

Radish

HEALTHY LIVING FROM THE GROUND UP

Meet Gabe *and* Bailey

the 2016 Radish Co-Pets of the Year

radishmagazine.com

AUGUST 2016

Hammock
camping

Serving produce?
Grill it!

Reclaim
your commute

HUGGING A HEDGEHOG:

NOT EASY.



Riding Metro:



Step-by-step transit directions are at your fingertips! Just use the Plan My Ride tool on the homepage of our mobile-friendly website. It's that easy. MetroQC.com | [#MetroEasy](https://twitter.com/MetroEasy)



The Friends of Radish

HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING

Tune in for our great shows everyday on WQPT!



On WQPT
Weekdays at 3:30PM

WQPT
QUAD CITIES PBS

Watch Online - Play Games - Free Stuff
Plus, Explore with Mr. Scott and much more!

wqpt.org/kids

The Friends
of
Radish
HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING



WQPT
QUAD CITIES PBS

A farm-to-table
restaurant where
the food is:

- Local
- Organic
- Sustainably grown



Wed. – Sat.

Lunch: 11 a.m. - 2 p.m.

Dinner: 5 p.m. - 8 p.m.

Sunday

Brunch: 10 a.m. - 2 p.m.

enseasongalesburg.com

2900 W. Main St., Galesburg, IL ♦ Like us on Facebook

Call 309-343-0736 for reservations, private parties and events.

2016 WIU ALLISON ORGANIC FARM FIELD DAY

FRIDAY, AUGUST 12TH

at the Dakin and Allison Farms in Warren County, Illinois.

- **Morning Presentations**
- **Lunch with Local & Organic Ingredients**
- **Walking Tour** of the Allison Farm's Research and Demonstration Plots - plus equipment demonstrations.
- **Keynote:** Lynn Clarkson – founder and president of Clarkson Grain Company, Inc, a leading merchandiser of organic and non-GMO grain based in Cerro Gordo, IL.

Free & Open to the Public | Please Register
AW-Clayton@wiu.edu (217) 322-2639 wiu.edu/ag/organicfarm

RETROFEST

HILLTOP PLAZA

On Harrison between 14th and 15th
(across from Harrison Lofts) in Davenport, Iowa

Saturday, September 10
Noon to 9 p.m.

Live Music By...

**The Myers Brothers
& Corporate Rock**

- Kids Movies
- Local Food Venders
- Adult & Regular Beverages



Car Show



Principal Sponsors - Ascentra Credit Union, Harrison Lofts, City of Davenport
also sponsoring - Hilltop Campus Village, St. Ambrose University and Palmer College of Chiropractic

from the editor



Jacob Wiegand / Radish

Lynsy Hesse, of Rock Island, and her 2-year-old rescue dog, Bailey; Radish editor Laura Anderson Shaw; and Joyce Kilgard, of Coal Valley, and her 11-year-old labradoodle, Gabe, pose for a photo after the conclusion of the Radish Pet of the Year contest Saturday, June 18, 2016, at the Healthy Living Fair in Davenport. Bailey and Gabe were crowned the first Co-Pets of the Year in the Radish Pet of the Year contest.

The older I get, the more I believe that no one in this world will love you like your pet does.

Sure, our cat, Nefertari, has her moments, but she greets us at the door whenever we come home and meows as though we had been away for years and not hours. She wakes us up for attention every morning, albeit about an hour before the alarm; and while she'll rarely let you pick her up, she is always happy to sit or snooze in your lap, and whenever you leave the room, chances are, she's on your heels.

Neffy came to us by accident a few summers ago, just a couple of months after our old-lady cat, Garfield, passed away. Garfield was the last of my three childhood pets who were part of our family since I was in grade school. We weren't ready for another pet, but Neffy was ditched by her previous owners and she needed us.

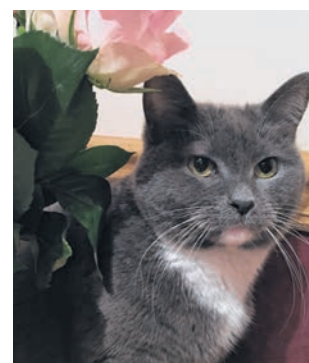
As it turns out, we needed her, too.

Sometimes, pets just come to us that way. I like to think that they choose us just as much as we choose them. They love us as unconditionally as we love them. They don't care whether our hair is combed, or whether we're lounging in ratty sweatpants we've owned for more than half our lives.

The pets that enter our annual Radish Pet of the Year contest are no different. Meeting them and hearing their stories is one of my favorite things about our Healthy Living Fair each June. We chat with their loving owners who adore them more than words can express — but we hand them the microphone and give them a minute to try!

For the first time this year, by round of applause, the contest's audience selected not one but two Radish Pets of the Year: Bailey, a rescue pup who helped her humans through some of the most difficult times of their lives; and Gabe, a therapy dog who brings comfort and joy to everyone he meets. Read all about the two and their human family members on page 12.

We could learn a lot from our pets, especially about love, happiness and peace. No matter the curveballs thrown our way, we're all in this together.



Laura Anderson Shaw / Radish
Nefertari Anderson Shaw

— *Laura Anderson Shaw*
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

Number 8, Volume 12
August 2016

Gerald J. Taylor
PUBLISHER

Laura Anderson Shaw
EDITOR
309-797-0320
editor@radishmagazine.com

Val Yazbec
CHIEF REVENUE OFFICER

Terry Wilson
BUSINESS DEVELOPMENT /
MARKETING DIRECTOR
309-757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
309-721-3204

Kay Abbitt
ADVERTISING EXECUTIVE
309-757-4914

Kimberly Calhoun
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Sally Hendron
VICE PRESIDENT, FINANCE

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 at the Healthy Living Fair:

"Like the practical articles about how to make the average person's life healthier. Would like more vegan recipes." — *Maureen Bennett, Moline*

"Please keep the recipes coming! They are easy to prepare and very enjoyable." — *Bev Wilt, Rock Island*

"I love your magazine." — *Lora Mullens, Sherrard*

"Love reading your monthly papers and recipes!" — *Ann Moore, Davenport*

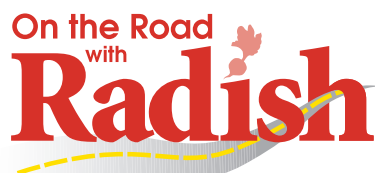
"You are awesome!" — *Angela Vignaroli, Walcott, Iowa*

"Love the Radish. Great info — thanks." — *Ann Doll, Bettendorf*

"I love the healthy recipes. I've lost weight." — *Mary Langdon, Rock Island*

"I really enjoy reading the book reviews in Radish magazine." — *Emily Meyer, Davenport*

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



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

Stronghurst Annual Community Health Fair presented by Eagle View Community Health System, 11 a.m.-2 p.m. Thursday, Aug. 11, Stronghurst Park, Stronghurst, Ill. Admission is free. For more information, email yknapp@eagleviewhealth.org

Pick up reusable Radish farmers market bags and copies of Radish at:

- **Western Illinois University-Allison Organic Farm Field Day**, Friday, Aug. 12, Dakin & Allison Farms, Warren County, Ill. Admission is free. To register, call 217-322-2639, or visit wiu.edu/ag/organicfarm.

- **Illinois Renewable Energy & Lifestyle Fair**, presented by the **Illinois Renewable Energy Association**, Aug. 20-21, Ogle County Fairground, Oregon, Ill. For more information, visit illinoisrenew.org.

To discover more upcoming events, see the events calendar on the Radish website.



'Like' us on Facebook

Become a fan of Radish on Facebook and get updates on your favorite articles plus sneak peeks at issues before they hit the stands. Connect with other readers and discuss the stories you like; suggest future articles and post upcoming events for your community group or nonprofit.

Becoming a fan is easy; just visit facebook.com/radishmagazine, and click the "Like" button at the top of the page.



the BEST of IOWA

Voted the best Farmers Market in Iowa!

Chauncey Swan Ramp • May - Oct.
400 block of E. Washington St., Iowa City
Wed. evenings 5-7 p.m. | Sat. 7:30 a.m. - noon

Iowa City Mercer Market 1317 Dover Street
Tuesdays 3-6 p.m. • May 31 - Aug. 30

For information contact: Tammy Neumann: 319-356-5210
tammy-nuemann@iowa-city.org
Now EBT/SNAP Benefits, Debit & Credit Cards Accepted!

T'AI CHI'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 Scott Caulpetzer, diploma-certified teacher practicing since 1972.
To register, or for more info, contact Scott at 563-322-4002 or sculptetzer@gmail.com.

Add Variety to the Grill

Compared to a traditional ground beef burger of the same size, a burger made with ground turkey has less than half the calories and about one-fifth as much saturated fat! Think turkey burgers are bland? Try out the flavorful recipe below.

Hawaiian Turkey Sliders

Serves 6 (1 slider each)

All you need:
1 pound 93%-lean ground turkey
2 tbsp. reduced-sodium teriyaki sauce
2 scallions, sliced
1 large clove garlic, minced
6 Hy-Vee (1/4-inch-thick) pre-cut fresh pineapple rings
1 small red onion, cut into 1/4-inch-thick rings
6 toasted slider buns, preferably whole-wheat
2 tbsp. Hy-Vee mayonnaise, divided
6 small leaves Boston lettuce, divided

All you do:
1. Preheat grill to medium-high.
2. Combine turkey, teriyaki sauce, scallions and garlic in a medium bowl; gently knead together. Do not over-mix. Form into 6 burgers, about 3 inches wide. Oil the grill rack (see Tip). Grill the burgers until an instant-read thermometer inserted in the center registers 165 degrees, 2 to 3 minutes per side. Grill pineapple rings until lightly charred, about 2 minutes per side. Grill onions until lightly charred and starting to soften, about 2 minutes per side.
3. Assemble the burgers on toasted buns with 1 teaspoon mayonnaise, 1 lettuce leaf, 1 pineapple ring and about 3 onion rings each.

Tips: To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. Do not use cooking spray on a hot grill.

Nutrition Facts per serving: 286 calories, 12g fat, 2g saturated fat, 58mg cholesterol, 320mg sodium, 28g carbohydrates, 2g fiber, 10g sugars, 19g protein. Daily values: 48% vitamin C.

Source: adapted from EatingWell, Inc.



Mindy Sullins, MHS, RD, LD
1823 E. Kimberly Rd., Dav.
563.359.9323



Hannah Eddy, MA, RDN, LDN
750 42nd Ave., Moline
309.757.1085



Krystle Hergert, RD, LDN
2001 5th St., Silvis
309.792.1507



Veronica Skaradzinski, MS, RDN, LDN
4218 Ave. of the Cities, Moline
309.762.0200



Ben Baudler, RDN, LD
901 S. 4th St., Clinton
563.243.6162



Madeleine Ranshaw, RD, LD
2200 W. Kimberly Rd., Dav.
563.391.0213



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



Heather Kearney, RDN, LD
Locust St./Rockingham Rd., Dav.
563.324.9948



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



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



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



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

Make a Difference!

Discover year-round volunteer opportunities
at www.xstreamcleanup.org



Thank you to our sponsors



Iowa Residents:

August 9, 10 a.m. | Genesis Heart Institute
1236 E. Rusholme Dr. | Davenport, IA

August 11, 10 a.m. | Iowa River Landing
105 E. 9th St. | Coralville, IA

August 23, 11 a.m. | Mercy Medical Center
701 10th St. S.E. | Cedar Rapids, IA

Illinois Residents:

August 16, 2 p.m. | GMC Silvis - Larson Center
855 Illini Dr. | Silvis, IL

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.



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-0115 | Y0034_15_28225

healthy living from the ground up



features



8 Amazing alpacas
Raising Andes animals in the heartland.

12 Gabe and Bailey
Radish crowns two pups for the first time

18 TallgrassQC
Going greener in the ground, on the radio and online.

28 Just grill it
Jazz up your produce by cooking it outside.

in every issue

4 from the editor

5 the grapevine

on the cover



Pet of the year co-winners, Gabe and Bailey. (Photo by Meg McLaughlin / Radish)

departments

10 health & fitness
'Friendship set to music': Square-dance club is fitness and friendship hub.

14 health & medicine
Mind, Body, Spirit Unite!: Conference tackles alternatives for mental health.

16 eating well
A fervor of flavor: Local artisan makes food into art.

20 food
Wrap it up: Lettuce wraps make for easy meals.

22 outdoors
Hang out in a hammock: A smaller, comfier alternative to tents.

24 eating well
The first five years: En Season proves its sustainability.

26 healthy living
Down on the farm: Couple quits their jobs to take up farming.

34 food for thought
Sacred space: Reclaiming your commute.



radishmagazine.com

Getting in shape isn't just about losing weight or getting thin — it's about improving your overall level of fitness, endurance and strength. From traditional weight lifting and resistance machines to CrossFit and suspension training, strength training is an essential element of any exercise regimen. Building muscles can protect bone health, develop better body mechanics and even boost energy levels.

Natalie Smith, trainer and group exercise team leader at LifeBridge Health & Fitness in Pikesville, Md., says strength training has many physical and physiological benefits beyond simply becoming stronger.

Read more at radishmagazine.com.



healthy living

Amazing alpacas

Raising Andes animals in the heartland

By Becky Langdon

Kathy Albert had always dreamed of owning livestock. In fact, the barn on her Rio, Ill., property where Heartland “Criations” Alpacas is located, is the exact barn she imagined owning one day as a child, built to match her fantasy.

She didn’t grow up on a farm, however, or begin her career as an alpaca farmer. The first livestock she owned actually were horses. Now, she’s living her dream.

“I always wanted livestock, but I didn’t want to butcher,” Albert says. “We had horses for awhile, but no one else in the family was into riding.”

Then Albert saw an alpaca ad in a magazine, which ignited her interest. She immediately called her father, a veterinarian who specializes in exotic animals, to learn more about them as she began her research.

Now, she has been raising alpacas for 16 years, and full time for the past five years. At any given point, she has 40 to 50 alpacas as the owner and manager of Heartland “Criations” Alpacas.

Alpaca farming is relatively new to the United States, as the first alpacas were imported in the 1980s. The animals originally come from the Andes Mountains-region in Chile, Bolivia and Peru, and are part of the camelid family, which means they’re related to camels and llamas.

Since their arrival to the U.S., they’ve grown in popularity. More than 100,000 alpacas are registered with the Alpaca Registry Inc., according to the Illinois Alpaca Owners and Breeders Association.

Owning alpacas is certainly appealing. They are soft, and so are the products made from their fibers. They’re also easier to raise than many other types of livestock; they’re mild-tempered, and good with kids. Because they have four stomachs, they’re efficient eaters, and their two-toed feet are easier on pastures than hooves. Additionally, there can be significant tax benefits for those who own alpacas.

Albert’s animals are all Suri alpacas of Peruvian descent. Suri alpacas have a twisted lock appearance and make up about 20 percent of all alpacas in the United States. (The other 80 percent are Huacaya alpacas, which have a fluffier teddy-bear appearance.) The Suri fiber is known for its soft, smooth feel and luster, as the “dreadlock” appearance helps protect the inside of the fiber.

In addition to the alpacas, Albert also has llamas, which help protect the other animals from predators.

Alpacas have a gestation period of about 11 months, which means they have one baby, known as a cria, per year. (The term cria inspired the name Heartland “Criations” Alpacas.) They mature in about three years and have a 20-year lifespan.

When Albert began keeping alpacas, she mostly was interested in breeding and showing them rather than selling alpaca products. During the past several years, however, she’s grown more and more interested in the product side of raising alpacas. Every May she holds a shearing day at the farm where she brings in a company to help shear all of the animals over a period of six or seven hours.

They use a method of sheering that involves having the animal lie down and



Jane Carlson / Submitted

Kathy Albert, owner of Heartland “Criations” Alpacas farm near Rio, Ill., leads her alpaca Nerissa for her first shearing on Saturday. Nerissa is a Suri alpaca just short of her first birthday. About 20 percent of alpacas are Suri alpacas, and Ms. Albert is the only breeder of the variety in the area. The farm hosts a Shearing Day every May for its herd of alpacas and for other owners of alpacas and llamas in the area. Nearly 50 animals were sheared at the event.

roll over halfway through the process, which allows them to remove the fleece in one complete section. This method differs from another common method of shearing, which involves placing the animals on a table. Albert believes her method is safer and yields a better product.

At this year’s event, 53 animals were sheared, including Albert’s alpacas as well as the alpacas she boards for other owners. She works with six to eight other companies to process the fiber and uses some of it for wet-felting and needle-felting crafts.

Alpaca fiber comes in 22 natural colors and also can be blended with silk. It’s appealing for clothing because of its incredibly soft texture.

“A lot of people don’t realize that alpaca fiber is actually warmer than wool and wicks moisture away from the body,” Albert says.

Additionally, because it doesn’t have lanolin in it like wool does, it’s hypoallergenic, she says.

Products made with Alpaca fibers also come in a variety of weights. “People don’t think of it as a summer product,” Albert says, “but I’m wearing summer-weight alpaca socks right now.”

Albert has a farm store on the property where she sells products made from her alpacas’ fiber — including everything from socks and scarves to gloves and hats, to stuffed animals, yarn and more. Additionally, she sells products at the Freight House Farmers’ Market in downtown Davenport.

When it comes to alpacas and competitions, it's all about the fiber. Judges primarily look at the quality of the fleece and its luster, Albert says. She has won first place and judge's choice for some of her yarn creations at the Alpaca National Show and the Suri Symposium.

Her favorite part about owning alpacas, however, is just being with the animals. Growing up as the daughter of a veterinarian, she has always loved animals. "I'm up at 4:30 every morning so I can be out here," she says, while standing out in the sunny pasture where the alpacas hang out.

"I'm a night owl by nature, but a morning person by training."

She's not the only one who enjoys the animals, as evidenced by the farms' frequent visitors. "We've had Red Hatters and 4-H to visit, ag tours," she says. "Anyone can come out and visit as long as they call and schedule it in advance."

Additionally, every fall she hosts an open house and festival. This year's open house will be Sept. 24-25 at the farm, 2512 Knox Road 500 East, Rio.

Now that Albert has the barn she imagined as a child, and the livestock she has dreamed of owning, it's not surprising that she has new dreams for the future.

She hopes to expand her farm



Jane Carlson / Submitted

Professional shearer Mick Hofmann, right, of Waukesha, Wis., shears a llama owned by Ron Werkheiser, of Galva, Saturday at Heartland "Criations" Alpacas farm near Rio, with assistance from his wife, Grace Hofmann, and Kyle Lowery, of Kansas City, Mo. Owners of alpacas and llamas throughout the area bring their animals to be sheared annually alongside the Heartland herd.

store one day to include a classroom where she can teach wet and needle felting, and Alpaca 101.

Becky Langdon is a regular Radish contributor. For more information on Heartland "Criations" Alpacas, visit hcalpacas.com.



Jane Carlson / Submitted

Ron Werkheiser, of Galva, leads his freshly sheared llama, Gracie, to a trailer after her turn at the annual Shearing Day at Heartland "Criations" Alpacas farm near Rio. About 50 llamas and alpacas were shorn. Werkheiser brings his llamas to the event every year. He said the fiber will be sold to make rugs.

100% Local Farmers Market

From our family's farm...to your family's table. **Easy parking.**



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 10am-1pm

Rock Island County Health Department 2112 - 25th Ave

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

www.growersmarkets.com

BISHOP HILL Clay & Fiber Fest

Pottery and Textiles Weekend

August 13 & 14 10am-5pm

- Demonstrations include pottery making and broom making
- Hands-on activities include spinning and weaving
- Buy Wares from Artists and Potters
- Saturday Only: Soup supper and ice cream social

NEW on both days, there will be a 1000 AD Nordic Market

conducted by historical reenactors from Micel Folcland.

Experience the early Middle Ages by visiting this Scandinavian encampment.

Artists welcome with advance notice/limited space.

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

6th Annual

Spirit of the Prairie

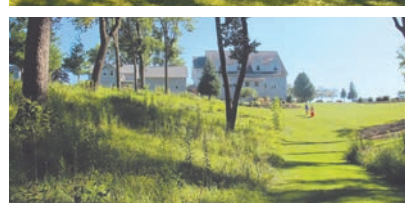
Sunday, August 21st
3:00-6:00 pm

Our Lady of the Prairie Retreat

A party in the country surrounded by native grass prairie and woodland. Local food and drink, tours, live music and an ART auction.

Find out more and register:

www.chmiowa.org
563-336-8414



'Friendship set to music'

Square-dance club is fitness and friendship hub

By Chris Cashion

Solo Steppers Square Dance Club President Mary Webster describes square dancing as “friendship set to music.” After spending a recent evening with her group, I’d have to say that’s an accurate description.

Even though I only had attempted square dancing once in my life — and I only had known these folks for about five minutes — the Solo Steppers made me feel like I was part of the group all evening.

There was no shortage of things to talk about. Square dancing comes with its own lingo, so I had a lot to learn. For example, every time the dancers get up to dance, it’s called a “tip,” and there usually are eight tips at a dance. There also are dances between the tips called round dances, which are cued ballroom dances.

There are several levels of square dancing — mainstream, plus, advanced and challenge — and each features an increased level of difficulty.

Because square dancing can be a bit on the complex side, people typically take classes to learn the calls before they try it. For a dance, participants begin by standing in a square of eight dancers, or four couples. Then, they are instructed by a caller who calls out steps.

Since I hadn’t taken classes, the folks at the dance were quick to tell me about the popular calls so I could follow along as part of a square.

The classes actually got Webster started with square dancing. “I saw in our work newspaper that a gal who worked there had graduated from square-dance lessons. I could not get to her desk fast enough to find out when the next lesson would begin. That was in the fall of 1990; I graduated the next spring,” the Moline woman says.

“If I had known square dancing was going on in the Quad-Cities, I am sure I would have started sooner.”

Many people are hooked on square dancing once they start the lessons, Webster says, especially as they discover the benefits it has to offer.

“I have heard several men say they really did not want to take lessons, but once they got started, they are very glad they found it for the exercise and friendships they have made,” Webster says.

For callers at the Solo Steppers dance, square dancing is a family tradition.



Members of the Solo Steppers Square Dance Club have fun together as they meet for a square dance at the Prince of Peace Church in Davenport.

Gary Krambeck / Radish

Twins Don and Doug Sprosty have been calling for more than 40 years — since they were 12 years old.

“Our parents learned to dance the year before we were born,” says Don Sprosty, of Bettendorf. Now he and his brother call together, and Don’s 12- and 13-year-old sons square dance as well.

Others find that square dancing becomes a part of their life, even infiltrating parties marking family milestones.

Joan Polfliet, of Rapids City, says she and her husband will have their favorite caller, who hails from Nebraska, at their upcoming anniversary celebration.

What makes him a favorite? “He’s so smooth at calling,” Polfliet says.

Bev Koppes, of DeWitt, has square danced on and off through-

out her life, beginning when she was a child. Even though she has taken breaks, she finds herself coming back to it.

“Everyone is so friendly,” Koppes says.

Webster says the social aspect is one of the reasons people enjoy it so much.

“Socially, it is a place anyone can go and feel welcome even if they do not have a partner. It is such a great way to get exercise as you are in almost constant motion while dancing. Mentally, it keeps your brain sharp, as you have to remember the calls to do them,” Webster says.

“I often think of all the people I know just because I square dance. I have had so much fun dancing with them, carpooling to go on weekend trips to dance and doing other things outside of square dancing.”

There are square dancing clubs in Geneseo, Morrison, Bettendorf, Clinton, Davenport, Iowa City, Maquoketa and Preston.

If you happen to travel outside of the country to square dance, don’t worry — the calls are always in English, even if it’s not the native language of the country you’re visiting.

The Davenport Solo Steppers began in 1974, and will celebrate in September with a special dance.

Chris Cashion is a writer on staff with Radish. To learn more about area square dance clubs, including the Solo Steppers, visit iowasquaredance.org.

ORGANIC Mini-Seedless WATERMELON

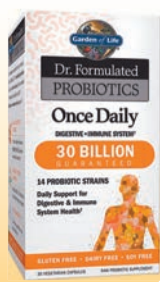
On Sale
Now!
\$4⁵⁰

Starting
Sept. 1st

We will be
open from
9 a.m. to 6 p.m.
Monday-Friday
and
9 a.m. to 5 p.m.
Saturday

Garden of Life
Dr. Formulated
Probiotics
Once Daily
30 ct

\$19⁹⁹



Natural Vitality
Natural Calm
8 oz

\$14⁹⁹



Nordic Naturals
DHA
Strawberry
\$22⁹⁹ 90 ct



Sambazon
Organic Unsweetened
Açaí Superfruit
Packs
4 pk

\$5²⁹



Essentia
Electrolyte
Enhanced
Water
1 liter
\$1⁴⁹

Honest Tea
Organic
Bottled
Iced Tea
4/\$5



**August
Specials**

**HERITAGE
NATURAL FOODS**

"We Want to Make Your Health Shine"

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



Like us on Facebook!

1317 6th Ave., Moline
309-764-1912
Monday-Friday 10am-6pm
Saturday 9am-5pm

3875 Elmore, Davenport
563-344-2100
Monday-Friday 10am-7pm
Saturday 9am-5pm

IS YOUR ESTATE
AS WELL
PLANNED AS
YOUR BACK TO
SCHOOL LIST?



Check us out Online!
www.nashbeanford.com

OUR TEAM CAN HELP YOU CREATE
A COMPREHENSIVE ESTATE PLAN
THAT HELPS YOU UNDERSTAND:

- How to **minimize estate taxes**.
- How to **protect assets** inherited by your heirs from **lawsuits, divorce and other claims**.
- How to protect your estate and provide for yourself and your family if you become incapacitated
- What a **Power of Attorney** will and will not do for you.
- How to protect your home and assets from high nursing home costs.
- How to **protect children** from being unintentionally disinherited in second marriage families.

NASH NASH BEAN & FORD, LLP

ATTORNEYS & COUNSELORS AT LAW

James H. Nash | Robert N. Nash | Curtis J. Ford
Mary Ann Brown | Benjamin T. Young | Mallory P. Hoyt
John W. Bean, Of Counsel

Offices in Moline and Geneseo—309-944-2188 | 800-644-5345
Members of the American Academy of Estate Planning Attorneys

pet of the year

Gabe and Bailey



Radish crowns two pups for the first time

Photos / Meg McLaughlin / Radish

By Chris Cashion

Loyalty. Empathy. Dependability. These are all good traits to look for in a best friend. If the old adage is true — dog is man's best friend — it should come as no surprise that canines Bailey and Gabe are the co-winners of this year's Radish Pet of the Year contest.

These two have the aforementioned traits in spades.

'She's my everything'

Bailey is a 2-year-old rescue dog, owned by Lynsy Hesse, of Rock Island. Hesse calls Bailey's

breed a "limited edition" — she's not really sure of her breed, but knows she is something special. A vet told her that Bailey could be part Shih Tzu, and Hesse says Bailey gets curly like a poodle when she gets wet.

It's not Bailey's pedigree that makes her special, however.

Hesse adopted Bailey in June 2014 from Jellystone Bark's Rescue Rescue, Oswego, Ill. Before Bailey came to the rescue shelter, she had been kept in something about the size of a small rabbit cage. Prior to adopting Bailey, Hesse had never been interested in small dogs. Her prior pets had been larger breeds, but something about

Bailey and her story caught her interest.

Hesse had no idea how important Bailey would be.

In 2013, Hesse's husband was diagnosed with ocular melanoma, a type of cancer that affects the eye. Although he appeared to have recovered, the cancer came back in 2014. Bailey was there by his side as he went through treatments.

When Hesse's husband passed away last September, Bailey took on a new role.

"She's my everything," Hesse says.

Hesse speaks of Bailey in glowing terms, describing how she has been there for her as she



Bailey, left, and Gabe are Radish magazine's Pets of the Year.

has dealt with the loss of her husband. Bailey may not be able to speak, but in a true friendship, words aren't always necessary. The pint-sized Bailey knows just how to comfort her human companion. She knows how to keep her entertained, too.

Hesse says she is full of energy, and full of love.

"She loves going for walks, and she loves her tennis balls. She is tennis ball-obsessed. She has a special drawer for her tennis balls, and she will go to it and pick out her favorite," Hesse says, laughing.

"She loves riding in the car and hanging her head out the window, and she loves other dogs."

Although Hesse thinks Bailey is always Pet of the Year, entering this year's contest at the Healthy Living Fair in June was a last-minute decision. Hesse says her family loves Radish, and they called her the morning of the fair to see if she would like to enter Bailey in the contest.

"I remembered seeing the Pet of the Year before, and I thought, why not? She's such a good dog," Hesse says. "Bailey deserves to be a cover girl."

'He feels what you're feeling'

Co-winner Gabe is no stranger to the contest, although a stranger is someone he has never met. The friendly 11-year-old labradoodle is owned by Joyce Kilgard, of Coal Valley.

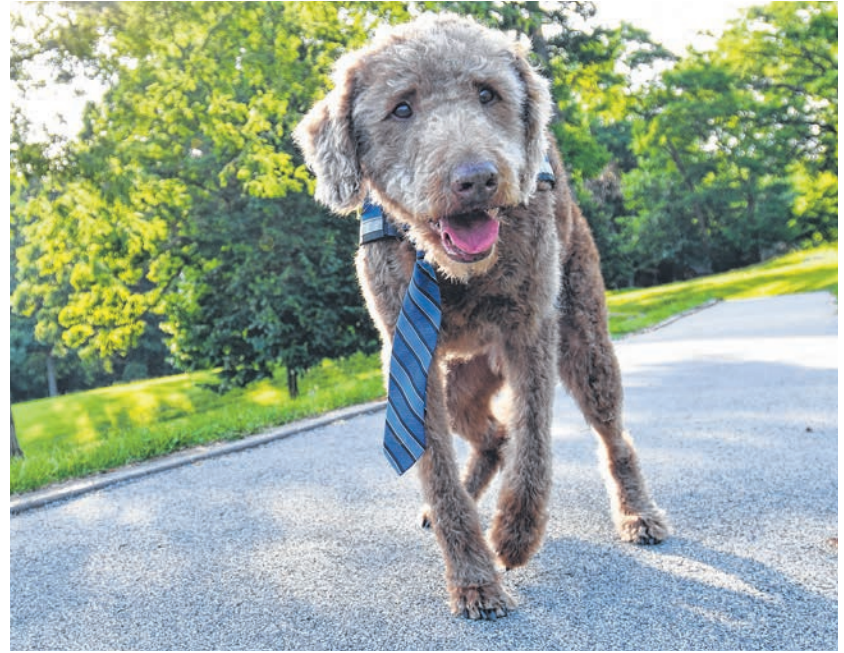
Kilgard says she has entered Gabe in the contest twice before. After another member of their dog club came away the winner last year, Kilgard decided to give it one more shot.

The third time was the charm.

Kilgard says she got Gabe from her best friend when he was just 4 months old. At the time, Kilgard also had another dog, Maggie, a border collie mix, and the two became fast friends.

"Maggie was the alpha dog, and they got along right away," says Kilgard.

Under the tutelage of Maggie, Gabe slipped seamlessly into the Kilgard household. The two became inseparable. Maggie was a therapy dog, and soon Gabe became one, too.



Photos / Meg McLaughlin / Radish

When Maggie passed away, Kilgard said it was obvious that Gabe was sad, even sleeping with her therapy vest for a month after she passed.

Maybe it was Gabe's calling, or possibly his experiences that shaped him, but Kilgard says he is very compassionate, making him an incredible therapy dog.

"Gabe reads people through their facial expressions. He feels what you're feeling," Kilgard says. "He would turn a non dog lover into a dog lover."

She says there is something very special about how he looks at a person.

"He looks like he is looking into your soul," she says.

Gabe travels to hospitals, daycare centers and nursing homes spreading his special brand of canine compassion, sometimes surprising even his owner. She says Gabe can't stand to see someone hurting.

Kilgard recalls a time they were visiting the oncology unit at a local hospital, and Gabe heard a patient crying in a room.

"There are some rooms we can't go into for medical reasons, but Gabe sat outside the door for about a half hour. I had to reassure him that the person was OK before he could go on. He couldn't go on until the patient stopped crying," Kilgard says.

Gabe also likes to entertain, and Kilgard often dresses him up in various costumes for his therapy dog duties and parade appearances.

"I've dressed him as Santa and as a reindeer. He can really look like a reindeer because he's chocolate. I've dressed him up with themes for parades, and we've done visits to Amber Ridge, Heartland, the Coal Valley Happy Joe's at Christmas," Kilgard says. "He makes people feel better. He has been to the Coal Valley library and had the kids read to him. He loves kids. He has over 400 visits as a therapy dog."

It's the first time the Pet of the Year contest has had two champions — a title earned by the audience's round-of-applause — but it seems appropriate with these two. If man (or woman) could call more than one canine their best friend, these two would surely be good candidates to share that title, too.

Chris Cashion is a writer on staff with Radish.

Mind, Body, Spirit Unite!

Conference tackles alternatives for mental health

By Natalie Dal Pra

It can be hard to admit when we're not feeling well mentally, and even harder for health care professionals to know how to treat the problem.

Depression, anxiety, addiction and other mental health disorders and illnesses are very real, but often very stigmatized. Sometimes, if a person is suffering from one of these illnesses or another, a doctor will prescribe medication and send them on their way. While this may be helpful for some people, in others, medication may simply mask the issue rather than get to the root of it.

What if there was a better way to treat mental health issues? There are some people in the Quad-Cities who think there is.

The Mind, Body, Spirit Unite! mental health wellness conference — on Sept. 23 at Black Hawk College in Moline — aims to educate the public and health care providers on how to utilize more holistic methods to combat mental health issues and illnesses.

"The conference is aimed at any community member who is interested in alternative methods of achieving mental health wellness, and treating the person as a whole," says conference co-chair Pam Davies. "It's open to psychologists, teachers, counselors, health care and holistic practitioners, social workers and anyone who struggles with or has a family member or friend that struggles with a mental health issue."

The daylong conference begins with registration and a continental breakfast at 7:45 a.m. Dancer and Black Hawk alum Victoria Viren will kick things off with a ballet performance after breakfast, and guest speakers will begin at 8:50 a.m.

The conference will touch on a wide variety of topics relating to mental health, with seven speakers from various backgrounds taking the stage throughout the day.

Many of the speakers are from the Quad-Cities area and will offer personal experiences on the topics they cover. Speakers and their topics include:

▪ **Dr. Katy Frega**, who owns Ideal Health & Wellness in Moline, will discuss naturopathic medicine, nutrition, acupuncture and the role of mental health in relation to how it affects our overall well-being.

▪ **Bettendorf teacher Emily Fall** will share her personal journey with depression, and touch on treatment options.

▪ **Retired East Moline police officer George Smith** will speak about how his son's suicide affected him, and ways to prevent and reduce the stigma surrounding suicide.

▪ **Health and wellness practitioner Stephanie Adamson** will discuss stress reduction through mindfulness and meditation.

▪ **Genesis Health System hypnotherapist Brooke Lemke** will share her story of overcoming chronic pain through hypnotherapy.

▪ **Healer Candace Pittenger** will discuss tips to achieving happiness in your everyday life.

▪ **Author and spiritual director Kit Evans-Ford** will share her personal story of surviving sexual assault, and how she overcame post-traumatic stress disorder (PTSD) through art therapy.

Davies says that the conference's objective is to show that the mind, body and spirit are connected, and holistic methods should have their place alongside traditional treatments.

"As more people are becoming aware of alternative medicine, they have become much more accepting. The public has more respect knowing that these methods are not necessarily replacing conventional methods, but enhancing the overall health of a person, which enables quicker relief."

Although alternative medicine is becoming more widely accepted, there are still some mainstream physicians who are skeptical about its effectiveness. A conference like this could help change that, however.

"This conference is about suggesting to professionals that alternative methods should be considered, and often times, can prove successful to patients, clients, or anyone suffering from a mental illness," she says. "I believe a conference like this brings a greater awareness to professionals that there are numerous



Metro Creative Graphics

alternative methods that they can incorporate into their practice or use as resource within the community to help people on their journey toward wellness."

Admission to the conference is \$40; \$20 for Black Hawk students, and includes breakfast, lunch and professional certificate of attendance. Six credits also will be awarded to continuing education students.

The conference will take place Friday, Sept. 23, from 7:45 a.m. to 4:15 p.m. in the theater room in Building 1 of Black Hawk College's Quad-Cities campus, 6600 34th Ave., Moline. Early registration is encouraged by calling 309-796-8223, or visiting bhc.edu/pace. For more information, visit bhc.edu.

Natalie Dal Pra is an occasional Radish contributor.



A Premier Art Festival

On the Figge Art Museum Plaza
2nd Street Downtown Davenport, Iowa
Saturday, Sept 10th 10am-5pm • Sunday, Sept 11th 10am-4pm

- Juried Fine Art & Fine Crafts
- Childrens' Art Project Area • Food Court
- FREE Admission to Figge

First 25 people (1 per family) who bring this ad to the information booth will receive a canvas tote bag by artist Tom Hempel.

**Discover Truly Unique Art
& Fine Crafts for Your Collection!**

www.BeauxArtsFair.com

FREE Admission

My name is yoga.

And I can change your life.

Aerial • Yin • Flow • Hatha • Senior

We offer ALL levels of classes!
Davenport & Bettendorf Locations



The Quad Cities Largest & Original Yoga Studio

**Davenport
School of Yoga**
"Best Yoga Training
In The Midwest"

**421 Brady Street, Davenport, Iowa
563-322-5354
www.DavenportSchoolOfYoga.com**

Make a Personal Breakthrough – with Hypnosis.

Sports Performance • Success Mastery • Pain Management
Weight Loss • Self Confidence • Learning • And More

Call Today for your **FREE evaluation!**

Local and Long-Distance Programs

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



John B. Dooley, MD

has 25 yrs experience
leading the Midwest with the most
high tech pain interventions

PCI PAIN
CENTERS
of IOWA PC
relief within reach

Davenport • Burlington • Coralville

www.pcipain.com

**Target your pain once and for all
by dialing our office**

563.344.1050

You are invited to come enjoy our interactive

Children's Garden!

Bringing people and plants together
in fun and meaningful ways!

Kids and Family Educational Opportunities

To schedule a tour or register for a program,
please contact our Education Department at
309.794.0991 ext. 208 or edu@qcgardens.com.

Literacy in the Garden

Every Monday 10am-12pm

Acorn Adventures

Join us for our 3-5-year-old program every second Tuesday
of the month at 10:30 AM. Explore and discover the natural
world through hands-on activities and craft projects.
Program fee is \$6 for non-members, \$4 for members.
This includes one child and one adult.
Register online at www.qcgardens.com, or call 309.794.0991.

**\$6 Adults, \$5 Seniors/Military, \$4 youth, \$2 children,
toddlers under 2 and Quad City Botanical Center members are free!**



**QUAD CITY
BOTANICAL
CENTER**

growing minds through nature

**2525 4th Avenue, Rock Island, IL
309-794-0991 • www.qcgardens.com**

Like us on Facebook www.facebook.com/qcgardens

MON – SAT 10am-5pm • Sunday 11am-5pm. • Open late until 7pm on Tuesday nights.



Themes:

- August 9th –**
Water Wonders
- September 13th –**
Monarch
- October 11th –**
Great Gourds
- November 8th –**
Terrific Turkey

eating well

A fervor for flavor

Local artisan makes food into art

By Dylan Davis

Ever been to an Italian restaurant where you were served that awesome semi-flat bread that you dip into olive oil and salt, or shaved Parmesan cheese? We're not talking about endless breadsticks, here, but actual Italian bread. Sometimes it has olives (or other delicious delights) baked right into it, or spread on top of the dough. That's focaccia bread, and it's one of the specialty items produced by Lavish Lily Artisan Products.

Carrie Leftwich-Hillman, of Taylor Ridge, Ill., founder of Lavish Lily Artisan Products and a member of the American Culinary Federation, is now in her ninth season in the market business. She was a frequent customer at the Freight House Farmers' Market, and she noticed there weren't many vendors selling artisan breads. So, with her love for food and art, she decided to experiment in her free time. Within a few months, she was selling her items to an ever-growing list of customers.

A self-proclaimed chef, artist and grower, Leftwich-Hillman is passionate about producing the best tasting food possible. In addition to focaccia bread, Leftwich-Hillman also produces shaped breads and sweet rolls.

"Inspired by great bakeries in other cities, I have worked for years on developing my own dough recipes, striving to achieve the most flavorful yeast breads you can buy locally," she says. "As a chef, I am always thinking about new flavor combinations; I am always trying to add a new item to my products."

Carrie began cooking when she was 12, and she won a number of "best of show" ribbons for cooking in her youth. Although she studied art in college, her natural talents with food saw her managing health markets, catering departments and kitchens for a local grocery store and elsewhere, working closely with dietitians, chefs and kitchen staff to produce a wide variety of healthy, prepared foods that were ready to take home.

She loved these jobs, but as her own market business grew, she had to make the decision to focus on her business and her products. But she never lost sight of her love of art. Just looking at the items available, it's easy to see how art influences her baked goods, how care is taken to make the goods appeal to the eyes as well as the taste buds.



Carrie Leftwich-Hillman (right) bags up some bread for a customer at the Lavish Lily booth during the Freight House Farmers Market in Davenport. Leftwich-Hillman, founder of Lavish Lily Artisan Products, is a chef, artist, and grower, and she makes and sells focaccia bread, shaped breads and sweet rolls.

Brian Achenbach / Radish

Leftwich-Hillman has several other interests outside of baking and art, but one way or another, they are all tied together. She is an accomplished photographer, and her photographs of natural and local scenery are available at the Freight House Farmers' Market, too. She enjoys gardening, and she uses heirloom-variety herbs and vegetables she grows herself in her baked goods. She also teaches cooking classes every other Tuesday at The Green Thumbs in Davenport, where she features their Twisted Trunk line of high-quality olive oils and vinegars.

Lavish Lily Artisan Products come in a wide variety of flavors, and are made without preservatives or dough enhancers. Leftwich-Hillman crafts them using her own original methods and recipes.

Her focaccia varieties include Sun-Dried Tomato Pesto, Asiago Black Pepper, Jalapeno Cheddar, Spinach Mushroom, Basil Pesto with Pine Nuts

and Parmesan, and more.

Some of the most popular sweet roll flavors include strawberry, strawberry-rhubarb, blueberry and apple, often topped with mouth-watering vanilla bean icing, changing with the season depending on the availability of locally grown fruit. On any given Saturday, Freight House Farmers' Market visitors can choose from a dozen varieties of focaccia bread and almost as many varieties of shaped breads.

"There is something about working with yeast dough that fascinates me," Leftwich-Hillman says. "Yeast is a living organism. I love growing things, and I love taking photographs of beautiful things, particularly nature. There is something to be said about sharing your passions with others through food and art. There is nothing more fulfilling than that to me. I love the people, the atmosphere, and most of all, making people happy."

Lavish Lily Artisan Products can be found at the Freight House Farmers' Market (Spaces 37 and 38) every Saturday. Customers can visit the company's Facebook page (facebook.com/lavishlilyproducts) to find out what flavors will be available, where Leftwich-Hillman's products will be available on any additional market days and to salivate over the photos.

Maybe that last one is just me, but I bet you will, too.

Dylan Davis is a regular Radish contributor.

MENTAL HEALTH WELLNESS CONFERENCE

Join seven engaging presenters to explore depression, healthy eating, meditation, happiness, hypnotherapy and suicide prevention.

**Friday,
September 23, 2016
7:45 a.m. to 4:15 p.m.**

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

Registration deadline:
Monday, Sept. 19

For more information
309-796-8223

[www.bhc.edu/
MindBodyConference2016](http://www.bhc.edu/MindBodyConference2016)



Bldg 1, Room 306 (theatre),
6600 34th Avenue, Moline, IL.



Who should attend: The Mind, Body, Spirit, Unite Mental Health Wellness Conference is for individuals, families, health professionals and anyone who wishes to explore options for wellness in this evolving mental health field.

Join Us On the Road to Energy Independence



Gold Star FS, Inc.

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

Annual Community Health Fair

Stronghurst Park in Stronghurst, IL

Thursday, August 11th

11 am - 2 pm

Presented by



FREE ACTIVITIES

- Kids' Games, Balloons, Face Painting
- Free Lunch
- Door Prizes
- Free Health Checks
(blood pressure, blood sugar and oral cancer screenings)
- Sign up for free phone amplifier
- Farmers' market, Bake Sales and flea market vendors
- Music by Joyful Sounds
- Radish Magazine and much more!

On your feet all day? FREE Varicose Vein Screening

Do you experience discomfort, leg pain or swelling?

Do you have varicose veins?

The underlying cause of varicose veins and heavy, achy legs can be treated in our office with the Venefit Closure® procedure. It allows you to resume normal activities typically within a day.

- Minimally invasive
- Fast and mild recovery
- Covered by most insurance

To attend this FREE varicose vein screening, call now!



Iowa's Only Accredited Vein Center
505 Cedar Cross Road Dubuque, Iowa
563-583-VEIN (8346) • 888-852-4982
tri-stateveincenter.com



environment

TallgrassQC

Going greener in the ground, on the radio and online

By Jonathan Turner
and Anthony Watt

Several area organizations are partnering to boost appreciation of the Quad-Cities' natural places and awareness of ecological issues in the region.

River Action has worked with WVIK-FM, the Q-C NPR station, to start a new RiverPlay Podcast Project. The Figge Art Museum has had a tallgrass prairie exhibit this summer, as part of a new TallgrassQC initiative, involving WVIK and other partners.

"We want to offer local writers an opportunity to engage in that form, also to really think about local places," River Action development director Kate Kremer says of the podcast project. River Action and WVIK sought submissions to produce eight three-minute radio plays by local writers about local natural places.

The segments now are posted on WVIK's new environmental website, TallgrassQC.org, where they will be available to stream or download. The plays "will be tiny soundscapes of Quad-Cities parks and wild places that audiences can listen to in the very parks and wild places in which the plays are set," according to riveraction.org/node/258.

Kremer got the idea for such "smartphone plays" by reading about this emerging genre of theater that takes advantage of mobile technology. Listeners can go to that particular location (such as one done on the Staten Island Ferry in New York), press play and be submerged in that environment.

"This idea immediately resonated with me in the context of River Action's work with the river, of course, and also with the QC Wild Places program, which works to highlight and increase access to the many wild places in and around the Q-C," Kremer says.

"My hope is that this series will offer listeners the opportunity to develop a more intimate relationship with the Quad-Cities' many parks, while opening their ears and eyes to the vast possibilities of these natural spaces," she says, noting that a photo of



Meg McLaughlin / Radish

Nahant Marsh's Brian Ritter, along with a dozen others, gathered on 2nd Street in Davenport to dig Iowa Native plant prairie grasses and wildflowers. Members of the Figge Art Museum, Nahant Marsh and WVIK all were included as part of a new collaborative called TallgrassQC, to raise awareness about the importance of prairie ecology in the Quad-Cities.

each play's subject accompanies the podcast online.

The local NPR station is increasing its commitment to environmental news on air and through the website TallgrassQC.org, which includes links to news stories (and WVIK's site), the Figge's "Picturing the Prairie" exhibit, Nahant Marsh Education's Center's Pollinator Conference (that took place in June), as well as an events calendar.

TallgrassQC partners include Jackson Elementary School in Davenport, John Deere Foundation, Nahant Marsh, Russell Construction, Eagle View Group of the Sierra Club, Joyce and Tony Singh Family Foundation, Uncommon Ground, WQPT (the area PBS station) and WVIK.

"The whole gist of Tallgrass — beyond the events happening this summer — as the initiative continues into the future, the website exists to aggregate various content, various events," WVIK general manager Jay Pearce says. "Anything going on in our river basin, we want to promote their activities, send people to their website."

"There's a lot of groups doing a lot of good work," he adds. WVIK will join Harvest Public Media, a collaborative of reporters at public-radio stations nationwide, which generates content for member stations, Pearce says, noting the station also

Continued on page 31

September 23 & 24



CLINTON FLY IOWA

CELEBRATING CLINTON COUNTY
AEROSPACE HISTORY

A FREE AIRSHOW & FAMILY EVENT!

FRIDAY, SEPTEMBER 23RD

5:30PM-9PM Clinton Area Chamber of Commerce Steak Fry
(Tickets and more information available at www.clintonia.com)

SATURDAY, SEPTEMBER 24TH

7AM-11AM Fly-In Breakfast

Hosted by the Clinton River King & Queen Athletic Boosters
(Tickets available at the Clinton Area Chamber of Commerce and Clinton Municipal Airport)

8AM - 3PM All Exhibits Open

Exhibits include: Iowa Aviation Promotion Group, Children's Discovery Center "Hands On Aviation",
Static Displays of Historical and General Aviation Aircraft

11AM - FLY IOWA Kickoff! Clinton County is Space County USA

Learn all about Clinton County's rich history in aviation and space exploration

12PM - Air Show

Presented by: Iowa Aviation Promotion Group, Clinton Municipal Airport, Clinton Area Chamber of
Commerce, and Clinton Conventions & Visitors Bureau

Support our Local Vendors! Food & other items for sale throughout the day.

AT THE CLINTON MUNICIPAL AIRPORT

2000 SOUTH 60TH STREET, CLINTON, IA | RAIN DATE SEPT. 25TH

FEATURING



THE VANGUARD SQUADRON

RV-3's Powered by 100% Ethanol Fuel



DAVE DACY & TONY KAZIAN

Super Streamman Wing Walking Team



ERIK EDGREN

Clipped Wing Taylorcraft Comedy Act

f FLYIOWA | WWW.FLYIOWA.ORG

City of Galesburg
**Parks and
Recreation**

2nd ANNUAL MONARCH MIGRATION FESTIVAL

Saturday
September 10, 2016
10:00 a.m.-2:00 p.m.

at **Lakeside Nature Center**
1033 South Lake Storey Road, Galesburg, IL 61401

Free & Open to Public

Migrate to the Lakeside Nature
Center for a day of activities,
education and fun events.

- Monarch Lifecycle - Ms. Mari Posa Bus
- Rearing Cages (U of I Extension) Migration Maps
- Adopt a Monarch Butterfly -
Tagging with Monarch Watch in the Prairie Garden
- Butterfly Chalk Art and Monarch Photo Booth
- "Butterfly" Pork Chops and Beverages
Available for Purchase
- Butterfly Plant Identification in the Prairie Garden
- Create Seed Balls with Milkweed seeds
- Native Plant Information
- Pollinator Plot Information - Pheasants Forever

Simply Native Nursery will be giving native
plants away to the first 50 in attendance.

Call
309.345.3683
for more information

City of Galesburg
**Parks and
Recreation**

Wrap it up

Lettuce wraps make for easy meals

By Laura Anderson Shaw

I have always been a little jealous of my friends and family who enjoy spending time in the kitchen. Personally, I would rather relieve stress by eating the brownies, not baking them, and I enjoy crafting decorations for get-togethers, not cooking for them. So when it's time for me to make a meal, I like to make dishes that are easy and will go far.

Enter the lettuce wrap: a delicious way to wrap up virtually anything, including leftovers.

Lately, Radish layout goddess Kimberly Calhoun has been packing lettuce wraps in her lunch, and everyone in the office has been drooling over their contents. Sometimes, it's a southwestern chicken creation; other times, it's a BLT or even just slices of turkey pepperoni and Provolone — it seems as if there have been endless combinations and creations. (A tuna melt in a lettuce wrap sounded — and smelled — like a delicious idea, but she ended up wearing most of it, so she doesn't recommend that!)

Regardless of their contents, lettuce wraps make for tasty meals that are easy to make. Enjoy cooking? Take your time preparing what the leaves will hold. In a hurry, or don't feel like making anything? Many brands offer ready-to-eat chicken strips, bacon or the like for quick meals.

You can use lettuce leaves in place of tortillas or buns, cutting carbs and working extra veggies into your diet, and depending on the type of lettuce you choose, you can wrap the contents like a burrito, or fold the leaf in half like a taco shell.

Want to give lettuce wraps a shot? Choose a lettuce, and fill 'er up. Having rotisserie chicken for dinner? It would work perfectly in a lettuce leaf with some cheese the next day. Taco casserole for supper? Tomorrow's leftovers will taste delightful in a taco shell-shaped lettuce leaf.

If you need more ideas for what you could fill your leaves with, here are a couple to get you started.

Laura Anderson Shaw is the editor of Radish.



Gary Krambeck / Radish

Southwestern Chicken Lettuce Wraps.

Southwestern Chicken Lettuce Wrap

Romaine, bib or the lettuce of your choice, separated, cleaned and dried

Chicken (precooked, such as rotisserie or Oscar Mayer Southwestern Chicken Strips; or chicken breasts cooked and sliced into strips)

1 can black beans, rinsed and drained

1 can corn, drained

1 avocado, sliced into strips

Salsa to taste

Shredded cheese (optional)

Mix chicken, beans and corn together in a microwave-safe bowl (and cheese if you'd like) and microwave until warm, about one minute. Spoon warm mixture into leaves, and top with avocado slices and salsa. Roll into a wrap, or fold in half like a taco shell.

Asian Lettuce Wraps

2 teaspoons vegetable oil
1 pound ground beef
2-inch piece ginger, peeled and finely grated
2 scallions, chopped
2 cloves garlic, minced
2 tablespoons soy sauce

1 teaspoon red pepper flakes
1/4 cup hoisin sauce
1/4 cup chopped peanuts
Salt and freshly ground black pepper
1 head Boston lettuce, leaves separated, cleaned and dried

In a skillet over medium-high heat, add the vegetable oil and saute beef until brown. Stir in ginger, scallions, garlic, soy sauce, red pepper flakes and hoisin and cook for 1 minute. Remove from the heat and stir in the peanuts. Season with salt and pepper and serve warm wrapped in lettuce cups.

Source: foodnetwork.com/recipes/sunny-anderson



EXCEPTIONAL LIVING

SAVE \$1,000
ON OUR
AWARD-WINNING
BRIDGE TO
REDISCOVERY™
MEMORY CARE*

**HELPING CREATE MOMENTS OF JOY
FOR YOUR LOVED ONE.**

*Offer valid on select memory care apartments only, with move-in by July 31, 2016. See Community Relations Director for details.

AMBER RIDGE ASSISTED LIVING
900 43rd Avenue • Moline, IL 61265 • **309-797-8181**
www.AmberRidgeAssistedLiving.com

AMBER RIDGE MEMORY CARE
221 11th Avenue • Moline, IL 61265 • **309-757-7744**
www.AmberRidgeMemoryCare.com

©2016 Five Star Senior Living





KNOX COUNTY ILLINOIS

OCT 2016

knox county *Scenic Drive*

October 1st & 2nd
and October 8th & 9th

- Knox County Fairgrounds • Downtown Knoxville
- Orange Chapel • Walnut Grove Farm
- Maquon • Galesburg: Hawthorne Centre

e-mail: visitors@visitgalesburg.com
or call 309.343.2485

www.knoxcountyscenicdrive.com




**"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



JUICE IT UP!

BOTTLED JUICE PROGRAM
introducing our new
clean bottles

\$16⁹⁹ /each

ONE FREE JUICE FILL
with bottle purchase

Re-fill for Only
\$3.99 /25oz
reg. \$4.75

Up to 3 Juice Blend
Until August 31st

www.greatestgrains.com
Follow us
@GreatestGrains

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





• SLEEP ISSUES • HATE YOUR CPAP MACHINE • HEADACHES • TMJ DISORDERS

Dr. Jeffrey Bassman, D.D.S. PC

**Center for Headaches,
Sleep & TMJ Disorders**
Dr. Jeffrey Bassman, D.D.S., PC

**"Over 30 Years Experience
Treating Sleep & TMJ Disorders"**

141 East 46th Street
Davenport, IA 52806
563-391-1525

www.jbassmantmj.com
jbassmantmj@earthlink.net

**CALL FOR A
FREE
CONSULTATION**

outdoors

Hang out in a hammock

A smaller, comfier alternative to tents

By Christopher Shaw

When you think about camping, many images might come to mind: cooking on an open fire. The brightness of the stars in the night sky. The shelter of a tent.

Tents are synonymous with roughing it, and sleeping on the ground — even with the best sleeping pad money can buy — can lead to an aching back and a difficult night's sleep. Sometimes, you end up feeling more exhausted in the morning than you did the night before.

So why not avoid the ground altogether in a hammock? You'll still sleep beneath the stars in a hammock, and you'll be rocked to sleep by the breeze.

Hammocks are a great alternative to tent camping, and can offer just as much protection from the elements, if not more. You might even have a more relaxing night's sleep than you would at home in your bed.

Camping hammocks are different than their knotted rope counterparts. Camping hammocks are made of lightweight synthetic materials which allow them to dry very quickly, take up very little room when you pack and weigh less than a tent. You can buy sets that include a rainfly and bug net to keep you dry and bug-free. You also can purchase these items separately depending on your preferences and needs.

Modern hammocks often also use special straps to fasten to trees so you can set them up virtually anywhere you can find two trees close together. The straps also protect the trees from damage that ropes can cause.

When it comes to set up, hammocks are just as easy to put up as tents are, and probably a lot easier than some. You'll still want to use a sleeping pad beneath you to keep your back warm at night, and with a little practice, getting in and out of a sleeping bag in a hammock is easy as well.

Compared to tents, hammocks are lighter and take up less room in your pack, which makes them an awesome option for multi-day hiking trips. They also cost the same as tents or, oftentimes, less.

The one real weakness hammocks have is that you have to be certain that the place you camp has trees, and that the trees will be large enough to support your weight. While many campgrounds have plenty of trees, the chances of your site



Hammocks are especially great for those who have a hard time sleeping on the ground. In a hammock, you're off the ground, which also can help you avoid bugs, snakes and other critters.

Submitted

having two together might be a gamble.

It might be easier to find a place to set up your hammock if you're wilderness hiking, but a recent canoeing trip in Wisconsin proved that some nights, you might find yourself camping on a tree-less sandbar. If you know your camp will offer even two trees near each other, I don't see how a tent could ever beat a good hammock. Even if you enjoy camping in the winter when you'd think it would be too cold to be more exposed to the wind, you can purchase special quilts that go under your hammock, making it toasty warm.

My first time hammock camping was on a canoe trip in the Boundary Waters Canoe Area Wilderness in northern Minnesota with a wilderness experience class through Scott Community College. It probably was one of the best experiences of my life. It was a 10-day trip through complete wilderness, and every morning, I woke up feeling amazing after sleeping in my hammock. Even during torrential rain and gusting winds, I stayed perfectly

dry and warm. My classmates, who slept in tents, had to deal with leaking water and holes.

Even when at I'm home, I have my hammock set up in the backyard. I spend time in it often, reading and enjoying the outdoors.

Hammocks are especially great for those who have a hard time sleeping on the ground. Even with a really expensive sleeping pad, it still can be difficult to fall asleep and stay asleep while camping. In a hammock, you're off the ground, which also can help you avoid bugs, snakes and other critters.

Hammock camping has started to become more popular, so most outdoor and sporting goods stores carry them. Active Endeavors in Davenport, for one, has an amazing hammock selection, including various colors and the accessories you'll need to get the most out of hammock camping. You also may find them online at backcountry.com, rei.com and amazon.com.

I love my hammock, and I lay in it often. If there are trees where I'm camping, my hammock will be in my pack. I've never had a better night's sleep, and it makes getting outdoors easier and more enjoyable.

Christopher Shaw makes his Radish debut this month.

Why not avoid the ground altogether in a hammock? You'll still sleep beneath the stars in a hammock, and you'll be rocked to sleep by the breeze.

NOVA SINGERS 2016-2017 SEASON

PEACE PEACE

Saturday 7:30pm, October 8, 2016
First Presbyterian Church, Galesburg
Sunday 4:00pm, October 9, 2016
St. Paul Lutheran Church, Davenport

NOVA *christmas*

Friday 7:30pm, December 16, 2016
St. Paul Lutheran Church, Davenport
Saturday 7:30pm, December 17, 2016
First Lutheran Church, Galesburg

DANCING *the mystery*

Saturday 7:30pm, February 18, 2017
First Lutheran Church, Galesburg
Sunday 4:00pm, February 19, 2017
St. Paul Lutheran Church, Davenport

A CAPPELLA MASTERWORKS

Saturday 7:30pm, April 22, 2017
First Lutheran Church, Galesburg
Sunday 4:00pm, April 23, 2017
First Lutheran Church, Galesburg



Laura L. Lane, Founder and Music Director

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



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

NEW this year!

- Knuckle Buster 5K

Visit the
Mercer Co
VFW 1571
and their
BBQ
Cook-off

Yard Sale
inside
Mercer County
Senior Center
Saturday
8AM to ?

For more information call Aledo Main Street

309-582-2751 or go to

www.aledomainstreet.com

Aledo, Illinois
Great Shops, Great Dining, Great Life



See website for details.

bloodcenter.org/win

**JOIN US ON OUR
SUMMER ROAD TRIP!**

**All presenting donors through
September 30 will be entered
to win a 2015 Ford Fiesta!**

Sponsored by Lindquist Ford
and Clinton Auto Group



MISSISSIPPI VALLEY REGIONAL BLOOD CENTER



\$20 SPORTS PHYSICALS AUGUST 1 THROUGH SEPTEMBER 30

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

- Update basic vital exams
- Scoliosis screening
- Check motor development



PALMER
Chiropractic Clinics

Call for an
appointment today.

Davenport Clinic
(563) 884-5801

www.palmerclinics.com/healthy-living

eating well

The first five years

En Season proves its sustainability

By Ann Ring

This month, Galesburg's farm-to-table restaurant, En Season, is celebrating its fifth anniversary. It has grown from a cafe that served lunch three hours per day, three days per week, to a full-service restaurant open for lunch and dinner Wednesday through Saturday and brunch on Sunday.

One thing that hasn't changed is the establishment's commitment to promoting organic, local foods in its menu offerings. As when it opened, you won't find commercially canned food items anywhere in the En Season kitchen.

In 2011, En Season was founded in Galesburg's Sustainable Business Center (SBC), a business incubator located in a former Carhartt sewing and distribution facility. After Carhartt closed its Galesburg operations in 2009, the 88,000-square-foot building was donated to a nonprofit, the Seattle-based HumanLinks Foundation.

During her visits to Galesburg, HumanLinks Foundation president Gretchen Garth grew attached to the community, and envisioned the SBC as a place where area residents could again find gainful employment and help build a sustainable economy with well-made, high-quality products.

Besides the business incubator, which includes three other sustainable businesses, Garth's vision included a commercial kitchen, which houses En Season. The restaurant was born out of the desire to promote local, sustainable agriculture, and to improve community wellness and quality of life with a farm-to-table seasonal dining experience.

The restaurant's open floor plan allows guests to watch chefs prepare their food using locally grown ingredients. The SBC has several on-site garden plots where much of its GMO-free produce is grown without the use of herbicides or pesticides. Some of its herbs are grown in boxes in the restaurant's windows.

Other sustainably sourced food items — such as additional produce, free-range poultry and hormone-free meats — are purchased from local farmers within about 40 miles of the restaurant, or from the local organic co-op. Sustainably caught seafood — including salmon, prawns, rockfish and more — is sourced from SBC tenant



A kale Caesar salad and roasted chicken salad sandwich wait to be devoured at Galesburg's En Season restaurant, while sous chef Ryan Canier prepares more dishes in the background.

Submitted

En Season, at 2900 W. Main St., Galesburg, is easily accessible by car just off of U.S. Route 34 near the Galesburg Municipal Airport.

Its hours are 11 a.m.-2 p.m. and 5-8 p.m. Wednesdays-Saturdays; and 10 a.m.-2 p.m. Sundays. Reservations are welcome, but not required.

For more information, call 309-343-0736, or visit enseasongalesburg.com or facebook.com/enseason.

Sitka Salmon Shares, which purchases its seafood from Alaskan family fishermen. The seafood is caught one fish at a time and processed in Sitka Salmon's plant in Sitka, Alaska.

The restaurant also offers gluten-free, vegetarian and vegan-friendly offerings.

The Sustainable Business Center's local food and agriculture coordinator, Margarito Cal, oversees the SBC's gardens, and works with En Season executive chef Bart Smith and sous chef Ryan Canier to coordinate the purchase of locally grown food that meets the restaurant's criteria.

Smith, the restaurant's first chef, recently returned to Galesburg and En Season after three years in the Florida panhandle, where he worked as an executive chef, an organic baker and a personal chef and caterer. Nancy Iscovitz, special projects director at HumanLinks Foundation, oversees the restaurant's operation.

Because of the seasonal nature of En Season's menu, the restaurant typically closes during the winter months. Last year, it closed in mid-December, and re-opened in March.

Some of its signature dishes include the buffalo burger (wheat roll, bison, mayonnaise, honey-mustard, onion mar-

malade); kale Caesar salad (kale, herb-seasoned croutons, Prairie Breeze cheese, Caesar dressing); Sitka Salmon, and steaks from Robinson Beef, a farm in Cameron, Ill.

The restaurant schedules and hosts several events each month it's open for business, such as cooking classes. On Second Saturdays, a local musician provides music during dinner hours. At lunchtime one Thursday each month, the restaurant partners with the Galesburg Public Library to host members of a book club, which discusses books related to food and the environment.

Since August 2015, En Season also has hosted Third Thursday green discussion events, with speakers presenting on topics ranging from sustainable gardening and landscaping, to tips for living sustainably and sustainably caught salmon. Other topics include energy efficiency, clean power, tall grass prairies and more.

The commercial kitchen is available for rent to qualifying sustainable food processors on days when the restaurant is not open for business.

Ann Ring is a frequent Radish contributor.

Lint build-up under your refrigerator?

Get it cleaned to help your refrigerator run properly!



Call **GARY POND**

Appliance Repair

Better for You & The Environment! • 40 Years Experience

Reconditioned Maytag washers & dryers for sale!

THE TRADITION CONTINUES MAYTAG **309.737.1664** Whirlpool

I University of Illinois Extension, 321 W 2nd Ave., Milan, IL
Register: web.extension.illinois.edu/hmrs (309) 756-9978

Ag Tours: Join us to visit producers of these specialties:

Heartland Criations Alpacas, Rio, IL; August 25, 5 - 7 pm
Creekside Vineyards, Coal Valley, IL; September 8, 5 - 7 pm
Beacon Woods Farms, Milan, IL; September 25, 2 - 4 pm

Free Summer Gardening Webinars—online!

"Keep it Growing" Cover crops and benefits to improve soil
August 9 @ 1:30 pm or August 11 @ 6:30 pm
"Illinois Native Pollinators" what to grow to help sustain them
August 23 @ 1:30 or August 25 @ 6:30 pm

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



Dr. Larry Hanus – A Different Style of Dentistry

Integrating Dentistry & Health for Children & Adults

- 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

HEALTHY SELF FROM DIS-EASE

We believe all Dis-eases are reversible

Diabetes • Fatigue • Acid Reflux • Depression • Headaches • Pain



Cathy Murphy



Jayle Jensen

Certified Natural Health Consultant,
Nutrition Specialist, TKM Provider,
Coach for Lifestyle Changes.

FREE CLASS!

Monday, August 15th
6:30 p.m.

1909 52nd Ave, Moline, IL

RSVP

CMurphy713@aol.com

Join us to learn
simple steps to
make major
improvement in
your overall health.

309.762.0577 • CMurphyClinic.com

QUAD CITIES FoodHub



Celebrate Local Foods AUGUST 17th

- Freshly harvested bountiful ingredients.
- Beautifully prepared dishes for guests to savor.
- Taste and discover firsthand how area farmers make the most of the fertile land.

Reserve your tickets @ www.qcfoodhub.com

INVOLVEMENT

**Volunteer!
Gardening
Donations
Outreach
Events**



**Rent our
Shared-Use
Commercial
Kitchen**

- Ideal for catering or bakery businesses
- Use of a certified commercial kitchen without the overhead of buying equipment
- Affordable rates
- Convenient location - downtown Davenport

Contact Tracey (563) 265-2455 or tracey@qcfoodhub.com for more info.

*Renters must have ServSafe Licensing.

SHOPPING

The Local Market Store

- Local, Regional & Organic Produce & Products
- Honey • Jams • Eggs • Meats & More!
- Heirloom Seeds • Shirts • Candles • Crafts
- Unique Iowa Items & MADE IN QCA Products!



**NEW! Grab-N-Go Foods,
prepared with Local Ingredients!**
Soups – Hummus – Entrees

Inside the Freight House Marketplace
421 W. River Dr., Suite 5 — Davenport, IA

SHOP FRESH & SHOP LOCAL

Open 7 Days a Week

Monday: 12 pm – 5 pm, Tuesday - Friday: 10 am – 7 pm,

Saturday: 8 am – 5 pm, Sunday: 12 pm – 5 pm

Accepting Debit, Credit Cards & SNAP



563.265.2455

www.qcfoodhub.com

Classes & Events @



healthy living

Down on the farm

Couple quits their jobs to take up farming

By Cindy Hadish

Switching from his corporate job to life on the farm has its challenges, but Anthony Troy has no regrets.

"It's the best decision of my life," says Troy, 36, who left his sales career in 2014 to move to the family farm in rural DeWitt, with his fiancée, Lindsey Roggensack, 35, who also left her corporate position for the farm.

The two now operate Troy Farms, which sells vegetables, herbs, dehydrated fruits and Troy's popular Jack Daniels-flavored beef jerky at the Freight House Farmers' Market in Davenport.

The move wasn't as much of a stretch for the couple as it could be for other people hoping to make a living off the land. Troy's father, John Troy, who recently retired from John Deere, owns the farm that has been in the family for generations. The family already owned farming equipment, which can be challenging for many farmers to afford.

"Most (beginning farmers') concerns are about land and equipment, and I had all that," Anthony Troy says, "so I went ahead and made the leap."

Both Troy and Roggensack grew up in the city, but to help make the transition to farming, Troy went through a year-long extension program that covered topics such as hydroponics, growing in a high tunnel and more.

"It was very educational," Troy says, adding that there is more involved in farming than the two originally imagined. "There's definitely a learning curve."

One setback happened early on, when a tornado tore through the high tunnel — also known as a hoop house — that they had built on the farm to help extend the growing season.

"It was kind of devastating, especially for the first year," Troy says.

The high tunnel was rebuilt this year and is now where most of Troy Farms' early produce is grown. The couple also built a greenhouse that is used to grow other plants and herbs, and start seedlings.

While they are relative newcomers to the farmers market, Troy Farms already has a following.

Heirloom tomatoes, numerous varieties of herbs, beets and peppers are among the items they sell, while the beef jerky has a following of its own. Troy and Roggensack do not raise livestock currently. Instead, Troy picks up meat on Wednesdays, cuts and marinates it on Thursdays, dehydrates it on Fridays and brings it to market on Saturdays.

"We're usually sold out by noon," he says.

Troy Farms also has an indoor booth year-round at the market, and with the help of the high tunnel, the couple hopes to have produce to sell into January.

The four acres the couple farms is not yet organic-certified, but they follow organic practices and use nonmunicipal water on their vegetables.

"Everything is grown organically, from seed to soil, to the water we use," Troy says, adding that they hope to eventually achieve organic certification.

The dream they envision also would bring visitors to their farm.

They planted about 200 evergreens in 2014, and will plant more this fall,



Submitted

Anthony Troy, 36, left his sales career in 2014 to move to the family farm in rural DeWitt. Now, he and his fiancée, Lindsey Roggensack, operate Troy Farms.

with the goal of offering Christmas trees for sale in the future. Additionally, the two planted pumpkins this year and hope to eventually offer hayrack rides, with a pumpkin patch and more.

"Hopefully, one day, we'll have that fun, family atmosphere out here," Troy says. "That's the goal."

Already, the two are enjoying life on the farm. Troy grew up in Bettendorf, where his dad and mother, Sue, still live. He attended the University of Iowa and St. Ambrose University, graduating with a degree in broadcast journalism. He went into sales and once was awarded the Direct TV retailer of the year, "but it just wasn't for me," Troy says.

Roggensack also grew up in Bettendorf, and had a 10-year career as a data specialist and retail account executive in Florida after graduating from Scott Community College. She returned to her hometown to be closer to her family and aging parents.

Currently, both work jobs off the farm, but would like to add more days at the Freight House, as well as other markets, and make farming their full-time careers.

"We are proud to grow healthy foods," Roggensack says. "It has been a true blessing and extremely rewarding to give back to our community in a healthy way."

Cindy Hadish writes about farmers markets, gardening and local foods at homegrowniowan.com.

Health Problems?
TRY...

SALT THERAPY

in our *Halotherapy* Room

May help to significantly:

- Reduce need for inhaler & nebulizer treatments
- Clear mucus/phlegm
- Alleviate breathing issues - allergies, sneezing, asthma, coughing, snoring
- Minimize skin irritations eczema, psoriasis, rashes

August SPECIALS:

1 for \$40, 2 for \$70, 3 for \$90,
4 for \$100, 5 for \$110

Amanda Friemel Panek,
DC, Dipl. Ac

24609 Valley Drive, Pleasant Valley, IA 52767

563.888.1978

www.saltholistichealth.com



DON'T MISS AN ISSUE

Subscribe to Radish

www.RadishMagazine.com

Open to the public
August 20 & 21, 2016
**Illinois Renewable
Energy & Sustainable
Lifestyle Fair**

*presented by The Illinois Renewable
Energy Association*

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



www.illinoisrenew.org



Featuring:

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

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

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.

Accepting Vendors & Workshop Applications – email: irea.org@gmail.com

Jazzin' with KCCK
Travel with a groove.
To Cuba or New Orleans in 2016!
www.kcck.org/travel

Simple
Superfood Cafe
Simple Ingredients,
Amazing Results...
Always Delicious!
Healthy,
Allergy Conscious,
Vegan Friendly,
Superfood Meals
www.simplesuperfoodcafe.com 563-355-LIFE

Reason's Meats & Catering
Buffalo Prairie, IL • 309-537-3424 or 1-800-772-4740

LOCAL MEATS

- Elk • Pork • Hickory Smoked
- Bacon • Smoked Chops
- Buffalo in bulk burger, patties, summer sausage, snack sticks, and ring bologna.

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

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 10:30am-4:30pm / SUN Closed

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 11am-7pm / SAT 11am-4pm / SUN CLOSED



Todd Welvaert / Radish
Tired of the same old sides? Take your produce to the grill.

Jazz up your produce by cooking it outside

By Todd Welvaert

Looking for a new take on summer produce? Look no further than that backyard grill — it can do a lot more than brats and burgers.

The key to grilling vegetables is the same as grilling meat: temperature control. To prevent burning, grill vegetables over indirect, moderate heat. Turning them often is key, as is moving them to cooler parts of the grill when needed. Turning them often also will keep you tuned in to the consistency; grill a vegetable too long and it gets mushy.

Here's how to get started.

Preheat your grill

Preheat your grill 15 to 25 minutes before you start cooking to make sure it reaches the right temperature to kill bacteria. Your grill should be between 400 and 450 degrees for high; 350 and 400 degrees for medium-high; 300 to 350 degrees for medium, and 250 to 300 degrees for low heat.

A properly heated grill sears foods on contact, keeps the insides moist and helps prevent sticking. I use a silicon brush and run some vegetable oil over the grates before I start. It has made a world of difference in keeping the grill easy to clean no matter what I'm cooking.

Oil them up

What makes vegetables great — no fat! — also makes them difficult to grill. Adding a light coat of a high-quality olive oil and salt and pepper goes a long way to making veggies great on the grill. We wrap asparagus spears in bacon for the same reason. It's a big hit, but you have to keep an eye out for flare ups, as the bacon will drip fat onto the fire.

Cut them the same size

Whatever we're grilling, we try to cut it into the same-sized chunks. This helps us cook everything for the same amount of time and results in the same consistency.

Consider skewers or baskets

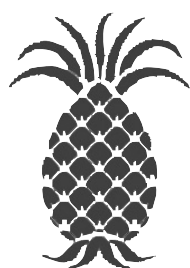
Our first few attempts at grilling veggies were met with failures, mostly because the veggies were tough to get on and off our grill. Using skewers or a basket gives you a little more control. We use metal skewers as opposed to wood skewers. Wood skewers are great, but are single-use, and most require you to soak them first.

Continued on page 32

Making Friends Welcome Service, Inc.

Since 1989

**Area Businesses
REACH New Customers**



WELCOME

- Newcomers
- Newlyweds
- New Babies



www.makingfriendsqca.com Call Bonnie
309-796-1145



38th Annual Conference September 1st, 2016

8:00 am to 4:00 pm • iWireless Center Moline, Illinois
Registration Fee with CEU: \$65; Registration Fee without CEU: \$50

A conference for professionals in the aging network and caregivers 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:

DAVID TROXEL, MPH, nationally recognized co-author of *The Best Friends Approach to Alzheimer's Care*, will discuss new research in Alzheimer's disease and other dementias, best practices in care, tips to enhance communication, and ways to improve the quality of life for individuals living with dementia and their caregivers.

Contributor Sponsors: Genesis Outpatient PT, Genesis VNA & Hospice, Genesis Home Medical Equipment, Genesis Senior Living Silvis, Addus HomeCare, Help at Home, Friendship Manor, Good Samaritan Society Services at Home

morning edition[®]

npr

on **wvik** 90.3 FM





**ERIK
MAITLAND**

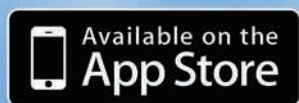
**KATIE
DONOVAN**

**KEVIN
PHELPS**

**THERESA
BRYANT**

SERVING ILLINOIS & IOWA EVERY DAY

**KWQC-TV 6
WEATHER
ON THE GO**



will benefit from Illinois Newsroom to increase local environmental reporting for broadcast.

On June 1, the coalition put in about 700 plants of various species that once dominated the Iowa prairie landscape, off

2nd Street in downtown Davenport near the Ground Transportation Center.

Iowa once had 30 million acres of such plants, Nahant Marsh executive director Brian Ritter says. Now, only about 30,000 scattered acres are left in the state.

TallgrassQC wants to raise awareness of the prairie as part of the Quad-Cities' past as well as its future, says Tim Schiffer, the Figge's executive director and a member of the group.

The model prairie will be a display of natural beauty, Ritter says, but it will have a practical application, too. In time, he says, it will become a habitat for wild things — butterflies, bees and other animals.

"It can have huge implications on pollinators."

Many of the animal species have been declining, including bees and monarch butterflies. The declines, particularly with monarchs, have sparked pushes to restore habitats the animals need for food, shelter and breeding.

The plants, all about 6 inches tall, are spaced evenly — ranging from bright green to warm gold-brown. When they were planted earlier this summer, some looked like

kitchen herbs with tender, tongued or lobed leaves. Others were wild little tufts of blades.

When mature, some will grow to 8 to 10 feet tall, Ritter says. The root systems will extend two or three times farther in the other direction.

The Davenport patch is a mix of grasses and wildflowers, he says. When the latter bloom, there will be yellow, lavender, blue, purple and white flowers.

That end result will take time, Ritter says. Some of the plants will take a few years to mature enough to flower, he says. "Prairie is something that requires patience."

TallgrassQC

got its beginnings by organizing an exhibit at the Figge Art Museum, Schiffer says. That display features art focused on or inspired by the prairie, including highly detailed, realistic drawings of prairie plants by George Olson.

The fourth-floor exhibit (including photos at Nahant Marsh, prairie photos, fiber sculptures, pencil and watercolor botanical studies, and photos of fireflies) will run through Sept. 4.

There will be regular profiles of prairie restoration efforts in the area on WVIK, and a butterfly release at the Nahant Marsh Education Center on Sept. 17. The website includes recordings of short environmental-themed plays premiered by River Action and QC Theatre Workshop (from April and May), as part of this year's RiverStages series of staged readings.

Contributors Jonathan Turner and Anthony Watt are writers on staff with The Dispatch/The Rock Island Argus newspapers.

"My hope is that this series will offer listeners the opportunity to develop a more intimate relationship with the Quad-Cities' many parks, while opening their ears and eyes to the vast possibilities of these natural spaces."

**— Kate Kremer,
River Action development
director**



SUMMER, SURF, AND BEACH

MUSIC WE LOVE



Celebrate the sun-drenched sounds of the greatest surf guitar rock and pop tunes by legendary artists that still ride the waves of popularity today.

SUN | AUG 28 | 9:30PM

WQPT 
QUAD CITIES PBS



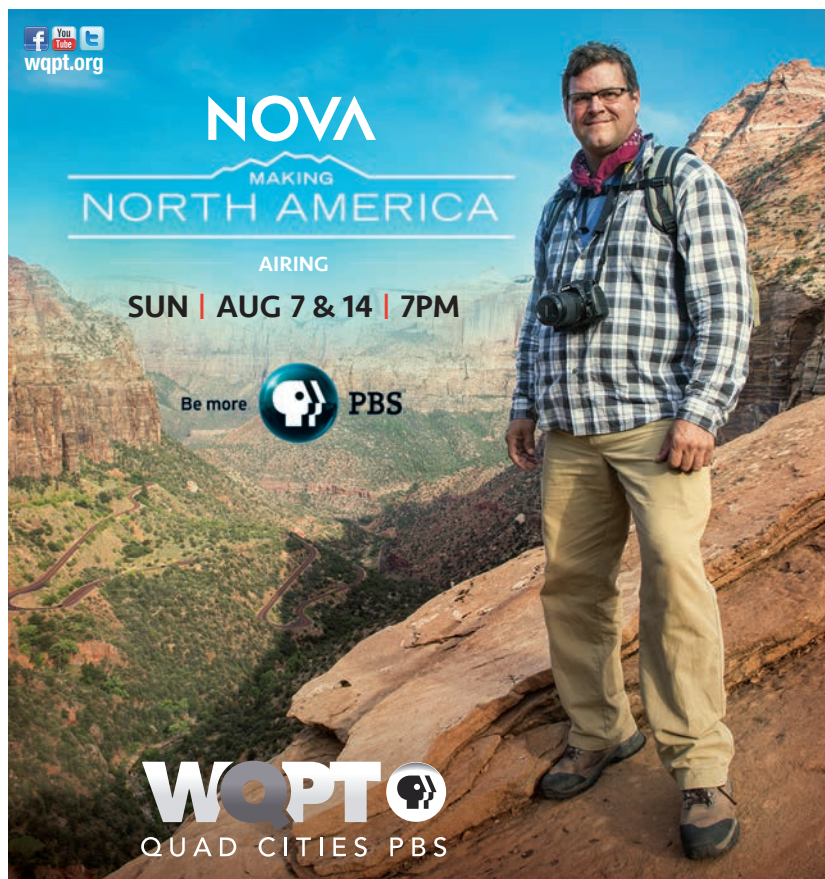
NOVA MAKING NORTH AMERICA

AIRING

SUN | AUG 7 & 14 | 7PM

Be more  PBS

WQPT 
QUAD CITIES PBS



Tin foil is your friend

When in doubt, put it in a packet of foil. Doubled-up foil is very forgiving, and it's a great way to combine the flavors of the vegetables.

Veggies tend to taste more steamed than grilled when cooked this way, but it still makes for a great way to prepare a side dish. We love diced potatoes made with diced peppers, onions, salt and pepper and butter. To make this, keep everything about the same size. We microwave the diced potatoes for two minutes with a little water, then drain before putting them into a foil packet.

Grill for about 12 minutes on both sides over moderate heat, and it makes for a tasty and easy side dish.

Pre-cook denser veggies

Vegetables such as carrots and potatoes are tough to grill because they are dense and take a long time. Keeping them on the grill too long means charring the outside and leaving them raw on the inside.

To avoid this, we precook them, and give them just a few minutes on the grill to sear them and get some color on the outside. I love carrots on the grill. The process makes them sweet, but doesn't make them mushy like roasting can.

Corn

Corn has sort of become our own personal white whale. We've tried it on the grill several times and haven't had much luck. I'm told it's easy. You have to pull the husk down and remove the silk before soaking the ears in cold water for at least 15 minutes. Grill for 25 minutes, turning occasionally. Remove from the grill, remove the husk and brush with butter and paprika.

Sounds great, but ours come out a starchy mess. Some edible, but some still pretty inedible. But we're determined to get it right. Practice makes perfect.

Mushrooms

One of our family favorites are mushrooms on the grill. Portobello mushrooms — the steaks of the mushroom family — could be the centerpiece of any meal, but they can be tough to cook well. They pick up the flavors of the grill well, but can get mushy and slimy if they're overcooked.

Again, the secret is in proper preparation. We marinate portobello caps in oil (we like canola), minced garlic, chopped onions and balsamic vinegar. Let them marinate for an hour before grilling, and when grilling, pay them special attention. They always cook faster than I think they will.

Smaller mushrooms are ideal for skewers or a basket. Toss with oil and salt and pepper and onto the grill they go! Can't be simpler.

Tomatoes

Tomatoes are great on the grill, but can be delicate to cook. Bigger tomatoes can be halved, oiled and grilled directly on the grill. They pick up great flavors, but need to be cooked under a moderate heat. I have better luck with smaller tomatoes, oiled, seasoned and on skewers. They are quick to cook.

Zucchini

Zucchini is an absolute favorite. It can cook in the basket, on a

skewer, or cut longways and placed right on the grill. We like cutting the zucchini longways and in quarters, marinating it in oil and lemon juice and salt for an hour, and then grilling on medium heat. Remove from the heat once they are tender, and serve with lemon salt.

Squash

Squash is great on the grill, but delicate. You can't walk away from it or you will come back to mush. We like squash sliced, brushed with garlic and butter. I cook squash for 5 or 10 minutes per side, but keep an eye on the consistency.

Onions

Onions are great on the grill, but they're tricky because they want to come apart as they cook. We've had good luck cutting them into slices at least a half-inch thick, coating them with oil and grilling for 15 to 20 minutes over moderate heat.

You can get four to six slices out of a large onion, but you will have to flip it halfway through. Using a skewer is much easier, but I think cooking it in slices allows it to pick up more flavor.

Brushing your grill grates with oil before putting on the onions will help keep them from sticking. Onions also do great in grill baskets, and they reheat well, so feel free to make a batch and throw them in the fridge. They taste great in other dishes such as baked beans or salsas. You could eat them alone with honey mustard, balsamic vinegar, or BBQ sauce, or dress them up with cumin, smoked paprika and chili powder.

*Todd Welvaert is a regular
Radish contributor.*



• The General Store •

CEDAR RAPIDS YOGA FESTIVAL



FRIENDS & FAMILY
FUN. MEDITATION
MUSIC. GIVE BACK

FRIDAY & SATURDAY, AUGUST 19-20, 2016
AT NEWBO MARKET *Choose how you grow*

TICKETS AVAILABLE AT WWW.FIELDISOFYOGIS.COM

The Astral Muse

The New Age Store
with a Hippie Twist!

Handmade Incense • Tie Dye
Jewelry • Tapestries
Pagan/Wiccan Supplies
Essential Oil Products

Psychic Readings
by Appointment

563.340.4770
232 W. 15th St, Davenport, IA



LEARN TO SQUARE DANCE

Lessons start
Monday Sept 19, 7-9 PM

Prince of Peace Lutheran Church
415 W 53rd Street Davenport, IA
309.797.3433



**First night
(Sept-19)
is FREE**

**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

ALPHA FIBERWORKS

2nd Anniversary Celebration!
20% off Amish Baskets All Month!

112 West "D" Street, Alpha, IL

 **309-351-2284**
alphafiberworks@gmail.com

HAVE YOU POOPED TODAY?

Our ROYAL FLUSH Beats
Your Full House Every Time!


SAFE, GENTLE, EFFECTIVE

Get
VIM Today!
vimtoday.com
563-209-7844



Therapeutic Reflexology

Your natural and complimentary therapy for:




Plantar fasciitis
Neuropathy
Post-op recovery
Stress
Pain reduction
& more!

Amy Petersen
Certified Integrative
Reflexologist

1900 State St., Bettendorf
563-343-6821
www.thefootbridge.com

**Subtle Energy
Thai Yoga Bodywork**



Maggie Murray, LPN
Thai Bodywork Practitioner

Apline Center North
2435 Kimberly Road, Suite 180
Bettendorf, IA 52722
563.212.7435

**Looking for
new customers?**

**We connect newcomers
to your business!**



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

Breakfast • Brunch • Dinner

Featuring LOCAL Meats, Eggs, & Produce!
Local Brews & Homemade Bloody Mary Mix!
Offering Rental & Catering

Fresh Deli
by
Nostalgia Farms

563-424-4561 • 421 West River Drive
Freight House Building
Downtown Davenport 



BEST

**HOME BASED BUSINESS
for MOMS***

641.919.3722
www.midwestparents.com

 *Top Rating & Awards - Better Business
Bureau & US Chamber of Commerce 

• The General Store •

Advertise Your Local Products & Services Here!
For Details Call: 309-757-4926

food for thought

Sacred space

Reclaiming your commute

By Brandy Welvaert

Speed, sound and stress — the ingredients of modern living. If you're like me, you may be looking for an out: a tiny, doable, everyday out that gives you a little room to breathe.

There may be one — albeit an unlikely one — and it's the daily drive.

The average America spends about an hour a day commuting to and from work. The drive often is punctuated by noise and other stressors, including construction, other drivers and our own mind chatter. Yet as unpleasant as driving can be, it's usually, and maybe ironically, time spent alone.

For me, this is certainly true. In my current "season of life," as they say, "alone time" is rare. (Parents of small children and other caretakers of people, you understand this.) And while some people find ways to bike or walk to work, tapping into nature to calm their frazzled brains, I'm personally not there yet. With little kids at home, it's hard enough to remember to pack a healthy lunch; I'm not ready to organize a refreshing, hour-long bicycle ride at daybreak. And so, I came up with the idea of hacking my drive — making it more chill, and possibly more healthy.

If you'd like to join me in reclaiming your car commute, here's a simple list of things you can do to make your daily drive less stressful and maybe, just maybe, a bit relaxing. You've got nothing to lose, and probably more than five hours per week of good time to gain.

Here it goes:

▪ **Clean up and clean out.** This one can be hard, but it's a good idea to clean out your car if you want to be able to breathe deeply while you're in there. The presence of trash and clutter affects us more than we think.

▪ **Take care of business.** Don't drive around with a warning light blinking on the dashboard and a low tire. If you can manage it financially, fix these nuisances and silence some of that low-level nagging going on in the back of your head. If you want to drive peacefully, you need to know that your car is functioning — and that you're safe.



Metro Creative Graphics

▪ **Good scents.** Forget those gross, artificially scented, tree-shaped air fresheners and go for the good stuff! Essential oils are widely available in stores and online, and you can find an inexpensive car diffuser on Amazon for less than \$10. Lavender may be the official scent of relaxation, but any fragrance that makes you smile is the right one. (May I suggest the nuanced, citrusy goodness of bergamot?)

▪ **Less national news.** As much as I love to listen to NPR, I limit my consumption of national news during drive time because it affects me negatively. I find too much news to be repetitive, frightening and deeply troubling. I want to be informed, but I don't need to stream the world's problems as I start a new day or return home to my family.

▪ **Helpful audio.** If you have trouble meditating when you're not behind the wheel — or you've yet to make time to try it — you might like to listen to meditation and guided imagery from Belleruth Naperstak, a psychotherapist and author whose clinically sound recordings are available from Health Journeys, health-journeys.com. Naperstak's recordings are crafted to help listeners with "stress, illness, emotional resilience, peak performance, wellness, medical procedures and behavioral change," according to the website.

While they're not intended specifically for driving — and you may wish to skip the guided imagery portion of the recordings while you're in the car — I have found that the guided meditation is helpful at reducing my own feelings of stress and anxiety, even when I listen to them only while driving and nowhere else.

Of course guided meditation isn't for everyone, and enjoying your commute is about what works for you. If listening to stories relaxes you, then hit up the library's books on CD or Playaway collections. Or if music is what makes you happy, then be sure you think ahead and load your iPod or grab a CD before you head out the door.

So often we are the victims of the commute. I say no more. Let's reclaim the drive!

Brandy Welvaert is a former editor of Radish.



2016

AUGUST 19-20, 2016

FLOATZILLA

MISSISSIPPI RIVER  QUAD CITIES, USA

\$25 PER PADDLER INCLUDES REGISTRATION, GROUP PADDLING T-SHIRT, BOAT DECAL, PARKING & SHUTTLES. EACH REGISTRATION INCLUDES A \$5 COUPON FOR QUAD CITY SYMPHONY RIVERFRONT POPS ON SATURDAY AUG. 20TH

FRIDAY, AUG. 19TH 5 PM – 9 PM
NEW FOR THIS YEAR!

CREDIT ISLAND PARK 2200 W. RIVER DR., DAVENPORT, IA
PACKET PICK-UP (UNTIL 7) • MUSIC • CANOE/KAYAK/BIKE SWAP
AND MORE! (UNTIL 9)

SATURDAY, AUG 20TH

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.

MARK YOUR CALENDARS!



LEARN MORE & REGISTER FOR PRIZES TODAY AT

FLOATZILLA.ORG

LAUNCH FROM FIVE SITES
IN IOWA AND ILLINOIS

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



“I won’t go to just anyone ... Dr. Marshall is amazing!”

“I had the hardest time finding a gynecologist for my hysterectomy. I won’t go to just anyone. Friends referred me to Dr. Marshall, and she was amazing. She took time to listen to me, explain everything and make me comfortable. People feel they have to travel for good health care, but it’s right here in our backyard!”

– Waymaita Hillman, Burlington, Iowa

Schedule an appointment at **319-768-2750**.

Your women’s health team



Gregg Calderwood,
M.D., FACOG



Anne Grieves,
D.O., FACOG



Erin Haeger,
M.D., FACOG



Carl Hays, M.D., FACOG



Hannah Heckart, M.D.



Kimberly Marshall,
M.D., FACOG



Michael McCoy,
M.D., FACOG



Laura Martin, ARNP



Janette Schulz, ARNP

**GREAT PEOPLE
GREAT CARE
CLOSE TO HOME**

 **Great River
Women’s Health**

A service of Great River Health Systems



Great River Women’s Health, Eastman Plaza, Suite 208 • 1223 S. Gear Ave. • West Burlington, IA 52655
www.GreatRiverWomensHealth.org