

GLOBAL CHANGES, LOCAL IMPACT • UNDERSTANDING ADULT ADHD • THE JOY OF BREAD

MORSEL

neighborhood.coop

Fall 2021



FREE

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Fall 2021

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{CO-OP THROW BACK}

This is what the store looked like the last time that Neighborhood Co-op issued patronage dividends. In 2005 patronage dividends were issued based on 2004 owner sales of \$519,000 divided by total 2004 sales of \$1,326,000. Net income in 2004 was about \$14,000 so about \$5,000 was distributed among 596 owners in proportion to their patronage.

MORSEL

A QUARTERLY PUBLICATION OF
NEIGHBORHOOD CO-OP GROCERY

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EDITORIAL POLICY

Morsel is a quarterly magazine produced by Neighborhood Co-op as a means to share news from the Co-op, promote local food, celebrate the seasons, and inspire our owners and patrons to enjoy a healthy lifestyle full of delicious and nutritious food. The views expressed in Morsel are the authors' and do not necessarily reflect those of the Co-op's directors, staff, or ownership. Health and nutrition articles are for informational purposes only and do not constitute medical advice.

SUBMISSION POLICY

Morsel accepts submissions on an ongoing basis. Letters, articles, artwork and ideas are all welcome! We reserve the right to edit content for brevity and clarity. Please send inquiries and submissions to amy@neighborhood.coop.

OUR STORE

1815 W Main Street, Carbondale, IL 62901

Neighborhood Co-op is a cooperative grocery store owned by members of our very own community. Most of our staff are even owners! We are a founding member of the National Cooperative Grocers, a network of more than 200 cooperative grocery stores all across America. We combine our buying power to bring you the best food at the best value while staying locally governed. We work hard to support our community and improve our local food system.

OUR MISSION

Neighborhood Co-op Grocery aims to serve the needs of its owners and patrons by providing wholesome foods, economically, in the cooperative tradition and in ways that best promote the health of the individual, the community and the earth.

BOARD OF DIRECTORS

Generally, meetings are held in the Co-op Community Room once a month at 6p.m.

Contact the Board at:
boardlink@neighborhood.coop

Margaret Anderson
Kristy Bender
Lauren Bonner
Quianya Enge
Ron Mahoney

Erika Peterson
Jak Tichenor
Richard Thomas
Barbara James
Secretary: Karen Schauwecker

QUESTIONS

Email: info@neighborhood.coop or call 618.529.3533 x201

ECO PRINTING

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Sales & Events

at the Co-op

OCT.

06

Wellness Wednesday
10% off all wellness items!

09
15



Super Sale
All customers receive deep discounts on many products throughout the store!

NOV.

03

Wellness Wednesday
10% off all wellness items!

01
30



Owner Appreciation
Owners receive a 10% off coupon good toward any one transaction they choose during the month of November.

25

Thanksgiving Day
Co-op is closed all day.

DEC.

01

Wellness Wednesday
10% off all wellness items!

25

Christmas Day
Co-op is closed all day.



GENERAL MANAGER'S REPORT



FRANCIS MURPHY

What are patronage dividends?

The practice of distributing patronage dividends has a long and auspicious history among cooperatives of all types. The idea is simple in theory. The co-op takes the net income arising from owner transactions and allocates this income on a strictly proportional basis back to those whose business transactions have produced the income. Usually, some significant portion of the allocation is retained by the co-op for as long as it may be needed for capital purposes.

Patronage dividends offer significant tax benefits to the co-op and its owners. Amounts allocated to owners are deductible to the co-op, even if a small part of that allocation is currently distributed, while owners need not include any part of the allocation in their taxable income. Earnings allocated as patronage dividends are therefore not taxable to the co-op or its owners.

Until this year the Co-op had not issued patronage dividends since our relocation to the Murdale Shopping Center in 2006. For at least a decade after our relocation we did not issue patronage dividends because the Co-op owed no federal or state income tax due to the huge losses that we experienced between 2006-2008. There was no tax advantage to the Co-op to issue patronage dividends for many years because businesses of all types are allowed to carry forward their losses to offset current net income.

In more recent years we have seen declining profitability due to many factors, including the downsizing of SIU and the consequent shrinking of the market, unprecedented competition from Kroger and the resulting downward pressure on margins, and rising personnel expenses, including increases in the minimum wage. Until last year there had not

been enough net income in recent years to justify the administrative expense of distributing patronage dividends.

However, thanks to your support, the Co-op had its most profitable year ever in the fiscal year that ended on December 31, 2020. Net income before taxes was \$115,588. The portion of the net profit that was attributable to owner purchases was \$58,831 or approximately 51% of sales. Based on the portion of the profit attributable to owner purchases, the Board declared a patronage dividend totaling \$58,831, with 20% or \$11,766 being distributed as store credit and 80% or \$47,065 being retained by the Co-op. They also decided on a \$2 minimum distribution which included 1,257 owners in the payout.

Owners receiving a patronage dividend have had a store credit associated with their owner number at the cash registers since September 15. The store credit can be applied to purchases, received in cash, or donated back to the Co-op. Whichever way you choose to use your store credit, you will need to do it within 90 days of September 15, 2021. Store credits not used by December 14, 2021 will revert back to the Co-op. For a store credit not claimed by this cutoff, the Co-op may decide to keep the funds and pay taxes on them or direct the funds to charity or other purposes.

Your continued support has allowed the Co-op to increase its profitability and to return a portion of that profit to its owners. Specific information on the amount of your total purchases and the calculation of your patronage dividend, as well as some frequently asked questions, are on the back of the letter that was mailed in September. Thank you for shopping at your co-op!



Climate Change

by *Richard Thomas*

In 1878 Augustus Thomas, a sixteen-year-old boy who would become my great grandfather, did not die from his yellow fever infection in his home at Hickman, Kentucky, during the great yellow fever epidemic of that year. His parents, a brother and sister, and many thousands of others along the entire lower Mississippi River did die that summer and fall. Much of that death and economic devastation was due to widespread failure to adhere to public health measures, which has an uncomfortably strong resonance with our present situation. Aside from my being here to write this piece, what does this have to do with the Neighborhood Co-op? The quick answer is both the yellow fever virus and the SARS-CoV-2 virus have spread widely thanks to a lot of help from humans, and we live in a time when movements of pests, pathogens, and invasive species are rife and are having increasingly large effects on many aspects of our lives. We have seen this over the last year and a half in the severe supply chain disruptions of many products, including those carried in the Co-op.

We humans have co-opted for our benefit much of the land surface of Earth, and whether by accident or design, many other species have followed us in our increasingly frenetic travels around the planet. Pathogens such as the African swine fever (ASF) virus can upend pork supplies around the world in short order. The ASF outbreak in China in 2019 seriously disrupted the meat trade there, which increased hunting pressure, which in turn increased the chance that a virus like SARS-CoV-2 could spill over into humans. While this route of transmission is still speculative, it is sadly very plausible. All of our cereal crops are just a few mutations away from major losses to pathogens, and huge effort is expended to keep that from happening. Much has been written about how our agricultural systems could be changed to minimize our exposure to these risks. That is a subject for another time.

On the local level, one of the great reasons to live in southern Illinois is the huge diversity of plants and animals that have made it home for millennia. This hospitality has the downside that many invading species find a congenial home here, as well. Some organisms get to southern Illinois under their own power, possibly with a climate change assist, like the armadillos we've all noticed exploding in numbers in recent years, and, not so obviously, the Gulf Coast Tick, now confirmed to be established in Jackson County. You might want to pay attention to this tick because it carries the bacterium that causes Gulf Coast Fever, a milder relative of the deadly (if untreated) Rocky Mountain Spotted Fever, which has been here a long time (ask me how I know this). Many other species get here through direct intervention by people. I could fill my available space with a list of the invasive plants from around the world afflicting my little patch of woods, despite our efforts to control them, and crowding out many native species. These invasives are generally not palatable to native insects and so reduce their populations, which in turn reduce populations of birds and other animals that depend on them.

We know there will be more epidemics affecting our domesticated species and us; climate change will affect just about everything. Part of our job as your board of directors of the Co-op is to take a longer view of maintaining our mission to the community and the earth, and doing what we can to make us more robust to meet these challenges. If any of this interests you, consider running for the Board of Directors!

RUN FOR THE CO-OP BOARD!

- Must be an owner to run.
- Terms are 3 years.
- Board meetings are once a month at 6pm.
- Board members put in about 8-12 hours per month working on Co-op matters.
- A monthly stipend is issued to each board member as thanks for their service.
- Board members are responsible for overseeing the Co-op's strategic direction and ensuring its economic health. They do not directly participate in operating the store.
- Applications available at www.neighborhood.coop

**NEXT ELECTION
SPRING 2022**

COMMUNITY CONNECTIONS

Wooden Nickels is back!



Our third quarter **Wooden Nickels**

recipients are **Richard Buckminster Fuller Dome** and **Friends of Illinois Nature Preserves**

Richard Buckminster Fuller Dome is a not-for-profit corporation organized in 2002 dedicated to honoring Buckminster Fuller's legacy. The vision is to further Bucky's work, principles, and commitment to addressing humanity's most basic needs. They do this by preserving his dome home and providing programming in the spirit of Buckminster Fuller's ideals. Funds will be used to continue our extensive renovation project.

Friends of Illinois Nature Preserves works to support the Illinois Nature Preserves System by advocating for and finding increased support, resources, funding, and staff for the system and assisting local volunteer communities as they help restore and care for their Illinois biodiversity reserves.

Visit neighborhood.coop if you know of an organization that could benefit from our program.



2021 Co-op Farm Crawl

The Co-op and Food Works would like to thank everyone for their support of this year's Farm Crawl! We had a great turnout with hundreds of patrons traveling through Southern Illinois to see and learn about our local farming community. As a result, we raised over \$2,600 for Food Works!

The Crawl is not just about raising money for a cause, but it's our goal to educate consumers about the unique resources we have in this region. We encourage continual support for locally, family run farms that have the ability to produce a sustainable food system for our region. We also love talking with our farmers and appreciate the love and care that goes into the food and products they produce! Caring for the soil and committing to regenerative agricultural practices is vital for the future of a sustainable food system.

To our farmers who volunteer so much of their time - you are the pioneers who worked through many challenges in order to follow your passion. The knowledge and wisdom that you shared in hopes to inspire others and to promote the importance of change in creating a healthier food system is invaluable. Thank you to - Big Muddy Hogs, All Seasons Farm, Wichmann Vineyard, Buffalo Bluffs Hemp Farm, Rolling Oak Alpaca Ranch, The Flock Farm, Bison Bluff Farms, and Back Achers Farm

We so appreciated those that volunteered; you were instrumental in helping things run smoothly on each farm. Thank you for your kindness and time.

A big thank you to each of our sponsors - Southern Illinois Healthcare, The Fork & Vine, AES Solar, Blue Sky Vineyard, and the Daily Egyptian. Your support helped make this event a success!

We hope to see everyone out at the Crawl next year!

Food Works is a non-profit organization facilitating the development of a regional food economy in Southern Illinois. Every ticket that was purchased went to support this great organization.



GLOBAL CHANGES, LOCAL IMPACT

by Monica Tichenor



How Climate Change Affects Local Food Systems

Rising temperatures. More frequent and powerful storms. Shrinking fresh water sources. Extended drought. Raging wildfires. Unprecedented flooding. It's no secret that Planet Earth has been experiencing intense climate upheaval in recent decades, triggering extreme weather events resulting in mass destruction, catastrophic loss of life, and billions of dollars of economic damage. Just a quick check of daily news headlines confirms this increasingly all-too-familiar phenomenon.



Climate Change Basics

While it's true that our planet has undergone natural climate cycles over the course of millennia, swinging from Ice Age to hothouse and back again seven times in the last 650,000 years alone (thanks in part to events such as volcanic eruptions, solar cycles, and small changes in the Earth's orbit, tilt, and spin), these climate cycles occurred over the course of thousands to hundreds of thousands of years, not over decades as we see now.

NASA Global Climate Change (climate.nasa.gov) reports that the rise in carbon dioxide from human activity is increasing at least 250 times faster than it did from natural resources after the last Ice Age. This change is confirmed in the latest report of the United Nations' Intergovernmental Panel on Climate Change (IPCC), released August 9, 2021, which reports not only that climate change is real, widespread, rapid, and intensifying, but that the Earth's warming trend is unequivocally linked to human activity since the mid-20th century. [Read the full report here: <http://www.ipcc.ch/assessment-report/ar6>]

Dr. Trent Ford, Illinois State Climatologist, agrees that the Earth's climate has undergone significant change over the course of its 4.543 billion-year lifetime and that human activity is the primary catalyst of the climate change we're seeing here and around the world.

"The rapid changes we have observed over the past 150 or so years are distinctly different, because (1) they are primarily caused by increased human-sourced emissions of greenhouse gases, including carbon dioxide, which traps radiation from the sun and warms the planet, and (2) they have occurred at a much faster rate than any time in at least the last million years," says Dr. Ford, who adds that rising global average temperatures (first observed during the Industrial Revolution) are directly linked to global atmospheric carbon dioxide concentrations.

"Carbon dioxide is one of the primary drivers to temperature variability throughout Earth's history, but dramatic increases in carbon dioxide concentrations over the last 150 years are anthropogenic, or human-sourced," says Dr. Ford. "And because our global climate system, which includes the atmosphere, land, and oceans, is so complex, regional climates have changed in different ways and different magnitudes, as well."

Land use changes initiated by human activity, such as the conversion of natural forest into farmland or pasture, also compound the effects of climate change, says Dr. Ford.

"While humans emitted more carbon dioxide in the atmosphere, historical and continuing deforestation has reduced carbon storage or sequestration in global lands. In another example, poor soil and water conservation practices exacerbate soil erosion problems that occur because of increases in precipitation and precipitation intensity."

Climate Impact on Illinois Agriculture

Agriculture has always been vulnerable to extreme weather patterns. For example, both drought and excessive rain can delay planting, destroy crops, and erode fertile topsoil.

As one of the top 10 agriculture-producing states in 2020, according to the U.S. Department of Agriculture, Economic Research Service's Farm Income and Wealth Statistics, Illinois is susceptible to the negative impact of severe weather caused by climate change.

"Heavy or intense precipitation has increased in both frequency and intensity, and is projected to continue increasing throughout the 21st-century in Illinois," says Dr. Ford. "Extreme precipitation creates multiple impacts to agriculture, including (1) inundation of annual and perennial crops, (2) reducing time and flexibility for planting, harvest, and field management, (3) increasing soil erosion, and (4) promoting weed and insect pest issues. Persistent, heavy rainfall also increases disease prevalence in livestock."

Higher carbon dioxide levels and warmer temperatures also contribute to crop and livestock damage, says Dr. Ford.

"Changing temperatures, both in the growing season and in the cold season, have an impact on agriculture. Observed and projected increases in nighttime minimum temperatures in particular affect both commodity and specialty crop productivity. Warmer winters and springs permit successful overwintering for damaging weed and insect pests and can increase prevalence of disease in livestock."

Continue to next page

“Everything is interconnected. If one part of the climate system changes, the rest of the system will respond.”

– Julienne Stroeve, Polar Scientist, University College, London

Climate Change and Local Food Systems

Local farmers and growers not only provide fresh, seasonal produce, herbs, and meats to the communities they serve, they also power a strong food network that supports the local economy and promotes healthy farming practices. Local food systems are resilient by design, but changing weather patterns and severe storms caused by climate change can damage or destroy crops and livestock, leading to disruptions along the food supply chain.

“We live in a global food supply chain, meaning that impacts from climate change outside of Illinois can impact folks here,” explains Dr. Ford. “One example of that is the mega-drought currently occurring in the western United States. California makes up a substantial part of U.S. fruit and vegetable production, and much of the food we eat here in Illinois (almonds, avocados, and citrus fruits, for example) is grown in drought-prone areas of California, Texas, and other states. The concentration of food production in areas of the U.S. that have experienced some of the worst impacts of climate change is a significant vulnerability of our food supply chain.”

Climate change also impacts Illinois food exports, adds Dr. Ford.

“One example of this is processed pumpkin, of which 90% is grown in Illinois. Increasing spring precipitation in Illinois makes for more frequent delays in pumpkin planting and harvest and can promote increased stress from pumpkin pests and diseases. We saw this in 2019 when there was a serious concern of pumpkin shortage around the holidays because of extremely wet conditions in spring and summer of that year here in Illinois.”

Limiting the Impact of Climate Change

After the release of the 2021 IPCC Climate Change Report and the alarming data that confirms climate change is not only real, but unavoidable, it may be tempting to throw our hands in the air and assume nothing can be done. But if human activity helped to create the climate change crisis, human activity can also help to slow down and mitigate some of its worst effects, especially the damaging impact of global warming.

According to scientists, stabilizing the average global temperature at 1.5 degrees Celsius above pre-industrial levels will help us to avoid some of the more catastrophic effects of

climate change – but we’ll still have to contend with the impact of severe heatwaves and droughts, intense storms, rising seas, and flooding, for example. If we can hold the temperature line, we give ourselves time to develop better ways to meet the climate challenges that are here now and that are coming our way in the near future.

While reaching this goal will require bold action by governments, policymakers, and corporations, some of whom have already committed to lowering greenhouse emissions by 2050, local growers and food producers can also make a difference by putting into practice more sustainable agricultural practices, which will in turn help to create more resilient food supply systems at the regional and local level.

“Soil and water conservation practices have been shown to be a good option to make more climate-resilient agriculture in Illinois,” says Dr. Ford. “Additionally, a diversified crop-livestock system tends to be more resilient to climate change, as well.”

Katie Bell, Local Food Systems and Small Farms Educator for the University of Illinois (U of IL) Extension Service for Franklin, Jackson, Perry, Randolph, and Williamson Counties, agrees with Dr. Ford’s recommendations.

“Farmers can follow soil and water conservation practices to reduce environmental impacts,” says Katie. “These practices can include reduced tillage or no-till practices to help prevent soil erosion and build healthier soils. A focus on healthy active soils provides a solid foundation for all agriculture practices, including reducing fertilizer inputs, which in turn reduces runoff and fertilizer waste.”

Diverse farming systems also do better in adverse growing conditions, whether in response to climate change or financial downturn, says Katie. Food producers can reduce the impacts of extreme weather on agriculture by making a few changes.

“Grass-fed beef operations in Illinois can focus on planting grasses native to the area, which have proven to be helpful especially during extreme temperatures or drought issues,” says Katie. “These grasses take longer to establish, but they are better suited to growing in this area than some of the non-natives currently used for grazing.”

It's Important to Support Local Food Systems

Shopping/eating local offers many health, environmental, and economic benefits. Local seasonal produce and food products are not only fresher and more nutritious (in part because less time elapses between farm to table), they also taste better, produce less waste, promote sustainable agricultural practices, and strengthen the local economy through community-based jobs. Eating local also empowers people to try new foods and to cultivate their own gardens at home.

Promoting the efforts of small- to mid-sized local producers and farmers or direct sales to grocery stores can help to raise awareness of and interest in local food systems and products, says Austin Little, Horticulture Educator for the U of IL Extension Service serving Franklin, Jackson, Perry, Randolph, and Williamson Counties.

“Carbondale is a great example of meeting consumer need with extensive outlets for local and regional produce and food products,” says Austin. “Cultivating a more robust local/regional food system involves changing consumer’s attitudes towards food and how it’s brought to them. The University of Illinois Extension Service and our state partners focus on this area, and I believe we are making progress in the right direction by getting residents interested in and excited about the benefits of local sustainable food systems.”

How You Can Make a Difference

You might wonder what you can do as an individual to reduce your carbon footprint and to help reduce the amount of greenhouse gases entering the atmosphere. Some of the ways you can take action include encouraging lawmakers to address climate change now, buying local foods and products, installing more energy-efficient appliances, driving less and using a more energy-efficient car – or using public transportation, and supporting green spaces.

Reducing or eliminating food waste is another way you can make a difference. Food that’s been thrown out goes to landfills where it breaks down and produces methane, a more potent greenhouse gas than carbon dioxide. Globally, approximately 30% of the food we produce – about 1.8 billion tons – is wasted, according to the Food and Agriculture Organization of the United Nations, which also reports that we could eliminate 8% of our total greenhouse emissions if we simply stopped wasting food. So eat your leftovers and compost scraps for a home garden – or contribute your compost to a community garden.

“Another big step you can take is to reduce your consumption of mass-produced and processed animal products,” says Austin. “Some of these products have a tremendous carbon footprint and research has shown that plant-based alternatives are lower in environmental impact and better for long-term health benefits.”

Recommended Resources

NASA Global Climate Change:

climate.nasa.gov

United Nations Intergovernmental Panel on Climate Change: www.ipcc.ch

Illinois Buy Fresh-Buy Local: buyfreshbuylocal.org/illinois

Food Works (Southern Illinois): www.fwsoil.org

Illinois Sustainable Agriculture Research & Education (SARE): illinoissare.org/index.php

Free Online Program: Climate Change in my Backyard, Sept 28 @ 7pm: extension.illinois.edu/events/2021-09-28-climate-change-my-backyard. Free program focusing on climate change impacts on the home garden and local small farms. The video also will be available on YouTube at go.illinois.edu/ccmgYouTube.



Many of these healthy and environmentally friendly foods can be sourced locally at farmers markets, produce stands, and food pantries.

“There is a lot of flexibility among these green choices, including whole grains, fruits, vegetables, nuts, legumes, and low-environmental impact fish and seafood,” says Austin. “These items also offer options for all residents regardless of socio-economic status or preference for different kinds of food. [Learn how food choices affect human lifespan and the environment in this article: theconversation.com/individual-dietary-choices-can-add-or-take-away-minutes-hours-and-years-of-life-166022.]”

Policy decisions are also necessary if we’re serious about reducing the impact of climate change and maintaining a livable world for our generation and for those to come.

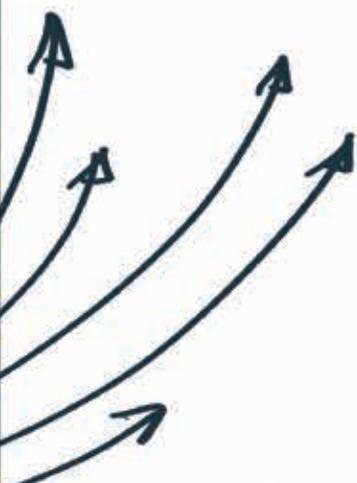
“Although I don’t have all the answers about what can be done, I do think there should be policies in place that promote good agricultural practices,” says Katie. “We should encourage policymakers to take actions that support education, sustainable conservation practices, and local food systems. Policies that focus on these concerns will benefit agriculture and our communities far into the future.”

Distracted, Not Defeated:



Understanding Adult ADHD

by *Monica Tichenor*



Always searching for your car keys? Frequently late for appointments? Struggling to stay focused and organized? Overwhelmed by responsibilities? You're not alone. (I slowly raise my hand here. Feel free to join me).

Feeling distracted, flighty, and anxious are natural responses to overstimulation and don't necessarily signal an immediate need for medical

intervention. But if you are experiencing intense symptoms of distractibility, irritability, impulsivity, mood swings, and an inability to prioritize or complete tasks, consider seeing a mental health professional. You may be struggling with undiagnosed adult attention-deficit/hyperactivity disorder (ADHD).

What is Adult ADHD?

Adult ADHD is a chronic neurodevelopmental disorder that affects over 10 million adults in the U.S., says the organization Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), the nation's largest non-profit organization serving individuals affected by ADHD and their families.

Symptoms of adult ADHD can include inconsistent academic or work performance, being easily distracted by low-priority activities, difficulty paying attention during conversations, poor time management skills, impulsive behavior, and restlessness.

"According to the DSM-5, the latest version of the Diagnostic and Statistical Manual of Mental Disorders, there are three types of ADHD – inattentive subtype, hyperactive subtype, or a combined subtype," says nurse practitioner Morgan Gant, MSN, PMHNP-BC, APN, of Integrated Health of Southern Illinois. "However, after eleven years in practice I can honestly say if you show me an individual who is hyperactive and fidgety, but NOT inattentive, then I'll show you a unicorn."

Individuals diagnosed with ADHD tend to have some level of impairment in managing mental skills known collectively as "executive function," which helps humans manage other brain functions, such as working memory and self-regulation.

"Executive functioning refers to one's ability (or in cases of ADHD, traumatic brain injuries, or Alzheimer's, one's inability to) get things done or to complete a task or series of tasks," explains Morgan. "This is the job of your frontal lobe, better known as that part of your brain behind your forehead. ADHD is a condition that leads to varying levels of executive dysfunction in areas such as time management, maintenance of attention, planning/organizing, transitioning between tasks, and remembering details."

What Causes ADHD and Why is it on the Rise?

The National Institutes of Health reports that approximately 4.4% of U.S. adults between the ages of 18-44 have a current diagnosis of ADHD, a total of about 14.4 million Americans. And a study published in JAMA Network Open in 2019 reports that ADHD diagnoses among adults of all backgrounds have increased 123% between 2007 and 2016. [See report here: jamanetwork.com/journals/jamanetworkopen/fullarticle/2753787]

Current research indicates ADHD may be linked to heredity, environmental influences, and/or some combination of both.

"Parents and siblings of a child with ADHD are more likely to have the condition themselves," says Morgan. "Exposure to toxins such as lead or substances such as drugs and alcohol in utero, being born premature, and having low birth weight have also been shown to increase the risk of ADHD."

The rise in ADHD diagnosis in adults over the past 15-20 years, however, can't all be attributed to heredity or environment factors.

"I feel the increase is multifactorial," says Morgan. "First, more people are willing to seek mental health care because of decreased stigma. Second, our current lifestyles are more demanding than ever. With all the technology at our fingertips, today's adults rarely leave their work at work and have more trouble being truly present in the moment. Third, I feel that over the past ten years, ADHD has become more accepted as a condition that can affect adults, not just school-aged children."

Symptoms of Adult ADHD

ADHD can present differently in undiagnosed adults because many of them have learned to compensate for their condition. This can pose a conundrum for mental health providers.

Continue to next page

The ADHD Iceberg

“By adulthood, most people have developed coping strategies to help manage their ADHD symptoms, so they may be more difficult to observe, even to a trained clinician,” says Morgan. “Adults don’t often do cartwheels in my office or climb on the furniture like children! However, they may be restless and fidgety – bouncing a leg up and down, playing with a pen or cell phone, tapping fingers on the table. Conversely, some adults also appear quite sluggish and are slow to respond to questions. There are also gender differences. Males are more likely to be impulsive, while females are more traditionally inattentive.”

While diagnosing ADHD in an adult can be challenging, certain behaviors stand out more than others.

“My adult patients come to me with a variety of complaints,” says Morgan. “Some of these include chronic lateness, forgetfulness (missing appointments, forgetting to pay bills on time), poor organization (cluttered car, office), frequently losing things (keys, cell phone, debit card), procrastination to the point of self-destruction (putting off any task that requires a lot of mental energy), frequently changing jobs/hobbies (i.e. getting bored with things easily), difficulty in relationships (partner says they never listen to them), and low frustration tolerance (get mad or annoyed easily and impulsively react).”

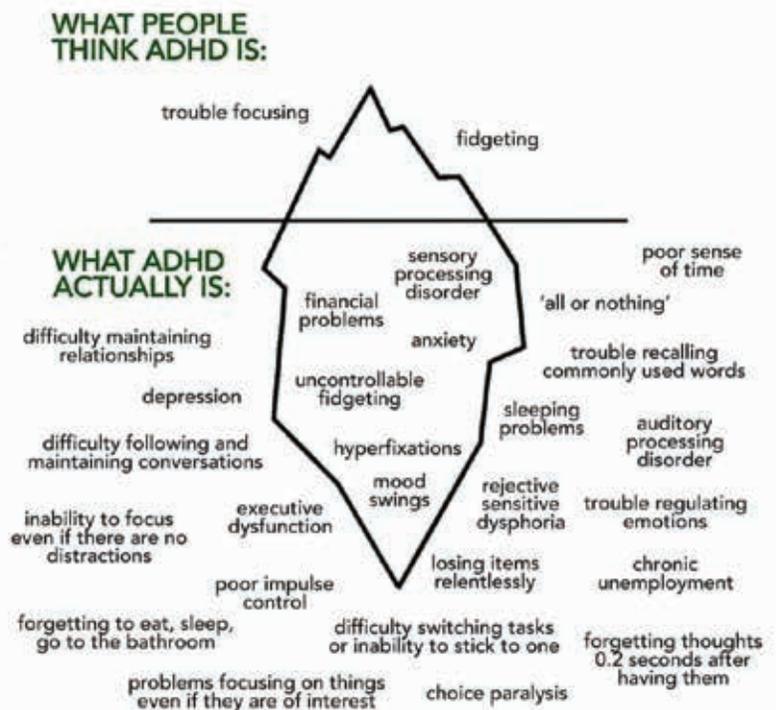
Savannah Watts of Herrin, Ill., who was recently diagnosed with adult ADHD at age 35 and is now on medication, can identify with many of those symptoms personally.

“In addition to an inability to focus in general, I forget and misplace things often,” she says. “I start a mundane task and usually end up getting distracted by subset tasks and get so overloaded that I zone out or have an emotional outburst. I’ve become more aware of the symptoms of ADHD after stumbling onto ADHD TikTok®, which prompted me to seek help.”

Diagnosing ADHD in Adults

Diagnosing ADHD in adults is a complex process, says Morgan, as it involves a structured diagnostic interview with a trained professional, as well as ruling out potential physical conditions that may cause symptoms similar to ADHD.

“If a patient has new-onset restlessness, insomnia, or irritability, that could be a sign of over-active thyroid (hyperthyroidism),” she explains. “If their complaint is mainly brain fog and forgetfulness, I may want to rule out various vitamin deficiencies (B12, Vitamin D) or underactive thyroid (hypothyroidism) through lab tests. It is not uncommon to have adults referred to me who have presented to their primary care physician (PCP) with vague complaints of restlessness, irritability, and performance trouble at work, and the PCP tried them on numerous antidepressants thinking they had depression or anxiety or both.”



Following a structured clinical interview and thorough report on the person’s history, clinicians may administer the FDA-approved T.O.V.A.® (test of variables of attention), the most widely used objective measure of attention in the world.

“The T.O.V.A.® is a computerized, neuropsychological assessment that measures a person’s attention while screening for attention-deficit/hyperactivity disorder,” explains Morgan. “Generally, the test is 21.6 minutes long and is presented as a simple, yet boring, computer game. The test measures a number of variables involving the test takers’ responses to either a visual or auditory stimulus, which are then compared to a same-age normative sample. The T.O.V.A.® is valid in adults and children as young as 4-years-old and has been shown to accurately identify 87% of individuals without ADHD, 84% of non-hyperactive ADHD, and 90% of hyperactive ADHD.”

You Have ADHD – Now What?

If you’ve been recently diagnosed with adult ADHD, don’t be discouraged. You’re in good company – and helpful resources are plentiful.

First, the positives! People with ADHD are known to be highly creative, spontaneous, energetic, versatile, and resilient with an ability to think outside of the box – and research backs up some of those claims.

“Some studies have shown that individuals with ADHD are more creative than the general population,” says Morgan. “They are also fast learners of things that interest them and have a tendency to hyperfocus on those things, which in turn could lead to extreme success in a specific area. Think of Michael Phelps in swimming.”

Savannah identifies the ability to hyperfocus as one of her most visible ADHD behaviors and credits it for helping her as an artist and with problem solving. This “superpower” also helped guide her to towards a proper ADHD assessment.

“I had to advocate hard for myself,” says Savannah. “That’s where hyperfocusing comes in handy. Once I suspected ADHD, I went down the research rabbit hole and learned as much as I could about untreated adult ADHD. I downloaded and filled out the Adult ADHD Self-Report Scale (ASRS-v1.1) System Checklist, which was created in conjunction with the World Health Organization and Harvard Medical Psychiatrists, so I would be better prepared to discuss my symptoms with a mental health professional.”

Treatment for adult ADHD typically includes prescription drugs combined with therapy and complementary interventions, but medication is still the first priority.

“ADHD is generally treated with a class of medications called psychostimulants,” says Morgan. “Most research cites that stimulants improve ADHD symptoms in 70% of adults and up to 80% of children/adolescents who are prescribed them. Non-stimulants (Strattera, Qelbree, Intuniv) are also a viable treatment option for adults (just Strattera) and children (Strattera, Qelbree, Intuniv), but only 40-50% of patients respond to them.”

One option available at Integrated Health of Southern Illinois is genetic testing to determine how patients seeking treatment for a mental health condition might react to different medications, although a specific outcome for adults with ADHD isn’t guaranteed.

“I offer GeneSight® Pharmacogenetic Testing, which does include some information about whether or not an individual is likely to respond favorably to certain ADHD medications,” says Morgan. “However, I do not feel genetic testing is overly useful in medicine selection for my adult patients with ADHD (versus my adult patients with Major Depressive Disorder, where it can be very useful).”

Complementary Care for ADHD

While medication plays a pivotal role in managing ADHD, it’s not the only piece of the treatment puzzle, says Morgan who supports a holistic approach.

“The best treatment plan for adults with ADHD integrates the lowest effective dose of medication with lifestyle modification such as exercise, sleep hygiene, diet, and therapy (cognitive behavioral therapy, mindfulness/meditation, and stress management).”

A well-balanced diet free of artificial ingredients, low in carbs, and high in protein can be particularly helpful as protein plays a critical role in healthy brain function and glucose regulation.

“Protein triggers neurotransmitters responsible for inducing alertness while carbohydrates trigger drowsiness,” says Morgan. “Protein also prevents surges in blood sugar that may increase hyperactivity.”

While many supplements claim to improve ADHD, only a few have been researched thoroughly, with Omega 3 fatty acids showing the most promise in numerous studies.

“Omega 3 fatty acids have been shown to improve global functioning in adults and children with ADHD,” says Morgan. “Omega-3s boost the body’s synthesis of dopamine, the neurotransmitter that ADHD medications act to increase. The best supplements have two or three times more EPA than DHA. Brands I recommend are Nordic Naturals and Barlean’s.”

Hope for Adults with ADHD

From medication and therapy to lifestyle changes and daily structure strategies, adults with ADHD can find help – and hope – as they move forward after diagnosis.

“I advise anyone who thinks they may have ADHD to advocate for themselves until they find a medical professional who will listen and take the necessary steps for assessment and possible diagnosis,” says Savannah. “I’ve also found resources like ADHD TikTok® and Facebook Adult ADHD support groups to be both comforting and educational. It helps to see my experiences validated by others struggling with ADHD, especially if it’s gone unchecked for decades. I’m grateful to finally have answers and to be on a treatment plan that’s right for me.”

ADHD Organizations & Online Resources

- **CHADD**(Children and Adults with Attention Deficit/Hyperactivity Disorder) – chadd.org
- **ADDA** (Adult Attention Deficit Disorder Association) – add.org
- **National Institutes of Mental Health** – nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd



Baking Memories: The Joy of Bread

by **Monica Tichenor**

According to a 2017 study by the University College Dublin (UCD), the sweet scent of bread made 89% of study participants happier and evoked “odor-cued memories,” which tend to be older memories from the first decade of childhood often associated with a parent or grandparent. Our brain anatomy also plays a role in the reaction, says Dr. Amalia Scannel, lead researcher of the study at the UCD Institute of Food and Health.

“Incoming smells are first processed by the olfactory bulb, which starts inside the nose and runs along the bottom of the brain,” says Dr. Scannel. “The olfactory bulb has direct connections to the two brain areas that are strongly implicated in emotion and memory. Bread is such a staple food in the diet of most populations and... (features) heavily in most people’s childhoods, which is why it is one of those smells that evokes such strong memories, particularly of family or childhood.”

The Cultural Impact of Bread

For Munich native and amateur baker Mark Stoffel of Murphysboro, Ill., a Digital Media Systems Specialist for SIU’s College of Mass Communications & Media Arts and a member of the bluegrass band Chris Jones & The Night Drivers, baking bread provides a tangible connection to his European roots, not just around the holidays, but all year long.

“There are many overlapping motivations that fueled my passion to become a home baker,” says Mark. “Connecting with my German and Dutch heritage is definitely one of them. I grew up in Germany and most of the baking that took place in my childhood days happened around the weekends – because cake and pastry is just a big part of the food culture in Europe – and there was never a Saturday or Sunday afternoon without the obligatory mid-afternoon coffee and cake ritual.” Mark recently paid homage to this tradition by titling his second solo album “Coffee & Cake,” released by Mountain Home Records in 2020.

While cakes, pastries, and cookies are wonderful as the occasional treat, says Mark, bread is a necessity – a basic staple in every culture and every home – and

Few holiday smells are as intoxicating as the scent of bread baking at home or wafting from the front doors of a local bakery – the delicious fragrance like a siren call beckoning shoppers inside for a warm cinnamon roll and a cup of coffee (pumpkin spice optional) before they head back into the cold in search of the perfect gift for someone special.

When the holidays approach, it’s not visions of sugarplums that dance in my head, but the smell of homemade cinnamon rolls, peanut butter blossoms (those delectable cookies with the chocolate candy kiss pressed upright in the center), and above all, soft and chewy sweet breads and rolls. At just the slightest whiff of fresh-baked bread I’m taken back to a Christmas long past and there I am at age ten, hovering over a pan of pull-apart rolls fresh from the oven, breathing in their earthy-sweet smell as I attempt to pry one free without burning my fingers.

Even the thought of the smell of bread makes me smile. What is it about this distinctive scent that makes us feel so good?

Bread Makes You Happier

Of bread’s 540 volatile compounds, less than 20 contribute to the smell of bread, but the unique combination of those 20 compounds creates a potent aroma note that can improve mood and activate specific memories.

there's no bread that quite compares to the delicious options of his country of origin.

"Those who've had the opportunity to travel to Germany will probably agree with me when I claim that the bread selection and the bread quality in Deutschland is just amazing. Soon after moving to the USA, I realized how much I missed that aspect of old-world food culture. That's another reason I took up baking."

Memories and Family Favorites

Food is love, so the saying goes, and most of us would agree with that sentiment, especially around the holidays. Favorite recipes passed down through the generations are treasures to be shared and offer a meaningful way to remember and connect with loved ones who are unable to join us around the holiday table or who are no longer with us.

"I have about a dozen cookie and cake recipes, hand-written by my mom, who passed away in 2012," says Mark. "Needless to say, they are very special to me. One that really stuck with me is her recipe for sweet braided yeast loaf, which I love to bake and eat. Naturally, my sons love it, too. They usually dip it in hot chocolate milk, while I

like to dip it in coffee. Soooo good! I also love baking 'Vanillekipferl,' a type of shortbread cookie made with lots of butter and ground hazelnuts. You'll find plenty of recipes for it on Google."

The Pretzel Gospel According to Mark

One of Mark's favorite baking stories tells the tale of his years-long effort to find and perfect a recipe for Bavarian soft pretzels – a recipe that finally came together and has now reached near legendary status both in the Stoffel household and among Mark's extended family of musicians, friends, and SIU colleagues.

"My early attempts were based on the cookbook *Joy of Cooking*, but as it turned out, that recipe was terribly inaccurate," says Mark. "Those pretzels looked just pitiful and didn't taste right. Now I know exactly how to do it, and I share that recipe with anyone. It's like spreading the gospel!"

Be inspired and put this traditional recipe to the test as a weekend treat for the family or for your next game night or holiday party. Looking for gift ideas? Gift-wrap a box of these delicious pretzels with various dips. Happy holidays!



Ingredients:

1000g (8 cups) white, unbleached, bread flour (I prefer King Arthur)
1-1/2 teaspoons salt
3 tablespoons milk (warm)
2 teaspoons dry yeast
500ml (2-1/4 cups of water)
30g (2 tablespoons) melted butter
1/2-teaspoon sugar

You'll also need:

Reynolds Parchment paper
Course salt
Food grade NaOH (Sodium Hydroxide), available online [Note: Traditional German pretzels are dipped in food grade lye prior to baking.]
Rubber Gloves, eye protection (goggles)
Enough space in your fridge or else a cool space in your house to cool the pretzels prior to soaking them in Lye.

Bavarian Pretzel Recipe – "Breze"

(by Mark Stoffel, January 16, 2016)

Activate dry yeast in warm milk and the sugar, until bubbly.

Sift flour into a mixing bowl, then add yeast/milk/sugar mixture, melted butter, salt, and most but not all of the water, then knead, with kitchen aid. Add the rest of the water as needed, work dough until firm and does not stick to the bowl. May be 15-20 minutes.

Let rest until the dough expands to twice its volume.

Divide into 20-25 portions. Roll each ball into a string, about 20" long. Keep it a little thicker in the middle, thinner on the ends. Keep the other ball, or the rest of the dough, covered so it doesn't dry. It'll make it hard to shape. Shape into whatever you want.

Place them on a board (like a cutting board) on top of a dish towel.

Let rest in a cool place, e.g. your fridge.

Prepare food-grade Lye: Completely dissolve 2 tablespoons of NaOH on

1000 ml (about 4-1/4 cups) lukewarm water. Avoid breathing in the fumes resulting in this chemical reaction.

Remove the pretzels from the fridge and let them sit on the kitchen counter for 10-15 minutes.

Pre-heat the oven to 450-degrees Fahrenheit.

Using protective gloves, dip each pretzel into the Lye, for about 15 seconds, then let the excess lye drip onto a layer of paper towels before placing them on the parchment paper on a cookie baking sheet/pan. It's okay if they touch.

Sprinkle salt on the wet pretzels and bake 'em.

Depending on how dark you like your pretzels, remove them from the oven sooner or later (15-20 minutes).

Remove the parchment paper right after getting them from the oven. Done!

Easy Holiday Crafts for Kids

The holidays may look different this year than in years past, but there are plenty of ways to make the season memorable for the little ones in your life.

After the initial excitement of holiday break wears off, kids can get antsy and bored, especially if they've been cooped up inside due to bad weather. You can put their restless energy to good use, engage their imaginations, and strengthen their fine motor and executive function skills by making holiday crafts together using common household items or simple craft supplies from your local craft store.

We've provided two holiday craft ideas – the Santa Advent Calendar and Popsicle Stick Menorah – and encourage you to

visit PBS Parents (pbs.org/parents/holidays) where you'll find tips for celebrating holiday traditions, holiday booklists, and DIY projects for crafts, ornaments, and wrapping paper. You'll also find fun holiday craft ideas online at Good Housekeeping, The Spruce, and Pinterest.

You can also expand your children's minds by looking up winter holiday traditions from around the world. You can explore further online, but a good place to start is a series of short videos about world holidays posted online by Illinois PBS LearningMedia at illinois.pbslearningmedia.org/collection/all-about-the-holidays.

Best wishes for a safe and happy holiday season!

Santa Advent Calendar

Source: mommymusings.com

You will need: Red and white construction (or card stock) paper, cotton balls, crayons/markers, glue or tape, hole punch (optional), safety scissors.



Step 1. Draw Santa's head and red hat on pieces of white and red construction paper and cut with scissors. Or, download and print (on card stock) the image shown at mommymusings.com/wp-content/uploads/2017/11/Santa-Advent-Calendar-PDF.pdf and skip to step 3.

Step 2. Draw on Santa's eyes, pink cheeks, and nose using crayons or markers, then draw 25 circles to create the shape of his beard and jot down numbers 1-25 inside the circles.

Step 3. Tape up on the wall or punch a hole and loop ribbon through it to hang in a common area at home. Make sure kids can reach the Santa to attach the cotton balls!

Step 4. Starting December 1, have kids tape up a cotton ball on each day until Santa's beard is complete.

Popsicle Stick Menorah

Source: creativejewishmom.com

You will need: 13 popsicle sticks, acrylic paint or markers, paint brushes, glue, yellow construction paper, safety scissors



Step 1. Decide on the design for the menorah and pick what colors to use to paint or color the popsicle sticks.

Step 2. Paint the popsicle sticks with acrylic paint or use colored markers.

Step 3. Glue four of the sticks together to make the menorah, and then glue nine popsicle sticks to the menorah to look like candles (the 9th candle is the helper candle in the center).

Step 4. Draw nine flames on the yellow construction paper and have the kids cut them out.

Step 5. After the glue applied to the popsicle sticks dry, glue one flame to the top of each candle.

Pro Tip! Instead of regular Elmer's glue, try Beacon 3-in-1 Advanced Craft Glue, which costs about \$7 at Wal-Mart or your local craft store. The glue is crystal clear, grabs the items to be glued instantly, and dries fast.

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Don't have time to cook all your extras for your Thanksgiving meal? The Co-op can help! Our Deli has many holiday side dishes: Cranberry Relish, Maple Glazed Yams, Green Beans Aux Champignon, Rosemary Roasted Potatoes and more!

