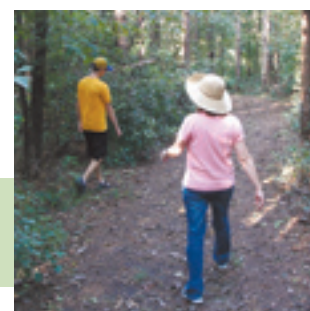
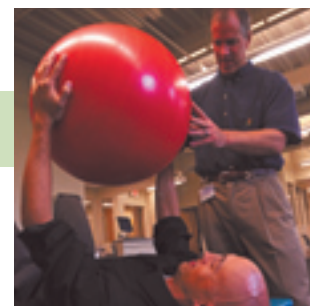
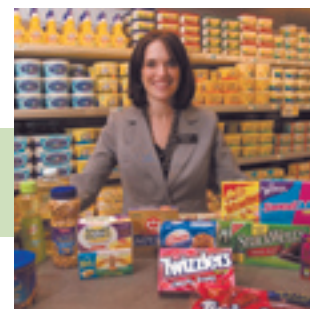
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healthy living

Three days of yoga

Iowa City festival a chance to practice and celebrate

By Ann Scholl Rinehart

Victoria Watson can't go a day without yoga. "If I miss a day, I am not alert. My brain is fuzzy and I am groggy," says the 25-year-old Coralville woman. Watson discovered yoga at age 17 but only dabbled in it until she discovered Treehouse Yoga Studio in Iowa City. Once she developed a daily practice, "my life began to move in a direction I longed for many years before. I finally feel like I am on the path best suited for me," says Watson, who is now a yoga teacher at Treehouse.

Knowing how life altering yoga can be, Watson is especially excited about the upcoming Iowa City Yoga Festival. She hopes the event, set for Nov. 5-7, will spark an interest in yoga for newcomers and deepen the passion for yoga for those who have practiced a long time. Her greatest hope, though, is to see the community united through yoga.

"The energy of the weekend will take downtown Iowa City by storm," predicts Watson, who will be a video journalist and workshop assistant during the event. "I think all the teachers have an important perspective — the experience of their practice. The

festival is a way to blend their expertise, share new ideas and come together as one."

Bringing the Iowa City yoga community together was the driving force behind the creation of the festival by James Miller, director of Treehouse Yoga Studio and festival producer. However, the festival has developed into a regional event. "We have as many people coming from outside of Iowa City as we do inside," Miller says. "What we're trying to do with this event is to celebrate that so many people are practicing yoga and to bring them together. I also want to draw new people into yoga in the process."

The event, which will be held at the Sheraton Hotel in downtown Iowa City, begins at 7 p.m. Friday, Nov. 5, with a welcome party. At 8 p.m., festivalgoers will hear from Sadie Nardini, a native Iowa City yogini who, Miller says, "has gone from hometown girl to yoga industry icon." She will talk about her meteoric rise to success in yoga.

The festival will include 42 different workshop experiences with renowned teachers like Krista and Brock Cahill, Max Strom, Jim Bennitt and Hemalayaa Behl. Throughout the festival, there will be classes, events and yoga demonstrations. MC Yogi will perform yoga-inspired world hip-hop music during a Project Green Benefit Concert, Saturday, Nov. 6, at 8 p.m.

Miller has been to a variety of national yoga festivals. Those experiences helped him shape his vision for the Iowa City festival. "I want to avoid the long, boring keynote address or the low-key flute music that you typically see," he says. "The emphasis of this festival is on yoga, but it's equally on fun."

He also wanted to keep it affordable. Comparable festivals, he estimates, would cost about \$400. The Iowa City festival is \$249.

Evan and Kelly Harris, founders of Tapas Yoga Shala in Davenport, will be teaching workshops at the festival. Evan Harris says the couple is delighted to see the festival coming to the area.



Yoga instructor Kyra Anastasia will be among the workshop leaders at the festival. (Photo by Michelle Martello)

"Having a festival of this caliber with world-renowned teachers right in our backyard is really something special," he says. "We hope that people with all levels of previous yoga experience take advantage of this opportunity to try out the different styles, techniques and flavors of yoga."

The couple began practicing yoga in 2002 after attending a class at the Davenport School of Yoga. "We were hooked immediately by both the simplicity and physical challenge," Kelly Harris says. Their yoga practice grew from one class per week to their current practice of about two hours a day, six days a week. They've been teaching since 2006 and opened their studio in 2008.

"There are obvious and tangible physical benefits to yoga," Evan Harris says. "Moving the body through its range of motion with yoga postures improves strength, flexibility, balance, circulation, respiration and health in general. This is what got us interested. However, we have also found that regular practice reveals the contemplative roots of yoga practice and brings an invaluable sense of calm and spaciousness to everyday life."

"The energy of the weekend will take downtown Iowa City by storm."

The festival, Kelly Harris says, offers festivalgoers an opportunity to learn new poses and techniques but also to connect with yoga practitioners and teachers. "Making yoga friends all over the world has been one of the most rewarding parts of the practice for us," she says.

Miller says he sees the festival as a very personal experience for people. "It's about working on ourselves as individuals; elevating our physical body in an effort to elevate our whole self, and then using that to impact our community."

"When you practice yoga, you feel good. When you emerge from your practice and interact with other people you carry that positive feeling with you and elevate every experience you have. That has a powerful impact. So although this is just one weekend, I hope that the effects of the knowledge people gain will continue to impact our community for months and years to come."

If everyone did yoga, Miller believes the world would be very different.

"People would experience less suffering," he maintains. "So much of the stress and tension we experience in our daily lives is a product of holding on to the past. Yoga is a way of using the physical body to discharge that energy and to bring us back into the present moment. If everyone experienced the present moment as it really is, whole, complete and perfect, we would live our lives with a much higher level of contentment."

Davenport resident Jen Smith will be attending the inaugural Iowa City Festival and blogging live from the event for Radish readers. Follow her experiences at radishmagazine.com. To register for the festival yourself, visit iowacityyogafestival.com.

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healthy living

Green Halloween

Simple steps to a healthier, eco-friendly holiday

By Julie Barton

Halloween is traditionally a holiday of excesses and extremes. Since August, stores have been trying to tempt us with spooky plastic decor, over-the-top costumes and enough sugar to give Willy Wonka stomach pains; so Halloween isn't exactly a time to think about ways to lower our carbon footprint. Or is it? A kinder, gentler holiday to the planet can still be downright scary. I tried a decidedly "home-spun" Halloween last year, and the results were wickedly fun. With a little bit of know-how and the right resources, you'll be on your way to celebrating your own green Halloween.



Eva Stamper sports homemade, nontoxic face paint.
(Photo by Stephanie Makosky / Radish)



Decor tricks

It's easier than you might imagine to go green on decorating — just think "old school." Put your kids to work cutting out ghosts, pumpkins and black cats out of construction paper for door and window decor, and make orange, purple and black paper chains to decorate trees and bushes. A balloon tied off under a sheet and hung in trees can make an impressive ghost, and luminaries in recycled bags with sand on the bottom can give an otherworldly appearance to your front walk.

Use natural decorations foraged from your own yard to make arrangements by your doors or on your tables. Last year I made some striking Halloween arrangements on either side of my front door by taking a bunch of branches from our trees in varying heights from 3 to 5 feet tall, tying them together, and "planting" them in urns on either side of our door (large pots also work well). I strung some purple and orange lights in the branches, and then tucked and draped different foliage into the "trees," such as hydrangeas, mums, flowering weeds, ivy, and grasses. They ended up looking like fall arrangements with an edgy flair, and I got loads of compliments on them.

Don't forget about the pumpkins! Whether grown in your own yard or purchased at the farmers' market, pumpkins, gourds, squash and kale make beautiful Halloween decor for any home, and carving is always optional.

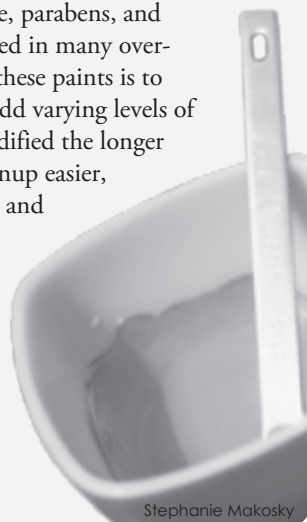
Crafty costumes

When my kids were little, I always made their costumes. The American Girl Josefina was a success, the train conductor was not. After one particularly bad Batman costume, my kids put their little feet down — they wanted store-bought costumes. But now we've come full circle, and in the past couple of years we've had fun making costumes together.

Goodwill and the dress-up trunk are great resources for interesting costumes. Last year my son won his school's costume contest in our Uncle Sam costume, made from a navy Goodwill blazer, a patriotic hat, a trimmed white Santa wig and white basketball pants with red tape "stripes." There are lots of websites with tips on how to make easy costumes for kids — just search "homemade" along with the type of costume you want (i.e. homemade fairy costume).

Here are some scary words: triethanolamine, parabens, and phthalates. These are some of the toxins contained in many over-the-counter face paints. A natural alternative to these paints is to make your own. When I mixed them, I had to add varying levels of the dye to achieve the color I wanted, and it solidified the longer it sat. A base of lotion on the face will make cleanup easier, and I was able to get the face paint off with soap and water and a washcloth. Be sure to test the paint on a small patch of skin first, and be careful not to get it into little eyes. Another nontoxic alternative is vegan Halloween paint offered for sale at stores and online, such as those at pinkquartzminerals.com.

For a homemade face paint recipe, see page 37.



Stephanie Makosky

Halloween treats

The best option for kids at Halloween is no candy at all, but I'm afraid my kids would unionize if I denied them all candy on THE candy holiday. The best options are treats that can be eaten quickly and don't leave sticky bits in between teeth. Hard candies spend a long time in the mouth and soak the teeth in sugar, providing fertile ground for cavities. Dentists generally prefer sugar-free gum, and recommend a rinsing drink of water after eating sugar-filled treats.

If you are brave enough to forego candy, some good alternatives that will not get your pumpkins smashed include Halloween stickers; party favor sunglasses; small cans of Play-doh; Halloween pencils; organic chocolate; temporary tattoos; small bottles of bubbles; juice boxes; individually wrapped fruit snacks, crackers, or popcorn; and noisemakers.

Planning your own green Halloween doesn't need to be scary. Get the whole family involved for some fright night fun and get those creative juices flowing.



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Children may come in costume and Trick-or-Treat around the lagoon. There will be plenty of fun characters to meet along the Trick-or-Treat Trail.

Date: Saturday, October 23

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healthy living

Destination farms

Autumn is the prime season for agritourism adventures

By Sarah Ford

If the recession has taught us anything of value, it's that experiences with those we love matter more than material things. Family trips don't have to be extravagant when there are one-of-a-kind places close to home to visit and explore. A growing number of agritourism destinations — family-friendly farms eager to share with visitors their bountiful harvests and tours of their land — dot the Midwest landscape. These farms might just surprise you with the range of activities offered.

The Agricultural Marketing Resource Center defines agritourism as “the act of visiting a working farm or any agricultural, horticultural or agribusiness operation

to enjoy, be educated or be involved in activities.” Farm tours, day camps, hands-on chores, you-pick produce, hay or sleigh rides and overnight stays are all agritourism activities, often conducted on farms which have been in a family for generations.

A trip to a local farm is beneficial to both farmer and visitor. For visitors, it offers an up-close look or taste of a farmer's livelihood, whether it be the apples in an orchard, pumpkins in a field, fresh picked berries or rows of bouquet-ready zinnias. For farmers, it's a way to diversify their business and literally distinguish their products as “straight from the farm.”

“There seems to be more awareness of farm-direct marketing using the term agritourism,” says Malinda Geisler, program coordinator of the Value Added Agriculture Program at Iowa State University.

“Agritourism business owners have the opportunity to be price setters of their goods and services, rather than price takers.” She credits their independence from wholesale distributors as a contributor to their success. Plus, “Agritourism also contributes to the local economy by providing seasonal part-time jobs.”

The USDA recognizes farm-based recreation as a growing niche that supplements the fluctuating revenues of our nation's farmers by giving them the opportunity to utilize more of their resources, such as old farm buildings, timberland, older equipment and antiques. Agritourism is usually a family affair, too, since it allows each member to contribute to the business's success — think jams, painted pumpkins, and helping hands when the fields are full of families.

Besides the economic impact, farmers also



Shady Knoll Farm, which is open 10 a.m. to 5 p.m. Tuesdays through Sundays, has been in the Dennhardt family for nearly 150 years. (Photos by Stephanie Makosky / Radish)

find satisfaction in providing tradition, fun and food to their community. Lora Dierickx of the Pride of the Wapsi in Long Grove, Iowa, says, “There’s pride in knowing that we grew the pumpkins, strawberries, sweet corn and other produce that families continue to enjoy once they leave the farm. It’s then that I know all of our hard work, stress and sleepless nights are worth it.”

These farm visits may also provide a glimpse into history. Shady Knoll Farm in East Moline, Ill., is recognized as a Centennial Farm, having been owned by the same family since 1858. Gene and Beri Dennhardt, the sixth generation to farm the land, still use crop rotation, composted manure and laborious weed-picking by hand. The organic farm has a 5-acre corn maze and 5-acre pumpkin patch, and for the Dennhardts, fall on their farm is a celebration of the harvest. “It’s a good old country farm with basic, old-time fun — like when we were kids,” says Gene.

Agritourism also appeals to the evolving taste buds of Americans. Those who prefer to eat locally grown produce will find the personal interaction with the grower to be a satisfying experience. And you’ll find that these farmers value what their land gives them, such as Gene Dennhardt, who considers himself a “biologically sustainable farmer.” He promises to “leave this land to the next generation” better than he received it, even if it means more work for him.

These destination farms are a link between the farmers and their community. The farmers welcome you to their place in the world and their way of life, and you’ll leave with fond memories and surely something good to eat. So if you have a hankering to enjoy the season’s bounty, take up the invitation and explore a local farmer’s land.

For a list of local farms to visit this October, see Resources, page 37.



The corn maze is a popular attraction for Pride of the Wapsi. (Submitted)



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body, mind & soul

Dream works

Harnessing the power of dreams for health and healing

By Chris Greene

“Our little life is rounded with a sleep,” writes William Shakespeare in “The Tempest.” Few of us, though, have considered how to make use of all that dream time. Not so Robert Waggoner. Author of “Lucid Dreaming: Gateway to the Inner Self,” Waggoner touts what people can achieve in the dream state, including healing physical ailments.

The term “lucid dreaming” refers to the ability to become aware that you are dreaming while still in the dream itself. Doing so, lucid dreamers are able to actively influence what happens next. Waggoner explains, “Within the lucid dream, you can make decisions, do magical things, perform experiments or just observe. In most dreams, we simply follow along reactively with whatever happens — no matter how outlandish. In lucid dreaming, we know that we are

dreaming, and we can use that knowing to access creativity, heal our emotional and physical selves, explore the psyche and grow spiritually.”

Waggoner says there have been many examples of lucid dreaming providing a positive effect on mental and physical health. “Aware in the subconscious, we seem to have direct access to influencing bodily processes for healing,” says Waggoner. He includes a dozen cases in his book in which individuals heal everything from heavy menstrual bleeding to plantar warts.

“Of course, if you have a physical problem, please consult a competent medical professional,” says Waggoner, who also notes that no scientific studies have been done on healing through lucid dreaming. Rather, the evidence is anecdotal. Experienced lucid dreamers report directing healing energy toward their ailments in their dream state. They later awaken to

find their condition improved, or they visit a doctor who confirms the healing.

Another use of lucid dreaming is in managing the recurring nightmares associated with post traumatic stress disorder. “When sufferers are taught how to become consciously aware in the dream state, they often become more lucidly aware in the next nightmare and realize it as a mentally created event, which they can deal with in a dream state. Normally after one successful lucid dream, they never have that PTSD nightmare again,” Waggoner says.

For those who wish to harness the power of lucid dreaming, Waggoner has a few tips. One of the common pitfalls is termed “lucid euphoria” and happens when a person wakes up by getting too excited upon becoming aware within the dream. “So you have to learn to modulate your emotions,” says Waggoner. “To create a stable lucid dream involves some practice as you learn the principles of the dream reality.”

Waggoner also recommends reading about lucid dreaming. “When you read the experiences of others, it helps you see the beauty and value of lucid dreaming, not only as a means of emotional and physical healing, but also as a path of self exploration and spiritual growth,” he says.

Waggoner says it helps “to have good dream recall and a positive belief in the value of dreams.” It is also useful to understand lucid dreaming is not the same as controlling a dream. In his book Waggoner explains this by using the metaphor, “The sailor does not control the sea; neither does the lucid dreamer control the dream.” Just as a sailor uses his or her understanding of the conditions of the sea to set the sails and navigate the waters, a lucid dreamer uses his or her understanding of a dream environment to direct his or her course within it.

To learn more about developing this skill, including five successful techniques for becoming lucidly aware under “Lucid Dreaming Links,” visit Waggoner’s website, lucidadvice.com.



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outdoors

Birds of a feather

Travelers find like-minded guides through birdingpal.org

By Barbra Annino

The cardinals come every spring to build a nest in my spruce tree. After a few weeks, babies are born. Mom and Dad tend to their needs and eventually teach them how to fly from the porch rail. Then there's the woodpecker who finds the narrow soffit on my brick house too enticing not to attack. I shoo him away. Blue jays occasionally show up to rob the squirrels of the peanuts I offer, and around 7 in the evening — every evening — a huge swarm of tiny birds that I cannot identify park in the looming ash tree to sing their lungs out before retiring for the evening. That's my signal to stop working and make dinner.

Such is my limited experience with bird watching — so it was a pleasure to speak with Charlie Winterwood, who has been bird watching for 30 years. Winterwood helps lead birding events for the Jo Daviees County Natural Area Guardians. Half-day tours are planned this fall for 9 a.m. every Thursday with a different meeting place each week.

Winterwood, who lives in Dubuque, Iowa, became involved in the program when he discovered birdingpal.org, a website and blog that links close to 3,000 bird-watching enthusiasts from 132 countries. The idea is that travelers who enjoy bird watching can contact each other through the site and arrange a meeting with a local to guide them to the best spots. Usually the session lasts a few hours with lunch afterward.

Winterwood has utilized the program in Mexico, Belize, Nova Scotia, Arizona, Hawaii, Alaska and northern Minnesota. I asked him to identify the best spots around the tri-state area. "The Mississippi River is a great place to find water fowl. Of course ducks and geese, but there are also cranes, swans and bald eagles. I took a couple from California around there and they really enjoyed it. A spotting scope is essential along the water and most guides have them to share," he says. He does advise people to bring their own binoculars, however.

Winterwood will also guide visitors on tours of the Mississippi Palisades State Park, Casper Bluff, The Galena Bicycle Trail, prairies, and Lost Mound National Wildlife Refuge. In fact, this area of northwest Illinois — known as the "Driftless Area" as it escaped glacial migration in the Pleistocene Epoch — is home to 90 percent of bird species known to live in the state.

So how does one get involved in birdingpal.org? "It's simple, really," Winterwood says. "Just go to the website, click on the interactive map and you'll find a list of birders in the area you wish to visit." The list identifies names of the birders, the cities they live in, contact information, availability and a brief description. The website also lists tours around the country and the world, with links to bird-friendly lodging, clubs and organizations, professional guides and even a forum to discuss and share birding experiences.

Most of the people on the website are members, which means that they not only enjoy meeting other birders while on vacation, but they provide tours,



Most guides can share a spotting scope. (Photo by Stephanie Makosky / Radish)

too. Some post short descriptions on the site of themselves and birds common to their area. One avid birder outside of Galesburg, Ill., for example, notes that the Eurasian Tree Sparrow and Smith's Longspur can be seen nearby. Another couple outside of Cedar Rapids, Iowa, writes, "We maintain a trail of about 30 bluebird nest boxes along the Cedar River. This is birding up close and personal as we open the boxes to monitor them." While many on birdingpal.org are amateur birders who offer their time for free, there are some professionals who charge a small stipend to give a tour.

I asked Winterwood about his most unique birding experience and it was hard for him to narrow down any one trip. "There's been so many, but if I had to choose one, I guess it would be the puffins colony I spotted in Nova Scotia. They have the longest migration of any bird, because they nest in the Arctic and winter in the Antarctic. You have to hold a stick over your head, though, to enter their domain, because they peck at your head."

At least my woodpecker sticks to the soffit.

To get on the mailing list for the Jo Daviees County Natural Area Guardians' birding walks, go to jdcf.org/guardians/birds/birds.htm.



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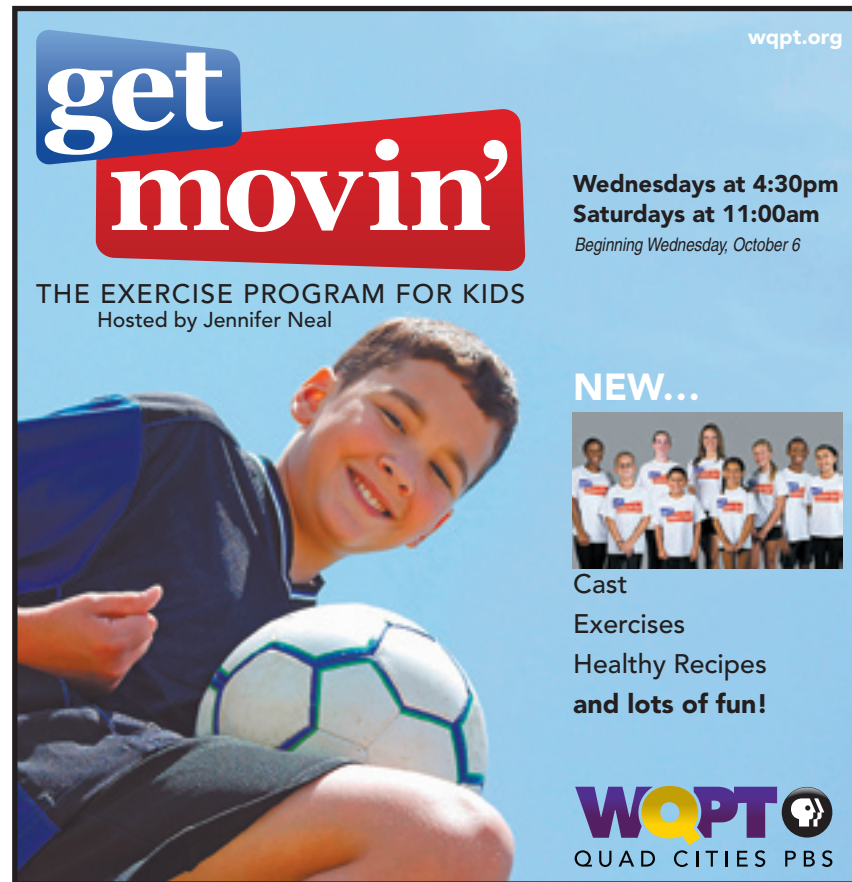
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eating well

The skinny on fat-free

Experts advise to read labels, use moderation

By Laura Anderson

Not all fats are created equal. That's one message chiropractor Clifton Bethel tries to convey to his patients.

He says his interest in nutrition sparked after a high school biology class, and it eventually lead him toward the chiropractic field. Now, he is finishing his master's degree in nutrition online through Huntington College and counseling his patients with nutritional information as it fits their care.

Many of his patients say they have been told to eat less fat to lose weight, he says — but eating fat doesn't make one fat in the first place.

"Eating fat itself in moderation and picking healthy fats does not cause someone to be fat," says Trinity clinical dietitian Jeni Tackett.

The problem with ideologies like this, Bethel says, is that "people get some little snippet of information from something online, and they just take that little thing and run with it," adding that when it comes to nutrition, that's not how decisions should be made.

While it may seem counterintuitive, cutting fat from your diet isn't the answer, and actually is unhealthy, Tackett says, adding that there are essential fatty acids and healthy fats we need to consume, including monounsaturated fat found in olive oil, canola oil, avocados, nuts and peanut butter.

"Monounsaturated fat is a healthy fat to have in the diet and may help with your lipid profile by maintaining your HDL levels (good cholesterol) and help lower LDL (bad cholesterol) levels."

Tackett, Bethel and registered dietitian Stacy Mitchell at the Bettendorf, Iowa, Hy-Vee, say omega-3 fatty acids are important, too, and found in foods like fish, flax seed and walnuts. These foods have "healthy fats that thin the blood, reduce arrhythmia and keep plaque in the arteries from breaking off and causing heart attack or stroke," Tackett says.

So when it comes to cutting fat, experts suggest cutting saturated and trans fats as well as partially hydrogenated oils, often found in foods like high-fat meats, butter and baked goods. Substances like these, experts say, can cause inflammation in blood vessels, which acts as a catalyst for blockages.

Once an area becomes inflamed, Bethel says platelets, cholesterol, white blood cells and other elements in the blood stream move to the area, "looking for a fight." Once cholesterol is in the inflamed area, it can become oxidized the way metal rusts. The white blood cells then swell and become unable to move, causing more irritation, inflammation and migration of cholesterol, he says. This process will continue, Bethel says, until the swollen area ends up blocking the blood flow.

In addition, Bethel says when substances like partially hydrogenated oils enter cell membranes, they become stiff, adding that cell membranes needs to remain flexible to make it easier for things like oxygen and carbon dioxide to pass through.

To help cut back on inflammation and to keep cholesterol from oxidizing,



Hy-Vee dietitian Stacy Mitchell. (Photo by John Greenwood / Radish)

Bethel suggests taking antioxidants including vitamins A, B, C and E, and minerals like selenium and magnesium. Vitamin E, he said, "rides shotgun" with cholesterol when it goes into an inflamed blood vessel and prevents it from oxidizing.

While on a quest to do the right thing, some people might gravitate toward "low-fat" or "fat-free" versions of the full-fat goodies. But the problem with products like these lies in what manufacturers add to the foods to compensate when they leave out the fat.

"One thing that tastes good about food is, of course, fat," Bethel says, so when some or all of the fat is removed, additives like sugar and carbohydrates usually are thrown in the mix to make the food taste better. While the fat count may be low, these extra ingredients add calories — which is actually what makes you gain weight.

Mitchell says, "It is all about calories in versus calories out."

Tackett agrees. "If you eat more calories than you need, whether the calories are from carbohydrate, protein, fat or alcohol, the extra calories are stored as fat" in your body, she says.

To help his patients get healthy, Bethel says he gives them a nutrition strategy: read the label. In addition to antioxidants, minerals, vitamins and omega-3 supplements, he suggests to eat more vegetables, preferably organic and raw, whenever possible.

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Love your leaves

Easy tips to optimize leafy additions to your compost

From the Green Action Centre

Every autumn as leaves begin to fall we know it is time to get out the rakes and pile the leaves together. What to do next may be less clear. Bagging them for the municipal compost facility is one option, especially with burn bans in effect. Or you could try composting the leaves yourself, cutting down on fuel costs to haul the leaves away and bring the compost back.

There are good reasons to do so. Leaf compost is a wonderful amendment for your soil. It adds fibrous organic matter, boosts moisture retention and improves soil structure. Because trees have deep roots, they draw valuable minerals from the subsoil, making leaf compost nutrient rich. Thinking of keeping your leaves? Here are a few tips to help you get started.

For more composting tips, visit greenactioncentre.ca.



Compost design

A leaf composter can be as simple as a length of chicken wire or snow fencing drawn into a circle — something about four feet across and three feet high. Fill this with leaves, adding thin layers of soil every six inches or so. Moisten the materials as you build the pile. Throw a piece of wire mesh on top to keep the leaves from blowing around.

To shred or not to shred

Leaves will break down faster in your compost if they are shredded first. One simple technique is to run over them with a lawn mower. You will be able to get more into your container if your leaves are shredded first, but this is not necessary. If you don't feel like shredding, just dump them in the compost as they are.

Avoid compaction

Don't put too many leaves into your compost all at once. Thick layers (8 inches or more) may pack down and block vital oxygen from circulating through the pile. Keep leaves nearby and toss some into your compost periodically. They will help maintain the carbon-nitrogen balance that makes for efficient composting.

Storing leaves

Big plastic bags work fine for storage and may be reused the next year. If you store the bags outside, close them up and keep out moisture. If the leaves are wet when collected and stored, they will start to compost, which is also fine.

Leaf mold

You can make a leaf mold compost by placing the leaves in a garbage bag or a garbage can with a tight-fitting lid. Fill the bag or can with leaves, moisten well and close. Place in a sunny location and by spring the breakdown process will be well under way. You can then add the contents to your regular compost.

Mulching with leaves

Use leaves around plants as a mulch in the spring to help retain soil moisture, discourage weeds and prevent erosion. Leaf mulch will start to break down during the growing season, and that's OK. Simply dig the partially decomposed leaves into the soil next fall.

Dig them in

Leaves can be buried in the ground. This is called soil incorporation. You can till the leaves directly into the soil. Or dig a trench, fill it with leaves, and cover it over. Nitrogen will be removed from the soil as the leaves break down, but once decomposition is complete, it will be made available to growing plants once again. Wait until leaves decompose to plant in this soil.

Use some leaves more than others

Leaves from any deciduous tree can be composted. Oak leaves, though, are tough and take longer to break down, so do not use too many of them all at once in your compost. That holds for pine or other coniferous needles, too. You may want to make a separate pile for them.

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healthy living

Elegant Barn

Refurbished, refinished, refined decor

By Leslie Klipsch

Walking into the home of Beth Bowie is much like walking into a Pottery Barn show room, except that everything feels a bit more lived in and is a lot more storied.

Ask about the dining room table, for example, with its thick, planked wood top and substantial, detailed legs with the hand-distressed finish. Bowie will tell you that she pulled the top out of a dumpster, attached a quartet of salvaged porch posts, sanded, painted, and, in her words, “shabbied it up” to its current condition: a stylish, durable, masterfully crafted, one-of-kind table for eight.

Or admire the weathered white corner shelf in the living room and you’ll learn that Bowie cut a solid, reclaimed door in half, hinged it together at an angle, added salvaged wood shelves and a detailed crown molding trim and then completed the piece with a distressed, vintage finish.

Bowie makes benches out of unwanted headboards, cupboards out of dated vanities, and pillar candle holders out of old chicken wire and mismatched glass chandelier prisms. Everywhere you look, Bowie has expertly made something out of nothing.

Driven by frugality and a desire to create, Bowie began repurposing and refinishing furniture more than 10 years ago as a stay-at-home mother of three with a passion for design and a home to furnish. Purchasing other people’s cast-offs at garage sales, thrift stores, estate sales, and auctions, and occasionally finding unlikely treasures in the trash, Bowie learned that she had a knack for seeing untapped beauty and soon learned how to turn her vision into a stylish reality by learning basic carpentry skills. After filling her own home with her handsome handiwork, she began selling furniture and home accessories at garage sales of her own. Since 2006, she has held twice yearly sales of eclectic home decor on her farm outside of Lowden, Iowa, dubbing the business “The Elegant Barn.”

“I started out with a passion for decorating,” Bowie recalls. “I discovered auctions and garage sales where there was rickety old furniture that was very affordable, but needed a lot of work. I started painting it and then learned how to repair it and refinish it. Then I started finding pieces that no longer had a purpose and began to try to think of new ways to use old pieces. It’s kind of a trash-to-treasure thing. I recycle stuff that’s on the way to the dump. I give it new life.”

On her farm, Bowie makes use of several old barns and corncribs as she prepares for the biannual sales. She has a storeroom for supplies, a heated workshop, and several weatherproof buildings that store finished projects. The Elegant Barn sales, she says, have a festive atmosphere. Through a small mailing list and word of mouth, customers flock to the farm to see her latest collection of handcrafted, one-of-a-kind goods. “In the fall there’s hot apple cider, in the spring iced tea or lemonade. You get to see regular customers and friends who keep coming back and catch up. You get to know people. It’s great,” she beams.

Bowie says that she works hard to keep the items she sells affordable. Her next sale will feature items ranging from \$1 to \$350. “I want it to be fun,” she says. “I want people to come out and be able to pick up a little something so that it’s worth their drive.”

Over the years, Bowie says that her passion has grown into a full-time hobby that she continues to enjoy. “I love the process,” she explains happily. “Taking something that someone was going to throw away and turning it into something of value ... that’s very satisfying. And it’s pretty! It’s also satisfying to know that someone wants something that I created with my own hands.”

“Plus,” she adds, “I just don’t like to see things go to the dump.”

The next Elegant Barn sale will be Oct. 15-17. For directions and more information, call Beth Bowie at (563) 941-5216.



Beth Bowie rests on a chair she refinished with ‘mistint’ paint. (Photos by Stephanie Makosky / Radish)

outdoors

Garden year-round

Simple structures allow you to harvest late and sow early

By Sharon Wren

Gardeners may wind up with an abundance of zucchini but the one thing they never have enough of is growing time. You can preserve the taste of fresh grown goodies by canning, freezing and dehydrating, but it's not the same as mucking in the dirt. If you're not ready to throw in the spade just yet, there are several ways to eke out more from your growing season.

Greenhouses have been used for centuries to protect plants in the early spring and late fall. "The use of greenhouses, or at least protective structures made out of glass, goes back to the Romans," according to Delilah Smittle and Sheri Ann Richerson, authors of "The Complete Idiot's Guide to Year-Round Gardening."

The technique eventually fell out of favor but came back in the Middle Ages. By the late 1600s, glass greenhouses were common, but only on European estates. Early greenhouses were known as orangeries, so called because wealthy gardeners used them to grow citrus fruits in chilly European climates. Rich colonists brought greenhouses to the New World with them. George Washington grew coffee, oranges, lemons, limes, sago palms and aloe in his greenhouse, says the Mount Vernon Estate & Gardens website. Thomas Jefferson's greenhouse at Monticello contained oranges and *Mimosa Farenseana*.



A WeatherGuard Lawn & Garden greenhouse. (Submitted)

Fortunately you don't have to be rich to afford a greenhouse. WeatherGuard Lawn & Garden makes a 6-by-6-by-8-foot model that can be easily put together in a short amount of time with only a few tools. I have two of these, one from Menards and one from Farm & Fleet, and each were well under \$200. While I was unable to grow tomatoes year-round in them, I was able to set out my tomatoes and hot peppers, in pots, two months earlier than usual. By May I was regularly noticing temperatures near 100 degrees, without any supplemental heat.


Greenhouses and cold frames do more than let you garden well into late fall and winter; they also let you get a jump-start on spring.

If you don't have enough space for a greenhouse, a cold frame will do the same job but take up much less room. Cold frames aren't big enough to grow tall plants, like tomatoes or peppers, but are great for spinach, salad greens and other cool weather crops. Basically, they're some sort of box with a clear lid, often set at an angle. Cold frames can be as simple as four hay bales with a storm window on top. DIY plans are all over the Internet — pondplantgirl.com/coldframe.htm shows how to build one for \$25. Check for used supplies to build your cold frame to keep the costs low.

Greenhouses and cold frames do more than let you garden well into late fall and winter; they also let you get a jump-start on spring. Start seeds in them, or use them to harden off seedlings you started inside. Set them over your garden and get plants in the ground weeks ahead of schedule — perfect for those of you who are in "friendly" gardening competitions with the neighbors! Best of all, as long as the door or lid is kept closed most of the time, there's no weeding.

Container gardens, moved indoors, can provide fresh food when it's too cold to garden. Pots of herbs like chives, cherry tomatoes and greens can cluster around a grow light or two in the basement or living room. The biggest advantage to containers is that you can keep gardening even after Mother Nature says it's time to stop. Containers of tomatoes that still have green ones can be dragged inside to ripen on their own. Last year, I was able to keep a hot pepper plant producing all winter and through this season.


It's not so hard to eat healthy and locally year-round; between preserving and extending the growing season in both directions, you'll never have to settle for a tasteless excuse for a vegetable again.



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So long, sprains!

How to prevent sports injuries in our youngest athletes

By Laura Anderson

The kids are back in school. Recess, gym class, games and after-school sports practices are in full swing. How can you cut back on the chances your child will get hurt?

According to the Safe Kids USA website at safekids.org, each year more than 3.5 million children ages 14 years and younger receive medical treatment for sports injuries. The most common injuries are sprains (mostly ankle), muscle strains, bone or growth plate injuries, heat-related illness and repetitive-motion injuries.

Dr. Dave Juehring, director of the new Rehabilitation and Sports Injury Department at Palmer College of Chiropractic in Davenport, says he commonly sees kids with joint and muscular issues, and the conversation will start something like this:

“What did you do?”

“Football practice.”

“What did you do all summer?”

“Nothing,” and so on.

Kids need the “proper preparation before getting involved,” Juehring advises. Overuse injuries can be prevented, he says, but kids should be patient and do a little at a time, especially if they spent their summer watching movies and playing video games rather than playing outside or something of that nature. “Let your body slowly get in shape before you get into organized sports,” he says.

Another way to prevent overuse injuries, Juehring says, is to vary the activities in which your child participates. “One advantage that we have is that kids tend to focus on one sport, which makes them better at that sport. But the disadvantage is that it doesn’t allow for a variety of motions.”

Juehring compares repetitive motions in kids’ sports to adults who sit at desks all day. He says if you’ve got the mouse on the right side of the desk, doing that “one particular task a ton during the day that you don’t do on the left side,” allows your body to develop a different symmetry.



Dr. Dave Juehring from Palmer College, Davenport, assists with a patient's shoulder rehabilitation. (Photo by John Greenwood / Radish)

Tips on avoiding athletic injuries:

- Warm up properly before an activity.
- Stretch muscles to release tension and help prevent injury.
- Cool down after an activity to allow heart rate to gradually return to a resting level.
- Increase training gradually.
- Wear proper-fitting equipment.
- Be sure to drink enough water to stay hydrated.

— American Academy of Orthopaedic Surgeons

While training for a particular sport might help in many ways, Juehring says “we also believe running, jumping and playing, and climbing trees makes kids better athletes,” he says. “Jumping jacks and (the) basic stuff I did growing up — it’s important.”

In addition, young athletes need to make sure their bodies recover from the training, “and the best way to do that is with proper nutrition, which includes hydration,” Juehring says.

The more whole foods kids can eat, the better, says Juehring, noting that most kids do need a decent amount of protein. A diet low in fat with moderate protein and moderate carbohydrates with more natural food sources is “really a good guideline,” he says.

Getting enough sleep is also part of the equation, says Juehring. That paired with proper nutrition are the “biggies.”

Making sure your child has good footwear and is thoroughly warming up before practices and games can likewise prevent some injuries like sprains and strains. For example, with running he advises trying “a half-mile jog, some mild stretches and then get ready to go.” For a specific sports practice, “in general, you want your body temperature to go up,” he says. “Run through a full range of motions.”

Some injuries can come from kids having growth spurts and growing too fast, says Juehring, as well as typical impact injuries from sports like football. In these situations, he says kids need to make sure they wear the appropriate gear for their sport.

How do you know when you should treat a child’s injury at home and when you should see a doctor? Juehring says when it comes to injuries from repetitive use like sprains, if ice and moderate rest and stretching don’t do the trick within a week or two, “that’s when you should probably see someone,” he said.

If someone is in “tremendous pain from a trauma — a hit and trauma — that’s different,” he says. “You should probably see someone quickly. That’s a good generalization.”

for your family

Hy-Vee, Bettendorf YMCA kick off Family Makeover Challenge

By Stacy Mitchell

Obesity has become an epidemic. The next time you are waiting at a stop light or sitting down at a restaurant, take a look at the people around you. You may be very surprised by what you see. Statistics show that one in three people are overweight or obese. Children today now have a shorter life expectancy than their parents.

As a dietitian, after watching "Food Revolution" with Jamie Oliver and "The Biggest Loser," I asked myself, "What can I do right here in Bettendorf to spark some excitement in families to live a healthier lifestyle?" I was overwhelmed with excitement and energy to help people eat better. I decided that, with help from the Bettendorf Family YMCA, maybe we can make an impact in our community today. This led to the creation of Hy-Vee's first Bettendorf Family Makeover Challenge.

Families who wish to participate in the eight-week challenge can pick up application packets at either the Bettendorf Hy-Vee customer service counter, 2900 Devils Glen Road, or the Bettendorf Family YMCA welcome center, 3800 Tanglefoot Lane. Three families will be selected. The families will be given a free eight-week membership to the YMCA so they can increase their physical activity. The Hy-Vee dietitian will provide weekly consultations, "Eat Right, Shop Right" store tours, nutrition cooking classes, biometric screenings and guidance.

The goal of the program is to help those families who wish to make better lifestyle choices. Each family will work together as a team toward improving and maintaining healthy habits such as increasing physical activity or trying new vegetables. The challenge will begin Oct. 9 and run through Dec. 4. If the families complete the program successfully, prizes will be awarded. This is not a competition — the goal is to improve the well-being of the family members.

Community members are invited to join the families in the challenge by signing the "Healthy Family Pledge." This pledge will be available at the Family Makeover Challenge kick-off event from 11 a.m. to 1 p.m. on Saturday, Oct. 9, in the Bettendorf Hy-Vee parking lot. The pledge will give access to follow along with the YMCA exercise plans and will give information from the dietitian, such as daily simple supper solutions. Free weekly nutrition cooking classes will teach everyone how to make quick, simple and healthy meals.

At the kick-off event, families will receive free food; goodie bags filled with samples; coupons; a cookbook with healthy, kid-friendly dishes; and much more. The three families selected for the challenge will be recognized, and together, as a community, we will build healthier habits for our busy, on-the-go families.

For more information on the challenge or to follow the progress of the participating families, visit bettendorfnakeover.com.



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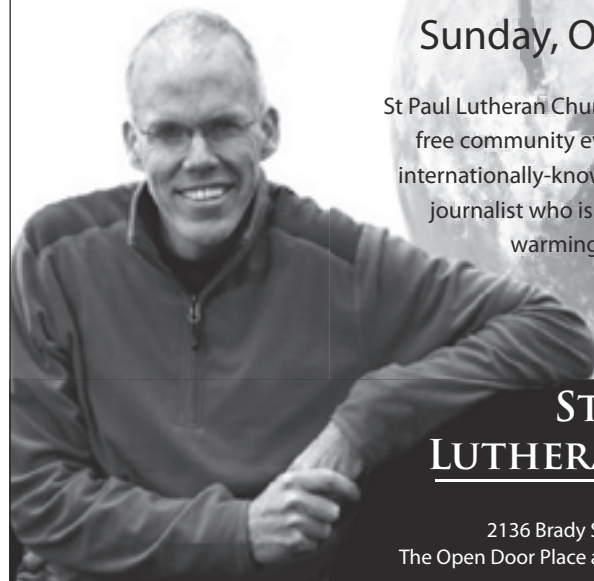
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The case for cabbage

A hearty autumn vegetable with surprising versatility

By Sarah J. Gardner

Consider the cabbage. Leave aside whatever bad experiences you might recall. We have all had them: the sodden masses of over-boiled cabbage steaming somewhere on a plate in our past. Instead, think for a moment of cabbage just as it is in the grocery bin or market stall, all its leaves nestled one on another like the bud of a peony flower. Isn't it rather lovely?

Or consider the variety of this vegetable. The feathered edges of Napa cabbage. The jaunty green and white of bok chok. The purple undulations at the heart of any red cabbage, as fine as a sheet of Italian marbled paper. Long before the resurgence of heirloom varieties taught us the names for more than one tomato, cabbage was one of the few vegetables a store would stock in any kind of variety.

Growing up, I was blessed with a Polish grandmother who knew the ins and outs of cabbage. Indeed, cabbage, or "kapusta," was one of the three K's that were the cornerstones of her kitchen, the other two being "kartofle" (boiled potatoes) and "kielbasa" (sausage). Of the three, cabbage always seemed to me to be the most versatile.

Within any head of cabbage is a range of flavors that, depending on how it is prepared, will come into play. Roasting it will bring out an earthy sweetness, braising will add a pleasing pungency. Eaten raw, drizzled with lime juice and wrapped in a tortilla with fried fish, cabbage, we find, has bite.

The nutritional gifts of cabbage, too, are many. The sinigrin in cabbage has captured the attention of scientists studying cancer prevention. Cabbage likewise has a surprising amount of vitamin C, so much so, it was used to ward off scurvy among German sailors. It is also high in vitamin B2, which plays a key role in the metabolism of fats. In other words, cabbage is a food that has little to no fat of its own and actually helps you burn fat from other things you eat.

Even something as simple as sauerkraut — which is nothing more than cabbage that has been salted and allowed to ferment — turns out to be a bit of a wonder. As with yogurt, the fermentation process actually adds to the nutritional profile of cabbage and renders it easier to digest. What's more, sauerkraut is one of those rare foods that are high on flavor and low on calories, which makes it a healthful topping for baked potatoes and deli sandwiches alike. Replace two tablespoons of chipotle mayo on a sandwich with a half cup of sauerkraut, and it will save you a whopping 200 calories while still resulting in a sandwich with a tangy kick.

Perhaps uncovering the loveliness in cabbage is just a matter of finding the right preparation, the one that best fits our individual tastes. I love nothing more in the fall than to eat red cabbage that has braised in the oven for an hour, served with a sweet potato and a pork chop. It couldn't be simpler to make — the potatoes can roast in the oven wrapped in foil next to the pot of cabbage — and having it on the plate is like getting to eat all the colors of autumn at once. "Beauty-ful, beauty-ful," as my grandmother would say.



Paul Colletti / Radish

Braised Red Cabbage

- | | |
|---|---|
| 1 large red cabbage (about 2½ pounds), cored, halved and tough outer leaves discarded | ½ cup apple juice |
| 2 tablespoons unsalted butter | ¼ cup red currant jelly |
| 1 cup dried cherries | 1 tablespoon sugar |
| ¼ cup red wine vinegar | Salt and coarsely ground pepper, to taste |

Preheat oven to 325 degrees. Cut the red cabbage into thin slices and set aside. Melt the butter in a large, heavy, oven-proof pot over medium heat. Add the cherries and cook until they begin to soften, two minutes, stirring. Add the cabbage, vinegar, apple juice, red currant jelly, sugar, salt, and pepper. Cook over low heat until the cabbage begins to wilt, five minutes, stirring occasionally. Cover and braise in the oven for 1 hour. The cabbage will be tender and the liquid slightly thickened. Serve hot. This dish may be stored in the refrigerator for up to three days. Serves six to eight.

Source: "All Around the World Cookbook," by Sheila Lukins



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Rain savers revived

Once thought old-fashioned, cisterns get a second look

By Mary Blackwood

When summer rains drench the American heartland, water seems plentiful and cheap. We turn on the tap and water flows forth. And why not? Iowa and Illinois are emerald green states, with rainfall galore.

Yet much of that rainfall is wasted. Less than two centuries ago, rain nourished the plains where we now live. Amy Bouska, director of soil conservation at the Iowa Department of Agriculture and Land Stewardship, says that the roots of native vegetation go deep into the soil, as far down as a basketball player is tall. In the past, these root systems absorbed and retained water. Now, prairie plants have been replaced with more shallowly rooted bluegrass on lawns. During a downpour, water runs off the land and into the storm drains, often washing valuable topsoil into the river systems and eventually the ocean.

So much for plentiful water. Is there anything we can do about it? Thanks to the ingenuity of the people who settled towns and cities, there is a water-conservation resource buried in backyards of older houses all over the Midwest: a cistern.

According to Bernie Osvald, plumbing inspector of the Johnson County (Iowa) Department of Inspections, two out of three people aren't even aware of the cistern existing on their property. The cistern may have been sealed, or simply buried under vegetation or house additions. The original hand pump is often long gone, sold in an antique store. Some historic cisterns were made of brick; depending on the condition of mortar joints, such cisterns may leak or have groundwater seepage. Other cisterns were made of concrete or limestone and may remain viable even after a century. These large structures were deep and cylindrical, fed by rainwater from a downspout, and widely used for irrigation, washing, cleaning, butchering, sanitary systems and even drinking water.

Dawn Suter, who lives with her husband David in Iowa City's historic Northside neighborhood in a house built in 1924, was intrigued by a pump in her basement and cistern in the patio area. The discovery sparked Dawn's interest in water conservation issues; now she and David are building a rain garden and consulting with Osvald about rehabilitating the cistern and the pump to be used for watering the garden, washing vehicles and maintaining an emergency supply of water.

Current law on backyard cisterns varies by municipality and state. Safety concerns, such as a child or pet falling into an open cistern or the collapse of a cistern's structure, must be considered. A rehabilitated cistern will be quite safe, as its structural integrity will be enhanced and the cover or lid will keep out animals and kids. In Iowa City, as in many Midwestern towns, it is legal to repair and use a cistern. The rules state that the cistern must be kept separate from the city's potable water supply and must not tap into a ground source or a well. A proper cistern will not leak or lose water, nor will it allow groundwater seepage. Scheduled cleaning will be necessary to maintain the health of the cistern. Above-ground cisterns and rain barrels are becoming popular, but neither can hold as much water as an old-fashioned underground cistern.

Cisterns can also play a part in ameliorating flood disasters. Bouska believes there is potential for communities to work together to revive cistern usage. If a city water supply is contaminated, neighborhoods outside the flood plain could share personal-cistern water for purposes like washing clothes and flushing the loo. An added benefit is relieving the burden on upstream watersheds and non-replenishable aquifers.

Dawn Suter also wonders if city planners could get involved in renewed use of cisterns, particularly in new housing developments. "Why can't we reintroduce what we thought was obsolete technology? They knew what they were doing back then."

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However you hit the trail, three outings to enjoy this fall

By Radish staff

October is a great month to get outdoors. The cooler weather means you can do more while sweating less, and the touch of frost in the air spells a reprieve at long last from mosquitoes — all that, and of course, the great fall colors! Itching for a trek this fall? Here are three recommendations to get you started.



Ryan's Round Barn. (Photo by Joe Payne)

Johnson-Sauk Trail State Recreation Area

Majestic hardwoods and towering pines line the 1-mile-long Sauk Trail at this park off Illinois 78 a few miles south of Annawan, Ill. The wide, moderate-difficulty trail connects to other trails to provide longer jaunts. The Ojibwa and Piankashaw trails also provide access to and views of the 58-acre

Johnson Lake. Fishing and camping are popular here, too, and boat rentals and a lake-view restaurant are available from spring through late summer.

A word of warning: Johnson-Sauk is a controlled hunting site, and the day my family visited, “closed for hunting” signs were posted at the Ottawa, Potawatomi and Kaskaskia trailheads. However, with the exception of an occasional shotgun blast echoing across the lake, the hunting did not affect our hike.

The park also features Ryan's Round Barn — at 80 feet tall, one of the country's largest round barns (so built by religious groups because they “left no corners in which the devil could hide,” according to the park brochure). It's open for tours from 1 to 4 p.m. on the first, third and fifth Saturdays May through October.

For more information on the park, call (309) 853-5589 or visit dnr.illinois.gov, click on the Recreation drop-down menu, then choose “State Parks.”

— *By Joe Payne*

Big River State Forest

If you're a horse lover who also enjoys hiking, nothing can be better than hitting the trails with your equine companion. That said, if you're a horse lover with a green horse — meaning an inexperienced one, not one that recycles religiously and worries about global warming — nothing can be worse than doing just that.

The trails at Big River State Forest outside Keithsburg, Ill., are well-maintained and offer a good workout for horses — nothing like trudging through

sand-based soil to build the muscles! The camping area offers electrical hookups, lots of room to tie up horses, and a meeting room with restrooms.

But maybe the best feature of all is the helpfulness of other riders. My horse, DJ, isn't exactly trail-trustworthy yet, but when a friend asked if I wanted to try riding at Keithsburg, I thought: We have to try it sometime. With the help of friends and friendly strangers, we survived.

For more information about Big River State Forest, visit dnr.state.il.us/lands/landmgt/parks/R1/bigriver.htm.

— *By Laura Fraembs*



Photo by Sarah J. Gardner

Scott County Park

I love the bike trails at Scott County Park outside Park View, Iowa, any time of year but especially in autumn. Depending on which loops you take, you can plan on a pleasant ride between 5 and 8 miles long.

The trails thread through grasslands, trundle through hardwood forests and — in my favorite stretch — lay flat through a stand of pine trees so tall and stately it feels a little like riding your bike through a museum.

Of course, you can always walk the trail, and portions are open to equestrians as well. When autumn leaves give way to snowfall, my husband and I hang up our bikes and take down our snowshoes to hit the trails again. It never ceases to amaze me how changing the way you go down a path can make it feel like a wholly new experience. Because of this, the multiuse nature of the bike trails makes it an outing you can enjoy again and again.

To prevent the formation of ruts the trails are closed during and after rainstorms, so it is a good idea to call ahead before loading your bikes up to head out. For trail status and more information, contact the park office at (563) 328-3282, ext. 1.

— *By Sarah J. Gardner*



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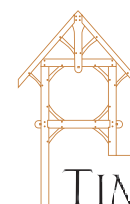
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Canine comfort

Dogs bring affection and cheer to care-based facilities

By Ann Ring

Dogs rule, especially when they bring comfort to their human companions. Although using a dog in a hospital setting dates back to World War II, former registered nurse Elaine Smith is attributed to establishing dog therapy in health care institutions here in the U.S. in 1976. After observing how well patients benefited from interacting with dogs in England, Smith responded by founding Therapy Dogs International, Inc. (TDI) in New Jersey.

Therapy dogs are not service dogs, and are not necessarily entitled to the same benefits. Therapy dogs provide affection and comfort to people in hospitals, nursing homes and more, but are not trained to signal, guide or otherwise provide assistance to an individual with a disability.

"School psychologists use therapy dogs, (as do) dentists, funeral homes, counselors, CASA (Court Appointed Special Advocate), maximum security prisons, libraries, day-care centers, hospice centers, all sorts of venues," says Billie Smith,

administrator for Therapy Dogs Incorporated (TDInc.) in Wyoming, not to be confused with Therapy Dogs International (TDI). (TDInc.'s founder broke ties from TDI over differences 20 years ago.)

Some facilities like hospitals and nursing homes require special registration, others do not. There are at least three national therapy dog registrars in the U.S. Having a dog registered means more access and caregiving avenues for you and your dog. No actual training is offered, only testing and observing. Dogs must be vaccinated, healthy, and at least a year old.

Amy Finley of Wataga, Ill., registered her two dogs, Henry and Gwen, through TDInc. Her tester/observer, Quad-Citizen Michele Duckett, conducted a one-time test and three observation tests at Trinity Medical Center. Amy trades off between Henry or Gwen in providing comfort to nursing home and hospice patients at Heartland Health Care Center in Galesburg, Ill. "I had already taken (pets) to Heartland some years ago. When I later got Henry and Gwen, I had been hearing about pet therapy, and I wanted to do this right," she says.

Duckett has been a tester/observer for TDInc. for 12 years. She became interested in therapy dogs through a friend. "I applied for the job because there weren't many testers/observers in the area," she says. Duckett tests about 15 dogs a year. "I bring my dog as part of the test. Some hospitals require dog obedience training, but TDInc. does not. The dog just has to show proof of obedience during the testing and observations."

Dr. Alan Weintraub, a Macomb, Ill., radiologist, and his daughter Lindsey are preparing one of their family's golden retrievers, Flame, through extensive obedience training and nursing home and hospital visitations. Soon Flame will be cozing up to hospice patients, too. "This was Lindsey's idea," says Weintraub. "She had to choose a community project for her bat mitzvah, so after some training with the Quincy (Ill.) Kennel Club, we took Flame to nursing homes and contacted Therapy Dog International to get her registered."

TDInc. requires a test and three observations in a medical facility for the dog to be registered. "The dog can flunk at any part," says Smith. "We watch for control, aggression — the owner has to be able to handle the dog, be able to converse with people, handle different situations, smells, etc. Sometimes the human needs more training than the dog," she says with a laugh.

"Pet therapy isn't for everyone," says Smith. "Choose a dog that suits you, your lifestyle, your family. For this (pet therapy), your dog must know basic obedience and have a good temperament — calm, cool, collected and socialized. It will have to be comfortable with all types of flooring, smells and distractions. When it comes to breeds — small dogs are very good lap dogs and big dogs cozy up."

The best part? "Sharing smiles and joys," says Finley. "That's what it's really about. The joy of the memory. That's why we're there."

For more information, visit therapydogs.com, tdi-dog.org or deltasociety.org.



Every Wednesday and Thursday Michele Duckett brings her therapy dog, Lacey, a 4-year-old Shetland sheepdog, with her to work at Williams Intermediate School, Davenport. (Photo by Stephanie Makosky / Radish)

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Trinity Hospital
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Sat. 8am-Noon

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rooting around

Environmentalists, farmers and progressives seek common ground at fourth annual Earth Charter Summit in the Quad-Cities

How does the drive for ever-increasing profits lead to ecological disasters like the BP oil spill? How does our economic system reward unsustainable farming practices? And what are the monetary incentives for corporations to reduce wages and benefits for workers? These questions and more will be the topic of discussion at the QC Earth Charter Summit, now in its fourth year. The summit will be held in the Rogalski Center at St. Ambrose University, Davenport, from 9 a.m. to 2 p.m. on Oct. 16. Featured speakers for the event include Midge Slater of the Iowa Alliance for Retired Americans, David Osterberg of the Iowa Policy Project and Francis Thicke, an agronomist and farmer currently running for Iowa secretary of agriculture. The speakers will address topics related to sustainability with an emphasis on social and economic justice. A special lunch session will explore ways for environmentalists, farmers and progressives to form regional coalitions that work together. Registration for the event includes lunch and costs \$10, with a \$5 discount for students. Attendance is free for the unemployed. No one will be turned away for inability to pay. For more information, contact Caroline Vernon of QC Progressive Action at (563) 676-7580 or qcprogressiveaction@gmail.com.

'Trinity's Top Chefs' cookbook benefits United Way and Q-C taste buds

Trinity's Top Chefs cookbook, a compilation of 485 recipes from employees, volunteers and nutrition services, is now available to the public through any of the three Trinity Gifts & Goods locations in the Quad-Cities. All profits from the cookbook benefit the United Way of the Quad Cities Area. The cookbooks sell for \$15 and include recipes such as balsamic strawberry salsa, football coffee, berry French toast bake, chocolate overdose brownie pie, meat loaf "cupcakes," slow-cooker "pot of pizza," Buffalo chicken salad and Jamaican butternut squash soup — just to name a few. Trinity Gifts & Goods accepts cash, check, Visa, MasterCard, or Discover. For information on the cookbook and gift store hours, contact Erin Lounsberry at (309) 779-2981 or lounsberry@trinityqc.com.

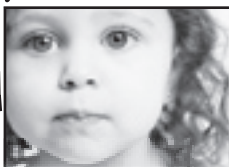
Up for discussion: A balanced life

Polls say Americans want it all: rewarding, well-paying jobs; healthy, stable and secure lives; modest material comforts; and adequate time for friends, family and community. But for many, the reality is quite different. "Balanced Lives: Best Policies for the New Economy," a symposium hosted by the University of Iowa Oct. 20-22, will bring together experts from government, academia, business and the community to explore ways to make our lives more rewarding in a sustainable way. Two major symposium lectures will be free and open to the public: a presentation by Chris Hoenig at 7:30 p.m. Oct. 20 in Shambaugh Auditorium, and a discussion by Juliet Schor at 7:30 p.m. Oct. 21 in the Iowa Memorial Union main library. Cost to attend the full symposium is \$50 per day or \$75 for both days. Students and seniors (65-plus) can register for \$25 per day or \$40 for both days. Breakfast, lunch and break snacks are provided with registration. For more information, go to ppc.uiowa.edu.

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Fall Open House! Saturday October 16 from 1-4pm. Food, cider, music, raffle, Kids wear Halloween costume and pick a treasure from treasure basket, will have professional photographer doing Fall Scene individual/family portraits with or without costume. Percentage of package purchase (\$25, additional packages at reduced rate) goes toward our center for programming!

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rooting around

New book by Francis Thicke draws on his experiences as farmer and scientist

Mini-review: “A New Vision for Iowa Food and Agriculture,” by Francis Thicke, Ph.D. (Mulberry Knoll, July 2010, 190 pages, \$17.95 in paperback)



If you believe that Iowa’s agriculture can be, and should be, a model of sustainable food production, and if you’d like a practical, hands-on guide to how we can get there from where we are now, you’ll want to read “A New Vision for Iowa Food and Agriculture” by Francis Thicke, Ph.D. Thicke puts a lifetime of hands-on farming experience, a Ph.D. in soil science and four years at the U.S. Department of Agriculture to good use in explaining the difference between industrial agriculture and ecological agriculture. He explains how sustainable farming, on-farm energy solutions, and local and regional food systems can restore family farmers and family farming to their rightful place in our food production system and our state and national food and farm policies.

We already have many innovative working farms and farmers that demonstrate how food and livestock production can increase diversity and resilience on



Submitted

Iowa’s land, protect and rebuild our natural resource base, make a farm more energy self-sufficient, produce food for local communities and rebuild our rural communities. If you’d like to see a lot more of this kind of thinking and farming make its way into government policy and into our state and national conversation about the future of food and farming, you’ll find “A New Vision for Iowa Food and Agriculture” a satisfying read.

— Patrick Bosold, Fairfield, Iowa

Iowa City greenhouse gas emissions weigh in at 1,390,357 metric tons

Iowa City recently completed a comprehensive greenhouse gas emissions inventory which included a community-wide total of emissions produced within the city limits between 2000 and 2008. Among the report’s findings: Although 2008 emissions increased 4 percent from 2000, per capita emissions decreased to 20.5 metric tons per person over the same time period due to reductions of CO₂ emissions at the University of Iowa power plant and the Iowa City landfill. This report completes the first of the five milestones in the “Cities for Climate Protection Campaign” which Iowa City has participated in since 2008. Currently, Iowa City is in the process of undertaking the next two milestones of the campaign, which will be to adopt an emissions reduction target and develop a climate action plan for the community. To download the report, visit icpl.org/eco-iowa-city.

Palmer supports Go Red for Women

We invite you to join the Palmer Chiropractic Clinics in supporting the Go Red for Women Luncheon on Nov. 4 at 10:30 a.m. at the RiverCenter in Davenport.

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GREEN HALLOWEEN

(Story on page 8)

A test done by Washington Toxics Coalition and a Seattle-area investigative reporter found that even children's products labeled as "nontoxic" may be laced with known toxins such as lead. Store-bought, "nontoxic" face paints are no different. Your best bet is to make them yourself. You might even save some nickels and dimes doing so!

Brew up some non-toxic face paint

1 teaspoon cornstarch	½ teaspoon all natural diaper rash cream
½ teaspoon water	1-2 drops natural/organic food coloring

In a small bowl, mix water and cornstarch. Add rash cream and food color and mix it a bit more. Additional drops of food coloring may be needed to create the color shade you want. Apply a layer of lotion to the skin, then use soft bristled brushes to apply face paint.

Source: "Celebrate Green" by Corey Colwell-Lipson and Lynn Colwell

For more eco-friendly Halloween tips, visit GreenHalloween.org, TheGreenGuide.com, and PlanetGreen.Discovery.com.

DESTINATION FARMS

(Story on page 10)

Farms to visit this October:

- **Bloomsbury Farm, Atkins, Iowa:** Open 9 a.m. to 6 p.m. Mondays through Saturdays (and 7 to 11 p.m. Fridays and Saturdays starting Oct. 9), 11 a.m. to 5 p.m. each Sunday through Oct. 31; (319) 446-7667 or bloomsburyfarm.com.
- **Country Corner, Alpha, Ill.:** Open 9 a.m. to 7 p.m. Mondays through Saturdays and 10 a.m. to 7 p.m. on Sundays through Oct. 31; (309) 629-2359 or country-corner.com.
- **Happy Hollow U-Pick, East Moline, Ill.:** Open 8:30 a.m. to 5 p.m. Mondays through Fridays, 8:30 a.m. to 4 p.m. Saturdays and noon to 5 p.m. on Sundays through Oct. 31; (309) 496-1515 or happyhollowupick.com.
- **Kathy's Pumpkin Patch, Donnellson, Iowa:** Open 9 a.m. to 7 p.m. Mondays through Fridays, 9 a.m. to 10 p.m. every Saturday, and 11 a.m. to 7 p.m. every Sunday through Oct. 31; (319) 470-1558 or kathyspumpkinpatch.com.
- **Pride of the Wapsi, Long Grove, Iowa:** Open 11 a.m. to 6:30 p.m. every Saturday and Sunday from Oct. 2 through Oct. 31; prideofthewapsi.com.
- **Shady Knoll Farm, East Moline, Ill.:** Open 10 a.m. to 5 p.m. Tuesdays through Sundays through Oct. 31; (309) 496-9636.
- **Stone's Apple Barn, East Moline, Ill.:** "Pick Your Own" times on Fridays, Saturdays, and Sundays from 10 a.m.-5 p.m. through Dec. 31; stonesapplebarn.com.


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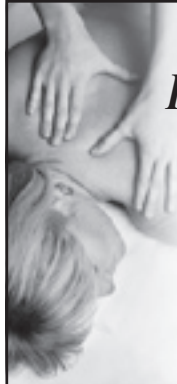
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farmers' markets

ILLINOIS

BUREAU COUNTY

Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 3:30-6:30 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, through October. (815) 875-6468

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 8 a.m.-noon Saturdays, through October. (815) 244-3027

HENRY COUNTY

Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, through late October or early November. (309) 269-7409

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, through Nov. 19. (815) 598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through October. (815) 777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive, Galena; 7:30 a.m.-12:30 p.m. Oct. 10. (815) 777-2000

Stockton Farmers' Market, 3-6 p.m. Tuesdays, next to Casey's on S. Main Street, and 8 a.m.-noon Saturdays, Stockton High School, 500 N. Rush Street, through October. (815) 947-3197

Warren Farmers' Market, 110 W. Main St.; 8 a.m.-noon Saturdays, through October. (815) 745-3373

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Oct. 30. (309) 368-9844

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-6 p.m. Wednesdays and 7 a.m.-noon Saturdays, through October. (815) 284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, through Oct. 23. (309) 837-4855

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, through Oct. 14. (309) 582-2751



PEORIA COUNTY

Shoppes at College Hills Farmers' Market, Von Maur parking lot, intersection of Towanda Avenue and Veterans' Parkway, Normal; 4-8 p.m. Wednesdays and 8 a.m.-11 a.m. Saturdays, through October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 30. (815) 778-4483

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2:30-6:30 p.m. Wednesdays, through Oct. 27. (309) 756-9978 ext. 10

Port Byron Farmers' Market, downtown Port Byron, 2-5 p.m. Wednesdays, through October. (309) 269-8705

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 30. (309) 936-7792 or (309) 944-7980

WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, N. Main and W. Boston streets; 7 a.m.-noon Fridays, through October. (309) 734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A., Sterling; 8 a.m.-noon Saturdays, year-round. (815) 626-8610 or tcmarket.org

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, through Oct. 2. (563) 886-2076

CLINTON COUNTY

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-6 p.m. Wednesdays and 8-11 a.m. Saturdays, through October. (563) 577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, through October. (319) 752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa and 12th-13th streets; 7 a.m.-noon Saturdays, through Oct. 30. (563) 588-4400

HENRY COUNTY

Mount Pleasant Farmers' Market, McMillan Park, Walnut Street; 4:30-6:30 p.m. Wednesdays and 8:30-11 a.m. Saturdays, through Oct. 16. (319) 931-1458 or mpfarmmarket.org

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, through Oct. 30. (641) 472-6177

JOHNSON COUNTY

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, through Oct. 30. (319) 356-5210

Lone Tree Farmer's Market, North Park, 402 N. Devoe, Lone Tree, Iowa; 4-6:30 p.m. Tuesdays, through Oct. 26. (319) 629-4299

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6:30 p.m. Tuesdays, through Oct. 26. (319) 338-6111

LOUISA COUNTY

Louisa County Farmers' Market, American Legion parking lot, 99 2nd St., Columbus Junction; 4:30-6:30 p.m. Fridays, through Oct. 8. (319) 728-7971 or cdc@columbusjunctioniowa.org

LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, through Oct. 23. (319) 286-5699

Mount Vernon Farmers' Market, Memorial Park, 1st Street W., Mount Vernon; 4-6 p.m. Thursdays, through Oct. 14. (319) 310-6399 or mtnvernonfm@yahoo.com

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through Oct. 22. (319) 286-5699

MUSCATINE COUNTY

Muscatine Farmers' Market, Wilson's True Value Hardware Store; 2:30-5:30 p.m. Tuesdays, 1420 Park Ave., and 7:30-11:30 a.m. Saturdays, Mississippi Drive and Cedar Street, through Oct. 30. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY

Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 25. (563) 332-5529

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, through Oct. 28. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, year-round. Outdoor market through October. (563) 940-0634

Davenport Farmers' Market, parking lot of NorthPark Mall, 8 a.m. to noon Wednesdays and Saturdays, through Oct. 30. (563) 332-5529

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Busy Day Pork and Green Beans

Serves 4. Source: www.hy-vee.com

4 center-cut pork loin chops (about 1 lb)

1 (10.5 oz) can Hy-Vee healthy recipe cream of mushroom soup

1 (14.5 oz) can Hy-Vee no-salt-added cut green beans, drained

Freshly ground Hy-Vee black pepper, to taste

1. Heat a large non-stick skillet over medium heat. Lightly spray with non-stick cooking spray.
2. Brown pork chops, about 3 minutes per side.
3. Stir together soup and green beans. Pour over pork chops.
4. Reduce heat to medium-low. Simmer 10 minutes or until pork chops reach 160 degrees. Season with freshly ground black pepper.

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food for thought

Hand in hand

Our greatest challenge requires us to work together

By Bill McKibben

At any given moment we face as a society an enormous number of problems: there's the mortgage crisis, the health-care crisis, the endless war in Iraq, and on and on. Maybe we'll solve some of them, and doubtless new ones will spring up to take their places. But there's only one thing we're doing that will be easily visible from the moon. That something is global warming. Quite literally it's the biggest problem humans have ever faced.

What exactly do I mean by large? Scientists who study sea ice in the Arctic recently reported that it was melting even faster than they'd predicted. We blew by the old record for ice loss, and for the first time in recorded history, the fabled Northwest Passage has been open for navigation. That is to say, from outer space the earth already looks very different: less white, more blue.

If we'd tried we couldn't have figured out a more thorough way to make life miserable for the world's poor, who now must deal with the loss of the one thing they could always take for granted — the planet's basic physical stability. We've never figured out as efficient a method for obliterating other species. We've never figured out another way to so fully degrade the future for everyone who comes after us.

Or rather, we have figured out one other change that rises to this scale. That change is called all-out thermonuclear war, and so far, at least, we've decided not to have one. But we haven't called off global warming. Just the opposite: in the 20 years that we've known about this problem, we've steadily burned more coal and gas and oil, and hence steadily poured more carbon dioxide into the atmosphere. Instead of a few huge explosions, we've got billions of little ones every minute, as pistons fire inside engines and boilers burn coal.

There are steps we can take. Because the problem is so big, and coming at us so fast, those steps will need to be large. And even so, they won't be enough to stop global warming — at best they will slow it down and give us some margin. But here's the deal:

We need to conserve energy. That's the cheapest way to reduce carbon. We need to generate the power we use cleanly. Much of

the technology is now available; we need innovation in financing and subsidizing more than we do in generating technology. And we need to change our habits — really, we need to change our sense of what we want from the world. Do we want enormous homes and enormous cars, all to ourselves? If we do, then we can't deal with global warming.

When we peer through the climate lens, our economic life looks completely changed. Our individual lives look very different through these glasses too. Less individual, for one thing. The kind of extreme independence that derived from cheap fossil fuel — the fact that we need our neighbors for nothing at all — can't last. Either we build real community, of the kind that lets us embrace mass transit and local food and co-housing and you name it, or we will go down clinging to the wreckage of our privatized society.

Which leaves us with the one piece of undeniably good news: we were built for community. Everything we know about human beings, from the state of our immune systems to the state of our psyches, testifies to our desire for real connection of just the kind that an advanced consumer society makes so difficult. We need that kind of community to slow down the environmental changes coming at us, and we need that kind of community to survive the changes we can't prevent. And we need that kind of community because it's what makes us fully human.

Bill McKibben wrote this article as part of Stop Global Warming Cold, the Spring 2008 issue of YES! Magazine. It is reprinted here with permission from the author under the Creative Commons license.



Want to learn more?

Bill McKibben will lecture at the University of Iowa at 7 p.m. Oct. 13 and at Augustana College at 7:30 p.m. Oct. 18. He also will speak at a free community talk at St. Paul Lutheran Church, Davenport, at 4 p.m. Oct. 17. Visit billmckibben.com for more info.

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