

# Radish

HEALTHY LIVING FROM THE GROUND UP

## Tricky treats

Tasty options for Halloween grub

radishmagazine.com

MENU

1. chips & Swamp sauce
2. Paranormal parfaits
3. Bootiful Pumpkins

OCTOBER 2016

The 411 on Lasik

Fall fests to hit this month

The great mussel move

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# from the editor



Gary Krambeck / Radish

Several years ago, Staples ran a back-to-school commercial to the tune of “It’s The Most Wonderful Time of the Year,” where a smiling father rides on the back of a shopping cart with one leg in the air as it coasts down an aisle. This commercial hits extremely close to home for me this month. Not because I’m a cheerful father whose kids are going back to school but because this is exactly how I act in the Halloween section of every store.

Every year, I eagerly wait for the day the Halloween goodies hit the shelves of my favorite stores. When the day comes that I finally find them there, I frolic down the aisles like the father in the commercial. Sometimes, much to my husband’s dismay, I even sing the song. (If you haven’t seen it, you absolutely must find it on YouTube!)

I’m not exactly sure where my obsession with the holiday stems from. I seem to enjoy everything about it, from the chilly time of year it falls on and the chance to make and wear a creepy costume, to the decorations, snacks and parties — it always has been my favorite.

Many people I know also are counting down the days until the holiday, and party invites are flying around on Facebook. To help us all make a plan for this year, check out page 18, where we’ve nailed down a handful of tried and true concoctions for party fare that’s a bit on the lighter side. Save for the whipped topping on one of the snacks, they’re all Radish contributor Dylan Davis-approved. (Check out page 22 for his story on cutting excess sugar from his diet.)

If you’re preparing for trick-or-treaters, or a group of little ghouls and goblins, check out page 8 for some ideas on candy-free alternatives to pass out.

While you’re waiting for the holiday to arrive, there are plenty of other opportunities this month for you to enjoy the season. Turn to page 24 to find a handful of the fall festivals going on this month throughout the Radish region, and on page 26 you’ll find a story on how to brew a toasty cup of joe before exploring a trail on a chilly fall day.

Here’s to the season, friends!

— *Laura Anderson Shaw*  
editor@radishmagazine.com

**Radish**  
HEALTHY LIVING FROM THE GROUND UP

Number 10, Volume 12  
October 2016

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Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for \$19.95 for one year (\$29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. No part of this publication may be reprinted or otherwise reproduced without written permission. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines, visit [www.radishmagazine.com](http://www.radishmagazine.com).



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# the grapevine

## From our readers

"I love your magazine. I can't wait every month to get it at Hy-Vee and I pass it on to my four daughters. Also, very informative! Thanks! — Marge Harmsen, Durant, Iowa



We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the following events:

- Reclaiming the Soul of Iowa: A Fundamentally Different Approach to Water Quality & Factory Farms, JFAN Conference,

7:15 p.m. Wednesday, Oct. 26, Fairfield Arts & Convention Center, 200 N. Main Street, Fairfield, Iowa. Free. For more information, visit [jfaniowa.org](http://jfaniowa.org).

• Fountains of Life and Death: The Dangers of Taking Your Drinking Water for Granted, a presentation by John Anfinson at the Eagle View Group-Sierra Club annual conference dinner, 5:30 p.m. social, 6:30 p.m. dinner and program, Friday, Oct. 28, Freight House Lower Reception Hall, 421 W. River Drive, Davenport. Tickets are \$45; \$340 for a table of eight. For more information and tickets, visit [sierraclub.org/illinois/eagle-view/support-us](http://sierraclub.org/illinois/eagle-view/support-us).

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

## Radish Reads: A recent book on healthy living, as reviewed by a Radish reader

Mini review: "Infuse: Herbal Teas to Cleanse, Nourish, and Heal," by Paula Grainger and Karen Sullivan. (2016, Hamlyn, 144 pages, \$16.99)



Paula Grainger and Karen Sullivan's "Infuse: Herbal Teas to Cleanse, Nourish, and Heal," is one part recipe compilation, and one part pound of prevention offerings from the perspective of two people who should know what they're talking about. Grainger, a renowned medical herbalist and blogger, and Sullivan, a journalist and nutritionist, offer more than 70 recipes that just beg those suffering with maladies ranging from bladder and liver issues to menstrual cramps and headaches to give them a try.

"Infuse" is more than a listing of recipes. An herb-pedia is included as a guide to steer the reader clear of certain herbal ingredients if they are pregnant, breastfeeding or taking certain medications. Substitutions and a "using what you have" approach is occasionally mentioned, but consulting one's doctor and a qualified herbalist first is encouraged.

It may be that I've been sheltered all my life or am simply simple, but I was not aware that leaves, bark, buds, roots and even resin are classified as herbs. Proper infusion (steeping) or decoction (more intense steeping) methods also were learning experiences for me. Purchasing or gathering and storing of herbs and securing essential equipment for infusing also is stressed.

If proper nutrition through detoxification and maximizing your body's ability to digest properly through herbal infusion makes sense to you, "Infuse" could serve as the Merlin from whom your Arthur has been seeking counsel.

— David Grimes, Monmouth, Ill.

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# healthy living from the ground up

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Four Halloween dishes so easy and delicious, it's scary. (Photo by Todd Mizener / Radish)

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## radishmagazine.com

Mercado on Fifth might be described on paper as a Mexican open-air market, but the sights and sounds suggested more of a racially diverse block party.

On opening night in August, children were getting their faces painted. Customers lined up in front of Streets of Italy for a personal pizza. The University of Illinois Extension was handing out recipes and nutrition information. R's Honey from Hampton was selling raw honey out of small bear-shaped bottles.

Bob Ontiveros says he wanted to bring a community event to an area of the city he helped redevelop over the years.

Read more about Mercado on Fifth at [radishmagazine.com](http://radishmagazine.com).



Meg McLaughlin / Radish

The Mercado on Fifth, a Mexican open-air market, is planned 5-8 p.m. on Fridays through Oct. 28 in the area of 12th Street and 5th Avenue in Moline.

# Trick or treat?



Todd Mizener / Radish

There are plenty of non-sweet ideas to hand out this Halloween that will make all the ghouls and goblins smile.

## Tricks to cut back on the sweets — not the treats!

By Laura Anderson Shaw and Chris Cashion

Chocolates and hard candies and gummies — oh my! Halloween is packed with so many sugary treats that even the gingerbread man in his gingerbread village would blush. For the most part, all of them are A-OK in moderation, but how in the world can you slow the centrifugal force of candy on Halloween?

For starters, you can control the treats that you provide. Whether you're toting treats to your child's school, entertaining a houseful of little ghouls or simply answering the door on All Hallows' Eve, we've got plenty of ideas to help you keep the "treat" in "trick or treat" — no candy required!



**Organic fun dough.** Feeling crafty? Make organic craft dough with flour, salt and water, call it something cute such as Ghost Goo, and package it in individual portions for your trick-or-treaters.

Depending on how many containers you'll need, you can use small jelly jars or tiny plastic containers. Be sure to label them so their recipients know

not to eat it! Visit [growingagreenfamily.com/inexpensive-eco-craft-homemade-organic-dough](http://growingagreenfamily.com/inexpensive-eco-craft-homemade-organic-dough) for instructions.



**Organic juice boxes or pouches.** Give the little goblins a healthy and refreshing brew to enjoy this All Hallows' Eve.



**Cookie cutters.** Just because your neighbors might be sticking to the cookie-cutter tradition of handing out candy on Halloween doesn't mean you have to. Instead, hand out cookie cutters! Fun shapes abound, including bats, pumpkins, ghosts, cats and more.



**Soy or beeswax crayons.** If you only have a handful of trick-or-treaters, soy or beeswax crayons might be just the ticket for coloring your Halloween. They can be a little pricey, so they might not be a good option if you get hundreds of sprites visiting your doorstep.



But if you know you have only a select few stopping by, or only wish to snag them for your children or kiddos in your family, brighten their Halloween with some new colors! If you're not having any luck finding them locally, a quick internet search will provide dozens of online shopping options.



**Honey sticks.** These sweet treats are a fun alternative to candy — plus they come in a form that is reminiscent of old fashioned Pixy Stix, but without the processed sugar and artificial dyes and flavors.

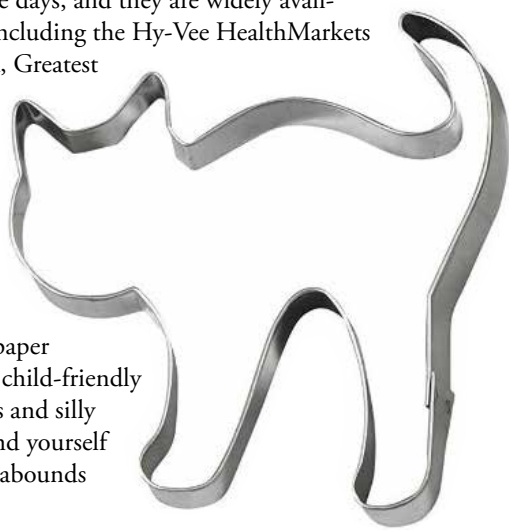


**Lip balm.** There are many natural and organic lip balm alternatives to choose from these days, and they are widely available at area stores, including the Hy-Vee HealthMarkets throughout the area, Greatest

Grains in Davenport, Heritage Natural Foods in Moline and Davenport, and the Quad Cities Food Hub inside the Freight House in Davenport.



**Jokes or fortunes.** Use recycled or scratch paper to print a variety of child-friendly jokes (think knock knock jokes and silly riddles) and fortunes. If you find yourself wanting for ideas, the internet abounds with them.



Amazon.com



**Pencils.** A number of area stores carry pencils printed with festive designs. Many even come in packs of a dozen or more, making them an easy and inexpensive way to treat a host of trick-or-treaters.

Cookie cutters in Halloween shapes can make a great alternative to candy.



**Granola bars.** Individually wrapped granola bars make great snacks. Many varieties include chocolate and caramel, but they're paired with protein and fiber, too!



**Tea, cocoa or cider packets.** While still on the sweet side, tea, cocoa, cider and other pouches of drink mixes will give kiddos something tasty to enjoy and help them warm up on a chilly late-fall evening.



**Popcorn.** Hit the snack aisle of your grocery store of choice for individual packs of popcorn. Many varieties come already popped (and in bulk for easy lunches!), but un-popped bags would make nice treats, too.



**Cups or mugs.** Snag some festive, reusable beverage glasses for your trick-or-treaters to wash down their treats in style. Many stores offer packages of holiday cups for fairly low prices, making them a cinch to throw in the mix. Check out thrift stores, too — just be sure to give them a wash before you give them away!

*Laura Anderson Shaw is the editor of Radish. Chris Cashion is a writer on staff with Radish.*

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**Have you ever tried cooking with tea?**

Tea offers a way to add guilt-free flavor to both savory and sweet dishes and is full of antioxidants! In any recipe, you can replace water with tea or use powdered tea as a garnish, spice or rub. Try it out with the recipe below!

**Lemon Pepper Iced Tea Chicken**

Serves 4

**All you need:**

- ½ cup unsweetened Lipton iced tea
- Juice from one lemon
- 2 cloves garlic, minced
- 2 tbsp honey
- 1 tbsp olive oil
- 1/2 tsp salt
- 1 tsp freshly cracked black pepper
- 1 fresh rosemary sprig
- 4 (6 oz each) boneless skinless chicken breasts

**All you do:**

- Combine tea, lemon juice, garlic, honey, olive oil, salt, black pepper and rosemary sprig in a gallon-size resealable plastic bag. Seal and shake until well combined. Add the chicken breasts to the bag and coat with the marinade. Refrigerate for 8 hours.
- Preheat the grill until hot. Remove the chicken from the marinade, discard the marinade and grill, flipping as needed, until the internal temperature reaches 165 degrees.

**Nutrition Facts per serving:** 270 calories, 5g fat, 0g saturated fat, 410mg sodium, 11g carbohydrate, 0g fiber, 0g sugar, 37g protein.

Source: adapted from [emilybites.com](http://emilybites.com)

# Considering Lasik?

Radish writer thankful for surgery that corrected her vision

By Lindsay Hocker

Lasik eye surgery's popularity peaked in the last decade, but many are still opting to have the elective surgery with the goal of gaining perfect vision. In the Quad-Cities area, Viridi Eye Clinic and Eye Surgeons Associates offer Lasik surgery, and both report a steady stream of Lasik patients.

The Chicago Tribune reported earlier this year that the number of laser vision correction surgeries per year — a category including Lasik and the closely related PRK procedure — has dropped more than 50 percent, from about 1.5 million surgeries in 2007 to 604,000 in 2015, according to the eye care data source Market Scope.

"Lasik has been around for about 20 years, and more than 40 million procedures have been performed worldwide," says Dr. Carlton Fenzl, cornea and refractive surgery specialist at Eye Surgeons Associates. "In 2008, when the economy suffered a downturn, Lasik, an elective procedure, seemed to suffer a downturn as well."

There are many reasons people see him for Lasik, he says, including convenience, health, appearance and work. His patients have included a person who wanted to be a pilot in the military and couldn't without vision correction, people who no longer can wear contacts and some who simply wanted to be able to see their alarm clocks.

Navaneet S.C. Borisuth, M.D., Ph.D., a doctor at Viridi Eye Clinic, says Lasik involves using a laser to reshape the cornea, the outer window of the eye, which then allows the cornea to properly focus images onto the retina.

The procedure itself takes about 20 minutes, not including prep and post-op instructions. Patients must wear goggles immediately after the procedure for protection. Recovery is a fairly quick process for Lasik, with many people returning to work the next day.

Borisuth suggests asking yourself a few questions when considering the procedure. "What are your reasons for having surgery?", he says. "Are your expectations reasonable? Do you have the patience to work with the doctor if complications occur?"



Submitted  
Lindsay Hocker is thankful she received it.

Complications of Lasik surgery include infection, inflammation and dry eyes, in about one in 1,000 cases, according to Borisuth, who adds that most patients use drops before and after surgery to prevent them.

Fenzl says the most common complaints after Lasik surgery are dry eyes and glare or halos around lights. "We test for dry eye pre-Lasik and treat it, if necessary. If after treatment, dry eye has improved, we can continue to surgery," he says, adding that if there is residual dry eye after surgery, it typically clears up with the help of eye drops during the healing process.

"Over or under correction are possible, as well as the loss of best-corrected vision" that a person could reach with glasses or contact lenses, Fenzl says. Successful surgery also doesn't guarantee 20/20 vision for life, he says. "Your eye continues to age, and

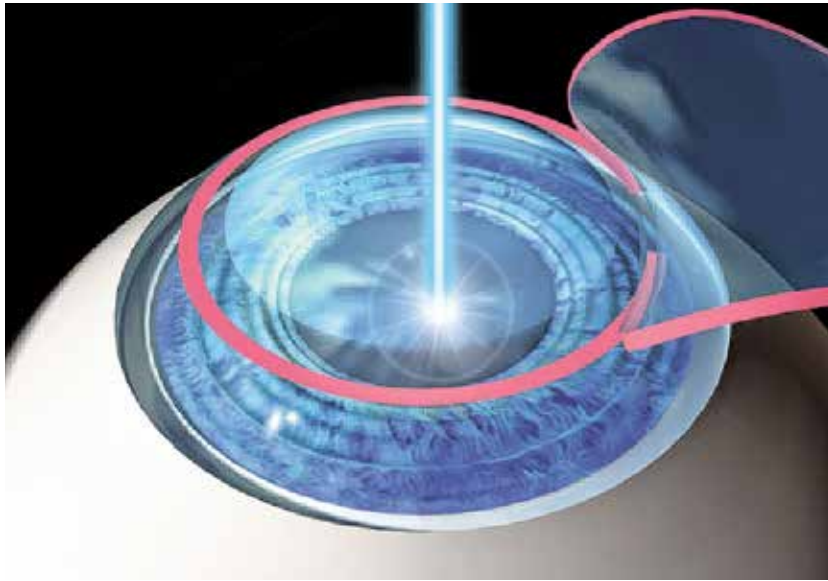
depending on your treatment, you may need reading glasses in your mid- to late-40s."

Before you are scheduled for Lasik, Viridi and Eye Surgeons do extensive screening to see if you are a candidate for the surgery.

I am one of those people who weighed the risks and rewards and decided to get Lasik once I found out I was a candidate. My dad had an earlier type of vision-correction surgery at Eye Surgeons Associates with great success, so I decided to go there, too. My surgery was in August 2013, and I cried as I got up from the surgery table — I was so excited I could see.

After surgery, I immediately had 20/20 vision in my right eye, 20/25 in my left eye, and 20/20 with both. Prior to surgery, my vision was 20/300 in the left eye, and 20/400 in the right eye, which meant I could only read the big E with my right eye





greatlasiksurgery.wordpress.com

In this illustration, a low level laser is being used in order to reshape the cornea of the person during Lasik surgery.

on an eye test before surgery.

At Viridi, the cost of Lasik is approximately \$3,900 for both eyes. Eye Surgeons charges \$5,200 for both eyes and runs specials. I took advantage of one of those, which made my cost about \$4,000. Care Credit financing is available at both places, and I took advantage of that at Eye Surgeons, too.

For me, complications were minor. My eyes were dry enough before surgery that I had to use eye drops for several weeks beforehand. I still use eye drops daily, but they are easier than dealing with contacts. Plus, I was prepared for it, so I don't mind.

One completely new thing for me post-surgery is experiencing the halo effect. At night, sometimes lighted objects starburst or have circles (halos) around them, so streetlights and electronic signs take on a whole new look. While researching for this article, I found out dryness contributes to this, so perhaps if I used more eye drops, eventually, it would go away. That said, I am still able to drive and get around safely at night, things just look a bit different on some nights.

Not everyone who has Lasik sees halos, and some people do not have complications, including Viridi patient Alissa Morrison, Miss Iowa USA 2016. Before surgery, she couldn't do daily activities without contacts or glasses, so she made the decision to have Lasik.

"After going home to sleep for the afternoon, I woke up with perfect vision. I have since had no side effects, and can't express how liberating it is not to be tied down by my vision," she says, in a testimonial.

The day after my Lasik surgery, I woke up and read the time on the alarm clock without having to paw around for my glasses. That morning, I drove for the first time in my life without contacts or glasses.

For months after surgery, while snuggled into the covers at night, I would have brief moments of panic thinking I needed to get up and take out my contacts, followed by sharp relief and happiness when I remembered that I didn't wear them anymore.

For me, the benefits are worth the price tag (when broken down into manageable payments), but it is a personal decision, of course. I consider being able to wake up and see right away as a priceless gift to myself.

*Lindsay Hocker is an occasional Radish contributor.*

# Lasik Seminar

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healthy living

# Growing, growing, gone!

## Area farmers reflect on their summer, prep for next season

By Natalie Dal Pra

While October usually brings a welcome relief from the summer heat, it also signals that the farmers market season soon will come to an end. Luckily, the fall season still has plenty to offer market-goers. Strawberries, tomatoes and peaches may be gone for the year, but apples, squash and sweet potatoes are welcome replacements.

For many farmers, October also lends a chance to reflect on how the year has gone as they begin the planning process for the year ahead.

Holly Jean's Greens, based out of Moline, has had a successful year thus far, with blackberries, peaches and other fruits as best sellers. Owner Holly Johnson has a pretty jam-packed market season, with booths through the Growers Markets of the Quad Cities, a booth at Skeleton Key Antiques in Rock Island that ended at the end of September, and the new Mercado Market in Moline.

Johnson jokes that once the market season is over, she finally can get some much needed sleep. "I'll actually be able to catch up on some rest after October," Johnson says. "But my schedule stays pretty busy with Growers Market meetings and planning for next year. I'm always trying to come up with plans for the year ahead. It's a year-round job."

On the docket for Holly Jean's end-of-season produce are apples, squash, lettuce and gourds. Johnson also planned ahead this year and may have corn and radishes available through the end of October.

Johnson says she didn't plant pumpkins this year, but other vendors at the Growers Market plan to offer them. "There are so many seasonal items you can find down there. Pumpkins, different varieties of squash, pumpkin pies, sweet potato pies, a lady who makes cookies — there are tons of tasty things."

You can find Holly Jean's on Wednesdays, from 8 a.m. to noon, at the East Moline Farmers' Market, in the Skate City parking lot, 1112 42nd Ave.; and on Saturdays from 8 a.m. to noon at the Trinity Moline Market, at UnityPoint Health-Trinity Moline, 500 John Deere Road, through October.

For Grinnell Heritage Farm, out of Grinnell, Iowa, the selling season doesn't end when the farmers markets close. Instead, Grinnell offers a CSA program through early winter, in addition to supplying food for grocery stores in the Des Moines region and hosting multiple market booths in Des Moines, Iowa City and Cedar Rapids.

Co-owner Melissa Dunham says it's been a busy and successful season for the farm thus far, with carrots as the biggest seller. Now, they are gearing up for a busy fall season ahead.

"Our fall, especially September through November, are one of the busiest times on the farm. We're busy harvesting root crops, preparing the facilities for winter and



Submitted

While farmers market season comes to a close, a farmer's work does not! Holly Johnson, of Holly Jean's Greens, based out of Moline, trades summer's peaches and blackberries for autumn's apples and squash.

trying to clean up the farm before the snow flies," Dunham says. "We typically harvest 30,000 pounds of storage carrots, several thousand pounds of beets, parsnips and other roots during this time."

Their winter CSA program will offer items such as kale, spinach and Brussels sprouts. Dunham says they will be harvesting crops outdoors through December, provided the winter is mild enough.

*Natalie Dal Pra is a regular Radish contributor. For more information about Grinnell Heritage Farm, visit [grinnellheritagefarm.com](http://grinnellheritagefarm.com).*

### Garlic Parmesan Zucchini and Squash

Make the most of your farmers market bounty with this tasty and easy squash or zucchini garlic Parmesan dish.

(Serves: 4-6)

- 2 zucchinis, cut into 1/2-inch slices**
- 2 yellow squash, cut into 1/2 inch slices**
- 1/2 cup freshly grated Parmesan**
- 2 tablespoons olive oil**
- 1 teaspoon garlic powder**
- 1/4 teaspoon salt**
- 1/4 teaspoon ground pepper**

Preheat oven to 375 degrees. In a bowl, add zucchini, squash, Parmesan, olive oil, garlic powder, salt and pepper. Toss with your hands to completely coat.

Place zucchini and squash on a baking sheet in a single layer. Bake for 15-20 minutes until cheese is slightly browned. Serve.

Recipe source: [joyfulhealthyeats.com](http://joyfulhealthyeats.com)



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# Factory farm moratorium?

## Conference covers water quality, community options

By Annie L. Scholl

When you turn on your faucet, chances are you're not thinking about factory farms. But that likely will change if you attend the Jefferson County Farmers and Neighbors (JFAN) Inc.'s 10th annual conference this month in Fairfield, Iowa.

The conference, "Reclaiming the Soul of Iowa: Why Iowa Needs a Factory Farm Moratorium," will begin at 7:15 p.m., Wednesday, Oct. 26, at the Fairfield Arts & Convention Center, 200 N. Main St., Fairfield.

The keynote speaker will be Bill Stowe, CEO and general manager of Des Moines Water Works (DMWW).

Stowe will touch on Iowa's water quality and the effect factory farms has on it. He also will address a solution that is being championed by the Iowa Alliance for Responsible Agriculture (IARA): a statewide factory farm moratorium.

"(Conference) attendees will leave with knowledge, inspiration and action steps to help bring this about," says Diane Rosenberg, JFAN's executive director and president.

The IARA is a coalition of more than 25 national, state and community environmental and family farm organizations that came together to address the proliferation of factory farms throughout the state of Iowa.

"Iowa has some of the dirtiest and most polluted



Submitted  
Bill Stowe, CEO and general manager of Des Moines Water Works, will deliver the keynote speech at Reclaiming the Soul of Iowa: Why Iowa Needs a Factory Farm Moratorium, the Jefferson County Farmers and Neighbors (JFAN) Inc.'s annual conference in Fairfield, Iowa, later this month.

### IF YOU GO:

**What:** "Reclaiming the Soul of Iowa: Why Iowa Needs a Factory Farm Moratorium," with keynote speaker Bill Stowe, CEO and General Manager of Des Moines Water Works

**When:** 7:15 p.m. Oct. 26

**Where:** Fairfield Arts & Convention Center, 200 N. Main St., Fairfield, Iowa

**Cost:** Free, though \$5 donation appreciated

**For more information:** [jfaniowa.org](http://jfaniowa.org)

water in the nation, and this has to change," Rosenberg says. "Our water problems affect the health and pocketbooks of millions of Iowans."

DMWW, for example, has to filter out nitrates coming from three intensive farming counties north of Des Moines, whose watershed empties into the Des Moines and Raccoon Rivers, she says.

"This comes at a cost to Des Moines residents who have to pay for the extra filtration costs. But why should they?" Rosenberg says. "They didn't create the problem."

Rosenberg adds that bacteria such as E.coli, fecal coliform and enterococci from factory farms can wind up in wells, lakes, ponds and streams, "creating a health risk for Iowans." She says in some cases, rural residents have to abandon their wells and purchase rural water because of concerns over their drinking water.

"We also see dangerous algae blooms when phosphorus levels get too high," she says.

"Recreational activities can become limited or unavailable to hard-working Iowans. Last year, there were 25 beach closings in the state."

Iowans, she says, need to understand the effect of the corporate livestock industry on water quality and feel empowered to advocate for change. That's the

reason she believes people should attend the October conference.

"We all need to feel we have the right to demand pure water for our state and that our children deserve to be handed a better legacy," Rosenberg says.

JFAN was founded 11 years ago to "educate, protect and advocate for our county neighbors who felt helpless to stop CAFOs (concentrated animal feeding operations) from being built near their homes and communities," Rosenberg says.

"People often feel powerless when a hog confinement, backed by the multi-billion dollar pork industry, is proposed. However, JFAN shows them they do have some options to protect themselves. In many cases, knowing their rights and giving them options to consider empowers these communities to speak out and let their opposition be known."

Rosenberg believes JFAN's work in Jefferson County has been effective in deterring CAFOs from coming into the county.

"At the present time, Jefferson County has 1/10th the number of the hogs as in neighboring Washington and Keokuk counties," she says. "But it requires us to be vigilant all the time as this is an ongoing issue that requires proactive commitment."

Each year, the JFAN conference attracts around 400 to 500 people. While the conference is free, a \$5 donation helps JFAN "protect Jefferson County's quality of life," Rosenberg says.

"We have over 7,000 factory farms and 20 million hogs in Iowa at any one time," Rosenberg says. "The pork industry contributes a significant amount to the deterioration of our water quality. Why should this be allowed to continue? Why should the financial interests of the vertically integrated corporate pork industry come before the health and well being of millions of Iowans? All of IARA's organizations feel enough is enough."

*Annie L. Scholl is a frequent Radish contributor.*

**"Iowa has some of the dirtiest and most polluted water in the nation, and this has to change. Our water problems affect the health and pocketbooks of millions of Iowans."**

— Diane Rosenberg, JFAN's executive director and president



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# Waste-free wedding

## RI couple gets hitched with little trash ditched

By Cindy Hadish

**R**ather than heading out for their honeymoon, Olivia Dorothy and her husband, Damon Gray, spent their first day as a married couple delivering food scraps to chickens on a farm.

The excursion was one part of the couple's effort to have a "zero-waste" wedding.

Dorothy, 32, of Rock Island, associate director of the upper Mississippi River for American Rivers, had observed the party favors, decorations and other items that end up in the trash after most weddings.

"You look at it at the wedding, and then it goes into the garbage bin," she says. "I didn't want that at my own wedding."

Dorothy, who has worked in environmental advocacy for several organizations, had watched documentaries on zero-waste living and travel, which work to keep trash from being sent to the landfill. Though she hadn't seen it applied to weddings, she and Gray, 40, discussed the potential for their big day.

"Damon definitely supported it wholeheartedly," she says. "It seemed like an interesting challenge to pursue."

The couple took numerous steps for their zero-waste goal as they prepared for their July 2015 wedding. They bought electronic save-the-dates, invitations and thank-you cards, and set up a mobile-responsive website. The few guests who weren't internet savvy were phoned, so there was no need for paper invitations.

The couple used spaces that didn't need a lot of decoration, such as the Freight House in Davenport, "because they were beautiful on their own," Dorothy says.

Dorothy borrowed a wedding dress from a friend, and her bridesmaids wore their own black dresses. Their hair was done at Pure Hair Studio in Davenport, which recently went zero-waste and uses products free from petroleum oils, sulfates and other compounds considered environmentally harmful. Gray and his groomsmen wore their own suits.

Bouquets and boutonnieres were created



Olivia Dorothy, center, used flowers from friends' gardens to make all of the bouquets and boutonnieres for her wedding. Photos submitted

**"A lot of the stuff I did is not exclusive to weddings. I hope people read it and learn some lessons on how to decrease their carbon footprint and keep stuff out of the landfills."**

— Olivia Dorothy

with flowers from friends' gardens, with native purple coneflower holding up particularly well. Decor doubled as favors for the guests, including lavender planted in mismatched pots from garage sales, and corncob jelly made by a local farmer. The jelly was a tribute to Dorothy's grandparents, who produced and sold corncob jelly.

Guests who were familiar with their sustainable lifestyle used cloth or reusable bags in lieu of unrecyclable wrapping paper for the wedding gifts.

"A lot of people got really creative with it," Dorothy says. "Very few gifts were wrapped in wrapping paper."

The couple used cloth linens and real plates, silverware and glasses for the wedding reception.

Some hiccups occurred the day of the wedding. Instead of rice or bubbles, they opted to toss birdseed out of cups made from an old math textbook, since Gray is a math teacher.

"I'm sure the birds were happy with the seed," Dorothy says, "but I had birdseed



everywhere — in my ears, filling my veil — and would probably recommend going with a larger birdseed.”

And while Dorothy and Gray set up a display at the reception hall explaining how to sort waste, many of the 100-plus guests didn’t understand or pay attention.

In hindsight, Dorothy says she would have paid the caterer to bus tables and sort the waste in the kitchen.

Overall, Dorothy cited eliminating food waste as their biggest accomplishment. Their caterer, Fresh Deli by Nostalgia Farms, is a farm-to-table operation that worked with their favorite local, organic farmers to prepare fresh, wholesome food for the wedding guests.

Dorothy’s mother-in-law delivered five trays of untouched leftovers to a local soup kitchen, and her step-father-in-law took home about 20

gallons of recycling for the curbside and 5 gallons of compost. About 10 gallons was shipped to Terracycle, a New Jersey company that recycles or upcycles items such as wine corks that are nonfood and nonhazardous.

In the end, only cupcake wrappers and toothpicks had to be discarded, with the total amounting to only a pint of waste.

Dorothy and Gray also enjoyed their

trip to the country the next day to hand deliver 10 gallons of table scraps to chickens at the Mad Farmers’ Garden.

“I felt so much better that I took the effort to do the extra work involved,” says Dorothy, who blogged about their zero-waste wedding at [sierraclubevg.wordpress.com/tag/zero-waste](http://sierraclubevg.wordpress.com/tag/zero-waste).

“A lot of the stuff I did is not exclusive to weddings. I hope people

**“I felt so much better that I took the effort to do the extra work involved.”**

— Olivia Dorothy



Submitted

Instead of rice or bubbles, Olivia Dorothy and her husband, Damon Gray, opted to toss birdseed at their wedding with cups made from an old math textbook (to tie into Damon’s math teacher profession).

read it and learn some lessons on how to decrease their carbon footprint and keep stuff out of the landfills.”

*Cindy Hadish writes about local foods, farmers markets and the environment at [homegrowniowan.com](http://homegrowniowan.com)*

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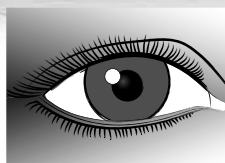
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# Wicked snacks



Todd Mizener / Radish

## 4 Halloween treats to haunt your holiday

By Laura Anderson Shaw

**I** absolutely love hosting and attending parties, especially those of the Halloween variety. I especially enjoy the planning process — what will I serve or bring, and what in the world should I put it on?

Unfortunately, I'm also very good at waiting until the last minute. Much of my creativity and many of my plans go out the window at that point, when I'm flying through the supermarket and snagging last-minute, ready-made treats I have to plop down on my everyday plates.

Not this year! This year, with help from the internet, Pinterest and a flurry of emails promoting the latest Halloween dinnerware, I've settled on four dishes that are a snap to prepare, and a delight to eat. They are adorable and festive without being overly indulgent, which makes them perfect for parties, school or work functions that certainly will be packed with candy and other sweets.

Whether you're hosting a cast of ghouls and goblins this year, or traveling to another haunt, here are a few ideas for what you can whip up.

*Laura Anderson Shaw is the editor of Radish.*



## Chips & Swamp Sauce

**B**asic tortilla chips and guacamole get a frighteningly fun makeover this month with this easy-to-assemble dish.

All you need is a bag of blue corn tortilla chips, guac, a platter and a decorative bowl. I snagged this bowl from Michaels, but there are many like it on the shelves at other area stores, thrift shops included. Be sure that the dish you are using is food-safe. This particular dish was not, so I loaded the guac into a small, clear ramekin, and then set it inside of the dish.

Then, I placed the dish in the middle of the platter and arranged the chips around it.

If you're in a rush, snag ready-made guacamole from your favorite grocery store. If you have a few minutes, here's an easy, five-ingredient guacamole recipe you can try:

### Homemade 5 ingredient Guacamole

**3 avocados**  
**2 small tomatoes**  
**2 cloves of garlic**  
**1 lime**  
**salt**

Scrape out the middle of the avocados into a mixing bowl. Add the juice of one lime, and mash it into your desired consistency. Then, chop up the tomatoes and garlic. Add them to the bowl, and salt to taste, then mix.

*Recipe source: manouvellemode.com*



## Paranormal Parfaits

**C**andy corn is perhaps one of the most iconic Halloween treats. Too bad it's a waxy concoction of essentially sugar and chemicals. While it looks adorable all piled up in a glass candy dish, it doesn't taste good enough to bother making room for it on my snack table.

But I knew my Halloween just wouldn't be the same without it, so I set out to find an alternative. Enter the fruit parfait: a tasty and colorful addition to the spread, made with fresh pineapple, mandarin orange slices and topped off with a squirt of whipped cream.

The amount of ingredients you will need for the parfaits will depend on the number you need and the size of the glasses you are using. For instance, for my two stemless wineglasses, I used about a cup of fresh pineapple chunks and 3/4 of a cup of mandarin orange slices for each, then I topped them with a couple of swirls of whipped cream. If your glasses are smaller, you will use fewer pieces of fruit. Likewise if you like pineapple more than mandarin oranges!

First, decide how many cups you'll need and which you will use, and you can sort of eyeball the rest.

For a little depth in my food display, I made a sort of cake stand with a plastic plate and a glass candle holder. It's definitely a crafty way to make the most out of the supplies you have on hand! Make your own by gluing or duct-taping a candlestick holder to the bottom of a plate. There are plenty to choose from either in your own cupboards or your nearest thrift shop.

**Recipes continued on page 32**

# Going for green

## Muscatine to receive EPA assistance for sustainable design

By Ann Ring

Muscatine, Iowa, the “Pearl of the Mississippi,” once is again becoming a cultured pearl.

The Environmental Protection Agency announced this summer that Muscatine, Iowa, is one of six communities selected to receive technical assistance with sustainable design strategies under its Greening America’s Communities (GAC) program for 2016.

Muscatine has become a Certified Blue Zone Community, part of a national initiative that brings the world’s best practices in implementing permanent environmental, social and policy changes to cities and states to help people transition into healthier behaviors that can lead to longer, happier lives. Even though Iowa Gov. Terry Branstad launched a state-wide initiative in 2011, Muscatine is only one of 15 cities in Iowa to be certified thus far.

During the Blue Zone certification process, Muscatine adopted a Complete Streets Policy, one of the “key action items” in becoming certified, says Muscatine city administrator Gregg Mandsager. Its adoption means the city has created a written transportation policy that enables its streets to be designed and built to serve all of the citizens, regardless of age, physical ability or mode of transportation, according to [smartgrowthamerica.org](http://smartgrowthamerica.org).

When the National Complete Streets Coalition reviewed and scored policies, Muscatine was named one of the 10 best in the country by Smart Growth America, an organization that advocates for more walkable and livable neighborhoods.

Complete Streets adequately provides for the safe travel of bicyclists, pedestrians, transit riders and motorists by matching the needs of travelers to the uses surrounding a street. Every “complete street” looks differently with a variety of components based on context, topography, road function, the speed of traffic, pedestrian and bicycle demand and more, such as sidewalks, paved shoulders, bike lanes, accessible curb ramps, pedestrian medians and more.

To an outsider, the changes might not seem like much, but for years, Muscatine had a certain reputation — just driving around, you knew a grain processing plant loomed nearby because of its odor and haze. It provided jobs for the small community of 22,000, so most people remained quiet. But a group of Muscatine’s citizens eventually took their frustration to the state capital in Des Moines to fight for quality



Submitted  
From left to right, Muscatine, Iowa, city administrator Gregg Mandsager stands with retired public works director Randy Hill; local Blue Zones coordinator Jodi Hansen; city planner Andrew Fangman; former mayor DeWayne Hopkins; Blue Zones Built Environment Expert Dan Burden (in the yellow vest); local Blue Zones staff member Andrew Anderson; and Becky Wampler with Wellmark in the center of the roundabout that was built as part of the Cedar Street project. It is working great, Mandsager says.

air. Since then, the plant has installed new pollution control equipment as part of a 2014 court-approved consent decree with the Iowa Attorney General’s office.

So, when the Environmental Protection Agency announced this past June that Muscatine was one of six communities across the country selected to receive technical assistance with sustainable design strategies under its Greening America’s Communities program for 2016, it was a big deal.

Representatives from the EPA were in town for meetings related to air quality, Mandsager says, “and at one of the meetings, our director of public works learned about some of the newer community-focused programs, including technical assistance related to green, complete streets.”

Representatives with the EPA suggested the Greening America’s Community program as the next logical step, so the city

applied and will receive technical assistance on adding green infrastructure to future projects, specifically the Grandview Corridor project, Mandsager says.

In the coming months, the EPA will fund a team of designers to visit Muscatine to create plans that will support a green infrastructure and other environmentally friendly designs, such as innovative ways to deal with storm water runoff and the addition of more walkable, bikeable and vibrant neighborhoods to the Grandview Avenue Corridor, as well as an attractive gateway into Muscatine through landscaping and other visual enhancements.

“In 2013, our Complete Streets policy formalized the process of safe, convenient, access for all users, regardless of age, ability or mode of transportation,” Mandsager says, “so we consider all of these when we’re building new or reconstruction projects.”

Mandsager says not only is Muscatine growing, but an engaged audience has helped spur Muscatine’s changes. The Blue Zone project was the catalyst — it engaged the public. A combination of economic development, the city council, capital improvements, some key businesses and its citizens all helped.

“It’s easier to make decisions when you have the public’s support,” Mandsager says.

*Ann Ring is a frequent Radish contributor.*



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healthy living

# Going sugar free

## Small victories yield big results

By Dylan Davis

Last November, I decided to try cutting sugar from my diet. I didn't cut out all carbohydrates, and I do slip up from time to time, but overall, I have made a huge change to my eating habits, and the results speak for themselves.

The popular diet and exercise website MyFitnessPal states, "In its natural state, sugar is a relatively harmless — even necessary — carbohydrate that our bodies need to function. It's found in fruits, vegetables and dairy as a compound known as fructose or lactose."

The problem, it states, "comes when sugar is added to foods during processing for added flavor, texture or color."

This is the type of stuff I cut out. My friends know that I still eat some breads and chips, and I drink diet soda like it's no big deal, but the things that I've cut out are the desserts, the sugar for sugar's sake. No more cookies, doughnuts or candy bars; no more baked goods brought to the office, and perhaps most regrettably, no more trips to ice cream shops or chocolate stores.

Also, some forms of alcohol are pretty high in sugar, so it helps that I haven't had a drop in more than two years.

The first couple of weeks after removing excess sugars from my diet were pretty intense. I'd get lightheaded, I had low energy and the cravings were almost unbearable. This is pretty standard, from what I had read online, but I also read that things would get better.

And they did. And it was amazing.

I've never been a big fan of going to the gym. An old ankle injury makes it difficult for me to use machines such as a treadmill for more than 15 minutes, and I'm not a big fan of weightlifting. I much prefer casually walking or riding my bike on the trails by the

Mississippi. With that kind of attitude, you'd think it would be difficult for me to lose weight.

According to Prevention.com, the average American consumes about 300 extra calories per day, simply from added sugars, and some exceed an extra 700 calories per day. If you use these numbers and cut excess sugar, you could lose one pound every five to 10 days.

Metro Creative Graphics

By cutting out the sweets, I lost 30 pounds in just a couple of months. And I barely even tried.

Rock Island Hy-Vee dietitian Chrissy Watters says that "most Americans are probably in need of a sugar detox of some kind. The American Heart Association helps put sugar consumption into perspective with clear recommendations on limits for added sugar: nine teaspoons or 36 grams per day for men, six teaspoons or 24 grams per day for women, and anywhere from three to eight teaspoons or 12 to 32 grams per day for kids and teens.





"Take a look at the label on some of your favorite foods, and you might find you easily exceed these recommendations each day."

One benefit that rapidly materialized once I cut added sugar was that I just felt better. I don't feel nauseous or bloated; I don't feel tired or lethargic; and probably most importantly, I don't get depressed about how I feel, physically, because I feel so much better.

My long struggle with insomnia, while not cured, has lessened dramatically. All of this has its own effects as well. It's easier to focus, I'm more productive at work and I get more done at home.

Sarah Wilson, a blogger for Women's

Health, says once she cut excess sugar, her skin improved, she stopped thinking about food all of the time, her moods improved and some of her various physical pains disappeared.

Medically, cutting sugar has obvious benefits, including a reduced risk of various cancers, diabetes, heart attacks and heart disease, and liver disease. Some studies also have found that risks of Alzheimer's and dementia are reduced. Your bad cholesterol levels are lower, your blood is healthier, and your brain is happier. Any basic internet search will pull up a list of benefits that just goes on and on.

When it comes to cutting back on your sugar consumption, Watters suggests identifying the types of sugar you want to cut.

"The good news is you don't need to cut out natural sugars that

are found in fruits, vegetables and dairy products," she says. "The bad news is you will need to start looking at product labels for the more than 50 names for added sugar, such as honey, evaporated cane juice, dextrose and high-fructose corn syrup."

Watters adds, "The key to cutting back on sugar is teaching your taste buds a few new tricks. Cut out one sugary item each week from your diet. If you put three teaspoons of sugar in your coffee, reduce it to

just two until your taste buds adjust. Instead of eating your morning doughnut, try blueberries and a hard-boiled egg. You still get a sweet taste from the blueberries, but now, it comes in a natural form

that is also packed with fiber, vitamins, minerals and disease-fighting antioxidants."

If you gradually shift your diet, Watters says, "you'll find you don't even care for sugary foods anymore."

If you truly can't go without that piece of chocolate after a stressful day at work, or if you enjoy baking sweet treats for friends, coworkers or family, perhaps this experiment isn't for you. But even though I slip up from time to time, I'm here to tell you, if you want to lose some weight pretty easily, and if you want to feel better physically and mentally, give this a shot. It's made my life a hundred times more enjoyable and comfortable, and I bet it will do the same for you.

*Dylan Davis is a regular Radish contributor.*

**"You don't need to cut out natural sugars that are found in fruits, vegetables and dairy products. The bad news is you will need to start looking at product labels for the more than 50 names for added sugar, such as ... dextrose and high-fructose corn syrup."**

— *Chrissy Watters, Hy-Vee dietitian*

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healthy living

# Happy fall, y'all!



## Check out these great autumn festivals

By Radish staff

Fall is the time for festivals, for gathering in the great outdoors with friends and family to soak up the fleeting colors of the season and steal a taste of the harvest. This autumn, you and yours can enjoy healthy, fun activities in picturesque settings at several events throughout the region. Here's a peek at some of this month's happenings:



**Oktoberfest**, Sept. 30-Oct. 2, in Amana, Iowa. Festival director Savanna Collier says

Oktoberfest is three days "packed full of beers, brats and live music." Bringing the German heritage of the Amana

Colonies to the forefront of the town, the festival will "make you feel like you're in Germany." Admission is \$10 for a one-day pass; \$15 for a two-day pass; and free on Sunday. For more information and a complete schedule, visit [festivalsinamana.com](http://festivalsinamana.com).



**Autumn on Parade**, Oct. 1-2 in Oregon, Ill. "Celebrate the Heartland" during Oregon's annual arts fair and farmers market just outside of the Ogle County Courthouse. The weekend includes the Harvest

Time Parade, which begins at 1 p.m. Sunday; a classic car show; an Olde English Faire; a doughnut-eating contest; a kids' fun zone; a 5K race and 1-mile fun run, and more. With the exception of the fun zone, 5K and Olde English Faire, admission is free. Admission to the fun zone is \$8; \$20 for the 5K; and \$10 for adults, \$5 for children ages 7-12 and free for children ages 6 and younger for the Olde English Faire. For more information, visit [autumnonparade.org](http://autumnonparade.org) or call 815-732-3465.



**Knox County (Ill.) Scenic Drive**, Oct. 1-2, Oct. 8-9. Car tours along the beautiful Midwestern farmland can give us access to some of



The Orion Fall Festival was held last month in Orion, but there are plenty of festivals going on throughout October!

File photo

the best scenic views. This picturesque drive offers a look into the past with its celebration of the pioneer life and Native American cultures that once flourished on these lands. Filled with "old traditions, crafts and skills," the event includes wagon rides, railroad and cabin sites, as well as arts and craft vendors. Admission is free. For more information, visit [knox-countyscenicdrive.com](http://knox-countyscenicdrive.com).



**Spoon River Valley Scenic Drive**, Oct. 1-2, Oct. 8-9.

This scenic route in Fulton County, Ill., trails through more than 15 cities that display the grandeur, history and artistry of the state. Stops include the Ellesville Opera House, lone dam and home of author Edgar Lee Masters. Admission is free. For more information,

visit [spoonriverdrive.org](http://spoonriverdrive.org).



**Galena (Ill.) Country Fair**, Oct. 8-9. Galena is a year-round attraction that hosts a flurry of festivals from wine tastings to the County Fair. But, as Galena Tourism president and CEO Chris Hamilton says, it's the fall season and the "sheer volume, quality and variety of vendors" that makes Galena Country Fair one of the most spectacular events in the Midwest. In the gorgeous Grant Park, you'll find a host of vendors displaying their artistry and talent, along with fair food, games and a farmers market. Admission is free. For more information, visit [galenacountryfair.org](http://galenacountryfair.org) or [visitgalena.org](http://visitgalena.org).



**LeClaire (Iowa) Apple Festival**, Oct. 9. Apple strudel, apple pie, apple crisp, oh my! Centered in downtown LeClaire, this one-day event is jam-packed with apple-related activities. There will be a kids' fun zone, an antique car show, cotton candy, kettle corn and multiple vendors selling pumpkins, jewelry and artisan items. There also will be an apple pie-eating contest, to boot. Admission is free. For more information, visit [visitleclaire.org](http://visitleclaire.org) or call 563-289-4242.







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outdoors



Brewing a  
good cup in the  
great outdoors

Todd Welvaert / Radish

By Todd Welvaert

One of the best things about being outdoors is the great pleasure you get to take in the small things. The once banal routine of a morning cup of coffee becomes an exquisite journey of the senses, the routine becomes a worship.

In our time outside, we've spent a lot of time finding out what works well — and more importantly, what doesn't work at all — and have narrowed the field to three contenders that make a good brew, whether you're car camping, bike touring or backpacking.

No matter how we're camping, two items

always come with us: a small, easy-to-operate stove, and a small ceramic burr grinder.

Grinding your own beans is a bit of an extravagance on the trail, but it gives you something to do while the water gets hot. The Hario grinder we use comes from Japan, and if you get past the questionable instructions, it does a great job. You can set the size of the grind by loosening and adjusting a nut on the grinder. It has a glass jar to catch the grind, and runs about \$30.

Another grinder that scores high marks comes from Prolex, which has a metal catch and costs about \$55, but it packs a little better for those

going light on the trail.

We use a small Tangria alcohol stove. These things are about the size of a hockey puck, nestled with their stands. It will burn just about anything from mineral spirits to Isopropyl alcohol or white gas. The downside is you don't have much control over temperature, but I find this true of most camp stoves.

I like the Tangria because it is so simple to use. The stove and pan rest will set you back about \$20. Add a stainless steel kettle, some clean water, and you are ready to start making coffee.





Metro Creative Graphics

Looking to brew a cup of coffee in the great outdoors? You have plenty of options for what to use.

## Aero Press

The Aero Press is a favorite because of the quality of the brew, ease of cleanup, and it packs and travels well. However, it isn't the most portable. It uses two plastic tubes, one with a plunger and the other with a small plastic cap that holds a paper filter. You put coffee in the tube with the filter and cap, fill it with hot water and press the other tube to make a pressed coffee similar to an espresso. I fill the rest of my cup with hot water for something that tastes pretty close to an Americano.

To clean it, all you do is give it a rinse after pushing the coffee puck and filter off the end of the tube.

The Aero Press runs about \$30. The one downside is that it only makes one cup of coffee at a time, which could be a drawback if you are not on a solo trip. It does make it fast, however — 30 to 60 seconds of brew time is plenty.

## French Press

We bought an older GSI stainless steel French press model that has served us very well in terms of good coffee. It makes about two large cups in one go, and it keeps it hot because the decanter is insulated.

The biggest issue with the French press is the coffee residue that makes it past the filter and screen. Cleanup also is difficult and is easiest with running water.

It makes a great cup of coffee, however, and is often our pick when we are car camping since we aren't concerned with the size of our maker, and we know that we'll have access to running water.

You can pick up a French press for about \$30.

## Snow Peak Pour Over

The Snow Peak Pour Over maker is a clear winner when it comes to portability, is a cinch to clean up, and provides a pretty good cup of coffee. It does take a No. 2 sized paper coffee filter, but will make more than one cup at a time, which can be handy.

The filter folds flat, just a little bigger than a deck of cards. It costs about \$25, and fits over a camp mug with ease.

*Todd Welvaert is a regular Radish contributor.*

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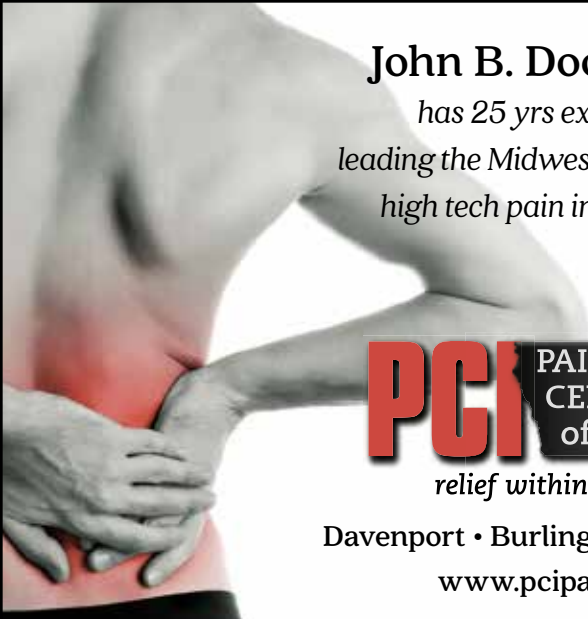
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# Move a mussel

## Mississippi River mussels relocated for I-74 bridge

By Anthony Watt

**T**he mussels, an unruly pile of animals from the size of a fingernail to as big as a hand, tumbled together into the sorting tray.

Sara Schmuecker, a U.S. Fish and Wildlife Service biologist, quickly recognized the species: pink heelsplitter, white heelsplitter, wabash pigtoe and pimpleback. They were as individual as their names. Some of their shells were rounded, smooth and long. Some were broad, humped and lumpy.

One little, warty, tan fellow — an inch-long, if that — caught Schmuecker's attention. She lifted it in her hand.

"It's a baby mapleleaf," she says. "It's tiny!"

The mapleleaf and its strange-looking neighbors were just a few dozen of the several hundred mussels that divers removed Aug. 2 from a stretch of the Mississippi River between Moline and Bettendorf. It was the second day of a massive relocation project expected to move about 450,000 mussels by the time it is finished this month.

The mussel bed is in the path of the new Interstate 74 bridge between Illinois and Iowa. Construction on the span is to begin next year. The joint effort of Illinois and Iowa has an overall cost estimated at \$1.2 billion.

Some of the mussels in the project's path are specimens of federally or state endangered or threatened species. They must be moved to nearby places in the river that experts say are as mussel-friendly.

Three federally endangered mussels species — Higgins eye pearlymussel, sheepnose and



Gary Krambeck / Radish

Kate Guild and Sara Schmuecker sort the mussels just brought up from the floor of the Mississippi river up-stream of the I-74 bridge during the mussel relocation project.



Submitted

Higgins eye pearlymussel (*Lampsilis higginsii*)

spectaclecase — are in the bridge project area. Also present are butterfly mussels, which are listed as threatened in both states, and black sandshell mussels, which are listed as threatened in Illinois.

The removals are being done by hand. Because of the poor underwater visibility, divers from Ecological Specialists, a company specializing in the work, were bringing up all species, common and rare.

All of them will be moved to new locations,

says Heidi Woeber, also a U.S. Fish and Wildlife Service biologist.

The work in August exemplified the routine. Divers brought bags of mussels, living and dead, to a barge where the live animals received an initial sort and cleaning. That included removing unwanted hitchhikers: invasive zebra mussels that compete for food and habitat. According to Fish and Wildlife, zebra mussels can cluster on a native mussel and prevent it from opening its shell to eat or breathe.

Once cleaned, the removed mussels were shipped to shore for identification and marking

**Continued on page 30**



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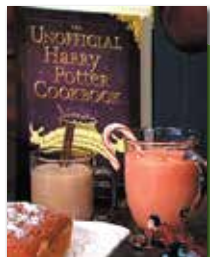
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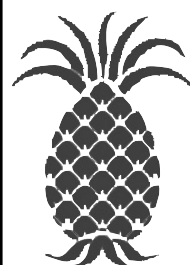
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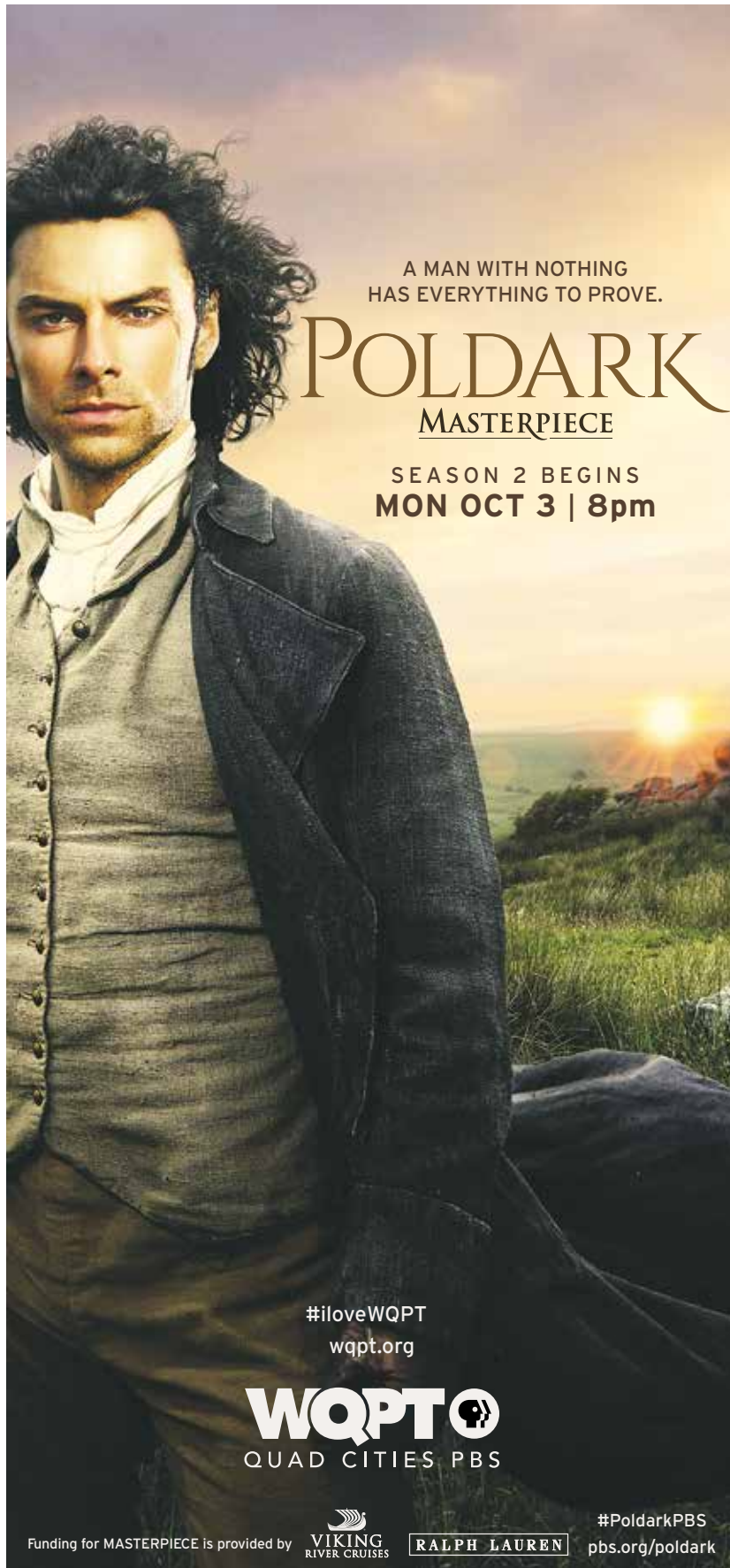
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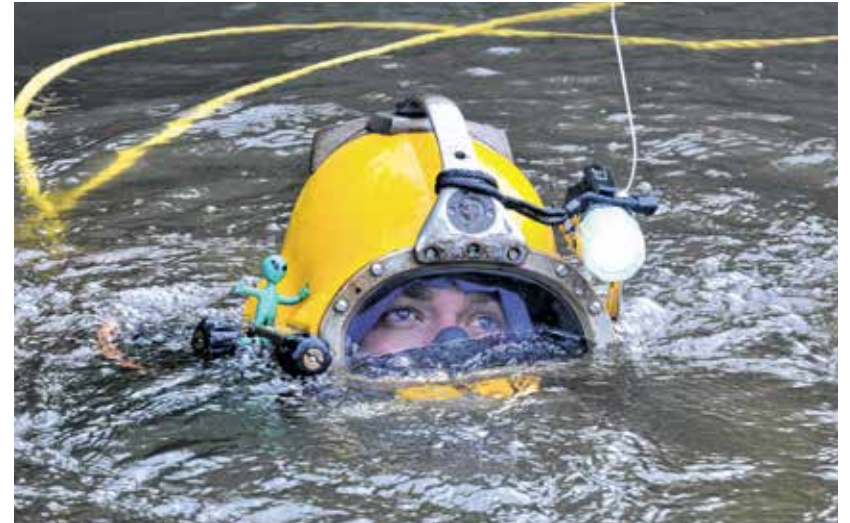


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Mussel,  
continued from page 28



Gary Krambeck / Radish

A scuba diving team member comes to the surface before returning to search for more mussels on the floor of the Mississippi River, up-stream of the I-74 bridge during the mussel relocation project.

to help future observation, then they were separated into groups for relocation. During the process, the mussels were kept in aerated tanks to keep them alive.

About 1 million mussels are believed to live in the new bridge footprint and the region around it, Woeber says. The vast majority of them will be of the 20 or so common species, Woeber says. Only 5,000 to 7,000 endangered or threatened mussels are expected to be found in the area. Though fewer than their common cousins, they are important overall to the survival of their declining species, she says.

As of early September, 75,000 mussels had been moved, Woeber says. Of those, 368 were Higgins eye, 30 were sheepnose, and there were 22 spectaclecase.

Another removal effort will occur before the old I-74 bridge is demolished in 2021, she says.

The mussels being moved are from areas deemed most at risk by the bridge project, according to Mary Kay Solberg, senior environmental specialist for the Iowa Department of Transportation. Those in less threatened portions of the construction zone will not be moved but will be monitored.

Some fatalities are expected.

Mussels perform several functions in their ecosystems, including as a measure of the health of the rivers and streams.

"They become like the canary in the coal mine," Woeber says.

*Anthony Watt is a writer on staff with The Dispatch and Rock Island Argus newspapers.*

**Once cleaned, the removed mussels were shipped to shore for identification and marking to help future observation, then they were separated into groups for relocation.**



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Sunday, October 23, 11AM - 2PM

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### Costume Extravaganza

Sunday, October 30, 11AM - 2PM

Trick or Treat in the beautiful setting of the Botanical Center! Spooky Story time in the Sun Garden, and Costume Parade at 1:30!

### Build A Scarecrow

Sunday, October 2, 11AM - 2PM

Create your very own family scarecrow! Scarecrows will be displayed in our Gardens throughout the month of October. All materials included.

### Boo Spectacular Pollinator Hike

Sunday, October 9, 11AM - 2PM

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Halloween Grub  
continued from page 19

## Bootiful Pumpkins

These tiny “pumpkins” can liven up any Halloween fare. They are part decoration, part treat — and they’re a breeze to make, and easy to eat!

Each “pumpkin” requires a clementine and a 1-inch (or so) of celery. To make them, simply peel the clementines, and remove the tiny stem that runs through their centers. Be sure to leave the fruit intact! Then, place a 1-inch piece of celery into each of the fruits’ centers.

To make a stand for them, I taped the bottom of a plate to the bottom of a cylindrical votive candle holder, and wrapped a skull and crossbones-clad scarf I had in my closet around it for a little extra decoration.



## Freaky Fruit Bowls

Berries, sliced kiwi, grapes and other bite-sized fruits make excellent finger foods at parties, especially when they’re already loaded into individual serving bowls. To put a Halloween twist on the snack, and to save yourself from having to wash some dishes later, serve the fruit inside little bowls made from orange rinds.

The bowls become a sort of snack within a snack. As you make them to hold the fruit, you’ll carve out the insides of the orange, which make a nice little bite as you work.

To begin, turn the orange on its side and cut off the top using a paring knife. Then, use the knife to cut the fruit away from its rind, following the circle around. Using a spoon, remove as much of the fruit as you can. You may need to go back in with the paring knife to scrape away what’s left behind.

Then, carve a face into the front of the orange just as you would a jack-o’-lantern, but with a fraction of the force. I opt for simpler faces, since you’re working with far less space, and without a sketch of where to cut.

Once your face is made, spoon a mix of fruit into the dish, such as berries, grapes and the like. Cover and refrigerate until serving.





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food for thought

# Just zip it

## Good or bad, zipper merging works

By Julie Stamper

With construction season coming to a close, and the building of the Interstate 74 bridge seemingly scheduled to end in 4040, it's time we have "the talk." I know that it makes us all a little uncomfortable, and affronts our Midwestern values, but we need to discuss the zipper method.

In the Quad-Cities, signage on the Iowa side of the I-74 Bridge urged drivers to "use caution," while the Illinois side of the bridge encouraged drivers to use two lanes and merge at the point, aka the zipper. While the bridge was down to one lane in each direction, I noticed that the Iowa side often was backed up for miles while the Illinois side seemed to move faster.

The zipper method seems simple: drivers use two lanes until you can't use two lanes any more, then drivers alternate every-other-car, and merge into one lane. The challenge with the zipper method lies in the fact that everyone needs to cooperate for it to work.

In an Associated Press story, Dwight Hennessy, a psychology professor at Buffalo State College in New York who specializes in traffic psychology, says Midwesterners tend to be polite and follow the rules — even unwritten ones — and get upset when others don't.

"When a rule is being violated by someone else, it frustrates us, it irritates us, it makes us angry," Hennessy says in the story. "We expect everyone else to follow the rules, and when they don't and we know they're getting an advantage, it ticks us off."

Don't get me wrong — I've been the angry motorist who thinks the cars passing by in the open lane are breaking the rules by "cutting" in front of everyone. But once I embraced the zipper method, those feelings all went away.

I use the I-74 bridge at least twice each day, so I've had time to observe a few things. First, people are very animated in their cars. There is a lot of the shaking of heads and gesturing of hands and craning of necks. Neck craning is usually accompanied by large, unbelieving eyes.

Second, people can do a lot while driving. Breakfasts are eaten, coffees are



In this 2015 photo, Iowa-bound traffic on Interstate 74 was backed up past Avenue of the Cities in Moline. Embracing the zipper method can alleviate problems like this during road construction season.

File photo

sipped, iPhones are used, papers are read — it's like we're all driving in a slow-moving breakfast nook.

Third, some people just refuse to let other people get in front of them. I don't know if it's because some people are competitive by nature, or if people think they have a right to premium road position, but some of those drivers would rather tap the bumper of a state trooper in front of them than let someone in.

A fourth phenomenon of note during construction: The Straddler. This is the motorist who either doesn't know about the zipper, or doesn't understand it, so they use their vehicle as a device to impede the travel of the zipper mergers. Not only am I concerned about the safety of moving one's vehicle in front of another to stop them, but I'm fascinated by the psyche of the person driving the

straddler. They literally own the road.

Missouri, Kansas, Minnesota and Washington have adopted the zipper method as the official way of merging traffic. According to The Associated Press, Minnesota seems to be struggling the most with its inner traffic etiquette adviser. The state began promoting the zipper merge in the early 2000s, and first called it the "dynamic late merge." That used a method similar to what Iowa and Illinois use now, where traffic signs use sensors to determine when traffic is becoming congested and turn on messages advising drivers when to merge.

After a couple of name and system changes, in 2011, Minnesota transportation officials launched a campaign to educate drivers about how the merge works.

Regardless of what it's called, this writer believes in the zipper method. The next time you're in traffic, and you come up to a construction zone, feel OK about driving up in the second lane until the merge point. Smile and wave at other drivers, and treat them the way you want to be treated.

If we adopt the zipper method, we can all get along, move more efficiently in traffic, and know that we aren't as confused as other states. And that, my friends, we can put in the "win" column.

*Julie Stamper is a regular Radish contributor.*





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