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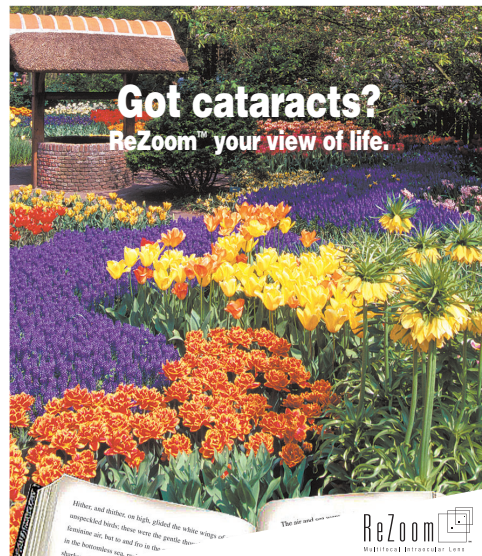
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ABOUT HEALTHY LIVING

Trinity is a member of The Friends of Radish, a special group of community-minded businesses that are helping to spread the word about healthy living from the ground up.



Laughter, love for his job, make this nurse a patient favorite

Dan Moore, BSN, RN, has treated, advised, comforted and chuckled with 22 years' worth of patients and families in the Quad-Cities. He laughs easily and, genuinely. It's clear why patients and co-workers like his company and counsel. Dan is an oncology nurse at Trinity's Cancer Center.

To read more of Dan's story, go to www.TrinityQC.com/NursingCareers

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We at Radish feel pretty good when we see living proof that our efforts are helping to make a difference in our corner of the world. The most recent example of this can be seen in this month's story about the winner of the Radish Earth Day Challenge.

Introduced in our April issue and presented at the Quad City Earth Week Fair that same month, Radish challenged readers and fair-goers to make simple lifestyle changes that would benefit the Earth. We suggested 10 things they could do; those who took the challenge were to keep track of the things they did — or didn't do — over a two-month period.

We checked in with all participants in June, found out what each person or family accomplished, and then chose a winner based on who made the most comprehensive, Earth-friendly makeover. And the winner is: the Neyens family of Davenport, Iowa, led by dad Jason and mom Trista.

We can't take all the credit for the Neyenses' efforts, as they already possessed a keen sense of their responsibility to the planet prior to the Radish Challenge. However, based on how they've ramped up their changes in the past couple of months — and due to the many things they do that go beyond the simple stuff — we proudly proclaim this family the winner. They will receive a recycling bin full of Earth-friendly products this month as their prize. To read their story, turn to page 14.

All this is not to say choosing a winner was easy. Many people took up the Challenge and are doing great things; several of them, like the Neyenses, already had begun their changes well before the Radish Challenge. To find out what other Challenge participants are doing, read the longer version of the Earth Day Challenge story that is posted this month at radishmagazine.com.

Thanks to all who participated. You all are winners, and because of your efforts and the efforts of other like-minded stewards of the planet, the Earth stands a better chance of being a winner, too.

So keep fighting the good fight, and encourage others to do the same. One great way to accomplish this is to sign up yourself and a friend to help in group cleanups in your community. In the Quad-Cities, you can help clean our waterways during the Aug. 16 Xstream Cleanup. To learn more about this great project, turn to page 26.

— Joe Payne
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP
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Gerald J. Taylor
PUBLISHER

Joe Payne
EDITOR
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Nancy Renkes
ADVERTISING MANAGER

Rachel Griffiths (309) 721-3204
Paula Porrella (309) 269-7997
ADVERTISING EXECUTIVES

Brandy Welvaert
Laura Anderson
STAFF WRITERS

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeys
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



Leslie Garrett of Toronto, Canada, is an award-winning journalist and mother of three children, who frequently send her to the mall in search of snow boots, underwear or whatever else they've outgrown. Tired of coming home with stress headaches, she began researching how to shop with a social and environmental conscience. Convinced she wasn't alone in her desire to make smarter, more Earth-friendly purchases, she developed The Virtuous Consumer, a syndicated column about socially and environmentally responsible choices, that now appears regularly in newspapers throughout North America. Her book, "The Virtuous Consumer: Your Essential Shopping Guide for a Better, Kinder, Healthier World" was released in July 2007. Leslie also offers weekly "green" tips on CFRB, Canada's most-listened-to AM radio station, and is a frequently consulted expert on green consumerism for a number of other media outlets. Read her Ten Commandments of Virtuous Consumption on page 6.



Chrissy Mitzel is the registered dietitian at the Rock Island (Ill.) Hy-Vee, where she gets to spread her love of nutrition to the store's customers. She is new to the Quad-Cities and is happy to be learning about the community. Chrissy and her "schnegle" (schnauzer-beagle mix), Dexter, have been learning the area with frequent walks. (He's a big fan of the black squirrels, which didn't live around his former home.) In her first appearance in Radish, Chrissy provides health information and recipes about elegant eggplant. Read her story on page 20.



Cassie Druhl of Blue Grass, Iowa, is a 2003 graduate of West High School in Davenport, Iowa, and a 2007 graduate of Central College in Pella, Iowa, with a degree in communication studies and a minor in French. Cassie is presently finishing her first term as an Americorps naturalist at the Wapsi River Environmental Education Center in Dixon, Iowa, and she plans to enroll in a second term. After finishing her service at the Wapsi Center, she plans to continue work in the environmental field. In her first appearance in Radish, Cassie shows how environmentally-minded students can green their backpacks for the coming school year. Read her story on page 40.

Also appearing in this month's Radish are regular contributors **Jen Knights**, **Jim Courter** and **Barb Annino** ("How Walkable Is Your City?", page 12); **Linda Egenes** ("An Interview with Deborah Madison," page 10); **Darcy Maulsby** ("Backyard Poultry," page 8); **Jonathan Turner** ("Trinity Neuroscience Center," page 16) and **Elizabeth Janicek** ("Local Growers Network," page 22).

"A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

Perhaps a confession can help clear the air so there's no misunderstanding. But let me say a few other things first.

Ten years ago something happened that changed my life forever.

At the time I was a financial analyst for Florsheim in Chicago. I was a former college volleyball player who still loved to play, but I had developed a very painful shoulder problem from all my volleyball playing. I couldn't raise my arm above my shoulder and what was even worse for me at the time; I could no longer play my favorite sport. It eventually spread to my neck and caused headaches that stopped me from sleeping at night. For more than 2 years I had painkillers, muscle relaxers, and physical therapy that only made me feel better until the next day. I considered surgery, (my doctor in Chicago said that was my only option), but I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, took some films, and then "adjusted" my spine. The adjustment didn't hurt; it actually felt good. I got relief, and I could use my shoulder again. In fact, within only one month I was back playing volleyball again, at full speed, like I never had a problem. It worked so well that I went to chiropractic school myself.

Now people come to see me with their "rotator cuff" problems. Also, they come to me with their *headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries*, just to name a few.

Several times a day, patients thank me for helping them with their health problems. But I can't really take the credit. **My confession is that I've never healed anyone of anything.** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by **healing itself.** We get tremendous results. It's as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

Amazing Offer – When you bring in this article, you'll receive our entire new patient exam, with x-rays for just **\$27**. That's it, no kidding. **Great care at a great fee** – Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. **Just have that low fee to help more people who need care.**

My assistants are Tacia and Amy, and they're both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **SCRANTON CLINIC** and it is at 2512 18th Avenue, Rock Island, IL (We are "next to, but not in Whitey's"). Our phone number is 309-786-3012. Call Tacia, Amy or myself today for an appointment. We can help you. Thank you.

—Dr. Rob Scranton, D.C.

P.S. When accompanied by the first, I am also offering the second family member this same exam for only \$10.

P.S.S. Please hurry, we only have 7 slots available this month for this offer.

the grapevine

Radish hits the road for the 2008 Illinois Renewable Energy Fair

Radish will join over 100 other exhibitors at the Illinois Renewable Energy and Sustainable

Lifestyle Fair Aug. 9-10 at the Ogle County Fairgrounds in Oregon, Ill.

Sixty workshops will be held during the fair on such topics as "Carbon Diet," "ECOpreneurship" and "Building with Trees." Children's workshops will include "Solar Ovens" and "Earthen Sculpting." Keynote speakers for the fair are:

- **Robert Lieberman**, member of the Commerce Commission in Chicago and former CEO of Chicago's Center for Neighborhood Technology, who will discuss the end of cheap fossil fuels at noon Saturday, Aug. 9.
- **Kamyar Enshayan**, director of the University of Northern Iowa's Local Food Project, who will discuss community energy independence at 2:30 p.m. Saturday, Aug. 9.
- **Leslie Garrett**, who will discuss how to be a "virtuous consumer" at 2:30 p.m. Sunday, Aug. 10. (Read her story on page 6.)

Admission is \$7 for adults for one day, \$10 for both days, and \$3 for youth (ages 12-16) for one day, \$5 for both. For more information visit illinoisrenew.org. Radish also will be at:

- **Davenport Freight House Farmers' Market**, 421 W. River Drive, Davenport, IA, 8 a.m.-1 p.m. Aug. 2. (See us at the Oak Hill Acres booth.)
- **Trinity at Terrace Park Farmers' Market**, 4500 Utica Ridge Road, Bettendorf, IA, 3-6 p.m. Aug. 4.
- **East Moline Farmers' Market**, 1112 42nd Ave., East Moline, IL, 9-11 a.m. Aug. 6.
- **Wesley Acres Farm**, Coyne Center, Ill., Aug. 9: Radish joins the Quad City Eagle View Chapter of the Sierra Club as they visit local farmer Jim Johanson. Tour a farm transitioning to organic and learn about the bio-diesel process and other ideas. To reserve a spot and get directions, call (309) 912-8110.

'Living Here on Earth' goes a-fowl with Miss Effie and her chickens

See what it takes to raise your own backyard poultry — featured on pages 8-9 — on the Aug. 19 episode of "Living Here on Earth," airing during the 10 p.m. newscast of WQAD NewsChannel 8.

Host Matt Hammill will visit with Cathy Lafrenz (pictured at right) of Miss Effie's Flowers and Garden Stuff in Donahue, Iowa, who raises her own chickens for farm-fresh eggs.

For other regional environmental reports, watch "Living Here on Earth" each Tuesday at 10 p.m. on WQAD NewsChannel 8.

On the Road
with
Radish



Paul Colletti / Radish

From our readers

Fox River Sox (July 2008): "I received the July issue of the Radish and love it! There are all sorts of helpful nuggets of info in it. For example, the article on Fox River Mill sock company inspired me to get info on how to join the One Percent for the Planet organization. I appreciate and applaud all your efforts to help all of us reduce our carbon footprint on this earth."

— *Joan Burns, Cart By Cart, LLC, Iowa City, IA*

Great Galena Cookery (July 2008):

"Thanks so much for running the article about the Great Galena Cookery. Barbra Annino did a great job of capturing the essence of my business. Love your magazine ... and get many great comments about it, as people snatch it up at my shop."

— *Patricia Lehnhardt, Galena, IL*

Ionithermie (May 2008): "I truly appreciate the opportunity given to me to educate the Radish readers regarding the importance of cellular detoxing. We can detoxify our bodies on so many different levels, but detoxifying at the cellular level will have even more of a substantial impact on a person's health. We are so fortunate to have a magazine catering specifically to increasing people's awareness as to how they can improve their quality of life and enhance their overall well-being. Thank you for having our best interest at heart."

— *Christa Feist, IoniSlim Spa, Davenport, IA*

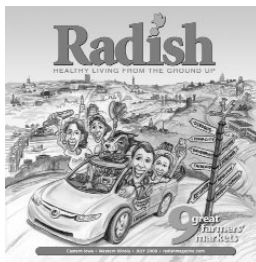
Send your comments to editor@radishmagazine.com or write to Radish, 1724 4th Ave., Rock Island, IL 61201.

Free books of the month focus on green living and detoxing

Radish has three free books to offer readers this month. Be the first to request one, and we'll get it to you. All we ask in return is a mini-review for future publication. The books are:

- "Eco-Friendly Families" by Helen Coronato (Alpha Books, 2008). This uncorrected manuscript offers to "guide your family to greener living with activities that will engage and inspire."
- "Green Guide: The Complete Reference for Consuming Wisely" (National Geographic Ventures, 2008). Written by the editors of Green Guide Magazine with a forward by Meryl Streep.
- "Juicing, Fasting and Detoxing for Life" by Cherie Calbom with John Calbom (Grand Central Publishing, 2008). This book offers to "unleash the healing power of fresh juices and cleansing diets."

To request one of the above, send an e-mail to editor@radishmagazine.com.



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This Golden Laced Wyandotte is one of 50 chickens owned by Cathy Lafrenz of Donahue, Iowa. (Photo by Paul Colletti)

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healthy living

Clearer conscience

How to become a virtuous consumer



iStockphoto

The Ten Commandments of Virtuous Consumption

1. Reduce, reuse and recycle.

This one — in this order — could be all you need.

2. Create a community that feeds your soul.

Live, work and shop to support those around you. Get involved in local politics, even if it's just to be an informed voter.

3. Use manpower (or womanpower).

Get around by cycling, walking, inline skating or taking public transit.

4. Purchase green power.

It's so incredibly powerful in terms of offsetting climate change. A call to your utility company can ensure that the equivalent energy required for your home comes from renewable sources. At the very least, remove the lightbulb that Thomas Edison invented and replace it with a compact fluorescent.

By Leslie Garrett

I've never attended a rally for the poor. Or written a letter of protest to a corporation whose policies are emasculating male sea turtles. Or gone on a hunger strike (unless you count the times I needed to lose 5 pounds by the weekend to fit into a size 6). I hate tofu, have never chained myself to an old-growth tree, and don't drive a VW van powered by french-fry grease.

I like lipstick. And shoes.

But I think about the hole in the ozone layer as I slather sunscreen on my children. I cringe at the reports of children in third-world countries who are sold into bondage by their desperate families to factories that make my kids' toys. I worry about the increasing number of "smog days" our local radio station warns us about. I puzzle over food packages that list ingredients I can't pronounce. I hack away at the plastic that encases everything from CDs to tiny vials of face cream, cursing the corporations that seem to think their products are so worthy of toxic protection. I cry at "Free Willy."

I buy cosmetics that weren't first worn by a bunny. I compost. I recycle. I buy secondhand. And organic, when I can afford it.

I'm probably a lot like you.

I am, however, a journalist — which means I enjoy badgering people and ask-

5. Don't sweat the really small stuff.

Make changes that work for you and your family. And don't pull out the hair shirt every time you slip up.

6. Consider the life cycle of any product.

Before you make a purchase, consider the following:

- What materials went into making this product? Were the raw materials virgin or recycled? Plant-based or petroleum-based?
- How was this product manufactured? How was it transported?
- How long will the product be used?
- How will it be disposed of? Is it recyclable? Reusable? Biodegradable?

7. Be generous.

Give what you can, whether it's your time, your stuff or your money. Charities need all three. Sometimes they even need your blood.

8. Be kind.

To yourself, to that person in front of you in the supermarket's express line with 23 items, to the person halfway across the world. Even to the person who idles his SUV in front of your kids' school. Kindness is a scarce resource these days, and it can transform the world.

ing questions. I'm not afraid to phone David Suzuki to find out what, exactly, organic food is. Or to contact UNICEF and find out what's up with allegations of child labor being used to make backyard fireworks. Or asking some corporate bigwig what the deal is with the way his products are manufactured. And asking again when he gives me a load of crap.

I'm also a believer in the power of informed choice to bring about change.

Frankly, I'm ready for it. I'm not ready to move off the grid, but I am ready for products that I can buy with a clear conscience. Or at least a clearer conscience.

They're out there — more every day — if you know what to look for.

I've also made a discovery that just might revolutionize the consumer world.

If I shop armed not only with a conscience but also with the facts to act according to it, I feel better. Not just "I have a great new purse" better but "my great new purse is supporting a women's cooperative in the Philippines and recycling juice boxes at the same time" better. I feel a genuine connection to people I've never met and to this planet we share as our home. Not bad for a morning at the mall.

Leslie Garrett will speak about "The Virtuous Consumer" during the Seventh Annual Illinois Renewable Energy and Sustainable Lifestyle Fair Aug. 9-10 at the Ogle County Fairgrounds in Oregon, Ill. For more information on the fair, turn to Grapevine, page 4.

9. Be informed.

Explore the plentiful information that's available on living green and ethically. Next thing you know, you'll ...

10. Awaken your inner activist.

You're clearly someone who cares deeply for the future of this planet. And that, my friend, makes you a political force. Oh no, you say. I just want to shop better. Yes, I firmly believe that every dollar we spend, particularly when we spend it consciously, is a political act. But you can do more than that.

You might start by creating positive change in your home, move on to your kids' school, then your local watershed. Or you might choose a different path, like organizing a group to build nesting boxes for birds. Or lobbying for better bike lanes in your city. That's how it starts. How it ends is up to you.

Excerpted with permission from "The Virtuous Consumer" by Leslie Garrett (New World Library, 2007).



The 7th Annual
**Illinois Renewable
Energy & Sustainable
Lifestyle Fair**
Aug. 9th & 10th, 2008

at the
**Ogle County
Fairgrounds, in
Oregon, IL.**



**The Fairgrounds will open at 9:00 a.m.
on Saturday and Sunday.**

The Fair will feature over 100 booths and exhibits, 60 workshops, food, entertainment, children's activities and tours.

Visit www.illinoisrenew.org for event details.

2008 Keynote Speakers

Community energy independence, Kamyar Enshayan, Director of Northern Iowa's Local Food Project, Northern Iowa University, Cedar Falls, IA
The Virtuous Consumer, Leslie Garrett, Author, Toronto, Ontario
The end of cheap fossil fuels, Robert Lieberman, Member of the Illinois Commerce Commission, Chicago, IL



**Organic & Local Food, Entertainment,
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healthy living

Backyard poultry

How to raise your own small flock



Paul Colletti / Radish

By Darcy Maulsby

Whether you want to raise your own nutritious eggs, access a free source of garden fertilizer or enjoy fun, friendly pets with unique personalities, consider backyard chickens.

"I just love them," says Cathy Lafrenz, who started with 15 birds in 2002 and now raises nearly 50 chickens at Miss Effie's Country Flowers and Garden Stuff, a U-pick flower farm on her small acreage northeast of Donahue, Iowa. "They are so interesting, and you learn so much by raising chickens."

Pick winter-hardy breeds

If you'd like to start your own flock, start by checking with your city officials to determine if local regulations allow for backyard poultry. If so, research what breeds you might like to raise. Heavy birds that can withstand harsh Midwest winters include the Australorp (a dependable backyard bird with a good disposition), Barred Plymouth Rocks (distinguished by their striking black and white coloring), Wyandottes (a popular breed developed in America), Brahmas (white birds with feathered feet) and Buff Orpingtons (known for their fluffy plumage).

You can purchase chicks from mail-order hatcheries like Murray McMurray (mcmurrayhatchery.com) in Webster City, Iowa, or from local farm supply stores. Many chicks can be purchased for \$2 to \$3 or less. Since a minimum order at most hatcheries includes 25 chicks, find a friend to split an order with you, or consider buying smaller quantities from the farm supply store during chick days, which are held each spring.

Provide the right coop and bedding

If you only have two or three chickens, you can use an igloo-style dog house and kennel to house your birds. For a large flock, a small coop works well (many plans are available online), as long as you allow at least 2 to 3 square feet of shelter per chicken and provide a place for the birds to roost at night. A fenced-in area about 6 to 7 feet tall is also important to allow the birds to access the outdoors while offering protection from predators like coyotes, foxes and raccoons. Lafrenz has two doors in her chicken coop, including a door that allows people to enter the building, and a 12-inch by 9-inch opening for the chickens that's open 24 hours a day.

To keep the run from getting too muddy in the fall and winter, Lafrenz spreads a layer of leaves 18 inches on the ground. The chickens will break down this organic material, which eventually will make a rich, black compost that can be added to the garden.

For bedding in the coop, try several inches of straw or wood shavings.

"Ground-up corn cobs from the local feed store also absorb moisture well and provide good fodder for your compost bin," says Lafrenz, whose chickens live about 100 feet from her house. Clean the coop about every month or two, or more often during wet weather, to protect the health of your flock.

Meet feed and water needs

Chickens have different nutrient requirements at different stages of life, and a variety of feed options are available. If you have a flock of 25 birds, you'll go through two 50-pound bags of feed about every two weeks, according to Lafrenz, who starts young birds on a high-protein chick starter for four to six months and feeds her hens an antibiotic-free, hormone-free layer mix with cracked corn and scratch grains, including oats, wheat and millet. To supplement these rations, you also can feed your chickens fruit and vegetable scraps, notes Lafrenz, who says her birds especially like tomato peels, lettuce, watermelon rinds and apple scraps.

Always provide your birds with plenty of clean, fresh water. A heated dog water bowl or heated chicken waterer in the winter will keep the water from freezing.

Gather the eggs

Hens will typically lay their first egg at around 6 months of age. Since the average hen lays an egg every 27 hours (with no rooster required), five or six hens will provide about four eggs per day, said Lafrenz, who gathers eggs two to three times a day.

Home-grown eggs' deep golden yellow and orange yolks lend a rich hue to cakes and other baked goods, while the eggs' thick albumens create more volume when they are whipped.

"These eggs taste so much different than store-bought eggs, and angel food cakes made with them are out of this world," says Lafrenz, who notes that raising chickens helps adults and children understand where their food comes from.

"It's a plus that the chickens themselves are so delightful."

Enjoy them for years

While chickens can contract the highly contagious New Castle disease or suffer from mites, diseases and pests tend to be more of an issue in large flocks, says Lafrenz, who never has had a disease problem with her birds. Rather than harvesting her chickens for meat, Lafrenz keeps the birds as egg layers and lets nature run its course. Most hens live about four years, and roosters sometimes can live for six years.

Learn more

- To learn more about raising backyard chickens, try these resources:
- "Storey's Guide to Raising Chickens," by Gail Damerow
 - "Keep Chickens! Tending Small Flocks in Cities, Suburbs and Other Small Spaces," by Barbara Kilarski
 - Backyard Chickens, www.backyardchickens.com

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Run • Walk • Relay

11th Anniversary

THE QUAD CITIES MARATHON

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Palmer 5K Run
KJWW Half Marathon
Rock Valley 5-Person Marathon Relay
Happy Joe's Kids Micro Marathon
Isle Mile Walk for Prostate Cancer

September 28, 2008

www.qcmarathon.org

healthy living

Growing connections

Deborah Madison on the value of local

By Linda Egenes

For more than 30 years, Deborah Madison has championed home-cooking that is colorful, healthy and gourmet-good. Madison, who has won the James Beard award, the Julia Child award and other awards for her cookbooks, traveled to Fairfield, Iowa, in May to speak at the annual EcoFair at Maharishi University of Management.

It turns out that Madison has roots in Iowa because her father was born in Burlington, and she visits here yearly as a board member of Seed Saver's Exchange in Decorah. Her book, "Local Flavors: Cooking and Eating from America's Farmers' Markets," newly was released in paperback in May. Here she talks to Radish about the book, farmers' markets and local foods.

Radish: Why is buying local so important?

Deborah Madison: Right now we're seeing the costs of transporting food. But more importantly, the experience of going to a farmers' market to buy local food is more satisfying and connecting. You see your friends, you see the people who live in your community, and you see the people who grow your food, who might also be your friends. It's an experience of connectedness, which I think that Americans in particular are lacking. Walking down the aisle of a big supermarket with a cart is one our saddest chores, whereas going to the farmers' market is a pleasure.

R: And the other reasons?

DM: Another reason is the quality of food is so much better. When you taste in-season broccoli that's fresh and picked the day before, it's nothing like we get in the store. It's sweet; it's delicious. You're gaining more flavor, and with more flavor, you're getting more nutrition. Foods like figs, apricots and tomatoes that need to be picked when ripe to taste good actually can be picked ripe for the farmers' market. That can't happen in a supermarket, where shipping is involved. Finally, it's

important to buy local because it's a way of keeping money in your community, which is especially important in the rural agricultural sectors.

R: What were your favorite Midwestern farmers' markets you visited while you were researching "Local Flavors?"

DM: I actually have three that I love, each very different from the other. One was St. Paul's, which is crowded, vibrant and bursting with an interesting combination of modern farmers and traditional Midwestern growers. I also enjoyed the Madison, Wisconsin, market, which is situated around the perimeter of the State Capitol, with lawns and trees. The quality of the food at both markets was amazing. The third market, in Decorah, Iowa, is the opposite of the other two. It's tiny, but I always find many interesting things to take home — foods that we don't have in New Mexico, whether it's ground cherries or jams made with local fruits. It's friendly and relaxed, with interesting people. I remember a man who had ground his own corn and it was absolutely delicious to cook with. It had so much flavor and vibrancy.

R: What were the most unusual locally grown fruits and vegetables that you've come across?

DM: In the St. Paul market, I must have taken 150 pictures of amazing eggplants in purple or gold or with green stripes — even bright orange ones, grown by Hmong farmers. And there was the most amazing tropical smell. It stopped me in my tracks. It turned out to be a fragrant melon called "passport."

R: How far should we be taking the local foods movement? We can't grow oranges in Iowa, for instance.

DM: It's useful to think about what should be bought locally: your lettuce should be local, for instance. Wherever you are, it can be grown nearby. When it's something that can be grown where we live, I see no excuse for getting it from California.



Doug Merriam / Broadway Books

R: What can we do to support the local foods movement?

DM: You can support the local foods movement by buying foods that you know are local. There are active Buy Fresh Buy Local chapters throughout Iowa (and Illinois). Certainly, if you have a farmers' market, you can support local growers there. Sometimes your local co-op will feature local food. And you can always ask for local food. We have to be active consumers. We have to buy it, speak up and ask for it.

Crostini with Roasted Eggplant and Pine Nut Puree

Makes 1 cup puree. If you have a chance, make this puree using the pale green or white eggplants or the violet Rosa Bianca — all of which are delicate and sweet. You can make it all in a large mortar or a food processor.

1 pound eggplant or a little more	1 tablespoon chopped mint
Olive oil	2 tablespoons chopped parsley
½ cup pine nuts or walnuts	2 tablespoons chopped opal basil, plus
1 garlic clove	basil leaves for garnish
Sea salt and freshly ground pepper	12 slices toasted baguette or crackers
Fresh lemon juice	

Preheat the broiler. Peel the eggplant and slice it into rounds about ½-inch thick. Brush both sides of each slice lightly with oil, set on a sheet pan, and broil about 6 inches from the heat until golden, 12 to 15 minutes. Turn and brown on the other side. When done, stack the eggplant slices so that they'll steam and finish cooking. Toast the pine nuts in a dry skillet over low heat until golden. (If using walnuts, toast them in a 350-degree oven for 7 to 10 minutes, until fragrant.)

Pound the garlic and pine nuts with ½ teaspoon salt until smooth. Coarsely chop the eggplant, then work it into a somewhat rough puree with the pestle or in a food processor. Add a little lemon juice to sharpen the flavors. Taste for salt, season with pepper, and stir in the herbs. Spread the puree on the toasted bread or crackers, garnish with a basil leaf and pass around as an appetizer.

Tomato Juice Sipped through a Lovage Straw

Imagine having your own fresh tomato juice. Strained but not cooked, the juice has a consistency far lighter than what comes out of a can. It's especially fine if you can sip it through the hollow stem of lovage, yet another good reason for having a lovage plant in the garden.

1 pound ripe, juicy tomatoes, any color, coarsely chopped	Fresh lemon juice, to taste
½ cup ice	2 lovage stalks, fennel stalks, or lemon basil sprigs for garnish
Sea salt and freshly ground pepper	

Puree the tomatoes and ice in a blender, then pour through a strainer. Add a pinch of salt, some pepper, and lemon juice to taste. Let stand for a few minutes for the air bubbles to dissipate, then pour into 2 glasses and serve with the lovage straws or its sprigs.

Recipes from "Local Flavors: Cooking and Eating from America's Farmers' Markets" by Deborah Madison (Broadway Books). For another recipe, turn to Resources, page 38.

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healthy living

A tale of four cities

Exploring walkability where we live

By Radish staff

Walking is good for your health and the environment, and especially in warm weather it's a great way to explore the town where you live. Yet some cities and towns are more "walkable" than others. Well-maintained, well-lit sidewalks free of ridges, chunks and overgrown greenery, with pedestrian crossings and ramps, make being a pedestrian easy. Drivers of cars who don't watch for pedestrians and poorly-designed or broken sidewalks, however, don't. With walkability in mind, four Radish writers set out to discover how walkable their communities really are. Here's what they learned.

East Moline, Ill.

Depending on where you walk in East Moline, Ill., a small town of about 20,000, you'll find well-maintained sidewalks, jumbles of concrete, walks that don't connect or no walks at all. On a summer evening trek from our home to the downtown area for fireworks, my husband and I found ramped sidewalks mostly in good repair and lights that helped us cross busy streets.

However, one of the sidewalks we took ended, forcing us to cross Kennedy Drive, a main artery, at mid-block. We also hit a couple patches of broken-up sidewalk in an older neighborhood downtown. I can't imagine pushing my friend's wheelchair over these, or a much lighter stroller, for that matter.

It's worth noting that we also noticed plants, homes and businesses we hadn't seen from the car.

We mostly felt safe walking in our town, even on our way home after sunset. The places we walked mostly were well-lit, though my key-ring flashlight came in handy for one dark stretch near home.

Home again, we had two wishes. The first was for big glasses of ice water because we'd walked several miles. The second was for aware drivers who consistently watch for and heed pedestrians. We didn't have any close calls because we always watch traffic very

closely, but speeders and folks turning left into crosswalks without looking were an annoyance.

After our walk, I visited the city's Web site, eastmoline.com, and clicked on "Submit Concerns" to let city staff know about the broken sidewalk.

— Brandy Welvaert

Iowa City

Iowa City is known as a pedestrian-friendly town. The town's central business district overlaps with the University of Iowa campus and includes the famous "Ped Mall" area, where walkers abound. The city's network of walking and biking trails connect outlying areas (including Coralville to the west) to the downtown area, although many sections along the Iowa River have suffered from recent flooding.

I parked my car and packed my nine-month-old daughter into her stroller on north Linn Street, right in front of the Hamburg Inn, a favorite haunt for locals looking for stick-to-your-ribs food.

We walked south on Linn Street, stopping at the Home Ec Workshop to buy a skein of yarn and oohing and ahhhing over stylish gifts at Akar, at

Linn and Iowa Avenue. We continued south to Washington Street, where we hung a louie and walked down to New Pioneer Co-op to pick up a loaf of sesame semolina and a hunk of cheese to go with our evening meal — and then circled back to the car via Van Buren and Market streets.

Downtown Iowa City, overall, is a great neighborhood for walking. The area offers wide sidewalks with ramps that make pushing a stroller (or wheelchair) a breeze, along with well-marked intersections and courteous drivers who are accustomed to yielding the right-of-way to pedestrians.

One busy intersection (at Linn and Jefferson) has a crosswalk, but no signal or stop sign. We also encountered a pair of bicyclists riding on the sidewalk, a common faux pas in a city with many inexperienced bikers. By being cautious and alert, we easily overcame the problems we experienced and had a wonderful walk.

We found that in Iowa City, the pedestrian is king — or, in the case of me and my baby girl, queen.

— Jen Knights



istockphoto

Galena, Ill.

One of the things I love about living in Galena is the close proximity of everything. Walking is an important part of my daily routine and nearly every street has a sidewalk. There are more stop signs and quiet streets than light signals and highways. But the best part of any walk I take in Galena is the aesthetics of the landscape. From the towering steeple of St. Mary's Catholic Church to the opulent gardens of the 19th-century homes, Galena walks are exercises in beauty.

I live on the hilly side of town, and anyone familiar with the city will tell you that these hills aren't for amateurs. They are massive, rolling waves of asphalt, horse pastures and farmland. Descending isn't so bad, however, slower is better on the joints. Going up, well, that's a workout. You can skip the gym when you walk in Galena. In fact, one set of steps that trails from Main Street to Prospect Street totals 253. The trek gets your heart pumping, tones your legs and fills your lungs with fresh air. The panoramic view from the top — dotted with scalloped hillsides, colorful trees and a meandering river — is the cherry on the sundae.

If there was one aspect of the city I would improve, it would be the sidewalks. Some are in disrepair, and some just aren't wide enough. Craig Albaugh, facilities manager for the city of Galena, is working to rectify that. Surveys sent to citizens throughout town prompted inspections of many walkways. The reports were graded, and the ones with the most severe flaws are slated for repair thanks to the "Safe Routes to School" grant from the Illinois Department of Transportation.

— Barbara Annino

Macomb, Ill.

I live eight blocks south of the square in Macomb, Ill., on Lafayette Street. For more than 20 years I have walked that route on the way to work and downtown to the post office, the library and the courthouse, and to shop and spend time at the coffee bars.

Sidewalks line both sides of the street. I mostly walk the west side, where my house is located, but also because it's more even and in better repair than the other side. On very wet days, a few spots may be puddled, but otherwise the sidewalk is clear and in good shape all the way downtown, with a minimum of breakage or high seams to trip on. It's wide enough for two, and the curbs are all ramped. In fact, the worst section is directly in front of my house, where the sidewalk is heaved from the roots of two large maple trees. It's still walkable, although I sometimes wonder if the elderly people walking on the street think so.

The biggest problem I encounter is drivers crossing Lafayette Street on the numerous side streets that intersect it. Only one corner has restricted visibility, but there are always those drivers who seem entirely unaware or uncaring that pedestrians might be about. Many do rolling stops or don't stop at all. On occasion, someone backing out of a driveway won't see me until they have blocked the sidewalk and stopped to check if the way is clear — only to be startled to find me standing and waiting right next to their window. A smile and a friendly wave usually assure them that I'm not a carjacker.

The Macomb street department policy on sidewalk repair is that it's done on a case-by-case basis when someone brings a problem to its attention.

— Jim Courter

Check out the "How walkable is your community" checklist provided by the Pedestrian and Bicycle Information Center. It's online at walkinginfo.org.



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environment

Eco-friendly family

Davenport family wins Radish Earth Day Challenge

By Brandy Welvaert

Because living in ways that honor people and the planet takes great effort, Radish likes to sing the praises of folks who take the challenge to heart.

That's why we issued The Radish Earth Day Challenge in April. Back then, we asked readers to make a pledge to do 10 everyday tasks for the planet and keep track of their progress. In June we contacted everyone who signed up to find out how they did.

About 50 people took the Challenge, but just one family's letter helped them rise above the rest.

Meet the Neyens clan of Davenport, Iowa: Jason (dad), Trista (mom), Seth, 5, Kady, 4, and Ayden, 1½.

According to Trista, who wrote to Radish about the family's many eco-accomplishments, her husband had harbored green goals; she wasn't so sure.

"My hubby always has wanted to make the house greener, and I always thought he was crazy — but now we are all on board and love it," she writes.

The family's list of accomplishments include:

- All light bulbs in the house are CFLs.
- They use cloth bags at the grocery store.
- They bought a Brita pitcher with a filter and reusable water bottles.
- They shop at a farmers' market every Saturday, buying foods, homemade soaps and dog treats for their pets.
- They planted several fruits and veggies, bushes and a tree.
- They ride bicycles and use a pull-behind to take the kids along for errands, which resulted in not fueling the family van for two months!
- They installed a motion-sensor light in the bathroom, where the kids "never shut the light off."
- They covered the windows with thermal curtains. ("I wanted them to save energy. He wanted them to watch movies in the day," says Trista.)
- They use only non-toxic and biodegradable cleaning products.
- They packed up their air purifier and bought lots of houseplants to clean the air.

To teach the kids where their food comes from, in spring they hatched chickens, which now live on a friend's farm and will become food one day.

Jason says he wants the family's home to be "green" not only to save energy — and therefore, cash — but because he wants to keep his kids safe.

"It's just a lot of stuff I've come across," he says, as Ayden helps himself to a pile of Baby Einstein CDs and Seth and Kady happily chew on fruit snacks. "The place I work, we can bring home a lot of chemicals, so I take a shower there before I come home."

Jason works at John Deere Harvester Works in East Moline, Ill., and Trista stays home with the kids.

The couple moved to Davenport about four years ago from Dubuque, Iowa, and will celebrate their sixth anniversary on Sept. 4.

Here's the clincher: Rather than buy gifts for one another on their anniversary, they plan to spend about \$200 on a gray-water system that will allow them to flush the toilet with used shower water.

"We feel like we have everything we want and couldn't ask for more," Trista says.

The Neyenses also recently bought a Nature Mill composter that turns itself and uses just 10 cents' worth of electricity per month, and they had planned to install clotheslines to reduce use of their clothes dryer.

As for the kids, "I don't know how much of this they understand," Trista says. The kids love raising chickens, though, and they got a kick out of helping plant the garden in spring, she adds.

"I truly believe that we are all healthier now that we eat better and walk a lot," Trista writes. "So a big thank you to Radish."

To which Radish gladly replies, "Right back at you."

Read a longer version of this story online at Radish-magazine.com and get eco-friendly ideas from people who took The Radish Earth Day Challenge.



Trista and Jason Neyens with their children Ayden, Kady and Seth. (Photo by Nick Loomis / Radish)



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health & medicine

Neuroscience

New Trinity unit specializes in the brain

By Jonathan Turner

AMorrison, Ill., family has been relieved of years of frustration and worry, and avoided a potential suicide, thanks to a new Trinity Medical Center unit and the compassion and expertise of a Moline, Ill., neurologist.

Nikki Villa's son, David, was hospitalized several times and saw many doctors for frequent epileptic seizures he began having in 2005, when he was 10. "It was a very long and painful process with no answers," Villa says. To manage the seizures, David took six medications, some of which caused aggression, temper outbursts, sleeplessness and thoughts of suicide.

"It was extremely scary," Villa says. "It just all seemed to happen at once, and he went through puberty in the midst of that, with all those emotions. He started talking about killing himself. He was very depressed."

David asked to be put in a Streamwood, Ill., hospital specializing in behavioral problems, and was there for three weeks last December. Some doctors thought the behavior was "something in David, that it had no correlation to the medicines," Villa says. "He's a little difficult; he's a boy. But I didn't see the major changes until the seizure medicines started."

Eventually a Sterling, Ill., neurologist referred David to Dr. Bassam Assaf, a neurologist who specializes in epilepsy and is director of a new epilepsy monitoring unit that opened in January at the Trinity West Campus in Rock Island, Ill. Its state-of-the-art equipment records brain waves, determines specific locations of brain activity and uses video equipment to monitor patients 24 hours a day.

David was hospitalized there for eight days in February. Since then, when the number of medications he takes was reduced to two, he has not had any seizures.

"Dr. Assaf was able to tell us, 'These are where the seizures are coming from in your brain, and this is what we're going to do to make them better,'" Villa says.

Epilepsy affects more than 2 million people in the United States, and its unpredictable nature "compromises patients' ability to work or to pursue activities of daily living," Dr. Assaf says. "Therefore, effective treatment of epilepsy is of paramount importance for improving quality of life."

The 10-bed neurosciences unit at Trinity also treats stroke, Parkinson's disease, Alzheimer's disease, multiple sclerosis and injuries of the brain and spinal cord. Centralizing treatment of neurological conditions makes sense, especially when nursing staff are specially trained to address them, says nurse manager Melissa DeCorso. Previously, such patients had been scattered throughout Trinity's hospitals.

"With specialized nurses taking care of them, they have better outcomes," DeCorso says.

For the Villa family, the unit was a godsend when nothing less would do. "This new technology is a blessing to this area," Ms. Villa says. "And the staff who are implementing it are exemplary."



David Molina and his mother, Nikki. (Photo courtesy of Trinity Medical Center)

Unit pioneers family-focused care

The Trinity Medical Center neuroscience unit — on the West Campus fourth floor — has a pilot program of care that is more family-focused than usual, nurse manager Melissa DeCorso says.

Family members are encouraged to be involved, and they can visit 24 hours a day and stay overnight. Patients and families have access to test results and reports along with medical charts they can review whenever they want.

"In the past, it was driven by health-care providers," DeCorso says of typical treatment. "We were the ones that diagnosed them. But the patients, families — they are the ones that know their disease, even more than physicians. The big thing with this, too, we have better patient outcomes, better safety."

In the Villas' case, the staff "listened to (Nikki) and to David, to see exactly what was going on," she says. "We collaborated with them on what type of plan of care David was going to need."

The unit has 17 private rooms, and DeCorso plans to hire more staff to expand services.

For more information on Trinity's neurosciences unit, call (309) 779-2136.

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Stargaze

Perséid streaks the night sky this month

By Laura Anderson

Make a date with the stars. On Aug. 12 you can get an eyeful of the Perseid meteor shower, an annual astronomical event that can be viewed without the aid of a telescope. All you have to do is find a dark spot to kick back and watch the show.

Meteor showers — which create “shooting stars” — are caused by icy, dusty debris that trails along a comet’s orbit. If the Earth travels through the stream, those below can see it.

“A meteor shower looks like random, infrequent streaks of light across the night sky that seem to radiate from one particular point,” says Roy Gustafson, president of Popular Astronomy Club, Inc., in the Quad-Cities.

Whether a streak appears long or short depends on the angle that a particle strikes the upper atmosphere. Short streaks mean that the Earth is heading directly into particles. If particles strike the upper atmosphere with a “glancing blow,” then a streak of light will cross the sky.

All meteor showers are named after the constellation from which the meteors appear to fall, and the Perseid meteor shower gets its name from the Perseus constellation.

“Perseid meteors will appear to ‘rain’ into the atmosphere from the constellation Perseus, which rises in the northeast around 11 p.m. in mid-August,” according to StarDate.org.

The best time to view the Perseid meteor shower will be at 1 a.m. Aug. 12. Usually the Perseid peaks between Aug. 12 and 13, but this is a leap year, explains Gustafson.

Though the Perseids start about mid-July and go through the end of August, the peak is the best time to see shooting stars. At that time, there are around 40 to 60 per hour, Gustafson says.

While some of the particles that constantly float around Earth become meteorites when they make it to the ground, the majority of the particles, including the particles from the Perseid shower, are too small to make it that far. “Consequently, (they) burn up in our upper atmosphere and display streaks of light as they disintegrate. Some of these particles hit our atmosphere at about

132,000 miles per hour,” Gustafson says.

Want to see the shower? If you live near a brightly lit city, drive away from the glow and toward the constellation, says StarDate.org. Look for state or city parks, or other safe and dark sites. (First make sure it’s legal to be there late in the evening.)

You can figure out whether your eyes have adapted to the dark well by testing your vision on other constellations. If you can see each star of the Little Dipper, your eyes have “dark adapted,” and your chosen site is probably dark enough. Under these conditions, you’ll see plenty of meteors.

Packing to go meteor-watching is easy — just treat it like you would fireworks. Pack comfortable chairs, bug spray, food and drinks, blankets, and a red-filtered flashlight for reading maps and charts without ruining your night vision. Binoculars are not necessary. Your eyes will do just fine.

Party like a star

• **Aug. 9:** Star Party and Open House, Monsignor Sebastian G. Menke Observatory, 31555 52nd Ave., Dixon, IA: (563) 333-6141. Free. Call ahead to check weather. For more information, visit web.sau.edu/astronomy/menke.

• **Aug. 16:** Popular Astronomy Club’s Portable Observatory, Niabi Zoo, 13010 Niabi Zoo Road, Coal Valley, IL. On the third Saturday of each month, April through October, the club takes its mobile observatory to the zoo. Viewings are free and open to the public. Volunteers are available to answer questions and assist viewing. Visit <http://pacastronomy.50megs.com> for details.

health

Salon Aria uses Aveda products and massage to provide high-tech, high-touch services



Healing Methods 101

Treatments: Salon Aria offers new Aveda services, including Green Science products and skin-renewing treatments, as well as Aveda Chakra aromas and chakra-balancing massage.

Provider: Salon Aria, Davenport, Iowa

What it is: In May, Aveda launched its new Green Science skin-care line and its Chakra aromas, which are specially designed body sprays that may be used in massage. Aveda is a company that provides a full line of environmentally-friendly retail beauty products, including hair care, skin care, makeup, spa and body products, men’s products, customized items and professional-only products. This year Aveda celebrates its 30th anniversary.

What a session is like: A professional spa service with Aveda’s Green Science skin-care products combines “high-tech” with “high-touch,” incorporating skin-rejuvenating massage and masque. Each treatment

is customized to the guest’s needs, with the spa provider paying special attention to areas of the skin that need it. A series of four weekly treatments followed by monthly maintenance is recommended for best results, according to Christine McClimon, owner of Salon Aria.

A professional chakra-balancing massage, on the other hand, combines a variety of massage techniques to relax the body, ease muscle tension, soothe the mind and bring balance to the chakra system according to authentic ayurvedic traditions. A treatment combines deep tissue massage, reflexology and energy work. “It’s a great supplement to our customized massage, and it is an ultimate relaxation experience,” says McClimon. Chakra massages also incorporate Aveda’s new Chakra line of body sprays — seven refreshing, aromatic sprays formulated for balance.

Benefits: Chakra massage promotes balance through the body and enhances yoga and meditative practices. Green Science skin-care services rejuvenate the skin, making it healthier, softer and more beautiful.

Cost: According to McClimon, everyone can benefit from chakra massage. The cost is \$90 or \$120 for a 60 or 90 minute massage. Massages also include a take-home Chakra aroma, valued at \$30. Green Science renewing treatments are \$130, which includes a series of facial massages along with another skin treatment: the B.S.R. (botanical skin resurfacing, normally \$85), which is Aveda’s version of a microdermabrasion treatment, says McClimon. B.S.R. uses a hands-on approach to give a more consistent and even exfoliation and uses no harsh chemicals which can harm the skin and cause redness and irritation. Anyone who is experiencing the signs of aging can benefit from such a treatment, she adds.

More information: Salon Aria is located at 5260 Utica Ridge Road, Davenport. Call (563) 359-5098 or visit salonaria.com.

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Serves 15 (2 balls each) | Source: Hy-Vee Test Kitchen

All you need:

- 1/2 c. Naturally More™ creamy peanut butter
- 1/4 c. Hy-Vee instant nonfat dry milk powder
- 1/4 c. Hy-Vee flake coconut
- 1/3 c. Hy-Vee HealthMarket old fashioned oats
- 1/4 c. wheat germ
- 2 tbsp Hy-Vee honey

All you do:

1. Combine peanut butter, milk powder and coconut in a medium bowl. Stir in oats, wheat germ and honey until thoroughly combined.
2. Shape mixture into 30 (1-inch) balls. Chill thoroughly before serving; store remaining balls in the refrigerator.
3. *If desired, drizzle with melted chocolate or roll in favorite cereals.

Nutrition information per serving:
Calories: 80; Carbohydrate: 7g; Cholesterol: 0mg;
Dietary Fiber: 1g; Fat: 4g; Protein: 3g; Saturated Fat: 1g;
Sodium: 50mg; Sugar: 4g; Trans fats: 0g

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eating well

Elegant eggplant

With the right technique, it's healthy

By Chrissy Mitzel

Eggplant. It's not exactly one of America's favorite vegetables. Tomatoes are celebrated for the cancer-fighting antioxidant lycopene. Spinach is praised for its vitamin A content. Broccoli is proud to be loaded with vitamin C. Poor eggplant has been left in the dust behind all of these super veggies. Have no fear, though, eggplant fans — it still has a special place in a healthy diet!

Want to know the basics? One cup of raw eggplant provides about 20 calories, 1 gram of protein, 5 grams of carbohydrate, no fat and 3 grams of fiber. Talk about a great food to throw into a dish to cut calories and fat! Although not loaded with nutrients, it does provide some manganese (for healthy skin, bones and glucose tolerance), phosphorus (for strong bones), potassium (for a healthy heart and optimal blood pressure) and folate (to prevent birth defects). Eggplant also contains powerful antioxidants

called phenolics and anthocyanins. They may lower your risk of cancer, promote healthy aging, improve memory and reduce inflammation. Two of the most important of these are chlorogenic acid and nasunin. Both also have been shown to lower cholesterol. Who knew eggplant had so much to offer?

One more note for those battling kidney stones: Eggplant is high in oxalates, which should be avoided if kidney stones are a problem for you.

New to eggplant? Give it a try! I know this large, odd-shaped, purple vegetable may look a little intimidating. When shopping, look for a firm eggplant with smooth skin. Avoid fruits with soft or brown spots as you would with any fresh produce. Although available year-round, eggplant peaks from August to October. At home, store in a cool, dry place for up to two days or wrapped in plastic in the fridge for up to four days. What about that purple skin? To peel or not to peel is up to you. Try leaving the skin on if you have purchased a young eggplant — it will be fairly

tender and will add more fiber. Peel the skin on a tough, older eggplant — it won't have a very appealing texture!

Some people recommend salting eggplant prior to use. Eggplant cells absorb a great deal of oil during cooking. Salting and weeping presses air out of the cells preventing excess oil absorption and water seeping from the eggplant into your dish. The process also eliminates some of the bitter taste often associated with eggplant. Simply cut the eggplant as desired for your recipe, salt and let sit for about 30 minutes, then rinse and pat dry. You may want to adjust the recipe's seasonings to make up for this extra salt.

So what do I do with it now that I've figured out how to purchase and prep it? Well, eggplant is a very versatile vegetable. It complements the flavors of the other foods it is prepared with. Try baking, steaming, grilling or sauteing. Tomatoes, onion, garlic and cheese always make a fantastic combination with eggplant.

Baba Ghanoush (Eggplant Dip)

2 large eggplants (1½ pounds)
2 tablespoons tahini
4 cloves garlic, peeled and crushed
½ cup diced onion
1 cup chopped tomato
3 tablespoons fresh lemon juice or more to taste

4 tablespoons cold water
¼ teaspoon salt
⅓ teaspoon freshly ground black pepper
½ teaspoon olive oil
Parsley sprigs to garnish

Heat grill or preheat oven to 500 degrees F. Pierce the eggplants in several places with a fork. Wrap each eggplant in aluminum foil and cook until eggplants collapse and begin to release a lot of steam, about 15 to 20 minutes. Remove foil and place eggplants in a bowl of cold water. Peel while eggplants are still hot. Allow them to drain in a colander until cool. Squeeze pulp to remove any bitter juices. Mash the eggplant to a puree. In a food processor, mix tahini, garlic, onion, tomato, lemon juice and water until blended. Add peeled eggplant, salt, pepper and olive oil, and blend. Serve in a shallow dish and garnish with black pepper, tomatoes and parsley. Serve with tortilla chips, pita bread, crackers or vegetables. Note: Try adding chopped jalapenos and extra garlic for more flavor!

Nutrition facts per ¼ recipe: 70 calories, 3g fat, 0mg cholesterol, 80mg sodium, 5g dietary fiber, 4g sugar, 2g protein. Source: Adapted from cdc.gov.



Radish 20

food

Seeking sustainability?

Choose organic food and enjoy

By Family Features

Wondering what organic means? You're not alone. Sustainable foods certainly are a current "hot" topic, but deciphering the new vernacular is a common challenge among shoppers.

So let's take a moment to think about organics.

Federally regulated since 2002, the term "organic" means food grown using methods that foster the health and harmony of the ecosystem, including the people and animals living in it. Natural and sustainable have no federally regulated definitions for most products. Organic food is produced without:

- Synthetic pesticides, herbicides or fumigants
- Fertilizers made with synthetic ingredients or sewage sludge
- Genetically modified organisms (GMOs)
- Irradiation
- Hormones, antibiotics, artificial ingredients or trans fats

For many, the word organic means produce such as apples, potatoes and oranges. But you can find organic varieties of nearly every kind of food. From milk to meats, choosing organic items helps keep potentially dangerous chemicals out of our bodies and protects the environment.

Once you've got organic, try one of the recipes at right with the goods you bring home.

Did you know?

Government data shows that the conventional fruits and vegetables below are most likely to carry multiple pesticide residues. Choose organic for these items, especially for infants and children

- Apples
- Bell peppers
- Celery
- Cherries
- Imported grapes
- Lettuce
- Nectarines
- Peaches
- Pears
- Potatoes
- Spinach
- Strawberries

For more organic recipes, visit www.ebfarm.com.



California Waldorf Salad Dressing

½ cup organic non-fat plain yogurt or sour cream
½ cup mayonnaise
2 tablespoons fresh lime juice
1 teaspoon grated lime zest
2 teaspoons curry powder
½ teaspoon honey or sugar

Salad

½ cup organic celery, thinly sliced
½ cup organic raisins
¾ cup organic seedless grapes, halved
1 organic apple, unpeeled, cut into ½-inch dice (1 cup)
½ cup pecans or walnuts, toasted
5 ounces organic baby spinach or mixed baby greens (about 6 cups)

Place yogurt, mayonnaise, lime juice, zest, curry, and honey in small bowl, and whisk to combine.

Place celery, raisins, grapes, apple and nuts in large bowl. Add about half of yogurt dressing, and stir to combine. Just before serving, add spinach and toss to combine. Add more dressing if needed. Serves 4.

Chopped Garden Salad with Buttermilk-Blue Cheese Dressing

2 tablespoons minced fresh parsley
1 tablespoon snipped fresh chives
1 clove garlic, minced
¼ cup mayonnaise
¼ cup crumbled blue cheese
½ cup buttermilk
Salt and freshly ground pepper, to taste

Salad

14 ounces organic romaine hearts or 1 head iceberg lettuce (washed and dried)
½ cup sweet peas
½ cup diced zucchini and/or yellow squash
1 cup fresh corn
½ cup diced carrots
1 cup diced ripe tomato
½ cup diced cucumber
½ cup diced radish

Combine the dressing ingredients in blender and puree. If using a head of iceberg, roughly chop lettuce into ½-inch pieces. Place in large bowl, add vegetables and toss to combine. Add ½ cup dressing and toss to blend, adding more dressing as desired. Serve immediately. Serves 6 to 8



21 Radish

great places

Networking for food

New group brings sustainable farming to Knox County

By Elizabeth Janicek

By some irony, it's rare to find a farmers' market that boasts a view of rural roads, fields and, yes, farms. The Local Growers Network is different. Head out on U.S.150 between Knoxville and Galesburg, Ill., and you'll find this small group of neighbors and growers surrounded on three sides by wide planted fields. They prop their tables under the shade of two large, old trees in the driveway of Wooden Eagle Barn, and the air is fresh and the view farmy as they talk to customers and wave at the occasional pickup that honks while passing.

During my visit in early May, the farmstand was on its second week, and Robert Haugland was selling radishes. He and his wife, Julie, had moved from Chicago two years ago and "found a nice farm on top of a hill." He had been gardening since he was young, and the move was the perfect opportunity to start growing more seriously. Though he works in Peoria and his wife owns a wine shop in downtown Galesburg, they've found time to convert their 22 acres into a thriving new source of sustainably-grown vegetables and produce.

The Local Growers Network actually took root almost 100 miles away at a class for people interested in sustainable agriculture called Farm Beginnings. Haugland was one of 12 participants from all over the state — one of them was Greg Brucker, his neighbor from across the road. Now Brucker and his wife, Amy, run Appleton Hollow Farms, and the Hauglands run Frog Pond Farm. They've banded together with Andrew Fritz of Fritz's Herb Farm and Leslie Schenkel of Twisted Chicken to foster and promote sustainable farming and food in Knox County.

The result is the budding Local Growers Network, a group of new farmers that began with these four but is "open to any local farmer with a bumper crop," explains Amy Brucker. "All are welcome." In early May, the market had two tables, a few customers, and a lot of momentum. One customer came on a Harley, the next in a nice dress. Amy was there with her daughter selling gourmet lettuces, chives, wild garlic, pet treats, granola and small pots of herbs.

"There is a demand for this," she explained, noting that when people move to a rural area for the first time, they expect access to fresh produce galore. Instead, she said with a smile, "they can get corn and soybeans all they want, but they can't get fresh fruit." Starting the Local Growers Network, said Julie Haugland, is a way to step in and provide for families who are almost 20 miles away from the nearest grocery store or farmers' market.

It also provides an opportunity for a farming arrangement that harkens back a generation or two. "Why grow the same thing as your neighbor?" asks Amy Brucker. Instead, each family grows different crops, and they share the harvests with each other and their customers. They even utilize each others' workday commutes to bring customers fresh produce mid-week. "For our family, what we buy on Saturday is eaten by Monday," Brucker said, "but the idea is to get food on the plate within 24 hours." Providing produce on both Saturday and Wednesday



Carl and Amy Brucker work their stand. (Photo by Elizabeth Janicek)

provides fresh and nutritious produce to customers who would otherwise have to wait another week.

Julie Haugland said that the customers who are visiting and ordering from the Local Growers Network "are really into local food, so they're very excited about what we're doing." For them, the farmstand is a closer tie to the food they eat, the hands that tend it and even the bugs that threaten its survival. Haugland pointed out tiny perforations in her dark and colorful lettuce mix. She explained that while some unwelcome flea beetles commandeered the first taste test, the leaves are clean and perfectly safe to eat.

That's just how nature works, she said, and her customers are more than willing to share the green with a beetle here and there in exchange for local, sustainable food. "Because that's what people want — not a vegetable that's beautiful but full of chemicals."

The Local Growers Network Farmstand can be found Saturday mornings through Sept. 27 at Wooden Eagle Barn, 1291 E. U.S. 150, Knoxville, Ill. To sign up for harvest updates or make a mid-week order (available for pick-up in Galesburg and delivery in the Oak Run area), e-mail lgfarmstand@yahoo.com. For more information about the market or the Network, call Julie Haugland at (309) 335-2744.

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education

Talking trash

'Sisters' walk the walk in Rock Island

By Laura Anderson

Committed to promoting a better keeping of the globe, the Trash Sisters are kin to all things eco-friendly. Giving presentations in classrooms, at meetings and other events, these sisters really know how to "talk trash."

After a name change in January 2007, Keep Rock Island Beautiful (KRIB), an environmental non-profit, was looking for new ways to share its message, says executive director Carolyn Fuller. When Linda Taylor, now vice president of the group, joined the board of directors, she came up with idea of the "Trash Sisters — Redusa, Reusa and Recycle," Fuller says.



Meet the Trash Sisters of Rock Island, Ill.: Wendy Smith, education committee chairman of Keep Rock Island Beautiful (KRIB); Carolyn Fuller, KRIB executive director, and Linda Taylor, KRIB vice president. (Photo by Gary Krambeck / Radish)

Since their birth, the eco-friendly triplets (Fuller, Taylor and KRIB education committee chairman Wendy Smith) have visited a number of community events to deliver a presentation called, aptly, "Trash Talk."

The three also make special appearances whenever and wherever they are invited to speak about recycling in the community, Taylor says. The Trash Sisters will be on hand at the Public Works Open House and Recycling Fair from 9 a.m. to noon Sept. 13 at the Rock Island Public Works facility, 1309 Mill St.

Taylor is a retired elementary school teacher, and she finds that her teaching roots drive her to spread the word about recycling. "It has been my passion for many years to create young people who are aware of the world around them," turning them into caretakers of the environment, she says.

"I looked for ways to connect classrooms with real world experiences, (and) one of these ways was through recycling and litter reduction. As a teacher, I have created a recycling message that is suitable for any adult organization or children's group," she says.

After Taylor's retirement, she decided to put her free time to work. After coming aboard with Keep Rock Island Beautiful, Taylor's goal has been to support those who would like to become more involved in recycling.

The Trash Sisters "have become Linda's passion," Fuller says. "Since the Sisters are all board members, and all of us are extremely busy, sometimes there are three of us, sometimes there are two of us, and many times Linda does the presentations by herself."

With adapted content for different audiences, presentations have been done for ages 3 to 90.

The Trash Sisters are working to promote picking up the globe and showing the community just how easy it is to recycle. "The environment is very important to me," Taylor says. "A simple message is for people to pick up after themselves. Leave a place cleaner than it was when they came and care about the next users of that place."

While the Trash Sisters' message applies to everyone, they know that the future of the planet rests with its children.

As Taylor says, "adults are the ones who recycle, but children are also the ones who bring home the important message."

To schedule a "Trash Talk," visit Keep Rock Island Beautiful at keepribbeautiful.org.

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environment

Gather on the river

Upcoming events aim to clean up local waterways

By Laura Anderson

Two great opportunities for tending to our waterways come to the Radish region this month — the fifth annual Xstream Cleanup and the third annual Lower Wapsipinicon River Cleanup. Here's a look at each event — and how to get involved.

Xstream Cleanup

This year's Xstream Cleanup will be held Aug. 16 in Bettendorf, Davenport and LeClaire, Iowa, and Rock Island, Moline, East Moline, Milan, Silvis and Colona, Ill. Volunteers can sign up to work a light-duty site, described as being "good for children and families, involving litter pick-up and maintenance, lifting 30 pounds or less," or a heavy-duty site, described as being "good for those wanting to get down and dirty, lifting more than 30 pounds, removing illegally dumped tires, etc." All sites focus on areas surrounding streams, creeks, waterways and rivers.

Last year, close to 1,500 volunteers removed 49,000 pounds of debris — 2,099 bags of trash, 2,745 tires, 20 appliances, 22 bicycles and 27 pieces of furniture. Items collected included a mannequin, car door, a Ford truck hood and a parking meter. Who knows what will be picked up this year, considering the amount of extra debris around and in the water from the summer flooding. "We do believe there will be more debris because of the flood, and we may continue to identify those areas in need as the waters recede," says Erin Robinson with the Waste Commission of Scott County, one of the event sponsors. "The flood has delayed accessing and assessing cleanup areas along the Mississippi River. We've (also) added a few new cleanup locations this year, including Silvis and Colona."

For more information about the Xstream Cleanup and to register online, visit xstreamcleanup.org.

Lower Wapsi Cleanup

The third annual Lower Wapsipinicon River Cleanup Project is seeking volunteers for its canoe-based cleanup of the Wapsipinicon River.

Volunteers ages 10 and up are needed for the cleanup, which will be held Aug. 22-24, with base camp at Rock Creek Marina near Camanche, Iowa. People can volunteer for one day if they wish, and free tent camping (including shower facilities) will be provided to those who volunteer more than one day. Also provided will be canoes, paddles and personal flotation devices, which are required for canoeing. Food and T-shirts will be available for purchase, and environmental educational programs will be offered in the evenings.

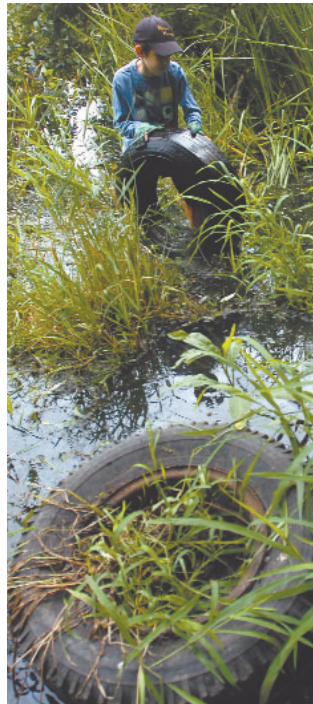
The cleanup covers 19 miles of the Wapsi River, between Allen's Grove Park, north of Donahue, and Walter's Landing, near McCausland.

Participants will remove trash from the water and along banks. They should dress for the weather and bring work gloves and close-toed shoes.

The goal of the cleanup is not only to remove trash, but also to educate people about the importance of caring for the environment.

Registrations postmarked by Aug. 8 are free. There is a late fee of \$5 per person.

For more information or to register, contact Melisa Jacobsen at (309) 737-9016 or coordinator@lowerwapsicleanup.org; write to LWRCF, P.O. Box 333, Long Grove, IA 52756; or visit lowerwapsicleanup.org.



Kevin Kurth of Davenport carries a discarded tire from a swampy area during the 2007 Xstream Cleanup. (Photo by Nick Loomis / Radish)

Dear Radish Readers,

If there was a way that you could decrease your stress and increase your wellness at home and at work, would you want to know about it?

Most people don't know how to handle the ever-increasing pressure from day to day activities and the many decisions that affect their health and wellness. If you want to be better informed on these important issues, you may be interested in our program entitled Discover Wellness.

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Through individual consultations or work group settings, you can learn how to reshape your health and wellness through better lifestyle choices on nutrition, exercise, sleep, posture and healthy thinking.

This is the most important information I can possibly share with you and I look forward to helping you Discover Wellness so you and your loved ones can reap the benefits of a life well lived.

Yours for better health,

Dr. Jenny Sechler

P.S. You will either be directed toward healthy beliefs and decisions about the wellness lifestyle or risk succumbing to the thousands of ads telling you health comes in a bottle. If you want the best and latest information possible so you can make the best choices possible, please attend our talk and let's see how we can help you make some simple choices that will help you live longer and improve the quality of your life.

Join us for the latest information August 21* at 6pm. RSVP 309 751-9790 for seating is limited.



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gardens

Backyard victory

Liberty Gardeners echo World War II ethic

By Brandy Welvaert

Jennifer Cook-DeRosa of Coal Valley, Ill., planted plenty of veggies this year, and she plans to add two fruit trees — as soon as she decides which type.

"It is painful for me to pay \$2 for a red bell pepper when I know my \$2 red-bell-pepper plant will give me more than 15 of them," says the devout food gardener and mother of three.

Turns out, Cook-DeRosa is flexing her green thumb in time with plenty of others who are growing plants for food to offset rising grocery bills.

National Public Radio reports that consumer spending on gardening has increased 25 percent since 2006, and some seed companies have seen a 20 percent spike in sales since last year. The last time people spent so much more on gardening was 2001, during the last economic recession.

"I don't like to be overly concerned about the cost of fresh fruits and vegetables, but if you are not cautious, you can spend 40 percent (of your food budget) or more on fresh produce," says Cook-DeRosa, who also is a trained chef and food educator.

She plants a modest garden — "not huge, but not a small starter garden, either" — that costs about \$15 to \$20 at the outlay. She spends about one hour each weekend quickly pulling a few weeds, picking what's ripe, trimming anything that's "going crazy," and setting up the sprinkler.

The retail value of the food she grows rings in "around \$75 per week. Based on 10 to 12 weeks of good harvest, that yields around \$900 of produce!"

Over the last year, food prices have increased at the fastest rate since 1990, according to the Associated Press. Prices for milk and eggs have increased 26 percent and 40 percent, respectively, leaving less money for the fresh fruits and veggies that most Americans weren't eating enough of even before prices jumped.

To help people cope, the University of Illinois Extension's Rock Island County unit kicked off a "Homegrown Challenge" in spring. During free classes throughout the summer, people learned everything they needed to know to start a food garden.

"Someone in his 60s came to the class, and he and his wife are going to retire

soon and be on a fixed income, so they want to have a garden," says Michael Woods, Extension director. "Our Homegrown Challenge goes off the old Victory Garden mentality."

In the 1940s, 20 million people — many of whom had no idea how to plant seeds or use a hoe — put down roots. World War II Victory Gardens, as they were known, produced 8 million tons of food — a staggering 40 percent of the produce Americans consumed through those lean, mean years, according to the National Garden Bureau.

There's a name for today's made-over Victory Gardens. Some call them Liberty Gardens. Master Gardener Vicki Nowicki of Downers Grove, Ill., is credited with coining the term.

"Let's rename these gardens for our time, the 21st century," Nowicki writes on her blog, libertygardens.net. "Let's call them Liberty Gardens. ... By growing some of our own food, we can save the tremendous amounts of fossil fuels it takes to grow, refrigerate and transport traditionally grown food."

While today's Liberty Gardens hark back to Victory Gardens as a way to stem fuel consumption and lower grocery bills, they also provide an opportunity to conserve energy and to grow a variety of foods in a sustainable way, she says.

In other words, Liberty Gardens are Victory Gardens gone "green."

Cook-DeRosa says she bought organic seeds this year, and Woods grows all his vegetables organically at home.

Liberty Gardens also create a sense of accomplishment.

"In some ways, it's a victory for yourself," Woods says. "The sense of empowerment is major."

Starting a Liberty Garden

It's not too late to start a liberty garden — especially if you go small and plant fall-bearing crops. To find a list of foods to plant for fall noshing, as well as instructions on how to do it, visit the University of Illinois Extension's "Watch Your Garden Grow" Web site, www.urbanext.uiuc.edu/veggies/basics.html.

Good choices for cool-season gardens generally include leafy greens (lettuces, spinach, chard), peas and radishes.



homes

Up on the roof

Greenery on top reduces runoff and noise below

By Brandy Welvaert

Something's growing in Davenport, Iowa, and it's about to hit the roof. "There's a lot of talk about wanting green roofs," says Teresa Nelson, a LEED-accredited (Leadership in Energy and Environmental Design) landscape architect, who with her sister, Roxanne Nagel, and friend, Tim Stephens, started Rooftop Sedums last year. Nagel and Stephens are horticulturists.

Rooftop Sedums planted its first sedums — attractive, compact, drought-resistant plants — in 2007 as the Midwest affiliate grower for LiveRoof, the purveyor of a modular green-roof system, based in Spring Lake, Mich. The hardy little plants they grow already grace four non-residential rooftops in Iowa and Missouri, where they're doing what plants do best: cooling things off, reducing noise and drinking up water that otherwise would find its way into storm drains.

LiveRoof (liveroof.com) is different from other green-roof systems because trained horticulturists grow the plant material in modules, which are later installed — completely filled with growing plants.

The polypropylene (plastic) modules are made from 100-percent recycled materials and roughly resemble flats (the rectangular-shaped trays used in garden centers), but they're sturdy and drain exceptionally well. They hold 4 inches of soil, with about 1 inch of that soil elevated above the rim. Installers place modules tightly against each other. Aluminum borders with drainage holes edge the roofs, holding plants and soil in place, yet allowing moisture to escape.

"The cooling effect is pretty much instant," Stephens says. So is the look of lush greenery.

After installation, there's no "brown roof" period while plants mature. In fact, the 95-percent inorganic material in which the plants grow never shows. All the viewer sees is a sea of colorful sedums in colors like rhubarb pink, sunflower yellow and shades of green. Plants are selected for site compatibility, but aesthetics are important, too.

On the Davenport farm, plants with names like Dragon's Blood, Royal Pink, Bertram Anderson and Weihestemphaner Gold flourish in developing stock beds. Every month or so, the growers can shear the plants and use the cuttings to propagate more in roofing modules. The plants mature in a matter of weeks and require little work along the way.

"It's pretty quick, really," says Nagel. "In terms of a crop, it's a lot less maintenance than, say, the annuals we sell."

Rooftop Sedums is one leg of the family horticulture-based business that includes The Little Red Barn, the aptly named farm-stand at the edge of the property, and Kurt's Green Acres, a farmers' market growing operation. All three are based from the Nagel family farm.

Sedums require little care once installed on a roof, too. They need mowing each spring — with a reel mower or a string trimmer — which revitalizes and



Teresa Nelson, Tim Stephens and Roxanne Nagel show sedums that will become a green roof in Cedar Falls, Iowa. (Photo by Gary Krambeck / Radish)

propagates new growth, says Stephens. They need irrigation during drought, but generally require no watering or fertilizers. The perennial plants never need replanting. If something happens to the roof, the affected modules can be removed and replaced.

While green roofs are most often incorporated into new construction plans, retrofitting an existing structure is possible, if costly. Because soil and plant-filled modules weigh much more than asphalt shingles — usually about 30 pounds per square foot when fully saturated — and require a relatively flat surface, adding a green roof sometimes requires expensive structural changes.

LiveRoof has introduced a new, lighter module that's easier to use in retrofit applications. The new modules are lighter because they contain just three inches of soil, but they require watering.

Today Rooftop Sedums is growing plants for several upcoming projects, including a large building in Cedar Falls, Iowa.

You can see Rooftop Sedums' plants and LiveRoofs at Willowwind School in Iowa City, the Federal Building in Dubuque, the Wright Brothers' Historic Mule Barn in Columbia, Mo., and the pump house in the sustainable demonstration garden at VanderVeer Park, Davenport.

For a list of the benefits of green roofs, turn to Resources, page 38. For more information about Rooftop Sedums, visit rooftopsedums.com.

growers

St. Bridget's Flowers

Build your own bouquets down on the farm

By Radish staff

Radish recently tracked down flower farmer Cathy DeValk, who three years ago started St. Bridget's Flower Farm between Iowa City and Solon, Iowa.

Radish: Tell us a little bit about your flower farm.
Cathy DeValk: My husband, Scot, and I opened the flower farm and have been learning new things and growing more every year. This year we have a little less than an acre in annual and perennial flowers.

R: Are you full-time growers?

CD: From April through the October, the flowers are a full-time commitment. My main job is being a mom, and I also have enjoyed working for Pearson as an independent test scorer for the past few years. I substitute teach occasionally, as well.

R: What can you tell us about your flowers?

CD: We research the types that we grow and take great care in the harvest and post-harvest treatment of our flowers. We want every bouquet to last at least a week and hopefully longer. We grow using mainly organic methods, and we enjoy our work. Usually at least 20 varieties are growing at any one time, and we have blooms available from May through the first freeze.

R: Where can we buy them?

CD: You can pick your own at our farm between 8 a.m. and 2 p.m. Wednesdays through Saturdays. Gallon-sized containers are \$10 each. Some large flowers cost a bit more.

We also have a stall at the Iowa City farmers' market from 5:30 to 7:30 p.m. Wednesdays at the Chauncey Swan Ramp.

Finally, we can deliver finished arrangements on a one-time basis or as part of our Bouquet Club. Under the name The Flower Girls, Leslie Lien and I provide flowers for weddings and other special events from mid-May to early October.



Cathy DeValk raises flowers in rural Solon, Iowa, at St. Bridget's Flower Farm. (Photo by Ann Scholl Rinehart)

R: What are some of the best ways to use/enjoy your flowers?

CD: Some people are timid about arranging flowers for fear of messing it up. I don't think you can go wrong with flowers. As they say, there are no mistakes, only happy accidents.

R: Do you have a favorite flower?

CD: I love zinnias. They come in so many sizes, shapes, colors — all beautiful, hardy and exuberant. They generally are easy to grow from seed and regenerate as quickly as I can cut them.

R: What are the rewards of your job?

CD: One of the main reasons we started the flower farm was for me to continue to stay home with our kids. One of the bonuses is that they can be involved with what we are doing and benefit from it as well. At the moment, they'd much rather put bouquets together than weed, but who wouldn't?

R: What are some of the toughest challenges?

CD: It has to be the weather. "Easy" challenges are ones I can do something about — weeding, watering, marketing, etc. To me, the hard challenges are things I have no control over, and I need to recognize that.

R: What's your favorite month on the farm?

CD: September. The field usually is overflowing with flowers, but there is that hint in early September that things are slowing down — a reminder to enjoy it while you can! Weeding can be less of a chore, and there is more of a chance to enjoy the fruits of the labor. Plus, I love the vibrant colors that are predominant at that time.

R: Tell us a little bit about your family.

CD: My Husband Scot is a lieutenant on the Iowa City Fire Department. He also is St. Bridget's employee of the month, every month! Our children are Julia, Andy, Ben and Michael, ages 1½ to 9.

St. Bridget's Flower Farm is located at 1870 St. Bridget's Road NE, Solon, Iowa. The farm will host Flower Mini-Camps in August and September that will cover cutting and arranging flowers. To attend a camp, call the farm at (319) 624-3584 or e-mail them at saintbridgetsfarm@hotmail.com. Read a longer version of this story at radishmagazine.com.



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UPCOMING EVENTS:

Enchanted Evening: Art Auction and Party: Aug. 1st 6-10 p.m.
Price: \$15.00 members/\$20.00 non members. If you liked the Flamingo Fling, you will love our new summer party and art auction: Enchanted Evening. Have a seat under the midsummer night sky, savor wonderful food. When the mood strikes, you can purchase your own piece of magic for your garden at home during the Live Art Auction. Stay a little longer and dance under the stars. For tickets call 309-794-0991, ext. 30

Garden Colors and Cuisine: Aug. 21st
Complimentary breakfast snacks and gourmet coffee at the Botanical Center • Luxury Motor Coach • Ball Seed Company in West Chicago • Cantigny Park in Wheaton, IL • Lunch at LeJardin Restaurant and Bertie's Coffee Shop • Garden Center Planter's Pallet located in Winfield, IL • Four-star restaurant, The Key West, Naperville, IL
• Call Beth at 309-794-0991, ext. 30 to RSVP

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Coffee Talks: Aug. 10th 1 p.m., Sept. 14th 1 p.m.
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Trivia Under the Stars: Sept. 12th 7-10 p.m.
\$12 per person or \$96 per table. 8 members per table. 30 tables available. Please RSVP at 309-794-0991, ext. 26



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good business

EcoPower

Firm can bring geothermal to smallest of yards

By Laura Anderson

The cost to heat and cool a home can take a toll on both your pocketbook and the environment, but geothermal systems mitigate the cost by drawing on constant temperatures underground to make a home comfortable.

Geothermal has been around a long time, but having it installed in an existing home often has meant digging up a chunk of the backyard. Not anymore.

While several companies offer installation of geothermal systems, EcoPower, a relatively new company based in Rock Island, Ill., does it differently. "Our equipment allows us to get to smaller existing homes," says Brad Goddard, operations manager. "We really can get into just about anyone's spot in their backyard. If you've got a spot that's big enough to park a car on, we can get in and install a system. We're the only company in the area that can do that."

Goddard says the difference is in the type of geothermal system being installed. "The type people have heard of most is the water-based geothermal system, circulating water and anti-freeze through plastic tubes. We use copper lines with environmentally-friendly refrigerant in them. We don't have to drill holes as deep, we can get into smaller yards, and circulating (the liquid) through copper, which conducts heat very well, allows it to be more efficient."

As opposed to traditional forced-air heating and cooling systems, geothermal heating and cooling will drastically cut utility bills. "With utility costs doing what they are right now, this is a way to cut your heating and cooling cost by 70 percent," Goddard says. "Most (geothermal owners) are seeing costs in the neighborhood of \$300 to \$500 a year as opposed to several thousands a year. Those costs aren't going down any time soon, and this is a great way to free yourself from worrying about the high costs."

"How it works, basically, is by the loops we bury in the ground. They capture the constant ground temperature of about 55 degrees, and the system



Brad Goddard, operations manager at EcoPower, with drilling equipment for geothermal heating systems. (Photo by Gary Krambeck / Radish)

With utility costs doing what they are right now, this is a way to cut your heating and cooling cost by 70 percent.

amplifies the pipes either hotter or colder. You would heat your house by using the heat in the ground," says Goddard, adding that this explanation is very simplified.

"You aren't burning any fossil fuels, which is the big thing," Goddard adds. "Everyone is big on the green movement right now, and reducing your carbon footprint. Installing one of these is the equivalent of taking two average cars off the road."

Though the system is quite different in how it works, how much it costs and its effect on the environment, how the system is actually used is quite the same as traditional heating and cooling systems. "It's very much the same. You'll still have a thermostat on the wall ... you wouldn't even be able to tell if you didn't know it was there," Goddard says.

Even your skin benefits from geothermal heat. "In the winter, you usually get dry, itchy skin, because the air is so dry; but this system doesn't dry the air out as much. The air put out by a gas furnace is (much hotter) than the air put off by the geothermal system, so it doesn't dry out the air. You end up being much more comfortable."

The price of the system varies depending on the size of the home and other factors. However, Goddard says, "people can finance a system through a loan and have no out-of-pocket expense," because the money that they would have spent on an electric bill goes to the loan payment. "It's very close to an even exchange with the loan."

Payback varies based on the system a homeowner currently uses. If you replace a natural-gas system, payback can take up to eight years. However, LP systems can have a payback as short as two years.

For more information, call EcoPower at (309) 793-3300 or visit ecopowerllc.com.

health

Gastroenterologist offers tips for choosing probiotics

By CorporateNews.com

Probiotics is a buzzword in health that has people asking questions like, "Should I be taking probiotics? If so, which ones?" "Are probiotic foods sufficient, or do I need a supplement?" "How do I know which brands are best or safest?"

When it comes to using probiotics effectively, some self-education is required, says Patricia Raymond, M.D., a board-certified gastroenterologist, author and assistant professor at Eastern Virginia Medical School.

"In the United States, probiotics are either food additives or 'dietary supplements,'" says Raymond. "Because they are considered supplements and not drugs, they are not heavily regulated by the FDA. So you need to do some research to determine which ones will work for you."

Raymond offers her tips for choosing a probiotic:

- **Assess your health needs:** Many strains of probiotics are available, and some are better suited to assist with certain problems than others. "If you're someone who simply suffers from occasional constipation, then a probiotic yogurt may do the trick," advises Raymond. "However, if you suffer from chronic, serious conditions, a supplement may be more appropriate, as more serious conditions require a probiotic dosage of at least 1 billion live micro-organisms in order to have an effect." Foods cannot sustain a number of micro-organisms that high.

- **Look for scientific research:** As more U.S. physicians begin to accept probiotics as a legitimate therapy, more studies are being done with them. "For example, *Saccharomyces boulardii*, a yeast-based probiotic strain commonly sold under the brand name Florastor, has been shown in studies to provide significant benefits in managing even severe illnesses such as *Clostridium difficile*-associated disease, Crohn's disease and ulcerative colitis," says Raymond. Talk to your doctor to find out about the available science that supports the use of probiotics.

- **Consider your lifestyle:** The form in which a probiotic is packaged may be integral in how successfully you take it. "If you are a frequent traveler looking to combat issues like traveler's diarrhea, a probiotic that needs refrigeration may not be appropriate for you," says Raymond. "Instead, look for a freeze-dried product that can be stored and transported at room temperature."

- **Read the labels:** Do not take a probiotic that does not list the strain and number of live micro-organisms on the package. Also avoid products that do not have an expiration date.



If you have serious health concerns, foods that contain probiotics might not be strong enough to help you. (Photo by McClatchy Newspapers)

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rooting around

Contain yourselves: New gardening book tells you how

Mini-review: "Container Gardening for the Midwest," by William Aldrich and Don Williamson, with Alison Beck and Laura Peters (Lone Tree Publishing, \$19.99)



This book is a feast for the eyes and an inspiration to get down to the nursery and pick up some planters and just a few more annuals. Just looking through it makes you want to try your hand at putting plants in pots. No, this is not a book to read from beginning to end. It's better to thumb through it and taste sections or read about plants you find appealing. "Container Gardening for the Midwest" offers ideas for planting in everything from urns to rusty buckets and lists flowers, foliage, herbs and grasses, both annual and perennial, that will grow well in your chosen containers.

A lengthy introduction discusses designing your container garden, container selection, the container gardening environment, planting and maintaining your container garden, and pests and diseases. All of this can be saved for later as you instead drool through the luscious photographs in the plant directory. Each plant is included with a "money shot" that shows it solo or in a grouping. Growing tips and recommended varieties for containers are included. In addition, the book offers thumbnail pictures and a quick reference chart with light, moisture and fertility requirements for plants as well as their forms and features such as flowers, foliage, fruit or seeds, scent and habit. As you likely can tell, I cannot contain my enthusiasm for this book!

— Donna Duvall, Spragueville, IA



Submitted

Aug. 10. People who want to participate should visit a New Pi store and sign the poster to monitor their progress. The stores, in turn, will label foods grown or produced within a 250-mile radius and provide sample menus, a list of local products and tips for eating local. For more information, visit newpi.com or go to one of the stores, 22 S. Van Buren St., Iowa City, or 1101 2nd St., Coralville, Iowa.

The shirt off your back: FloodShirt.com donates all proceeds to flood relief

Moved by the flooding throughout Iowa and other Midwestern states, row27 Studios and Ironside Apparel in Cedar Rapids, Iowa, have partnered to launch FloodShirt.com. The Web site sells T-shirts to raise money and awareness for those affected by the historic flooding in Iowa. Flood Shirts, emblazoned with the words "Iowa Relief / Flood 2008 / Rise Above," are being sold for \$14.99 each. Shoppers can decide to give the money to the Red Cross Disaster Relief Fund or the University of Iowa Flood Relief Fund.

"The goal of FloodShirt.com is to raise over \$20,000 for recovery efforts over the next two months," says Jason Cole of Cedar Rapids, co-owner of row27 Studios. "Visitors can direct the proceeds of their purchase to the charity of their choice."



Submitted

The Upper Mississippi River Conference headlines RiverWay 2008

RiverWay 2008, a series of activities Aug. 21-24, is designed in part to get people together while showcasing the recreational aspects of the Mississippi, says Kathy Wine of River Action, a lead sponsor of the event. The Upper Mississippi River Conference held Aug. 21-23 at the i wireless Center, Moline, Ill., is a main feature of RiverWay.

The conference "will provide a setting for cities, professionals, environmental groups, and individuals to address their ... needs relating to the economic, cultural and natural resources of the Mississippi River with those who manage state and federal agencies and programs," Wine says.

The conference will include seminars and activities, including riverfront field trips. Richard Louv, recipient of the 2008 Audubon Medal and author of "Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder," will be the keynote speaker at 11 a.m. Aug. 24.

Though the conference itself is mainly for city planners, elected officials, landscape architects, architects, environmental groups and environmental educators, the general public is welcome to attend. For a complete schedule, visit riveraction.org/riverwayconference.

calendar

BODY, MIND & SOUL

Meditation, 7-8:15 p.m. Fridays, beginning Aug. 1, Davenport School of Yoga, 421 Brady St., Davenport, IA; (563) 322-5354.

Usui Reiki Level IIIA — Healing, 9 a.m.-4 p.m. Aug. 2, Prairiewoods, 120 E. Boyson Road, Hiawatha, IA; (319) 395-6700. \$225.

Go with the Flo Yak & Yoga, 8:30-10:15 a.m. Aug. 2, 9, 16, 23 and 30, Fever River Outfitters, 525 S. Main St., Galena; (815) 776-9425. Warm up with yoga on the banks of the river, followed by an hour of kayaking through the tranquil water. Reservations required. \$45.

Lunchtime Yoga, noon-12:45 p.m. Mondays starting Aug. 4, Indigo, 1621 5th Ave., Moline, IL; (309) 764-9642.

Teaching and Creating Outdoor Rituals, 5-9 p.m. Aug. 5, Prairiewoods, 120 E. Boyson Road, Hiawatha, IA; (319) 395-6700. \$35 (includes a meal).

Qigong, 7:30-8:30 p.m. Tuesdays beginning Aug. 12, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport, IA; (563) 742-5800. \$48/six weeks. (For more classes, visit trinityqc.com.)

Writing As Healing support group, 7 p.m. Aug. 13, Midwest Writing Center, 225 E. 2nd St., Davenport, IA; (563) 324-1410.

Drum Wisdom, Drum Making Retreat, 6:30 p.m. Aug. 15-1 p.m. Aug. 17, Prairiewoods, 120 E. Boyson Road, Hiawatha, IA; (319) 395-6700. \$200 plus the cost of drum materials; includes presentations, lodging and meals.

Galena Yoga Open House, 10 a.m.-1:30 p.m. Aug. 16, Galena Yoga Center, 306 S. Main St., Galena, IL; (815) 777-4865 or galenayoga.com.

Back to School Health & Safety Day, 10 a.m.-4 p.m. Aug. 23, Inner Health Chiropractic, 2406 E. 53rd St., Suite 2, Davenport, IA; (563) 344-3909. Backpack safety checks, spine and posture checks. For all ages. Free.

FOOD

Glaze and Graze: In The Mexican Kitchen, Aug. 1-2, The Great Galena Cookery, 412 Spring St., Suite B, Galena, IL; (815) 777-1556. \$120. Two-evening workshop glazing a dinnerware set, preparing a gourmet meal and dining on your newly created dishes. Reservations required.

Healthy Exchanges: Ice Cream, 6 p.m. Aug. 7, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-8496. Enjoy different flavors of homemade ice cream prepared the Healthy Exchanges way. Registration required. \$6.

Lunch & Learn: Beans — The Vegetable with More, noon-1 p.m. Aug. 12, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-8496. Recipes include backyard black bean burgers and vegetable-packed hummus dip. Registration required. \$6.

Wines from Quad City and Greater Iowa Roots, 6:30-9 p.m. Aug. 14, Le Figaro, 1708 2nd Ave., Rock Island, IL; (309) 732-PARK. Wines will be paired with dinner from Le Figaro. \$35

You Scream, I Scream. We All Scream for Ice Cream!, 11 a.m.-1 p.m. Aug. 30, Rock Island Fitness & Activity Center, 4303 24th St., Rock Island, IL; (309) 732-PARK. Make healthy and tasty ice cream; for ages 9 and up. \$20

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Think Spring-Plant Bulbs
Learn the success of planting fall bulbs. Saturday, October 18, 10am-12pm, Fee: \$10

Gourd Bird Houses
Learn the technique of making bird houses out of garden gourds. Leave them natural or apply an artistic flair to your avian home. Saturday, November 8, 10am-12pm, Fee: \$15

Potting Bulbs for Force Blooming
This is a two part class, the second class will be Saturday, February 21. Now is the time for those beautiful pots to be created. Learn the secrets to success. Saturday, November 15, 10am-12pm, Fee: \$10

Holiday Wreath
Decorate for Christmas with a fresh evergreen wreath designed by you! Saturday, December 6, 10am-12pm, Fee: \$18

Paint a Garden Chair
Come to the green house to put your creative skills to work. No painting experience necessary. You'll be amazed at what you can do! Saturday, January 10 & 17, Fee: \$15

Planning the Garden
Including Catalog Research and Ordering. Come and gather 'round with a cup of tea and let's learn and plan. Saturday, February 28, Fee: \$5

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calendar

HOME & GARDEN

Art Auction and Magical Party Under the Stars, 6-10 p.m. Aug. 1, Quad City Botanical Center, 2525 4th Ave., Rock Island, IL; (309) 794-0991, ext. 26. \$15 for members; \$20 for nonmembers.

Gardening forum, 8 a.m.-noon Aug. 9, 1112 42nd Ave., East Moline, IL; (309) 944-7980. Quad City Fruit and Vegetable Growers Association brings Master Gardeners to answer gardening questions.

Herb Faire, 9 a.m.-noon Aug. 16, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, IA; (563) 242-4771. Learn how herbs can be used for simple healing, cooking and crafting. \$10

Garden Clean-up, 6-7 p.m. Aug. 19, Riverside Park Gardens, 5th Avenue and 34th Street, Moline, IL; (309) 796-0512. Learn tips to put your garden to bed for the year.

Celebration — Soup Supper Using Fresh Garden Veggies, 6-7 p.m. Aug. 26, Riverside Park Gardens, 5th Avenue and 34th Street, Moline, IL; (309) 796-0512. Enjoy the harvest and discuss the year of vegetable gardening.

RIDES, RUNS & WALKS

Pie Ride, 10:30 a.m.-2:30 p.m. Aug. 1, 8, 15, 22, 29, Fever River Outfitters, 525 S. Main St., Galena, IL; (815) 776-9425.

American Cancer Society Relay for Life, 6 p.m. Aug. 1-6 a.m. Aug. 2, Black Hawk College track, 6600 34th Ave., Moline, IL; stacey.dutton@cancer.org.

Crime Stoppers 5K, ¼-mile and 1-mile, 7:30 a.m. Aug. 2, Moline, IL; (309) 797-0449.

Crossroads Triathlon, 8 a.m. Aug. 2, DeWitt, IA; (563) 343-7132. 500-yard swim, 15-mile bike, 5K run.

Sesquicentennial Run (1-mile and 5K), 8 a.m. Aug. 9, Wheatland, IA; (563) 246-2023.

Music in Motion (5K run/walk), 8 a.m. Aug. 9, Sterling, IL; (815) 626-1948.

Watermelon Stampede (5K run/walk), 8 a.m. Aug. 16, Muscatine, IA; (563) 263-8804.

Rodeo Run (2-mile and 4-mile), 8 a.m. Aug. 16, New Windsor, IL; (309) 582-5566.

Moonlight Hikes, 7:30-11:45 p.m. Aug. 16, Effigy Mounds National Monument, 151 Iowa 76, Harpers Ferry, IA; (563) 873-3491.

Pigman Tri (1.2-mile swim, 56-mile bike, 13.1-mile run), 7:30 a.m. Aug. 17, Palo, IA; (319) 373-0741.

Du State Du (2-mile run, 15-mile bike, 2-mile run), 8 a.m. Aug. 17, Loud Thunder Forest Preserve, Illinois City, IL; (309) 756-0751, (563) 324-2250.

Taming of the Slough (adventure triathlon), 7:30 a.m. Aug. 23, Moline, IL; (563) 322-2969.

Family Run (10K, 5K, 1-mile, ¼-mile), 7:30 a.m. Aug. 23, Silvis Park, Silvis, IL; (309) 792-9553.

Solstice Stride (5K), 6 p.m. Aug. 23, S.T. Morrison Park, Coralville, IA; (319) 339-4755.

Mississippi River Trail Ride, Aug. 23-24, Moline, IL, to Muscatine, IA, and back; mrtbikeride2008.eventbrite.com.

OUTDOORS

Night Moths and Other Evening Insects, 8 p.m. Aug. 1, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA; (319) 362-0664. Learn how to lure moths and other evening flyers with various baits and lights. Members \$3; nonmembers, \$5; children 3-12, \$1.

Jr. Rangers Program, 1-2 p.m. Thursdays, Heritage Center on the Mississippi, 251 S. State Ave., Hampton, IL; (309) 755-8398. For 1st-6th graders.

Canoe and Kayak Float, 9 a.m. Aug. 2, West Lake Park, Lake of the Hills, 14910 110th Ave., Davenport, IA; (563) 328-3286. Registration required.

Farm Hop, 1:30 p.m. Aug. 9, Quad-Cities and surrounding areas; (309) 912-8110. Visit local, sustainable farms.

Birds of Prey, 7 p.m. Aug. 15, West Lake Park, 14910 110th Ave., Davenport, IA; (563) 328-3286. Join naturalist Dave Murcia at Park Terrace Campground.

Butterfly Fest, 10 a.m.-3 p.m. Aug. 16, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, IA; (563) 242-4771. Butterfly activities, games and crafts. Free.

Full Red Moon Walk, 8 p.m. Aug. 16, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA; (319) 362-0664. Members, \$3; non-members, \$5; children 3-12, \$1.

Archeology for Kids, 10 a.m.-3:30 p.m. Aug. 23, Effigy Mounds National Monument, 151 Iowa 76, Harpers Ferry, IA; (563) 873-3491.

Volunteer Stewardship Day, 9 a.m.-noon Aug. 30, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA; (563) 328-3286. All skill levels are welcome, so bring the whole family. Lunch provided.

Jo Daviess County Birds and Fall Migration Field Trip, 9-11:30 a.m. Aug. 30, Old Train Depot Visitor Information Center, 101 Bouthillier St., Galena, IL; (815) 777-0621. Participants provide their own transportation. Bring binoculars. Reservations required. \$10 per person, \$15 per couple, children free.

Sunset Eco Cruise, 7 p.m. Thursdays, Rock Creek Marina and Campground, 2921 291st St., Camanche, IA; (563) 259-1876. Learn about wildlife, commercial use, navigation and recreational use of the big river. \$6, adult; \$4, children under 16; free for children under 5.

EVENTS

Allison Farm Field Day: Balancing Conventional and Organic Production, noon-4 p.m. Aug. 6, Western Illinois University, Macomb, IL; (309) 298-1215 or J-Gruver@wiu.edu.

Seventh Annual Illinois Renewable Energy and Sustainable Lifestyle Fair, 9 a.m. Aug. 9-10, Ogle County Fairgrounds, Oregon, IL; illinoisrenew.org. \$7 for adults for one day, \$10 for both days; \$3 for youth (ages 12-16) for one day, \$5 for both; children under age 12 get in free with a paid adult.

Living Lands and Waters' Barge Party, 5:30-9 p.m. Aug. 14, Lake Davenport Sailing Club, River Drive and Oneida Street, Davenport, IA; (309) 496-9848. Fish fry and shrimp boil, music, barge tours, silent art auction.

Upper Mississippi River Conference, Aug. 22-24, i wireless Center, 1201 River Drive, Moline, IL; (563) 322-2969.

Environmental Book Club, 7 p.m. Aug. 26, River Action, 822 E. River Drive, Davenport, IA, and 10 a.m. Aug. 27, Nahant Marsh Education Center, 4220 Wapello Ave., Davenport; (563) 322-2969, www.riveraction.org.

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resources

GROWING CONNECTIONS

(Story on page 10)

Redbor Kale with Red Beans, Cilantro and Feta Cheese

A limited cupboard sometimes can prove an asset. I had dark red kidney beans from a California market, feta cheese, cilantro and what seemed like an armload of Redbor kale. They worked well together, much to my surprise. In truth, any variety of kale is fine here, and so is chard or other greens, such as collards.

- | | |
|-------------------------------------------------------------|-----------------------------------------------|
| 1½ cups dried kidney beans, soaked for 4 hours or overnight | 1 white onion, finely diced |
| 2 bay leaves | 1 large bunches kale (See headnote.) |
| ½ teaspoon thyme leaves | 2 tablespoons olive oil, plus extra to finish |
| Sea salt | ¾ cup chopped cilantro |
| | 3 ounces feta cheese, crumbled |

1. Drain the beans, cover them with plenty of cold water, and bring to a boil. Remove any scum that rises to the surface, then add the herbs, 1½ teaspoons salt, and all but ½ cup of the onion. Lower the heat and simmer until tender, about 1½ hours.

2. Slice the kale leaves from their stems with a knife. Chop coarsely into 1- or 2-inch pieces and rinse well. Bring a few quarts water to a boil; add salt and the kale. Simmer until tender 5 to 7 minutes, then pour into a colander to drain.

3. Heat the oil in a wide skillet. Add the remaining ½ cup onion and ½ cup of the cilantro. Cook over medium heat until the onion has softened, about 10 minutes, then add the kale and the beans with enough of the cooking liquid so that there's plenty of sauce. Simmer together for at least 10 minutes, then serve garnished with crumbled feta cheese and the remaining cilantro. Serves 4.

UP ON THE ROOF

(Story on page 33)

Why green roofs? More common in Europe than the United States, green roofs:

- Look more appealing than asphalt or tar.
- Create natural views that help people feel more productive, healthy, happy and relaxed.
- Reduce noise.
- Reduce heating and cooling loads.
- Reduce the urban "heat island" effect.
- Increase the lifespan of a roof.
- Reduce stormwater runoff.
- Filter pollutants from the air.
- Increase wildlife habitats.

What are sedums? These plants represent a large genus of the Crassulaceae and include about 400 species of leaf succulents. They generally are thought of as groundcovers. Sedums are extremely drought-tolerant because they store water and have a special kind of metabolism that kicks in at night, rather than during the day, as is the case with most plants. Sources: *Liveroof.com*, *Wikipedia.org*.

farmers' markets

ILLINOIS

BUREAU COUNTY

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

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 7 a.m.-noon Saturdays, through October. (815) 244-2171

HENRY COUNTY

Geneseo Farmers' Market, east side of Extra Mile convenience store, Chicago Street; 8 a.m.-noon Saturdays, through October. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 8 a.m.-noon Wednesdays, through October. (309) 852-2175

JO DAVIESS COUNTY

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

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

Stockton Farmers' Market, next to Casey's on South Main Street (Tuesdays) or Stockton High School, 500 N. Rush St. (Saturdays); 3-6 p.m. Tuesdays, 8 a.m.-1 p.m. Saturdays, through October. (815) 598-3220

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Sept. 22. (309) 368-9844

Junction Farmers' Market, Junction Gas Station, U.S. 150 and County Highway 10; 3-6 p.m. Tuesdays. (309) 289-4317

Local Growers Network Farmstand, Wooden Eagle Barn, 1291 E US Highway 150, Knoxville; Saturday mornings, through Sept. 27. (309) 371-4129 or (309) 335-2744

Oneida Farmers' Market, DT Sales parking lot, U.S. 34, Oneida; 4-8 p.m. Thursdays. (309) 483-6467

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-noon Wednesdays and Saturdays, through October. (815) 288-5043

MCDONOUGH COUNTY

Macomb Farmers' Market, courthouse square; 6 a.m.-noon Thursdays, 7 a.m.-1 p.m. Saturdays, through Oct. 18. (309) 837-4855

OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, through October.

PEORIA COUNTY

Shoppes at Grand Prairie Farmers' Market, 5201 W. Way Memorial Drive, Peoria; 4-8 p.m. Wednesdays, through early October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY

East Moline Farmers' Market (Quad Cities Fruit and Vegetable Growers Association), 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through October. (309) 787-4286

Milan Farmers' Market, 900 W. 4th St.; 2:30-5:30 p.m. Wednesdays, through October. (309) 787-4286

Port Byron Farmers' Market, Main Street near the pavilion; 3-7 p.m. Tuesdays, through October. (309) 269-8705

Trinity 7th Street Market (Quad Cities Fruit and Vegetable Growers Association), 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through October. (309) 936-7792

WARREN COUNTY

Northmouth Farmers' Market, corner parking lot at N. Main and W. Boston streets; 7 a.m.-noon Fridays, through October. (309) 734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round (indoors). (815) 535-0509; www.tcmarket.org

IOWA

CEDAR COUNTY

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

Tipton Farmers' Market Association, north side of courthouse, Tipton; 9 a.m.-5 p.m. Thursdays, through September. (563) 886-6255

CLINTON COUNTY

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays, 8-11 a.m. Saturdays, through October. (563) 577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-8 p.m. Thursdays, through Sept. 11. (319) 752-6388

DUBUQUE COUNTY

Dubuque's Farmers' Market, near City Hall on Iowa and 13th streets, down Iowa Street to 11th Street; 7 a.m.-noon Saturdays, through October. (563) 588-4400

HENRY COUNTY

Mount Pleasant Farmers' Market, Old Thresher's Food Court, 405 E. Threshers Road (use Walnut Street entrance); 4:30-6:30 p.m. Wednesdays, 8:30-11:30 a.m. Saturdays, through Oct. 11. (319) 931-1458

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Street; 7-11 a.m. Saturdays, through mid-September. (563) 872-4173

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, through September. (563) 577-2216

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park (at Main & Grimes streets); 3:30-7 p.m. Wednesdays, 8 a.m.-1 p.m. Saturdays, through October. (641) 472-2449

JOHNSON COUNTY

Coralville Farmers' Market, Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Oct. 2. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5:30-7:30 p.m. Wednesdays, 7:30-11:30 a.m. Saturdays, through Oct. 29. (319) 356-5110

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6:30 p.m. Tuesdays, through Oct. 28. (319) 338-6111

LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th Street and Avenue E; 3:30-5:30 p.m. Thursdays, through Sept. 25. (319) 372-7700 ext. 202

Keokuk Farmers' Market, River City Mall parking lot (2nd and Main streets); 7 a.m.-11 a.m. Saturdays, through September. (319) 524-5055

LINN COUNTY

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

Downtown Market, Downtown Cedar Rapids (2nd Street SE); 7:30 a.m.-noon, first Saturday of the month, through October, with extra markets through Aug. 16. (319) 398-0449

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

MUSCATINE COUNTY

Muscatine Farmers' Market, Wilson's True Value Hardware store, 1420 Park Ave. on Tuesdays, Mississippi Drive and Sycamore Street on Saturdays; 3-6 p.m. Tuesdays, 7:30-11:30 a.m. Saturdays, through Oct. 28. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY

Trinity Farmers' Market (Mississippi Valley Growers' Association), Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through October. (563) 332-5529

Bettendorf Farmers' Market (Mississippi Valley Growers' Association), corner of 21st and State streets; 2-6 p.m. Thursdays, through October. (563) 332-5529

Davenport Farmers' Market (Mississippi Valley Growers' Association), North Park Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 8 a.m.-1 p.m. Wednesdays and Saturdays, through October. (563) 940-0634

Davenport RiverCity Farmers' Market (RiverCity Market Association), North Park Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 299-3333

West Kimberly Market, 4004 W. Kimberly Road, Davenport; 9 a.m.-5 p.m. Wednesday-Saturday and 11 a.m.-4 p.m. Sundays, year-round (indoors). (563) 391-1616; westkimberlymarket@aol.com

Blue Grass Farmers' Market, Paul Barnes farm, 430 Wayne St.; 4:30-7 p.m. Thursdays, through October. (563) 381-3761

food for thought

Green your backpack

Buy school supplies that are Earth-friendly

By Cassie Druhl

Wow, how the summer flew! Now we all know what time it is: back to school. It's time for parents and students to set aside a nice chunk of change to buy notebooks, paper, laptops, writing utensils, scissors and glue, as well as the handy-to-go container for all these wonderful new items to inhabit: the backpack.

Sometimes we get caught up in all the excitement (or dread) of a new school year to really pay attention to the products we buy. But many of those products can be harmful to the environment. Almost all paper products are treated with chlorine and bleach to achieve that "new paper white" color. Many backpacks are made with polyvinyl chloride (PVC), the manufacture of which causes toxic fumes to build up in the atmosphere. PVC also is considered a probable carcinogen by the United States National Toxicology Program. Often we buy new products like pencils, pens and scissors, not remembering that we might already have some barely-used items stored in a closet in the house.

Before you start to stock up on supplies this year, take a closer look at your purchases. There are many new, environmentally-friendly, back-to-school products readily available at local stores and on the Internet. Most of the time, these products are of equal (if not better) quality, and they also don't cause near the environmental problems some other products can cause. The prices are right, too.

Several innovative Web sites offer backpacks and other bags that are completely eco-friendly. Hemp Sisters (hemp-sisters.com) is an organic company that sells backpacks, jewelry, clothing, hats and other products. Their products are made entirely from hemp, the strongest known natural fiber, dating back to 8,000 B.C., according to the company's Web site. Hemp requires no pesticides or insecticides to grow and harvest, which keeps the air cleaner. It is very durable and flexible and also holds dye well, making it possible for your organic backpack (\$43.99 for a

hemp patch backpack) to come in more colors than just brown. The bags come in a variety of styles, too. The Hemp Sisters' toiletries bag (\$29.99), for example, is perfect for the incoming college student to use for his or her bath items. Computer bags are available for those who can't go anywhere without a laptop. Hemp Sisters backpacks cost about the same as not-so-green backpacks.

If hemp backpacks aren't your thing, check out Green Earth Office Supply (greenearthofficesupply.stores.yahoo.net), a company that also offers backpacks made from recycled vulcanized rubber from old tires.

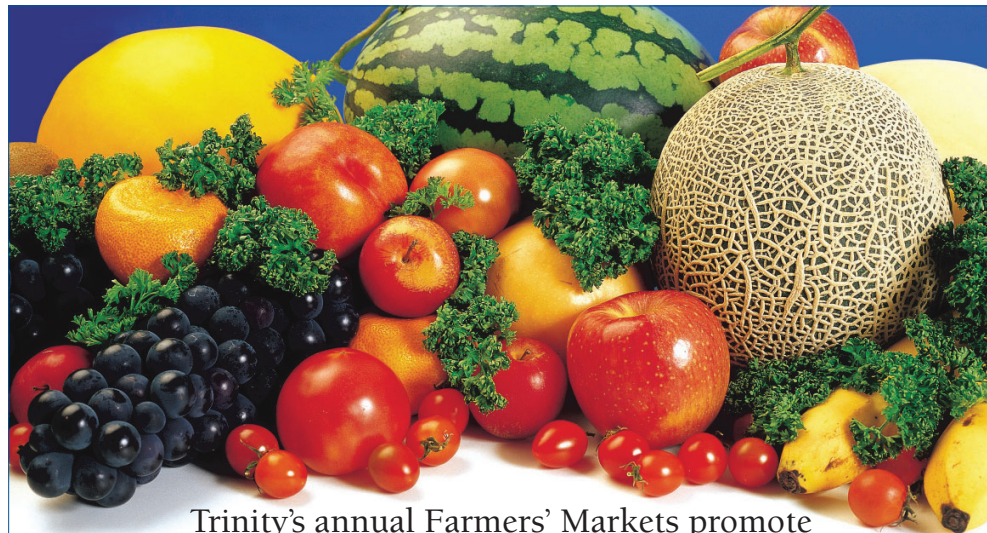
Green Earth Office Supply also sells some great green school and office supplies to fill up your new green backpack. There are hemp and recycled rubber portfolios, binders and planners. They sell a huge variety of green writing materials as well, including pencils made from recycled jean material (\$6 for a 12-pack), old newspaper print, recycled cardboard, recycled plastic, biodegradable cornstarch and recycled wood. Mechanical pencils and pens come with refill cartridges to reduce waste when the ink, erasers or lead runs out.

If you would rather keep your school shopping local, many office supply stores sell green items. Office Depot sells scissors made from at least 30 percent post-consumer plastic and tape dispensers containing at least 50 percent post-consumer plastic. They also sell Post-It notes made from recycled paper as well as recycled loose-leaf paper. Staples sells many green office supplies as well, including calculators made from recycled plastic, recycled paper and planners and recycled rubber bands. The popular brand Mead offers some recycled paper in loose-leaf and notebook form. This paper is not chemically treated with chlorine or bleach, sending the message that paper doesn't have to be pure white to still be functional.

By buying green school supplies, you can help save the planet. And just think of the positive message you'll send with your eco-friendly goods!



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