

Radish

THE GROUND UP

Meet
JAKE
2015 Radish Pet of the Year

radishmagazine.com

AUGUST 2015

Urban walks

Wild Woods Farm

**Scrumptious
overnight oatmeal**

Who takes care of you?

Back-to-school and sports physicals help keep kids healthy as they begin the new school year.

- Identify immediate danger to sports participation
- Update basic vital exams
- Scoliosis screening
- Check motor development
- Learn about safe backpack usage

\$20 SPORTS PHYSICALS

AUGUST 1 THROUGH SEPTEMBER 30

Davenport Clinic
(563) 884-5801

Call for an
appointment today.

www.palmerclinics.com/qc



PALMER
Chiropractic Clinics



Experience you can trust.

14th Annual Illinois Renewable Energy & Sustainable Lifestyle Fair

presented by
The Illinois Renewable Energy Association

Saturday, August 22nd, 9 am-5 pm • Sunday, August 23rd, 10 am-4 pm

at Ogle County Fairgrounds • 1440 N. Limekiln Road, Oregon, IL

**Come explore a full weekend of alternative energy
& sustainable living!**



Fair Admission:
IREA members FREE

1440 Limekiln Rd. north of Hwy. 64
between Oregon & Mt. Morris

NO PETS OR ALCOHOL ALLOWED ON FAIRGROUNDS

www.illinoisrenew.org

Illinois Renewable Energy Association's (IREA) mission is to be a network for sharing ideas, resources and information with individuals, businesses and communities to promote a resilient future through renewable energy, energy and earth-friendly technology. facebook/ Illinois Renewable Energy Association

Featuring

- Workshops & Presentations, including Full-Day Participatory Sessions
- Keynote Speakers
- Booths
- Exhibits
- Children's Activities
- Food
- Entertainment And More!

Accepting
Vendors & Exhibitors
email: irea.org@gmail.com

The Friends of Radish

HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING

TO CREATE A MORE PERFECT UNION,
THEY TORE THE NATION APART.



AMERICAN EXPERIENCE

THE ABOLITIONISTS

This special presentation tells the intertwined stories
of those who led the most important civil rights
crusade in American history.

PART 1
Wednesday
AUG 17 | 9PM

PART 2
Wednesday
AUG 24 | 9PM

PART 3
Wednesday
AUG 31 | 9PM

WQPT
QUAD CITIES PBS

wqpt.org



The Friends
of
Radish

HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING



KWQC
HD NEWS 6

WQPT
QUAD CITIES PBS

Cool Down
with specialty martinis
& exotic drinks

Tantra

Innovative
Exotic Dishes &

Asian Fusion

Fresh Summer Flavors DELICIOUS • HEALTHY

Known for innovative and exotic dishes, our diverse and flavorful menu
has something for everyone, mild or hot, vegetarian or not.

589 EAST 53RD STREET • DAVENPORT, IA
563.445.8898

Dine In • Catering • Lunch (express available) • Carry Out
Reservations for Dinner Recommended • Gift Certificates Available



GRAND OPENING!

Authentic! Delicious!

THAI FLAVORS

A new Thai Experience for your Taste Buds!



Buy One Entree, Get One FREE
with the purchase of 2 drinks.

THAI FLAVORS

Sun-Thurs Only. Max Value \$10.
Not valid with any other offer.
Valid through 9/15/15

In City Line Plaza-Moline • 140 19th Ave, Moline
309.762.5223

from the editor



Radish editor Sarah J. Gardner with Dr. Wayne Sliwa and his dog, Jake, 2015 winner of the Pet of the Year contest, at the Healthy Living Fair. (Photo by Gary Krambeck / Radish)

At the beginning of “You Can’t Have It All,” her lovely meditation on life’s little consolations, poet Barbara Ras writes:

*But ... you can have the touch of a single eleven-year-old finger
on your cheek, waking you at one a.m. to say the hamster is back.
You can have the purr of the cat and the soulful look
of the black dog, the look that says, “If I could I would bite
every sorrow until it fled,” and when it is August,
you can have it August and abundantly so.*

The fact that pets get top billing in a poem that goes on to praise forgiveness, the music of Mozart, and sandwiches made by a grandmother is a wonderful testament to the special relationship we have with our animal companions.

It is a bond that can be hard to do justice when put in words, though every year at the Healthy Living Fair brave pet owners take the stage and do their best to accomplish exactly that. In the brief two minutes each is allotted, they describe how they care for their pets and how their pets care for them. Talk about a daunting task!

I’m so glad we’ve had so many pet owners rise to the challenge over the years, though. I realized this year that during my tenure as Radish editor I’ve met every one of our Pet of the Year winners — Bear, Jazzy, Lucie, Macs, Sasha, Gracie and now Jake — and almost every entrant. It’s a privilege. Each of their stories has something special about it, a heartwarming mix of how these pets and pet owners found each other and how, together, they’ve flourished.

In every truly healthy life there is a constellation of relationships that sustain us, body and soul. The affection we share with our pets is one such relationship. So are the bonds we have with our family, friends and neighbors. But we’re also sustained by the connection we feel to the places where we live, the work we do, the things we grow and even the food we eat. This month in Radish, as every month, you’ll find stories that explore all these relationships — each a wonderful reminder of the abundance that fills our days.

— Sarah J. Gardner
editor@radishmagazine.com
[Facebook.com/EditorSarahJGardner](https://www.facebook.com/EditorSarahJGardner)

Radish
HEALTHY LIVING FROM THE GROUND UP
Number 8, Volume 11
August 2015

Gerald J. Taylor
PUBLISHER

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

Val Yazbec
CHIEF REVENUE OFFICER

Terry Wilson
NICHE PUBLICATIONS DIRECTOR
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

George Rashid
ADVERTISING EXECUTIVE
(309) 757-4926

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

Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for \$19.95 for one year (\$29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. No part of this publication may be reprinted or otherwise reproduced without written permission. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines, visit www.radishmagazine.com.



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

the grapevine

From our readers

Hitting pause (July 2015): "Sometimes learning the hard way helps hard wire lessons in our memories! Great article! Thanks for sharing!"

— Tony C.

Beg Your Pardon

In the July 2015 article "Read the Rocks," the name of the Fryxell Geology Museum at Augustana College was misspelled. We regret the error. You can learn more about this museum, named after Dr. Fritiof Fryxell, by taking a virtual tour at augustana.edu/student-life/virtual-tours/museums.



We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the:

- **LeClaire Riverfront Farmers' Market**, 11 a.m.-4 p.m. Aug. 1, MindFire lot, 126 S. Cody Road, LeClaire, Iowa.

- **Western Illinois University Allison**

Organic Research Farm Field Day and Illinois Organic Growers Association Organic Fest 2015, Aug. 13, Dakin and Allison Farms, Warren County, Illinois. Visit illinoisorganicgrowers.org for more information.

- **International Taste of the Quad Cities Celebration**, 5-7 p.m. Aug. 22, Rivermont Collegiate, 1821 Sunset Drive, Bettendorf.

To discover more upcoming events of interest, see the events calendar on the Radish website, radishmagazine.com.

Radish reads: Versatile cookbook serves up recipes easily adaptable to many greens

Mini-review: "Let Them Eat Kale! Simple and Delicious Recipes for Everyone's Favorite Superfood" by Julia Mueller (2014, Skyhorse Publishing)



Submitted

Cookbook author Julia Mueller wrote about kale for two reasons: to expand her culinary palate and as a cheap method of eating a healthy super food in a variety of ways. Her book explores varieties of kale, nutrient value, and versatility of uses in addition to different cooking and preparation methods. Her enthusiasm for the vegetable is evident throughout the book.

The recipes are clearly written, easy to follow and appealing. It was difficult to choose a few to try as everything looked good, but I found the roasted garlic kale hummus was quick to prepare and worked out nicely. Many recipes are suitable for vegans and vegetarians without needing any adaptations. Mueller also covers a breadth of cultures including Indian, Mexican and American cuisine.

A strength is the scope of the cookbook. Although smoothies that use the kale stems would need the kale, some of the recipes could work with another leafy green vegetable as a substitute. That was unique and terrific.

— Alice G. Simmons, Muscatine, Iowa



Turning 65 or new to the area?

Come to a FREE Health Alliance Medicare seminar

We'll walk you through our Medicare Advantage plans in person. Learn how we can save you money and provide one easy-to-use package for your medical, prescription drug, dental and vision care needs.

Tuesday, August 18, 2 p.m.

GMC Silvis - Larson Center
855 Illini Dr., Silvis



Call us today to reserve your spot. 1-888-382-9771
or TTY 711 from 8 a.m. to 8 p.m. weekdays

* A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-888-382-9771.

Health Alliance Medicare is an HMO and PPO plan with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal.

med-ageinsemad-0515 | Y0034_15_28225

Join us at the **QCA's Newest Farmer's Market**
in beautiful downtown **LeClaire, Iowa.**

Saturdays 11am-4pm
thru October 25

MindFire Building
126 S. Cody Road

FRESH LOCAL FOOD

LIVE MUSIC DEMOS

ARTISANS TREATS

FARMERS

KIDS

PRODUCE

COMMUNITY



August 15th:
No Market due to Tug Fest



www.visitleclaire.com • 563-289-4242 x1135



2015

8 15 2015

FLOATZILLA

MISSISSIPPI RIVER  QUAD CITIES, USA

\$25 PER PADDLER INCLUDES REGISTRATION, GROUP PADDLING T-SHIRT, BOAT DECAL, PARKING & SHUTTLES.

JOIN THE LARGEST GATHERING OF CANOES AND KAYAKS ON THE MISSISSIPPI. THE DAY STARTS EARLY IN THE MORNING WITH GROUP PADDLING ON THE RIVER FOR ALL SKILL LEVELS. MEET AT LAKE POTTER & SUNSET PARK IN ROCK ISLAND, IL FOR A GROUP PHOTO AND ATTEMPT AT THE WORLD RECORD FOR THE LARGEST RAFT OF CANOES AND KAYAKS

NEW CONTESTS THIS YEAR SPONSORED BY ACTIVE ENDEAVORS FOR THOSE AMONG YOU WITH A LITTLE EXTRA INSPIRATION! CATEGORIES INCLUDE: • BEST BOAT DECORATION • BEST COSTUME • BEST GROUP THEME • LONGEST BOAT WINNERS WILL RECEIVE A \$75 GIFT CERTIFICATE FROM ACTIVE ENDEAVORS! CONTACT NSIPES@RIVERACTION.ORG TO ENTER.

MARK YOUR CALENDARS!



DON'T HAVE A BOAT?
FIND RENTAL INFO AT
FLOATZILLA.ORG

LEARN MORE AND REGISTER TODAY AT
FLOATZILLA.ORG

LAUNCH FROM FIVE SITES
IN IOWA AND ILLINOIS

"If you never did, you should. These things are fun, and fun is good." Dr. Seuss

healthy living from the ground up

features



6 Gentleman Jake
2015 Radish Pet of the Year is a kindly service dog.

16 City walks
The pleasures of ambling along, right where you are.

22 Wild Woods Farm
Solon veggie farm brings grower back to her roots.

in every issue

2 from the editor

3 the grapevine

on the cover



Jake, the winner of the 2015 Pet of the Year contest, at his home outside Blue Grass, Iowa. (Photo by Todd Welvaert / Radish)

departments

8 outdoors
Paddle on! World record or no, Floatzilla offers plenty of fun.

10 health & medicine
Health care 411: What teens need to know before leaving for college.

12 food
Bircher muesli: An easy bowl of oatmeal that keeps its cool.

14 environment
More ticks and ivy? Climate change likely connected to spread of pests.

18 gardens
Unexpected edibles: Common garden weeds may be blessings in disguise.

20 eating well
Panzanella: 'Waste not, want not' was never more delicious.

26 eating well
Great grilling: Local meat vendors build a better bratwurst.

30 health & medicine
Antibiotic use for livestock and its impact on human health.

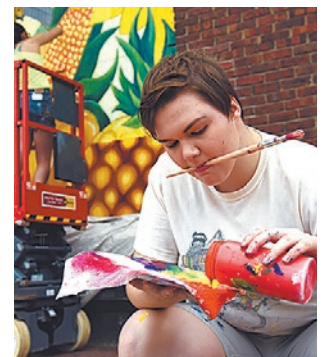
32 food for thought
Yes you can, How we talk to ourselves can make a difference.



radishmagazine.com

Notice something new while shopping at the Freight House Farmers' Market last month? Bright murals depicting veggies, fruits, flowers and farmland were painted on five of the doors facing River Drive as well as behind the stage area. The colorful creations were the work of students employed through the Quad City Arts Metro Arts Summer Youth Employment Program.

Visit radishmagazine.com where you can see a video of the young artists hard at work on the murals and hear what they have to say about their experiences at the Freight House.



pet of the year

Gentleman Jake

2015 Radish Pet of the Year is a kindly service dog

By Sharon Wren

For Dr. Wayne Sliwa of Blue Grass, Iowa, the relationship he has with his chocolate Labrador comes down to one simple idea: “Jake and I have a partnership. Partners mean we give to each other and we work together.”

And work together they do. Jake is a trained service dog who assists Sliwa in a variety of ways. “He picks things off the floor or gets things for me so I don’t have to get up,” explains Sliwa. “If I have get down, I can ask Jake to ‘brace,’ and he will stand and stiffen and I can put my arms on his shoulders and rump and push myself off the floor. He also helps me getting out of chairs.”

Most commonly known for assisting the blind, service dogs can be trained to help human companions with a number of challenges, including hearing impairments, seizures, diabetes, psychiatric problems, pain and many other medical disorders. For Sliwa, Jake’s assistance is invaluable in helping him cope with mobility issues, the result of a condition requiring back surgery 10 years ago.

Sliwa needed a prescription to get Jake, just like prescriptions are needed for wheelchairs — and Jake needed special training, about 1,000 hours in all. Sliwa and Jake worked with a training program through the Disability Assistance Dogs in Milan to earn Jake’s certificate.

With that training and Sliwa’s prescription, Jake is able to accompany Sliwa in public places as established by the Americans with Disabilities Act. There are limits as to where Jake

has the right to be, though, which is a common source of confusion, says Sliwa. “I’m not automatically allowed in private homes with Jake without permission. He can go to public places with me, such as a restaurant, but not into the kitchen. That’s not a public part of the business.”

One of the places Jake does go is Sliwa’s office, where he is able to assist with day-to-day tasks. Sliwa says with commands like “take” and “hold” and “give,” he can ask Jake to “give something to Mom or my secretary and he will give it to the person I ask. He’ll take a book, a phone, a remote, papers, letters, and so on.”

Jake is also trained as a therapy dog, which is different from being a service dog. Whereas service dogs perform specific tasks, therapy dogs are trained to visit a variety of people in different settings for the purpose of providing comfort or cheer. Unlike service dogs, therapy dogs do not have public access rights covered by the ADA. Owners must get permission from a public facility before bringing in their therapy dogs.

For Sliwa, who works as a psychologist, taking Jake to the office works for both him and his patients, especially children. “He gives a lot of comfort to patients. He’ll look at me first, and I’ll give him permission and then he’ll go to them. If patients won’t talk to me, they’ll talk to Jake.

“When humans are near animals, they’ll have a higher level of oxytocin in their brain,” explains Sliwa. “They’re extremely giving animals, but all Jake wants is more treats.”



Dr. Wayne Sliwa and his dog Jake at their home outside Blue Grass, Iowa. (Photos by Todd Welvaert / Radish)

The home Jake shares with Sliwa and his wife Carrol was not his first. "We got him at the Quad City Animal Welfare Center in Milan. We got him on Nov. 17, 2012, and we think he was about 3 years old when we got him."

It was Carrol who saw something special in Jake. She was volunteering in the post-operative part of the shelter on the day Jake was neutered. There was just something about the way he looked at her, she says, that make her call up her husband and say she thought this was the next dog for them.

But it wasn't an easy transition at first. "Two or three months after we adopted him, he became lethargic, and the vet said he had Lyme and heartworms," says Sliwa. "The vet said there's a waiting time before those diseases show up, so he must have gotten them before he came to the shelter because they didn't show up on their tests. He had to be confined for months on a leash because they were worried heartworms could work loose and cause a heart attack."

That wasn't the end of Jake's troubles. "He appeared to have been abused at some point; any harsh words caused him to cower. Even now I have to be careful, but now he's doing very well," Sliwa says.

Fortunately, Jake made a complete recovery and Sliwa says they makes sure he stays in good shape. "We go in for Lyme tests every four months to make sure he's healthy and to check for heartworms. He's also on a flea and tick medication schedule.

"We have blood work done on him to make sure he's healthy and to make sure he doesn't get overweight. Labradors are very food motivated; they like to beg so we have to watch his diet," Sliwa explains. "I feed him Nutro, which has salmon and peas. It's grain free and has lots of omega-3 for his coat."

It also helps that Jake is able to get plenty of fresh air and exercise at home, including one of his favorite

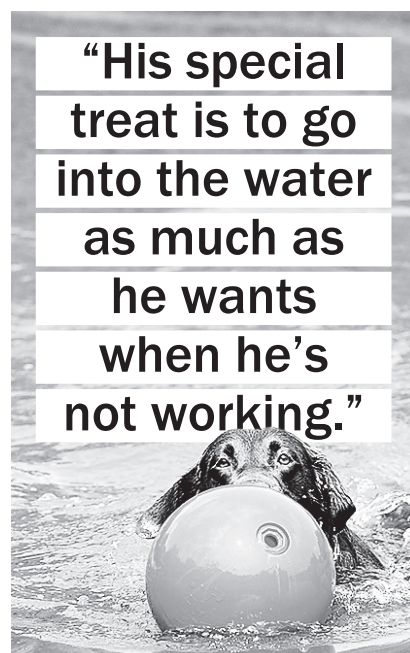
treats, swimming in his backyard pond. With trained dogs like Jake, Sliwa explains, "you need to work the tasks that the dog does so he doesn't forget. Walking is part of his exercise, and his special treat is to go into the water as much as he wants when he's not working."

All that time in the water has an unexpected benefit for his human companions, who don't have to work to keep the pond free of debris. Jake has that task covered. "If there's something in there, like a stick, he'll pull it out and put it on the shore. ... We do a lot of retrieving work," says Sliwa.

The result has been a great partnership for dog and human companions alike. And all the care they've invested into Jake's health has a clear payoff, Sliwa says. "The fewer illnesses he has, the longer he'll be my service dog."

It's a win for everyone. As Carrol wrote on the entry form for the Pet of the Year contest, "Everyone loves Jake and he loves everyone back. He is a rock star."

Sharon Wren is a regular Radish contributor.





the BEST of IOWA

Voted the best Farmers Market in Iowa!

Chauncey Swan Ramp
400 block of E. Washington St., Iowa City
Wed. evenings 5-7 pm | Sat. 7:30 am - noon

Iowa City Mercer Market
1317 Dover Street
Tuesdays 3-6 p.m. • May through October

For information contact: Cassidy Bell: 319-321-1958
cassidy.theavacentre@gmail.com

The Avacentre
Event Services
Market Management



MEET SYLVIA

Finding it hard to stick to those New Year's Resolutions?

Make a permanent change – with Hypnosis
Call Today for your **FREE** evaluation!

SYLVIA RUNKLE

THE HYPNOTIST • COACH • TRAINER
Who helps you move from where you are now,
to more than you dreamed.

309-716-2111 **SylviaRunkle.com**



greatest grains

**"We Are Health Minded
With Your Health In Mind."**

1600 N. Harrison St.
Davenport, IA 52803
(563) 323-7521

The Quad Cities Largest & Most Complete Natural Lifestyle Market
Bulk Foods | Vitamins & Supplements | Health & Beauty Aids
Housewares & Gifts | Organic Fruits & Vegetables | Cheese

Back to School Gluten Free Specials

Kind Clusters



6 Flavors on Sale
\$4.99
Reg. \$6.69

Nature's Bakery Fig Bars



4 Flavors on Sale
4/\$3
Reg. \$9.99

www.greatestgrains.com

Follow us

@GreatestGrains

Mon-Fri 9am - 8pm
Sat 9am - 7pm
Sun 10am - 7pm



outdoors

Paddle on!

World record or no, Floatzilla offers plenty of fun

By Chris Cashion

For many, the rewards in life are in the journey — and for the participants of the annual paddlesports event known as Floatzilla, that couldn't hold more true.

Every year, canoe and kayak paddlers flock to the area in an effort to break a world record for the largest number of kayaks and canoes assembled together in a mass raft. They've come close in the past, falling just a few boats short.

For true enthusiasts of the sport, such as Kendall Davis, breaking the record would be a nice bonus, but it's not why he's there. Instead, it's all about the journey along the river. "It would be cool if it happened, but I plan to participate no matter what," he says. "I just like the camaraderie. We enjoy floating with our friends and the party atmosphere of the event. We have a neighbor who also comes along just to sit by the lake and have a picnic with us. It is a very nice family event."

Kendall, a Rock Island resident, has been a part of the event since 2010 and participates with his wife, Sharon. "We also convinced our friends from north and west of Madison, Wisconsin, to come join us. They drive down to stay the night with us and float down from Empire Park to the rendezvous at Lake Potter. They have been doing this for a few years now," says Kendall.

They aren't the only ones to get in on the fun with Kendall and Sharon. "We also have a couple Dachshunds that enjoy riding on the bow of the kayak. I made carpeted platforms for them that help keep them from falling in. They sometimes jump in anyway. They have their own PFDs with lift handles for easy retrieval," he says. "Yes, we all get a little soaked on this venture."

Paddling along the Mississippi also offers its own rewards, offering sights you probably wouldn't see otherwise, explains Kendall, who particularly enjoys paddling through Lock and Dam 15. "It is always impressive to see the lock function and to see a couple hundred kayaks in the lock ... then the mass of kayaks being released," he says.

"I really have enjoyed seeing all the kayaks and canoes on the river," says Kendall. "Everyone seems to have a good time.

It makes me happy to see such an interest in personal boating take hold in the Quad-Cities."

Kendall likes to add a little extra fun ... and challenge ... to the event, as well. "I also bring along a few plastic or foam boomerangs to try my skill from the boat. This generally makes for a bit more paddling and a little more water in the craft," he says.

Kendall's kayaking career actually began with the 2010 Floatzilla. He bought his first kayak just so he could be a part of it. The year after that, Sharon got a kayak, and the two have participated in Floatzilla ever since.

Kendall says his kayak got him into the sport for a small investment, and his entry into Floatzilla soon blossomed into entries into other paddling events, giving him an outlet for some of his other outdoor interests. Meanwhile, he credits some of his other hobbies like disc golf and throwing boomerangs with keeping his arms in shape for his paddling pursuits.

You can check out the Davis' kayaks — and all of the other canoes and kayaks — at this year's Floatzilla, sponsored by River Action. It will be held Aug. 15 and begins at 7 a.m. Or, better yet, join in the fun.

Registration for the event costs \$25 if made by Aug. 13 and \$30 after that. You can sign up online and find information about launch sites for the event at floatzilla.org.

Chris Cashion is a writer on staff with Radish.



Don't Let Basement and Foundation Issues Scare You Away from Your *Dream Home!*



Purchasing older homes for their character and beauty sounds wonderful, but in reality the work associated with them can be scary. Items of timeless beauty often sit on top of sinking or shifting foundations. The basement is so often the deal breaker.

Don't worry, solutions exist for these issues. Whether cracks, water issues, bowing walls, or other concerns, the professionals at MidAmerica Basement Systems can diagnose your issues and customize a solution. With a warranty that is good for the life of your home. Don't let an issue with the basement or foundation stop you from having that classically charming house you've always wanted!

Our estimates are always FREE!

MidAmerica Basement Systems has been locally owned and operated for over 25 years. In 2014, MidAmerica Basement Systems received the Better Business Bureau's Integrity Award. The award is given to a market role model who signifies trust, reliability and ethics, and shows integrity throughout their business practices.

Howard Tatge, and the team at MidAmerica Basement Systems are proud to be a part of the community. Serving our friends and neighbors with the quality customer service we would want for ourselves.

MidAmerica Basement Systems
Basement & Foundation Specialists

1-866-855-2390

www.mabasementradish.com



Friday, Sept. 4th
Everything is
Open 10-5 **25% off!**

CLOSED Saturday, Sept. 5th

Habitat for Humanity
 QUAD CITIES
ReStore

Habitat for Humanity
 QUAD CITIES
ReStore
HEALTH & HOME

563-391-4949

www.restoreqc.org

MISSISSIPPI VALLEY REGIONAL BLOOD CENTER



 **Give Blood!**

**All presenting donors through September 5
 will be entered to win this 2015 Jeep Patriot!**

Details at www.bloodcenter.org/win

Provided with support from Ron's Toy Box.

health & medicine

Health care 411

What teens need to know before leaving for college

By Laura Anderson Shaw

For the last 18 years or so, you've been the keeper of the thermometer, the dispenser of the over-the-counter fever reducers, and when you've needed to, the reminder to take the twice-a-day, finish-the-whole-bottle antibiotics.

So what happens when your not-so-little one is heading off to college? Whether they're traveling to the next town over, across the state, or to the other side of the country, they won't always have you with them in the doctor's office. That means leaving for college also means learning to take charge of their own medical care.

How can you help? For starters, says Dr. Bindu Alla, a family practice physician with UnityPoint Health — Trinity in Moline, make sure your teen has an insurance card to take with him or her. Alla says calling the customer-service number on the back of the insurance card will help you find clinics and hospitals in specific towns that are covered by the company. Then, teens can add the information, including the address and phone number of the clinic, into their cell-phones so they have it available when they need it.

Prior to being sent off to college, Alla recommends parents schedule a physical for their teen with their pediatrician or their primary-care physician. Here, teens can get a copy of their immunizations and speak with their doctor about whether they need to set up a primary care physician in their college town, especially teens with chronic diseases such as asthma, hypertension or diabetes who might need frequent visits.

"It all depends on (the) severity of the disease," Alla says. If it's well-controlled, she says, the teen can continue to travel to their hometown as needed for visits. If not, "it is advised to have someone there locally ... just in case of emergencies."

Alla says a lot of the time, college students might not recall half of what is "going on," she says. Teens should be aware of all of their allergies to foods and medications, prior procedures and infections, the medicines they currently are taking, and more. Students also may load this information into their smartphones, Alla says, perhaps in a note app, and when the time comes, physicians may read the information directly off their phone. There also are apps specifically designed for this purpose, Alla says.

For treatment facilities, Alla says students often will learn about whether there is a health center on campus at college orientation, and if so, what types of treatment it covers. If the college does not have a health center, students may learn about area walk-in clinics, which even may be listed on the college's website.

You also can speak with your teen about whether they will need to take a copay to their visits, or whether the office will send the bill home to be paid.

Some places — including UnityPoint — may offer "virtual care," Alla says, where teens — and anyone, really — may speak with health care providers 24/7 and get advice on minor issues like rashes and colds.



iStockphoto

"It's almost like Facetime," Alla says, adding that teens can get the advice they need without leaving their dorm rooms. Look into services such as this through hospitals and clinics in the college's town ahead of time, Alla says, to be sure the service is covered by insurance, and if it is, to set up an account.

When it comes time to see a doctor, Alla suggests telling teens to write down the questions they have and bring the list along. She says patients of all ages often say they had a question but they can't remember what it was, and it becomes a "guessing game." Making a list of questions beforehand will ensure your teen doesn't leave the office before they have the chance to ask.

Alla says also to check with your teen's current doctor about whether they offer any sort of virtual care. She says her patients have access to their medical records — including lab work and medication lists — online. They also may contact the office with questions via email.

While teens should be advised that it's OK to ask questions, you also should let them know that it's OK to ask for clarifications. If a doctor has given instructions or a diagnosis they do not understand, Alla says to say something along the lines of, "I don't understand exactly what you mean. Could you explain it again?"

It's as good a reminder for parents as it is for teens.

Laura Anderson Shaw is a writer on staff with Radish.

ARE YOU LOOKING FOR HOLISTIC, BIOLOGICAL, OR ALTERNATIVE DENTISTRY?



Larry Hanus, D.D.S. Family Dentistry

Dr. Hanus encourages you to take an active part and educate yourself about dentistry and its impact on your total health.



- Safe Removal of Mercury Fillings
- Metal-free Composite Restorations
- Integrating Dental Health With Whole Body Health

**ACCEPTING
NEW PATIENTS**

2401 Towncrest Lane., Iowa City, IA **319-512-5655**

WWW.IOWAMERCURYFREEDENTISTRY.COM

Appliance Repair

Better for You & The Environment!

Our repair technician has over 40 years experience, and can help you save money and the environment by keeping your appliances up and running - not in the landfill



GARY POND Appliance Repair

The Tradition Continues

Coin Laundry Services
40 Years Experience

309.737.1664

Need to finish your degree?

Why wait? Call today!

For Comprehensive consumer information visit
www.davenport.kaplanuniversity.edu

(563)355-3500

Western Illinois Area Agency on Aging and Disability

Resource Network

Helping You Protect Your Medicare

Your Medicare is important to you. Making decisions about your Medicare can be difficult as you often have many options from which to choose that can be confusing and a bit overwhelming. The last thing you need is someone taking advantage of you through Medicare Fraud. WIAAA promotes the Senior Medicare Patrol (SMP) program which provides tips to help you avoid and detect fraud. Some of those tips are:

- Read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) notice to ensure you are being billed correctly for the service you receive. Report errors and suspicious charges.
- Never provide your Medicare or Medicaid number (or any part of it) unless you know who you are dealing with.
- Never accept medical services, supplies or equipment from someone on the phone, a door-to-door sales representative, or a TV or magazine ad.
- If a caller tries to threaten or pressure you into something, hang up the phone.
- Do not let mail sit in your mailbox for more than one day.
- Avoid people who tell you that an item or service is not usually covered by Medicare or Medicaid but they can bill for it differently to get paid.

***WIAAA is always happy to answer
individuals' questions by phone.***

Please contact us at: **309-793-6800** or **800-322-1051** and be sure to visit our website to learn more about the Senior Medicare Patrol program at: **www.wiaaa.org**.



food

Bircher muesli

An easy bowl of oatmeal that keeps its cool

By Sarah J. Gardner

Usually, the kinds of things I bring back from camping trips are photographs and bug bites and maybe a few funny stories about mistaking some rustling in the underbrush for being a much larger animal. (Seriously, what is it about a little leaf litter that makes a squirrel sound hulking and ferocious?)

But every so often I get inspired by the experience to do something at home that I normally associate with spending a weekend in the woods. Such is the case with Bircher muesli, a breakfast I have dined on many mornings after crawling out of a tent.

In all the years I've eaten Bircher muesli — stretching way back to my youthful days at summer camp — I've thought of it less as a “dish” than as a technique, one that allows you to have breakfast waiting when you awaken in the morning without having to get a fire going or ignite a stove. The night before, you simply put oats in water or juice. Maybe, if you've got it, you toss in some dehydrated fruit. Then you leave it to soak, and in the morning you eat it.

It's probably not all that shocking that, sitting with my cold bowl of muesli in hand, I've not previously thought, “Hey, I should totally do this at home!” Imagine my surprise, then, to find out that other people do — and not only that, they think of it as a delicious breakfast, not a campsite convenience.

That's because Bircher muesli didn't originate on the trail at all, but in the kitchen of an early 20th century Swiss physician, Dr. Bircher-Benner, who developed it as a healthful, restorative breakfast for his patients. His technique was the same — soaking oats overnight — but he used a lot less oats and a lot more fruit, along with nuts and cream. The good doctor saw it as a way to get more raw fruit into the daily diets of his patients.

In the hundred years since, variations on this dish have proliferated. A quick search online will yield recipes featuring combinations of pears and cinnamon, pistachios and spiced apples, peaches and blueberries — how many different ways can you say yum? Other variations soak the oats in yogurt or sweeten them with honey or agave syrup.

The treasure trove of recipes was an exciting discovery for me, and not just because of my fondness for camping. Bircher muesli, in all its forms, adds up to a great way to get a nutritious, fiber-filled breakfast, one that's ready to eat first thing in the morning when caught in the back-to-school rush. It's also an easy way to get more oatmeal on the menu at a time of year when standing over a hot stove or eating a steaming bowl of breakfast doesn't have a lot of appeal.

And, with no pot to scrub, did I mention clean-up is a snap?

Sarah J. Gardner is the editor of Radish.

Back to School Bircher Muesli

1 cup old-fashioned or rolled oats
¾ cup milk or dairy substitute
3 tablespoons apple juice
Juice of a small, fresh lemon
1 apple, cored and diced
¾ cup plain yogurt
Dash of cinnamon
¼ cup dried cranberries
¼ cup chopped pecans or walnuts
Drizzle of honey, to taste (optional)

In a mixing bowl, combine oats, milk, apple juice and lemon juice. Place bowl in refrigerator and let stand overnight. In the morning, remove from fridge and stir in chopped apple, yogurt, cinnamon, cranberries and nuts. Divide between two breakfast bowls, drizzle with honey, and serve.



Todd Welvaert / Radish



K9 MASSAGES

Pamela Fisher, CCMT
Certified Canine Massage Therapist

Whether your dog is a puppy with boundless energy, or middle aged with a few aging issues, or elderly needing comfort,

a therapeutic massage provides a wonderful natural and wholistic approach to health and balance for your dog!!

Quality Compassionate Massage for your Dog

QC K9 MASSAGE

2640 16th Street, Moline

309.738.7380  www.pamfisher.com

\$30
Special
thru 8.31.15

TWO RIVERS MASSAGE

1411 6th Avenue, Downtown Moline

www.tworiversmassage.com

Since 1999 - Celebrating 16 Years

FAMOUS FOR OUR

**ONSITE CORPORATE CHAIR MASSAGES
& COUPLES MASSAGES**

We also offer

Relaxation • Therapeutic
Deep Tissue • Sports
Pre-Natal • Foot
Head, Hands & Feet
Bamboo Fusion

Massages by Appointment
309.797.3529



Pamela Fisher,
NCLMT

What Are You Putting on Your Skin & Hair? Wondering if Your Vitamins & Supplements are Absorbing?

Visit Our Reference Desk & Talk With Our Knowledgeable Staff!

Shop the Quad Cities Premiere Health Food & Natural Products Store!!!

Beyond Beef
Crumbles

• 100% Protein!

\$5³⁹

11 oz

EVERYDAY!



EVERYDAY LOW PRICES
ON GROCERY ITEMS!

Select
GT Kombucha

\$3⁹⁹



AUGUST SALES!

Essentia
Electrolyte
Enhanced
Water

\$1⁶⁹

1 ltr



Green Valley
Organics
Organic
Lactose Free
Kefir

\$4⁹⁹

32oz



New Chapter
Wholemega®
Whole Fish Oil

\$21⁹⁹

60 ct



R.W. Knudsen
Pineapple
Coconut
Juice

\$2⁶⁹

32oz



Acure
Shampoo

\$7⁹⁹

8 oz



Zevia
Zero Calorie
Soda

\$3⁹⁹

6/12 oz



Natural Vitality
Natural
Calm

\$14⁹⁹

8 oz



Natural Factors
Vitamin C 500mg

Blueberry, Raspberry
and Boysenberry

\$9⁹⁹

90 ct



Sambazon Organic
Acai Berry
Superfruit
Packs

\$5⁴⁹

4/3.53 oz



HERITAGE



"We Want to Make Your Health Shine"

**Grocery - Produce - Bulk Foods
Vitamins & Supplements - Health
& Beauty - Household Supplies**

1317 6th Ave., Moline 3875 Elmore, Davenport
309-764-1912 563-344-2100
Monday-Friday 10am-6pm Monday-Friday 10am-7pm
Saturday 9am-5pm Saturday 9am-5pm
Like us on Facebook!

environment

More ticks & ivy?

Climate change likely connected to spread of pests

By Dennis Moran

There's no question that cases of Lyme disease — the most common tick-borne malady — are on the rise in the Midwest. According to the Centers for Disease Control, confirmed cases have more than tripled between 2004 and 2013 in both Illinois and Iowa, to 337 and 153 confirmed cases, respectively.

The rise coincides with the increasing range of the blacklegged tick, also called the deer tick, which carries the bacterium that causes Lyme disease. This tick first appeared in the Midwest in the late 1960s and was first reported in Illinois in 1988, according to Brian Allen, a University of Illinois entomologist who studies the spread of ticks and also the effects of landscape change on the spread of tick-borne diseases.

The blacklegged tick is now established in more than a third of the counties in Illinois and Iowa, according to figures from both states, predominantly in northern Illinois and eastern Iowa, and including much of the Quad-Cities region.

Although not all blacklegged ticks carry the pathogen, “there are more people at risk of exposure to Lyme disease because both the tick and the pathogen that cause Lyme disease have spread to new areas,” Allen says.

And climate change is probably a significant factor in the tick's spread, he

says. He cited data from Richard Ostfeld, a prominent disease ecologist in the Northeast, where Lyme disease is also becoming much more prevalent, that show tick activity occurring earlier in the year over the past decade.

“That is consistent with the hypothesis that climate change is causing earlier and warmer springs, and the result that tick season starts earlier than it has in the past,” Allen says.

Last year, the third National Climate Assessment, an extensive peer-reviewed report by prominent climate scientists that details specific regional climate changes and their consequences for public health and other areas of concern, stated that the “development and survival of blacklegged ticks, their animal hosts and the Lyme disease bacterium ... are strongly influenced by climatic factors, especially temperature, precipitation and humidity.”

And according to the U.S. Environmental Protection Agency, “Lyme disease may be useful for understanding the long-term effects of climate change on vector-borne diseases because shorter-term variations in weather have less of an impact on ticks than on other disease vectors such as mosquitoes.” In other words, the occasional late spring is not a disaster for blacklegged ticks, but the overall trend toward early springs helps them thrive.

A main trigger of climate change and global warming is the ongoing increase of carbon dioxide (CO₂) in the atmosphere. More CO₂ means more food for plants — particularly weeds like poison ivy, according to Ray Wolf, science and operations officer for the National Weather Service at the Quad Cities Forecast Office. He is also a Scott County master gardener for the Iowa State University Extension.

“Weeds seem to preferentially take advantage of higher CO₂ levels than agricultural crops,” Wolf says.

And that means, among other things, more vigorous and much stronger poison ivy. Wolf pointed to a U.S. Department of Agriculture study by Lewis Ziska in 2007 that showed that as CO₂ levels rise, many weeds become not only more vigorous but with changed chemical compositions. For poison ivy, that means a more virulent form of urushiol, the oil that causes those nasty rashes.

These factors simply underscore the need to take precautions when hiking in wooded areas — stay on trails, know how to identify poison ivy, use an effective insect repellent, and check yourself for ticks.

According to the CDC, “in most cases, the tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted.”

“I'd suggest that the most effective strategy for protecting yourself against tick-borne diseases is to check yourself for ticks after you've spent time in the outdoors,” Allen says. “Remove them before they've been on you for very long, the risk is quite low.”

Dennis Moran is a regular Radish contributor.



Join Us On the Road to Energy Independence



E85
85% Ethanol

Gold Star FS / FASTSTOP

E-85 – available at 3 area locations
1601 1st Avenue, Silvis, IL Rt. 30, Morrison, IL
I-80 & R. 78, Annawan, IL
www.goldstarfs.com

*Good for the Environment – Good for your Budget!
Pay at the Pump – All major Credit Cards Accepted*
E-85 IS FOR USE IN FLEX-FUEL VEHICLES ONLY

Teacher Training beginning in August!

New Weekly Aerial Yoga Class Added!

We offer ALL levels of classes!
Davenport & Bettendorf Locations

Teacher Training • Yin Yoga • Aerial Yoga



The Quad Cities Largest & Original Yoga Studio



421 Brady Street, Davenport, Iowa
563-322-5354

www.DavenportSchoolOfYoga.com

I Will Sell You A Lemon... (And You'll Thank Me!)



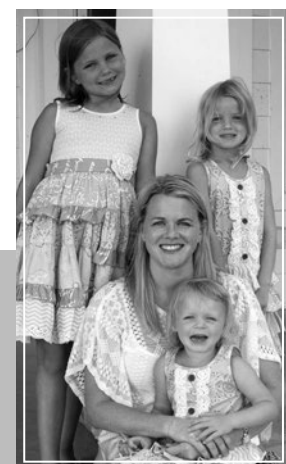
Lemon oil is a cleansing agent that purifies air and disinfects surfaces. It has also been shown to improve mood and cognitive ability.*

Please email me for more information
on natural oils.

* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Abby Petersen, RN

Natural Wellness Consultant
abbypetersen3@gmail.com



HyVee®

Crunchy Granola Wedges

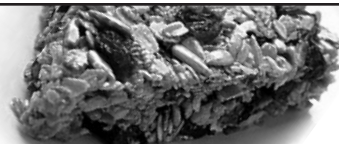
Serves 8

All you need:

- 1 cup rolled oats
- 1 cup wheat flakes (see Shopping Tip)
- 1 cup sunflower seeds or chopped nuts
- 1/2 cup honey
- 1 cup dried cranberries
- Pinch of salt

All you do:

1. Preheat oven to 400°F.
2. Spread oats, wheat flakes and seeds (or nuts) on a baking sheet. Bake until fragrant and starting to brown, about 10 minutes.
3. Coat a 9-inch pie pan with cooking spray. Cook 1/2 cup honey in a large saucepan over medium-high



heat, without stirring, until large foamy bubbles form and it starts to darken at the edges, 2 to 4 minutes. (The bubbles will start out small and increase to about 3/4 inch or larger when the honey's done.)

4. Immediately pour the toasted oat mixture into the honey, add cranberries and salt and stir until completely coated. Quickly press the granola into the prepared pie pan using a heat-resistant spatula coated with cooking spray. Let cool for 30 minutes. Cut into wedges and transfer to a wire rack to cool completely.

Nutrition per serving: 279 calories, 9 g fat, 1 g sat, 0 g trans, 0 mg cholesterol, 20 mg sodium, 47 g carbohydrates, 5 g fiber, 6 g protein Source: *Eating Well*

Services include:

- Individual nutrition counseling
- Personal shopping assistance
- Group nutrition classes and workshops
- Supermarket tours
- Monthly nutrition newsletter



Nina Struss, RD, LDN
201 W. 10th Ave., Milan
309.787.0273



Heather R. Wright, RD, LD
Locust St/Rockingham Rd.
563.324.9948



Kim Denman RD, LD
2900 Devils Glen Rd., Bett.
563.332.8496



Chrissy Watters, MS, RD, LDN
2930 18th Ave., Rock Island
309.793.0684



Alyssa Doerr, RD, LD
1823 E. Kimberly Rd., Dav.
563.359.9323



Beth Freehill, MS, RD, LD
901 S. 4th St., Clinton
563.243.6162

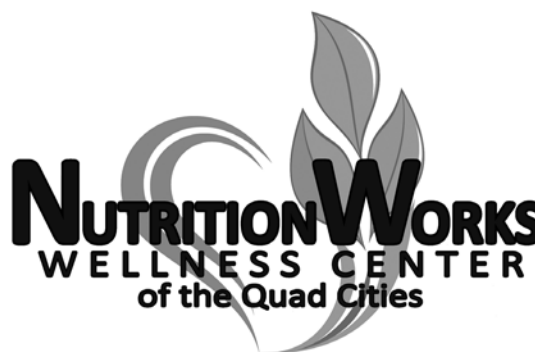


Sandy Gebhart, RD, LDN
4218 Ave of Cities, Moline
309.762.0200



Lauren Furgiuele, RD, LD
4064 E. 53rd St. Dav.
563.355.5540

Are you sick & tired of feeling sick & tired?



- Stress/Anxiety
- Weight Issues
- Digestive Issues
- Hormonal Imbalance/
Menstrual Irregularity
- And Other Health
Concerns Affecting
Both Men and Women

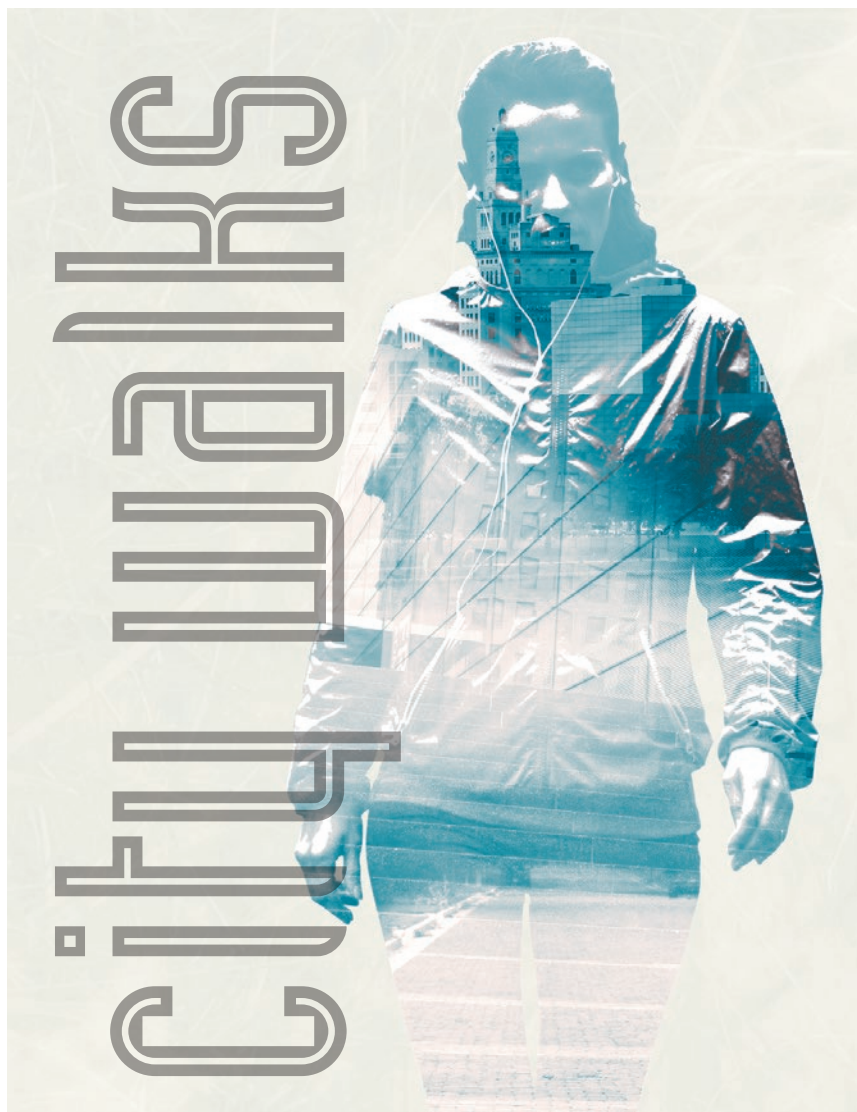
Lori Sullivan, RN, HHP

Board Certified Holistic Health Practitioner & Wellness Consultant
Clinical Master Nutrition Response TestingSM

Call to schedule your appointment today!

563.355.4864

nutritionworkswellness.com



To read the complete stories, visit radishmagazine.com

Ofentimes in articles extolling a good walk, that walk usually takes place in a park or along a scenic trail. We've printed many such articles in this magazine, too. Who doesn't love the change of pace a good nature walk offers, after all?

But the majority of the walking most of us do every day takes place a little closer to home, as we stroll through our neighborhoods or head down the street from work to get lunch — and those walks have value, too. Every step we take is a step toward the daily 10,000 steps (or roughly ½ hour spent walking) often recommended by health experts, including those at the Mayo Clinic.

Such city walks aren't just healthy for us, though. They are healthy for our streets and neighborhoods as well. As Jane Jacobs points out in her famous book "The Death and Life of Great American Cities," the more people out and about on a street, the safer that street is and the better for the businesses and people that reside there.

What's more, the best way to advocate for pedestrian-friendly cities is on your feet, demonstrating it's not just vehicles using our streets. In that spirit, we asked four Radish writers, each from a different community, to share pictures and thoughts from one of their favorite walks. Here are some of the highlights of what each had to say.

Cedar Rapids Cindy Hadish / 41°57'54.2"N 91°39'39.0"W

Czech Village is one of those rare exceptions in a city that's not known for being easily walkable.

Storefront after storefront nearly connect from C Street SW all the way to the Cedar River, a favorite fishing hole for many nearby residents, where a series of stone lions solemnly stand watch over the bridge that ties to New Bohemia on the East side.

It was the river that upended this thriving business district, when massive floods in 2008 surged through the streets, leaving water up to ceiling-high in many buildings. ...

The resilience of those business owners, fortunately, brought Czech Village back to life, with iconic shops like Sykora Bakery and Czech Cottage seeing a resurgence. While some no longer exist, others have taken their places and "The Avenue" is alive once again.





Galesburg Jane Carlson / 40°57'29.8"N 90°22'09.6"W

There is Galesburg pride and history in these streets, which I love. There is nothing better than a stroll down these streets the first weeks of spring when the neighborhood is dotted with spring blooms after a long winter or in the crisp air under a canopy of golden leaves in the fall.

But there is also the reality of hard times and the inevitability of decay, which also is a part of the city's story. Amid this gawking at century-old architectural details — which for me offers a special window to the past, given that my family has been Knox Countians since the 1850s — you'll also find not just a few abodes that have seen better days, the kind of places you could spend some time imagining what it might look like with a huge wad of cash thrown at it, or even with the help of a magic wand. To my eye, though, the eyesores only heighten the beauty of the homes that have lasted all these decades in the heart of Galesburg.

Continued on page 28

FARM-to-TABLE SEASONAL DINING

in Galesburg, Illinois

Bring this coupon for a
Complimentary Chef's Choice Dessert
with lunch or dinner and drink purchase.

Not valid with any other offer. Some restrictions apply. Exp. 11/30/15

Rental & On-Site Catering for Private Parties and Events

Lunch - Wed-Sat 11a.m.-2p.m. • Dinner - Thurs-Sat 5-9p.m.



en season

www.enseasongalesburg.com

2900 West Main St., Galesburg, IL

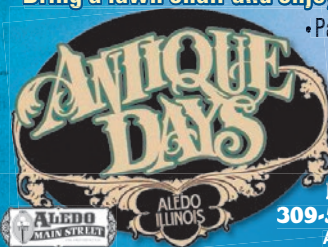
309-343-0736

www.facebook.com/enseason

AUGUST 29 > 9AM-4PM Free Family Fun Festival!

Bring a lawn chair and enjoy the festival entertainment in Central Park.

- Pancake Breakfast • Pork Chop Lunch • Food Vendors • Bake Sales
- Farmers Market • Attic Antique Appraisals • Tractor Show
- Train Club Show & Train Set Up Demonstration • Car Show
- Pioneer Demonstrations • Live Music • Kids Activities
- Friends of the Library Book Sale • Antique Market



For more information call Aledo Main Street
309-582-2751 or go to www.aledomainstreet.com
Aledo, Illinois — Great Shops, Great Dining, Great Life

2015 WIU ALLISON ORGANIC FARM FIELD DAY

THURSDAY, AUGUST 13TH
at the Dakin and Allison Farms in
Warren County, Illinois.

• Presentations • Lunch • Tours

Topics include:

- New Opportunities in Organic Farming
- Generation Organics on a Multi-Generation Farm

Free & Open to the Public | Please Register

AW-Clayton@wiu.edu (217) 322-2639

wiu.edu/ag/organicfarm



gardens

Unexpected edibles

Common garden weeds may be blessings in disguise

By Sarah J. Gardner

Brian McMaster is a man who describes himself as “having had gardens off and on for most of my life.” And from that experience he knew what those gardens should look like: tidy plots of vegetables planted in rows that were kept neatly weeded.

But then he found himself working with gardeners who had emigrated from Africa, Myanmar, Nepal, and Central America in the International Gardens in Rock Island. McMaster, an elder at Broadway Presbyterian Church in Rock Island, which assists with the garden, found himself fielding complaints from people who drove by the plots and perceived them as overgrown with weeds.

What passers-by saw as weeds, though, the gardeners knew to be beneficial plants for their gardens — some because they were edible and nutritious, some because they served as companion plants that helped with pest and moisture control, some that were both. It was, McMaster says, simply a “difference in perception.”

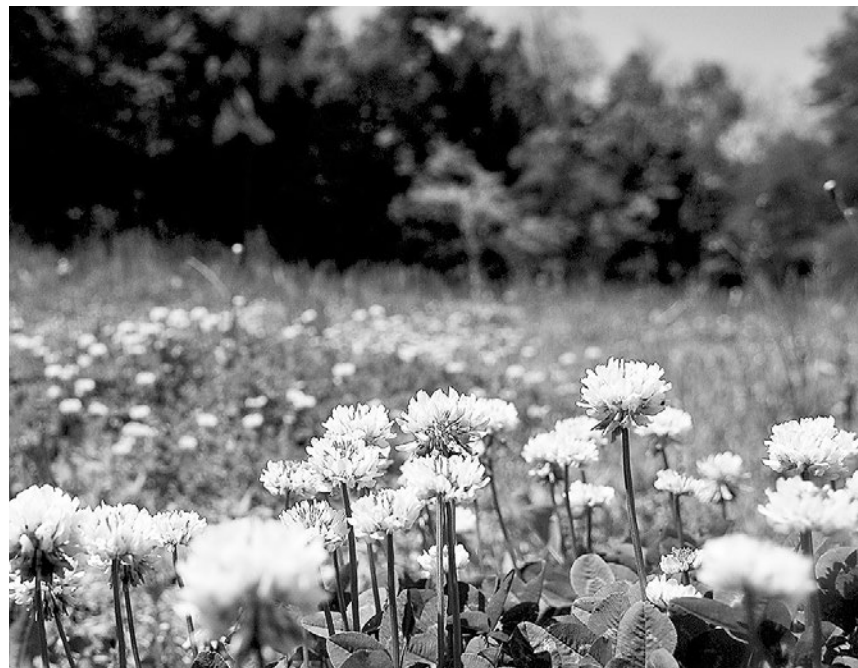
Those conversations, and the chance to sample some of the dishes the gardeners made with those “weeds,” led McMaster to the conclusion that “we miss out when we take a judgmental approach to different kinds of gardening,” he says.

If you see some of these plants coming up in your own garden, you might be surprised to learn there’s more you can do with them than add them to the compost pile. Here are just a few garden nuisances that could be culinary opportunities, as described by Lisa M. Rose in “Midwest Foraging” (Timber Press, 2015).

Amaranth: A tall and hardy plant, amaranth produces nutrient-dense leaves full of calcium, iron and potassium (and seeds you may recognize as a grain from the health food aisle). Leaves are best gathered from the garden when small and tender; once the plant has gone to seed, the leaves will be noticeably tougher. The cooked leaves can be used in place of spinach or chard in soups and baked vegetable dishes.

Lamb’s quarters: A drought-tolerant plant that grows well in poor-quality soil, lamb’s quarters is a mild-flavored green in the spinach family. Early in the season both the leaves and stems are tender enough to eat. By mid-summer, it’s best to trim the leaves from the stems. They can be added in small amounts to salads or cooked and added to pasta dishes, scrambled eggs, or enchiladas.

Plantain: If you have ever consumed a fiber product containing psyllium husk, you have already eaten part of a plantain plant. A low-growing plant with broad leaves, plantains are both abundant and nutritious. Gather the small, tender leaves from the plant, which have a delicate lemony flavor and can be added to salads. Or steep them in hot water, strain the leaves, stir in some honey and enjoy the liquid as a tea.



White clover growing in the International Gardens. (Photo by Paul Colletti / Radish)

Purslane: High in protein and omega-3 fatty acids, purslane also is notable for nutrients like calcium, magnesium, copper and manganese. Both the fleshy stems and leaves are edible. They are similar to mung bean sprouts in texture and have a faintly sour taste; as such, they make good additions to stir-fries and are excellent in soups, where purslane acts as a thickener.

White clover: Yes, that white clover — the low-growing plant prevalent in parks and yards that blooms throughout the summer. The mineral-rich blossoms contain calcium, potassium and magnesium, and the leaves have an equally impressive nutritional profile. Because both leaves and blooms can be a bit dry, clover is best eaten cooked into fritters or soups, or steeped in hot water to be drunk as tea.

Keep in mind when gathering any wild plant that exactly the thing that makes them so nutritious — the ability to extract minerals from the soil — also makes them prone to absorbing contaminants from the ground. For this reason, plants are best gathered from gardens where you have had the soil tested or from areas you know to be free of pesticides, herbicides, and contamination from lead and other heavy metals.

Sarah J. Gardner is the editor of Radish.



PATEK PHILIPPE
GENEVE

Begin your own tradition.



Nautilus Ref. 5712/1A

m.c. ginsberg

JEWELRY AND OBJECTS OF ART

110 East Washington Street • Iowa City
319-351-1700

IN THE HEART OF THE OLD CAPITOL CULTURAL DISTRICT

eating well

Panzanella

‘Waste not, want not’ was never more delicious

By Sarah J. Gardner

These days wasted food is a big topic of conversation in environmental circles. A report released earlier this year by the Waste and Resources Action Program estimates that a third of all food produced in the world each year goes uneaten, with the total value of food sent to the landfill in the U.S. alone amounting to a staggering \$162 billion.

Obviously, this isn't just a problem for individual household budgets. Transporting and disposing of that wasted food costs taxpayer dollars — \$1.5 billion total, according to the WRAP report — and once at the landfill, the decomposing food produces methane, a greenhouse gas with 21 times the global warming potential of carbon dioxide, according to the Environmental Protection Agency.

From a conservation standpoint, finding a way to cut down on food waste makes sense. Using the food we have more efficiently means we can grow

less of it, which would enable us to ease the burden on land and water resources. It also potentially could reduce pesticide and herbicide use, allowing us to cut back on chemicals currently being applied to food that will never be eaten.

None of which makes for particularly appetizing dinner conversation, however true it may be. And yet I do find myself thinking about food waste when making meals. In particular, I take some odd comfort in the idea that this problem is not new. Unlike clean energy solutions, which require new technological innovation, being thrifty with food is an issue my grandmother (and her grandmother, and hers) all had to address. That means solutions already exist in my recipe box — and they're delicious.

Just consider for a moment quiche in all its forms. Those variations exist because quiche was invented by frugal French farm wives as a way to use up bits of this and that at the end of the week. The same story applies to frittatas and many soups and stews.

Possibly my favorite such recipe, though, is panzanella, a hearty tomato salad that was originally created to use up stale bread. It's also a good way to make use of a lot of tomatoes at a time of year when the garden keeps churning them out. And, thanks to the winning addition of basil, garlic and olive oil, panzanella delivers the kind of fantastic taste that makes you sit up and take notice. The first time I ate it, I was certain something had been left out of the recipe I was given — how could you get that much flavor from just a handful of everyday ingredients?

It turns out, those little old Italian grandmothers knew what they were doing. I've never once served panzanella that guests haven't gone back for seconds. The best way to get everyone to eat their leftovers, after all, is to make them so appealing and tasty they're hard to resist.

Sarah J. Gardner is the editor of Radish magazine.

Panzanella

4-6 slices of stale bread

¼ cup olive oil

2 tablespoons balsamic vinegar

½ teaspoon Dijon mustard

Salt and pepper, to taste

1-2 cloves garlic, roughly chopped

2½ pounds tomatoes

1 cup chopped basil leaves

Slice bread and cut into 1-inch chunks. Leave out overnight to further dry out, or, if pressed for time, spritz with oil and toast on a cookie sheet in a 350-degree oven for 15 minutes, turning the chunks of bread once or twice to toast evenly.

To make the dressing, combine olive oil, balsamic vinegar and Dijon mustard in the bottom of a large bowl. Vigorously mix using a whisk until the dressing thickens. Add salt and pepper and adjust according to taste. Stir in the crushed garlic.

Core the tomatoes, then roughly cut into bite-size chunks. Add to the dressing mixture along with the basil leaves and chunks of stale bread. Toss to combine. Enjoy immediately.



Gay Krambeck / Radish



A New Fresh Food Market

Feed Your Family. Create Community.

The Butter Churn

275 N. Division St, Woodhull IL 61490
309.334.3663 • 408.507.6476
Just off Interstate 74, 15 min, from Bishop Hill

Open Mon. – Fri. 2 pm-7 pm, Sat. 8 am-4 pm



Farmers' Market

The Growers MARKETS
of the Quad Cities
100% LOCAL

Moline • SAT 8-noon
UnityPoint (Trinity) on John Deere Road

East Moline • WED & SAT 8-noon
Skate City parking lot. Ave of the Cities

Rock Island • SUN 11-3pm
Rock Island County Health Department 2112 - 25th Ave

100% Locally Grown Produce, Plants, Crafts & Baked Goods.
www.growersmarkets.com

Fresh CORN Tasting!
with Jared Linn,
chef/owner of
Barley & Rye Bistro



6th Annual

Fall Music Festival

MUSIC WITH A MEANING

LIVE FROM THE HILLTOP!

FREE ADMISSION

Saturday,
September 19th
Noon – 9 p.m.

Featuring...
The Funktastic 5!

Multiple Food Vendors & Live Music

HILLTOP PLAZA PARK
Corner of 15th & Harrison - Davenport, IA
(Across from the new Harrison Loft Apartments)

Sponsored by:
Ascentra Credit Union
Harrison Street Lofts
City of Davenport

APPROACHES TO MENTAL HEALTH WELLNESS: A Complementary & Alternative Medicine Conference

Learn how psychologists, counselors, therapists, holistic practitioners and health professionals are treating the person as a whole – mind, body and spirit.

These complementary methods can be used in conjunction with psychotherapy or medications to address the physical, psychological & spiritual needs of individuals.

Friday, Sept. 11, 2015
7:30 a.m. to 4:00 p.m.

Black Hawk College,
Bldg 1, Room 306 (theatre),
6600 34th Ave, Moline, IL,

Fee: \$40, \$20 for students
(must show student I.D. upon in-person registration)

Registration deadline:
Monday, Sept. 7

For more information,
call **309-796-8223** or visit
www.bhc.edu/CAM.



MIND • BODY • SPIRIT

Who should attend: Anyone interested in integrative and alternative mental health. Community members, parents, mental health providers, teachers, social workers, psychologists, therapists, substance abuse professionals, integrative practitioners, nurses and educators. Professional Continuing Education credits awarded.

Black Hawk College

CPAP Shopping Made Easy!

Change the way you feel about your sleep apnea... by changing how you buy masks and supplies. QC CPAP Direct is a local retail store where you can shop risk free with the personal help of a sleep professional.

- **30-night guarantee**
Try on in store and take 30 nights to make sure you're happy.
- **Fitting assistance**
Have a proper fitting and take the guesswork out of buying a mask.
- **Competitive pricing**
Buy with cash or credit and avoid shipping costs and delivery delays.
- **Personal attention**
Meet with QC CPAP sleep professional to receive solutions that are right for you.
- **Newest products**
Receive notifications from your QC CPAP sleep professional about new masks and supplies.



QC CPAP DIRECT

1828 Avenue of the Cities, Moline
Inside MyoTech Integrative
Health Center

309.524.5304

Monday through Friday 8:30 a.m. - 5:00 p.m.



Solon veggie farm brings grower back to her roots

By Cindy Hadish

Kate Edwards was on her way to a successful engineering career when she realized her career goals didn't align with her passions. "I could see myself on that trajectory and saw myself at retirement," Edwards says. "I was walking to work one day and found myself wishing I was walking to a barn."

She took a year off from her job in the Twin Cities and discovered that the land in Iowa was calling her home. Edwards, 28, is now in her fifth year of operating Wild Woods Farm, which has become a successful Community Supported Agriculture (CSA) enterprise in rural Solon, not far from Iowa City.

"This is definitely a passion, and my lifelong dream," she says, walking through the 3 acres of her productive farm, where potatoes, garlic, onions, lettuce and other vegetables grow in 150 different varieties.

Edwards was born in 1986, as the farm crisis of the 1980s was ending. Although her parents were not

farmers, she spent a great deal of time on her grandparents' farms; one near Monticello and the other in rural New London.

"One of them says, 'we farmed so our children and grandchildren wouldn't have to,'" Edwards recalls. "The ironic thing is, I've chosen to farm because of them."

Finding the right mentors

As Edwards got started, one of her grandmothers gave Edwards her grandfather's 1970s International tractor. An uncle helped her learn how to drive it. Her grandparents often visit her farm and offer advice.

Still, she saw numerous challenges in reaching her goal. "I was viewing being a woman as a barrier to getting into agriculture," Edwards says, along with thinking she lacked the skills that comes with growing up on a farm.

She sought out mentors and found one in Susan Jutz, owner of ZJ Farm in rural Solon, who launched

Local Harvest CSA in 1996, one of the first CSA operations in Iowa.

"Small vegetable farming is challenging," Jutz says, citing land prices for new farmers among the obstacles. "I think Kate has the determination and the creativity that it takes to succeed in this business."

Jutz has mentored numerous young farmers over the years and noted that Edwards' engineering background can be an asset. "She thinks things through step-by-step in a real detailed way," Jutz says. "You also have to be innovative in seeing trends and capitalizing on that, which Kate does."

Edwards cites former software company executive Dick Schwab as another mentor. Schwab, a friend of her family, owns the land that Edwards rents, next to the round "Celebration Barn" that he constructed in rural Solon.

Continued on page 24

NOVA SINGERS 2015-2016 SEASON

ENCORE! AUDIENCE FAVORITES

Saturday 7:30pm, October 10, 2015
Kresge Recital Hall, Knox College, Galesburg

Sunday 4:00pm, October 11, 2015
St. Paul Lutheran Church, Davenport

NOVA *christmas*

Friday 7:30pm, December 18, 2015
St. Paul Lutheran Church, Davenport

Saturday 7:30pm, December 19, 2015
First Lutheran Church, Galesburg

The World Beloved A BLUEGRASS MASS

FEATURING MONROE CROSSING

Saturday 7:30pm, February 13, 2016
Kresge Recital Hall, Knox College, Galesburg

Sunday 4:00pm, February 14, 2016
St. Paul Lutheran Church, Davenport

VOICES OF THE PRAIRIE

Midwestern Art, Poetry and Song

FEATURING THE MIDWEST PAINT GROUP

Saturday 7:30pm, April 9, 2016
Kresge Recital Hall, Knox College, Galesburg

Sunday 4:00pm, April 10, 2016
Figge Art Museum, Davenport



SEASON TICKETS ON SALE NOW!
TICKETS ALSO AVAILABLE AT THE DOOR

For more information on these or any of our other performances,
contact Nova Singers at 309.341.7038 or email us at nova@knox.edu
www.novasingers.com

Laura L. Lane, Founder and Music Director

HEALTHY SELF FROM DIS-EASE

Advanced Dis-eases of the body can be reversed
by changing the way we eat.

Cancer • Constipation/Diarrhea • Alzheimer's • Acid Reflux
Proper Food Combining™ is essential to good health!



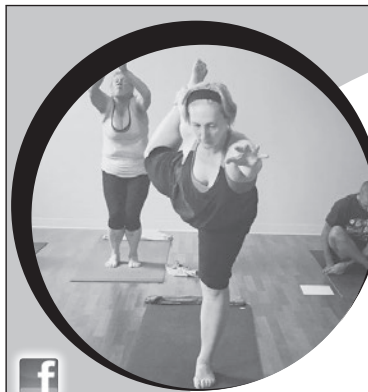
Cathy Murphy
Certified Natural Health Consultant,
Certified Nutrition Specialist,
TKM® Provider, and
Coach for Lifestyle Changes.



We'll work with your
medical doctor to
enhance your care!



309.762.0577 • CMurphyClinic.com



Be the Best You!

- All levels classes
- Individualized attention
- Two weeks unlimited \$25 for new clients



tapas yoga shala

100 19th St., Suite 102,
Rock Island, IL
309.236.6084

www.tapasyogashala.com

Reason's Meats & Catering

Buffalo Prairie, IL • 309-537-3424 or 1-800-772-4740

LOCAL
MEATS

- Elk • Pork • Hickory Smoked Bacon
- Local Buffalo • Smoked Chops
- Summer Sausage & more

M.T.T.H.F. 8am-4pm / WED 8am-6pm / SAT 8am-Noon / SUN Closed

Catering
Available!
Weddings
Picnics
Reunions

Reason's Prairie Creek

20807 183rd Ave. W., Buffalo Prairie, IL • 309-537-9122

MARKET
& DELI

We have a variety of LOCAL Food Choices!

- Fresh made-to-order SUBS • SALADS • COOKIES • and MORE

Eat-in or Carry-out, Call-in Orders Welcome



Catering Available: we can deliver to large or small
parties or have food prepared for pick-up.

Located on the West side of Town on the County Line in Buffalo Prairie, IL
M-F 10:30am-5:30pm / SAT & SUN 10:30am-4:30pm

Reason's College Ave. Deli

113 South College Ave., Aledo • 309-582-8226

DELI

**Delicious Fresh Subs, Soups, Paninis,
Salad Bar, Country Style Ice Cream,
Salads, Pie & Reason's Meat Case**

M-F 10am-5pm / SAT 10am-5pm / SUN CLOSED



T'AI CHI CH'UAN

BEGINNER LEVEL CLASS **Wednesday**, 6-7 p.m.

Institute for Therapeutic Massage, 1730 Wilkes, Davenport | \$30/month

BEGINNER LEVEL CLASS **Saturday**, 10-11 a.m.

St. John's Lutheran Church, 4501- 7th Ave, Rock Island | \$30/month



Great River T'ai Chi Ch'uan

Your first class is free! Join our community of t'ai chi players, taught by
41-year practitioner and diploma-certified teacher Scott Caulpetzer.

To register, or for more information, contact Scott at **563-322-4002** or scaulpetzer@gmail.com.

Do you love nature and the environment?

Become a Master Naturalist!

Support our area's natural
resources as a University of
Illinois Extension Master
Naturalist volunteer!

ILLINOIS
Master Naturalist

Classroom & Field Training
Thursdays, Aug 6 - Oct 15
9 am - 3:30 pm

Register today!

University of Illinois Extension
321 W 2nd Ave., Milan, IL 61264
(309) 756-9978

<http://web.extension.illinois.edu/hmrs>

SHOP FRESH & SHOP LOCAL

QUAD CITIES

FoodHub

at the Davenport Freight House 421 W. River Dr., Davenport, IA

local, regional & unique to the QC produce, dairy, meat, dry goods, gifts & more

EAT • LEARN • SHOP • GROW

Community Food Box Program CSA-Community Supported Agriculture

Support your local and regional farmers by purchasing a food box subscription!

Sign up at www.qcfoodhub.com

4th quarter sign up dates: Aug 17th - Sept 7th

Pick up dates:

Tuesdays Genesis West: Sept 15, 22 & 29, Oct 6 & 13 4-5pm

Thursdays Genesis East: Sept 17 & 24, Oct 1, 8 & 15 4-5pm

Thursdays Food Hub: Sept 17 & 24, Oct 1, 8 & 15 1pm-6pm



Now open 7 DAYS a week!

Monday: 10 am-5 pm • Tuesday-Thursday: 10 am-7 pm

Friday: 10 am-5 pm • Saturday: 8 am-5 pm

Sunday: 12-5 pm

Accepting Debit,
Credit Cards & SNAP

563.265.2455



www.qcfoodhub.com Classes & Events @ 

Continued from page 22

Edwards says she was initially apprehensive about approaching Schwab after her parents said he was interested in seeing the land actively farmed, but he was enthusiastic about the idea and now even grows the potatoes for the CSA.

Since then, she, Schwab and Jutz have formed a venture called The Farming Institute, in which they share their expertise with beginning farmers. All three share an interest in encouraging vegetable farming as a way to benefit the broader food movement and Edwards spent time advocating for small farmers as past chairwoman of the Johnson County Food Policy Council.

Connecting with customers

When she started Wild Woods Farm, Edwards initially took her produce to farmers' markets, barely making enough to break even. The CSA model is more to her liking, with members paying upfront for weekly shares of vegetables throughout the growing season.

"We pick it that morning and deliver that evening, allowing us to offer incredibly fresh produce," she says. "I'm a full-time farmer and I wouldn't be one without a CSA."

Edwards uses organic practice on Wild Woods Farm and notes that her farm-to-table carbon footprint is under 10 miles.

Vanessa Curtis, an employee of University of Iowa Hospitals & Clinics, is one of the 200 or so summer CSA members of Wild Woods Farm. She and her husband moved to Iowa City from Madison, Wisconsin, five years ago and met Edwards at a farmers' market.

"When we joined, the main reason was to have a source of local and healthy produce," Curtis says. "We would love to have our own garden, but we don't have much space and are very busy trying to fit work and play into every summer day, so the CSA has been the next best thing."

Other reasons they continue their membership include the satisfaction of supporting a young woman's growing business, the convenience of picking up the weekly box at a drop-off site near the bike trail that's not far from work, and the community feeling of meeting other members at the pickup and sharing recipes.

Edwards includes recipes in the boxes — a simple coleslaw dish when cabbage is in season, for example, and for other prolific vegetables, such as kale. Hearing comments from members such as Curtis is the most rewarding part of being a vegetable farmer, she says.

Edwards graduated with both undergraduate and master's degrees in engineering from Iowa State University. She recalls one of her professors commenting that, "once you have an engineering degree, you can do so many things with it," she says. "Little did he know, I'd be farming."

Having an engineering background has proved beneficial to her new career. "Everything is in spreadsheets," Edwards says. "There's a lot of planning involved, and timing of (plantings.) There's also a level of intuition."

"It is so incredibly rewarding to take something from seed to table," she says. "This is exactly what I want to be doing."

In addition to the summer CSA, Wild Woods Farm offers a fall CSA that runs from October to November and features a combination of fresh lettuce and other vegetables grown in the high tunnel, along with potatoes, onions, squash and other storage crops.

Cindy Hadish writes about local foods and farmers markets at homegrowiowan.com. For more information about Wild Woods Farm, visit wildwoodscsa.com.



Intouch Adult Day & Home Care Services of LSSI

Connecting with you... Caring for you

- Personal Care • Housekeeping • Medication Reminders
- Meal Preparation • Companionship & Supervision
- Transportation • Respite Caregiving Services



Lutheran Social Services of Illinois
Call 309/797-0200

Services provided throughout
Rock Island, Henry and Mercer Counties.

4011 Avenue of the Cities, Suite 102
Moline, IL 61265

Visit our new Web site:

www.LSSI.org/homecare



**Joey
Donia**

**Paula
Sands**

**Gary
Metivier**

**Sharon
DeRycke**

**Erik
Maitland**

SERVING ILLINOIS AND IOWA
EVERY DAY



eating well

Great grilling

Local meat vendors build a better bratwurst

By Ann Ring

Whether it's brats, burgers, hotdogs or something else, there's nothing quite like something cooked up on the backyard grill. So good.

Meatheads Meat Market Food and Grocery, located at 520 10th Ave. W., in Milan, Illinois, is a place where you can find your fill of variety. Its second-shift staff stays busy, as it prepares to sell more than 50 homemade smoked meats and more than 30 varieties of fresh homemade bratwurst during the year.

"We work well into the night making all kinds of brats," says Lisa Schafman, the business's co-owner. More than you could ever imagine, like brats made with alligator meat.

"It's super lean," says Lisa's husband and co-owner, Bruce Schafman, while chuckling.

Among Meatheads other unusual and imaginative offerings are blueberry and brown sugar brats (made with real blueberries), Philly cheese steak brats, broccoli and cheese brats, Reuben brats, chili cheese brats and more.

The business hosts cook-outs nearly every day from 10 a.m. to 2 p.m. at its Milan site, featuring a different brat every day, and you can find the vendor at Davenport's Freight House Farmers' Market throughout the summer weekends.

Bruce has been in the meat business since he was 17 years old. He first worked for the former Eagle's grocery chain, and after becoming a meat cutter apprentice he oversaw its local meat departments. After Eagles closed, he then opened Meatheads in 2004.

Meatheads boasts that all of its beef is Midwest-raised and processed:

"Quality, fresh alternatives to the chemically enhanced, factory cut, pre-wrapped, and gassed meats that most local supermarkets and superstores sell."

"There are no gasses, fillers or chemicals added," says Lisa. This is important because studies conducted by the World Cancer Research Fund (WCRF) and the American Institute for Cancer Research (AICR) have found that eating even small amounts of processed meats on a regular basis increases the risk of colorectal cancer.

According to the AICR, it's not yet clear exactly why processed meats increase your risk for colorectal cancer. Researchers are currently exploring a few possible reasons, including nitrates/nitrites, which are added to processed meats to preserve color and prevent spoilage; cooking at high temperatures; the smoking process; and heme iron, which is found in red meat. The AICR notes that eating processed meat for special occasions would not be detrimental to one's health.

Another retail choice is only a 30-minute drive from the Quad-Cities to Reason's Locker Service, located at 18510 206th St. W., in rural Buffalo Prairie, Illinois, and operated by the Reason family for four generations.

"Not only do we do custom livestock and deer processing," says owner Greg Boruff, "but it's important for us to know the source of our food. We buy from local producers and markets, and we seek out those producers who don't add



Terry Peterson grills bratwursts at Meatheads Meat Market in Milan, Illinois, during one of the daily cook-outs held at the business. (Photo by Paul Colletti / Radish)

growth hormones, and whose animals are fed and processed humanely."

Reason's business manager Amy Saddoris says that it orders natural casings for its brats, where "the casings are made from the animal, not a man-made product." Like Meatheads, Reason's doesn't add any fillers or chemicals to its products, and you can purchase natural beef there as well — beef that's been raised without antibiotics, hormones, or chemicals.

Reason's prides itself on its custom processing of beef, pork, sheep, lamb, even goat. Greg notes that through the years, meat cuts have changed due to the change of pace and lifestyle for most families. "Today it's more burgers, roasts, and steaks," says Boruff. "At Reason's you can have meat cut, wrapped, and sized to fit your family's needs," he says.

Grilling season won't be around forever, so whatever your desire is local businesses offer plenty to enjoy on your grill.

Ann Ring is a frequent Radish contributor. For more information, contact Meatheads Meat Market and Grocery at 309-787-2466 and Reason's Locker Service at 309-537-3424.



37th ANNUAL CONFERENCE

September 10, 2015 • 8:00 am to 4:00 pm
i-wireless Center Moline, Illinois

Registration Fee with CEU: \$60; Registration Fee without CEU: \$50
Vendor booths are available.

A conference for professionals in the aging network and others who want to increase their knowledge of senior programs and aging issues. CEUs available for Iowa and Illinois. For more information, please call **309-793-6800**.

Featured Speaker:

Jason Schillerstrom, MD, Associate Professor with tenure at The University of Texas Health Science Center at San Antonio. Dr. Schillerstrom established and directs the UTHSCSA Geriatric Psychiatry Clinic that specializes in cognitive impairments and depression in elders.

Contributor Sponsors: Addus HomeCare, Help at Home, Senior Insurance Resources

Sports STRAINS & SPRAINS!
GET INJURIES EVALUATED!

GREAT STAFF TO SERVE YOU 6 DAYS A WEEK

Follow Us On Facebook!
Become a fan, ask questions, become informed on chiropractic!

Bobb Chiropractic Center P.C.
813-1st Ave., Silvis Ill. 61282
309-755-BOBB
www.bobbchiropractic.com • 6 days a week

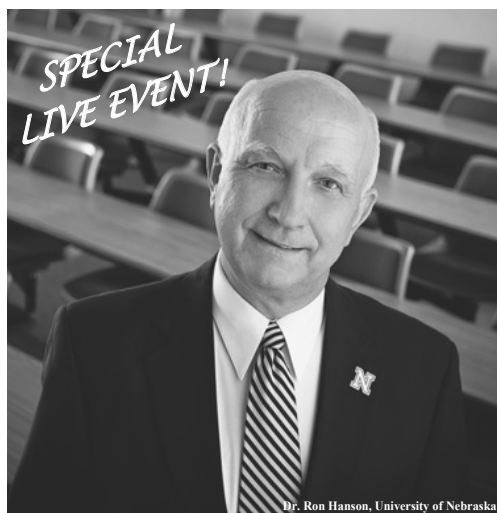
The Healing Heart Center

Experience our Peaceful, Integrative Healing Opportunities.

- Play & Adolescent Therapy
- Family & Individual Therapy
- Couple & Group Therapy
- Reiki
- Aromatherapy
- Chakra Classes
- Massage Therapy
- Shamanic Healing
- Cranio-Sacral Therapy
- Immigration Services
- Hypnotherapy
- Sound Healing
- Life Coaching & Workshops
- Acupuncture
- Reflexology
- Commitment & Wedding Celebrant
- Spiritual Direction
- Nutrition
- Massage Therapy
- Workplace Stress
- PTSD
- Adoption Home Studies
- Fitness
- Classes: Nutrition, Meditation, Qigong, Yoga, Relationships

Call today and feel the healing power
563.370.7995
Now located on the historic Annie Wittenmyer Campus:
2800 Eastern Ave., Davenport, IA
(Wittenmyer Lane to Cottage G.)

Center Director, Candice Kundert, LISW
Counselor, Therapist, Officiate
25 yrs. experience serving our community



Family Farm & Small Business Succession Planning For The Next Generation

With Guest Speaker **Dr. Ron Hanson**
Professor of Agribusiness, University of Nebraska

Wednesday, August 12
6:00 PM
Senica's Oak Ridge Golf Club
658 East US Hwy 6 • LaSalle, IL
(Dinner will be served)

Thursday, August 13
11:00 AM or 6:00 PM
Lavender Crest Winery
5401 US Hwy 6 • Colona IL
(Lunch or Dinner will be served)

REGISTRATIONS ARE REQUIRED AND SEATING IS LIMITED! WE EXPECT A LARGE AUDIENCE SO REGISTER EARLY!

At these important presentations, Dr. Ron Hanson will discuss several issues including:

- Identifying and understanding the family issues which become involved in the process of farm & business ownership succession.
- Overcoming the family obstacles and personal fears that often prevents parents from passing on their farm or small business to the next generation.
- How to treat all the children in the family in a fair manner when settling an estate. It can be done!
- Learn the first 3 steps to plan and develop a succession plan.
- Make a successful transition to the next generation and how it is accomplished.
- Why PROCRASTINATION is your mortal enemy!

Call our office today to make your reservation!
(309) 944-2188 or (800) 644-5345
Or register online at www.nashbeanford.com

NASH NASH BEAN & FORD, LLP

ATTORNEYS & COUNSELORS AT LAW

Offices in Moline and Geneseo—309-944-2188 | 800-644-5345

www.nashbeanford.com

Members of the American Academy of Estate Planning Attorneys
Members of National Academy of Elder Law Attorneys

wqpt.org/friends

fwb (friends with benefits)

WQPT-Quad Cities PBS offers a variety of benefits for our friends who support quality television and outstanding educational outreach.



SPECIAL OFFER

Mannheim Steamroller

Support WQPT with a contribution of \$135 and your benefit is two (2) tickets to the 30th Anniversary Mannheim Steamroller Christmas Tour concert on Friday, November 13 at the iWireless Center.

Watch Mannheim Steamroller | Friday, August 7 | 7:00PM



SPECIAL OFFER

Celtic Woman

When you support WQPT your Celtic Woman benefits are tickets to the Saturday, October 17 Celtic Woman concert at the Adler Theatre. Donate \$250 and receive two (2) VIP tickets and a meet and greet. Donate \$150 and receive two (2) tickets in P1 seating.

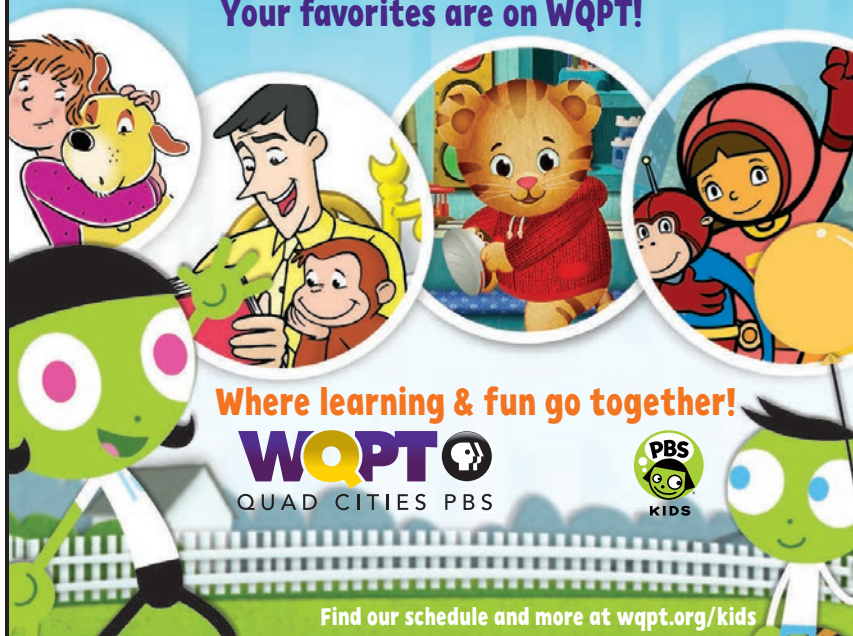
Watch Celtic Woman Fan Favorites | Tuesday, August 11 | 7:00PM



Find all our member benefits online at wqpt.org/friends or call 1-800/796-2430.

Super Awesome Programs

Your favorites are on WQPT!

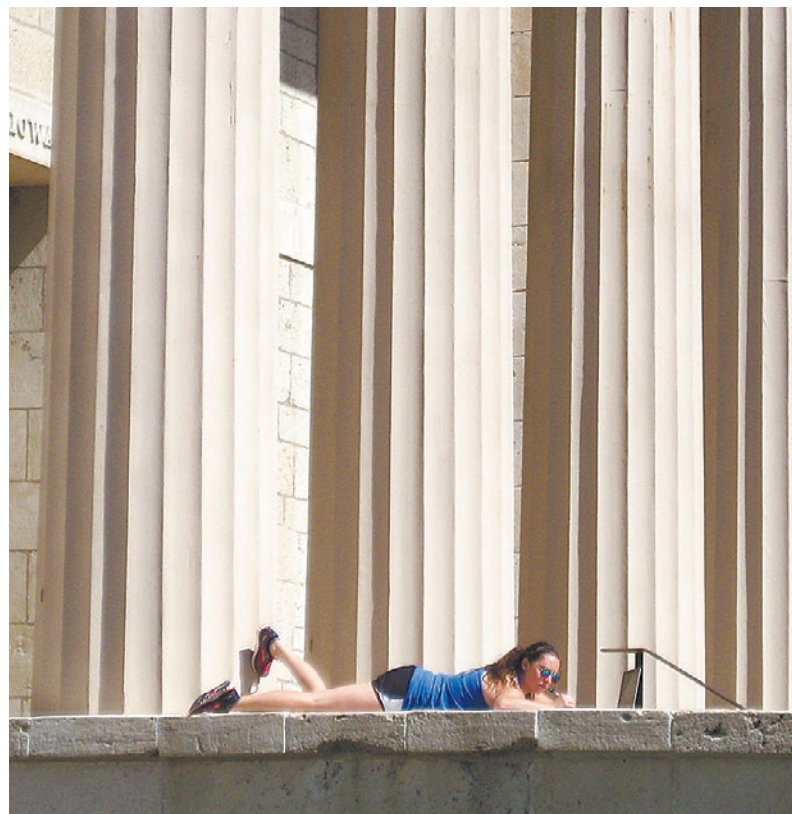


Where learning & fun go together!



Find our schedule and more at wqpt.org/kids

Continued from page 17



Iowa City

Mary Blackwood / 41°39'41.0"N 91°32'11.1"W

I'm a history nerd, so when I take a walk, I like to walk in the footsteps of others. Today, I'm walking in the footsteps of the people who founded Iowa. Iowa City is anchored to the map by the Pentacrest, where the original state capitol building of Iowa occupies the center of a four-block spread in the heart of downtown. ...

As I stroll past the east-facing steps that lead under tall columns into the dim interior, I can almost imagine that the legislators are inside, drafting the state constitution. On the outside, I imagine women in voluminous hoop skirts and men in frock coats and starched cravats passing by on their way to a shop, a workplace, a home. On the other side of the building, the view sweeps down to the Iowa River and up the westward bluffs. Here I imagine a pristine prairie landscape. Where I stand now, Native Americans of the Ioway tribe may have stood, gazing over a landscape populated by deer, snakes, rabbits and cougars.

Quad-Cities

Sarah J. Gardner
41°30'49.7"N 90°34'51.1"W

It was the Centennial Bridge that really caught my eye. I spotted a handful of people walking across it and retraced my steps to find the sidewalk leading up to the bridge. I think it's fair to say when I stood in that windy expanse between Davenport and Rock Island, and I saw the breadth of the river and the sweep of downtown buildings on either side, that I first truly fell in love with this place. When my husband called a few minutes later to ask where I had gotten to, I replied breathlessly, "You won't believe it! I'm in Illinois. I walked here!"

When your own history becomes part of the history of a place, when you feel you have a stake in the life taking place on these streets and among these neighbors, that's when you know the city you live in is truly "yours." Every time I repeat that first walk through the Quad-Cities, I find myself thinking how quickly this place won my heart — and how home is where the heart is.

To read the complete stories, visit
radishmagazine.com



RIVER ACTION'S *taming* of the **SLOUGH**

campbell's island slough edition 9.19.15

Taming of the Slough returns to East Moline and Hampton! Paddle, Bike, and Run in the annual Adventure Triathlon. Racers paddle around Campbell's Island, bike off-road through Illiniwek Forest Preserve, and run a hybrid on/off-road course through McNeal's Preserve and the Great River Trail.

Saturday, September 19, 2015

Three Classes: Racing, Sport, and Novice

**Four Ways to Compete! Compete Individually - Two Person Team
Three Person Relay - Corporate Challenge**

Register today at RiverAction.org/Taming

**To learn more about our other
events and programs, visit:**



TUNE-UP FOR TAMING

Try out the course - open to racers and the general public! Free access to kayaks from Princeton Outdoor Adventures. Registered racers may reserve boats. Tune-Up is held on Thursday nights before the event.

**Aug. 27, Sept. 3 & 10
5:30-7:30 p.m.**

FRESH SALSA

From the kitchen of Gwen Coobs - Allens Grove Greenhouse

1/4 to 1/2 teaspoon of lime zest	1 large red onion, chopped
3 large tomatoes, chopped & drained in a colander	1-2 tablespoons cilantro or lime basil
1 jalapeno pepper, minced	1/4 teaspoon ground cumin, opt.
Salt and pepper to taste	- Stir ingredients together; season to taste.
1 of each red, yellow and green bell pepper seeded & chopped	- Cover & refrigerate for 1 hour before serving.
2 tablespoons lime juice	

Allens Grove Greenhouse

Come join us also at our booths at the
Davenport Freight House Farmers Market
Tuesdays 3 to 6pm & Saturdays 8am to 1pm
 Featuring ...
 • Cheeses from Milton Creamery
 • Locally Produced Ice Cream, Butter & Honey

27345 Allens Grove Rd., Donahue, IA
www.allensgrovegreenhouse.com
 (563) 843-2248

Coming Soon... Vegetables & Fall Mums

BISHOP HILL Clay and Fiber Festival 2015

August 15 & 16 10am-5pm

- Watch artists create and demonstrate!
- Make & Take Fiber Projects
- Buy Wares from Artists and Potters

Saturday Only:

- Soup Dinner/Keep the Bowl
- Pie & Ice Cream Social in the Park

Sunday:

- AKERVINDA Swedish Music @ 4pm Dairy Building

Artists Welcome with advance notice/limited space

203 Bishop Hill Street, Bishop Hill, Illinois • 309-927-3008

Making Friends

Welcome Service, Inc.

Since 1989

Area Businesses REACH New Customers



WELCOME

- Newcomers
- Newlyweds
- New Babies



Call Bonnie
309-796-1145

www.makingfriendsqca.com

health & medicine



Socially Responsible Agricultural Project, Flickr CC

Antibiotic use for livestock and its impact on human health

By Roddy Scheer and Doug Moss,
 E — The Environmental Magazine

The development and widespread adoption of so-called “antibiotics” — drugs that kill bacteria and thereby reduce infection — has helped billions of people live longer, healthier lives. But all this tinkering with nature hasn’t come without a cost. The more we rely on antibiotics, the more bacteria develop resistance to them, which makes treating infections that much more challenging.

According to the U.S. Centers for Disease Control and Prevention (CDC), overuse of antibiotics by humans — such as for the mistreatment of viral infections — means these important drugs are less effective for all of us. Besides the toll on our health, researchers estimate that antibiotic resistance causes Americans upwards of \$20 billion in additional health care costs every year stemming from the treatment of otherwise preventable infections.

A bigger issue, though, is our growing reliance on feeding antibiotics to livestock for growth promotion; weight gain; and to treat, control and prevent disease. This increasingly common practice is a significant factor in the emergence of antibiotic-resistant bacteria, which the U.S. Food & Drug Administration (FDA) acknowledges can get passed onto humans who eat food from treated animals. The nonprofit Environmental Working Group (EWG) reports that the majority of the ground beef and ground turkey sold in the typical American grocery store contains antibiotic-resistant bacteria.

Last year, 26 animal pharmaceutical companies voluntarily complied with an FDA request to re-label medically important antibiotics used in food-producing animals to warn against using them for growth promotion and weight gain. FDA also recommended that medically important antibiotics be prescribed by licensed veterinarians and only to treat, control and prevent disease. “We need to be selective about the drugs we use in animals and when we use them,” says William Flynn of the FDA’s Center for Veterinary Medicine. “Antimicrobial resistance may not be completely preventable, but we need to do what we can to slow it down.”

Reprinted with permission from E — The Environmental Magazine (www.emagazine.com). Send questions to earthtalk@emagazine.com.

• The General Store •

Honey Creek Gems

Crystals
Metaphysical Stones
Custom Jewelry
Lapidary Supplies



1228 Washington St., Davenport, IA
f Tues-Fri 10am-5pm | Sat 9am-3pm
Honeycreekgems.com | 563-324-6032

EnerChi \$50 OFF ANY SESSION!
Nikki Keraus, RMT
Usui Holy Fire Reiki - Crystal Reiki
Private Sessions and Classes
A Simple, Natural & Safe Method of Healing & Self-Improvement.
Reiki is made of two Japanese words
- Rei which means "Higher Power"
and Ki which is "life force energy".
Gift Certificates Available
By Appointment
563-468-3969
1900 State Street, Bettendorf

Get Organized!



Declutter
Garage
Basement
Attic
Storage
Moving
Downsizing

Porter Organizing Services QCA
Free Estimates
(563)508-5120

CRAFTED
QUAD CITIES

HOME OF THE ORIGINAL
KITTY KRACK
100% ORGANIC CATNIP TOYS

CRAFTEDQC.COM
217 EAST 2ND ST.
DAVENPORT, IA



QUAD CITY ALLIANCE FOR IMMIGRANTS & REFUGEES
3RD ANNUAL CELEBRATION & FUNDRAISER
SATURDAY 5-7PM
8.22.15
RIVERMONT COLLEGIATE
BETTENDORF
Free Event! Fashion Show!
QCAIR
Quad Cities Alliance for Immigrants & Refugees
(309) 786-2995 | qcair.org

ALPHA FIBERWORKS
1st Anniversary Celebration!
Weekly Specials All Month!
112 West "D" Street — Alpha, IL
f 309-351-2284
alphafiberworks@gmail.com

NOW PURCHASING ALL GRADES OF SCRAP METAL
Bring In This Ad and Receive
\$10 Extra per ton scrap metal
3¢/lb Extra on nonferrous
3¢ Extra per lb Aluminum Cans
MIDLAND DAVIS CORPORATION
3301 4th Ave.
Moline, IL
309-764-6723
www.midlanddavis.com
OPEN: Mon-Fri. 8am-4pm, Sat. 7:30am-11:30am

BEST HOME BASED BUSINESS FOR MOMS & DADS
Are you looking for freedom, flexibility and a reliable income?
The fastest growing leader in the wellness manufacturing industry is expanding in the Quad Cities area and looking for a few health oriented, fun-loving, self directed individuals interested in making a difference.
Please contact us:
309.507.0063
www.midwestparents.biz

Looking for new customers?
We connect newcomers to your business!



Call Teri
(563) 332-6498
www.quadcityconnections.com

Sun-kissed & Sexy... The Healthy Way!
Looking for a healthy way to tan?
Get beautifully bronzed skin without the sun.
Bronze Baby, Moline, IL offers 100% UV free spray tanning.
Pricing:
Full Body Spray \$20 Upper Body \$15
Face Only \$5 Legs Only \$10
Tanning Party \$60
Treat yourself to a Spray Tan at Bronze Baby today!
www.bronzebabyspraytan.com
Bronze Baby
2812 Ave. of the Cities | Moline, IL 61265
Phone 309.797.8185
Cell 309.230.2294
Hours by Appointment Only

There's a great **jazz station** in your pocket.
Download the KCKK app for iPhone or Android and listen to Iowa's Jazz Station right now!
Or listen at www.kcck.org
Member-Supported Public Radio from Kirkwood Community College

food for thought

Yes you can

How we talk to ourselves can make a difference

By Annie L. Scholl

Most mornings, I go for a walk. Not a trot. Not a jog or a run. More like a stroll. OK, mostly I walk and stop ever few feet to take photos with my iPhone: An anthill that catches my eye. A snake that met its death under a car tire or two. A bee working its way around a yellow flower that looks like a dandelion but isn't. A single, gorgeous wild prairie rose.

I upload to Instagram and Facebook image after image, along with clever captions and hashtags: "Purple majesty" for the spiderwort. "My treadmill" for the country road stretched out in front of me.

"Put the phone down, Annie," I say aloud, sliding my phone into my pocket until I simply can't resist the urge to shoot another gorgeous Iowa landscape to post.

I'm alone on this country road, except for my friends' Chow-mix, Moshi, who runs yards ahead of me, occasionally diving after something or other in the ditch. I take a photo of her, her nose glistening in morning dew.

Again, I talk to myself. "Annie, put the phone away. Just take it all in. Forget about the photos, the posts. Drink this morning in."

I wonder, then, when I first started talking to myself. I think it began when I moved to a little town outside of Cedar Rapids. I took long walks with my dogs. No one was around. No one could hear or deem me crazy.

Talking to myself helps me focus. It reminds me to ask the universe for help. To listen and trust what bubbles up is truly meant for my ears only.

When I meditate, I notice the thoughts streaming in and out, a constant parade of "Look at me! Look at me!" Sometimes (often) I attach to a thought, follow it for a while, until I let go of its coat-tails. This is precious time, my meditation time, my walk time. I don't want to spend either listening to the craziness in my head.

Before giving a talk or presenting a workshop, I talk to myself using a technique called "pre-paving." I act as if I'm calling, for example, my spouse and recapping how great it all went. It calms me

down, and inevitably the talk or workshop goes exactly the way I envisioned.

Evidently how we conduct our inner monologues has an impact on our success in life. Last year, researchers at the University of Michigan studied self-talk and found that people who refer to themselves in the third person during these little chats with themselves have an easier time dealing with stressful situations.

Apparently basketball great LeBron James was on to something when he discussed his 2010 departure from the Cavaliers to the Heat in the third person: "I wanted to do what was best for LeBron James, and to do what makes LeBron James happy."

If we use the pronoun "I," says the study (published in the *Journal of Personality and Social Psychology*), we're likely to fluster and do poorly in stressful situations. If we address ourselves by name, our chances of acing whatever it is we're doing skyrocket.

In a great book I just picked up, "Loving Yourself to Great Health," one of the authors, the wonderful 88-year-old Louise Hay shares that each day she walks by a mirror and says, "Hi, kid, you look great today!" She says it no matter if she's alone or with someone. She considers it an important step to health and happiness.

I don't do that, though maybe I'll start. The authors also suggest kissing and hugging yourself. Hey, why not?

The other day I had coffee with my brother. We were both talking about assorted health concerns when my brother said, "Getting old is hell." I took him to task on that one. I don't believe that because we're in our 50s that it's all downhill from here — unless we think it is.

I firmly believe how we talk to ourselves does manifest in the physical. And still I catch myself again and again chastising myself for this wrinkle and that lump.

Today, post morning walk, my left foot is throbbing. It wants my full attention, though I continue to shift my focus from this annoying ache to how fortunate I am to have this body that so gloriously supports and carries me around.

"You're doing great, Annie," I tell myself. "You're doing JUST great."

Annie L. Scholl is a frequent Radish contributor.





Walk Here. Bike There. Ride Everywhere.

10

TAKE A BIKE!

Grab your bike and hop aboard
ROUTE 10 for an easy commute between
the Illinois QC's downtown areas!



Make the Metro part of
your **transportation plan.**

Save money for your pocket,
save the environment for your future.





"Finally, someone listened to me!"

"After injuring my knee playing volleyball, I couldn't play sports or even walk up the stairs. My physical therapist recommended I see Dr. Jackson. He took the time to really listen to me and immediately found that I had a torn meniscus. My recovery has gone by really fast. I don't think I could have had a better experience than I did with Great River Orthopaedic Specialists."

– Cassidy Wilson, Morning Sun, Iowa

Schedule an appointment at **319-768-4970**
or toll-free at **877-752-4555**.

Your orthopaedic team



Douglas Foster, M.D.



L. Nathan Gause, M.D.



Atiba Jackson, M.D.



Theron Jameson, D.O.



Kelly Kadel, D.P.M.



Dany Saad, M.D.



Shanna Conner, ARNP



Stefani Hagglund, PA-C



Andrew Rendoff, PA-C



Steve Tekell, NP-C, APN

**GREAT PEOPLE
GREAT CARE
CLOSE TO HOME**

**Great River
Orthopaedic Specialists**

A service of Great River Health Systems

Wellness Plaza, Suite 101 • 1401 W. Agency Road • West Burlington, IA 52655
www.GreatRiverOrtho.org

