## HEALTHY LIVING FROM THE GROUND UP

# Bear Bear

Radish Dog of the Year!

## **AUGUST 2009**

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## from the editor

**Radish** 2



Radish editor Brandy Welvaert with Craig Nemecek and his dog, Bear, Radish Dog of the Year. (Photo by Paul Colletti / Radish)

Equestion. It's one I've been thinking about ever since. In essence, her question was whether it is possible to live a healthy life and not spend big bucks.

I told her that it is, and I believe it. This month's issue of Radish, I think, proves it.

On page 6, you'll find the stories of several people around the region who have come together to grow gardens. Community gardens are a great idea because they not only teach folks how to grow food, which is much less expensive than buying it, but they also provide a place to do it. It costs nothing or next to nothing to join a group of community gardeners — save for labor of your hands — and the rewards are good enough to eat.

Of course, you can make a difference in the environment every day without spending a dime, and this month, you can band together with other eco crime-fighters to clean up area waterways. Xstream Cleanup will be held Aug. 22 at locations around the Quad-Cities, and the Lower Wapsipinicon Cleanup will be held around Clinton County, Iowa, Aug. 21-23. Get the details and find out how to sign up on page 28.

Finally, combining fitness and ecology, the fourth Taming of the Slough is coming up on Sept. 19. Radish is a major sponsor of the event, which will offer "Tune Up for Taming" sessions this month and next. During these sessions, you can run, bike and paddle for free in preparation for the adventure race, which is hosted by River Action, a Davenport-based nonprofit. (There is a fee for the race.) For all the details, turn to page 17.

The truth is that some of the best things we can do for our health and the health of the environment are those that cost very little or nothing at all. And often, they're pretty fun, too!

— Brandy Welvaert editor@radishmagazine.com

p.s. You'll find a follow-up report on Radish Dog of the Year, Bear, on page 10. During the cover photo shoot, I had the good fortune to act as a sort of personal assistant to Bear: I fluffed his fur and fed him treats. Now that was a great day!



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

## contributors



Sarah Ford graduated from St. Ambrose University this year, majoring in English and philosophy. She lives in Port Byron, Ill., where is she is active in the community, helping to create Port Byron Earth Fest, the community garden, the farmers' market and the Green Committee. She also is a correspondent for The Dispatch and The Rock Island Argus. Sarah and her 9-yearold son, Isaiah, love to take walks to the Mississippi River and explore the wildlife. In her first contribution to Radish, Sarah writes about eco-friendly fundraisers on page 26.



Jeff Dick of Davenport is a freelance writer, primarily focusing on film and video. A former staff writer for The Dispatch and Rock Island Argus, he wrote a consumer column called "Good Cents" for more than nine years — in addition to movie, play and concert reviews, personality profiles and other articles. In his spare time, Jeff likes to golf, read and watch movies. Read his story about green affinity cards on page 14.



**Barrie Silberberg** of Southern California currently works parttime writing and teaching American Sign Language and as a job developer/placement counselor/tutor for individuals with disabilities. She holds a BA in liberal studies (education) and a teaching credential. She is active in causes related to autism, cancer, children and animals. Read her story about her son's journey to living better with Aspberger's syndrome on page 40.



Jordan Kratter of Cortlandt Manor, New York, is an aspiring entrepreneur and mathematical finance major at Knox College in Galesburg, Ill. When Jordan is not riding his bike, he loves to play the piano — and he recently began learning to play the ukulele. Read his story about how the fraternity to which he belongs is greening its house on page 32.



Jackie Chesser is an editor for The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. She lives in Port Byron, Ill., with her husband and her beloved dog, Radar. Recently, Jackie's evolving interest in complementary and alternative medicine led her to try acupuncture. Read about her experience on page 22.

Also writing this month are contributors Laura Anderson ("Ch-ch-ch-chial" page 12); Stephanie Benhart ("Tune up for Taming," page 17); Jim Earles ("The bitter truth," page 18); Sarah Gardner ("Getting Pumped," page 16, and "Careful footwork," page 24); Evan Harris ("Raising the barn," page 8); Ann Scholl Rinehart and Donna Schill ("Plants for plates," page 6); and Jonathan Turner ("Thermal imaging," page 30).

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## the grapevine

Meet up with Radish this month! You can join Radish at the following events around the region:

• Learn, Act for Earth's Sake, 9:30 a.m.-3 p.m. Aug. 1 at Our Lady of the Prairie Retreat, 2664 145th Ave., Wheatland, Iowa. Cost to attend is \$15. To sign up, call (563) 336-8414. For



• 8th annual Illinois Renewable Energy and Sustainable Lifestyle Fair, Aug. 8-9 at the Ogle County Fairgrounds, in Oregon, Ill. Radish will be there Aug. 9. For details about the fair, turn to page 29 or visit illinoisrenew.org.

On the Road with Radish is made possible by The Friends of Radish: Humana, Metro, Trinity Regional Health System, Zimmerman Honda and WQPT.



#### Gary Krambeck / Radish

## Get ready to tune up for Taming of the Slough

Radish is a major sponsor of Taming of the Slough, which will be held Sept. 19 in Moline. This month and next, you can get "tuned up" to participate in the adventure race that includes paddling, mountain biking and running portions.

On the Road

Tune Up for Taming training events will be held at 6 p.m. Thursday evenings, Aug. 20 and 27 and Sept. 3 and 10. Anyone can attend the free, loosely formatted events. Participants should gather near the Quad City Rowing Association Boathouse, located at 17th Street at the Mississippi River in Moline. For more information, read the story on page 17 or visit riveraction.org.

## Find recipes for tomatoes at radishmagazine.com!

Looking for funky, fresh recipes for the tomatoes popping up in your garden and rolling in at the farmers' market? Check out the Radish Web site, where you'll find a bumper crop of outside-the-box ideas. To get the recipes, visit radishmagazine.com, select "stories," and then click on "Tasty tomato recipes." After you try 'em, post a comment to let others know what you think!



John Greenwood / Radish

## Coming next month

• The rebirth of Sylvan Island • Yoga that's hot, hot hot • Paddling for your health

• Climate change where you live • Savoring sweet corn • Canning the easy way

## From our readers

Galena Adventure Center (July 2009): "Nice article! Such a good idea to promote the many ways the beautiful scenery and wildlife of the Galena area can be enjoyed." — Julie Bruser, Galena, IL

Abundance EcoVillage (July 2009): "What a great article to share with friends from other areas! Being from the local area where EcoVillage is, I visit there often and always find it inspirational how compact, and yet expansive, the community is.





"Such a practical and common sense way to build and to live! I hope EcoVillage is a model for lots of future building developments." — *Tim, Temple City, CA* 

**Embracing humidity (July 2009):** "How 'lucky' we are to have extreme temperatures right here in our own backyard. The 'soup' Thomas Dean speaks of is the heart of a heartland summer! Many people spend thousands to travel far and wide to experience extreme sports, weather and scenery. I can appreciate my summer staycation right here at home. The article gave me food for thought. Instead of running to the thermostat to crank down the temp at the first sweat bead, I've taken to sitting outside, taking a walk, even cooking! Now if I can just learn how to embrace the mosquito!"

— Liz Schmidt, Carbon Cliff, IL

**Cooking off the grid (June 2009):** "I was having coffee this morning at a coffee shop in downtown Davenport (and picked up Radish). ... I was particularly interested in the article about solar ovens. (It was) well written, concise and entertaining. I just wanted to give credit where it is due."

— Nathan Montover, Calamus, IA

Running with Pam (Radish online special): It is great to hear and follow someone who is real to most of us runners or wannabes. Most articles or advice comes from the ultra-athletes (who) train and run like machines. I look forward to hearing Pam's progress and results. She has already won her race in my opinion just by being out on the roads and not just dreaming about it like so many. ... " — Jim Case, Davenport, IA

Readers can keep up with Pam Goldensoph, a novice runner from Davenport who is training for two marathons, at the Radish Web site, radishmagazine.com. Pam's blog-style essays appear the first of each month. Check it out! — Editor

Send your comments to editor@radishmagazine.com or write to Radish, 1720 5th Ave., Moline, IL 61265.

## healthy living from the ground up

## features



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Raising the barn Timber-framers invite the community to help.

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Bear, a German shepherd and Norwegian elkhound mix, is Radish Dog of the Year. (Photo by Paul Colletti / Radish)

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Greeks go green: How we made our fraternity house more sustainable.

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A diet for autism: How one mom turned her son's life around with food.









# healthy living Plants for plates

## Community gardens are a great local-foods source



Meshake Rulindavyago, 9, (left) and Debonayr Hunt, 11, plant irises that were donated for the community garden at their Cedar Rapids apartment complex. (Photo by Ann Scholl Rinehart)

#### By Ann Scholl Rinehart and Brandy Welvaert

Community gardens are sprouting up all over, aimed at producing healthy, fresh vegetables and fruit.

Community gardens have been planted on a one-acre plot at Unity Center of Cedar Rapids (Iowa), in the foundation of a house that was demolished by the 2008 flood and at Cedar Valley Townhouses, a low-income housing complex on the city's southwest side.

Michael Richards of Cedar Rapids is president of the neighborhood association where the community garden is planted in the house that was collapsed last summer by a 12-foot wall of water. "The garden is the first way to revive the neighborhood," Richards says. "Anyone who lives in the neighborhood can come and harvest."

One late afternoon in June, Richards and his wife Lynette and their granddaughter Natasha, 6, were lending a hand at the Cedar Valley Townhouses community garden. That effort, dubbed The Serendipity Project, is led by tenant Barb Pople. About a half-dozen children stopped by to help place donated plants in the soil, under Pople's direction. About 40 to 50 children, ranging in age from 3 to 18, have left their mark on the garden.

"I've been woken up at 8 o'clock in the morning by a 3-year-old saying, Barb, can we go garden now?" Pople says.

Debonayr Hunt, 11, and Meshake Rulindavyago, 9, worked side by side, planting donated irises. Hunt says he got involved after his friends told him about the garden. "When I started helping them here, it got a lot funner."

Rulindavyago says he's helping because he likes to garden, especially planting the seeds. Both boys are excited to see the fruits of their labor. Hunt can't wait for the potatoes, broccoli and cabbage; Rulindavyago is looking forward to the strawberries and onions.

Xavier Hemann, 11, worked alongside his friend, Blake Marx, 9. Both boys say they have learned a lot from Pople. For example, to plant as deep as a shovel blade.

"I like planting," Marx says. "You get dirty a lot."

The raised-bed garden started on a small scale last summer with a 4-by-32foot bed. This summer, it tripled in size. About a dozen beds are planted for the families of the children who are working in the garden.

Leo Boyle, who lets the gardeners use his hose and water, has lived at the complex for 28 years. The garden, Boyle says, keeps the children "involved and out of trouble." He loves to see their eyes light up when they talk about the garden.

It's also teaching them life skills, he adds. Another positive: Kids who thought they didn't like vegetables are now "eating them right out of the garden," he says.

At Unity Center of Cedar Rapids, D. Lynn Sherrod, garden project leader, has been joined by volunteers of all faiths who are pitching in to convert a one-acre

plot into the Unity Community Garden. Produce will be given to low-income people and free-meal programs serving people in need.

Karen Dohrn also is busy growing for the community through her new nonprofit venture, 3E Heirlooms — the E's stand for environment, ecology and economics — whose aim it is to raise money for women leaving verbally and emotionally abusive relationships. Right now she is working on two gardens — one in Rock Island, another in Milan, Ill. — where she grows heirloom plants whose fruits will be sold to raise money.

So far, she says, Augustana College in Rock Island has shown interest in purchasing some of her veggies. In the future, she would like to open a store, where patrons could buy heirloom veggies and foods made from them. Her vision also includes planting five heirloom gardens in each of the Quad-Cities next year.

In Davenport, community gardening nonprofit The Garden Growers manages 10 gardens, three of them neighborhood spaces where food grows.

In Rock Island, community gardens are popping up in empty lots owned by the city and cheaply rented to people who want to grow things for themselves and others. The once vacant lot between 8th and 9th avenues on 20th Street now holds 22 10-by-10-foot gardens. Neighbors pay \$20 per year for a plot in the Broadway

Kuntzi says.

Victory Garden, which goes toward garden supplies and upkeep.

Deb Kuntzi, who lives across the street from the garden, spearheaded the project. The land is owned by Rock Island Economic Growth Corporation and its management was glad to see the plot put to good use,

Gardeners plan to share the bounty with the neighborhood, says gardener Barb Braun. When the garden overflows with produce, as is likely, they will place a basket of veggies out front. "It reminds me of the whole sense

of community — of giving back — which is what a community garden is

all about," says Braun. "It's what we

love about this neighborhood."



Karen Dohrn of 3E Heirlooms. (Photo by Todd Welvaert / Radish)

#### Community garden tips

The topsoil inside city limits is rich and unplowed, so it's a shame to let it go to waste. Here are tips on how to start a community garden in your neighborhood.

- Talk to friends or send an e-mail to gauge interest.
- Hold a meeting. You will find that some of your friends are gardeners, and some just want to help, while others have available land. Discuss what tools and materials you need, and research when to plant the vegetables you choose to grow.
- Schedule watering and weeding days on a calendar. There will be more time involved setting up the garden, but after that it takes less than 15 minutes a day.
- Check your local farmers' market for plants. You can find organic fertilizers in discount stores and local garden centers.
- If you decide to grow from seed, buy a mini-greenhouse kit and sprout seedlings in a protected environment next spring.

— By Donna Schill



# healthy living Raising the barn

## Timber-framers invite the community to help

#### By Evan Harris

The idea of a barn raising is pure Midwest: that unique bootstrapping blend of self-sufficiency and community, grit coupled with the elegance of simple living. It is also a task that brings together utility with deeper principles of respect, resource and long-term thinking. Barn raising brings to mind living not just off the land, but with the land. Less than two centuries ago, barns were erected all across the Midwest through collaborative effort within farming communities, with townsfolk, tradespeople, laborers and everyone in between pitching in.

The spirit and practice of barn raising will return to Geneseo, Ill., Aug. 12-22 when Trillium Dell Timberworks, in conjunction with the Timber Framers Guild, will host a community event to raise a timber-framed barn to serve as the new home of the Antique Engine & Tractor Association (AETA). As in the old days, volunteers are needed.

Rick Collins is owner and lead tradesman of Trillium Dell, based in Knoxville, Ill., since 1999. This event will be the sixth that he and his company have hosted in the last eight years.

"We put on these events to help people rediscover respect for their buildings and communities. We get people involved, and then the community 'owns' the building. It shows the incredible things we can do with local resources that are often cut up into firewood," Collins says.

Collins and Trillium Dell specialize in timberframe construction, a building technique — really the only building technique until about 100 years ago — that uses wood-to-wood connections through joinery and wooden pegs.

"Timber-framing as a construction technique is at least six or seven thousand years old," says Collins. "The tradition was broken in this country during the Industrial Revolution, but it's been rediscovered in the last 20 or 30 years."

In addition to the mortise and tenon joinery that defines timber-framing, it is known for its clean,



During a community event in 2003, Phelps Barn, located in Elmwood, Ill., was restored and raised. (Submitted)

classic and spacious aesthetics, reliance on local resources, longevity and community involvement.

The Geneseo barn will be framed entirely with local, Illinois White Oak, sourced within 100 miles of the construction site.

Joel McCarty, executive director of the Timber Framers Guild, based in Becket, Mass., has participated in 60 such events worldwide over the last 25 years. As a nonprofit, educational organization, the guild's participation in barn-raising events is at least as much about education and community involvement as it is about the structure to be erected.

"We want everyone to come down and watch or participate. We won't be behind a construction fence. It will be open to the public. So at the very least, we hope folks come down, sit in the shade and get curious about building this barn," McCarty says. Incredibly, this will be the first barn built from local materials and utilizing skilled joinery in the county in over 150 years. The structure is "a classic Midwestern barn" and, at 48-by-70 feet, represents the shape, proportion and design typical of barns built in the area between 1820 and 1920. After 1920, deforestation and changes in construction techniques brought on by the Industrial Revolution forever changed the building practices of the area. Collins also has replicated the joinery techniques of that time, and not just for historic value: They are time-tested and proven to withstand the tornadoes and snows guaranteed to come.

This project for AETA is a labor of love, planning and precision. The wooden frame itself is the product of two months of work at Trillium Dell, while the barn-raising event is two-and-a-half years in the making. And all of it comes on the heels of decades of renewed interest in Midwestern barns, the methods by which they once were built and the principles they embody.

Chuck Bos of AETA says that the genesis of this project, which seems sprawling, was really just a matter of one thing leading to another.

"We received some donated land, and the donor happens to be in the timber business. He suggested a timber-framed structure and offered to donate the timber. We started looking into that, and it all came together from there."

The barn-raising event, made possible in large part by Bill and June Cole of Hillsdale, Ill., will combine education, heritage, history and community. Trillium Dell and the Timber Framers Guild will have workshop and volunteer opportunities. Just like in barn raisings of the past, whatever their level of skill and interest, volunteers will have a part to play.

"This will be a 'modern raising,' so people can expect to see cranes, not horses, but they can also expect to see many tools that their grandparents would have recognized. Our workshops will focus on rigging and raising the frame and installing paneling once the frame is up," says McCarty.

For spectators and volunteers, the event is free. Workshops, which integrate parts of the Timber Framers Guild's overall curriculum, are tuition-based and require registration. (Visit tfguild.org for details.)

McCarty works with a different crew everywhere he goes, recruiting local and regional craftsman for two reasons: first, for their expertise and skill and second, to show communities that what they are witnessing is not exotic or unrepeatable. "We want people to see that there are local craftsmen in their area who specialize in exactly this type of building. In this case, it's Rick Collins and Trillium Dell."

Having worked on public raisings in the past, Collins suggested a public, educational event for the new AETA building. He feels that the time and effort involved in planning, fabricating and erecting a timber-frame with the community's help pays off in many ways: "It may take three or four times longer to create a structure this way, but it will easily last that much longer than a conventional structure. This barn we're raising in Geneseo will last 800 to 1,000 years." Having visited 1,200-year-old European structures of similar size and design as the Geneseo project, it's no wonder Collins speaks with such confidence.

Collins and McCarty say that a full 10 days are not necessary to erect the structure, but simply erecting it with a crew would miss the point.

Says Collins, "We've seen the respect people find when they are involved in the building process. There's an ownership and pride that wouldn't be there otherwise."

To volunteer at the barn raising, call Charlie Tucker at (309) 887-4653 or e-mail enginetractor267@ hotmail.com. For more information, visit Trillium Dell Timberworks: trilliumdell.com; Timber Framers Guild: tfguild.org; or Antique Engine & Tractor Association: atkinson-engine-tractor-assoc.com.

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



The 'flying in' of a rafter plate during the community raising of Selman Memorial Pavilion in Angola, Ind., in 2005. (Submitted)



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# healthy living Not your average Bear

## Radish Dog of the Year is a winner in so many ways

#### By Brandy Welvaert

Bear bounds down a grassy hill, his wide, brown eyes fixed on the stuffed toy raccoon dangling in front of him. He bounces, bumbles a bit and finally catches it in his mouth. Then — flop! — he's down on his belly, pawing and biting. His long, white teeth easily could destroy the soft toy, but they don't. He's gentle and playful, his ears moving in ways that reveal how curious he is.

Bear is a big dog with a large face, probably a mix of German shepherd and Norwegian elkhound. In some ways, he looks like a bear. But his personality is anything but bear-like. He's sweet, dignified and loyal. Boy, is he loyal. When his master, Craig Nemecek of Bettendorf, Iowa, disappears inside the house to fetch said raccoon, Bear immediately is at the door, listening with stiff ears.

"Very seldom does Bear separate himself from me," says Nemecek, a graphic designer who officiates games for local sports teams. He adopted Bear on April 18, 2004, from the Animal Service League in Dowagiac, Mich., a no-kill shelter run by a woman named Lois Karasek.

Karasek had 75 dogs on the property when Nemecek adopted Bear. Despite the numbers, she refused to let the dog go home with just anyone.

"Lois required three references, and one had to be an abutting neighbor," says Nemecek, recalling a



Radish Dog of the Year, Bear, an 8-year-old German shepherd and Norwegian elkhound mix, with his master, Craig Nemecek, in their Bettendorf, Iowa, backyard. (Photos by Paul Colletti / Radish)

special neighbor, now passed on, who provided the winning reference.

But it wasn't just Nemecek who won. Bear won, too.

Little is known about Bear's origins, says Nemecek. He knows his dog is nine years old, but he doesn't know who owned Bear before Karasek got him.

"All Lois would say is that his previous owners were 'lower than a snake's belly,' " Nemecek says.

Bear's come a long way. On June 20, he won the first-ever Radish Dog of the Year contest, held during Radish's third annual Healthy Living Fair in Davenport. For the contest, more than 20 dogs and their owners took turns on the stage. The dogs wagged their tails, and the owners got the chance to do a little bit of bragging about how they keep their pooches healthy. In a vote based on applause from the crowd, Bear won. (Really, everyone won, even the people without dogs who stood around to watch, because the contest was such fun to see.) Radish gave him a bag full of organic dog treats and some travel dishes so that he can have fresh water and food whenever Nemecek takes him somewhere, which is often.

"He's always with me," he says.

Nemecek really does take great care of Bear. He feeds him healthy food (more on that later) and walks him three-and-a-half miles every day. He makes sure Bear gets regular veterinary care, and he doubleenrolled the dog in two obedience schools.

Nemecek tells a story about how Bear escaped from dog obedience school in downtown Davenport and wound up in the middle of bustling Brady Street. After a year with One Step and six months with Contented Canines, he no longer wanders.

Amazingly, in five years, Bear never has had an "accident" in the house.

He also recently passed the American Kennel Club's Canine Good Citizen test, a 10-point exam that requires a dog to do things like sit politely for petting, accept a friendly stranger, walk through a crowd, sit and stay, and behave politely around other dogs.

"I said, 'Maybe Bear can pass three of these,' " says Nemecek. To his surprise, Bear did them all.

Like all good dogs, however, Bear still has weaknesses.

"He has a couple of 'specialties,' " Nemecek says. "One of them is getting into the garbage. ... He also can identify U.S. mail trucks."

As if on cue, a mail truck rolls down the street, and Bear pulls at his leash, barking. The mailman leans out the window to fill a mailbox and smiles, obviously amused. Nemecek says Bear likes the mailman, just not the truck.

They always celebrate Bear's birthday on the Fourth of July. First they walk in the annual parade in

Riverdale, Iowa. Beforehand, Nemecek soaks Bear's thick, double coat with a hose to keep him cool as they walk. Cake, ice cream and cookies are served at the end of the parade, and Bear gets two bowls of vanilla ice cream as a birthday treat.

Usually, however, Bear eats much more healthily. He gets Solid Gold brand Hund-n-Flocken dry food with millet, brown rice and lamb. It contains no wheat, soy, corn, added fats, sugar or sunflower oil - common ingredients in most commercial dog foods that can irritate a dog's allergies. Nemecek then mixes in Wellness brand whitefish and sweet potato wet food, and a scoop of Springtime brand Longevity, a supplement with glucosamine, chondroitin and spirulina. He also adds carrots, broccoli and sometimes, celery, to the mix. Finally, he adds a bit of water. "He will not get up until he hears the water running," says Nemecek. (Bear drinks only filtered water.)

Of course Nemecek keeps lots and lots of photos of Bear, and among them are photos of another dog: Bandit.

"Bandit is very pertinent to why Bear won the Dog of the Year contest," says Nemecek.

Although Bandit looked healthy until he passed away at age 13, Nemecek says, "it's what's going on internally that's the key." That's why Bear gets natural foods and does not get some inoculations. Nemecek did a lot of research about canine health because of Bandit, and Bear reaps the benefits. He goes so far as to make sure that Bear doesn't walk in grass that has been chemically treated. If Bear steps in grass that smells like fertilizer, his paws get washed.

Although master and pet are inseparable today, Nemecek says that he and Bear didn't have an instant connection. Their bond took time.

"When I first met him, I felt a kind of blankness," he says, going on to describe the closeness with and the subsequent loss he had felt over Bandit. He says that people and their pets develop a way of communication that only they understand. It's a language of words, expressions and movements that takes time to develop.

Bear's eyes become serious as he watches his master pull carrots from a plastic bag and place them on a cutting board.

"Now when I say din-din," says Nemecek, "he knows." Lucky Bear.





## The 8th Annual **Illinois Renewable Energy** & Sustainable Lifestyle Fair — August 8th & 9th, 2009

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.

## **2009 Keynote Speakers**

**Saturday, August 8th** Beyond Sustainability – Surviving the Oil Depletion and Climate Change with Community Solutions: Pat Murphy, Community Solutions, Yellow Springs, OH

In his recent book, Plan C, Community Survival Strategies for Peak Oil and Climate Change, he indicates massive change is coming but few people are prepared for it. He lays out four possible responses to the challenges. Murphy advocates Plan C. It offers an optimistic response to deteriorating economic and environmental conditions. Its first priority is drastic reduction in fossil fuel consumption and products of fossil fuels. Key actions are based on curtailment which Murphy believes best reflects the seriousness of the current situation.

Sunday, August 9th On the path to deep energy reductions in existing homes: Linda Wigington, Affordable Comfort, Waynesburg, PA Wigington is the Special Projects Director of Affordable Comfort, Inc. (ACI). She has served on the editorial Board of Home Energy Magazine and as an advisor for the Habitat for Humanity International Green Team. Wigington's major interest now is demonstrating the feasibility of achieving deep energy reductions in existing dwellings. She heads the North American Thousand Home Challenge which seeks to have at least 1000 existing homes of different building styles in various locations reworked to achieve these reductions.



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# eating well Ch-ch-ch-chia!

## High-fiber seeds aid weight loss and pump up health

#### By Laura Anderson

Ch-ch-ch-chia nutritional supplement. That may not sound as fun as "ch-chch-Chia Pets," but it turns out the tiny seeds that grow into the green fuzz on Chia Pet sculptures also have some huge health benefits for humans.

High in fiber and omega-3 fatty acids and rich with antioxidants, chia seeds may have a higher calling than being slathered on terra-cotta animals.

The chia seeds you eat — available at health-food stores and some grocery stores — are grown differently than the seeds used to make Chia Pets. Those seeds, which shouldn't be eaten, "were probably grown with pesticides, while chia intended for consumption is grown a different way," says Chrissy Mitzel, a registered dietitian at Hy-Vee in Rock Island.

Mitzel says chia's high antioxidant content is comparable to that of blueberries.

Stacy Mitchell, a registered dietitian at the Bettendorf, Iowa, Hy-Vee, says chia seeds also are very high in fiber, with about six grams of fiber in a half-ounce of seeds. That's equivalent to the fiber in "six tomatoes, six English muffins, three bowls of instant oatmeal or three slices of whole wheat bread," she says.

Because of that high fiber content, chia seeds also might help with weight loss.

Dr. John Golden of Integrative Wellness Center of the Quad-Cities says that more fiber creates a sensation of being more full. "Intuitively, it makes sense, if someone timed it appropriately before meals or snacks," Golden says.

Anna McKay of Moline has lost more than 31 pounds since she started consuming chia seeds in February. She says she puts some in four ounces of tomato juice, which she drinks before meals because it causes her to eat less. "One taco will fill me up. You don't have to worry about stomach pains or being hungry," she says.

McKay learned about chia seeds after hearing that they were a topic on Oprah Winfrey's TV show.

"My sugar levels shot to 8.2 at a wellness screening," McKay says. "Two months later, after taking chia seeds, my doctor was thrilled that I had dropped 20 pounds and got my sugars down to a 6. My triglycerides also dropped 80 points."

## High in fiber and omega-3 fatty acids and rich with antioxidants, chia seeds may have a higher calling than being slathered on terra-cotta animals.



Chia seeds are high in fiber and antioxidants and easily can be added to a variety of foods. (Photo by Paul Colletti / Radish)

Because chia seeds help regulate how the body digests carbohydrates, they help stabilize blood sugar.

Golden says that chia seeds are "very safe and healthful" and don't have to be ground before consumption as flaxseed does. "You can digest these husks," he says.

Andrea Barnett, wellness coordinator at Mercy Medical Center in Clinton, Iowa, says that chia seeds are more appealing for this reason. "Because the seed does not have to be ground to reap the benefits, (they're) more appealing, whereas the flaxseed really needs to be ground," she says.

If you would rather not drink the seeds as McKay does, dietitian Mitzel suggests sprinkling them in yogurt, cereals, applesauce or salads. You also can add them to a smoothie or to baked goods as a substitute for oil or eggs, she says.

"Whatever works for you, however you can get them into your body," McKay says, adding that she has dipped bananas and apples into chia seeds for a little extra crunch, and mixed the seeds into taco and hamburger meat. She knows some people mix them with veggies.

Golden says that based on what he has learned about chia seeds, "I would not discourage (patients) from taking them."

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All you do 1. Combine banana, strawberries, blueberries, cranberry juice and wheatgrass juice in a blender.

2. Add crushed ice and blend until smooth. Serve immediately.

Nutrition facts per serving: 275 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 70g carbohydrate, 8g fiber, 2g protein.



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## good business

# An affinity for green

## Use eco-friendly plastic to help save the Earth

#### By Jeff Dick

**P**roving that not all plastic is bad for the environment, certain credit cards let users help preserve the planet every time they make a purchase. "Green cards" allocate a small percentage of spending to proenvironment charities or projects. Think of them as rewards cards with Earth as the beneficiary.

Green cards sprung up in Europe before spreading to the U.S. in 2007 with the introduction of the Earth Rewards MasterCard from GE Money, a unit of General Electric. Due to tightened credit conditions, GE no longer offers credit cards. But other companies have picked up the slack:

**Bank of America** (bankofamerica.com/ creditcards) offers a number of affinity-type "nature and wildlife cause credit cards," including those supporting the Sierra Club, the Nature Conservancy, and the National Wildlife Federation, in addition to offering a green card.

For every dollar spent with Bank of America's Brighter Planet Visa, an EarthSmart point is earned — with 1,000 points offsetting one ton of carbon. Funds go towards projects such as wind turbines and methane digesters.

It also offers a low fixed-percentage rate with no annual fee and an affiliation with the socially responsible, Vermont-based Brighter Planet organization (brighterplanet.com) to ensure monies go to worthwhile environmental projects.

**The GreenPay MasterCard** (greenpay.com) from MetaBank of Storm Lake, Iowa, offers carbon offsets at the rate of 10 pounds per dollar of spending on purchases of gasoline and household utilities. Other eligible purchases qualify for five pounds of offsets per dollar spent.

The first purchase on a new GreenPay MasterCard automatically earns five tons of offsets — enough to cover about one-quarter of the annual carbon emissions for a typical household of two.

Radish 14



iStockphoto

As with Brighter Planet's Web site, an online calculator keeps track of cardholder purchases and subsequent carbon offsets.

**HSBC's ecosmart MasterCard** (hsbccreditcard .com) amasses points for donations to the Earthwatch Institute, Smithsonian Tropical Research Institute, the Arbor Day Foundation, and Wind Power Renewable Choice, among other groups. Rewards accumulate at the typical rate of one point for every dollar spent, and cardholders also have the option of redeeming points for eco-friendly purchases like rechargeable lawn-care equipment.

**Wells Fargo's Enhanced Rewards Program** also offers green benefits. Earning 5,000 points supports 6,000 kilowatt-hours of renewable energy.

**Chase's BP Rewards Card** donates five cents of every dollar spent at BP service stations to the Conservation Fund.

Green cards allow users a convenient way to support earth-friendly efforts, but skeptics may wonder if they're mostly designed to make cardholders feel good about themselves while letting card issuers earn street cred with the environmentally-minded.

Some environmentalists would like to see more transparency in project selection and a carbon-offset market that doesn't depend on voluntary compliance. That's a concern Brighter Planet tries to address by maintaining a portfolio of projects selected by a committee applying strict selection guidelines.

"Not all offsets are created equal. We select only premium, source-side renewable energy projects ... ones that would never have been built without the funding from offset sales," according to Brighter Planet's Web site.

Consumer Reports questions whether affinity cards as a whole constitute a good choice for cardholders, especially those who don't pay their balance off each month. That's because affinity cards tend to carry higher interest rates and come with less favorable terms than regular credit cards. Application standards are higher, too.

When considering a green card, be sure to read the fine print. And remember, you always could use a non-affinity card and simply make a direct contribution to renewables. Still, there is no getting around the fact that green cards make eco-conscious donations easier because the process is automatic.

So, with apologies to Capital One and its catchy ad campaign, what's in your wallet?

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# health & fitness Getting pumped

## BodyPump combines weight training and cardio

#### By Sarah Gardner

Chances are good that whatever time of day you are reading this, someone somewhere is taking a BodyPump class. Taught to an estimated 5 million people a week in more than 70 countries, BodyPump is a weight-lifting program developed by former Olympian Les Mills and his son, Phillip. Each class lasts 60 minutes and uses a series of squats, presses, lifts and curls to target all of the major muscle groups. Lately, classes have been filling up at Scott County (Iowa) YMCAs.

If 60 minutes sounds like a long time to do anything with the word "pump" in it, here is the good news: The classes are divided into 10 sections. Between each section you get a little break to stretch the muscles you just worked and adjust the weight on your barbell. The sections also are sequenced so that you move from one muscle group to another, allowing your arms to rest while you strengthen your legs, for example.

"It's a great class that keeps you moving, and you definitely see results," said Kris Burt, who has taken BodyPump classes for the last year at the downtown YMCA in Davenport. She finds that the high-energy music and the way the



Jenn Seifert teaches a Les Mills BodyPump class at the Scott County Family YMCA in Davenport. (Photo by Gary Krambeck / Radish)

routine changes a bit from week to week keeps her motivated — and she likes the instructors. It's a little like getting a weight routine from a personal trainer, she says, but in an affordable, group-fitness setting. YMCA members pay \$20 for 12 classes, which works out to a little more than \$1.60 for each hour of instruction.

Like any weight-lifting exercise, BodyPump offers several benefits. It improves strength, increases bone density and tones muscle. Students can see these differences in as little as six weeks. During class, participants may burn as many as 600 calories. The metabolic benefit goes beyond class, too. By replacing fat with muscle, BodyPump increases resting metabolism because at-rest muscle tissue burns more energy than fat.

Even though I knew the benefits, I still was unsure about trying the class myself. And though I have lifted weights before, it never has been a truly regular practice for me. Blame it on too many bad high school gym class memories. And, well, when well-toned instructor Jen Seifert spelled her name for me, I couldn't help but ask, "Seifert, like the potato chips?" She looked at me with confusion, and I wondered briefly if, maybe, she did not know what a potato chip was.

Let's just say no one ever has looked at me and wondered whether I know about potato chips.

It's a little like getting a weight routine from a personal trainer. The equipment used in every BodyPump class seemed straightforward enough — a barbell, a set of weights and a platform like the kind often seen in step aerobics (though, thankfully, not used the same way). Although I initially was unsure how to get the weights on and off the bar, a woman next to me was quick to help. Another nearby student also offered tips on how much weight to use and what to watch for in my posture so that I would not be quite so sore the next day.

I won't say I was lifting weights like an old pro by the end of the class, but I was surprised at how quickly and easily I caught on, thanks to

the help from the instructor and my fellow classmates. It struck me that this was a more communal weight-lifting environment than the highly competitive ones I had experienced before.

That, says Seifert, is one of the reasons she enjoys teaching BodyPump. "It truly is for the masses. Anyone can take it and be safe, get the benefits," she adds.

As with any new exercise routine, though, it is a good idea to consult with your physician before beginning. Because variations are taught for each weightlifting set, and because you can adjust the weight you are lifting as you go, Seifert considers it a good class for people of all ages and fitness levels.

To find a BodyPump class near you, visit lesmills.com/bodypump.

## outdoors

## Tune up for Taming of the Slough at special sessions this month

By Stephanie Benhart

Racers can tame the traffic, the hills and the Mississippi River in the fourth Taming of the Slough adventure race, slated for Sept. 19 in and around Sylvan Slough Natural Area in Moline.

The race combines mountain biking, canoeing or kayaking, and a run. People of all ages are invited to try their hands at "taming" the slough in the unique adventure race set in an urban environment.

"It's a little bit more rugged," says race director Jeff Cornelius with River Action, a nonprofit environmental organization in Davenport. "A lot of people have lived in the Quad-Cities all their life and have no idea there are mountain bike trails."

Adventure races, which combine at least two disciplines and include

a paddle or water segment and mountain biking, are growing in popularity. Cornelius says that each year, participation in the event has increased by 30 percent. Last year, 185 racers "tamed the slough."

"We want to continue to introduce more and more people to this event and to adventure racing," he says.

Three-person relay teams provide another opportunity. Two-person teams paddle together, and both members bike and run "for bragging rights." The times are averaged together for a team score. The corporate adventure challenge invites area businesses to put teams together to compete for a company trophy. "It's a good way to team build," Cornelius says.

Cost to participate is \$35 for individual racers, \$60 for two-person teams and \$75 for three-person relays and corporate teams. There are three entrance levels: race, sport and novice. Each group will be sent in waves so that people can participate with others at their skill level.

Tune Up for Taming training events will be held at 6 p.m. Thursday evenings, Aug. 20 and 27 and Sept. 3 and 10 at 17th Street and the Mississippi River, Moline. The events are open to the public and are loosely formatted so that people can train in the way that works best for them in a fun, social atmosphere, Cornelius says.

During tune-ups, the bike trail will be set up and canoes and kayaks will be available. The Saukenuk Paddlers will be on hand to offer "tips and tricks." During these sessions, participants may practice what they wish.

For more information or to register, visit riveraction.org or call (563) 322-2969 and ask for Jeff Cornelius.

Paddling, biking and running are part of Taming of the Slough. (File photos)

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# The bitter truth

## Agave nectar may not be as healthful as you think

By Jim Earles

Many health-conscious consumers these days understand that high fructose corn syrup (HFCS) is a nutritional dead end. This ubiquitous sweetener contains a powerful slug of sweet fructose and no redeeming value in terms of nutrition.

Since very few people wish to eliminate sweetness from their lives altogether, the food processing industry has provided us with plentiful alternative sweeteners. However, sometimes the alternatives are wolves dressed in sheeps' clothing, courtesy of the public-relations industry. A perfect example of this is agave nectar.

For those who are not familiar with agave nectar, it is a syrupy sweetener produced from the juices of a succulent plant resembling a cactus. Numerous species of agave plants are native to Mexico and the Southwestern U.S. — one of which is used to make tequila. A mature agave plant may be up to 8 feet tall with leaves spreading to 12 feet!

The agave nectar is sold in many health food stores (in light, amber, dark and raw varieties) for general sweetening purposes and also is incorporated as a sweetening agent in many so-called organic, raw and/or diabetic-friendly health foods. It is portrayed as an unrefined and healthful sweetener, but the truth is a much more complex story.

First of all, the use of the word "nectar" is a public-relations spin intended to conjure up notions of an unrefined gift from nature. This hardly is an appropriate term, as agave nectar is every bit as refined as the HFCS it frequently replaces.

Some indigenous Mexican peoples make a simple (and truly healthful!) sweetener from agave by boiling the plant juices to thicken them in a manner similar to the production of maple syrup. This concoction is called "miel de agave," meaning "agave honey." However, no such product can be found on the shelves of health food stores today.

The chemical and genetically-modified enzymatic processes used to manufacture the juices into



## Agave nectar is just as refined as the corn syrup it often replaces.



agave nectar end up giving it a profile of 70 percent or more as fructose, compared to only 55 percent fructose found in HFCS. (Raw honey contains only about 38 percent fructose.) Concentrated levels of fructose in the diet may lead to mineral depletion, inflammation of the liver, hardening of the arteries, insulin resistance, high blood pressure, cardiovascular disease and obesity.

While it is true that high levels of dietary fructose will not necessarily cause spikes in blood glucose, agave nectar certainly still falls short of being a healthful alternative. It is for this reason that noted low-carb advocate Dr. Michael Eades, M.D., has said of agave nectar: "Avoid it like death."

A less-than-ideal sugar profile may be offset somewhat by the presence of abundant minerals, which agave nectar reportedly has, including iron, calcium, potassium and magnesium. However, it is more correct to say that the juices of the agave plant contain an abundance of such minerals (as well as valuable amino acids) rather than the resultant agave nectar. While "miel de agave" retains these factors, modern processing removes many of them to make the nectar taste lighter and more palatable.

Another health risk of consuming agave nectar is ironically touted as a health benefit: the fact that agave juices contain saponins, a class of chemical compounds known for their foaming, soap-like characteristics. Saponins sometimes are considered as medicinal or therapeutic compounds. However, ingestion of saponins sometimes leads to diarrhea and vomiting, and they could cause miscarriage in pregnant women.

In 2000, FDA discovered that North America's then-largest distributor of agave nectar (Western Commerce Corporation of California) had been adulterating its products with HFCS and mislabeling them as organic. Today most agave nectar is produced by two other companies, but FDA labeling requirements remain vague and still do little to guarantee a healthful end product.

Read more at radishmagazine.com.







# healthy living A slice of Muscatine

## Melons grown and ripened in Iowa are in season now

#### By Brandy Welvaert

**B** ite into the perfumed flesh of the Muscatine-grown muskmelon, which now is in season, and instantly you will understand why these fruits are a summertime tradition here. What you might not care to consider, as heavenly melon juices get your chin all sticky, is the possible demise of this vine-ripened wonder. But it's true: The Muscatine melon could disappear.

"That's a very real concern with the Muscatine melon, and just in general with fruit and vegetable growers in Iowa," says Susan Futrell of Iowa City, who authored a report in 2004 about Muscatine melons for the Leopold Center for Sustainable Agriculture in Ames.

Back in 1921, melons covered 2,500 acres in Muscatine County. By 2002, the county grew melons on just 107 acres. That's about 4 percent of the number of acres used 80 years before.

The decline of the Muscatine melon in many ways mirrors the decline of traditional agriculture across the United States, according to the report, "Muscatine



Melon: A Case Study of a Place-Based Food in Iowa." In general, diverse fruit and vegetable production has given way to monoculture farming — here the crops usually are corn and soybeans. Machinery largely has replaced hard-to-find hand laborers.

#### But all is not lost.

At this time of year, it's still tough to wend your way through any farmers' market — or even a chain grocer's local outpost — and not run into a display of Muscatine melons.

Tim Duffy, produce manager at Hy-Vee in Milan, Ill., has been in the produce business for 40 years. He tells customers to eat — or slice and refrigerate — Muscatine muskmelons soon after buying, which is sound advice for most locally grown produce that's harvested when ripe.

"My advice is that when they're in, they're ripe and ready to go. They will not hold up for very long. Get them processed and in the refrigerator," Duffy says.

Muscatine melons are not meant to be picked green, bump along interstates inside semi-trailers, or hang out in cold warehouses.

"These melons differ from their cantaloupe, honeydew and Crenshaw cousins in that they are characterized by pronounced ridges; deep orange color; and juicy, fragrant flesh. They tend to have softer flesh, ripen best on the vine, and usually are marketed close to where they are grown," says the Leopold report.

And home is Muscatine County, the perfect place for growing melons because of its sandy, well-drained soil, says Futrell. The soil also retains the heat of the sun, keeping the fruits warm while they ripen to perfection on the vine.

She defines a Muscatine melon as one that's grown in the county, but she's quick to point out that some people would say that a true Muscatine melon grows only on Muscatine Island, south of Muscatine proper, near Fruitland and Conesville, Iowa.

Futrell is a freelance writer who says she jumped at the idea to research Muscatine melons because she wants to encourage people to explore local

#### How to eat a Muscatine melon

• From Susan Futrell, food researcher, Iowa City: "Cut a ripe melon into bite-size chunks. Add chopped fresh mint or basil leaves. Squeeze juice from fresh lime, enough to coat the chunks; add a pinch of salt. Chill if you are not eating/serving right away, then bring to room temperature for the best flavor. A little bit of salt really brings out the flavor in fresh, ripe melon!"

• From John Kiwala, melon grower, Muscatine, Ill.: Slice and eat, no extras

foods — and because of her love of the fruits.

"I grew up in Iowa, and so I grew up eating Muscatine melons when they were in season," she says. "In particular, we would visit my grandparents living in southern Iowa, and we would kind of wait for them to show up on street corners. I have had a memory and a love of these melons to begin with."

If you love them, too, now's the time to spring into action.

From now through mid-September — some growers say into October — you can get Muscatine melons at grocery stores and farmers' markets.

Or you can take an old-fashioned road trip to Muscatine and select a melon from a roadside stand like many people used to do. From the Quad-Cities, Muscatine is about a 45-minute drive.



This is the time of year for muskmelons grown in Muscatine County, Iowa. (Photos by Brandy Welvaert / Radish)

"Thirty, forty years ago, it used to be a pilgrimage to Muscatine," says John Kiwala, who grows 20 acres of melons there.

He and his wife, Holly, grow cantaloupe, canary melons, honeydew, yellow and red watermelons, and what he calls "the classic Muscatine watermelons: 'Crimson' and 'Sangria.' "

His family's business, Hoopes' Melon Shed, is on state Highway 61 south outside Maquoketa heading toward Burlington.

William Henry Hoopes, an ancestor of the Kiwalas, started his fruit and vegetable farm in 1874 on Muscatine Island and was the first to ship his melons to bigger cities for sale. That's how Muscatine melons gained their celebrity.

Today, as Futrell says, "Muscatine melons are famous."

If you want to make sure they stay famous, ask for them by name at the grocery store and the farmers' market, she advises.

"Any time consumers ask for something, the seller will want to make them happy."

Turn to Resources, page 38, for melon recipes.

required. "I eat them every day," Kiwala says.

• From Rich Pirog, a farm researcher, Ames: "I usually eat them as-is. They are so delicious. I also have had them with some thinly sliced prosciutto (Italian ham) and some blue cheese crumbles (think Amana cheese)."

• From Tim Duffy, produce manager at Hy-Vee in Milan, Ill.: "I just like to cut them up in 1-inch cubes and eat them with a fork." Register now for Xstream Cleanup 2009 Saturday, August 22 • 8:30 a.m. – 11:30 a.m.

Volunteers receive a free t-shirt and StudioOne Pass to River Roots Live on Saturday, August 22.

## Sign up at www.xstreamcleanup.org



# health & medicine Trying acupuncture

## 'I'd never been a fan of needles — until now'

#### By Jackie Chesser

I've always been fascinated with the mysticism of far eastern medicine and curious about acupuncture and rebalancing energy. But I'd never been a fan of needles. Until now.

After years of sinus infections, constant sinus pressure and a CT scan that revealed nothing wrong with my sinuses, I began using a neti pot. That helped, but didn't take care of the pressure. So I decided to try acupuncture.

On my first visit, Dr. Evan Antolik, of 7th Street Chiropractic in Moline, inserted five needles into my face: one in the tip of my nose, one in the top of my head, one in each wrist and one in the webbing between each thumb and forefinger, for a total of 10 needles.

Antolik said the needles — which are thrown away after one use — typically are inserted 1/4 to 1/2 inch deep. They help rebalance the body's energy, relieving the pressure.

The needles are so thin, I barely felt them go in. The hardest part was lying there for 20 minutes as they did their thing. Being still for 20 minutes is tough.

Antolik said I might not feel any results for a few days, and that it could take three or more sessions to alleviate all the pressure. But the next morning, the



Paul Colletti / Radish

pressure — which had been from temple to temple — had narrowed to just around my nose.

A couple weeks later, I went back for a second treatment. Some improvement, but not a lot. Several weeks later, a third session and more improvement. Only seven needles were used in the second and third sessions, and for some reason, the needles stung just a bit in the third session.

While I've always been fascinated by the mysticism of the far east, I'm also a bit of a skeptic. But even if it is all in my head, my head feels much better these days.

#### 

#### More about acupuncture

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• Acupuncture is an ancient Chinese treatment believed to adjust and alter the body's energy flow, according to medical-dictionary.thefreedictionary. com. It didn't become well known in the United States until former president Richard Nixon visited China in the 1970s, and journalists with him on the trip saw major operations being performed on patients without the use of anesthetics. Instead, the wide-awake patients were being operated on with only acupuncture needles inserted in them to control pain.

- Today, acupuncture is practiced in all 50 states by more than 9,000 practitioners, with more than 4,000 physicians including it in their practices.
- Acupuncture is being used increasingly in conjunction with more conventional Western medical treatments, according to mayoclinic.com. For example,

doctors may combine acupuncture and drugs to control pain and nausea after surgery.

• Relatively few complications have been reported from the use of acupuncture. However, acupuncture can cause potentially serious side effects if not delivered properly by a qualified practitioner, according to the National Center for Complementary and Alternative Medicine (nccam.nih.gov).

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# body, mind & soul Careful footwork

## Reflexology doesn't have to be painful to heal

#### By Sarah Gardner

Cometimes less is more. Ask Amy Petersen, who owns The Foot Bridge in Blue OGrass, Iowa, and works throughout the Quad-Cities area. Petersen practices integrative reflexology, a type of body work that applies pressure to areas of the feet and hands to bring balance to all of the body's organs and systems. There are many misconceptions about reflexology — that it is no different from a foot massage, that it can be used to diagnose disorders — but one of the most needless is that it has to be painful in order to work.

"It's not about the more pressure, the better it is," says Petersen. "It's about working to the level that is comfortable for your body."

Integrative reflexology builds on techniques pioneered by the Ingham method of reflexology while combining them with practices from various types of massage. These include acupressure, shiatsu and rolfing (soft tissue manipulation). The result is a whole-hand technique that is less taxing on the reflexologist and less intensive on the feet of the client, though no less effective.

For Petersen, who grew up receiving Ingham method reflexology, this was a revelation. "There was a much higher level of comfort," she says. "Of course, the more I was trained, the more I understood why it works."

Benefits of reflexology can range from pain relief, improved digestion, reduced swelling, better circulation and relief from muscle tension. It can help counteract the side effects of some medications and sometimes is recommended as pre- and post-surgical care. But, says Petersen, it is important to understand that helping the body heal is a process, and one that takes time.

In integrative reflexology, clients are initially encouraged to come to four sessions over the course of two weeks. (In Ingham or zone reflexology, six sessions during the first two weeks are more common.) After that, the reflexologist assesses where the client is and the frequency of visits he or she may need. Usually clients come once a week or once every other week after that, until a visit is needed only once every three or four weeks. The process is gradual, though, as the body works toward a state of balanced well-being.

Although reflexology can be offered as an alternative treatment, Petersen practices it as complimentary care. This means that rather than take the place of treatments you might receive from a physician, it is meant to work cooperatively

with his or her care.

At The Foot Bridge, clients are given a chart so that they can follow along and see which parts of the body correspond with the areas of the feet Petersen is working on. Over the course of an hour, she touches on areas for each of the organs and all of the body systems. When the session is over, she encourages clients to drink water, just as they would following an intensive massage session.

The difference between a foot massage and a reflexology treatment, says Petersen, is that a foot massage deals primarily with the surface of the foot. Its overall goal is a sense of relaxation

and well-being. Reflexology, on the other hand, is about whole body health. She describes it as "relaxation on a therapeutic level."

In the coming months Petersen will be offering basic, 10-hour courses on reflexology. The classes are designed to teach simple practices that anyone can use to deliver palliative care to friends and family.

To find a good reflexologist, look for a practitioner who is nationally certified and who has beteween 100 and 200 hours of training. Bring your medical history with you, says Peterson, and an open mind.

iStockphoto

For a list of several reflexologists in the Radish region, turn to Resources page 38.

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Massage deals primarily with the surface of the foot, while reflexology is about whole body health.



## environment

# No more cookie dough

Eco-friendly fundraisers that teach and motivate kids



Up-cycle Send your used candy bar wrappers or drink pouches to TerraCycle for two cents each.



CFLs Lights for Learning offers a variety of CFLs for organizations to sell — all at a reasonable cost.



Fair trade Groups such as Equal Exchange supply organic chocolate and coffee as green fundraisers.

## By Sarah Ford

The days of summer are getting shorter, and school soon will soon be back in session. Another season of fundraisers quickly will be upon parents and their school-aged children.

In an attempt to bring in funds for playground equipment, class trips, beneficial curricula and projects, organizations will issue forth kids armed with attractive brochures full of items that people don't necessarily want. The hope is that we'll open our wallets for another needless product: Wrapping paper, magnet sets, cookie dough and popcorn come to mind.

But there is hope. As the global consciousness shifts toward more Earth-friendly and sustainable practices, these ideals can be incorporated into moneymaking ventures. A new kind of fundraiser is cropping up — one that benefits all parties involved. Green fundraising is a growing option and one that seeks to address environmental and social concerns while providing a worthy product for the money. CFL light bulbs, reusable bags, water bottles, plants, bulbs, and fair-trade items are just a few of the items on the market.

As conservation coordinator for Port Byron (Ill.) Pack #308 Cub Scouts, I just wrapped up our second year of selling CFL bulbs to help fund a conservation project. Lights for Learning has a variety of CFL bulbs for organizations to sell. Besides the standard curly bulbs, they also offer LED holiday lights, reflectors, dimmable bulbs and three-way CFLs, all at a reasonable cost. Half of the money raised goes to the fundraising organization.

So far, Pack #308 has ordered 1,217 bulbs. A certificate from Lights for Learning says that's equal to removing 796,218 pounds of carbon dioxide from the atmosphere, taking 68 cars from the road for one year, and saving 89 acres of forest. That's quite an achievement for a small group of boys!

Other items for fundraisers include fair-trade products, such as those offered through Equal Exchange Fundraising. Equal Exchange offers organic chocolate and coffees from small, farmer organizations. When groups sell these products, they "help keep rural communities healthy and strong, and keep local cultures vibrant," according to the Equal Exchange Web site.

TerraCycle Inc. offers a creative fundraising program for schools: They get two cents for each used candy bar wrapper or drink pouch they send in. The company "up-cycles" the packaging to make unique products such as juice-pouch pencil bags or backpacks.

Looking for more green ideas? There are reusable bags and water bottles, recycled wrapping papers, environmentally friendly cleaners and more. Just Google "green fundraisers" and see the possibilities pop up before your eyes.

Aside from the consumer component of green fundraising, what it teaches kids is priceless. Our future leaders can learn healthy practices today by understanding the value of the products that they are asked to sell.

Many of these fundraisers, such as Lights for Learning, hold an educational kickoff assembly so that children further understand the value and utility of a product and why it's good for the Earth. My nine-year-old son, Isaiah, is now a charming advocate for CFLs (among other Earth-friendly items and practices), and he's quick to point out who uses them in our treks around town.

Even if you're not involved in fundraising, you can contact school administrators or organization leaders and direct them to an alternative fundraiser.

The best part? Kids will be excited to sell a product if they know why it's good for the environment and that it's not just another junk item that soon will be discarded.

For more information, visit lights4learning.org, equalexchange.coop or terracycle.net. Finished TerraCycle products are for sale at some Target stores and at Habitat ReStore, 3629 Mississippi Ave., Davenport.





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GREEN

ENERGY

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# environment Water works

## Xstream, Lower Wapsi cleanups scour natural areas

By Brandy Welvaert

Keeping local waterways clean is a good idea for many reasons. Not only are clean rivers and streams beautiful, but they're also safer for people and animals. All that's not to mention the quality of the water they carry — water we use for drinking, cooking, cleaning and more. Here are two ways to help out this month.

#### Lower Wapsipinicon River Cleanup

You don't have to be Hercules to help clean up the water where you live. Just ask Melisa Jacobsen, who coordinates the Lower Wapsipinicon River Cleanup every year.

"You can make of it what you want," says Jacobsen, who organized the first cleanup with a friend in 2006. "You don't have to go out there and dig up a hot water heater. You can go with your family and stop at sandbars and pick up bottles."

The fourth annual, canoe-based cleanup will be held Aug. 21-23. Volunteers will clean a 12-mile length of river that starts at Walters Landing near McCausland, Iowa, and stretches to the Mississippi River and up to Rock Creek Marina and Campground in Camanche, Iowa, as well as the surrounding



Volunteers at the 2008 Xstream Cleanup. (Photo by Gary Krambeck / Radish)

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watershed areas.

Jacobsen says paddling experience isn't essential for participation, but "it's preferred."

Ages 10 and up are allowed, but youth under 18 must be accompanied by a parent or other guardian.

This year, she hopes to get more local people involved in the cleanup. "It's really interesting because I get a lot of people who are not from the area," she says.

The cleanup effort begins the morning of Aug. 22. Primitive tent camping for volunteers is offered for free Aug. 21 and 22 at Rock Creek Marina. Participants may bring food or pay for catered meals with advance registration, which is due Aug. 14. Registration forms and more information are online at lowerwapsicleanup.org.

#### Xstream Cleanup

Also on Aug. 22, Xstream Cleanup will be held from 8:30 to 11:30 a.m. at several sites in the Quad-Cities area. This year, sites have been added specifically for cigarette-butt cleanup, according to Erin Robinson, communication coordinator for the Waste Commission of Scott County (Iowa), which organizes the event. Since Iowa imposed a public smoking ban in 2008, outdoor smoking has been the rule rather than the exception. Unfortunately, when people smoke outside, they more often toss butts to the ground, Robinson says.

Littered cigarette butts almost always make it into the water, says Robbin Dunn, public works program coordinator for the city of Davenport. "They do have an impact on water quality, and they're the



Volunteers head out in canoes for the Lower Wapsipinicon River Cleanup. (Submitted)

No. 1 source of litter in the world."

Scientists have found nicotine in creeks and streams, says Dunn. Also troubling are cigarettes' acetate filters, which comprise a large portion of each butt. Not only are filters saturated with harmful chemicals, but they do not biodegrade. "Animals can mistake them for food," she says. If an animal is small, ingesting a filter will kill it.

The annual cleanup will provide a variety of volunteer opportunities — not just cigarette duty. Volunteers are needed for light cleanup as well as heavy-duty work along waterways. Invasive plant removal again will be a part of the cleanup this year.

It's free to participate in Xstream Cleanup. For more information or to sign up for the event, visit xstreamcleanup.org.

## environment

## Plan C: Author to speak about peak oil at sustainable energy fair in Oregon, III.

#### By Brandy Welvaert

When it comes to the way we use energy, it's time for Plan C. So says Pat Murphy, the executive director of the Arthur Morgan Institute for Community Solutions in Yellow Springs, Ohio, and author of the book, "Plan C — Community Survival Strategies for Peak Oil and Climate Change."

Murphy will speak Aug. 8 during the Illinois Renewable Energy and Sustainable Lifestyle Fair at the Ogle County Fairgrounds near Oregon, Ill.

Plan C is Murphy's complex solution to climate change and declining resources that, at its core, asks people to question what makes them happy — then to act on it. "Our doctrine of consumerism says that the human being finds his greatest joy and satisfaction in goods. ... But there is another idea out there:

that we get our joys from our relationships." In other words, community. The other "C" is curtailment: "I use the word curtailment rather than conservation because we need more serious language" to describe the way we ought to view energy use, Murphy says.

While Plan C envisions people coming together for change, it also focuses on choices that individuals can make to reduce energy use and, thereby, the environmental damage they do. Murphy says that three everyday things — what we eat, where we live, and how we get around — account for two-thirds of energy use. If we change those, we change the world. How should we change? Murphy has ideas.

On food: "The first thing we have to do is give up eating factory meat, which today means giving up meat but tomorrow means (that) we have to grow our meat products locally."

On housing: He advocates a new way of building, called Passive House. For existing homes, he suggests retrofitting for extreme energy efficiency — up to 90 percent — according to Passive House principles. (Details are at passivehouse.us.)

On transportation: It's time to download a ride-share app to your iPhone and start giving and getting rides. (One such iPhone app, Avego Shared Transport, may be downloaded for free at avego.com/ui/sharetransport.action). Ride sharing not only decreases fuel use and traffic, but it also forces people to meet one another, which Murphy says will build community. More detailed information about Plan C is available at communitysolution.org.

"I hope that (listeners at the fair) will come away with the fact that they shouldn't wait for a technological miracle to occur to make changes," he says. "Secondly, they should know that the future is in their own hands."

The Illinois Renewable Energy and Sustainable Lifestyle Fair will be held Aug. 8-9 at the Ogle County Fairgrounds, Oregon, Ill. For more information, visit illinoisrenew.org.





Pat Murphy

# health & medicine Thermal imaging

## Heat-sensitive technique detects problems early

#### By Jonathan Turner

The health screening technique of thermography is pretty new to the Midwest, but a Fairfield, Iowa-based practitioner says that interest in it is growing.

"The real beauty of thermography is, it's not invasive. It does no harm. That's very appealing for people," says Pam Ryerse, founder and owner of Radiant Health Imaging (RHI), which opened in 2006 at 206 E. Burlington St., Fairfield, as the first such clinic in Iowa.

"I'm encouraged. Business has been growing," Ryerse says, noting that RHI does scanning the first Wednesday of the month at the Coralville Health Care Clinic, 2180 Norcor Ave., in Coralville, Iowa.

Thermography uses a heat-sensing, infrared camera to record the surface heat produced by parts of the body. Abnormal tissue growth and painful inflammation can cause temperature changes that show up on the thermogram.

Thermography may be used to diagnose breast cancer (in its early stages) and other tumors. Images are taken by a certified clinical thermographer trained by the American College of Clinical Thermology.

Thermography is not covered by most health insurers, but patients can have a scan of a particular body region for \$150 or a full-body scan for \$350. Ryerse emphasizes that thermography does not diagnose a condition and is not a replacement for tools such as mammograms, which can detect breast cancer.

"They're two different tools used for different reasons," she says. "I think the magic is in early detection. You may not have a symptom. We can look at the carotid artery, for example, and see if there's inflammation. You'd like to know that ahead of time."

"The information we can glean from the interpretation goes to the patient's health care provider.

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Hopefully, they can figure out what is the next step." An abnormal result from a thermogram allows people more time to make therapeutic lifestyle changes, according to the RHI Web site, radianthealthimaging.com. "At the very least, the



condition can be closely monitored safely until conventional interventions need to be applied," it says.

Ryerse recalls a patient who had pain in the area of the gallbladder and had an ultrasound, which showed that nothing was wrong. "Meanwhile, the patient is suffering; she got frustrated and came in to see me," she says. "The good news is, we could tell her, 'You were not crazy. It was not in your gallbladder,' but in a portion of the large bowel. Nobody had looked in those places," Ryerse says. "She ended up having a colonoscopy, and she did have diverticulitis."

Dr. Nathan Durick, of Advanced Radiology in Moline, Ill., says thermography is not part of standard medical protocol since its effectiveness hasn't been reviewed in major medical literature.

"It may have a role for people interested in alternative medicine," Durick says, noting that it's not available in the Quad-Cities. "It's just generally not real specific. There are many things that can cause increased heat. We have much more specific ways to image for breast cancer."

"Mammograms are one of the most effective screening tools we have," he says. Some chiropractors have had success using thermography to better detect sources of nerve pain and other symptoms, he says.

Infrared imaging can find signs suggesting a pre-cancerous state of the breast or presence of an early tumor that is not large enough to be detected by mammography or other types of imaging, according to breastthermography.com.

"It's a mixed bag out there in how wellreceived it is," Ryerse said of thermography, adding that it belongs to the world of complementary and alternative medicine.

She has been offering scans in the Quad-Cities about every four months at Zen Massage and Body therapy, 2435 E. Kimberly Road, Bettendorf, Iowa. And she's trying to work out a more frequent regular schedule.

Ryerse also speaks throughout the Midwest to raise awareness about thermography.

"I want to get the word out about what thermography is and what isn't," she says, "so people can be armed with information they need to make a decision."

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For more tips on how to Bike 'N Ride click on **gogreenmetro.com**, and use the Trip Planner to plan your route.

## Routes to take you near bike paths and trails.





## community

# Greeks go green

## How we made our fraternity house more sustainable

#### By Jordan Kratter

When you talk about "green" leaders, college fraternities probably don't come to mind. But don't let the Greeks at Knox College in Galesburg, Ill., hear you say that. Over the past several months, the Gamma Deuteron chapter of Phi Gamma Delta (Fiji) has been working to renovate its house and make it more environmentally sustainable. The Fiji house was built in 1920 and was not designed with energy efficiency in mind, but the Fijis of today are changing that.

I am a Knox College student and have led the Fiji effort to create and maintain a sustainable house. Over the next few years, the Fijis will be fundraising for their largest projects: installing solar panels and a geothermal heating and cooling system. The fraternity hopes to raise the majority of the money required for these projects from grants and environmental sustainability competitions.

We initially became interested in the project when we learned how much money we could save in our yearly budget. As the project progressed, however, the fraternity brothers began to see how easily they could integrate sustainability into their lives and the impact doing so would have on the house.

"By changing a few small things, we can make a difference in the environment while contributing to the financial stability of the fraternity, as well. It's beneficial in several ways," says fraternity member Grant Forssberg.

Currently we recycle paper, glass, plastic and batteries, and we plan to begin composting plant material. In addition, we are building a garden to compensate for the damage that the house inevitably does to the environment.

While waiting to begin installing geothermal heating and solar electricity, the fraternity is tackling a laundry list of smaller energy-efficiency projects. The exterior doors on the house are being replaced by insulated ones, which will match the insulated windows the fraternity house already has installed. Energy efficient hand dryers were installed to reduce paper towel waste. Also, the house has transitioned from using incandescent lighting to halogen, LED and compact fluorescent lighting. Finally, we have begun using plant-based cleaning supplies to reduce environmental damage from cleaning the house.

Some of the smaller projects we will complete over the next year include installing ceiling fans to increase circulation, buying new washers and dryers that will run on a more energy efficient cycle, and installing low-pressure faucets for the showers and sinks.

Due to fire codes, the hallways and stairwells are lit 24 hours a day, but we plan to install photo-sensitive lighting that will allow the sun to light these areas during the day. We also will continue to insulate the house by buying drapes for windows and door draft guards to keep heat in rooms.

It has been no easy task getting a fraternity of 36 men to follow and support this project, and Fiji has had to make sure that these sustainability efforts don't become a burden on brothers.

"Although our fraternity has always supported helping the environment, motivating the brothers to take action was the real challenge. Once the fraternity started noticing a few dedicated brothers digging through the garbage to separate recyclables, they felt compelled to take part in the project," says Dan DiMeo, the founder of the Green Committee of our fraternity chapter.

The fraternity has worked to smoothly integrate energy efficiency by buying things such as remote control power strips. Installing a remote control next to a light switch makes turning off power easy when a person leaves a room.

Several years ago, Knox College made a commitment to sustainability, which helped inspire this project. It is with the support and encouragement of the college that this project has been possible for the fraternity.

"We are very excited about the Phi Gamma Delta Sustainability Project at Knox as it serves as an example for all Greek houses of what is possible with student initiative and ingenuity," says Xavier Romano, dean of students.

The ultimate goal of the project is to start a sustainability trend across Knox's student body — and possibly in fraternities nationwide. In fact, several other Greek organizations on campus have begun integrating environmental friendliness into their operations, as well. These students believe that "green" is the future of energy — and that college is the perfect time to start making sustainability a part of their lives.



The Gamma Deuteron chapter of Phi Gamma Delta at Knox College, Galesburg, III., replaces its old doors with new, insulated ones. (Submitted)





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www.quadcitiesymca.org

## rooting around

## Learning to take action for the Earth

Sister Cathleen Real, who has studied climate change issues with former vice president Al Gore, will discuss climate change at an event Aug. 1 at Our Lady of the Prairie Retreat, 2664 145th Ave., Wheatland, Iowa. The event, Learn, Act for Earth's Sake, will be held from 9:30 a.m. to 3 p.m. Cost to attend is \$15, which includes lunch. The day will include presentation, discussion time and reflection on climate change. A panel of experts will present information and lead a discussion on environmental issues. For further information and to make reservations, contact Barb Gross at (563) 336-8414 or e-mail olpretreat@gmail.com. To learn more about Our Lady of the Prairie Retreat, visit chmiowa.org/prairie\_retreat.cfm.

## Anusara yoga class at Tapas Yoga Shala

Sara Strother will present an intermediate Anusara yoga class from 2:30 to 4 p.m. Aug. 1 at Tapas Yoga Shala, 421 Brady St., Davenport. Cost to attend is \$25. Stother has been practicing yoga for 10 years. She has received certification from the White Lotus Foundation in Santa Barbara, Calif., and most recently has been recognized as an Anusara-inspired yoga instructor. For more information or to sign up, call (309) 236-6084 or e-mail info@tapasyogashala.com.

## 'Visits' takes readers into Amish communities

Mini-review: "Visits With the Amish: Impressions of the Plain Life," by Linda Egenes (University of Iowa, 2000)

#### 

In "Visits with the Amish," author Linda Egenes gives a good explanation of how Amish settlements came to be in America, and in Iowa. Egenes recounts the Amish people's trials in Europe and their immigration to America. We learn that the Amish choose to shun electricity and motorized transportation. Yet

despite their plain existence and isolation, they do business with and welcome into their homes the "English," or those who are not Amish.

The book offers a glimpse into the Amish life, which is governed by "Ordnung" — strict rules for dress, attitude, behavior, worship and schooling of children. Amish children are encouraged to develop lifelong friendships and the personal qualities of generosity and honesty rather than to accumulate goods. Above all, loving families are important to the Amish people.

As a reader, I especially enjoyed the chapter on quilting above the Stringtown Grocery store in Kalona, Iowa, because I like to go to Stringtown frequently to buy their bulk items.

In sum, this small book provides a good snapshot of Amish life in several different communities in America.

— Betty A. Stratman, Bettendorf, IA

Visits with the Amish

NAME ADDRESS OF MARY ADDRESS.

Submitted

## Welcome to the Upper Mississippi River Valley Appellation

Next time you buy a bottle of wine made in the region, you might notice a new note on the label. The label can tell you that the wine was made in the Upper Mississippi River Valley Appellation, a new designation that encompasses 29,914 square miles in Illinois, Iowa, Minnesota and Wisconsin. Counties include Carroll, Jo Daviess, Lee, Ogle, Rock Island, Stephenson, Whiteside and Winnebago in Illinois; and Cedar, Clinton, Dubuque, Jackson, Johnson and Scott in Iowa. The newly defined area is the nation's largest wine making region and was created July 22 by the Treasury Department's Alcohol and Tobacco Tax and Trade Bureau.



Gary Krambeck / Radish

## Find out how much energy appliances use with this nifty device

Ever wonder how much energy your refrigerator or DVD player actually uses? If you live in Scott County, Iowa, you can find out for free. The Iowa State University Extension-Scott County Unit, 875 Tanglefoot Lane, Bettendorf, now has an electricity usage meter available for checkout. The meter will display how much energy is being used whether the item is turned on or off and comes with directions for calculating the cost of energy consumed. Scott County residents can borrow a meter for one week for a refundable \$25 deposit. To rent the meter, call the Extension office at (563) 359-7577.

## Corn Zone exhibit returns to the Figge

The Figge Art Museum, 225 W. 2nd St., Davenport, has brought back for permanent display one of it most popular installations, according to a press release. Michael Meilahn's Corn Zone has been reinstalled in the Orientation 1 gallery. The blown glass exhibition consists of ears of corn of different shapes and colors that are suspended in space with bungee cords. The artist has had two careers — one in farming, the other in art — and Corn Zone brings them together in a meaningful way. According to Meilahn, the exhibition is about the fragility of glass and genetic modification, which consciously and unconsciously molds the artist's life and work. For more information, visit figgeart.org.



Submitted



## Join Living Lands & Waters for a party

Living Lands & Waters (LL&W) — Chad Pregracke's East Moline, Ill.based environmental group — will host its annual Barge Party from 5:30 to 9 p.m. Aug. 13 at the Lake Davenport Sailing Club on River Drive at Oneida Street, Davenport. Tickets for the party are \$35 per person and are available online at livinglandsandwaters.org. Pregracke and crew will celebrate 12 years of river cleanups and environmen-



Shannon Reineke, programs coordinator for Living Lands & Waters, gives a tour of one of its barges during the 2008 Barge Party. (Photo by Patrick Traylor / Radish)

tal efforts at the party, which will raise money for the nonprofit organization.

## Super summer toys for kids from 'Dr. Toy'

Stevanne Auerbach, Ph.D., also known as Dr. Toy, has released a new list of safe, fun toys for kids at her Web site, drtoy.com. Auerbach is an established speaker and writer on the topic of toys that are safe and promote learning. "Children learn best through play," says Auerbach, "and these ... products encourage children to maximize their potential and make the most of 'smart play.' " Toys on the new list includes puzzles, DVDs, outdoor toys and plush toys suitable for summer travel. For the complete list, which includes photos of the recommended toys, visit drtoy.com and click on "Vacation 2009."

## Food samples, rain barrels, music and more at Main Street Market

Main Street Market in East Moline, Ill., has a full afternoon of activities slated from 2 to 6 p.m. Aug. 6. The market formerly held on Mondays and Thursdays now is held only on Thursdays. On Aug. 6, local musicians Chris Dunn (2-4 p.m.) and Jarin Gaier (4-6 p.m.) will perform, and River Action will sell rain barrels for \$75 and deliver them to the homes of those who purchase them at market. River Music Experience will be on hand to promote River Roots Live, its annual music fest in downtown Davenport, being held this year from Aug. 21-22. Living Lands & Waters (LL&W) will be there signing up volunteers for its annual Xstream Cleanup, which will be held Aug. 22 around the Quad-Cities. LL&W also will promote



Chris Dunn

its MillionTrees project. The University of Illinois Extension-Rock Island County Unit will provide food samples, recipes and children's games. A Spanish-speaking contact also will be at the Extension booth. The Little Green Boutique, a new vintage shop with clothing, kitchenwares and more, will be the highlighted downtown business. Main Street Market offers produce, baked goods, prepared foods, crafts, plants and more. For more information, visit eastmoline.com/farmersmarket.cfm.







Amv Petersen

Master Reflexologist

Nationally RCB Certified

Amy Petersen is an RCB nationally certified Integrative Reflexology<sup>™</sup> Practitioner and Instructor, with over 550 hours of training. Certified in both Integrative and Zone (Ingham) Reflexology she has been a practitioner in Eastern Iowa for seven years. The focus of her practice is compassionate care integrative reflexology<sup>™</sup> and therapeutic integrative reflexology<sup>™</sup>.

## 10-hour Family Care Classes will begin in October.

You can learn basic techniques to provide comfort, care and relaxation to your loved ones. This class is ideal for people who are looking for a way to connect, help ease pain, provide comfort to aging parents, restless children, family members with health concerns.

Please Call for details 563-343-6821.



**AUGUST EVENTS** RosettiWineShop.com



Sunday, August 16t 3:30-5:00pm Sizzlin' Zins, Saucy Syrahs, a Sassy Rose and Snappy White with complimentary barbeque samplers \$10 or free with purchase of 6 or more bottles **Open 7 nights a week!** 



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www.faithfulpilotcafe.com

## **Changes Coming** soon to the **Davenport School of Yoga**

The Davenport School of Yoga has been sharing the insight and power of yoga with the Quad Cities since 1996, and we are proud to be the Quad Cities "original" yoga studio. We specialize in traditional Hatha yoga, and you can expect fundamental classes from our instructors, emphasizing the most important aspects of any yoga practice: strength, flexibility and balance, internal focus and realease of tension and stress.

#### No flexibility required Beginners welcome

The Davenport School of Yoga 421 Brady St. Davenport 563-322-5354

www.davenportschoolofyoga.com



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- Chair Massage
- Pre-Natal Massage



## TWO RIVERS MASSAGE **Downtown Moline**

(309) 79-RELAX (797.3529) www.tworiversmassage.com

## rooting around



## Seed Savers hosting learning events

Seed Savers Exchange, 3094 North Winn Road, Decorah, Iowa, will host a workshop about seed saving from 9 a.m. to noon Aug. 8. The class will include a basic discussion by Seed Savers staff about seed-saving techniques for garden vegetable crops. Attendees will learn the easiest basics as well as isolation ideas and some of the less complicated hand-pollination techniques for maintaining varietal purity. Cost to attend is \$10 per person, which must be paid in advance. To register, call Seed Savers at (563) 382-5990.

A second seed-saving workshop, to focus on tomatoes, will be held in conjunction with the Heirloom Tomato Tasting from 1 to 5 p.m. Sept. 5. Admission to the tasting, which will include tips for saving tomato seeds, is free. Participants will have the chance to taste more than 40 different types of tomatoes, which is meant to help them as they choose tomato seeds for their 2010 gardens. For more information, call Seed Savers or visit seedsavers.org.

## Nature Conservancy continues work in Lower Cedar Valley

The Alliant Energy Foundation has donated \$100,000 to The Nature Conservancy, which will use the money to continue flood plain restoration in the Lower Cedar Valley in Southeast Iowa. The area is home to diverse plants and animals, including two rare plant



Jennifer Filipiak / Courtesy of The Nature Conservancy

communities — swamp white oak woodlands and peat fens. The Conservancy is studying the area and is working to ensure that the land is conserved and/or returned to its natural state to ease flooding and support wildlife. It is focusing on areas that buffer its existing preserves and projects, including Swamp White Oak Preserve, Maytag Preserve, Cone Lake, Pike Run-Wiese Slough and the Iowa River bottoms. For more information about the project or about the Nature Conservancy, visit nature.org.

## Sweet corn is for the picking at BHC farm

You can pick sweet corn and win prizes from 9 a.m. to 4 p.m. Aug. 4 at Black Hawk College — East Campus, located five miles south of Kewanee, Ill., at 26230 Black Hawk Road, Galva, Ill. Visitors to Black Hawk Organics for its first Campus Market Day will have the chance to pick sweet corn (or buy it already picked), and there will be free recyclable bags and door prizes, including a one-year subscription to Radish magazine. Organic produce, including tomatoes, peppers and green beans will be available as the season progresses. Starting with the Aug. 4 event, Campus Market Days will be held each Tuesday at the farm. For more information, visit blackhawkorganics.blogspot.com or call (309) 854-1722 or (800) 233-5671.

## Annie's Project: Teaching female farmers the basics about agriculture and business

Women who farm or own farmland are invited to enroll in Annie's Project — Education for Farm Women. The series of classes will be offered from 6:30 to 9 p.m. Aug. 24, 26 and 31, and Sept. 2 and 9 at the Community Education Center, 404 E. 3rd St., Kewanee, Ill. The center is located at the Black Hawk College East Campus. Classes will teach women how to manage money, set up farm leases, market grain, prepare a business plan and make decisions about legal issues, such as insurance. Participants also will learn how to use spreadsheets and the Internet to organize and retrieve information. Both experienced and inexperienced farming women are encouraged to attend. Cost for the program, which includes all five sessions and materials, is \$50 per person. To sign up, call the Henry-Stark Extension office at (309) 853-1533 and ask for Jeff West. A syllabus for each class also can be requested by e-mailing jwest@illinois.edu.

## Chefs will square off Aug. 2 in Bettendorf

Throughout July, Quad-Cities chefs pulled no punches during the Homegrown Iron Chef Competition, held weekly at the Trinity Terrace Park Farmers' Market, 4500 Utica Ridge Road, Bettendorf, Iowa. On Aug. 2, the four winning chefs will go head-to-head for one final showdown. The Homegrown Iron Chef Competition Final Showdown Fundraiser will be held from 1 to 5 p.m. Aug. 2 at the Isle of Capri Center, Bettendorf. The event will raise funds for its host, Scott Community College, Bettendorf. It will feature special guest Paul Virant, owner and executive chef of Vie restaurant in Western Springs, Ill. Tickets are \$40 and may be purchased by calling (563) 441-4063. For more information about the competition, visit eicc.edu/ironchef.

## Garden classes: Making a mini-succulent garden, learning about butterflies

The Moline Park and Recreation Department will host two gardening classes in August at the greenhouse at Riverside Park, 34th Street and 5th Avenue, Moline. The first class will cover mini-succulent gardening and will be held from 10 a.m. to noon Aug. 8. Cost to attend is \$10. From 2 to 3 p.m. Aug. 9, there will be a class about backyard butterfly gardening. To register for either class, call (309) 736-5714 or visit moline.il.us.





## 2009 Quad City Earth Charter: PACG Local Foods Initiative Summit Sat., Sept. 26, 2009

at Augustana College, Rock Island, IL.

You are what you eat; a popular saying takes on new meaning in our diets today. The food we eat has changed drastically in the last 30 years: Factory Farms, Genetically Modified Food ingredients, Cloned Animal Food ingredients, Recalls, and Toxins. We face a daily challenge trying to ensure that the food that we eat and feed our family is safe, healthy, environmentally-friendly and supporting our local economy. Join us as we explore options to increasing a healthy, safe, sustainable, local food supply in the Quad Cities.









## Events .

August 7th 7-10pm

RTV4 Big Bug Bop! an exhibit and retro-themed party

## September Trivia Under the Stars October Fall Festival visit www.qcgardens.com for details

## resources

### A SLICE OF MUSCATINE

(Story on page 20)

Here are a couple of cool, summery recipes for muskmelons.

#### Grilled Muskmelon

1 muskmelon, peeled, seeded and cubed 1/4 cup butter

1/2 cup honey 1/3 cup chopped fresh mint leaves

Preheat grill to medium heat. Thread the cantaloupe chunks onto 4 skewers. In a small saucepan, heat butter with honey until melted. Stir in mint. Brush cantaloupe with honey mixture. Lightly oil the grill grate. Grill skewers 4 to 6 minutes, turning to brown all sides. Serve with remaining sauce over ice cream, if desired. *Source: allrecipes.com* 

#### Melon Granita

2 cups coarsely chopped muskmelon or cantaloupe (from ½ melon, seeded)
¼ cup sugar, or to taste 1/2 tablespoon fresh lemon juice, or to taste 1 cup ice cubes

Purée all ingredients in a blender until smooth, then pour into a 13- by 9-inch metal pan and freeze until mixture becomes a firm slush, at least 40 minutes. Scrape with a fork and serve in chilled glasses. *Source: epicurious.com* 

#### Melon Wedges with Lime-Mint Syrup

#### <sup>1</sup>⁄4 cup sugar

- <sup>1</sup>/<sub>4</sub> cup fresh lime juice (from 1½ limes) 2 teaspoons finely grated lime zest (from 1½ limes)
- 1 medium ripe cantaloupe (about 3½ pounds), cut into 24 thin wedges
- (4-pound) piece watermelon, preferably seedless, cut into 24 thin wedges
   tablespoons fresh mint, preferably spearmint, finely chopped

In small bowl, whisk together sugar and ¼ cup boiling water until sugar is dissolved. Stir in lime juice and zest. Cover and refrigerate until cool, about 1½ hours. (Syrup can be made ahead and chilled, covered, up to 3 days.) In 1 very large or 2 medium plastic containers, combine melon wedges. Refrigerate until cold, about 1½ hours. (Melons can be sliced and chilled up to 12 hours ahead.) As close to serving time as possible, stir mint into syrup and drizzle over melon wedges. Serve chilled. *Source: epicurious.com* 

#### **CAREFUL FOOTWORK**

#### (Story on page 24)

Looking for a reflexologist near you? Here are several businesses offering reflexology in the Radish region:

- Better Health Center, 1302 4th St., Orion, Ill. (309) 526-3144.
- Healing Heart Center, Georgian Square, 1035 Lincoln Road (second floor), Bettendorf, Iowa. (563) 370-7995 or thehealingheartcenter.org.
- Healthy Soles Reflexology, 1825 29th St. NE # E, Cedar Rapids, Iowa. (319) 213-2130.
- Integrating Wellness, 1001 Davis St. # 1, Dubuque, Iowa. (563) 690-0506.
- Solon Clinic of Massage & Reflexology, 102 E. Main St., Solon, Iowa. (319) 624-9142.
- Southpark Chiropractic Wellness Center, 1529 46th Ave., Suite 4, Moline, Ill.
- (309) 757-7100 or info@southparkchiropractic.com.

## farmers' markets

#### ILLINOIS

#### BUREAU COUNTY

Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 3:30-6:30 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, through October. (815) 875-6468

#### CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 8 a.m.-noon Saturdays, through October. (815) 244-3027

#### HENRY COUNTY

Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, through October. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, through September. (309) 852-2175

Oneida Farmers' Market, DT Sales parking lot, 221 W. U.S. 34; 3:30-6:30 p.m. Thursdays, through Oct. 1. (309) 483-6467

#### JO DAVIESS COUNTY

Elizabeth Farmers' Market, 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

Galena Territory Association Farmers' Market, Territory Association Owner's Club parking lot (north end), 2000 Territory Drive; 7:30 a.m.-12:30 p.m. Aug. 2, 16 and 30; and Sept. 6, 13 and 27. (815) 777-2000

Stockton Farmers' Market, 3-6 p.m. Tuesdays, next to Casey's on South Main St. and 8 a.m.noon Saturdays, Stockton High School, 500 N. Rush St., through October. (815) 947-3197

Warren Farmers' Market, 110 W. Main St.; 9 a.m.-1 p.m. Saturdays and 4-7 p.m. Wednesdays, through October. (815) 745-2117

#### KNOX COUNTY

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

Local Growers' Network Farmstand, parking lot at Oak Run Food Mart, 1472 Knox Road 1725 N. #1, Dahlinda; 9 a.m.-2 p.m. Saturdays, through October. (309) 335-2744

#### LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-6 p.m. Wednesdays and 7 a.m.-noon Saturdays, through Oct. 21. (815) 284-3306

#### MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-7 p.m. Thursdays, through Oct. 22. (309) 582-2751

#### MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 6 a.m.-noon Thursdays and 7 a.m.-1 p.m. Saturdays, through Oct. 29. (309) 837-4855

#### OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, through Sept. 24. (815) 946-3818

#### PEORIA COUNTY

Shoppes at College Hills Farmers' Market, Von Maur parking lot, 5201 W. War Memorial Drive, Peoria; 4-8 p.m. Wednesdays and 8 a.m.-11 a.m. Saturdays, through early October. (309) 692-3672 ext. 19

#### ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through October. (815) 778-4984

Main Street Market, 700th block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, through Oct. 29. (309) 755-7922

Milan Farmers' Market, 900 W. 4th St.; 2:30-5:30 p.m. Wednesdays, through Oct. 28. (309) 798-7480

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

Trinity 7th Street Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 31. (309) 936-7792

Urban Market, Quad City Botanical Center, 2525 4th Ave., Rock Island; 4-8 p.m. Thursdays, through October. (309) 794-0991

#### WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, N. Main and W. Boston streets; 7 a.m.-noon Fridays, through October. (309) 734-3181

#### WHITESIDE COUNTY

Twin City Market, 106 Avenue A., Sterling; 8 a.m.noon Saturdays, through October. (815) 626-8610

#### IOWA

CEDAR COUNTY Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, through Oct. 3. (563) 886-2076

#### CLINTON COUNTY

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-6 p.m. Wednesdays and 8-11 a.m. Saturdays, through October. (563) 577-2216

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

#### DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-8 p.m. Thursdays, through October. (319) 752-6365

#### DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa and 13th streets, down Iowa Street to 11th Street; 7 a.m.-noon Saturdays, through Oct. 1. (563) 588-4400

Midtown Farmers' Market, Fountain Park Plaza, 2728 Asbury Road; 3-6 p.m. Thursdays, through Sept. 24. (563) 584-9300

North End Farmers' Market, 1001 Assisi Drive, Dubuque; 3-6 p.m. Wednesdays, through Aug, 26. (563) 582-8234 or (563) 581-1427

#### HENRY COUNTY

Mount Pleasant Farmers' Market, Wright Family Pavilion at McMillan Park, Walnut Street; 4:30-6:30 p.m. Wednesdays and 8:30-11 a.m. Saturdays, through Oct. 17. (319) 931-1458

#### JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, through September. (563) 872-5812

#### JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, through October. (641) 472-6177

#### JOHNSON COUNTY

Coralville Farmers' Market, Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Oct. 1. (319) 248-1750

Iowa City Farmers' Market, Chauncey Swan parking ramp between Washington and College streets; 5:30-7:30 p.m. Wednesdays and 7:30-noon Saturdays, through Oct. 31, except dates following. (319) 356-5110

Iowa City Downtown Market, Iowa Avenue between Clinton and Linn streets and along Dubuque Street between Jefferson and Washington streets; 7:30 a.m.-noon Aug. 8, Sept. 12 and Oct. 17. (319) 356-5110

Lone Tree Farmers' Market, North Park, 402 N. Devoe, Lone Tree, Iowa; 3-7 p.m. Tuesdays, through Oct. 27. (319) 629-4299 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. 27. (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. 24. (319) 372-7700 ext. 202

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 6:30-11 a.m. Saturdays, through September. (319) 524-3985

#### LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, through Oct. 24. (319) 286-5699

Downtown Market, 2nd Street SE, downtown Cedar Rapids; 7:30 a.m.-noon, Aug. 1 and 15; and Sept. 5. (319) 398-0449

Green Square Farmers' Market, Green Square Park, 3rd Avenue and 5th Street SW, Cedar Rapids; 4-6 p.m. Thursdays, through Aug. 27. (319) 286-5731

Noelridge Farmers' 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, 3-5:30 p.m. Tuesdays, Wilson's True Value Hardware Store 1420 Park Ave., and 7:30-11:30 a.m. Saturdays at Mississippi Drive and Sycamore Street, through October. (563) 299-2709

#### SCOTT COUNTY

Bettendorf Farmers' Market, corner of 21st and State streets; 2-6 p.m. Thursdays, through Oct. 29. (563) 332-5529

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

Davenport Farmers' Market, NorthPark Mall east entrance, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 31. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, through October. (563) 940-0634

Trinity Farmers' Market, Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 26. (563) 332-5529



# food for thought A diet for autism

## How one mom turned her son's life around with food

#### By Barrie Silberberg

My son threw things and screamed. He had uncontrollable meltdowns, severe sensory challenges and very poor social skills. He ate a diet of peanut-butterand-jelly sandwiches, waffles, pancakes, milk, cookies, chips, pretzels, ice cream, yogurt and cheese — the things lots of kids eat.

When he was in first grade, a friend of mine read a magazine article. It was a piece about a boy with Asperger's syndrome, which is a high-functioning form of autism. She brought it to my attention immediately and said, "Read this. This

is your son." I read the article and cried happy and sad tears. I was happy because I had an answer: I knew this was what was wrong with my son. I was sad because my son was autistic.

When second grade started, we had a meeting at my son's school. The school was willing to have professionals observe him and let him prove himself in a "regular" classroom. His behavior continued to be horrible. He was very disruptive in class. Since his diagnosis, I had searched for answers regarding this thing called "autism." I read about a special diet in which you remove gluten (wheat, rye, barley and cross-contaminated oats) and casein (milk protein) from your child's diet. It sounded insane! Those things were all that my son ate! I told everyone that he would starve if I took away all of his favorite foods.

was better than the last. Still, we said, "no." This was not a place for our son, either.

Finally, I decided that we had no choice but to try the ridiculous-sounding diet from the magazine article. Over the four days of the Thanksgiving break, we removed dairy products from my son's diet. Within days, we saw huge — and I mean huge — changes in his behavior. If removing dairy could do this in four days, what could gluten removal do? Next we began to removed gluten, slowly — then permanently. The improvements were vast. The school staff was shocked. They allowed my son to remain in the regular classroom. I later discovered that

food dyes, preservatives and other

chemicals also were culprits, causing

inappropriate behaviors. I learned that

his vitamins, toothpaste, shampoo and everything else had to be free of gluten,

dairy, dyes and chemicals in order to get the best results. None of these pol-

My son's behavior improved

drastically. His sensory issues changed.

He was able to listen to loud music, go

outside without sunglasses and sit in a room where onions were being cooked.

Since this incredible event

occurred in our lives, I have made this

diet my passion. I have dedicated my

life to educating parents and profes-

sionals about the terrific results pos-

sible when you change what goes into

your body. The old saying, "You are

what you eat," rings so true. I knew I

had to write a book to get my message

out to the world! I receive e-mails daily

lutants could enter his system.

It was a miracle.



Barrie Silberberg, left, poses with her daughter and son, holding copies of her book, 'The Autism and ADHD Diet.' Silberberg helps her son control symptoms of Asperger's syndrome by providing a diet free of gluten, dairy products, dyes and other chemicals. (Submitted)

When we returned for another meeting with the school several weeks

before the Thanksgiving holiday break, the director of elementary special education told us that our son did not belong at the school — not even in a special class. They said that the only place for him was at another school for moderate to severely autistic children. His father and I were shocked, but we were willing to go visit this classroom. In the room were several nonverbal, heavily stimming children. They were being rewarded with dye-filled, gluten-filled cereal. Later, I would gasp at this practice. We decided that this was not the place for our son, and we said so. We then visited another classroom at the suggestion of the director of special education. This room was for emotionally disturbed children. This praising me for my book, "The Autism and ADHD Diet," as thousands of other families continue to enjoy the same miracles that we enjoy every day.

My son just completed eighth grade, where he was fully included and took honors classes. He fits right in and earns excellent grades. He does receive a few minor accommodations because he still has some processing issues, but he wants to become a writer or journalist one day. If his middle-school stories, poems and other written work provide any indication, he will be very successful in his journey.

Read more online at Barrie Silberberg's blog, puttingyourkidsfirst.com.

## 

## Acupuncture 👫 🌊

Acupuncture has been practiced for over 5000 years for health and long life. According to the Acupuncture & electro-therapeutics research of 2008, Acupuncture could actually improve the senior cognitive function of the brain

for the Altzheimer's Disease patients in memory, attention, language function as well as spatial process. massage and other hands-on therapies benefit Using selected acupoints, Acupuncture can activate some areas in the brain which are correlated with reason, memory, image and learned executive funcutions. In another study, Hand Acupuncture is



effectively used for the treatment of female stress urinary incontinence as a potent alternative therapy. It improved the quality of life in female patients with urinary incontinence.



and children with massage. Massage is a component of children's healing which occurs across multiple

domains-physical, psychological, emotional and spiritual. According to the research studies, young cancer patients by reducing pain and anxiety.



Chiropractic 脊神經醫學 Chiropractic originated in Davenport, Iowa in 1895 as a way to restore proper alignment of the spine allowing the nervous system to function optimally. Stress, accidents, a bad nights sleep and many other factors may result in a misalignment of the spinal column. These conditions could cause irritation to the spinal nerve roots, which could cause malfunctions in the human body. Chiropractic helps with reducing or eliminating irritation to the spinal nerves allowing the body to function more efficiently. Chiropractic may help you with the following conditions:

~ Better sleep at night ~ Decrease or eliminate pain ~ Restore or improve normal mobility ~ Improve athletic performance ~ Prevent injuries ~ Relieves stress and muscular tension ~ Improves respiration -~ And much more!



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## IN Q-C CARDIAC SURGERY

## TOP RANKINGS FROM BOTH

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IOWA HEALTH SYSTEM



STS is a not-for-profit organization representing more than 5,800 surgeons, researchers, and allied health professionals worldwide who are dedicated to ensuring the best possible heart, lung, esophageal, and other surgical procedures for the chest. The mission of STS is to enhance the ability of cardiothoracic surgeons to provide the highest quality patient care through education, research, and advocacy.



## • HEALTHGRADES : Best in the Q-C for Cardiac Surgery

HealthGrades is the leading healthcare ratings organization, providing ratings and profiles of hospitals, nursing homes and physicians to consumers, corporations, health plans and hospitals. Millions of consumers and hundreds of the nation's largest employers, health plans and hospitals rely on HealthGrades' independent ratings, consulting and products to make health-care decisions based on the quality of care. HealthGrades produces well-respected public studies of hospital quality in areas that include clinical excellence, patient safety and women's health.

\*Trinity Medical Center-Rock Island as rated by HealthGrades 2008 and 2009.