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OCTOBER 2015

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from the editor



Photo by Todd Mizener / Radish

Many of my favorite childhood memories involve making things with my hands. Sewing with my mom, and all of the strange projects I created, including a patchwork, too-tiny-to-use stocking. Drawing with my dad — or, more accurately, begging my dad to draw the pictures for my school projects. Building various Playdough creations with my brother.

Several summer and early-autumn days were spent helping my mom here and there in the giant backyard garden, and carefully slicing the vegetables we grew for our family dinners. I've always had a passion to create, no matter the medium.

You've probably seen my name a handful of times throughout this magazine since 2007, when I started with Radish as an intern. I was writing stories for my college's newspaper at Augustana in Rock Island, and learned about Radish through friends. When an internship opened my senior year, I threw my hat into the ring. I was offered an interview, and Radish founding editor Joe Payne asked me to bring along some clips of stories I had written.

I planned to dazzle him with a collection of my best pieces to show him that even though I felt as if I were playing dress-up, I was a serious journalist who knew her stuff.

Instead, I concocted a binder filled with stories I cut out of the school newspaper, taped to printer paper and shoved into clear page protectors. It essentially was a scrapbook fashioned by a 7-year-old, not a professional portfolio.

I have no idea why he hired me.

After my internship, I was later hired as a full-time reporter with The Dispatch and The Rock Island Argus, and I continued to write for Radish every chance I got. When former editor Sarah J. Gardner announced earlier this year that she was leaving, I threw my hat into the Radish ring again.

And here I am!

In this month's Radish, you'll find ways to bring out your own creative side with a handful of fun and spooky crafts for Halloween. If you're itching to get outdoors before the weather turns colder, read about a few walks to take this fall, or wild mushrooms you could hunt for while you're exploring some spots of your own.

In the months to come, I look forward to continuing my work with this wonderful magazine, and I'm excited to become an even bigger part of it. I hope you will call or email me with story ideas, comments or concerns, or things you would like to see between the pages of our little magazine.

I promise my creativity has evolved since I whipped up that binder a few years ago. Well, it has evolved a tiny bit. Rest assured we have a wonderful layout guru, Spencer Rabe, should I ever try reaching for the tape again.

— Laura Anderson Shaw
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.

the grapevine

From our readers

Slough 364 (Sept. 2015): "Great article. Hope it brings more folks outdoors in general as well as for the event."

— Norma, Egg Harbor City, N.J.

On the Road with Radish

Looking for more Radish? Thanks to Friends of Radish, you can find representatives of the magazine this month at:

• Food Rescue Workshop, 10

a.m.-noon and 2-4 p.m. Oct. 20, at the Quad Cities Food Hub, 421 W. River Drive, Davenport. Learn about area efforts to rescue food that would otherwise be thrown away, and how you can help. Admission is free. For more information, visit facebook.com/foodrescueqc.

Radish magazines and reusable bags also will be available at:

• ICAN Birth: Exploring Your Options, 9 a.m.-3:30 p.m. Oct. 31, at

Butterworth Center, 1105 8th St., Moline. It's hosted by the International Cesarean Awareness Network (ICAN) of the Quad Cities, and admission is free. For more information, visit www.ican-online.org/quadcities.

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

Radish reads: With so many recipe ideas, this is a book to revisit again and again

Mini review: "The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease and Live Long," by Farnoosh Brock (2014, Skyhorse Publishing)

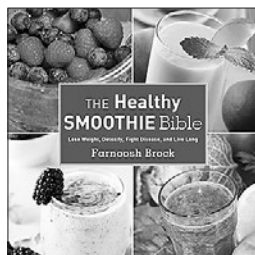


This book is loaded with information to maintain a healthy lifestyle. It is a textbook filled with wonderful information, including page after page of healthy hints and 108 smoothie recipes to try!

I especially enjoyed the chapter with information on the top 20 fruits and their individual benefits. It also includes great ideas on how to use them. As some of the ingredients might not be immediately found in your pantry, I would suggest getting the ingredients for two smoothies that appeal to you, one with fruit and one with greens, and give them a try. Then, proceed with other recipes and experiment with your own ideas.

This book will not be absorbed quickly, so plan your reading time accordingly. And take time to enjoy every illustration — they are beautiful!

— Darlene Carlin, Bettendorf



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healthy living from the ground up

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A collection of fun Halloween crafts including a witch's hat, faux candles and glass lanterns. (Photo by Gary Krambeck/ Radish)

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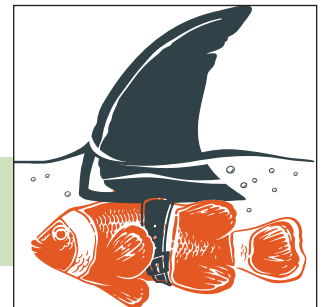
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A magician demonstrating card tricks is the visual metaphor that sets the stage for "Merchants of Doubt," a new film by Robert Kenner, who directed "Food, Inc."

Based on the book by Naomi Oreskes and Erik M. Conway, the film mainly but not exclusively focuses on the sleight of hand used by climate-change deniers.

Read more about the film — and watch its trailer — online at radishmagazine.com.



healthy living

Stealth

Locals flip for parkour HEALTH

By Chris Cashion

If you aren't sure you've heard of parkour, there's a good chance you're more familiar with it than you think. Have you seen action movies where characters flip over obstacles and ricochet their bodies off of walls to outrun bad guys? That's parkour.

With roots in a type of French military obstacle course, the word "parkour" is derived from the French word, "parcours," which, in English, translates to "route" or "course."

It's a scene that started out strong on the East and West coasts, and now it's alive and well in the Quad-Cities. Not only are there practitioners among us, but there also are classes.

Brody Welch and Larry Le are members of the local parkour group called Zen Flow. They teach the practice at Summit Gymnastics Academy in Moline.

To say there is a lot going on during a parkour class is an understatement. When I observed a recent class, I tried to visually drink in as much as I could in one moment. My eyes swam with visions of one person bouncing off a wall, and another launching himself onto a balance beam. Nearby, a young girl was practicing a back flip with a spotter, while another person turned a front flip with a twist on the trampoline.

The explosive bursts of unbridled

energy were quite the contrast to the young gymnasts who practiced in another corner of the gym. But what appeared to be chaos actually isn't. Welch and Le train their students on specific tricks such as flips, vaults and spins, and how to fall correctly.

"It's not just about learning how to move, but also learning how to fall. It's called ukemi," Welch says. "It's a falling technique you use to fall safely so you don't hurt yourself."

Both instructors stress the importance of safety and learning how to fall correctly. "It's too easy to get hurt in parkour otherwise," Welch says.

Le says many people think parkour

is only for the young, but the discipline may be adapted for those with any level of ability, and for people of any age.

"It seems kids who are about 5- or 6-years-old seem to understand instruction better," Welch says. "But there's no age you have to quit."

Welch and Le began their forays into parkour when they were entering their teen years. Welch had a background in martial arts and thought parkour work could benefit his practice. Le was drawn to the impressive



parkour videos he saw on YouTube and dabbled with trying some of the tricks in his backyard.

It wasn't long before the two were hooked on the sport.

Now entering their 20s, Welch and Le are active members of the Zen Flow group, practicing parkour in parks and urban areas throughout the Quad-Cities. The two hope to turn the discipline into a career as stuntmen in the future.

Le says there are some life lessons to be learned from parkour, adding that they try to impress those lessons upon their students, too.

"You learn to look at the world differently. Whether you're in a building or in a park, you start thinking creatively, more positively," Le says.

"No matter whatever obstacle you come to in life, you can figure out a way around it or over it, whether it's a wall or a mental block," Welch adds.

"It definitely builds confidence," Le says.

Parkour also is an inexpensive sport. "All you need is a pair of shoes," Welch says.

It can be practiced anywhere, too, Le says. "You can do parkour in urban areas — there are more obstacles," he says. "But you can do it nature, too. You can use anything as an obstacle — a tree, whatever. You can really use this sport to explore."

If you're someone who prefers your exploration with a side of camaraderie, breathe easy. "People in the parkour community are very positive. They're always very encouraging," Welch says.

There also are competitions for those with a competitive streak. Sort of like skateboarding and BMX competitions, "you're scored on the difficulty of the trick, how clean your technique is and how it's applied, and your style," Welch says.

To learn more about Zen Flow, visit its Facebook page at facebook.com/zen.flow. For more information about the parkour classes at Summit Gymnastics, call 309-762-2789.

Chris Cashion is a writer on staff with Radish.

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healthy living

Something to taco 'bout

Beyond meatless tacos



Paul Colletti / Radish

By Sarah J. Gardner

Years ago, while living in another city, I worked down the street from a corner restaurant called Taco Milagro. The name translates as “miracle taco,” and I will admit to being just skeptical enough to walk in my first time thinking, “We’ll see about that.”

If I entered harboring doubts, I left a true believer. Among the other offerings at this taco counter was a sweet potato and Swiss chard enchilada that instantly won me over. It really did feel like a small miracle to come across a vegetarian offering at a Tex-Mex joint that wasn’t a plain quesadilla or a fajita served without the meat.

Today, thankfully, it’s a different story. Vegetarian and even vegan offerings have proliferated on menus, including at Tex-Mex restaurants, and the options often reflect a creative engagement with the ingredients. In other words, they aren’t simply recipes with the meat subtracted — they are dishes in which meat was never part of the equation. Built instead to capitalize on the flavors of the vegetables, they are downright delicious.

Or, as my husband rightly described it, they are menu items that make you think, “Mmm, look what I get to eat!” instead of, “Wait, is this all?”

Lately, he and I have been meeting with friends on a regular basis for a “taco night” dinner at their home. It began in response to a problem that I’m sure is all too familiar: While juggling all our work and family obligations, we felt like we never saw each other. Coordinating babysitters and big dinner plans seemed like a daunting addition to schedules that were already packed.

Getting together every once in a while to have tacos, on the other hand, proved to be a fun, no-fuss solution. It didn’t require a lot of advance planning since there’s not a lot of cooking to be done, and by each providing a few toppings, we could quickly assemble what felt like an expansive taco bar.

One evening on our way over for another such dinner, I found myself thinking back to those sweet potato enchiladas I used to enjoy so much. Might our friends enjoy some vegetarian offerings added to the taco night rotation? It was important to me that whatever contribution we brought remain quick and easy — the fact that we could put together a taco night on a moment’s notice was part of what had made the dinners so successful.

Luckily, enchiladas aren’t much more involved to make than tacos, and, in fact, I had been making a pumpkin-based variation on that recipe for years. Likewise, it’s just as easy to cook up some diced mushrooms as it is to brown some ground chuck to use as a filling for tacos.

As it turns out, you don’t need a miracle to make a vegetarian Tex-Mex dish everyone will love.

Recipes on page 28

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healthy living

Fall for these walks

Three places to enjoy the season

By Radish staff

In the Midwest, we're pretty spoiled by Mother Nature's breathtaking seasons. The chilling, white winters give way to green-as-can-be grass and trees, and a rainbow of flowers and plants. The blooms continue as the mercury rises, offering longer days, more sun, and plenty of time to play outside.

Then, just as we think we may melt, the sting of the heat is gone and those green trees ignite, their leaves morphing into a magical bouquet of every shade of red, yellow and orange. Before the leaves fall and the snow follows, lace up your shoes and spend an afternoon exploring what autumn has to offer. Here are a few places to hit in the Radish region:

Pleasant prairie walk

When we think of going for a fall walk, often the first destinations that come to mind are stately forests where the changing leaves fill the canopy with an explosion of color. Who doesn't love it? But I often find myself equally drawn to prairie landscapes come autumn for another spectacular seasonal display — the deep blue skies draped overhead.

Although on the ground many of the flowers that have bloomed through the summer will be winding down, I love the rustle of the wind through the dry grasses. And I enjoy looking at the variety of shapes and sizes of seed heads that have replaced the blooms — all those tufts, barbs and pods make for a fun afternoon of identifying the plants that might be more familiar in flower form.

There are many restored prairies in our area (though we could always use more!). But if you're looking for one in particular to visit, I recommend the Manikowski Prairie near Goose Lake in Clinton County, Iowa. Nearly a quarter of the 180-acre site is virgin prairie, and the Clinton County Conservation Board has undertaken the restoration of the remainder. Not only is it beautiful, it's also the largest remaining limestone prairie in Iowa.

To access the prairie, travel east from the town of Goose Lake on 137th Street. The preserve is located on the south side of the road and can be accessed by a small easement. There is no designated parking; simply pull to the side of the road near the preserve sign. There are also no maintained trails, so you are free to wander the prairie as your heart dictates.

For more information, call the conservation board at 563-847-7202.

— Sarah J. Gardner

Woodland wonderland

You don't have to travel out to the country to immerse yourself in the wild and enjoy the brushstrokes of nature's fall palette. Sunderbruch Park

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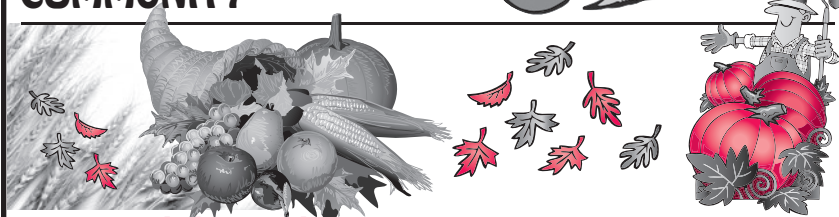
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food

Amazing grains

A cool-weather salad with some whole-grain goodness

By Sarah J. Gardner

I'm a gal who loves a salad. It wasn't always that way. When I was a kid, putting a bowl full of lettuce in front of me was akin to setting a centerpiece on the table: When the meal was over, it would still be there, untouched.

Of course, the salads of my youth only vaguely resemble salads as I eat them today. Back then, they were largely comprised of a few torn, wan leaves of iceberg lettuce. Perhaps there would be some shredded carrot, perhaps not. If I was lucky, there might be a cherry tomato to chase around the bowl with my fork. It was mildly entertaining, if not appetizing.

Like many people, as I matured and started making meals for myself, I discovered how much more a salad could contain. Greens of every description. Additions of fruits, nuts and beans. Homemade dressings! Eventually, I came to love salads as much for being delicious as for being an opportunity to play with new flavors and ideas.

These days, if I shy away from a salad, it's less



A hearty kale, walnut and cranberry grain salad. (Photo by Gary Krambeck / Radish)

likely to be because it's unappetizing than because of season. There's just something about a dip in temperature that makes me trade in my salad fork for a soup bowl. But it doesn't have to be that way! A grain salad is a wonderful trick to have up your sleeve when there's an autumn chill in the air — they make for heartier

same salad three days in a row, there's an easy fix — just add a bit of a shredded vegetable that wasn't in the original salad, and ta-da! It's like getting two salads out of one.

Contributor Sarah J. Gardner is a big believer in the proverb that "good cooks never lack friends."

Kale, Walnut and Cranberry Grain Salad

Freekeh is a cracked, roasted wheat used in the Middle East. Prized for its slightly smokey flavor, it has a nutritional profile that is high in protein and similar to that of quinoa, and can be found in health food stores and aisles. But, like any grain salad, you could easily substitute rice, barley or other whole grains according to your tastes.

½ cup apple cider vinegar
3 tablespoons extra virgin olive oil
1 tablespoon Dijon mustard
2 tablespoons maple syrup
2 cups cooked freekeh or other grain

½ cup dried cranberries
3 cups chopped kale
1 cup chopped walnuts
1 cup shredded carrot
½ cup crumbled Gorgonzola
Salt and pepper to taste

In a pint canning jar (or jar of a similar size with a tight-fitting lid), combine vinegar, olive oil, mustard and maple syrup. Secure the lid to the jar and shake vigorously until dressing ingredients appear creamy and opaque, approximately 1-2 minutes. Set aside.

Combine grain, cranberries, kale, walnuts and shredded carrot in a large bowl and gently mix to combine. Pour dressing a little at a time over the salad and continue to mix ingredients to coat. Stop adding dressing when all the ingredients have a sheen but don't yet seem completely sodden. (Leftover dressing can be stored in the refrigerator to be used on other salads). Add the crumbled cheese last and stir very gently, just enough to mix, being careful to not break up the crumbles of cheese. Adjust salt and pepper to taste. Serve immediately or slightly chilled.

— Adapted from Bonnie Matthews, *"The Freekeh Cookbook"*



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outdoors

Wild for mushrooms

Walk and wander for forest-floor finds

By Ann Ring

For those who long for that time of year when winter's a memory and the twinge of sweet soil in the air signals morel mushroom hunting, wait no longer. You can take a nature walk today and likely find an assortment of other edible mushrooms just ripe for that pan of sautéed butter or pot of soup.

Jim Frink, of Rock Island, hosts an educational program and walk on mushrooms every year at Black Hawk State Historic Site, and is an expert on the topic. He even belongs to a mushroom club.

"Edible mushrooms can be found around here this time of year," he says. He lays out photos of 27 species of edible mushrooms that can be found in the Quad-Cities area, not including the additional 700 species that can be found in Iowa and Illinois.

One popular species he says is tasty is the Hen-of-the-Woods (*Grifola frondosa*). "Hens" are clustered, overlapping gray-brown, lateral spoon- or fan-shaped caps that grow $\frac{3}{4}$ - to $2\frac{3}{4}$ inches- wide, arising from short white stalks branching from its base. They can be found at the pedestal of bur oak trees.

"They're popular because they're big, plentiful, and they last longer (in the fridge)," he says.

Another edible species is the oyster mushroom (*Pleurotus ostreatus*). It can be found on dead wood or hardwood trees in shelf-like clusters. It's relatively large, and its whitish gills run down a stubby, nearly absent stem.

Besides their good taste, mushrooms contain several vitamins and nutrients, including vitamin D, niacin, riboflavin, folate, potassium, iron and fiber; and they are low in calories and carbohydrates.

"He likes them all," says Frink's wife, Betty. "But not me. The giant puffball is good." The puffball is just that — it looks like a white puffball. To distinguish it from poisonous fungi, it must be cut open; edible puffballs will have a solid white interior.

As with mushrooms or any foreign plants you wish to digest, Frink stresses a word to the wise: "Don't pick anything you're not positive of because it could be poisonous or make you sick," as some mushrooms may be highly indistinguishable from one another. For instance, some poisonous mushrooms look similar to oyster mushrooms.

If you'd like to give mushroom hunting a try, "go with someone who knows what he's doing — that's the easiest way to learn," Frink says. Edible mushrooms can be found from spring until a hard frost, Frink says, "and they don't always grow on paths or the side of a tree; you have to wade around the ground and lift up logs to find them."

Frink says that any wooded area, yard or cemetery will do for a hunt. The mushrooms that grow in your yard, which are meadow mushrooms (*Agaricus campestris*), are cousins to the button mushrooms found in grocery stores.



Jim Frink

The Frinks say hunters should be aware of state park rules, and whether they are trespassing on private property. In Iowa and Illinois, mushroom collecting is allowed in state parks and recreational areas, except for Black Hawk State Historic Site in Rock Island, as it is a designated nature preserve.

The prescribed attire for a hunting trek is long pants, sleeves and a hat. Using insect repellent is smart, too. "You'd better wear gloves and wash your clothes afterwards because should you brush up against poison ivy, the oil from it is there," Betty says.

To haul your catch, any bag will do. Bring a pocketknife, too, to cut the mushrooms from tree bark or the ground. Be sure to wash the mushrooms and check them for bugs before you eat them.

For those who wish to sell morel mushrooms in Iowa, the state requires a \$50, three-hour certification workshop. The certification is good for three years.

Dr. Mark Gleason, a professor at Iowa State, notes that according to the Iowa Department of Inspection and Appeals, it is illegal to sell any other wild mushrooms to ensure that people are not selling poisonous and/or misidentified mushrooms.

Ann Ring is a frequent Radish contributor.

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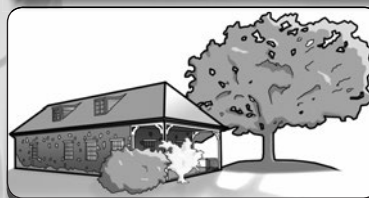
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By Laura Anderson Shaw

Creepy and clever Halloween decorations don't have to come from a store. Rather than snagging more decor from the big-box store shelves this year (and dealing with all the wasteful plastic packaging), I decided to try to work with what I had on hand instead.

I took a peek around the house and recycle bin for materials, and racked my brain for ideas. Then, I scoured Pinterest and a handful of DIY blogs for a little help to execute them, and came up with a few projects that require just a handful of supplies, many of which you may have around your house, too!

If you're looking to up the creep factor of your house for the holiday, roll up your sleeves and give one of these projects a try.

Laura Anderson Shaw is the editor of Radish magazine.

Pick a poison

Not only are these bottles to die for, they are very easy to make.

You'll need:

- Glass or plastic bottles, clean, with labels removed
- Scrap paper or plain white paper
- Black paint (I used spray paint)
- Pen
- Glue (I used Aleene's Original Tacky Glue)
- Tea bag
- Water

Instructions

Begin by painting the bottles black. I used black spray paint and let them dry overnight.

To make the labels, wet a teabag and dab the paper as though you were using a stamp. The messier it is, the better. Then, let the paper dry.

Use a pen to label the concoctions with descriptions such as "poison," "elixir," or simply a skull.

Tear (rather than cut) around the word in a square or rectangle shape to fit the dimensions of your bottle.

Affix the label to the bottle using the glue, and voilà!



Bewitching hat

Accessories such as witch's hats are great to have on hand around Halloween because they make for such quick and easy costumes. This one is particularly special because it's made out of an old issue of Radish magazine!

You'll need:

- An old Radish magazine
- Acrylic paint and paint brush
- Mod Podge
- Foam brush
- Masking tape
- Permanent marker or pen
- X-Acto knife
- Scissors

Instructions:

Open the magazine to the center.

Grab a page with both hands on either side, and pull up, removing it completely from the staples. Roll the sheet inward to shape it into a cone. Have someone help you place it on your head for size, and tape the edges into place. Remove it from your head and bend the excess paper upward, leveling off the base of the cone.

Remove four more complete pages from the magazine. Lay two of them parallel to each other. Overlap them slightly to make their rectangles create a square, and use Mod Podge to fasten them together. Then, paint the entire square with a thin layer of Mod Podge. Repeat this with the other two sheets you removed.

Once both giant squares are dry, apply Mod Podge to the back of one of the squares, and then lay the two on top of one another. Let dry.

Bend the edges of the cone outward so it will stand on the Mod Poded

Spooky silhouette lanterns

These little lanterns were inspired by gorgeous and expensive big-name candle jars.

You'll need:

- Jars, clean, with labels removed (I used pickle and mustard jars)
- Acrylic craft paint
- Black permanent marker
- Battery-powered, flameless tea lights
- Paint brush or Popsicle stick
- Water
- Newspaper or other scrap paper
- Rubbing alcohol
- Cotton balls

Instructions:

Squirt a dollop of paint into the jar, and add a small amount of water to thin it out. Use a paintbrush or Popsicle stick to stir. Coat the inside of the jar with paint by rolling the jar around slowly. If the paint is runny, leaving only a faint coat behind, add more paint. If it's spreading slowly, add a little more water.

Continue rolling the jar until the entire inside of the jar is coated, adding more paint and water as needed. Then, turn it upside down over paper so the excess paint may drain. Move the jar to a new spot on the paper from time to time to let it air out, then let it dry upright overnight.

Use the permanent marker to draw a line all the way around the base of the jar, about 1 to 2 inches from the base, depending on the size of the jar. Color in everything below the line.

Draw and color in silhouettes of whatever you would like, from jack-o'-lanterns and bats to cats and creepy houses, headstones and fences, leafless trees, and more. A simple Internet search can give you ideas for easy silhouettes to try. If you make a mistake, simply wipe away the permanent marker with a rubbing alcohol- or witch hazel-soaked cotton ball.

Add a flameless candle, turn out the lights and enjoy the glow.



Photos by Gary Krambeck / Radish

squares that will become the brim of the hat. Mod Podge the cone to the center of the square, and let dry. Then, spread a thin layer of Mod Podge over the cone.

Once this is dry, use a pen or marker to trace the brim of the hat around the cone, then use scissors to cut it out.

Then, flip the hat over and use scissors or an X-Acto knife to cut a hole for your head.

You may choose to leave the hat as is, or paint it with acrylic paint. I chose a deep plum color that I sort of speckled in some areas so the magazine would show through.

Creepy drip candles

I love the look of cascading wax dripping down pillar candles, but they aren't exactly conducive to life with a curious cat. I figured these little guys would help me play it safe without sacrificing the freakishly adorable look.

You'll need:

- Toilet paper or paper towel cardboard rolls
- Hot glue gun
- Several glue sticks
- Masking tape
- Acrylic paint and paintbrush
- Flameless tea light candles
- Scissors

Instructions:

Begin by trimming your cardboard tubes to the size you'd like your candles to be. Crisscross masking tape across the bottom of each tube to give it a sturdier base. Then, to create a little platform to hold the flameless votive inside of the tube, cut two equal-sized pieces of masking tape about 3 inches long for the top. Lower the center of the tape, sticky side down, into the top of the roll, and affix the overhang to the sides. Repeat with the other cardboard tubes.

Load up your glue gun and begin to apply the glue in thick circles around the tube, beginning wherever you'd like the end of the wax to be. Slowly spiral up the candle, going back over any sparse areas. Make sure you're applying a decent amount of glue so it may run like wax as it dries.

Once you've got a look you like, let the glue dry completely. Then, paint the entire "candle," including the insides of the top of the tube. I used a mix of white and gold acrylic paint to give it an off-white tone, but feel free to use whatever color you'd like.

Let the paint dry, and touch up with another coat as needed. After it's dry, insert the candle, and find a nice spot for it to illuminate.



body, mind & soul

Treating trauma

Overcoming PTSD myths and misconceptions

By Annie L. Scholl

It was a diagnosis she never expected, and it fit her symptoms perfectly.

That's how a 23-year-old Cedar Rapids woman — whom we'll call Rebecca for confidentiality — describes learning that she has post-traumatic stress disorder (PTSD), a mental-health condition triggered by experiencing or witnessing a terrifying event.

In Rebecca's case, it was brought on by the emotional and physical abuse she experienced at the hands of her former alcoholic boyfriend.

The greatest misconception about PTSD is that only people with military ties get it, says Rick Martenson of QC Counselor. Instead, Martenson says PTSD is caused by everything from auto accidents to divorce, and bankruptcy to floods.

"I've had patients apologize for thinking they might have PTSD when they've never been in the military," Martenson says.

Before her diagnosis this past summer, Rebecca says she didn't know much about PTSD. "I knew it was something serious that veterans dealt with, but I never had a reason to research the subject," she says.

"I thought there was some scale or level of degree of trauma that caused PTSD. I didn't think my issues were comparable to a veteran's, so I thought I was just weak."

Rebecca had struggled with depression and anxiety before, but she knew she was dealing with something else.

"I just kind of shut down," she says. "I would try to be fine and then even the simplest of things would trigger this reaction where I would flash back to certain traumatic events. I couldn't breathe. I would immediately break down and feel like it was all happening again."

Rebecca had night terrors and chest pains. She started avoiding people and going out in public. She saw specialists for the chest pains only to be told there was nothing wrong. When a panic attack kept her from walking in the door on the first day of a new job, she sought help from her family physician. That's when she was diagnosed with PTSD.

Rebecca began taking medication, and started weekly counseling. She is grateful her doctor figured out what was wrong, and she is feeling better.

"I wish I could say it all went away, but I still look around everywhere I go," Rebecca says. "I can function and go to work most days, and I started going out and surrounding myself with people. But there are still things that trigger it."

Martenson — who has treated people who have experienced trauma for 15 years and has started a clinic that focuses on PTSD — says he assesses clients for three things: avoidance of people, places or reminders; extreme watchfulness or exaggerated startle response; and disturbing memories that come back during waking or sleeping time.

Other symptoms include panic attacks, sleeplessness, nightmares, self-destructive thoughts and actions,

loneliness, anger problems, substance abuse and memory problems.

"You would be amazed at the number of people that primary-care physicians send in to see me that report emotional or physical problems, but are really suffering from untreated PTSD."

Martenson says if he sees patients with anxiety, panic attacks, depression, migraines, gastric problems or substance abuse, he always asks if something really bad happened to them at some point in their lives.

While many of his patients who have experienced trauma are prescribed antidepressants, anti-anxiety medicines and sleeping aids, Martenson maintains that no pill has been designed to treat PTSD. Instead, the treatment he has found to be most effective is a type of psychotherapy called EMDR, or Eye Movement Desensitization and Reprocessing, the gold standard for PTSD treatment.

The results of untreated PTSD are a "huge drain" on our medical resources, he says. "There is little chance of treatment for depression or anxiety being successful if they are the result of untreated PTSD," he says, adding that he wishes primary care physicians would ask their patients whether they've experienced anything bad that continues to bother them.

"Effective treatment is available," Martenson says. At his clinic, treatment typically includes four sessions. "You can stop hurting this week."

Annie L. Scholl is a frequent Radish contributor.



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eating well

Butter Me Up!

Sandwich-spreads business gets down to the basics

By Cindy Hadish

The six-month shelf life of Tracey Norman's nut butters most likely holds little consequence to most of her customers.

Jars of the natural nut butters — in tantalizing flavors, such as white chocolate almond, salted cashew, cappuccino peanut butter and dark chocolate hazelnut — typically are eaten long before the expiration date, Norman's customers tell her.

"People say it doesn't last long, once they find their favorite flavor," she says, adding many eat it by the spoonful, straight out of the jar.

Those flavors, now in 15 varieties (including some available only seasonally), are part of the key to the rapid success of Norman's Butter Me Up! business, based in Cedar Rapids.

"I've always had an interest in healthy eating," says Norman, who worked as a nurse before starting her own company. She taught nutrition education in that role and later gained marketing experience in direct sales.

Norman decided to make her own nut butters as a healthy source of protein after she found a void in such products made locally. She bought her own grinder, and the nut butters debuted in 2013 at the Downtown Farmers' Market in Cedar Rapids in two flavors, honey-roasted peanut butter and almond butter.

Less than a year later, Butter Me Up! opened a merchant's spot in the NewBo City Market, also in Cedar Rapids, where customers were able to observe the nut-grinding process.

"It was nice to have an arena like that to be able to cultivate your small business and get your name out there to the public," Norman says. "It was a good opportunity to grow our customer base."

Representatives from Hy-Vee approached her to carry the nut butters in some of the grocery stores during periods when the products were not being sold at farmers' markets, which now include markets in Marion, Des Moines, Iowa City and downtown Cedar Rapids.

Butter Me Up! also has a year-round spot at the Freight House Farmers' Market in Davenport, and just opened this summer at Newbo Shops at 208 in Cedar Rapids.

"It's been a lot of work, but it was a lot of growth quickly," Norman says. "It expanded faster than I expected it to."

She relocated last year with her family to the Charleston area and no longer has a spot at the NewBo City Market but is finding new outlets in South Carolina, where farmers' markets thrive. Farmers' markets are particularly suitable for the business, as customers can sample the products and purchase their favorite flavor on-the-spot.

Her sister, Gale Huston, is managing the Iowa business along with Rochelle Sparks, and Norman intends to continue doing business in Iowa.

Honey-roasted peanut butter continues to be the company's best-seller,



Samples of Butter Me Up! spreads await taste-testing at the Uptown Marion Farmers' Market. (photo by Cindy Hadish / Radish)

Norman says, adding her personal favorite is the white chocolate almond, which she spreads on bananas and bagels. Many of the nut butters are used as dips for apples, celery and carrots, too, and some people bake with them.

One challenge has been the rising cost of nuts, related to drought conditions in California. The cost of almonds has risen 45 percent in the past two years alone, Norman says.

Still, the nuts provide a healthy protein and customers understand why they are paying more for the nut butters than they would for mass-produced peanut butter, which have added oils and other ingredients her products do not have, she says.

While her products are preservative-free, they require no refrigeration and can be stored on a shelf, similar to typical peanut butter. Even that six-month shelf life doesn't mean the nut butters will go bad, but they might become dry after that time period, she noted.

Customers such as Hannah Hagan, who searched for her favorite flavor at the Uptown Marion Market, are among the company's growing number of fans. "I like the crunchy taste of it," says Hagan, who added she usually eats the nut butters with a spoon. "After I tried it, I've never had regular peanut butter since."

Find more information about Butter Me Up! at nutsaboutnutbutter.com.

Cindy Hadish writes about local foods, gardening and farmers markets at homegrowniowan.com.



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Wicked wood

Davenport offers second life for damaged trees

By Dennis Moran

Like many areas across the Midwest, city workers in Davenport have been removing ash trees on city property to help stave off a full-blown infestation of the emerald ash borer. The invasive and ever-migrating bug was officially detected in the city in June.

In Davenport, the lumber from felled trees is being put to use. For the past couple of years, the city's forestry division has been preserving the wood from ash and other cleared trees, and selling boards and benches made from it. The proceeds go to the city's general fund, and helps the city plant replacement trees.

Milled ash boards are available for sale, as well as the Leopold bench, named after its designer, famed conservationist Aldo Leopold. Forestry division lead technician John Vance found the simple and attractively angular design online, and the division's crew members have become proficient at turning them out quickly, according to Davenport arborist and forestry manager Chris Johnson.

The rustic bench appears to be a fit perch for yards, patios and gardens. Johnson says the crew has made upwards of 50 benches, and has "sold all but 10 of them" so far.

The acorn of the idea that became the city's Urban Wood Utilization program was planted when Johnson observed the removal of a white oak tree about two-and-a-half years ago.

"There's a lot of really good wood there, and all we're going to be doing is taking it to the city compost facility ... and turning it into mulch," Johnson says.

"I just thought there's got to be a better way to utilize this wood."

After some research, Johnson found that Illinois had a wood utilization program for its ash trees that helped to connect wood sources with saw mills for use in building projects.



Chris Johnson in the Davenport Forestry Division's woodshop. (Photos by Gary Krambeck / Radish)

The wood was "overwhelming landfills," he says. The same was happening near the compost facility in Davenport, "so we had to start figuring out better things to do," Johnson says. "Foresters and loggers started looking at some of these logs and (said), 'hey, that's actually a really good log, you could do something with that.'"

Johnson adapted the idea for the city's purposes, hiring a professional wood miller to bring a portable sawmill to the public works facility as needed.

Then, they got the idea to construct benches.

Johnson says forestry crew members build them as a side project on inclement days, when either the heat index or bitter winter conditions prevent much outdoor work anyway.

"This is what we do when you really can't do anything else," he says.

Benches are sold once a month at the Freight House Farmers' Market, as well as directly from the city. Finished benches are \$300; unfinished benches are \$200. For more information, call 563-326-7896.

Sales of boards and benches have brought in about \$8,000, Johnson says, against about \$4,000 in expenses for the milling and equipment. City crew time is not factored into that "because our time is bought and paid for already," he says. Even if it were added, Johnson believes the program operates in the black.

There will be plenty more wood for the program going forward. Over the past three years, the city has removed nearly 1,000 ash trees on public property, including boulevards and parks, and there are about 3,500 more to go, Johnson says. Many of the trees on golf courses and in parks will be targeted for chemical treatments to save them, but most will be removed.

The city also plants about 700 trees a year, Johnson says, to help replenish the urban canopy.

The tree removal has been deemed necessary in many communities. The emerald ash borer is a tiny beetle from central Asia that was first detected in the United States in 2002, in Detroit. It attacks and feeds on the tissues of ash trees, killing them within a few years, and the weakening trees can be a public hazard.

As the little bug has spread with no native resistance, it has devastated ash tree populations to the tune of millions if not tens of millions of trees, and is now present in 24 states.

Dennis Moran is a frequent Radish contributor.



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Tom Hoskins and some of his handmade trout nets.
(Photos by Leslie Klipsch)

handmade

Nothin' but net: Handcrafted fly fishing accessory business began as hobby

By Leslie Klipsch

Retired social studies teacher Tom Hoskins, of Bettendorf, fills his days reading, playing Sudoku, working in his garden and, as he says, “tinkering.” All of this he expected when he retired from Pleasant Valley High School. What he didn’t expect was to pursue a new skill that would turn into a pleasurable hobby and then a new business venture. Two years into retirement, Hoskins has a new passion: handcrafting custom-made trout nets.

It all began when he saw the 1992 movie “A River Runs Through It” and became interested in fly fishing. “I never would have thought about picking up fly fishing unless I had seen that movie. It was a sport that looked unbelievably cool to me,” he recalls. Shortly after viewing the film, he taught himself how to fly fish and began taking vacations to Colorado to fish and hike with his wife and two children.

Eventually, Hoskins bought nets for himself and his wife and, once again encouraged by his love of learning, taught himself how to create a good quality trout net in his Bettendorf garage. He watched YouTube videos and read books that helped him master the craft, quickly realizing that the process might be one to enjoy in retirement.

“I’ve always enjoyed learning new things,” Hoskins says. “For example, there’s a large learning curve to fly fishing. But I love to read books. I like to figure things out on my own, and I’m not afraid to ask people and rely on other resources.”

Though Hoskins recalls he once caught a 10-pound trout in a cold-water, spring-fed pond near Preston, Iowa, he mostly puts his nets to use in Summit County, Colo. The Hoskins family has enjoyed fishing there for years, sometimes renting a condo for a month at a time. “The state is absolutely beautiful — the blue skies, the mountains and the streams. I like to say that it’s God’s country. The setting just doesn’t get any better. Even if I don’t catch fish, it’s OK,” Hoskins says. He pauses and laughs, “I’m probably lying. I want to catch fish.”

Of course, you don’t have to make the trek out to Colorado just to experience some excellent trout fishing. According to the Iowa Department

of Natural Resources, the state boasts some of the most beautiful and plentiful trout streams in the Upper Midwest. The northeast region of Iowa is dotted with hundreds of miles of trout streams, including six naturally sustaining fisheries that offer the opportunity to catch wild brown or brook trout. The remainder of the streams are stocked and maintained by state hatcheries.

Likewise, the Illinois Department of Natural Resources stocks ponds, lakes and streams throughout the state with trout that can be caught by fishing enthusiasts. In both states, a special trout fee must be paid in addition to purchasing the state fishing license. Further information, including maps to trout streams and other regulations, can be found on the respective websites, iowadnr.gov/fishing.aspx and ifishillinois.org.

Even if you don’t fancy yourself a fisherman or -woman, though, the artistry of Hoskins’ nets is impressive. The process of making a net takes two weeks and involves many laborious steps. Three strips of wood (maple, mahogany or aspen, for example) are formed as the net hoop, and hickory, maple or cherry is used as the handle.

The net itself is a rubberized, fish-friendly mesh bag and can be ordered with a traditional or spiral wrap attaching the bag to the hoop. Hoskins finishes each net with a custom lanyard and his hand-drawn logo. “It’s all quite time consuming, but the nets are coming out better than I ever thought they would,” he says.

“A lot of people are picky about their equipment, and the nets I make are a high-quality product,” Hoskins says. “I’m very careful in the process of making them, and they end up being a really unique tool to have in your trout toolbox.”

Hoskins’ trout nets are sold at Crafted QC, 217 E. 2nd St., Davenport, and can be purchased on Hoskins’ website at etsy.com/shop/hoskinsnets. Orders may be placed directly through Hoskins by calling 563-359-8507 or by emailing hoskinsnets@gmail.com. Nets range in price from \$95 to \$120.

Leslie Klipsch is a frequent contributor to Radish and Gold Book magazine, where this article originally appeared.

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environment

The butterfly bus

Inspiring environmental stewardship one stop at a time

By Lillian Zier Martell

In the Galesburg schools, Rhonda Brady is known as the “butterfly lady.” The label seems appropriate for a woman whose knowledge of the monarch butterfly fills a bus. Literally.

Since 1997, Brady has spoken about monarchs to about 1,500 school children each year. She also talks to garden clubs, church groups and other organizations that are interested in pollinators.

Last year, she and her husband Larry bought a bus she calls her “rolling classroom.” She named the bus Ms. MariPosa — “mariposa,” being the Spanish word for butterfly — and she uses it to supplement some of her presentations in the Galesburg area. The front end of the bus is a resource room where she leads classes for small groups, and the back is a greenhouse where she grows plants that attract pollinators.

“It’s evolving, just like the monarch,” she says, of the bus project. “I don’t know what it’s going to end up to be. It’s definitely unique and helps start the conversation about being good stewards of the earth and taking care of monarchs.”

Brady’s passion for the monarch butterfly grew from her volunteer work as an Illinois Master Gardener in the 1990s. She helped a juvenile delinquency prevention program start a butterfly garden because the youth weren’t present in the summer months to tend to a traditional vegetable garden.

While researching the butterfly garden, she found a woman who tagged monarch butterflies, and in the fall of 1997, Brady became a monarch tagger, too.

It wasn’t long before she was regularly speaking at schools about the bright orange and black butterflies, whose population has been on the decline because of habitat loss. In 2008, she became part of the Monarch Teacher Network, a New Jersey-based organization that offers educational services in 36 states.

Monarchs have long been famous for their lengthy annual migration that can span from Canada to near Mexico City. Taggers such as Brady track the butterflies’ migration and population numbers.

“We’ve had butterflies tagged here locally that were recovered in Mexico — just under 1,600 miles,” she says.

Her hope is that word will spread about the need to preserve the earth, not only for monarchs but for other species. And she believes she is making progress. In the Galesburg area last November, there were 27 certified monarch way stations, or areas where people have planted milkweed to provide a monarch habitat. By mid-August of this year, there were more than 70 way stations, Brady says.

One of her messages to homeowners is that they don’t need to use pesticides on their lawns and gardens — which contribute to the decline in monarch habitats — and large lawns filled with green grass do little to attract beneficial insects.

“More and more, people are understanding that we need to become good stewards of whatever our space is,” she says.



Rhonda Brady talks with Sylvia Faust, of Long Grove, Gary and Kay Wagner, of Aledo, on her butterfly bus. (Photo by Todd Welvaert / Radish)

The Bradys have lived on what she calls a “mini-farm” with an underground earth house in Galesburg since 1978. While she continues her Master Gardener activities and volunteering with other projects in Galesburg, Rhonda also works as the volunteer coordinator for the Retired Senior Volunteer Program of Eastern Iowa and Western Illinois.

Brady and her husband cover the expenses for the bus and educational efforts with help from donated materials, primarily from retired teachers. They also are in the process of forming a nonprofit.

“It’s a fun passion to help people understand we need to stay connected to the earth,” she says.

Brady spent much of the summer preparing for the Monarch Migration Festival, which was held in September at the Lakeside Nature Center in Galesburg. Organizers hope the event will become an annual celebration.

Groups that want Brady to speak on monarchs and pollinators may reach her by phone at 309-343-0501.

Lillian Zier Martell is a regular Radish contributor.



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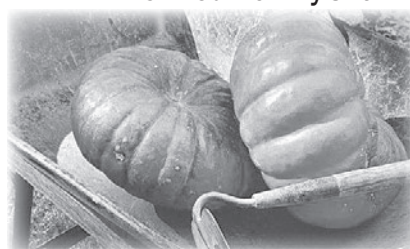
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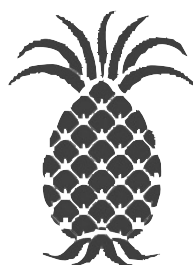
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Something to taco 'bout, **continued from page 8**

Easy Vegetarian Taco Filling

I often prefer to use mushrooms instead of manufactured meat substitutes in recipes, as they are inexpensive, easy to prepare and have a hearty flavor and texture. Plus, they come with a healthful serving of vitamin D, naturally!

- | | |
|---|---|
| <i>1 small onion</i> | <i>2 teaspoons chili powder</i> |
| <i>10 ounces (roughly two cups) cremini mushrooms</i> | <i>Cracked black pepper and/or red pepper flakes to taste</i> |
| <i>2 tablespoons cooking oil</i> | <i>Taco shells or corn tortillas</i> |
| <i>Pinch of salt</i> | <i>Fillings such as lettuce, cheese, pico de gallo and sour cream</i> |
| <i>½ teaspoon ground cumin</i> | |

Begin by finely dicing — but not mincing — your onion and mushrooms. Keep in mind the mushroom pieces will shrink slightly as they cook; the goal is for the pieces to be remain distinct rather than form a paste as they cook.

Heat oil over in a medium skillet over medium-high heat. When it begins to shimmer, add the diced onions, mushrooms and pinch of salt. Stir while cooking, watching for the mushrooms to darken and give up their moisture (about 10 minutes). Add the cumin, chili powder and pepper and cook for two minutes more.

Serve as you would a ground meat taco filling: spoon into taco shells and add the toppings of your choice.

Pumpkin, Black Bean and Spinach Enchiladas

A few convenience items like frozen spinach and canned pumpkin make this recipe a snap, though on occasions when time isn't an issue, roasting your own pumpkin and soaking your own beans can also yield excellent results.

- | | |
|--|---|
| <i>1 10-ounce package frozen spinach, thawed</i> | <i>1 small diced onion</i> |
| <i>2 cups cooked pumpkin (or 1 15-ounce can)</i> | <i>6-8 ounces queso fresco</i> |
| <i>2 cups black beans (or 1 15-ounce can)</i> | <i>1 teaspoon smoked paprika</i> |
| | <i>8-10 tortillas</i> |
| | <i>Enchilada or taco sauce of your choice</i> |
| | <i>½ cup raw pumpkin seeds</i> |

Preheat oven to 350 degrees. Drain spinach in a colander, then take small handfuls and squeeze to remove excess moisture. Roughly chop the spinach, then place in a medium mixing bowl. Add cooked pumpkin, black beans, onion, crumbled queso fresco, and smoked paprika. Fold these ingredients together until well-combined.

One by one, fill the tortillas by spooning some of the pumpkin mixture down the middle and then rolling the tortilla up. Place filled tortillas side by side in a 9-by-13-inch baking dish. Cover with enchilada sauce and sprinkle with pumpkin seeds. Bake in the oven until heated through, roughly 10 minutes. Serve hot with a side salad.

Contributor Sarah J. Gardner is a big believer in the proverb that "good cooks never lack friends."

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fall for these walks, **continued from page 10**

encompasses 134 acres of trail systems tucked into the bluffs of Davenport's west side. Though it feels like it's in the middle of nowhere, it is right inside the city limits.

You can enjoy autumn's splendor in any number of ways here. Sunderbruch offers hiking, biking and equestrian trails. There are roughly 5.5 miles of biking and hiking trails, and nearly 4.5 miles of trails designed for equestrian use.

You can stroll along the wide, paved path, but if the call of the wild pulls you into the forest's canopy, there are plenty of off-road trails for that sort of adventure as well. If your preferred method of communing with nature is to stay in one place and watch it around you, the park also is dotted with a number of benches.

You'll find a picnic shelter and restrooms at the park entrance, as well as a thorough map of the park. The legend clues you in as to which trails are designed for which type of travel and what sort of difficulty level to expect from each. There also is a key to remind park-goers who should yield to whom on the trails, as well as a "rules of the trail" list, which includes reminders of those courtesies we should always follow in parks.

As you travel throughout the park, you'll find markers that designate the various trails, and signs with educational snippets about the wildlife and horticulture in the park.

If you'd like to give the park a try, you'll find it at 4675 Telegraph Road, Davenport.

— *Chris Cashion*

Beautiful bluffs with a view

Whether it's a challenging hike or an easy stroll, there's just something about taking a walk in the woods. From the sights and sounds, to the breeze and solitude, such walks can offer a great workout, a chance to clear your head, and the opportunity to connect with nature.

This is especially true during autumn months, when the days are growing cooler and the trees are ablaze with the brightest of fall colors. Luckily, there are many paths and parks to explore in the Radish region. I particularly enjoyed a recent trip to the Mississippi Palisades State Park, nestled into the bluffs overlooking the Mississippi River about 3 miles north of Savanna, Ill., in Carroll County.

The 2,500-acre park boasts a 15-mile trail system with a variety of loops, lengths and difficulty levels. My favorite spots in the park, though, do not require much physical exertion to get to. There are three overlooks — complete with wooden railings, stairs and benches perfect for a little sack lunch with a view — that are just short walks away.

There, you'll have glorious views of the Mighty Mississippi, and a special look at the fury of fall colors that line it. Bring your camera, because it's breathtaking.

The site also offers camping, with showers and flush toilets from May 1 through Oct. 31; fishing and boating; rock climbing; cross-country skiing, sledging and ice fishing in the winter months; picnic spots and more.

For more information, including directions to the park, visit dnr.state.il.us/lands/landmgt/parks/r1/palisade.htm.

— *Laura Anderson Shaw*

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By Julie Stamper

In recent months, I've taken my oldest child to college, started my master's degree, put an offer on a house and listed my house for sale — all while continuing my responsibilities for the care and keeping of two teenagers who are still at home, one husband, and a 112-pound standard poodle.

Any one of these things is enough to keep me up at night, but for some reason, experiencing them all at once is like living in the eye of a hurricane — I'm gaining some perspective on my approach to fear.

After researching some methods on how to deal with fear, the advice I related to most comes from the wise old psychology sage Dr. Phil, who says there are four steps to conquering your fears.

Differentiate between rational and irrational fears

When I dropped off my daughter at college, I experienced that moment in a commercial when a dad sees a preschooler driving the car instead of his 16-year-old daughter.

I couldn't stop thinking about all of the terrible

things that could happen. Someone could put her into a van. She could make her roommate angry if she leaves wet towels lying around.

After reading up on the statistics of girls being put into vans at her school, I realized the wet-towel situation was more likely to be the root of a problem than a kidnapper was. While I'm essentially powerless with regard to what someone else can do to her, I am able to talk to her about living with a roommate in harmony.

Understand that you have control

The wet-towel problem leads me to my control issues. I disagree with the good doctor a bit here: There are some things you can't control. But while I cannot directly prevent her from leaving towels on the floor, I can give her a book on the care and keeping of roommates and send her articles, as my grandma did before me.

Conversely, there is only so much I can do about putting my house on the market. It's freeing to give myself up to the fact that no matter how hard I try, there are some things I can do nothing about. I must let it go like a bouquet of balloons into the sky. Knowing what I can control, and being able to let go of what I can't, is calming. Or at least that's what I tell myself.

Change your internal dialogue

Dr. Phil advises to swap your negative, irrational dialogue with rational, fact-based dialogue. Instead of saying, "She is going to be miserable and hungry, and never shower," or worse, such as, "She is going to be happier than she's ever been as soon as she's clear of me," I need to say, "I've trained her to be a well-adjusted, independent adult who knows how to forage for food and clean herself."

When I thought about starting my master's degree, those inner voices said, "Are you crazy? You're 46 years old. You can't even manage to shower every day (see daughter's habits). How can you possibly do homework again?" But if I can channel my Stuart Smalley from "Saturday Night Live," and say, "You're good enough; you're smart enough; and doggone it, people like you," I might actually believe it.

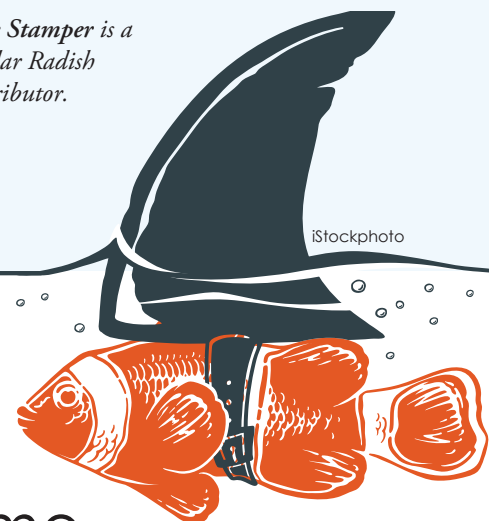
Challenge your fears

Start using fact-based arguments to tamp down your fears. I worry that I won't be able to complete my master's program, and up starts the annoying inner dialogue about my certain failure. However, if I focus on facts, such as "Forty-five people my age graduated from that program last year," or "You didn't miss a beer special in college and still graduated with a B average, and now you have acid reflux so beer isn't a dominant factor in your education," I can win that inner argument.

The Chinese philosopher Laozi said, "A journey of a thousand miles begins with one step." One small, terrifying step. But if you can take a moment and realize that things probably aren't as terrifying as you think they are, put yourself in the driver's seat, shut up that backseat driver and put things in a realistic perspective, you are ready for that journey.

So put on some comfortable shoes, and let's get walking!

Julie Stamper is a regular Radish contributor.



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20

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