

Radish

HEALTHY EARTH-FRIENDLY GROUND UP

Jazzy

Radish magazine 2010 Pet of the Year

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AUGUST 2010

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from the editor



Photo by Paul Colletti / Radish

And so we come to the dog days of summer. I recently became curious about the origins of that phrase. It's hard to connect a lovable and loyal companion like Jazzy, our new Pet of the Year, to the high heat of late summer. Do we call them the dog days because the humidity seems to linger, the way a good dog stays close at hand? Or perhaps because the hottest days makes us all feel dog tired?

As it turns out, we have to look skyward for the answer. There, in a dog shaped constellation, appears the brightest star visible from the Northern Hemisphere. The ancient Romans named the star Sirius, which means "scorching," and noticed that in late summer it started to appear on the horizon just before sunrise. Because of this, they believed the star added its heat to the heat of the sun, making this the hottest time of year. Thus, the "dog star" brought about the dog days of summer. It seems theories as to global warming are nothing new.

Today science has given us a different understanding as to why the earth might be heating up (and not just in late summer), though sometimes it is easy to feel as powerless to do anything about it as the Romans must have felt against the dog star. And yet when you consider how many things we have figured out in the time between ancient Rome and now, or even between the start of the 20th century and now, it doesn't seem silly to have hope. We are a clever species. Myself, I'm thrilled about the invention of funnel cakes. And modern dentistry. (Most likely my love of one leads to my gratitude for the other.)

We didn't suddenly understand Sirius is actually trillions of miles from the sun, of course. We began by figuring out the sun didn't revolve around the earth. Big changes usually turn out to be a series of smaller changes. That's good news. It means we can each start with the small changes — maybe I try to make one less car trip a week, maybe you bring your own bags to the grocery store — that may one day lead the way to bigger change. This month in Radish you'll find stories of people doing just that, from how they farm to how they manufacture paper plates, and maybe a few new things to try yourself. In the end, it all adds up to a healthier planet to pass down to our children.

— Sarah J. Gardner
editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

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Gerald J. Taylor
PUBLISHER

Joe Payne
MANAGING EDITOR

Sarah J. Gardner
EDITOR
(309) 757-4905
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Terry Wilson
NICHE PUBLICATIONS MANAGER
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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contributors



Rachel Morey Flynn is a writer and a cook who lives with her family on a tiny urban farm in Cedar Rapids. She teaches cooking classes at New Pioneer Co-op and at Kirkwood Continuing Education. Morey Flynn makes her Radish debut this month with an article about the triumphs and travails of packing a school lunch on page 30.



Also making her Radish debut this month is **Sarah Ruholl**, a recent graduate of Eastern Illinois University. Ruholl resides in Davenport where she spends most of her time reading and occasionally venturing out of her apartment to enjoy her favorite parts of the Quad-Cities, the Freight House Farmers' Market and Daytrotter concerts. Read her article on rolfing on page 24.



Laurel Darren, a licensed massage therapist and local triathlete, writes a weekly column for The Moline Dispatch and The Rock Island Argus newspapers. Darren also offers a blog about her workouts and racing experiences at qconline.com/bloggers/sports. This month Darren makes her first appearance in Radish with an article on the Thunder Rolls Adventure Race, page 12.



Sarah Ford is an AmeriCorps member serving as a Match Coach with Big Brothers Big Sisters of the Mississippi Valley. When she's not working or volunteering, Sarah likes to be outdoors, either by the Mississippi River or in her yard, and especially enjoys looking for bugs with her 10-year-old boy Isaiah. Read her story on Iowa Naturals Bug-Away products on page 13.



Ann Ring has been freelancing since 2003, writing on a variety of topics. Her articles have appeared in American Fitness, Priority!, Western Illinois Family, Club House, and Albuquerque Sports News. In addition to nonfiction writing, Ann works as an independent grant writer/grant researcher. In this month's issue, Ann writes about the upcoming Illinois Renewable Energy and Sustainable Lifestyle Fair. Read the story on page 19.

Also appearing in Radish this month are contributors **Ann Scholl Rinehart** ("Embracing nature," page 6); **Lindsay Hocker** ("Bats on the brink," page 8); **Brandy Welveart** ("Let Us Farm," page 10); **Joe Payne** ("Waterway cleanup," page 14); **Darcy Maulsby** ("More food, more jobs," page 16); **Jeff Dick** ("Picnic greenware," page 18); **Mary Crooks** ("Physician, heal thyself," page 22); **Chris Greene** ("Roadside reboot," page 26); **Laura Anderson** ("Healthy roots," page 28); **Leon Lagerstam** ("Eco Samaritan," page 32); and **Leslie Klipsch** ("Endless summer," page 40).

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	1/4 teaspoon ground cumin, opt.

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Coming Soon... *Vegetables & Fall Mums*



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the grapevine

From our readers

Brazy Creek Farm (July 2010):

"So amazed by what you guys are doing! Keep it up, and keep providing that chemical-free food to your community!"

— Eileen Martinez, Spiro, OK

"It's about time that we had some good homegrown food in this area that is not sprayed with something meant to kill, be it weeds or bugs. Thank you and I hope to see you at one of the markets."

— Linda, Carbon Cliff, IL



Simple and sweet (July 2010): "Just looking at the Radish online and I was able to pick out your article. Hmmm. We are reading 'Eat, Love, Pray' for my book club this month. Perhaps we'll have some crumble."

— Ann Merrick, Tipton, IA

Straight from the cow (July 2010): "I'm not for or against raw milk particularly, I do take issue with the Weston A. Price foundation, however. I find that site to be rather extreme and based on unscientific opinion. ... Of course, if raw milk were such a cure-all, then our ancestors would never have suffered from allergies, eczema, arthritis and more. There is an opinion out there that adult humans were not meant to drink milk at all — that it is not digestible. I guess this was an article that seemed a bit one-sided. ..."

— Maggie, Carroll County, IL

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

- 9th Annual Illinois Renewable Energy and Sustainable Lifestyle Fair, Aug. 7 at the Ogle County Fairgrounds in Oregon, Ill. For details about the offerings at the fair, turn to page 19 or visit illinoisrenew.org.
- "A New Vision for Food and Agriculture" book talk with author and organic dairy farmer Francis Thicke from 5:30 to 6:30 p.m., Aug. 3, at Antonella's Restaurant, 112 W. 3rd St., Davenport.
- East Moline Farmers' Market, sponsored by the Quad Cities Fruit & Vegetable Growers Association, from 10 to 11 a.m. on Aug. 11. The market is located at the Skate City Parking Lot, 1112 Avenue of the Cities, East Moline, Ill.

On the Road
with
Radish

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

healthy living from the ground up

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Jazzy, our 2010 Radish Pet of the Year, rests a moment atop a ramp at the off-leash park in Davenport's Centennial Park. (Photo by Paul Colletti / Radish)

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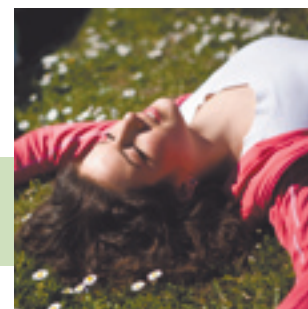
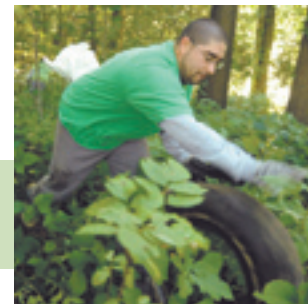
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healthy living

Embracing nature

Echollective Farm focuses on fresh, organic produce

By Ann Scholl Rinehart

From the gravel road in rural Mechanicsville, Iowa, Echollective Farm doesn't look like much. No sign lets you know you've arrived. No pristine farm equipment, freshly painted barns, perfectly manicured rows of crops or giant greenhouses.

The goal of the farm, owned and managed by Derek Roller, 35, of Iowa City, isn't about looking good. It's about producing fresh, organic produce and selling it locally. Period.

"It's not very fancy," Roller agrees. "It reflects more of my personality than my philosophy. One of my weaknesses is aesthetics and form. I will sacrifice that for functionality."

Roller started Echollective Farm about eight years ago after meeting the owner of the property, Bennett Brown, a math and science teacher at Solon (Iowa) High School, through mutual friends. At the time, Roller was growing food for Red Avocado, a restaurant in Iowa City that he founded. Brown, Roller says, had always envisioned there being a farm on the property. Roller began renting land from Brown and got to work.

"This area had been farmed commercially for a long time. There was no soil life" when he first started, Roller says. "It's my job to help build the soil back up to where it's in good health and then, from that, we want to grow plants that have the highest nutrition we can feed to the community."

Echollective has a CSA and also provides produce for area restaurants, New Pioneer Co-op in Iowa City and the downtown Iowa City Farmers' Market. An activist, Roller's desire in life is "to do a good thing." A lot of energy in society is wasted on arguing about important issues, he says. Roller feels that through local food production, he is going beyond debating and discussing to taking action and doing something positive.

"Everybody needs to eat and a lot of people want good food," he says. "Not a lot of folks are going to argue with the homegrown tomato."

Roller grew up in Clinton, Iowa, home to a processing plant owned by Archer Daniels Midland (ADM), one of the largest agricultural companies in the world — "as far on the other end of food production" from Echollective Farm as you can get, Roller says. In 1993, he moved to Iowa City to study literature, sciences and the arts at the University of Iowa. Over the years, he's done a variety of work, including founding Red Avocado. Though he no longer owns the business, he does sell produce to the restaurant.

With the help of friends, family and strangers, Roller grows a variety of produce, from various types of broccoli to peas, lettuce, tomatoes, potatoes and asparagus. "It's pretty informal," he says. Some of the CSA members, for example, want to be connected to where their food is grown so they also lend a hand to get their "gardening fix," he adds. University of Iowa students also come to help and learn more about organic farming.

Randall Scheiner, 28, of Vinton, Iowa, is an intern at Echollective Farm. He lives in a tent on the property, eating fresh food in exchange for working full time there. Scheiner, who has a degree in ecology from Iowa State University, met Roller between travels out west. Once he visited the farm, he wanted to stay. "I want to sit back, relax and dig my hands into the soil," he says.

He's especially interested in the wildlife at the farm. "Everything is so intact," he says. Scheiner pulls out a book on native tall grass species and flips open



Intern Randall Scheiner checks on one of the fields at Echollective Farm. (Photos by Ann Scholl Rinehart)

to “culver’s root,” which grows on the farm. “I can’t recall ever seeing it on any property,” he says.

His days begin mid- to late morning. He works eight hours, watering starts, transplanting, trellising tomatoes, mulching, weeding and harvesting. Scheiner will stay until November and imagines he’ll return to start back up next March.

“I like working with the living energy,” he says. “It seems way more wholesome than going to a store, buying something wrapped in plastic, putting it in a plastic bag and popping it in the microwave. You feel the energy you put into it and you receive it back when you eat it. You’re not just benefiting yourself. You’re benefiting the community.”

‘Everybody needs to eat and a lot of people want good food,’ he says. ‘Not a lot of folks are going to argue with the homegrown tomato.’

After a full day of work, he likes to get his guitar out and watch the sun go down or go for a bike ride on the country roads. “For the time being, I’m completely content being where I’m at,” he says. “I always had a dream to farm, even when I was a kid. I get to experience the organic nature of it and I get to enjoy the wildlife habitat all around the property. I think it’s therapeutic.”

Each summer Roller invites people out to the property to help harvest garlic, one of the farm’s largest crops. People mingle, work and enjoy a potluck. It’s a chance to share the farm, which Roller calls “my passion.”

“It’s a whole heck of a lot of work,” he says. “It’s hard to keep up. The weather has made it difficult. Balancing all of that is hard. But, overall, I tend to have a positive outlook about it. I like what I do. It’s not just about me. I feel it’s important for the community.”

“Passion” is also the word Scheiner uses.

“Nature has always been my focus,” he says. “Out here, I can truly embrace it, even when I’m doing the hardest parts of the job.”

Under the heat of the day, Scheiner squats to pull thistle out of the muddy ground between broccoli plants. Asked how he keeps from getting frustrated, he pauses. “It’s like long-distance running,” he says. “Once you find your pace, you can keep your stamina. There’s no emphasis on a quota. You just work until the job is done.”

To learn more, visit Echollective Farm’s blog at echollectivecsa.blogspot.com.



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healthy living

Bats on the brink

Loss of friendly insect eaters could affect our food chain

By Lindsay Hocker

In recent years “colony collapse disorder” — the term describing the disappearance of honeybees — has become a familiar phrase. However, bees are not the only animals important to agriculture suffering a serious and mysterious decline in population. Since 2006, more than a million bats have died from white-nose syndrome.

“It’s a fungal infection with a mortality rate of nearly 100 percent,” says Joe Kath, endangered species program coordinator for Illinois Department of Natural Resources. While white-nose syndrome is a serious threat to bats, Kath says it isn’t transmissible to humans.

The decline in bat population does have implications for the well-being of people, however. Bats, which eat thousands of insects nightly, are a natural form of pest control. Kath says any loss of bats is bad for the agricultural industry, because fewer bats will likely mean more pesticide applications, which Kath says translates into other harmful effects for humans and wildlife, as well as more expenses.

“You’re going to see increased cost at the grocery stores,” he says.

In addition to helping keep the numbers of crop-eating bugs down, Kath says bats are also important because they are natural pollinators.

The number of bats who have died from white-nose syndrome is constantly climbing, Kath says. The more than one million who have died so far was already “a very noticeable chunk” of the United States’ bat population, he says, adding that it could take the bat population decades to return to pre-white-nose syndrome numbers.

Cave closures

Most publicly-owned caves in Illinois and Iowa were closed this spring as a precautionary measure in hopes of keeping the disease from spreading further. Kath says people could carry microscopic fungal spores from one cave to another on their clothing or equipment, which would put the bats in that cave in danger unintentionally.

In Illinois, only one of the six publicly-owned caves was open to the public. Kath says it was a tough call to close Illinois Caverns in Monroe County,

because it took away an educational opportunity. Even so, he says the closure was necessary.

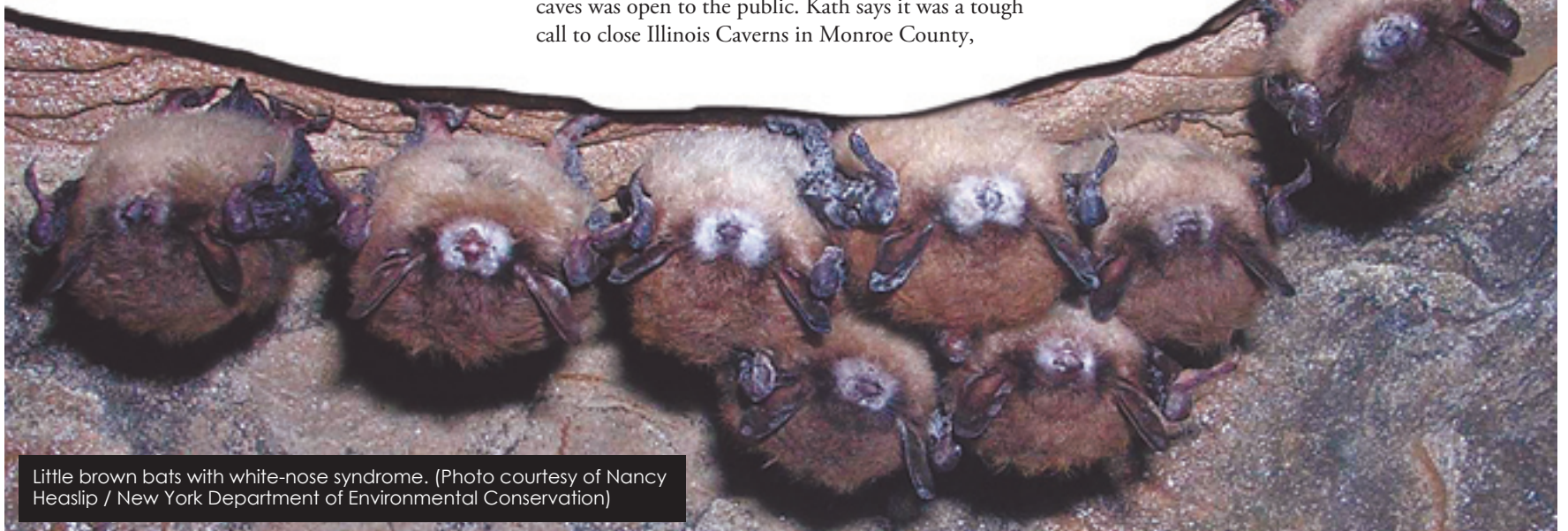
Throughout Illinois, there are at least 50-60 caves. Kath says most of the caves are privately-owned, so state officials are teaching landowners about white-nose syndrome and encouraging them to restrict access to their caves as well.

When DNR officials enter the caves to check for the fungus, Kath says they must wear hazmat suits, and follow a “very strict decontamination procedure” where they clean their equipment and gear to ensure they won’t spread the fungus.

At Maquoketa Caves State Park in Maquoketa, Iowa, the caves were closed on May 3. Park Ranger Scott Dykstra says the number of park visitors has dropped significantly since the park’s cave closures.

“We don’t want them closed, but it’s something we have to do to protect our natural resources,” Dykstra says.

Even though the caves are closed, Dykstra says there’s still plenty to do



Little brown bats with white-nose syndrome. (Photo courtesy of Nancy Heaslip / New York Department of Environmental Conservation)

at Maquoketa Caves. All other parts of the park are still open, including the trails, camping, shelter houses, picnic areas and the visitors center.

"They can do everything else other than enter the caves," Dykstra says.

The disease

White-nose syndrome was first discovered in 2006 in a New York cave. Since then, the disease has been detected as far west as Oklahoma. It has been found in more than 10 states and in two Canadian provinces, according to a U.S. Fish and Wildlife press release.

Kath says there haven't been any confirmed cases in Iowa or Illinois as of late June, but there has been a confirmed case in Pike County, Mo., which is just across the Mississippi from Pike County, Ill.

At this time, Kath says it's not known how bats get the disease, where it is from, or how it can be treated. "Essentially, all of these questions remain unanswered," he says.

There are several theories about white-nose syndrome's origins. Kath says the leading theory is that a fungus native to Europe reached the United States, and differences in bat species, temperature and cave environments caused the fungus to have a greater impact. (Kath says the bats European scientists have observed with similar symptoms seem to survive the fungus.)

One thing that is known about the disease is that white-nose syndrome is spread from bat to bat when the animals are in close quarters, says Kath. Dykstra says it's particularly likely to happen in the winter months, when many bat species nestle together in caves to hibernate.

The fungus associated with the condition, *Geomyces destructans*, "lives and thrives in very cold, wet, damp environments," the exact environment of caves, Kath says. If a bat has white-nose syndrome, white fungus can be seen on the bat's nose and is sometimes visible on other parts of its body.

The loss

Among the bat species affected by white-nose syndrome are several threatened species, and the endangered Indiana bat, which lives in multiple Midwestern states, including Illinois and Iowa.

"Many of these species are already in trouble ... now, they're being hit with this disease with no cure," Kath says. "They may never have a chance to rebound."

Dykstra says the loss is especially great because bats, like humans, tend to have only one offspring at a time and thus don't reproduce at fast rates.

Even though a cure for white-nose syndrome has yet to be found, there are things human beings can do to help protect the remaining healthy bats, according to a Fish and Wildlife Service website. People can stay out of caves and mines where bats are known or suspected to hibernate, for example, and honor cave closures and gated caves. You can also build bat houses to provide bats safe shelter alternatives, and if bats are in your home, work with your local natural resource agency to exclude or remove them without hurting them.

For more steps you can take to help bats, visit fws.gov/whitenosesyndromelhelp.html.

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healthy living

Let us eat!

Farmers find a leafy niche



Randy and Lee Hoovey tend their lettuces beneath screens built to shield the tender leaves from the heat of the sun. (Photos by Gary Krambeck / Radish)

By Brandy Welveart

The farmer dips his tongs into tub after tub of lettuce, retrieving bunches of picked-this-morning leaves. Red tinges some of the leaves. Others are dark green and curly at the edges. The farmers' market customers "ooh" and "aah" over the colors and textures. Clearly, this isn't the stuff that goes into bagged salads at the supermarket.

This is Let Us Farm, the cleverly named, local lettuce business created by Randy and Lee Hoovey of Geneseo, Ill.

The husband-and-wife team raise rare lettuces and sell them at farmers' markets, where their customers get to blend different types of leaves into unique salads.

"People come up every single day at the market, just like today, and say, 'I've never had this kind of lettuce,'" says Randy Hoovey, a former computer programmer. He and his wife, a teacher at Galva (Ill.) High School, are longtime gardeners who set their sights on forming a CSA (community-supported agriculture)

business. Along the way, however, they uncovered their love of all things leafy. They also discovered that they're pretty good at growing lettuce — a crop that sets them apart at the farmers' markets where they sell their salads.

"We've sold other vegetables, but lettuce is our niche. It's something that we do well," says Randy.

Let Us Farm operates a booth at the Trinity at Terrace Park Farmers' Market in Bettendorf, Iowa, and at the Freight House Farmers' Market in Davenport. Randy says they'd like to open a booth at the Geneseo Farmers' Market again soon — it's the market where they got their start, after all — but that first they'll need to find someone to staff it. Then there's the not-so-small matter of growing, harvesting, cleaning and delivering enough lettuce to make a third location worthwhile. Unlike some other food crops, lettuces continually must be sown to ensure an ongoing harvest.

"We've been kind of on an upward trajectory," he says, "but we haven't ever been able to produce enough."

"It is an incredible amount of work," says Randy. "And then add to it that before market, you're going to pick everything, cool it down for a couple of hours, wash it and load the truck."

Randy rises at 5 a.m. most mornings to begin planting, weeding and watering. He often rests during the hottest part of the day, then resumes field work in the late afternoon.

Randy calls the business a "hobby gone out of control." It's clear from the way he talks about farming that passion for healthy, local food is the foundation for their work.

"We started out wanting to grow what we eat," Randy explains. "We had been gardening for years and years — decades, really. And finally we bought this little place. It's eight-and-a-half acres. We bought it with the idea that we would grow all our own food."

The first seeds for Let Us Farm were sown. By 2008, they were selling produce at the Geneseo Farmers' Market.

This year they moved to the Freight House and Trinity Markets. Business is growing at an exceptional pace. Randy says it's all because of the "savvy" farmers' market customers, smart shoppers who know what to look for when it comes to clean, good-for-you foods.

Let Us Farm's leaves are certified by Certified Naturally Grown (naturallygrown.org). In simple terms, Randy tells patrons that his lettuces are "cide-free," meaning that they're grown without herbicides or pesticides.

And like all organic farmers, the Hooveys nurture the soil.

"Because we don't have enough to do," Randy says wryly, "we make our own potting soil" with earth-derived additives like kelp, which actually contains all the elements of most multivitamins.

After harvest, the leaves are field washed with clean water. Customers are encouraged to carefully clean the leaves with water once more before eating them, and Randy jokes that if they find a piece of straw in the bowl, "it's free."

This year, market-goers just might be able to find the Hooveys' beautiful, delicious varieties of lettuce much later in the season than conventional growing would allow. Thanks to a grant from the National Resource Conservation Service, Let Us Farm began constructing a hoophouse in mid-July.

"Last year, our last picking was Dec. 3. We don't know until we get the hoophouse put up what we'll be able to do. But we would hope that it would extend our season a little later and allow us to begin a little earlier."

Like most farmers' market growers, the couple finds fulfillment in providing healthy, clean food to the community. They agree that one of the best parts of farming, in fact, is connecting with eaters on a one-on-one basis.

"I have the most fun ... when I load the truck to go to market. I'm always amazed by how much we can put together," Randy says. "And then of course I love interacting with the people at the market. People enjoy it so much. Most people have never been able to create their own salad. And you can't get half the kinds of lettuce at the store that you can get from us."



For a list of some of the lettuces grown at Let Us Farm, visit radishmagazine.com, or send an e-mail to LetUsF@yahoo.com for more information.

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outdoors

Thunder Rolls

Adventure racing tests brains and brawn

By Laurel Darren

Gerry Voelliger extinguishes fires for a living. But in 1997, the Bettendorf fire chief decided to fan the flames of adventure racing by founding his own local event, the Thunder Rolls. The event is not just a test of pure athletic ability. Like all adventure races, the competition also includes elements of navigation, endurance, basic survival skills and the ability to think in stressful situations.

Now in its eighth year, the Thunder Rolls Adventure Race will rumble through the Boy Scout Camp Lowden, in Oregon, Ill., Aug. 28. The field of competitors has grown from 12 teams at its inception to 76 teams, the maximum allowable. The race involves paddling, trail running, mountain biking, navigation, coasteering, pack rafting and rope work over courses of 50 or 100 miles through state forests, parks and private land.

Additionally, Voelliger introduces Thunder Rolls racers to an appreciation of local history. "I try to include sections of terrain in the Thunder Rolls where people can be educated about our culture," Voelliger says. "So around here, I try to use the Black Hawk historic sites and the Mississippi River Valley."

Adventure racing leads competitors to different checkpoints along many mixed terrains including over land, across water, and up or down rock faces. Most races have between 30 and 50 checkpoints, which racers find via course maps issued at the beginning of the event. Checkpoints at Thunder Rolls are often located at historical markers.

This year the goal of Thunder Rolls is for racers to follow the trails, waterways and migration routes of the Sauk and Fox Indians of the 1800s in Northern Illinois' Rock River Valley. Camp Lowden, where the event will take place, is near Stillman Valley, the first site of the Black Hawk Wars in 1832.

Thunder Rolls was inspired by, and patterned after, the Eco-Challenge — a multiday expedition race that's been aired nationally by MTV, ESPN, the Discovery Channel and the USA Network.

"We are the only adventure race in the country where this course is uniquely challenging for the experienced, but not so hard that newcomers cannot finish," says Russ Hart, a local runner who has doubled as an adventure racer for the last decade. "Last year, all of the teams finished and that is why they come back."

This year's Thunder Rolls race features segments of 12 or 24 hours. Prizes are awarded to the top three teams in each division: coed, same gender or masters. Thunder Rolls also is the Midwest Regional Qualifier for the national championships of the United States Adventure Racing Association.

"Some of the best teams put together in the sport have come out of our Adventure Racing camp we hold each year," Voelliger says of the April tuneup for Thunder Rolls. "People come in and realize that there are others they can be



Competitors in the 2009 Thunder Rolls Adventure Race put their skills to the test. (Photos by Greg Boll)

teammates with, which is so important to Adventure Racing."

For the novice, the sport essentially consists of two- or three-person teams, with one person specializing in navigation, one in reasoning skills in adverse conditions, and still another in athletic skills. Along with navigating skills and finding checkpoint stops, racers must also have a grip on their nutrition, as depleting your body can work against you both physically and mentally.

"Nutrition is so huge in this sport," Hart says. "There also seems to be a high number of people who encounter hyperkalemia, which is drinking too much water."

"You have to learn to balance caloric intake and be aware of how your mind and body feel," Voelliger adds. "Your teammates must always be aware of how you feel and how they feel. If someone breaks mentally, it can be a long day."

Although adventure racing sounds tough, Thunder Rolls provides volunteers who have many years of personal experience to share. "We are totally blessed to have Janelle Swanberg, Ron and Sue Stonitsch, Bart Roberts, Francis Fitzgerald, and Ryan Voelliger as a part of the crew behind the scenes," says Hart.

For more information, visit thethunderrolls.com or e-mail gerryv@teamhighprofile.com.

good business

Bug bites begone: Iowa Naturals product keeps insects at bay

By Sarah Ford

The search for an insect repellent that is chemical free and yet effective can be a challenging one, now made easier thanks to a local company with your health in mind: Iowa Naturals, maker of Bug-Away.

Bug-Away was developed about five years ago by Jill Sydney, founder and soap maker for Iowa Naturals. It's the culmination of a year's worth of research, formulation, experimentation and concern driven by acetone-based bug sprays that currently dominate the market. "The cool thing about Bug-Away is that the ingredients come directly from plants. You can't get more natural than that," she states.

Jill's 800-square foot basement serves as the laboratory, assembly line and packaging headquarters for her business. She considers Bug-Away to be "one step further" in creating a natural line of products good for the body and the environment. "Making soap is such a passion, but I realized, what else can I create?" She believes that the herbal blends of Bug-Away offer adults and children a safe alternative to the traditional insect repellents.

Bug Away is currently available in three different forms: a deodorant-like stick, a roller applicator, and new this year, a water-based "more traditional" spray. All are available through the website, iowanaturals.com, as well as various shops around the region. The Soap Box in the Village of East Davenport, Dried N' True in LeClaire, and the Soap Opera in Iowa City should all have Bug-Away in stock.

All three forms of Bug-Away contain a blend of the same ingredients: safflower seed oil, sweet almond oil, cedarwood oil, citronella oil, eucalyptus citriodora oil, lemongrass oil, vitamin E and rosemary leaf extract. The essential oils were specifically chosen for their ability to deter and repel biting bugs.

If used as directed, Bug-Away promises to be an effective repellent for those pesky outdoor intruders for up to two hours. By applying it to your pulse points, you create a force field of aromas that bugs will want to avoid. The most notable scent of Bug-Away is citronella, with subtle hints of lemon.

So how effective is Bug-Away? I applied the stick as directed, sat in my backyard on a calm, humid evening and attuned my senses to any bloodthirsty mosquitoes nearby. Sure enough, the annoying buzz of the outdoor enemy was soon audible. What I found is that they looked, but didn't touch. And after an hour of patiently offering myself as a meal, I walked away bite free. It's safe to say that Bug-Away can be a worthy addition to your all-natural product arsenal.



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environment

Waterway cleanup

Xstream volunteers can chip in to haul out debris

By Joe Payne

Many hands make light work, as the saying goes, and nowhere is that more evident than the annual Xstream Cleanup in the Quad-Cities, to be held this year on Aug. 14.

I was among last year's 3,204 hands — or 1,602 volunteers — which picked up and pulled out a whopping 184,271 pounds of debris from area waterways and illegal dumping sites at 45 locations across the area.

According to Xstream organizers, we worked 4,852.25 hours and collectively gathered 3,998 bags of trash, 4,239 tires, 18 appliances, 31 bicycles, 28 pieces of furniture, five televisions and nine mattresses. This was the equivalent of 80,180 pounds of trash, 101,736 pounds of tires, 1,350 pounds of appliances, 75 pounds of televisions, 225 pounds of mattresses and 725 pounds of bicycles.

That's a lot of junk — which is no longer fouling our rivers, creeks and gullies.

I've been a site organizer for the past four years, but this year I'm going to take a break from organizing and instead get down and dirty — or more Xstream — as a member of one of the site crews. Not that I didn't get dirty before — I just want to get dirtier.

Xstream Cleanup began in 2004 as a way to spend one day cleaning up creeks, drainage ways and sections of the Mississippi and Rock rivers. The event — originally suggested by Living Lands & Waters founder Chad Pregracke — is supported by a number of sponsors and is organized by representatives from the cities of Bettendorf, Davenport, East Moline, LeClaire, Moline and Rock Island, as well as representatives from several organizations and businesses.

While it is frustrating and discouraging to see what people have done to foul our lands and rivers, it is equally uplifting and encouraging to be among the people who reverse those environmental wrongs. I have seen scout troops, college students, families,

employee groups, teenagers and senior citizens come together year after year to get the job done. All are passionate about the task at hand, and in many cases see a stubborn, rusty, half-buried oil drum or appliance as a personal affront, doing whatever it takes to dig, scrape and pull the offensive item from the earth. Along the way, they make fast friends, share many laughs and meet up to do it all over again the next year.

Of course, if you're not able or interested in dragging out the big stuff, there is plenty of trash lying all over to be picked up. Xstream organizers provide volunteers with options for light or heavy duty, depending on each person's ability and preference.

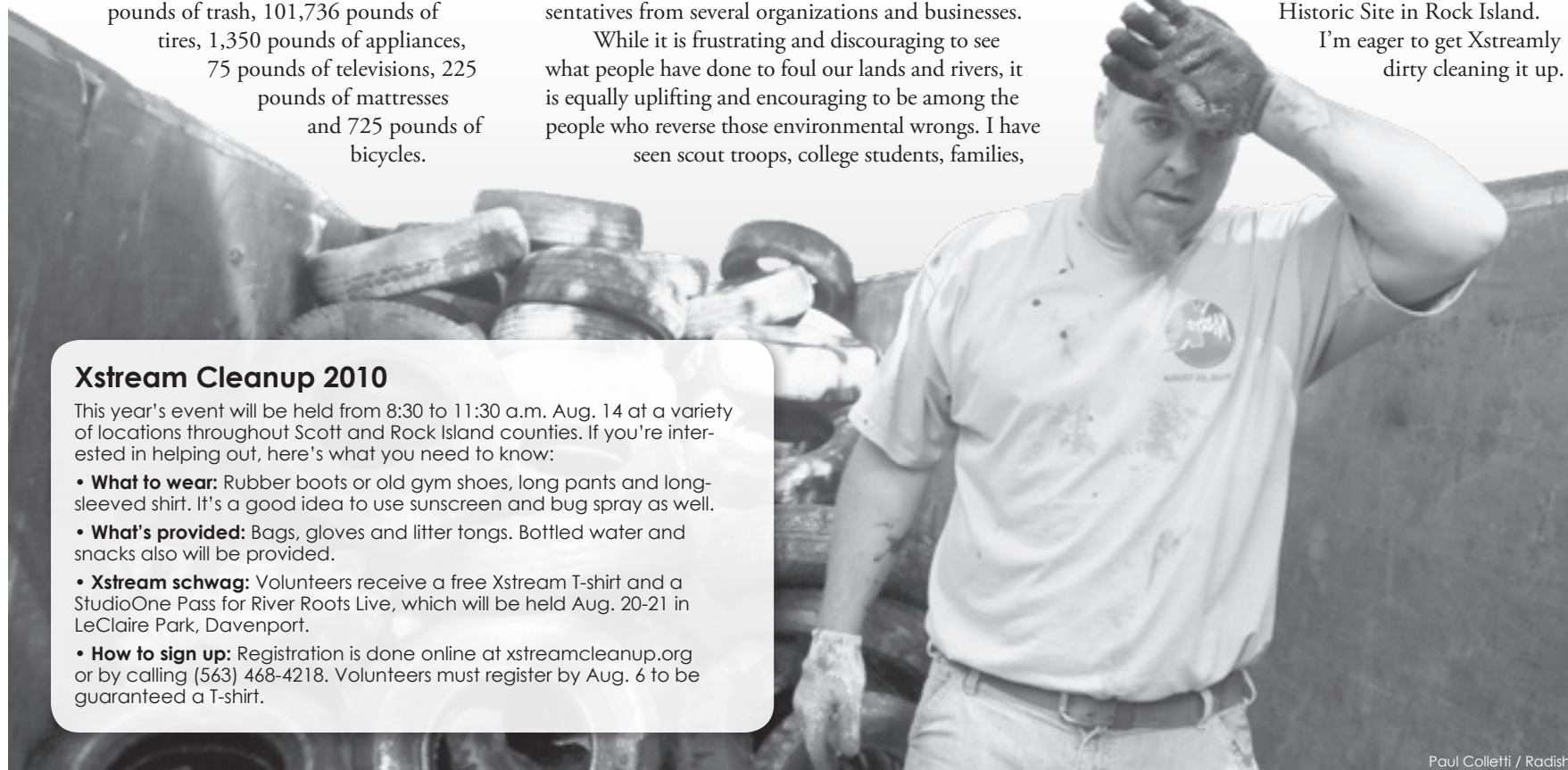
I've registered to volunteer at one of my favorite places, Black Hawk State Historic Site in Rock Island.

I'm eager to get Xstreamly dirty cleaning it up.

Xstream Cleanup 2010

This year's event will be held from 8:30 to 11:30 a.m. Aug. 14 at a variety of locations throughout Scott and Rock Island counties. If you're interested in helping out, here's what you need to know:

- **What to wear:** Rubber boots or old gym shoes, long pants and long-sleeved shirt. It's a good idea to use sunscreen and bug spray as well.
- **What's provided:** Bags, gloves and litter tongs. Bottled water and snacks also will be provided.
- **Xstream schwag:** Volunteers receive a free Xstream T-shirt and a StudioOne Pass for River Roots Live, which will be held Aug. 20-21 in LeClaire Park, Davenport.
- **How to sign up:** Registration is done online at xstreamcleanup.org or by calling (563) 468-4218. Volunteers must register by Aug. 6 to be guaranteed a T-shirt.



Paul Colletti / Radish

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good business

More foods, more jobs

Fruits and veggies could grow the Midwest economy

By Darcy Maulsby

From many new jobs to higher incomes, expanding the upper Midwest's fruit and vegetable industry could redefine economic development in the region, according to a recent study from Iowa State University's Leopold Center for Sustainable Agriculture.

Rich Pirog, associate director of the Leopold Center, says, "What I find exciting is that the number of jobs that would be created in the study's two scenarios is modest but significant. In addition, these models only looked at the production and sale of fresh produce items, but more dollars and jobs could be created if there were processing (freezing) in the region."

The analysis looked at a six-state area: Iowa, Illinois, Indiana, Michigan, Minnesota and Wisconsin. By converting relatively few acres to grow other fruits and vegetables, significant job gains could be made in this region, the study found.

In one scenario, increased production of 28 fruits and vegetable crops in those six states could mean about \$882 million in sales at the farm level. This could create more than 9,300 jobs and about \$395 million in labor income.

"If we could substitute low-margin/high-technology crops such as corn and soybeans with high-margin/lower technology crops, we could support more people in rural communities on a living wage," says Christopher Merrett of the Illinois Institute for Rural Affairs at Western Illinois University, Macomb, Ill.

According to Merrett, "buy fresh, buy local" programs and farmers' markets offer excellent outlets for local produce and are an essential marketing tool for local farmers. "These programs and farmers' markets also help to build the political momentum to make changes in the way that foods are produced, shipped and sold."

Some of the changes required to grow more fruits and vegetables would not be as drastic as might be supposed, though. "It's important to note that it only would take a small amount of land to increase production of fruits and vegetables at the levels outlined in these scenarios," Pirog said. "Midwest states could add significant sales and jobs with only a trivial loss of corn and soybean acreage."

An estimated 270,025 acres would be needed to produce those crops, roughly equivalent to the average amount of cropland in one of Iowa's 99 counties.

One of the key assumptions in the study was that farmers in the region grow enough fruits and vegetables to meet demand during a typical four-month growing season. These fruits and vegetables do not include potatoes, sweet corn, pumpkins, apples, grapes, cranberries and cherries, which researchers determined the region already grew in ample amounts.

The researchers also made an assumption in their model that half of the produce would be sold in farmer-owned stores. To do so, 1,405 such establishments would be needed in the six-state area, creating jobs for 9,652 people who would collectively earn \$287.64 million.



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Metro areas offer great potential

Metro areas in the upper Midwest offer some of the most promising opportunities for local foods. Previous studies by Iowa State economics researcher David Swenson have shown that potential demand from metro areas for locally grown food could nearly triple fruit and vegetable production in surrounding rural communities. To explore this research further, a second scenario in the Leopold study examined 28 metropolitan areas in and near the six-state region.

The economic impact of more locally-grown produce could be sizeable, says Swenson, who estimates that increased fruit and vegetable production for the urban markets would result in \$637.44 million in farm-level sales.

Some of the biggest obstacles to achieving these goals are cost issues, along with financial and technical assistance. However, the study suggests a positive outcome for the region if these changes are made. For farmers and retailers, the direct economic impact of this would generate 6,021 jobs, Swenson says.

"I think that the increased production of fruits and vegetables would be a great thing for western Illinois and eastern Iowa," says Merrett. "We do need to be close to larger markets, but we are within 'truck farm' distance to small metro areas such as Peoria and the Quad-Cities. Certainly, some producers could sell into the much larger Chicago and St. Louis markets, too."

To read the full report, visit www.leopold.iastate.edu/research/marketing_files/midwest.html.

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environment

Picnic greenware

Throw these plates, cups and forks in the compost bin

By Jeff Dick

Disposable dinnerware that is easier for the earth to digest is finding its way onto store shelves, allowing cookouts and picnics to go greener. Tableware made from corn, sugarcane, switchgrass and other organic material offers an eco-friendly option compared to plates, cups and cutlery made from paper or petrochemicals.

The best products are those considered compostable — meaning they transform into fertilizer — rather than ones designated biodegradable, which break down much less readily.

Perhaps the most widely available alternative is Bare by Solo. This eco-friendly product line from the leading disposable dinnerware company includes plates and cups in various sizes, made partially or entirely from plant-based substances. All are advertised as cut-resistant, microwavable and strong.

While clear Bare cups are labeled as “made from 20 percent post-consumer recycled plastic,” which reduces but doesn’t eliminate the need for non-renewable resources, the oatmeal-colored variety are strictly plant-derived. Ditto for the similarly tan-shaded plates. Both are compostable in commercial composting facilities or by home-based do-it-yourselfers.

According to Solo’s website (barebysolo.com), Bare products are available at Hy-Vee, Target and Farm & Fleet. (Not all Bare products are available at all stores.) They may also be ordered from online suppliers such as BiodegradableStore.com, a green e-tailer based in Boulder, Colo.

A check of the Hy-Vee on East 53rd Street in Davenport turned up two Bare products: cold cups, made from 20 percent recycled material, and plates made from plant-based renewable resources.

The cups were clear and resembled Solo’s plastic ones, which were priced only 32 cents less for the same amount but with two ounces less capacity. The plates were oatmeal-colored and labeled as “extra strong” and “free of bleach, dyes and inks.”

Plant-derived faux forks, spoons and knives are harder to come by in stores but can be purchased online from e-tailers such as ecogreenwares.com.

Consumer reviews of organic-based dinnerware can be found on the Web, but Garry Griffith, director of dining services at Augustana College in Rock Island, is much more qualified than most people to weigh in on greenware.

“We’ve been using it (at Augustana) for two years and it’s been great for us,” he says. “A lot of people wouldn’t know the difference between conventional paper or plastic and what we use.”

The college serves to-go meals in containers made out of “polylactides,” or PLA for short, which is a fully compostable corn-based replacement for the plastics traditionally used in disposable containers.

Augustana College partners with local farmer Jim Johansen of Wesley Acres

Produce in Milan, Ill., to compost food waste from its dining operations, which includes “paper”-ware such as straws made from switchgrass, and “potato”-ware in lieu of plastic cutlery. Waste is collected in compostable garbage bags.

Unfortunately, consumers without access to composting facilities — and not inclined to do their own — end up sending their compostables to landfills, where they take a lot longer to decompose. And that assumes they’re disposed of in hard-to-find biodegradable bags.

“Composting can take as little as six weeks, or it can take several months or up to a year, depending on conditions,” says Johansen.

“It may take two to three years to break down in a landfill, but that’s better than dumping wax-coated cups or Styrofoam in a landfill,” he says. “Using plastic garbage bags really puts the brakes on the process. Compostables need exposure to air and microorganisms.”

Using paper bags over plastic ones is preferable, but Johansen recommends people ask their favorite retailer to stock corn-based garbage bags. “If enough people request them, retailers will fill the demand. Our dollars speak loudly,” he says. “And ask public officials to open public composting facilities in their communities. That is the key.”



energy

Something for everyone at Illinois Renewable Energy Fair

By Ann Ring

If it has to do with renewable energy or healthy lifestyles — whether food, home remodeling, transportation, clothing, personal care, books, gardening, green building supplies or energy efficiency — you'll find it at this year's Illinois Renewable Energy and Sustainable Lifestyle Fair. The fair will be held Aug. 7 and 8 at the Ogle County Fairgrounds in Oregon, Ill. Now in its ninth year, it is the largest event of its kind in Illinois and the longest running.

"There will be about 200 vendors this year," says Dr. Sonia Vogl, Illinois Renewable Energy Association's (IREA) founder and current treasurer and secretary, "plus 100 booths, entertainment, children's activities, tours, food, speakers — I could go on and on." The IREA, which hosts the fair, is a 501(c)(3) nonprofit organization formed to support sustainable energy development in Illinois.

One featured speaker will be Dr. William Miller, of the Oak Ridge National Laboratory in Oak Ridge, Tenn. "He will discuss different home energy efficiency features and their results," says Vogl, useful to any homeowner interested in making small or large efficiency changes. Dave Rollo, of Bloomington, Ind., a great force in establishing a Bloomington peak oil task force, will outline strategies that will mitigate declining fuel supplies affecting all of our communities. Its third featured speaker, Howard Latin, is one of the best-known environmental law scholars in the U.S.

Workshop topics include information on geothermal, solar power, green remodeling and architecture; insulated concrete forms and other green building products; organic pet toys and pet food; green cleaning products; electricity power meters for your home; farm-to-school programs; solar ovens and much more.

One could say the fair, which Vogl predicts will draw more than 4,000 attendees, is a labor of love on subjects in which she and her husband are well versed. They have been active in the environment and energy fields during their entire careers. Both are retired professors from the Lorado Taft Campus of Northern Illinois University, where Robert taught environmental quality, alternative energy and research, and Sonia taught field ecology, seasonal and prairie studies and interpretation. At their home, they installed a 3.2-kilowatt grid-connected photovoltaic system and a one-kilowatt wind generator, which provide 70 percent of their home's electrical power.

"This (putting on the fair every year) is a full-time job," says Sonia, "but IREA has a wonderful board that works together."

For more information, visit illinoisrenew.org.



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healthy living

All that Jazz

Pet of the Year inspires a healthy dose of happiness

By Sarah J. Gardner

When Lia Bellomy was 5 years old, her family decided they were ready for a dog. Not just any pooch would do, though. Lia had a skin condition that could be aggravated by environmental allergens like pet dander. After careful consideration, the family settled on a standard poodle, one of a handful of hypoallergenic breeds. Lia planned to call the new puppy Jasmine.

There was just one problem: When the family arrived at the kennel, it was clear the female poodle they had in mind was not the right dog for Lia. The energetic animal quickly overwhelmed the little girl, knocking her to the ground. Lia's father asked to see a male poodle. He had heard they had a gentler disposition.

"When that dog came out, it was like he and Lia were meant to be, just a match made in heaven," says Ron Bellomy. He was delighted to watch the puppy attentively follow his daughter around the kennel grounds. Lia did some quick thinking and declared a name change was all they needed: Jasmine became Jazzman (Jazz or Jazzy, for short), and the dog became a beloved family fixture from that day forward.

Now seven years old, Jazzy has been winning hearts over ever since, including the crowd at the Radish Healthy Living Fair, where he was named the 2010 Pet of the Year by popular applause. He was not new to the stage, having entered the contest last year. Neither was he new to the Freight House Farmers' Market, where he can regularly be spotted walking with Lia or Ron.

"Everybody at the farmers' market loves Jazz," says Ron, grinning. "People know his name who don't know mine."

Indeed, you'd be hard pressed not to spot the friendly black pooch ambling through the farmers' market on Saturdays. Because poodles have hair instead of fur, it is possible to "cord" their coats. As a result, Jazzy has a coat that looks distinctly dreadlocked, his long black cords hanging nearly to the ground.

Don't be fooled, though. The corded coat may look cumbersome, but Jazzy is a fleet-footed dog. Part of his healthy lifestyle includes regular runs in Davenport's LeClaire Park. He also makes daily visits to an off-leash dog park, where he can use his four years of agility training to nimbly run through tunnels, weave between poles and jump over obstacles.

Jazzy is also an enthusiastic swimmer. Lia, now 12, and her father enjoy spending time boating and fishing along the Mississippi. When they go out on the



Ron, Jazzy and Lia Bellomy take a break in the shade after an afternoon at the off-leash area in Davenport's Centennial park. (Photo by Paul Colletti / Radish)

water, Jazzy dives in, swimming alongside the boat with all his cords floating at the surface. Eventually his coat becomes saturated and the cords sink. When that happens, Jazzy comes back aboard the boat and watches over the family from the deck, his wet coat keeping him cool for hours.

To maintain Jazzy's health, Ron feeds him a dog food blend made of real chicken and grains with added vitamin E and selenium to support his immune system. The blend contains omega-6 fatty acids for a healthy coat, too. In addition, Jazzy is given a daily glucosamine chondroitin supplement to protect his joints and skeletal system.

"And he drinks a lot of water — a lot!" says Lia, who shares responsibility for Jazzy's care. This includes helping out with grooming, which is not as tough as it may appear. His corded coat is pretty tidy. All that is need for upkeep is to keep the cords separated as they grow out, a simple process of pulling them apart.

In addition to his regular visits to the farmers' market, Jazzy is also a popular visitor at nursing homes, where he has accompanied Ron to visit his father since Jazzy was two. Although he has no training as a therapy dog, Jazzy has what Ron describes as a "natural ability to spark joy" in both residents and staff members, who enjoy interacting with him.



“When he comes through the door, they (the nursing home residents) just come alive to see him. It’s good for him, and good for them, and good for me,” says Ron.

“There’s pretty much nothing not to like about Jazzy,” Lia explains. “He’s so good and so loyal.”

Part of what attracts people to Jazzy is his gentle nature, which extends to other members of the animal kingdom as well. He shares his living space peaceably with three cats — Memphis, Tuxedo and Indigo. There is also a bird, Buddy, who once accidentally fluttered from his open cage straight down into Jazzy’s mouth.

“I said ‘Jazzy, freeze!’ and he did,” says Ron. The Bellomys were able to retrieve Buddy from Jazzy’s mouth wholly unharmed.

When he’s not strolling through the farmers’ market, running obstacles at the bark park, making social calls at the nursing home or appearing on our cover, Jazzy can be found at Riverbend Antiques in Davenport, where he serves as official greeter. Bellomy describes the shop, which he owns, as one of the original recycling stations. “For decades we’ve been finding new homes for old items instead of letting them get tossed out,” he explains with a grin.

Jazzy, he says, is “as popular as anything we sell. Sometimes people come just to see him.”

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food

Physician, heal thyself

An Iowa City doctor grows her own good health

By Mary Crooks

When Dr. Terry Wahls of Iowa City was diagnosed with multiple sclerosis 10 years ago, her doctors told her that functions lost from the disease would not return. A few years after learning she had MS, she was using canes to walk and often was confined to a wheelchair.

Wahls, an academic general internal medicine physician at a teaching hospital, looked for alternative treatments but found no clinical trials to participate in that might offer options for a better outcome. She began to study basic science literature about MS and formulate ideas about why disability occurs. Wahls designed a new treatment for her disease based on what she learned. She became convinced that mitochondrial (nerve ending) failure drives the progression of MS and many other health problems such as Alzheimer's, Parkinson's disease, heart disease, and many psychiatric disorders. Medications helped to control symptoms but rarely restore normal functioning.

Based on her personal studies, Wahls made lifestyle changes that paid off in amazing ways. She has exchanged her wheelchair for a bicycle and now often

rides it five miles from home to work at the VA Hospital and University of Iowa Hospital. She is active in ways that leave people shaking their heads in disbelief and admiration.

Wahls attributes her improved health to her changed diet, combined with electrical stimulation of her muscles. She shares what she has learned with others every chance she gets. "I now understand the profound connection between food and health," Wahls says. "Healing occurs when we eat foods that our mitochondria and body need."

"Daily servings of green leafy vegetables are a must," Wahls shares. So are brightly colored vegetables and fruits. She also recommends a reliable source of omega-3 fatty acids, found in foods such as grass-fed meat, cold-water fish, and flax seed.

When people ask about the cost of eating her recommended diet, she says many of the foods can be grown for little or no cost in a small garden or in porch containers. A visit to her yard confirms that she is doing that herself.

Wahls grows some commonly raised foods like leafy greens, strawberries, and apples. She has also added lesser-known fruits and vegetables to her yard, such as aronia berries, hardy kiwi, and sorrel, which are all perennial plants that come back year after year. She reports that many flowers are edible and make delicious teas and salad ingredients that can add to the quality of your diet. A pile of logs in her yard has been inoculated with mushrooms, another tasty and nutrition-enhancing food.

'I now understand the profound connection between food and health.'

"Growing kale, spinach, carrots, strawberries, garlic, and so many of the other foods that Dr. Wahls recommends is easy in our Iowa climate" says Fred Meyer, director of Backyard Abundance. "I was delighted when I visited Terry's yard and saw the wide variety of foods she is growing."

As part of its mission to teach ecological skills, Backyard Abundance has been offering yard tours since its inception in 2006. "Anyone who attends these events is in for a tasty surprise," Meyer says. "We share delicious foods that you can grow right outside your door."

Backyard Abundance will be sponsoring an education session at 1 p.m. on Aug. 21 that will feature a presentation by Wahls and Meyer followed by a tour of Wahls' backyard. Cost for the event is \$15 in advance or \$20 at the door. Those who are interested in attending the yard tour but not the presentation will have the opportunity to do so free of charge from 3 to 5 p.m.

For more information, visit backyardabundance.org.



Dr. Terry Wahls next to an aronia bush she cultivates in her backyard. (Submitted)



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Hands-on healing

For some, rolfing offers relief from chronic pain

By Sarah Ruholl

Chronic pain had plagued Laura Gsell for 10 years. Since contracting lyme disease from a deer tick in her garden, the Davenport resident had gone from doctor to doctor looking for relief, before finding one in Minnesota willing and able to help her.

“Unfortunately, regular doctors don’t want to deal with a lot of problems simultaneously,” Gsell says. “I have an umbrella of problems, each one contributes to the next, and I couldn’t get anyone here to listen.”

The disease causes bacteria to build up in her muscles, making them stiff and sore. She tried regular massages, but it “did nothing but make me mad,” she says. Then, her physician, Dr. Karen Vrchota, who specializes in chronic fatigue immune deficiency syndrome, lyme disease and fibromyalgia, recommended she try rolfing.

Rolfing is a system of deep tissue manipulation developed in the 1950s by Dr. Ida P. Rolf designed to realign and balance the body. She called it structural integration. It later became known as rolfing. “It’s like advanced massage,” Judi Clinton, a licensed rolfing practitioner, says. “It’s a very efficient way to get the whole body stretched quickly.”

Gsell had heard about the technique from an aunt whose husband had gone to a rolfing practitioner, though he described the process as “very painful.” Eventually, though, Gsell faced her fears and made an appointment with Clinton, who practices in Iowa City, the closest rolfing practitioner that can be found to the Quad-Cities. She hoped it wouldn’t hurt too bad.

Clinton says the idea that rolfing is painful is a common misconception. While most people have “hot spots” that will hurt when stretched, she works to make sure clients don’t come out hurting afterward. Gsell found it didn’t hurt at all, and, in fact, made her feel better both physically and mentally. “You come out more positive, more relaxed,” Gsell says. “I feel like a wet noodle.”

The positive outlook it gives her is one of the benefits Gsell most treasures. “With chronic illness, you can get down, not depressed really, but definitely down,” she says. “After a session, my spirits are lifted. I feel like I’m doing something good for myself. It’s like doing maintenance, being proactive.”

Rolfing seems to be making her muscles feel better on a permanent basis, says Gsell. Since she started seeing Clinton in the fall of 2009, she has decreased from weekly sessions to monthly ones. “It feels like the muscles are healing themselves,” Gsell says. “I’m looking forward to getting better.”

The price of the hour and a half long sessions varies, but it generally costs about \$110 for each session, which includes instruction on stretches to do at home.

Dr. Rolf designed a 10-session program, which Clinton says she uses “like a recipe.” Some clients will come twice, feel better and not return. Others, like Gsell



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and other chronic pain sufferers, need to come back for tune-ups.

Chronic pain is what brought rolfing to Clinton’s attention as well. When she was pregnant with her third child, Clinton was thrown from a horse. She suffered no broken bones, and her daughter was born without problems. After the baby was born, though, Clinton began to suffer debilitating back pain. She would be bedridden for days on end. A chiropractor, she says, would help for a few days, but the pain would soon return. Then, she tried rolfing and found relief, as well as additional height and arches in her formerly flat feet.

The structural integration process manipulates the connective tissues in the body, particularly the fascia, a layer of fibrous tissue that isolates and surrounds muscles. This manipulation allows the muscles to shift and balance themselves. The balance helps alleviate muscle pain, and the changes she noticed so impressed her that she knew she had found a new career.

Clinton, who lived in North Carolina at the time, arranged to attend the Rolf Institute in Boulder, Colo. She has since moved to Coralville, Iowa, and practices there and in Iowa City. “I could feel the difference, and I was like, ‘I have to do this,’” she says.

For more information on rolfing, visit rolf.org.

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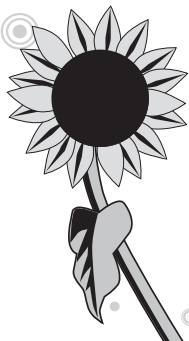
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body, mind & soul

Roadside reboot

Simple stretches get you from here to there

By Chris Greene

You've worked hard all year long, and now it's time to pack everyone into the family truckster for some much needed vacation time. If for you, like many Americans, vacationing equals lots of time on the road, you need to take the proper steps to make sure that your vacation isn't more stressful for your body than working.

Occupational therapist and yoga instructor Erin Phillips has some tips. "Think of your summer driving as part of your daily job," Phillips says. "You can make small changes that will keep you more comfortable and create a better experience overall."

The first steps you can take happen before you ever leave the driveway. Phillips suggests making sure

your vehicle's "work space" is a good fit. "Take a look at what is adjustable in your car, the same way you would if you moved to a new desk at work. Adjust the seat back for an upright spine posture. Adjust the low back support or add your own (such as a rolled-up towel) to support the natural curve of the lumbar spine."

Next, Phillips recommends adjusting the wheel position so the shoulders are comfortable, not hunched too high by the ears. Also, make sure the seat edge does not press into the back of your knees.

However, "even the most perfect posture is not so good if it's stagnant," Phillips says. Without movement, muscles shorten, joints don't get lubricated, and circulation suffers.

There are safe ways to keep the body moving while driving, Phillips says. She suggests drivers pick

a song every 15 minutes or so and do some movements for three to four minutes such as neck rolls, shoulder rolls, arm stretches, opening and closing the hands and wiggling the toes and ankles. "Doing some kind of movement will keep the blood flowing and keep you more alert and comfortable," she says.

Drivers also should take advantage of rest stops every couple of hours, says Phillips. Take a short 15 minute break, get out of the car and stretch all the way from head to toe.

Phillips recommends some basic yoga stretches to aid the body on long car rides, which can all be modified to use the car as a support. For example, Phillips suggests doing a variation on Downward Facing Dog by placing your hands on the back bumper of the car instead of down on the cement.

You also can use the bumper of your car to do a modified Cat-Cow stretch, says Phillips. "The spine can always use some mobility, especially the low back after sitting for long periods. With your hands on the bumper of the car, round the back like an angry cat and then scoop the back like an old horse," Phillips says.

Drivers also can benefit from Seated Pigeon, says Phillips. Turn sideways in your seat, cross one leg over the other so that the ankle rests near the knee and then bend gently forward. Do this again with the opposite leg crossed on top.

"The driving process keeps us sitting static in a forward position. Remember to add some spinal twists to your stop," says Phillips. From a seated position, cross one leg over the other so that the knees are close together, then twist your torso towards the leg on top. Start the twisting motion at the belly button, then move up through the rib cage, shoulders, head and neck.

According to Phillips, following these tips will break up the monotony of driving and also rejuvenate the body, giving you more energy both physically and mentally when you reach your destination.



Erin Phillips demonstrates a modified Downward Facing Dog. (Photo by John Greenwood / Radish)

For complete photos of Erin Phillips demonstrating the modified poses, visit radishmagazine.com.

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5 Tasty Ways to Eat Tomatoes:

Italian Favorite – Tomatoes and fresh mozzarella cheese are a great flavor combination. Drizzle olive oil over sliced fresh tomatoes and sliced mozzarella cheese and top with sea salt and fresh basil for a fresh, light summer dish.

Salsa – Add a homemade taste to purchased salsa by adding diced fresh tomatoes with a splash of lime juice.

Grill It! – Nothing beats the flavor of a fresh sliced tomato during the summer. Try grilling thick-cut tomato slices drizzled with olive oil and lightly salted for a unique flavor.

Slice It Thick – A great way to cut calories and add extra nutrients to your favorite sandwich is to add a hefty slice of tomato. Add an extra thick slice of tomato to your BLT.

Summertime Salads – Tomatoes can be combined with a variety of salad ingredients for a tasty side dish.

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body, mind & soul

Healthy roots

Organic hair salon keeps it natural

By Laura Anderson

Donna Elliott has worked 26 years in the salon industry. When she began living a more health-conscious life 10 years ago, practicing yoga and shopping at farmers' markets, she realized that the changes in her life contradicted the toxin-filled environment in which she worked.

"I took a step back and thought, 'What can I do in my industry to fix this?'" she says. Elliott's quest for healthier living became the catalyst for New Leaf Organic Salon in Moline.

At the time she was working in a salon that used imported Italian products — an experience which she says was very far removed from being in touch with the makers behind the products. "It forced me to venture out."

She consulted with like-minded people, scouted out salon-friendly organic product lines — which "taught me to read the fine print," she says — and found that opening New Leaf in November of 2008 was a way to incorporate her lifestyle with her craft.

Today she says her choice remains "a constant growing effort to keep evolving with natural lifestyle choices. People are just so hungry for other alternatives."

"As a salon, I know that what I'm doing is less invasive," she says, adding that she is conscious of "what's going down my drain." While she wishes she could find more locally-produced organic lines, the lines she uses — including Max Green, John Masters Organics and Organic Color Systems — are all made in the U.S.

All the plastics the products come in are 100 percent recyclable. "We really want to protect the integrity of the meaning of the word 'organic,'" she says. "It's not about selling tons of products, it's about inspiring and sharing what we learn in hopes of helping those who are really seeking to simplify and get healthy in all aspects of their lives."



Donna Elliott uses an organic hair product on Tammy Hamerlinck. (Photo by Gary Krambeck / Radish)

'As a salon, I know that what I'm doing is less invasive.'

Carmen Rasso of Rock Island began visiting New Leaf about 15 months ago. The longtime allergy sufferer already had quit eating processed foods and rid her home of toxic cleansers, which allowed her to discontinue her allergy and asthma medications. "My one remaining problem was severe scalp issues, which prompted my search for an organic salon in this area," she says.

Since she began going to New Leaf, Rasso says her scalp issues have virtually disappeared.

For those who may be skeptical of giving organic color and other hair products a try, Rasso says the organic color is "just as lasting and vibrant as other dyes used at other salons. An added bonus is that it smells pleasant," Rasso says, because of the lack of ammonia and other chemicals.

Elliott says some chemicals remain in the hair color and are unavoidable because it is made with artificial pigments, but Rasso says these dyes still leave her hair "in better condition." As for the performance of the products, she says, "Frankly, there's little difference — except that it's better."

Elliott wants to network with like-minded businesses and professionals, from nutrition stores to chiropractors. "I feel we can support each other," she says, while promoting health and wellness.

Rasso applauds Elliott's passion behind her work, and says that she is "consistently willing to help others, like me, in their endeavors to achieve similar goals."

Elliott says keeping up on the latest hair trends is always inspiring.

"Since the salon is growing so fast, it's important for me to be able to focus on my clients on a very personal basis," she says. "I feel fortunate to work where I can actually nurture with my hands every day."

For more information about New Leaf, visit leaforganicsalon.com.



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eating well

Schooled lunches

Healthy brown-bag options need not be complicated

By Rachel Morey Flynn

I winced a bit when my seven year old came home from the first day of first grade and reported to me that she told her teacher that she brings her lunch from home every day because her mother loves her, wants her to be healthy, and will not let her “eat the crap they serve at school.”

I ate with my daughter a few times the previous year. Lunch was her favorite part of the day in kindergarten. To me it looked like about half of the children were consuming a steady diet of white flour, ketchup and red dye No. 40. There was a sizeable pile of shredded iceberg lettuce in the trash can. I presume it was presented to fulfill the vegetable requirement. I asked around, and the kids confirmed my observations. “We love pizza! We get to eat it every day!”

I joked with the teacher about how funny kindergarteners are and told her the kids tried to convince me that they eat pizza every day. She solemnly nodded. “They do. Some kids choose pizza every day.” If they want it, those kindergarteners could have strawberry or chocolate flavored milk every day, too. You know, the really good stuff with dye and high fructose corn syrup.

I realize that the food served to our children in school is a tender subject right now. Change comes slowly where government is concerned, and while I maintain faith that change is coming for children in the Midwest, I currently insist that my own kids bring their lunches from home every day.

Starting out, I was obsessed with sending my children to school armed with a rainbow of vegetables, two servings of whole grains and plenty of protein. My coffee went cold while I cut tiny circles from a red pepper for the center of the black-olive eyes to go on the brown rice shaped like a caterpillar. The creative attempts at entertaining with food came back untouched. The kids came home hungry. After 10 mornings, and countless “bento box” Google searches, I was feeling like my creativity had fully run its course. I turned the empty lunch box over to my daughter and asked, “What do you want for lunch, Ms. Picky?”

“Can I have a banana?” she asked. “Peanut butter and jelly, without the crust, and brown milk?” That was the first day the lunchbox come home empty. I had to humbly admit that she didn’t want variety. We used the sandwich, fruit, and milk formula for the rest of the year. Could it be that young kids don’t expect their food to be entertaining? Maybe that better explains the pizza and pink-milk phenomenon I witnessed.



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I grudgingly shifted my focus from fashioning tiny bears out of various vegetables to collecting ingredients for the world’s best PB&J. A peanut butter and jelly sandwich made at home can still rise far above pizza out of a square box in the same way any other food can. It’s all about the ingredients. Our take on PB&J comes from the same train of thought: gluten-free bread, organic peanut butter, organic jelly. I’m willing to bet the kid who eats my PB&J feels better at 2:30 in the afternoon than the kid that had the white bread Wonder-ful version.

If you make a week’s worth of sandwiches on Sunday night, the kids can pack their own lunch in the morning and you can finish your cup of coffee. While that is a noble goal in itself, a greater good is being served. Teaching little children how to be kind to their bodies with the food they eat is an important, and it isn’t being done in school. If they are learning to eat well now, it’s likely they’ll continue to do so throughout their lives. The thought makes their mother very happy.

Homemade Peanut Butter

1 cup shelled roasted peanuts (look for organic peanuts in the bulk foods section of the grocery)

2 tablespoons safflower oil or another light salad oil
½ teaspoon salt (optional)

Put the nuts, oil, and salt (if using) into a blender or small food processor. Puree until chunky or creamy (your choice). Transfer to a jar, seal and refrigerate until ready to use. Makes about 1 cup.
Source: Fresh Choices

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One pastor leads his flock to 'green' pastures

By Leon Lagerstam

Green pastors and pastures lie ahead for Vineyard Church members, according to a “recycled” 23rd Psalm. The church’s lead pastor, the Rev. Patrick Street, decided to have solar panels installed on the roof of his Campbell’s Island, Ill., home, and “have a little fun” with the famous Psalm, seeking to become known as the “green pastor” of a “green church.”

Before leading his Davenport congregation to those “green pastures,” though, Patrick felt he needed to act himself. “I’m not going to lead people somewhere unless I go there first,” he says. So he let church member Kyle Harris of Beyond the Grid

Solar in Moline put up six 200-watt solar panels on the roof over the deck of his home.

According to Harris, the 1.2 kilowatt system costs about \$7,500 to install. However, a 30 percent federal tax credit and 30 percent Illinois rebate deduct a significant portion of the cost, says Harris. He feels installing solar panels was a “natural step” for Patrick and his wife, Jean. “They’ve already taken many steps and are ahead of most people in terms of using renewable energy sources,” he says.

Patrick says they switched to compact fluorescent light bulbs some time ago. “And we heat with wood, so we’ve stayed off the grid that way, too,” he says, adding that living on a three-acre, wooded site is a big contributing factor.

“We went to New Zealand a couple years ago, and liked what we saw there, so when we got back, we bought a dual-flush toilet on eBay,” Patrick Street says. “A new toilet,” Jean adds quickly. “It wasn’t a used one.”

“We also switched to a tankless water heater,” Patrick says. “Installing the solar panels was just the next logical step.” Originally they considered using wind instead of solar panels, but ultimately decided it would not work as well because of the surrounding trees.

Because of the rebates and tax incentives available, the Streets felt now was the right time for the energy upgrades to their home. However, it wasn’t really about the money, Patrick says. “It’s just the right thing to do. It’s truly about using what God has given to us to the best of our ability.” He cites Genesis, in which God commands his servants to “tend the garden.”

“He never changes his mind about that command,” Patrick says. Romans 8 refers to how the whole creation “is groaning,” as it waits for people to redeem it. That means “we all are called to renew the earth and to do it together,” he says, adding oft-quoted John 3:16 confirms it. “When it says, ‘For God so loved the world,’ it’s not just talking about humans,” Patrick says. “It’s referring to the whole creation, which he loves.”

“We are told to serve others and be good stewards of what the Lord has provided,” Jean adds.

As a church, Vineyard members perform a variety of other conservation-minded projects, including recycling and community clean-up projects, such as its “adoption” of a couple miles of Kimberly Road in Davenport to keep clean. “And our first plan when we bought the church was to cover the roof with solar panels,” says Jean.

Patrick says he believes and leads the church on the idea of “what you believe in is how you behave. It’s about practicing what you preach.” It’s how a “green pastor” best leads his flock to “green pastures.”



The Rev. Patrick Street on the roof of his Campbell's Island home. (Photo by Stephanie Makosky / Radish)



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At the final showdown the four Market Competition winners will prepare a dish to be judged by the visiting chef and two local judges. This year's visiting chef is *Chef Paul Virant, the Executive Chef and owner of Vie Restaurant* in Western Springs, Illinois. Chef Virant was a contestant on the television show *Iron Chef America* and his restaurant was recently rated as one of the top 40 restaurants in the United States. His menu supports local family farms while

at the same time, it takes advantage of the increased availability of specialty foods from across the globe. In addition to judging the final competition, Chef Virant will offer a cooking demonstration and work with the Scott Community College Culinary Arts students to prepare the food to be enjoyed at the final showdown.

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**River Action aims for world record —
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On Saturday, Aug. 21, River Action will be hosting Floatzilla, the first Quad Cities Paddlesports Festival. The event will seek to surpass the Guinness World Record for the largest raft of canoes and kayaks (which currently stands at 1,104 boats) by getting 2,010 kayaks and canoes out on the water. Three different launch sites, Lake Potter at Sunset Park in Rock Island, Credit Island in Davenport, and the Ben Butterworth Parkway in Moline, have been established to accommodate all skill levels among paddlers. In addition to the world record attempt, the festival will include group trips on the new Quad-Cities water trails and beginner-friendly paddling lessons and programs. The registration fee of \$10 per paddler includes one Floatzilla T-shirt per paddler, a commemorative boat sticker, registration wrist bands, one ticket to River Roots Live, free parking, and free shuttle to off-site parking for "floats." For more information, visit the River Action website at riveraction.org or call (563) 322-2969.

**Barge Party to be held in celebration of
 Living Lands and Waters' 13th anniversary**

Chad Pregracke and his Living Lands and Waters staff and crew are celebrating 13 years of river clean-ups; including many years of environmental education workshops, river forest restoration projects, the "Million Trees Project," and this year's Great Mississippi River Cleanup. To celebrate, Living Lands and Waters will host its annual Barge Party at the Lake Davenport Sailing Club on River Drive and Oneida Street in Davenport from 5:30 to 9 p.m. on Thursday, Aug. 12. Tickets for the celebration are available now for \$35 per person. The event will include a fish fry and shrimp boil dinner, a meet and greet with the Living Lands and Waters team, a silent art auction, barge tours, and live music. Come learn more about the many honors Living Lands and Waters has received since its inception, including the Golden Glow Individual Award, the Association of Great Lakes Outdoor Writers Award, the Heroes of Conservation Nomination, and The Alumni Award and dedication of The Pregracke Center at Heartland Community College in Normal, Ill. For more information, visit livinglandsandwaters.org.

**Contribute to Iowa's new food and farm
 plan through an online survey**

The Leopold Center is gathering information from Iowans and the organizations that serve them to develop a new Local Food and Farm Plan for the state of Iowa. This plan will look at how the amount of food grown in Iowa can be increased to create a more robust local and regional food and farm economy. The plan was requested by the Iowa Legislature through an amendment approved during the 2010 legislative session. Iowans are invited to take an online survey at the Leopold Center's Iowa Local Food and Farm Plan website page, www.leopold.iastate.edu/foodandfarmplan.html, which will be open until the end of August.

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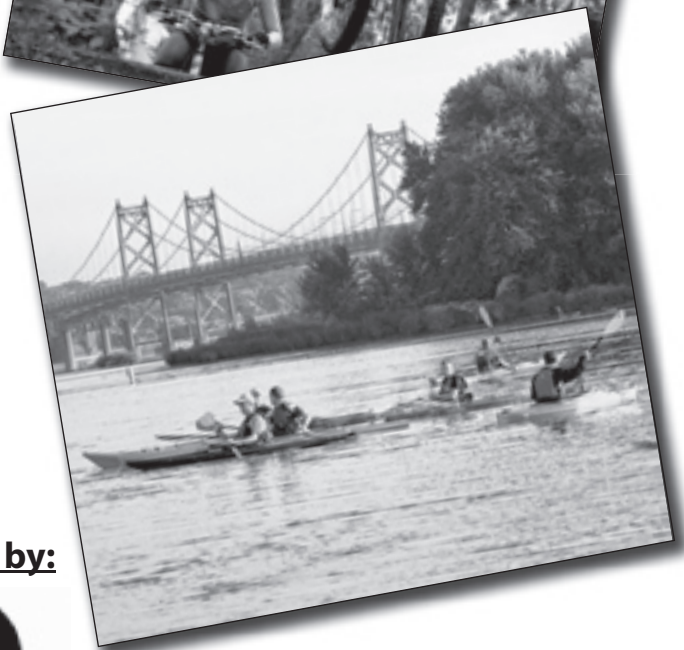
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Meditation has been practiced by millions of people for thousands of years — now you can be one of them. The benefits attributed to meditation include a positive, peaceful and relaxed mind that isn't easily shaken by all of the difficult circumstances of life. From 10 a.m. to 5 p.m. on Aug. 29, the Lamrim Kadampa Buddhist Center in Iowa City will offer an introductory course to explore the fundamental technique of meditation, as well as offer helpful advice on how to integrate meditation into your daily routine so as to experience its benefits more powerfully. Lunch will be included. The cost for the day is \$35, registration is encouraged. For more information, please contact the center by phone at (319) 351-9892 or e-mail info@meditateiniowa.org.

Save your nickels and dimes, weekend Bickelhaupt tours are free

Free guided tours of the Bickelhaupt Arboretum in Clinton, Iowa, a 14-acre outdoor museum of plants, will be offered at 2 p.m. every Saturday and Sunday throughout the summer and early autumn. Visitors are asked to meet at the Gathering Place, located directly west of the parking lot. Reservations are not expected for the tour; however, if an electric cart is needed for the convenience of those who might not be able to walk through the collections, advance arrangements are necessary by noon the preceding Friday. For people wishing to tour the arboretum on their own, a map is available at the entrance gate that will guide guests to all major collections. A reflection walk also is suggested for visitors and likewise has a brochure at the entrance gate. Prominent features of the arboretum include a butterfly garden, herb garden, rock garden and the Heartland Collection of Garden Conifers, listed as one of the top 10 public gardens in the country. The arboretum is open daily, dawn to dusk, free of charge. For more information, contact the arboretum office at (563) 242-4771.

Want energy efficiency in an older home? We can help, say workshop leaders

The newly opened Eastern Avenue Branch of the Davenport Public Library will host a free workshop on improving your home's energy efficiency at 6:30 p.m. Wednesday, Aug. 18. The event is made possible through a partnership with the Advanced Technology Environmental and Energy Center. John Root, president of The Root Cellar, an energy consulting firm, will present information about improvements that can be made to older homes in order to reduce energy consumption. Such improvements reduce greenhouse emissions and carbon footprints and improve the quality and livability of local housing. Topics that will be discussed include energy audits, fireplaces, HVAC, water heating, lighting, smart metering, weatherization and homeowner incentives, fraud prevention and much more. Residents living in older, ranch, split foyer and slab homes are encouraged to participate. Registration for this program is encouraged. For more information or to learn how to register, contact the Davenport Public Library at (563) 326-7832.

Learn more about prairie preservation and restoration at UNI conference

The 22nd North American Prairie Conference will be held Aug. 1-5 at the University of Northern Iowa. In keeping with the conference theme, "Restoring a National Treasure," there will be various opportunities to observe prairie restorations and reconstructions. Participants will be able to discuss the latest prairie Tallgrass Prairie Center research, explore remnant and restored prairies on field trips, and view local and national exhibits. Among those participating in the NAPC will be Daryl Smith, Dave Williams, Greg Houseal and Kirk Henderson, authors of "The Tallgrass Prairie Center Guide to Prairie Restoration in the Upper Midwest" and "The Tallgrass Prairie Center Guide to Seed and Seedling Identification in the Upper Midwest." The TPC guide to prairie restoration is a comprehensive manual written to be an essential companion for everyone dedicated to planning, developing and maintaining all types of prairie restorations and reconstructions. The TPC guide to seed and seedling identification is a lavishly illustrated guide to seeds and seedlings meant to ensure that everyone from urban gardeners to grassland managers can properly identify and germinate 72 species of tallgrass wildflowers and grasses. More information on the books and conference can be found at napc2010.org.

Fairfield home first in Iowa to receive highest level of LEED certification

Fulfilling a rigorous 136-point checklist of requirements to attain Leadership in Energy and Environmental Design (LEED) Platinum certification, a newly built home in Fairfield, Iowa, was recently recognized with a plaque by the U.S. Green Building Council. The home features day lighting, geothermal heating and cooling, passive solar design, solar power, and nontoxic building materials. It is the first of many LEED-certified buildings planned at Cypress Villages, a 144-acre eco-neighborhood being built in Jefferson County, Iowa. "Every building and home at Cypress Villages will be built according LEED Silver or Platinum," says Martha Norbeck, project designer and sustainability specialist. "Our goals are to live as a model of sustainability for ourselves and others, and to celebrate and protect the valuable natural resources of our planet." Cypress Villages is "on the grid," but through solar- and wind-generated utilities, Cypress Villages aims to be "net zero," producing enough renewable energy each year to match or exceed what they consume from outside energy utilities. The community also has 120 acres of certified-organic farmland. "While demand for traditional residential construction is slowing, the green housing market continues to grow and 33 Pecan St. is a great example of why this is," said Nate Kredich, vice president, residential market development, USGBC. "LEED certified homes are healthier places to live, produce lower utility bills, have better air quality, and leave a smaller environmental footprint behind." For more information, visit cypressvillages.com.

Thru-October

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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 late October or early November. (309) 269-7409

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

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, through Nov. 19. (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, 2000 Territory Drive, Galena; 7:30 a.m.-12:30 p.m. Aug. 1, 15, 29; Sept. 5, 12, 26; Oct. 10. (815) 777-2000

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

Warren Farmers' Market, 110 W. Main St.; 8 a.m.-noon Saturdays, through October. (815) 745-3373

KNOX COUNTY

The Fairgrounds Farmers' Market, Knox County Fairgrounds, 1392 Knox Highway 9, Knoxville; 8:30 a.m.-12:30 p.m. Saturdays, through Sept. 25 and 3:30-7:30 p.m. Wednesdays, through Sept. 22. (309) 289-2714 or knoxfair.com

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Oct. 30. (309) 368-9844

Oneida Farmers' Market, across from the DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, through Sept. 30. (309) 483-6467

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 October. (815) 284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, through Oct. 23. (309) 837-4855

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, through Oct. 14. (309) 582-2751

OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, through Sept. 30. (815) 946-3131

PEORIA COUNTY

Shoppes at College Hills Farmers' Market, Von Maur parking lot, intersection of Towanda Avenue and Veterans' Parkway, Normal; 4-8 p.m. Wednesdays and 8 a.m.-11 a.m. Saturdays, through 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 Oct. 30. (815) 778-4483

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2:30-6:30 p.m. Wednesdays, through Oct. 27. (309) 756-9978 ext. 10

Main Street Market, 700 block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, through Sept. 30. (563) 441-4070 or (563) 940-7029

Port Byron Farmers' Market, downtown Port Byron, 2-5 p.m. Wednesdays, through October. (309) 269-8705

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 30. (309) 936-7792 or (309) 944-7980

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 Ave. A., Sterling; 8 a.m.-noon Saturdays, year-round. (815) 626-8610 or tcmarket.org

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, through Oct. 2. (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

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, through October. (319) 752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa and 12th-13th streets; 7 a.m.-noon Saturdays, through Oct. 30. (563) 588-4400

Fountain Park Farmers' Market, Fountain Park Plaza, 2728 Asbury Road, Dubuque; 3-6 p.m. Thursdays, through Sept. 30. (563) 588-2700

HENRY COUNTY

Mount Pleasant Farmers' Market, McMillan Park, Walnut Street; 4:30-6:30 p.m. Wednesdays and 8:30-11 a.m. Saturdays, through Oct. 16. (319) 931-1458 or mpfarmmarket.org

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, through September. (563) 872-4170

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

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, through Oct. 30. (641) 472-6177

JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Sept. 30. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, through Oct. 30. (319) 356-5210

Lone Tree Farmer's Market, North Park, 402 N. Devoe, Lone Tree, Iowa; 4-6:30 p.m. Tuesdays, through Oct. 26. (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. 26. (319) 338-6111

LEE COUNTY

Fort Madison Farmers' Market, downtown Avenue G; 8 a.m.-noon Saturdays, through Aug. 28. (319) 372-5482

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 6:30-11 a.m. Saturdays, through Sept. 25. (319) 524-3985

LOUISA COUNTY

Louisa County Farmers' Market, American Legion parking lot, 99 2nd St., Columbus Junction; 4:30-6:30 p.m. Fridays, through Oct. 8. (319) 728-7971 or cdc@columbusjunctioniowa.org

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. 23, except for Aug. 7, 21; Sept. 4, 18. (319) 286-5699

Green Square Farmers' Market, Green Square Park, 3rd Avenue and 5th Street SW, Cedar Rapids; 4-6 p.m. Thursdays, through Aug. 26. (319) 286-5699

Downtown Farmer's Market, 3rd and 4th avenues, downtown Cedar Rapids; 7:30 a.m.-noon, Aug. 7, 21; Sept. 4, 18. (319) 398-0449

Mount Vernon Farmers' Market, Memorial Park, 1st Street W., Mount Vernon; 4-6 p.m. Thursdays, through Oct. 14. (319) 310-6399 or mtvernonfm@yahoo.com

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through Oct. 22. (319) 286-5699

MUSCATINE COUNTY

Muscatine Farmers' Market, Wilson's True Value Hardware Store; 2:30-5:30 p.m. Tuesdays, 1420 Park Ave., and 7:30-11:30 a.m. Saturdays, Mississippi Drive and Cedar Street, through Oct. 30. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY

Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 25. (563) 332-5529

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, through Oct. 28. (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, year-round. Outdoor market through October. (563) 940-0634

Davenport Farmers' Market, parking lot of NorthPark Mall, 8 a.m. to noon Wednesdays and Saturdays, through Oct. 30. (563) 332-5529

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



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food for thought

Endless summer

Make vacation a four-season state of mind

By Leslie Klipsch

The days are getting longer and the school bells will soon begin to ring, but who says you have to abandon that summer-time feeling? There is much to be said of extending your summer vacation, even into the humdrum of your daily routine. Surprisingly, doing so does not require a beach umbrella or an amusement park pass; rather, according to Dr. Steve Kopp, a counselor who practices in the Quad-Cities, we are all capable of maintaining a vacation mindset long after our beach towels are closeted and the Ferris wheel has come to a halt.

“The idea (of a vacation) is to get out of our habitual thinking and the close-mindedness of the day-to-day and to gain perspective. Theoretically speaking, one could do that on a weekly basis and actually create a pattern of doing so — without having to take a major vacation in Florida, the Bahamas or Disneyland,” he says. “You can theoretically avoid needing that if you get into the habit of being able to escape from normality and get out of that rut.”

There is no doubt that breaking up routines and taking time off is good for our mental health and physical well-being. In moments of relaxation we de-stress, gain perspective and prevent burnout. So why not extend the retreat? This year, instead of bidding summer a sad adieu, start planning a perpetual picnic. Here are five ways to get started:

1 Mom who? According to Kopp, vacation serves as a way to break free of the different roles we play in our everyday lives. In order to maximize the benefits of a break, we need to first evaluate what it is we need reprieve from. Is it the role of being a parent, an employee, a spouse? Kopp recommends carving out time to check out of such roles. A date night with your partner, dinner with friends or an afternoon away from your desk may prove to have the same soothing effect as a mid-summer stroll.

2 Make your space a happy place. August is a great month to simplify and de-clutter. “Many times we get overwhelmed by the clutter and complexity of our lives,” says Kopp. “We can give ourselves a vacation from all of the complexity by coming home to a place that is simple and organized and feels in control.” Though we all have different levels of tolerance — some of us can bear more mess and chaos than others — creating a four-season oasis of your own can help maintain the vacation mindset.

3 Rise up and re-connect. Lounging over the first meal of the day is a luxury that we often only allow ourselves while vacationing. But why not make it a part of your weekly routine? Designate a weekend morning to linger over coffee and a newspaper. Or, wake up 15 minutes earlier than you might otherwise throughout the week in order to connect with those around you before everyone



iStockphoto

goes their separate ways. Pamper yourself with the indulgence of a slow morning. Doing so just might set the tone for the rest of your day.

4 Take a holiday at home. Just as we benefit from family vacations (who doesn't have a story or two from a family road trip?), we can create similar experiences of togetherness by simply making time for a family game or movie night. In doing so, families rule out the rest of the world and re-connect with one another. These intentional evenings of togetherness encourage the shared stories and inside languages that create strong familial bonds, similar to the rewards of the Great Summer Road Trip of 2010.

5 Shake it like its summer. During the warm, sunny months of summer, part of our bliss lies in the fact that we are able to get out and get moving. Because our bodies create and store energy as we exercise, doing so is a great way to boost the amount of energy we have at our disposal. “Exercise is a phenomenal way to create a vacationing routine because the body actually takes a vacation in that moment of activity,” says Kopp. “Exercise can be a very refreshing way to give our bodies a vacation and improve our overall health.” In other words, don't settle for living vicariously through the travel channel from the couch; rather, exercise a little get up and go.



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