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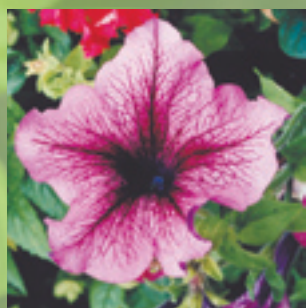
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NO BLARNEY HERE...

On our trip to Ireland this winter, we traveled around with Switchback, a Celtic music group, who have performed at TNG. Our group of 15 watched them play in pubs from Dublin to Killarney to Galway as we traveled in our tour bus. As we visited the old Castle in Blarney, I was able to kiss the Stone of Blarney.

The mysterious promise there follows: "Whoever kisses the "Stone of Blarney" will be given the "Gift of Eloquence". Now that the gift has been bestowed upon me, I would like to pass along some of my "Eloquence"...

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CALENDAR OF EVENTS

- | | |
|------------|---|
| May 21- 22 | Cave Concert
featuring Switchback |
| June 12 | Cave Concert
featuring Big Blue Sky |
| June 25-27 | Doc Hamill Driving Clinic |
| July 16-18 | Music and Kayaking Extravaganza |
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from the editor



Jennifer, Alexander and Brandy Welvaert cheese for the camera after a Radish cover shoot. (Photo by Paul Colletti / Radish)

It's not every baby who makes it onto the cover of a magazine. Of course it helps if you smile on cue at four months, look impossibly cute in your cloth diaper and — maybe most importantly — keep your doting auntie, who works on a magazine, wrapped around your chubby little finger.

If you haven't already guessed, that's my nephew, Xander, on the cover. There he is again in the photo above, with his mom, Jenn, and me, his hopelessly devoted aunt. Isn't he cute?! Alright, alright, I'll stop now.

I started by saying that not every baby makes it onto the cover of a magazine. It's also true that not every person gets to spend a day — a work day, mind you! — hanging out with her family as a crazy-talented photographer — in this case, Paul Colletti — snaps photos. Then again, just about every day of the last five-plus years that I've worked on Radish has felt a lot like hanging out with family. I'm going to miss it.

Yes, this is my last issue as editor of Radish. Though I'm moving forward willingly, even excitedly, it's hard to leave my Radish family. I hugely appreciate all the people who come together to make Radish what it is — contributors, readers, advertisers, and of course, my co-workers. Thanks from the bottom of my heart to all of you.

In May you'll see a different but certainly familiar face on this page when Joe Payne resumes his role as editor of Radish. Joe founded Radish and has been the publication's guide and utmost steward all along. Simply put, he'll take care of ya.

As for me, I'll be around. I twisted Joe's arm, and he's promised to let me contribute to the magazine. I also plan to hit as many Radish events as possible — because if Radish is there, it's bound to be a good time.

— Brandy Welvaert
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

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Gerald J. Taylor
PUBLISHER

Joe Payne
MANAGING EDITOR

Brandy Welvaert
EDITOR
(309) 757-4905
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Terry Wilson
NICHE PUBLICATIONS MANAGER
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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

contributors



Mari Loehrlein is a professor of horticulture at Western Illinois University in Macomb, Ill., where she teaches courses in horticulture and landscaping. She is a gardener who is developing a backyard woodland, which has been certified by the National Wildlife Federation's backyard habitat program. Her Web site about sustainable landscaping practices is sustainablelandscaping.us. Read Mari's first contribution to Radish on page 30.



Christina Griffiths is a native of Milan, Ill. She teaches English as a second language at Black Hawk College in the Quad-Cities and often slips off her shoes after her students clear out. She enjoys being outside, reading, coaching softball and going barefoot in most elements — excluding the Midwest's more frigid temperatures. Read her essay about the benefits of going barefoot on page 40.



Anthony Watt is a reporter for The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. Tony reports on the tough stuff by day — public safety, government and anything else assigned by his editors. In his free time, he enjoys reading, writing, hiking, cooking and otherwise exploring the world. Read his story about the new Saukenuk exhibit at Black Hawk State Historic Site on page 6.



B.J. Smith blogs about bicycling and has written on topics as diverse as banking, RVs, paper and plastics, Cedar Rapids history, travel, software products, corn sweeteners, avionics, contactless payments technology and sagebrush control. He is the author of "Miles to Go: An Alzheimer Journal" and co-author of two other books. Read his story about five great bike rides on page 20.



Janet Clark is a freelance writer living in Iowa. She has had more than 400 articles published in print and online. Her work has appeared in The Iowan, Iowa Gardening, Friends Journal, The Des Moines Register and Today Magazine. She has also written a novel, "Blind Faith." Her Web site is janeteclark.com. Find her story about three unique types of massage on page 24.

Also contributing to this month's issue are **Elizabeth Janicek** ("Spring clean your yoga mat!" page 26); **Leslie Klipsch** ("Lean and green," page 12); **Jen and Ted Knights** ("Rain in the garden," page 28); **Susan McPeters** ("Secondhand deals," page 16); **Ann Scholl Rinehart** ("Your poo and you," page 14); and **Jeni Tackett** ("P is for nutrition," page 32).



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the grapevine

Spring is in the air, and it's time to hit the trail for fun, healthy events. Here's where you can meet up with Radish around town this month:

- 2nd Annual WIU-QC Health & Wellness Fair, 9 a.m.-3 p.m. April 9 at the Western Illinois University Quad-Cities Campus, 3561 60th St., Moline. The event is free and open to everyone. For more information, turn to page 12.
- 'Fresh' movie showing, 6:30 p.m. April 15 at the Moline Public Library, 3210 41st St., Moline. A panel discussion will follow the film. For more information, call the library at (309) 762-0609.
- QC Earth Week Fair, 10 a.m.-4 p.m. April 17 at the QCCA Expo Center, 2621 4th Ave., Rock Island. Free admission. At 12:30 p.m., representatives from Radish, Heritage Natural Foods and GreenBottoms.com will present information about raising your baby the eco-friendly way. For details about the event, visit qcearthweek.org.
- Palmer College of Chiropractic Performance from the Ground Up — A Chiropractic Sports Symposium, 3-7 p.m. April 21 in the lobby and in room 219 of the Palmer Academic Health Center, 1000 Brady St., Davenport. Admission is free. For more information about the event, read the story on page 13.

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

On the Road
with
Radish

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Show your stuff! Shoot video for Radish Reels

Whether you're armed with an easy-to-use digital Flip camera or much more professional equipment, Radish invites you to make a short environmental documentary and submit it to Radish Reels, a new, online collection of videos. Your digital mini-documentary can be as simple or as complex as you like and as your level of technology allows.

There are just two rules for submitting to Radish Reels: Your mini-documentary must be three minutes or less, and you must upload it to the Radish Web site.

To upload your documentary, visit radishmagazine.com. As soon as you upload your video, other readers will be able to watch it!

Need ideas? Your contribution to Radish Reels could feature a natural place, such as the Mississippi or Wapsipinicon River; your favorite farmers' market; an Earth Day event or cleanup; or even spring flowers in your yard or garden.

Entries are due May 10. Selected mini-documentaries will be shown at the 2010 Healthy Living Fair, slated for June 19 in Davenport.



Coming next month in Radish ...

- In pursuit of the Dalai Lama
- YogaG: Yoga for a cause
- 2010 farmers' markets
- How to raise a little locavore
- Velosophie: Books and bikes come together
- An introduction to functional medicine

healthy living from the ground up

features



8 Earth Day turns 40
Radish tells you where to go for good, green fun.

10 Pink, blue and green
10 tips for raising baby the eco-friendly way.

18 100 Acts of Green
Radish gives you 100 ways to celebrate Earth Day.

in every issue

2 from the editor

3 contributors

4 the grapevine

34 rooting around

38 resources

on the cover



Alexander Welvaert shows off a spiffy cloth diaper from Greenbottoms.com. (Photo by Paul Colletti / Radish)

departments

6 education
Saukenuk lives again: 'Welcome Home' powwow to celebrate new exhibit.

12 environment
Plastic profits: Business, environment don't have to be at odds.

13 health & medicine
Chiropractic Sports Symposium to focus on weekend warriors.

14 health & medicine
Your poo and you: Doctors say gut feelings are important keys to health.

16 environment
Secondhand deals: Shopping garage, community sales is eco-friendly.

20 outdoors
Five spring rides: Here's where to get cycling in the region.

22 gardens
Adopt a garden: Volunteers needed to tend plots along Mississippi River.

24 body, mind & soul
Healing with massage: Thai yoga, qi-ssage and Ashiatsu focus on energy flow.

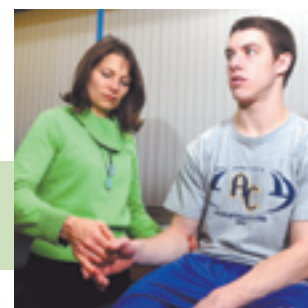
26 body, mind & soul
Spring clean your yoga mat! Our reviewer tells you which cleaner works the best.

28 gardens
Rain in the garden: Make runoff your friend with earth-friendly plantings.

30 food
Consider the bean: Plant-based protein packs an eco-friendly punch.

32 eating well
P is for nutrition: Five great ideas to jumpstart your health.

40 food for thought
Bare your sole: It's healthy to kick off your shoes and live a little.



education

Saukenuk lives again

‘Welcome Home’ powwow to celebrate new exhibit

By Anthony Watt

There was a big hole in the story. People who live in and around the Quad-Cities usually know the Sauk and Mesquakie people lived in the area where the Mississippi and Rock rivers join. They know the warrior Black Hawk fought here. And through the Black Hawk State Historic Site’s Hauberg Museum, they know how the tribes hunted, traded and lived.

But little was known about the tribes’ origins. Or how they came to the area — and left it. Or what Saukenuk — the Native American community which, at one time, was the largest community in Illinois — looked like.

“There was nothing in the museum that explains who the Sauk and Mesquakie are,” says Beth Carvey, site historian, who worked with archaeologist Ferrel Anderson to design the new, three-dimensional model of Saukenuk.

The Saukenuk exhibit, which features the to-scale model and three large backlit maps, answers those questions. Furthermore, the Hauberg Museum is the only place in the world with an exhibit that tells the story of the Sauk and Mesquakie in such a complete manner. And that, for the descendants of these tribal peoples, is reason for celebration.

“We want to celebrate this — that we’re telling their story, and that they’re still here,” says Carvey.

To dedicate and celebrate the exhibit, the Sauk and Fox of Oklahoma and the Mesquakie of Tama, Iowa will converge at Black Hawk State Historic Site May 1 and 2 for a “Welcome Home” event with fellowship, dancing and more. The public is invited to attend the events, which will span the weekend and will include food.

Where did the story that the Saukenuk exhibit tells come from? From Carvey and Anderson’s research, which is based on documentation by European settlers and oral traditions of the tribes themselves, Carvey says. The Sauk and Mesquakie originally came from Canada, and their stories speak of a creator who lived on a glacier and a time when



Site historian Beth Carvey stands near the new Saukenuk exhibit at Black Hawk State Historic Site’s Hauberg Museum in Rock Island. (Photo by Stephanie Makosky / Radish)

the world was destroyed by ice, hinting at an ice age.

Such stories, handed down over the years, should not be disregarded because they often hold a kernel of truth, she says. “The story is wrapped around it, like the layers of an onion.”

The tribes were forced from their northern lands by the Iroquois, she says. They eventually migrated throughout the eastern and central United States, settling in Michigan and Wisconsin and, finally, the region that now includes the Quad-Cities, before being forced out by the budding United States.

The museum’s new displays are among the first things to greet visitors as they enter. The maps are huge and green, with markings showing the routes of Native Americans’ movements and settlements.

The model includes foliage, part of the Rock

River and little houses lining two broad roadways intersecting like a capital “L.” Both Anderson and Carvey say it’s only what they suspect the community — which held several thousands at its height — looked like, based on historical records and research. No known contemporary depiction exists.

The Hauberg Museum is located inside Watch Tower Lodge, 1510 46th Ave., Rock Island. Hours are 9 a.m. to noon and 1 to 5 p.m. Wednesday through Sunday. Admission is free. For more information, visit blackhawkpark.org.

— Brandy Welvaert contributed to this report.

Get the details about the Welcome Home Powwow and Dedication on Resources page 38.

Gone-to-the-Dogs Egg Hunt Saturday, April 10th



Why should parents of two-legged children have all the fun when Easter rolls around? Moline Parks & Recreation is hosting their first ever Gone-to-the-Dogs Egg Hunt. Dogs and their owners are invited to sniff out treat-filled plastic eggs. Every egg contains a doggie treat with some also containing special prizes.

Owners are encouraged to dress their dogs in their Easter finest to strut and wiggle their tails in the Easter Bonnet Parade. A prize will be awarded to the canine wearing the best designed bonnet. A donation of \$2 at the site includes participation in the Gone-to-the-Dogs Egg Hunt. Egg hunters should bring their own basket or sack to collect the eggs.

This event takes place Saturday, April 10, at the Moline Dog Park, 50th Avenue, south of John Deere Road. Registration starts at 12:30pm with the Dog-Gone Easter Egg Hunt beginning at 1pm.

All dogs are welcome to join in the fun; the only requirements being dogs must possess an up-to-date rabies tag/certificate and not be aggressive. Pooches taking part in the event must be kept on a leash, and owners must stay with their dogs at all times. Canine water stations and scooping bags provided.



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Thursday, May 6, 7 am—8 pm

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healthy living

Earth Day turns 40

Here's where to go for good, green fun

By Radish staff

Earth Day turns 40 this year, and folks around the Radish region are rolling out the green carpet for the big day. Special environmental events abound all month long. Here's what's happening.

Art Collective: It's Not Easy Being Green

10 a.m.-4 p.m. every day through April 18 at the Quad City Botanical Center, 2525 4th Ave., Rock Island. Artists will display their green-related work. Meet-and-greet will be held at 2 p.m. April 18. Free with admission, \$1-\$5. qcgardens.com.

Greenstock 11 a.m.-3 p.m. April 2 at Putnam Museum, 1717 W. 12th St., Davenport. Visitors can make tie-dye, recycled crayons, junk jewelry and nature bookmarks. Take home a tree to plant from Living Lands & Waters. \$5 includes exhibit hall admission. putnam.org.

Museum Hill cleanup 10 a.m.-noon April 10 at Putnam Museum, 1717 W. 12th St., Davenport. Participants will clean up the museum's neighborhood and take home a tree to plant. putnam.org.

Earth Week Fair 10 a.m.-4 p.m. April 17 at the QCCA Expo Center, 2621 4th Avenue, Rock Island. Free. The first 500 adults get a free, recycled plastic coffee mug. The fair offers environmental booths; activities for children; and special activities for Boy and Girl Scouts. In addition, the fair features three workshops for adults: "Backyard Composting 101" at 11 a.m. by Michael Woods, Ph.D., with University of Illinois Extension — Rock Island County; "Raise Your Baby the Green Way," with Radish magazine, Heritage Natural Foods and Laura Revell of

Greenbottoms.com; and "The Carbon Footprint of a Cheeseburger," by Cathy Lafrenz with the Buy Fresh, Buy Local Quad-Cities chapter. Workshop attendees will get a prize and will be entered to win a larger prize valued at \$50. qcearthweek.org.

CRecycle Eco-Art Fest 2010 11 a.m.-6 p.m. April 17, at various venues in Cedar Rapids. Educational seminars from 10 a.m. to 4 p.m. at Horizons Auditorium, 819 5th St. S.E. A Reduce-Reuse-Renew exhibition — with a juried recycled-art show, trash fashion exhibit, green vendors, environmental organizations and Ceramic Center open house — will be held from 10 a.m.-4 p.m. at The Cherry Building, 329 10th Ave. S.E. The day also includes an open house from 11 a.m. to 6 p.m. at CSPS, 1103 3rd St. S.E.; art bikes and bike racks from 10 a.m. to 4 p.m. and an artist reception from 5 to 7 p.m. at Bottleworks Loft Condos, 905 3rd St. S.E.; and an Earthwork environmental artwork installation at NewBo Park. newbohemia.org.

Iowa City Landfill and Recycling

Center Tour 11 a.m.-1 p.m. April 17. Sign up at Iowa City Public Library, 123 S. Linn St. Participants will take a tour and learn about landfill engineering, groundwater protection, methane collection, state diversion goals, and waste reduction programs, including composting, recycling, household hazardous waste disposal and more. Wear boots! icpl.org.

Earth Day Ball 8-11 p.m. April 17 at 3rd St. Saloon, 1202 3rd St. S.E., Cedar Rapids. The evening will feature dancing to the tunes of The Polkaholics as well as prizes for the best retro, recycled or Earth Day-related fashions. \$10 cover or \$7 for those who wear Earth Day outfits. newbohemia.org.

Earth Day Fest 2010 8:30-4:30 a.m. April 20 at Turner Hall, 105 S. Bench St., Galena. There will be displays about the natural environment and live music. Each visitor will get a free canvas bag and a tree to take home and plant. Free. (815) 275-4881.



Earth Day giveaways 10 a.m.-5 p.m. April 22 at Habitat ReStore, 3629 Mississippi Ave., Davenport. Free magnet or recycled-tire jar opener will be given to the first 100 customers. restoreqc.org.

Ecopalooza April 22 at Iowa City Public Library, 123 S. Linn St. From 4 to 5:30 p.m., participants can learn how to get involved with local environmental groups. At 5:30 p.m., speakers will talk about environmental initiatives. iowa.sierraclub.org/icag.

Oceans: Earth's Life Support System April 23-24 at Odell Public Library, 307 S. Madison St., Morrison, Ill. Registration is April 23 at 7 p.m., followed at 7:30 p.m. with a keynote presentation, "Our National Marine Sanctuaries: America's Best Kept Secret," by Jason Patlis, president and CEO of National Marine Sanctuary Foundation. The event picks up at 8:30 a.m. April 24 with registration, followed by a 9 a.m. panel presentation. Speakers will include Galen A. McKinley, assistant professor at University of Wisconsin — Madison; Kassia Perpich, sustainable seafood coordinator at the John G. Shedd Aquarium; and Greg Morris, chief marine science technician with the U.S. Coast Guard. ardami@mchsi.com or (815) 772-4949.

Fish & Fire April 24. The day begins with a "BioBlitz" at 9 a.m. at Moline's Green Valley Nature Preserve, 34th to 70th streets at the Rock River and 52nd Avenue, and concludes with the 10th annual Eddy Awards, with social hour at 5 p.m. and a catfish dinner at 6 p.m. at RiverStation, 17th Street and River Drive, Moline. Dinner tickets are \$30 for adults. riveraction.org.

1st Annual Corridor Earth Day Celebration 10 a.m.-4 p.m. April 24 at Teamsters Hall, 5000 J St., Cedar Rapids. Free. Keynote Connie Mutel will speak about her new book, "A Watershed Year: Anatomy of the Iowa Floods of 2008." There will be eco-friendly activities for the family, green vendors, exhibits, booths by organizations, rain garden and rain barrel demos, door prizes, live music and food. Host organizations include Cedar Rapids/Linn County Solid Waste Agency, Habitat for Humanity ReStore, Indian Creek Nature Center, Linn County Conservation/Wickiup Hill Outdoor Learning Center, Prairiewoods Spirituality Center, Sierra Club, and Trees Forever. The first 100 people in the door will receive a free reusable bag. corridorearthproject.com.

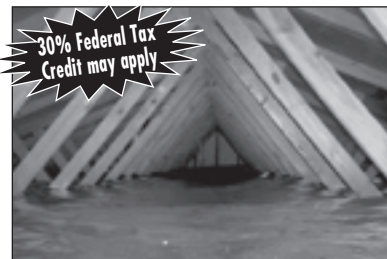
Family Special: Earth Day SOS 10:30-11:30 a.m. April 24 at Iowa City Public Library, 123 S. Linn St. Roxane Mitten will teach kids to make a "worm wrangle" and compost. Activities include crafts, refreshments (Worm-Dirt Cake) and a recycling relay. (319) 356-5200.

Arbor Day Tree and Shrub Giveaway Noon-2 p.m. April 24 at Vander Veer Botanical Park, located between Harrison and Brady Streets at Central Park Avenue, Davenport. Trees and shrubs will be given away, and Master Gardeners will be on hand to teach participants how to plant and care for them. (563) 326-7812 or cityofdavenportiowa.com/parks.

26th Annual Downtown Cleanup Event 9 a.m.-6 p.m. April 30 in downtown Davenport. Each volunteer will get a free ticket to a River Bandits game at Modern Woodmen Park. To register, visit downtowndavenport.com by April 9.

Read a longer version of this story online at radishmagazine.com.

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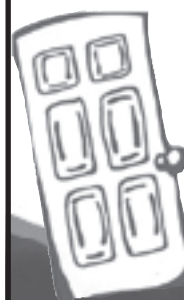
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healthy living

Pink, blue and green

10 tips for raising baby the eco-friendly way

By Brandy Welvaert

How will you feed, clothe and otherwise care for your new baby? With love, of course. Turns out, you can show the earth a little love at the same time. Here are 10 great ideas for doing just that.

1

Cloth diapers. The average baby has about six to eight thousand diaper changes in a lifetime, according to Laura Revell of Davenport, who, with her husband Jake Beck, founded Green Bottoms

(greenbottoms.com), a cloth diaper company. Today's cloth diapers are easier to use than their old-school predecessors — no pins! — and they come in cute colors and patterns. Cloth diapers reduce plastic waste in landfills, they don't contain the chemicals that most disposables do, and parents can use the same set of diapers for successive children, says Revell. And "cloth-diapered babies tend to toilet train sooner," she says.

2

Perfect food. Not only is a mother's breast milk the 100-percent natural, perfect food for a full-term, healthy child, but breast-fed babies also benefit from "appropriate jaw, teeth and

speech development as well as overall facial development," according to La Leche League International, which has local groups throughout the Radish region. It's good for moms, too: Moms who breast feed have reduced rates of breast and ovarian cancers. And that's not all. Breast milk is good for the environment because there's no packaging and no shipping — making it the perfect "local" food.



Jennifer Welvaert of Moline holds her son, Alexander James Welvaert. (Photo by Paul Colletti / Radish)

3

BPA-free bottles. The debate about bisphenol A, or BPA — a building block in many plastics — is far from over, but the latest news isn't encouraging. In January, FDA released a new

report that says it has "some concern about the potential effects of BPA on the brain, behavior, and prostate gland in fetuses, infants and young children." Parents who want to avoid the compound can find a list of BPA-free bottles online at SafeMama.com. BornFree and Dr. Brown's are two brands.

less than half of original price in shops like Vintage Baby in Moline and Davenport. At Once Upon A Child in Davenport, owner Cathie Laufenberg sells clothes for 70 percent less than new. The shop also has furniture, toys and equipment like high chairs and walkers. Toys are half-off retail. "We only buy about 10 to 20 percent of what people bring in" to sell, says Laufenberg. "We only pick out the stuff that is in really, really good condition." Once Upon a Child, a franchise, also has an outpost in Cedar Rapids.

4

'Recycled' baby clothes. If you don't have a supply of hand-me-downs, don't worry: You can find gently used clothing and accessories for baby for

5

Better toys. "The safest thing a toy buyer can do is avoid plastics if at all possible," says Lonica Lee Eisbaum, owner of The Organic Company, with

an online shop at theorganiccompany.com and a physical shop, Natural Selections, at 110 S. Main St., Fairfield, Iowa. Once Upon a Child in Davenport also sells some new toys, including educational wooden toys by Melissa & Doug.



Fewer batteries — and rechargeable. If you avoid plastic toys, by extension you'll eliminate most battery-operated toys from the toybox. But if you still need batteries — for a cordless monitor, for instance — you'll want to shop for rechargeable nickel-cadmium batteries, which must be recycled. These batteries cost more at the outset than conventional batteries, but they last for 400 to 500 charge cycles, says Chad Ramsey, assistant manager of Batteries Plus in Moline.



Organic bedding. With limited funds, what's most important to buy organic? Probably those things that your baby is in contact with most often, such as bedding. These days, you can find organic crib mattresses and bedding even in department stores. And though decking out the crib with superfluous textiles is a temptation,

Consumer Reports suggests keeping things streamlined for safety reasons. All you really need is an organic cotton fitted sheet that snugly fits the mattress. For style reasons, you could add an organic cotton crib skirt, although one is not necessary. Consumer Reports says it's best not to cover baby while he or she sleeps. Instead, keep baby warm by dressing him or her in a soft, snuggly, organic cotton bunting. The Organic Company and Natural Selections, Fairfield, Iowa, are good places to go for these. Also check out The Land of Nod (landofnod.com) and Under the Nile (underthenile.com).



Easy, healthy food. Feeding your growing baby couldn't be simpler. When it's time to introduce fruits and veggies, harvest them fresh from your garden or buy them from the farmers' market. Boil or steam to soften them, then toss them into a food processor to make a smooth puree, adding water if needed. Next, scoop the puree into ice-cube trays and freeze. Place frozen cubes in freezer bags for storage. When it's time to feed baby, just nuke a cube or two in the microwave. Easy!



Safe bath time. Soaps without harsh chemicals that don't harm the environment — that's what you want for your baby. Aubrey Organics (aubrey-organics.com) is one brand that's not only organically produced, but also vegan and animal-friendly. You can find it at Heritage Natural Foods in Moline and Davenport, which has

been providing natural personal-care products for over 40 years.

You can search the Environmental Working Group's Cosmetic Safety Database to find other safe products at cosmeticsdatabase.com.



Careful cleaning. Both Heritage locations also provide a selection of natural cleaning supplies free of harmful chemicals and dyes. BabyGanics is one brand that's available both in natural markets and in department stores (babyganics.com). Another option is to

make your own cleaning supplies; Greenpeace.org gives directions for many solutions (search for "green cleaning").

Turn to Resources page 38 to find out how you can learn more.



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environment

Plastic profits

Business, environment don't have to be at odds

By Leslie Klipsch

Ron Sherga recalls his alma mater, Western Illinois University, as a visionary, innovative and cutting-edge institution. This month, after spending over three decades building a career that could be described using similar adjectives, Sherga returns to the Quad-Cities as the keynote speaker at the 6th Annual Environmental Summit, hosted by WIU.

Now based in Arlington, Texas, Sherga, who grew up in Naperville, Ill., and began working with his father in a plastics plant as a teenager, is on the cutting edge of recovering plastics and assisting companies and organizations with recycling and sustainability issues and processes.

In the 1980s, Sherga grew frustrated with the fact that though the steel industry and paper industry had begun to recover and recycle old content, plastics continued to be made virgin. Plastics, Sherga says, have brought about incredible lifestyle benefits in the medical, automotive and food-packaging industries, yet billions of pounds of discarded plastic scrap are exported each year.

"Plastic, by its very nature, is meant to be re-used," says Sherga. "In fact, I think we can look at all waste as a truly sustainable, renewable product and then create solutions to use it properly and channel it into the most effective things."

The owner of Sher-Results LLC, Sherga refers to himself as a "sustainable strategist." Through creative strategies, he has helped divert billions of pounds of scrap plastics from landfills. Through his extensive experience, he has a positive message for both businesses and individuals.

One example of Sherga's work is his association with Infiltrator Systems, a Connecticut-based company that designed and manufactures plastic leach field chambers made of recycled materials for septic systems. The system promotes better decomposition, creates a smaller footprint and is easier to install than traditional concrete products. Sherga helped in the design of the product and oversaw the procurement of materials. Infiltrator Systems is one of the largest plastic recyclers in America and has created a number of mechanisms to divert items from landfills.

Currently, Sherga has his hand in a number of projects. One includes the transformation of used beverage containers into a protective device for wood pallets. He also is an advisor for Mohawk Industries' Greenworks project, which diverts used carpet from landfills.

He has been involved in the transformation of discarded plastic bottles into new bottles, clothing fiber and flooring products. Sherga also talks of automotive scraps that are being used in new wheel covers and under-the-hood applications, and safety straps from grocery carts being turned into new flooring products and perhaps new strapping.

To a pro-business, pro-solution man of great confidence and connection, no project is too small. "It's only limited by the vision and the leadership," he says.

"I think business and industry have to be the leaders. They shouldn't be the



WIU alumnus and sustainable strategist Ron Sherga will speak April 7 in Moline and Davenport. (Submitted)

only ones, but they have to lead the charge to solutions. We have the knowledge, we have the resources, the funding, the innovation, the labs. ... We have all of those things to help drive change," he says.

Sherga has seen throughout his career that when things come together correctly, both the business and the environment benefit. "People have started to recognize that there is a true, bottom-line value. This isn't just some sort of 'feel-good' deal. I think that 'green' means it's got to create green."

If you go ...

What: WIU Environmental Summit, "Protecting the Planet While Creating a Green Economy."

When and where: 10 a.m.-3 p.m. April 7 in the University Union on the campus of Western Illinois University, Macomb, Ill.

Ron Sherga will present "Recycling and Sustainability: Challenges and Solutions" at 3 p.m. in the Grand Ballroom in the University Union. He will speak again at 7 p.m. at Figge Art Museum, 225 W. 2nd St., Davenport.

Cost: Free.

health & medicine

Chiropractic Sports Symposium to focus on weekend warriors

By Brandy Welvaert

Whether you're a weekend warrior, an industrial athlete or just another guy who likes to go for a run, Palmer College of Chiropractic invites you to attend Performance from the Ground Up — A Chiropractic Sports Symposium.

"It's coming on spring-time, and people are just getting out again," says Ranier Pavlicek, D.C., a doctor of chiropractic who specializes in rehabilitation and sports injury. Pavlicek will speak at the event.

The symposium will be held from 3 to 7 p.m. April 21 in the lobby and in room 219 of the Palmer Academic Health Center, 1000 Brady St., Davenport. Admission is free.

The purpose of the event is to get the word out to athletes and the community at large that Palmer "is the resource to go to for sports injury and wellness," says Pavlicek.

"Chiropractic has the idea of taking a look at the complete picture of the body, as with the kinetic chain," he says. "Everyone knows that we (chiropractors) are known for the neck and the back, but you can take that model, or that idea, and apply it to the foot, the knee, the hip and the shoulder."

The foot, knee and shoulder will be the focus of three breakout sessions. During sessions, speakers will discuss how chiropractic care can treat pain in these areas and other common problems. Attendees also will learn to prevent injury.

"The cool thing is that the program will offer a lot of take-home items," says Pavlicek. "They'll get stretching motions and exercises that they can take home" to prevent injury.

Breakout sessions with doctors of chiropractic will include the following: "Take the weight off your shoulders," with Dave Juehring and Casey Crisp at 3:30 p.m.; "Find the keys to healthy knees," with Ranier Pavlicek and Michelle Barber at 4:30 p.m.; and "Put your best foot forward," with Ranier Pavlicek and Steven Silverman.

Clinic tours led by faculty clinicians will be offered at 4:15, 5:15 and 6:15 p.m.

Light refreshments will be served, and attendees will receive a gift.

Free parking is available in the clinic parking lot off Perry Street.

For more information, call the Palmer Academic Health Center at (563) 884-5518.



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Your poo and you

Doctors say gut feelings are important keys to health

By Ann Scholl Rinehart

Most of us were toddlers the last time we celebrated — or paid any attention at all — to our bowel movements.

As adults, we're more likely to flush quickly than spend much time studying what we've left behind. But the truth is, our turds are very telling. Their shape, color and consistency — and how frequently we create them — can tell us a lot about how our gastrointestinal tracts are working.

Dr. Karyn Shanks, founder of Kylemore Center of Medicine and Healing in Iowa City, calls the gut “the soul of the body.”

“The gut plays a central role in our good health,” Shanks says. “It is the interface between the outside and inside worlds. It is the way we extract what we need to exist from our food. It is where most of our bodies’ immune system resides. It has a nervous system of its own. It’s the hub.”

Our stools can be affected not only by what foods we swallow but what emotions we bottle up, according to Dr. Linda Tong, a gastroenterologist at Gastroenterology Consultants in Moline.

“So many people have irritable bowel syndrome, where they develop abdominal pain and/or diarrhea when they become stressed or nervous,” Tong says. “That’s because you’re internalizing your emotions, which results in these GI (gastrointestinal) symptoms.”

When patients come into her office, Shanks asks them if they are experiencing diarrhea, constipation, pain or discomfort, gas, bloating, belching or indigestion, and if they are having any problems with eating, digesting or elimination.

“Our bowel movements give us a lot of information about how our gut is working,” she says. “It is also a major player in the detoxification processes of the body. It helps us eliminate many types of wastes that can be very toxic to us if in excess.”

She explains that billions of organisms reside in the gut and play an important role in health. These need to be the “right bugs” — and in adequate quantities

— for optimal health. Antibiotics, poor diet, toxic exposures and stress all can alter the composition of this flora, thus contributing to sickness.

Comprehensive stool analyses can be helpful in evaluating such problems as digestion, chronic inflammation in the colon and absorption of nutrients, Shanks says. She also uses them when she suspects a health issue is related to food sensitivity, such as casein in cow’s milk or gluten.

So what constitutes a healthy bowel movement? “There is a large variation in what is normal,” Shanks says. “Some people have formed stools and go once a day and are fine. Others have very soft stools and may go several times during the day.”

The latter is more ideal, she says, because it reflects a healthier diet — usually one that includes lots of plants, fiber and water.

“The general wisdom is that one to three stools per day is optimum,” she says. “Less than one per day I consider abnormal.”

Tong maintains, “Some people are constipated and may not have a BM (bowel movement) except every two to three days,” she says. “The key is what is normal for you.”

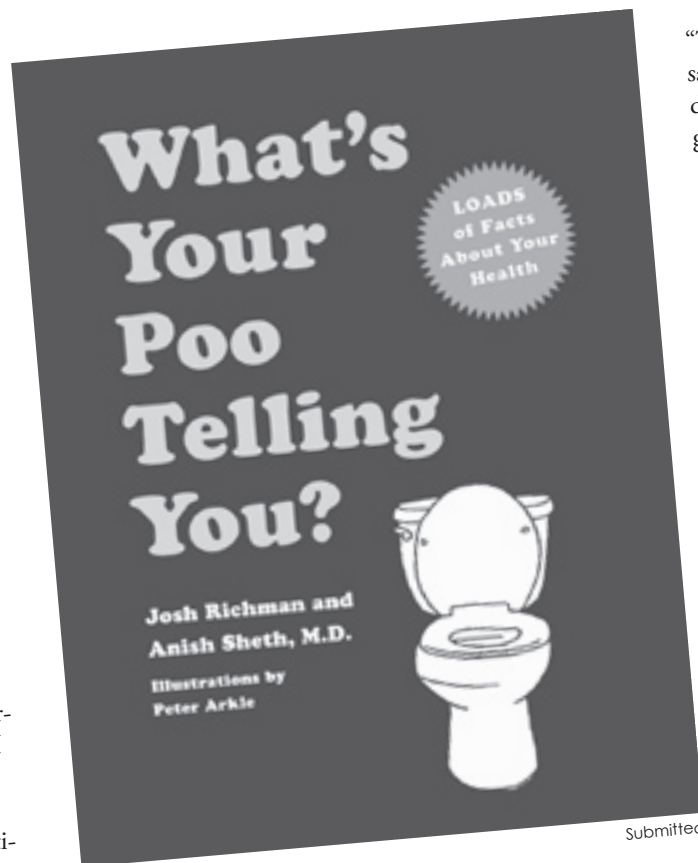
Both doctors stress that people should be especially concerned about any inexplicable change in bowel movements. Pain or discomfort, loose or liquid stools, frequent stools, constipation or blood in the stool are all reasons to talk with your doctor or health care practitioner, they say.

Tong tells her patients not to worry so much about the color of their stools unless they are red (like blood or clots versus tomato skins) or black (digested blood).

“Every other color is normal or a reflection of food-coloring from foods or drinks that (were) ingested earlier,” she adds.

The doctors say that the best way to take care of the gut is to eat a healthy diet. Shanks adds that taking nutritional supplements that support our insides may be necessary, such as taking probiotics to support microflora. Her final advice? We need to trust “what our guts have to tell us.”

For a fun read on the subject, check out “What’s Your Poo Telling You?” by Josh Richman and Anish Sheth, M.D.



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Secondhand deals

Shopping garage, community sales is eco-friendly

By Susan McPeters

April showers bring May flowers, but we're also witnessing a bumper crop of another kind heralding the arrival of spring: a deluge of garage and yard sales.

The concept is a simple one. Clean out the unneeded items from your home and put them out for sale. Then comes along a customer who discovers you have exactly what they have been looking for — and at a reasonable price, too. The adage “One man’s trash is another man’s treasure” may well have been the original mantra of the green movement.

In recent years, garage and yard sales have expanded from one-household affairs to entire neighborhoods. In rural areas, however, the community-wide garage sale is catching on. With dozens of households taking part, these sales have a festive air.

Last year I visited the Park View, Iowa, community sale to get a taste of the food, the fun and the recycled treasure.

Lions Club volunteers turned out hot dogs, brats and pork-chop sandwiches as fast as they could and had been since their mobile concession trailer opened for business at 7 a.m.



North Scott County, Iowa's community sales will be held in early May this year. (Submitted)

Nearby, members of Boy Scout Troop 206 were selling cookies for dessert as well as the ingredients to make cookies in a gift container called “Cookies in a Jar.”

“Business has been good,” said Kimberly Terry. But then it was difficult to drive past the sign in her yard, which read, “The Good Stuff Yard Sale.”

The Park View Community Wide Garage Sale will be held May 1; Long Grove’s is May 8, and Eldridge’s is May 15.

Officials in each community several years ago decided to coordinate their garage sale schedules to give “bargain hunters from the North Scott area and those from outside a chance to shop at all three if they want to,” said Penny Denner, president of the Eldridge-North Scott Chamber of Commerce. Dates and times are posted on the chamber Web site (northscottchamber.com) along with information such as where to obtain a map of participating homes and businesses.

At the traditional, single-home garage sale, there is a limited amount of merchandise, and shoppers have only the decorating and fashion tastes of the one home owner to choose from. This, however, is the Mall of America of garage sales. There are the usual items you would expect: clothes, toys, furniture, dishes, collectibles and what-nots, but in a volume and selection sure to please any bargain-hunter.

“I like to be as green as possible,” said Park View resident Melissa Council. “The previous residents told me they participated as sellers every year and thought the idea was great.”

‘One man’s trash is another man’s treasure’ may well have been the original mantra of the green movement.

Shopper Sherry Scott had been shopping the Park View sale for years. She teaches reading, math and science to 6th-, 7th- and 8th-graders. “I’m always looking for little, affordable items that would be good prizes for my students when we play educational games designed to raise their Basic Skills scores,” she said.

Lions vice president Kurt Proctor says the Community Wide Sale is good not only for participating home owners and clubs, but also for the community as a whole. “A lot of people think Park View just has a few apartments, and there’s nothing else out here but Scott County Park. There are also over 600 homes here, making it a real community. It really shows off Park View in a positive way,” Proctor says.

So fuel up your vehicle, make sure you have a comfortable pair of walking shoes for shopping and brace yourself for a bountiful bevy of bargains. It’s going to be a great, green time.

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Acts of Green

Radish gives you 100 ways to celebrate Earth Day

By Radish staff

Earth Day turns 40 on April 22. To celebrate, the Earth Day Network is asking folks to visit its site, billionactsofgreen.net, to “shout” what they’re doing to help the earth. At press time, more than 5 billion acts already had been shouted. We can’t fit a billion ideas into Radish, but with the help of readers and contributors, we did come up with our own 100 Acts of Green. Read ’em and try one for Earth Day!

1. Be part of the Million Gallon Challenge. Buy a rain barrel from Indian Creek Nature Center, Cedar Rapids, or River Action, Davenport, and water your garden with runoff. Visit indiancreeknaturecenter.org or riveraction.org to order.

2. Kill the phantom — the phantom load, that is. Electronics on standby account for about 7 percent of energy use in homes.

3. Stock the freezer. Full freezers use less energy.

4. Forget takeout boxes. Bring your own reusable containers to a restaurant. It’s geeky — but in a good way.

5. Turn off your car when you’re stopped at a train — or for anything else longer than 10 seconds.

6. Turn off the lights! Your Mom and Dad were right, it saves energy.

7. Snow? Use a shovel. Leaves? Use a rake. You’ll save gas and/or electricity, and you’ll be too tired to use the treadmill — thereby saving even more!

8. Fix leaky faucets.

9. Replace incandescent light bulbs as they burn out with energy-saving CFLs.

10. Use the online HomeCheck energy tool at Midamericanenergy.com to calculate how much money you can save in home energy.

11. Woo your chef. Tell him why his restaurant should use biodegradable takeout boxes instead of Styrofoam ones. Then eat there after they make the switch.

12. This year, use a reel mower (the kind without a motor) to clip your grass. You’ll save about \$50 in one season.

13. Use recyclable bags at the grocery store. If you shop at Hy-Vee, you’ll get 5 cents for every bag you bring, too.

14. Pick a day, gather your neighbors and pick up any trash that litters your neighborhood.

15. Wrap gifts in reusable bags instead of paper gift bags or wrapping paper.

16. Plant a vegetable garden. For easy-to-follow instructions, visit urbanext.illinois.edu/veggies.

17. Reduce the miles your food travels from farm to plate: Shop your local farmers’ market. For a list of open markets, visit radishmagazine.com and click on “Farmers’ Markets.”

18. When you can’t eat local, eat USDA-certified organic food.

19. If you garden extensively — in the country — use ducks and chickens as pest control instead of chemicals.

20. Learn to preserve foods. Take the Master Food Preserver course through the University of Illinois Extension — Rock Island County. Classes start May 3. To sign up, visit yourextension.org.

21. Compost kitchen and garden scraps to create great, free fertilizer.

22. Plant heirloom seeds to protect biodiversity. In the last hundred years, 96 percent of sweet corn varieties have been lost because people stopped planting them.

23. Work from home. Save gas and wear-and-tear on roads by keeping the car — and yourself — at home.

24. Save the dates. The Lower Wapsipinicon River Cleanup Project will be held Aug. 13-15 along the Wapsi River in Iowa, and the Xstream Cleanup will be held Aug. 14 in the Quad-Cities.

25. Hop aboard mass transit one day a week.

26. Buy and wear natural fibers. Wool, for example, is renewable, not made from petroleum products, and can be repaired.

27. Shop resale shops for clothes and household items. You'll save money, too.

28. Keep the air conditioner turned off as long as you can.

29. Read on a Kindle or visit the library for books.

30. Go paperless with online bill pay.

31. Just say "no" to paper receipts at the gas pump or ATM when you are given an option.

32. Dress for the weather and leave the thermostat alone.

33. Use window coverings to keep heat in or out. In winter, close curtains at night and open them to let in the sun during the day. In summer, close curtains when it's hot.

34. Install and use a whole-house fan to cool your home in the summer.

35. Plant deciduous trees on the south side of your home.

36. Plant evergreens on the north and west sides of your property.

37. Sell your extra refrigerator — likely the biggest "energy hog" in your home, eating up to \$120 worth of energy in a year, according to the Alliance to Save Energy.

38. Use natural cleaning supplies.

39. Travel efficiently. Group errands together to avoid making multiple trips.

40. Drive efficiently. Obey speed limits; minimize breaking by watching traffic patterns ahead; and don't accelerate toward stoplights and signs. More tips are at cleanmpg.com.

41. Use cold water to wash clothes and rinse clean dishes.

42. Turn off the tap when brushing your teeth to save nine liters of water each time.

43. Don't buy bottled water. In 2006, the average American tossed 129 water bottles.

44. Buy a water filtration system if you need one. Check out filterforgood.com for a coupon.

45. Plant oak seedlings with Living Lands and Waters, East Moline, Ill. Find details about the MillionTrees project at livinglandsandwaters.org/milliontrees.

46. Learn basic sewing skills and make something new from old clothes and textiles. Take a class from Adventure Orange in East Moline, Ill. (theadventureorange.com) or Home Ec Workshop in Iowa City (homeecworkshop.com).

47. Getting takeout? If you can't skip the plastic container, then wash and save it. Later, pack it with homemade cookies to share with a friend.

48. Start a community garden. Find out who owns the empty lot at the end of the street, ask permission to garden there, then gather neighbors and friends to plant flowers and food.

49. Have a community garden near you? Sign up for a plot now before they're all taken.

50. Get a clothesline and use it to save energy and cash — to the tune of \$1,500 over the life of a typical dryer.

51. Use your reusable shopping bags. Keep a couple in each car you own and one by the door you use most often.

52. Recycle everything you can: paper, plastic and glass.

53. If your municipality has stopped collecting glass for recycling, find a place that accepts it. In Iowa, check the DNR's Web site (iowadnr.gov/waste/recycling/instructions.html). In Illinois, check with the Illinois Recycling Association (illinoisrecycles.org/directory/results.php).

54. Print something you don't need? Don't recycle it yet! Use the backside first, then recycle.

55. Plant things that attract (feed) butterflies and birds to your landscape.

56. Plant your favorite herb in a big pot and keep it outside your back door. Snip a few leaves to add fresh flavor to foods.

57. Resist the urge to use chemicals in the garden: Try companion planting. For example, plant marigolds next to tomatoes to deter nematodes.

58. Buy sustainably-made products. Check out The Organic Company in Fairfield, Iowa (theorganiccompany.com).

59. Buy carbon offsets when you can. One reputable source is Carbonfund.org.

60. Go meatless once a week. It's better for your body and the planet. For details, visit meatlessmonday.com.

61. Tell your grocery store's manager that you want to buy local foods there.

62. As a general rule, don't buy or eat imported seafood. For a guide, check out the Seafood Watch list at montereybayaquarium.org/cr and click the link.

63. Don't buy disposable tableware. If you must, buy "greener" stuff, such as Chinet Enviro-rim or Solo Bare.

64. Sign the National Do Not Call Registry. Save energy; visit donotcall.gov and avoid unnecessary calls.

65. Turn your water heater's thermostat to 120 degrees, which is optimum for energy savings.

66. Insulate your attic and/or sidewalls and watch your energy bills deflate.

67. Help your city to become a Cool City. Check out coolcities.us.

68. Quit smoking. Cigarettes waste trees — about one for every 300 cigarettes.

69. Correctly measure laundry detergent. Fill just to the line — and reduce the quantity of chemicals headed for waterways.

70. Wash full loads only. Don't run the washer for a few items.

71. Plan for the inevitable. Cremation uses fewer resources than casket burial.

72. Cancel catalogs. Visit catalogchoice.org to be sure you get only the catalogs you really want.

73. Wear less makeup. And wash less off your face.

74. Take off your shoes. You'll bring less grime into the house, so you'll vacuum and mop less often, using less electricity and cleaning solution.

75. Use eco-friendly toilet paper. Check out the Greenpeace guide to TP at greenpeace.org/usa/press-center/reports4/tissueguide.

76. Bring your own mug.

77. Install a low-flow showerhead. Gaiam sells a good one that has a "pause" button for \$12 at gaiam.com.

78. Fill your garden with native plants. They need less watering.

79. Use Freecycle.org to give away good stuff you don't need. Just type your town into the search box.

80. Buy fair-trade. Check out the Fair Trade Federation at fairtradefederation.org.

81. Use your cell phone till it breaks. Americans tossed out 140 million cell phones in 2007 — and that's before the iPhone 3G and 3GS hit the scene.

82. Buy clothes that don't need dry cleaning. If you must dry-clean, return the hangers on your next visit.

83. Need a new car? Buy a hybrid. See the newest models at Zimmerman Honda in Rock Island at zimmermanhonda.com.

84. Keep your car tuned up.

85. Wash clothes less often. If you wear a clean pair of jeans for two hours, does it really need to go through the washing machine?

86. Look for coffees with the Rainforest Alliance seal. Learn more at rainforest-alliance.org.

87. Need a new computer? Buy a laptop — they use less energy.

88. Use rechargeable batteries instead of disposable alkaline ones.

89. Clean or replace air filters on air conditioners and/or furnaces once a month.

90. Buy in bulk when you can to reduce packaging waste.

91. If you can't use a manual reel mower, use your power mower's mulch setting. Leave the mulch on your lawn as free, natural fertilizer.

92. Remodeling your home? Use recycled items from Iowa Habitat ReStores in Davenport, Hiawatha and Iowa City.

93. Reduce or eliminate paper towels at home. Use cloth for cleaning. For glass, use newspaper.

94. Keep houseplants. They clean indoor air.

95. Subscribe to Radish. It's only \$19.95 for one year, and it'll keep you informed and inspired. Order at radishmagazine.com or call (309) 757-5041.

96. Green your credit card. Sign up for a card with environmental benefits, like the one at bankofamerica.com/creditcards.

97. Turn off your work computer at the end of the day. If you're required to leave it on for software updating purposes, at least turn off the monitor.

98. Reuse greeting cards. Graphics and embellishments from the fronts of cards can be used for scrapbooking — or to make new, creative cards.

99. Save the date for the 2010 Healthy Living Fair. The 4th annual fair will be held June 19 next to the Freight House in downtown Davenport. Watch radishmagazine.com for details. Be there!

100. Spread the good, green word. Share this list with your friends and encourage them to share it, too!

outdoors

Five spring rides

Here's where to get cycling in the region — and beyond

By B.J. Smith

Time on a bicycle isn't like other time, and that's particularly true in the spring when the trails and roads are tempting more of us out of hibernation.

Real bicycle time gets you someplace. That might be to school, or to work, or to your favorite bagelry or coffee shop. It can take you to a smaller waist size, a healthier heart, a place of contentment. It might simply get you home again after a ride down a scenic trail or a loop around town.

Unless you're one of the hardy few who ride outdoors through the winter, you've been looking forward to warmer weather and dry roads and trails. Not sure where to start? Here are a few of my favorite spots:

Duck Creek Parkway: This has to be one of the prettiest urban trails this side of the Rockies. From Emeis Park on West Locust Street in Davenport, it will take you east about 12 miles to Devils Glen Park in Bettendorf, Iowa. Ranging from mostly flat to gentle rises along the winding creek, the parkway may be at its scenic, green finest in July and August. Anyone who can ride a bicycle can handle at least a few miles.

Great River Trail: This also is a mostly flat ride with great views of the Mississippi River. Start in Moline just off I-74 and go upriver to Cordova, Ill., and back for a round trip of about 40 miles — or turn around sooner if you're not quite ready for that. There are several good places to stop for breakfast or lunch along the way.

Southeast Minnesota: Within an easy morning's drive of much of the Radish region are several other special cycling destinations, including the 19-mile Cannon Valley Trail from Red Wing to Cannon Falls and the Lanesboro area's Root River Trail. The Root River Trail offers more variety, with winding, undulating terrain mostly to the east of Lanesboro and somewhat more demanding uphill grades and hills toward Fountain, Preston and Harmony.

County Roads: Wherever you live, ask an experienced cyclist about more open-road riding for a change of scenery, change of pace or a good workout, and you'll probably hear about county roads. Some carry a lot of motor vehicle traffic during the usual rush-hour periods, but otherwise they often are relatively quiet.

One of my favorites is in Linn County, Iowa: E-48 from Highway 13 in Cedar Rapids into the hilly little college town of Mount Vernon. It is only about 8.5 miles, one way, but a great mix of climbs and downhill for a more experienced rider and great views from hilltops and ridges. The steepest climb is a couple of miles out of Mount Vernon on the way back to Cedar Rapids.



Cyclers ride in the Tour of the Mississippi River Valley. (Photo by Ken Urban)

TOMRV: The Tour of the Mississippi River Valley, if you do the entire route from Bettendorf, Iowa, to Galena, Ill., and Dubuque and back again, is a strenuous, two-day organized ride hosted for more than 30 years by the Quad Cities Bicycle Club.

Unless you know you're up to bicycling nearly 200 miles over an early June weekend — this year it's June 12-13 — you might look at it another way: as a series of scenic routes you can try on your own or with a small group.

Consider the moderately hilly 13-mile stretch from Preston, Iowa, to the island community of Sabula. Three more flat miles along Highway 52 will get you across the Mississippi to Savanna, Ill. (You might want to walk your bicycle across the bridge. And don't look down through the grate.) Pedal along another three miles or so and you can stop and turn around at Mississippi Palisades State Park.

When you're ready to tackle some serious hills, you might warm up for a few miles then take County Road 8 northwest out of Hanover, Ill., to Blackjack Road and start climbing. Make your way to Galena for a 16-mile ride that may feel like 60.

No matter where you ride, remember: Wear a helmet, use a mirror. Pedal on.

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gardens

Adopt a garden

Volunteers needed to tend plots along Mississippi River

By Brandy Welvaert

Last year when Mary Lind noticed that the green space she so loves along Ben Butterworth Memorial Parkway in Moline was looking a little shaggy, she didn't complain about the weeds parting the mulch, detracting from the view of the Mississippi River.

Instead, Lind and a group of her book-club friends decided to put on their gardening gloves and get busy. They pulled weeds in three gardens along the popular bicycle and pedestrian path, and also made new plantings. They became the Ben Butterworth Garden Guardians.

"It had been bothering me to see so many city gardens so terribly neglected," Lind says. "And with budgets being cut, things were just going to get worse."

She and her book club began by cleaning up the garden areas on River Drive at 41st Street. They weeded and mulched, and then, as gardeners do, they started to scheme.

"I think it was our third trip down, and the garden centers were starting to have their seasonal sales," she says.

Soon the women had added new plants: hardy Russian sage that attracts butterflies in warm months, stalwart purple coneflowers, and shrub roses that dotted the summer landscape like hot-pink exclamation points. They chose plants carefully, selecting those that are easy to care for and suited to the sometimes-soggy riverside landscape.

Lind says the satisfaction that comes with community service drives her and other volunteers. It's all about making and keeping the riverfront beautiful — the kind of place that residents enjoy and visitors talk about after they leave.

'It had been bothering me to see so many city gardens so terribly neglected.'

Rodd Schick, parks operations and maintenance manager for the city of Moline, says that the volunteers' efforts are more than just kind. They're necessary.

"It's critical for the long-term viability of the park to have people involved," Schick says.

He adds that although the city worked to maintain the areas that the Garden Guardians now care for, "they just (were) not as decorative or aesthetically pleasing as we would like them to be. With all the floods and all the other stuff, they've just kind of degraded."

He says the city doesn't have a lot of money to buy plants for the gardens, but



Members of the Moline Garden Guardians gather at Ben Butterworth Memorial Parkway, where they maintain and grow gardens. From left to right are Margaret Gromoll, Kristen Bergren, Mary Lind and Kate Farrell. (Submitted)

it does provide mulch and dispose of the waste that the gardens generate.

So far, the Ben Butterworth Garden Guardians have plotted out 17 gardens along the parkway with the help of the public-works department, says Kristen Bergren, who helped form the group. The Garden Guardians is a subcommittee of the Keep Moline Beautiful Commission, a cooperative effort between volunteers and the city of Moline.

Several gardens have been adopted already, but many more await adoption by organizations such as Scout groups, church groups or book clubs.

"A group can choose their garden and receive some help from the city of Moline with plants and information. Also, the city provides an attractive metal sign with the group's name on it for their garden," Bergren says.

Lind says that caring for a public garden hasn't been overwhelming.

"We were only down there a half-dozen times, really, but what a difference it made. People would come by and want to talk to us about it," she says.

"There are truly hundreds and hundreds of people who use that bike path. They would say, 'Thank you for doing this!' We had a sign that said, 'Want a garden? Ask us how!'"

To apply for a garden plot, contact Rodd Schick at (309) 524-2410.

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11:00 a.m. Backyard Composting 101: Transform Trash into Treasure

with Dr. Michael D. Woods from the University of Illinois Extension-Rock Island County First 50 attendees receive a compost collection bucket made of recycled materials and are entered to win a Backyard Compost Bin.

12:30 p.m. Raise Your Baby the "Green" Way!

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with Radish magazine, Heritage Natural Foods and Laura Revell of Greenbottoms.com First 50 attendees receive an eco-friendly cloth diaper from GreenBottoms.com and are entered to win a basketful of healthy, eco-friendly, baby-licious stuff!

2:00 p.m. The Carbon Footprint of a Cheeseburger: How to Green your Dinner Plate with Local Foods

with Cathy Lafrenz from Buy Fresh Buy Local-Quad City Chapter - First 50 attendees receive a local Beef-Stick from Sawyer Beef and a bag of local, organic popcorn from Oak Hill Acres Organic Farm and are entered to win a Buy Fresh Buy Local shopping bag filled with Local Food items and a gift certificate to the farmers market.

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body, mind & soul

Healing with massage

Thai yoga, qi-ssage and Ashiatsu focus on energy flow

By Janet Clark

Massage provides a host of health benefits: It alleviates depression, increases circulation and decreases the pain associated with arthritis and fibromyalgia. It's an all-natural stress reliever with no unpleasant side effects. Best of all, it just feels good. Traditional massage never will get old for those who are familiar with its many positive effects, but there are lesser-known types of massage worth trying. Three available in the region are ashatsu, Thai yoga massage and qi-ssage.

When Rachael Fowler had her first ashatsu massage at the hands — or rather, the feet — of her cousin, Asa Davis, at Five Star Salon Spa in Davenport, she was impressed. Ashatsu is performed by a trained massage therapist who utilizes an overhead support system for balance as she massages the client with her feet. Fowler, also a licensed massage therapist, had experienced many different kinds of massage but thought the ashatsu was especially relaxing.

"It always felt flowing," Fowler said. "It's very consistent feeling."

Fowler was so impressed that she went to Colorado to learn how to perform ashatsu herself. She studied under Ruth Piper Hardee, who is credited with adapting this ancient Chinese bodywork into a more Western form. The technique combines the Oriental practice of massaging with the feet to open the body's energy centers with deep-tissue Swedish massage. The resulting practice is called Ashatsu Oriental Bar Therapy. The practitioner uses gravitational force combined with centrifugal and centripetal movements, Fowler explained.

"That creates structural change in the soft tissue damage," she said. "It's the most luxurious massage on the planet."

Communication, Fowler said, is the key to having a positive experience.

Communication is also an important part of qi-ssage, practiced by Augustana College sports



Rochel Rittgers, sports medicine director at Augustana College, Rock Island, practices qi-ssage on student Kyle Williams. (Photo by Gary Krambeck / Radish)

medicine director Rochel Rittgers. Qi-ssage (pronounced chee-sahzh) combines traditional massage with qigong, a 5,000-year-old Chinese healing modality. In qigong, which means "to work with energy," the practitioner helps the clients balance their energy and remove blockages. Qi-ssage stimulates key energy points to affect the balance and flow of the body's energy and facilitate healing.

"When I utilize qi-ssage on someone, and I do it on athletes on a regular basis, I listen to what they are telling me about their injuries," Rittgers said. The

information helps her determine which energy points to focus on. "The idea is, when energy is balanced, the body will heal itself."

As Augustana's sports medicine director, Rittgers long has utilized massage. But she only learned of qi-ssage four years ago at Master Chunyi Lin's Spring Forest Qigong Center in Minneapolis.

Rittgers' clients lie on a massage table or sit in a chair, fully clothed. The qi-ssage sessions last 20 minutes; qigong is a little longer, 30-40 minutes. The benefits include improvement in the circulatory system and neurological movement, as well as an increased sense of well-being. Some people really like it, Rittgers said, and some don't.

"When you hit a meridian point that's blocked, it's tender."

Thai yoga massage also utilizes pressure on the body's energy paths. The client is comfortably posed on a mat while the practitioner goes in sequence, applying pressure to the big muscles and energy lines, then manipulates the client's body into a set of yoga poses, or asanas. Kelly Harris, yoga teacher and co-owner of Tapas Yoga Shala in Davenport, practices this type of bodywork.

"Thai yoga massage is simply acupressure and assisted stretching," Harris explained. "Although the person is not active, their body is active." Harris' clients say they feel like their bodies are participating more than in traditional massage.

Many of the benefits are the same as traditional massage, such as stress reduction and increased circulation. Thai yoga massage's roots are in India. The belief behind it is that many of our health problems are caused by blockages in the flow of energy, or prana, and that massage can break down those blockages and restore the flow. It's good for opening the big joints at the shoulders, hip and sacrum, Harris said, and for people with fibromyalgia, lower back pain and sciatic nerve issues.

Read a longer version of this story at radishmagazine.com.

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Sincerely, Dr. Bethel

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Daniel O'Donnell

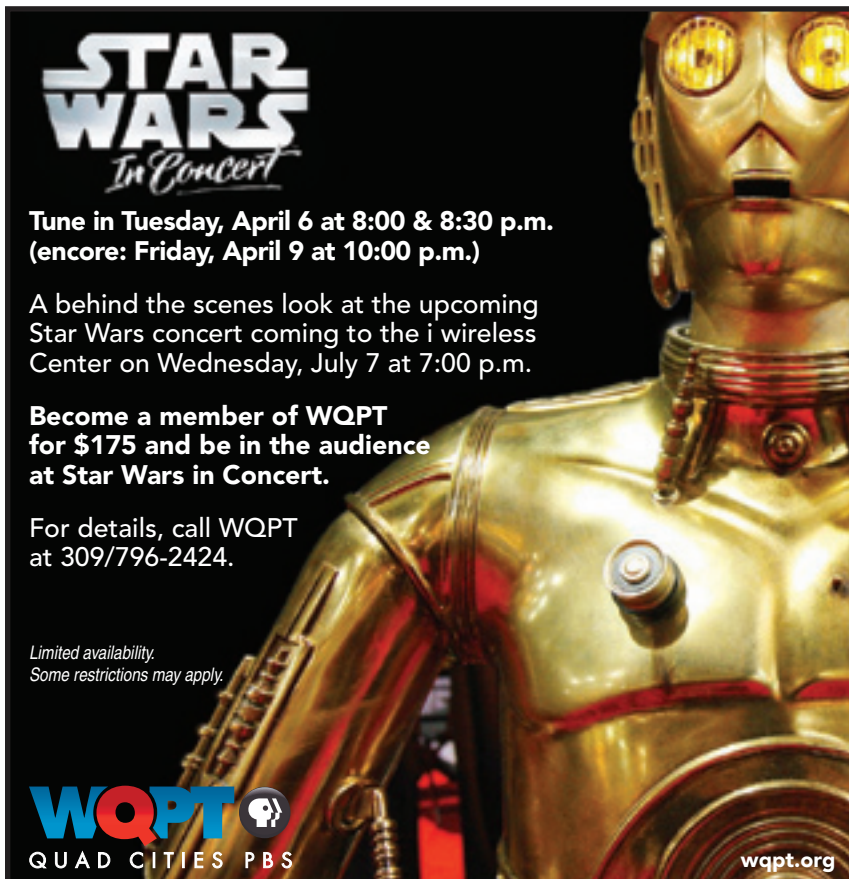
When you purchase your Daniel O'Donnell concert tickets through WQPT, not only will you enjoy this wonderful concert event, but you'll also be supporting your regional PBS station.

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Tune in Tuesday, April 6 at 8:00 & 8:30 p.m. (encore: Friday, April 9 at 10:00 p.m.)

A behind the scenes look at the upcoming Star Wars concert coming to the i wireless Center on Wednesday, July 7 at 7:00 p.m.

Become a member of WQPT for \$175 and be in the audience at Star Wars in Concert.

For details, call WQPT at 309/796-2424.

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body, mind & soul

Spring clean your yoga mat!

By Elizabeth Janicek

Yoga is energizing and invigorating — a breath of fresh air, right? Not if your mat smells funky.

The Internet abounds with DIY yoga mat cleaners, so I conducted a “scientific” test to find the best at-home method. Admittedly, my mat hasn’t gotten heavy use in a while. So for a true test, I first pampered it with a splash of salt water (to approximate sweat) alongside a mix of sticky honey, colorful cocoa powder and smelly garlic. Boy, am I glad something worked, or I would have a real excuse not to practice more often!



iStockphoto

The contenders

1. Good old soap and water: On a washcloth, just like mom would do it. Scrub, rinse and let dry.
2. Vinegar & Water: In small spray bottle, combine 3 parts warm water with 1 part white vinegar. Spray generously and wipe with clean towel, then let dry.
3. Essential Oils & Water: Fill small spray bottle with distilled water, then add 3 drops tea tree oil and 3 drops lavender oil (or whichever scents you prefer). Spray generously and wipe with clean towel, then let dry.
4. Vinegar & Essential Oil: Follow Vinegar & Water recipe, then add oils as described in the Essential Oils & Water recipe. Spray generously and wipe with clean towel, then let dry.
5. Baby wipes: Wipe down mat and let dry.
6. Deep clean: Submerge mat in a bathtub of warm, soapy water and soak 15 minutes; rinse well. To absorb excess water, roll mat into a clean towel, then air-dry fully before storing to prevent mildew.

The results

For removing salty “sweat,” good old soap and water did the best job, but scored lowest for removing the stinky garlic smell. Separately, vinegar and oil each did a decent job at knocking out the smell, but worked even better together. Baby wipes probably should be saved for babies, while the deep clean, albeit more hassle, lived up to its name.

Final recommendation

For regular freshening, the Vinegar & Essential Oil recipe is ideal: It’s easy, smells wonderful and dries residue-free. When your mat needs extra love, give it a deep clean and follow up with recipe No. 3 or 4, as desired, for an extra clean or relaxing scent.

Store-bought sprays, like a sample we received from Manduka (manduka.com), are on par with this recipe. Manduka’s sprays cost \$5 for 2 ounces and \$10 for 8 ounces but save a little time and work equally well.

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- QCTAG Bike or Bus to Worship
- Davenport Park and Recreation's Family Fest - Fejervary Park 12:00-4:00 pm

Monday, May 17th

- QCTAG Commuter Breakfast, Bechtel Park, Davenport

Tuesday, May 18th

- QCTAG Bike/Bus/Trail to get to work

Wednesday, May 19th

- Employee Health Walks, 6:30 am - 2:00 pm
Moline - Butterworth Parkway (East Shelter near 55th Street)
Rock Island - Sunset Park, Kiwanis Trail
Davenport - Duck Creek Trail (Eastern Avenue Shelter)
Bettendorf - Duck Creek Tail (Middle Park Lagoon Shelter)

Thursday, May 20th

- QCTAG Bike or Bus to Work Day
- CTAG "Loop the Loop" - Bike to The District, then make a loop on The Loop bus as a social time with friends and fellow bikers.

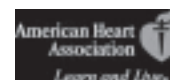
Friday, May 21st

- Safe Routes to School Day - bike, bus or walk to school

Saturday, May 22nd

- Bike Ride with the Director - Enjoy a ride and learn about what your parks have to offer.
Bettendorf start/finish at Middle Park Lagoon Shelter, Duck Creek Parkway, registration 8:30-9:00 am, Ride 9:15 am - Noon
Davenport: Trail ride starts at 9:00 am at Duck Creek Park and ends at Emeis Golf Course.

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gardens

Rain in the garden

Make runoff your friend with earth-friendly plantings

By Jen and Ted Knights

This time of year, if you're a homeowner thinking about storm-water runoff, you're probably focused on your gutters or worrying about whether your basement will flood during the next downpour.

But storm-water runoff has other consequences, too. Runoff from impervious surfaces like buildings and concrete carries pollutants like heavy metals, sediment, fertilizer and other lawn chemicals, bacteria, and grass clippings — and these contaminants flow off your property into storm sewers (and ultimately, to area rivers and streams) without treatment. Runoff also increases stream-bank erosion and the risk of floods.

That's a big problem. But there is something beautiful you can do to help.

"Rain gardens are one of the many new conservation practices that homeowners can use to address storm water on their property," says Amy Bouska, an urban conservationist with the Division of Soil Conservation of the Iowa Department of Agriculture and Land Stewardship.

A rain garden will add beauty and wildlife habitat to your yard while contributing to the sustainable management of storm water.

A rain garden captures rain that runs off roofs, driveways and yards. The garden ponds it temporarily, letting the water soak into the ground gradually and naturally. As gravity moves water downward, plant roots and soil work as a filter, removing pollutants before water flows into the groundwater supply.

Now that you know how a rain garden works, let's talk about how it looks. A rain garden is a flat-bottomed depression made in the landscape that is

level from end to end — essentially a shallow, basin-like garden bed filled with native perennial plants.

Once the plants really fill in the space (which can take a year or two after planting with natives), you may not even notice that the soil surface is 2 to 6 inches below grade. What you will see is a garden



soil (often twice as deep as the plant is tall), making these species efficient at soaking up water when it's abundant and highly resilient to drought when water is scarce. Not only that, but one-third of a native plant's roots die away each year, leaving behind organic matter to nourish plants and deep under-

ground channels in the soil through which water can percolate. Native plants also require little maintenance and no fertilizer — perfect traits for a rain garden, where you want minimal foot traffic and disturbance.

Can your rain garden really make a difference?

According to the Iowa Department of Agriculture, the average half-acre urban lot in eastern Iowa or western Illinois receives more than 430,000 gallons of rainfall each year. They say you'd need a row of 50-gallon rain barrels more than four miles long to hold that much water.

The optimal size of a rain garden is equal to one-third the size of the area draining to it; for example, if a downspout drains 1,200 square feet of roof, the rain garden should be 400 square feet. A 30x10-foot rain garden filters about 12,000 gallons of water — enough to fill two and a half tanker trucks. Since you won't actually be putting that water into tanker trucks, you might consider installing a rain

barrel on the other side of your house to collect rain-water and store it for summer's dry spells.

While a rain garden is lovely in its simplicity, there are a few things to consider before you start digging that depression.

For tips on getting your rain garden started, read a longer version of this story online at radishmagazine.com.

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Consider the bean

Plant-based protein packs an eco-friendly punch

By Mari Loehrlein

Are tough economic times hitting you hard in the wallet? Does the state of the global climate have you concerned? Are you more than a few pounds overweight? If you answered yes to any of those questions, it is just possible that the lowly bean can help with what ails you.

Beans are the Rodney Dangerfield of the food world. They don't get any respect. They are even referred to as the "musical fruit," a reference to the inability of our digestive systems to break down the enzyme raffinose, found in beans and a few other vegetables.

When people look around for inexpensive food, they often think of the drive-through window. Yet a quick check at nutritiondata.com reveals that a quarter-pound hamburger has 12 grams of protein, 280 calories, and 2 grams of fiber. Such a burger costs around \$3. By comparison, a serving of Tex-Mex pinto beans has 15 grams of protein, 200 calories and 16 grams fiber. Cost for all the ingredients in this dish is around 50 cents per serving.

If it's total convenience you want, a large chili at one fast-food restaurant costs under \$3 and packs 25 grams of protein, 330 calories and 8 grams of fiber.



Beans provide protein that's healthy for the body and the planet. (Photo by iStockphoto)

This points up a couple of the more obvious advantages of beans: They cost less than meat while providing an equivalent amount of protein, and they have a lot more fiber — around half the recommended daily amount in one serving. Fiber is a dietary component sorely lacking in the average American's diet.

Anyone who has adopted the practice of eating beans for breakfast can attest to the fact that beans are filling. From black beans and rice, the national dish of Costa Rica, to mudammas (fava beans) throughout the Middle East, people the world over have discovered that beans can carry you well into the day. Maybe it's the high level of carbohydrates they provide. There are 49 grams of carbs in that serving of Tex-Mex beans.

There is one other advantage to beans that isn't always so obvious. The protein in beans requires less land to create than another major source of protein in many of our diets: meat. In fact, "Cows must be fed 21 pounds of protein in order to provide one pound of protein for humans," according to Frances Moore Lappé, author of "Diet for a Small Planet," published in 1971. Lappé goes on to say that "an acre of legumes (beans) can produce 10 times more protein than an acre devoted to meat production."

However, a vegetarian diet isn't necessarily the most efficient in terms of land use. A study at Cornell University reveals that fruits, grains and vegetables require higher quality land to grow than the pasture and hay that feeds the ruminant animals that in turn provide meat and dairy products. Christian Peters, lead author of the research, and his colleagues concluded that "The key to conserving land and other resources with our diets is to limit the amount of meat we eat and for farmers to rely more on grazing and forages to feed their livestock."

Even in light of the Cornell research, one must recognize that beef production is a far greater consumer of energy than vegetables — using 16 times as much gasoline to produce an equivalent amount of food, while generating 24 times the amount of carbon dioxide emissions. And these numbers do not account for the methane or nitrous oxide emitted by cows and their manure.

Pamela Martin of the University of Chicago and Gidon Eshel of the Bard Center for Environmental Policy suggest that if Americans would reduce their meat consumption by 20 percent, the effects would be the equivalent to everyone's switching from a sedan, like a Toyota Camry, to the fuel-efficient hybrid Toyota Prius.

So the next time you enjoy a plate of Tex-Mex beans, deliciously topped off with colby-jack cheese, consider that you are doing your small part in protecting your pocketbook, slimming your waistline and saving the planet, all at the same time. Call it reducing your protein footprint.

Find a recipe for Tex-Mex beans on Resources page 38.

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eating well

P is for nutrition

Five great ideas to jumpstart your health

By Jeni Tackett, R.D., L.D.

Because I'm a dietitian, people often ask me what is most important for a healthy lifestyle. After pondering the subject for a while, I came up with the five most important Ps of nutrition. If you take them to heart, you will find yourself following a healthy lifestyle that will lead you to a healthy weight.

1 Portion size. I believe all foods can fit into a healthy diet. That's right — even bacon. Yep, pizza and French fries, too. In fact, I think that if you swear off certain foods, in the end you will end up overindulging in those foods. The key is watching how often you eat high-calorie, high-fat foods and how big those portions are. When you become aware of extra calories in “splurge” foods and reduce portions, you even may enjoy the food more. (Try just a small sliver of cheesecake instead of a huge piece, and you may not have heartburn later.)

2 Plant foods. Your diet needs to be primarily plant-based. You still can eat meat, yogurt, cheese, butter and eggs, but the majority of your plate should consist of plant foods. Keep the fruits and vegetables you like best on hand at home. Bring fruits and vegetables to work, on long car trips and when you are running errands. Have a “car apple” on your way home to curb your appetite before dinner.

Keep sliced veggies in the fridge so that you'll grab them. Put fruits in a fruit bowl on your kitchen table to remind you and your family to eat fruit every day.

You should strive for a minimum of five servings of fruits and vegetables a day. That could be two pieces of fruit per day, one cup of raw veggies, and one cup of cooked veggies (counting as two servings).

Plant foods are high in fiber, vitamins, minerals and phytochemicals. They fill you up with very few calories, and I stand by my claim that I do not know anyone who is overweight from eating too many fruits and vegetables.

3 Planning. You must plan your days. Eating a healthy, high-fiber breakfast is essential to get your metabolism going and keep you feeling full.

Many people think it's better to drink coffee and skip breakfast. If you do this, ask yourself: Is it working? Do you feel fueled during the day? Do you overeat around 3 p.m. and again in the evening? If so, try eating breakfast each day, then limit food in the evening. You will start waking up hungry!

Also, if you work, bring your lunch most days. Sure, it's more fun to eat out, but the portions are too big, plant foods are rare, and fat is plentiful. By bringing your lunch, you guarantee a controlled amount of healthy foods for your midday meal. Fill your refrigerator and pantry with healthy foods and plan for healthy meals at home with your family. If you work late, spend the weekends making homemade soups and other meals that you can freeze for the rest of the week. Low-fat slow-cooker meals are also good options for healthy



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choices in the evening. Try to limit dining out to once or twice a week to save money and calories.

4 Priority. You have to make a healthy lifestyle your priority. Some people spend hundreds to thousands of dollars on medications every year but they do not want to spend \$30 per month for a membership to a health club. Make the commitment to increasing your activity and putting your health first.

Think of how much time you spend watching television or playing on Facebook and use that time to exercise! Make eating healthy for you and your family a top priority. If you have a busy evening filled with basketball games, make sure to have an easy meal to prepare.

5 Positive attitude. Think positively about yourself and your ability to have a healthy lifestyle. I have many coworkers who will put down their body sizes. I always reply, “Stop with the negative self-talk!” You need to talk positively about yourself and focus on your strengths. Soon your thoughts will follow. Remember that everyone has times that they overeat or do not exercise, but the key is getting back to a healthy lifestyle. When you look in the mirror, smile and think a positive thought about yourself! You are worth the time and effort it takes to lead a healthy life. You will be a better spouse, parent and friend if you take time to eat right and exercise. Do yourself a favor and start today.



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Living Lands and Waters rewards schools

Living Lands and Waters (LL&W), a nonprofit river cleanup organization based in East Moline, Ill., has awarded four Quad-Cities schools for their efforts to green their campuses and communities. On March 10, LL&W presented cash awards to students at Rock Island (Ill.) High School, St. Paul the Apostle Catholic School (Davenport), United Township High School and Glenview Middle School (both in East Moline, Ill.). The awards represent the culmination of LL&W's Green Revolution, a free conference that taught participants how to reduce waste and conserve energy in their homes, schools and communities, and challenged 15 participating schools. LL&W awarded the schools with \$500 and \$200 cash prizes for their efforts, although initially it had promised a \$500 award to just one winner. Says LL&W founder Chad Pregracke, "It was impossible to select one winner. Everyone did a great job, with different approaches that were equally impressive. We're really happy that everyone worked so hard, and we want to reward them for their efforts to keep the momentum going." For more information about LL&W projects, visit livinglandsandwaters.org.

New farmers' market starts May 5 in Milan, Ill.

There's a new farmers' market in town, and the University of Illinois Extension — Rock Island County is looking for vendors. The new Homegrown Farmers' Market on the Square will run from 2 to 6:30 p.m. Wednesdays, May 5 through Oct. 27, in the extension's parking lot at 321 W. 2nd Ave., Milan, Ill. Vendors are being sought to sell fruits, vegetables and baked goods, as well as handmade crafts, all grown and produced within a 100-mile radius. Vendors pay \$75 for the season, which is refundable in full or part at the end of the season based on participation. (Those who attend all markets will get a full refund; those who attend half of the time will get half, and so forth.) For more information or to register, call extension at (309) 756-9978, extension 10, or visit yourextension.org.

Wanna write a children's book? Take the YogaG challenge and you could win!

YogaG is asking you — yes, you! — to write a children's book. The nonprofit organization that brings yoga classes to domestic violence shelters is asking writers of all ages to pick up their pens for the Children's Book Challenge. From among the entries, three winners will be chosen for prizes of \$750 (first place), \$150 (second) and \$100 (third). One book will be chosen for publication and will be illustrated by primitive twig artist Marcia Finks. Submissions must incorporate yoga poses (a list of poses is online at yogag.org) and focus on any of the following themes: friendship, bravery, adventure, courage and/or imagination. Submissions may be sent by e-mail or regular mail to sarah@yogag.org or YogaG, 5695 Barcelona St., Bettendorf, IA 52722. Entries must include the author's contact information: name, address, telephone number, and e-mail address (optional) on the cover page only.

Project Now provides farmers' market coupons

Want to eat healthy, local food — but it's too expensive? Project Now is offering \$30 coupons that may be redeemed at farmers' markets in Illinois to people who need them. Coupons will be made available on a first-come, first-served basis on the first of each month: May 1, June 1 and July 1. Certificates expire July 31. To qualify, customers must live in Illinois and be at 200-percent of the poverty level. To grant a coupon, Project Now needs to see an ID, social security cards for everyone in the house, a medical/LINK card (if they have one), and 30 days' proof of income. No appointment is necessary to get a coupon at the following Project Now locations: 418 19th St., Rock Island; and 711 4th Ave., Moline. The phone number for the Rock Island office is (309) 793-6391, and the Moline office is (309) 764-8092.

Get healthy — learn to cook Indian food

Some of the world's healthiest cuisines come from India, so it makes sense to learn a bit about them if we want to eat well. You can learn the basics on Tuesday nights in April and May at the University of Illinois Extension — Rock Island County, 321 W. 2nd Ave., Milan, Ill. Cost for six weeks' of classes is \$25, and classes will be held from 6 to 8 p.m. Tuesdays, April 6-May 11. Classes will be taught by Sugandhi Sivakumar. To register online, visit extension.uiuc.edu/rockisland or call (309) 756-9978, extension 10.

Walking clinic at Health & Wellness Fair

The 2nd Annual Western Illinois University — Quad-Cities Health & Wellness Fair will be held from 9 a.m. to 3 p.m. April 9 at the WIU-QC campus, 3561 60th St., Moline. The event will provide information about physical, mental, emotional and social health. The day will include a walking clinic, ballroom dancing and informational booths on topics such as outdoor recreation, weight loss, healthy diet and giving blood. There also will be giveaways. The event is free and open to everyone.

Reflexology to help your friends and family

Nationally certified Integrative Reflexology instructor Amy Peterson, owner of The Foot Bridge, Davenport, will hold a 10-hour reflexology course for people who want to learn basic techniques to help their friends and families. Reflexology can help people with mild depression or anxiety, early onset neuropathy due to diabetes, painful feet and legs from job-related stress, and Attention Deficit Disorder, as well as those dealing with the side-effects of oncology treatment. The course will span two days and will be held from 1 to 5 p.m. April 16 and 8:30 a.m. to 4:30 p.m. April 17. Cost is \$150. For more information or to register, contact Amy Peterson at dap1221@aol.com or (563) 343-6821.



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Renewal Weekend

April 10–11th

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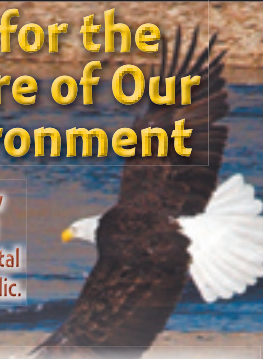
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Get local food in your school: Attend the Healthier School Lunches for Iowa conference

Everyone who cares about what kids are eating in school is invited to attend Healthier School Lunches for Iowa, a conference, from 8:30 a.m. to 4 p.m. April 15 at Price Lab School, 1901 Campus St., Cedar Falls, Iowa. Cost to attend is \$30 and includes lunch. Keynote speaker will be Bertrand Weber, director of wellness, nutrition and culinary standard for Taher Professional Food Service Management in Minnesota. Attendees will hear firsthand stories from school food service directors and farmers who have worked together to bring local foods into schools. The conference is geared for school food service directors and farmers, but everyone is invited. To register or for more information, contact Andrea Geary at (319) 273-7883 or andrea.geary@uni.edu.

Walk for Spirit connects movement and spirituality at Our Lady

Our Lady of the Prairie Retreat, 2664 145th Ave., Wheatland, Iowa, will host a Walk for Spirit from 9:30 a.m. to 3:30 p.m. April 28. The event will focus on how walking can lead to peace, focus and awareness. Participants will walk the trails as a group, then gather for lunch. Participants may spend the remainder of the day as they wish, walking the labyrinth, hiking alone or exploring the trails with friends. Walkers should bring a water bottle. Sturdy shoes and long pants are recommended. In case of rain, bring appropriate rain gear. Cost is \$15, which includes lunch. To register, contact Barbara Gross at (563) 336-8414 or olpretreat@gmail.com.

See 'Fresh,' the movie, April 15

"Fresh," the movie, will be shown at 6 p.m. April 15 at the Moline Public Library, 3210 41st St., Moline. "Fresh" celebrates the farmers, thinkers and business people across the U.S. who are re-inventing the food system. A panel discussion with area farmers will take place after the film. The event is free and open to everyone. For more information, call the library at (309) 762-0609.

Acupuncture and herbs help allergies

Curious about acupuncture? You can learn about acupuncture, herbs and seasonal allergies from 6 to 7:30 p.m. April 13 at Ancient Wisdom Acupuncture Clinic, 2395 Tech Drive, Suite 7, Bettendorf, Iowa. The event will present information about how acupuncture and herbs can help relieve the symptoms of seasonal allergies. Participants will learn some simple strategies for self-care, including acupressure, neti pot, foods and herbal remedies. There will be herbal tea samples and door prizes. The event is free and open to everyone. For more information, call (563) 332-1891.

Now Offering **vegetarian & vegan night**
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Now accepting vendors for the 2010 outdoor farmers market season

www.mvgrowers.com



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A 2010 Community Supported Agricultural (CSA) membership from Oak Hills Acres Organic Farm, Atalissa, IA, will provide fresh, organic and heirloom produce throughout the 2010 season.

All produce grown on our organic family farm. Members pick up their shares at pre-arranged sites in the Quad-Cities and surrounding area including the Davenport Freight House Farmers Market, May through October.

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SAUKENUK LIVES AGAIN

(Story on page 6)

Welcome Home Powwow and Dedication

- **Saturday, May 1:** Grand Entry at noon at the powwow grounds, with dancing until 5 p.m. A Grand Procession will begin at the grounds at 7 p.m., with dancing until 9 p.m.
- **Sunday, May 2:** Dedication of the new Saukenuk exhibit at 10 a.m. at Watch Tower Lodge, 15110 46th Ave., Rock Island. Dancing will be held from noon to 5 p.m. at the powwow grounds.

Also on the grounds, there will be Native American vendors, selling items from jewelry to food, including Indian Fry Bread and "tacos" made with the bread.

PINK, BLUE AND GREEN

(Story on page 10)

Want to learn more about raising your baby the eco-friendly way? You can get great ideas at 12:30 p.m. April 17 at the **QC Earth Week Fair**, which is being held from 10 a.m. to 4 p.m. at the QCCA Expo Center, 2621 4th Ave., Rock Island. Radish magazine, Heritage Natural Foods and Laura Revell of Greenbottoms.com will present information for parents. For more information about the fair, visit qcearthweek.org.

CONSIDER THE BEAN

(Story on page 30)

Slow-Cooked Tex-Mex Beans

- | | |
|---|---|
| 1 cup dried pinto beans, rinsed | Coarse salt and ground pepper |
| 1 jar (11 ounces) mild or medium salsa (1½ cups) | 1 medium red onion, chopped |
| 2 tablespoons chopped canned chipotle chiles in adobo sauce | 1 red bell pepper (ribs and seeds removed), chopped |
| 2 tablespoons all-purpose flour | ¼ cup reduced-fat sour cream, for serving |
| | ¼ cup chopped fresh cilantro, for serving |

In a 5- to 6-quart slow cooker, stir together beans, salsa, chiles, flour and 1 cup water. Scatter onion and bell pepper on top. Cover and cook on low heat for 8 hours. (Do not open lid or stir.) Serve topped with sour cream and cilantro.

— *Recipe from Everyday Food, Nov. 2007*



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RADISH EDITOR

Radish is seeking an editor to take over stewardship of the magazine's content.

Primary responsibilities include planning, assigning and editing stories; arranging for photography and being the contact between the publication and its readers.

The ideal candidate will have 3-5 years experience editing a newspaper feature section, special publication or magazine. Must be well organized and proficient in editorial planning; possess strong writing and editing skills; be able to manage several projects at once and have above-average knowledge of the local foods movement, alternative and complementary health practices and environmental issues.

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Subject Line: **Radish Editor**



CELEBRATE EARTH MONTH

GREENSTOCK

Slated for 11am-3pm on Friday, April 2, it's all about eco-friendly activities for kids! Tie-dyeing, recycled crayonmaking, junk jewelry, and nature bookmarks are just some of the fun activities! \$5/person and includes Exhibit Halls admission!

MUSEUM HILL CLEANUP

10am-noon on Saturday, April 10. Help clean Museum Hill! Take home a tree to plant as part of the Million Trees project by Living Lands & Waters. Free and open to the public!

For more information visit
www.putnam.org/earth!

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food for thought

Bare your sole

It's healthy to kick off your shoes and live a little

By Christina Griffiths

"Forget not that the earth likes to feel your bare feet."
— Kahlil Gibran

We all slip into the world barefoot and naked, but soon after we're clothed and our feet are harnessed into booties. From there we're headed to a life of canned feet: loafers, pumps, oxfords, heels, flip-flops and flats.

My advice: Tiptoe back to the horizon of your barefoot human experience at birth.

Why opt for baring your soles? First, going barefoot relieves stress. It's freeing to stretch and wriggle the toes as your feet breathe in the atmosphere.

Think about when you take off your socks and shoes. The typical scenarios are in the living room, the backyard, in the bathtub or at the beach. We unravel from a hectic day by letting our toes out to play; while we do this, we drain away "mental traffic" and de-stress. Going barefoot is a human experience we all relish. Our titles, positions and ranks melt away with toes and heels exposed. In her book, "Endangered Pleasures," Barbara Holland writes, "Without shoes, our ambitions would fade away."

Stress relief can come from practicing relaxation techniques — those that create an awareness of the physical body shifting away from the mental. The meeting of bare soles with lush, green grass or grainy, wet sand puts you in the now, saturated in physical senses. Your mind closes down, diminishing stress, while the body is rejuvenated by nature's pulsing energy.

Some philosophies claim that chi, a natural force of life, can be absorbed through the soles of the feet. Have you ever seen Jackie Chan wearing shoes? Numerous forms of meditation or exercise that center on relaxation are practiced on unfurnished phalanges.

Aside from feeling great, there are various physical gains to going barefoot. A barefoot lifestyle aids in strengthening the arch muscles, tendons and joints. Barefoot bottoms develop denser muscles while

increasing flexor strength, balance and agility.

Unadorned digits result in a decrease of calluses, blisters and ingrown nails. Research also has shown that going shoeless actually can aid in the prevention of vein problems. An unrestricted foot exercises a greater range of motion, which helps the legs pump blood back to the heart more efficiently.

Millions around the globe are striding toward a shoeless lifestyle.

Barefoot parks and foot-sensation trails are providing stress relief, strong muscles and playful fun for visitors willing to de-shoe. Every two years in Munich, Germany, bare-footers pull off quite a feat. A small, paved space between triple traffic lines is closed and transformed into a barefoot trail park. Up to 10,000 people shed their shoes, socks and sandals to tread their soles through mud, grass, sand and smooth stones.

Have you gone barefoot today? If not, step up and take the barefoot challenge.

Organize a barefoot event in your community. Go barefoot in thick grass, on hay, in the sand, on a wooden deck, in cool mud, on moist leaves, on smooth stones or tiles, in a small stream. For the more daring, go barefoot under the meeting room table, behind the counter, or at your desk.

Already an underground bare-footer? You're not alone. There are numerous bare striders across the globe, from chilly Canada and Switzerland to sweltering South Africa and Costa Rica. To find foot-friends, contact the Society for Barefoot Living at barefooters.org.

Our titles, positions and ranks melt away with toes and heels exposed.



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“Performance from the Ground Up: A Chiropractic Sports Symposium” is a free community event for weekend warriors and athletes of all ages presented by the faculty of Palmer Chiropractic Clinics.

Wednesday, April 21, 3-7 p.m.

Palmer Academic Health Center, 1000 Brady St., Davenport

“Take the weight off your shoulders”—How chiropractors can help people with shoulder pain and common shoulder injuries from participating in throwing and lifting sports.

- Presented by Drs. Dave Juehring and Casey Crisp
- 3:30 to 4:15 p.m.

“Find the keys to healthy knees”—Methods to help runners and athletes of all levels with knee pain from tendonitis and other common problems, as well as prevention and treatment of knee injuries to ensure peak performance.

- Presented by Drs. Michelle Barber and Ranier Pavlicek
- 4:30 to 5:15 p.m.

“Put your best foot forward”—Treatments for common foot and ankle problems, such as plantar fasciitis, as well as ways for runners and people who spend a lot of time on their feet to prevent injuries and relieve pain.

- Presented by Drs. Ranier Pavlicek and Steven Silverman
- 5:30 to 6:15 p.m.

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