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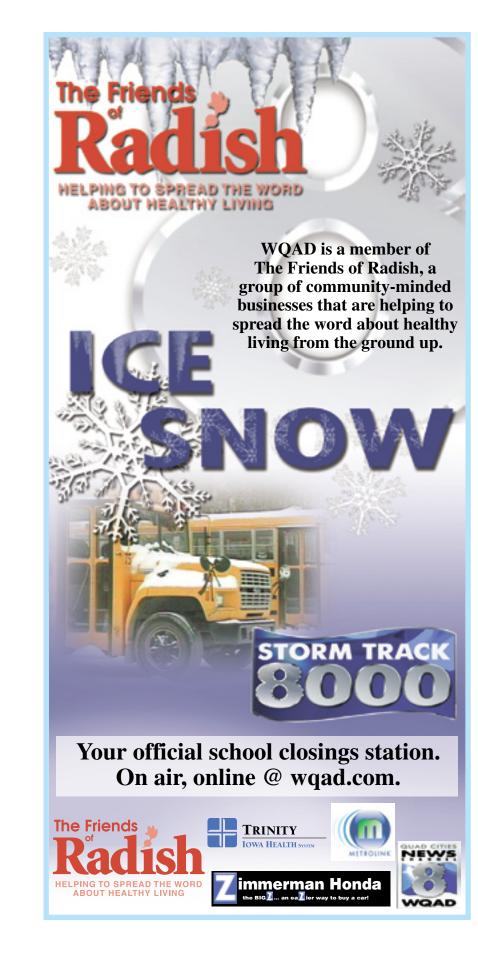
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from the editor



We're in the depths of winter, but January brings a sense of possibility despite the cold. It's a month

The new year also is a time for looking back, and in a way, that's what this month's issue of Radish is all about.

In what I hope are your cozy-warm hands, you hold the stories of the 2009 Radish Award winners. In the following pages, you'll find stories of dedication, courage and stewardship as practiced by individuals and organizations across the region in 2008. I encourage you to read about all 10 winners in the pages that follow (12-28). These are stories of good news from our neighbors in trying times.

For 2008 was a year of challenges — even hardships. Devastating floods washed over Eastern Iowa in spring and summer; severe weather damaged crops in the Midwest; and economic troubles worsened in our nation and around the world. Though we've been warned that the state of the economy could darken further before it brightens, there's reason, as always, to take heart.

Our care for the environment and for one another are two practices that will keep us afloat in 2009 and beyond. Rather than sink into grief, we can make meaningful changes that empower us and make us feel good. We can park the car for a day and ride a bus, shop more often at the farmers' market, and decide to spend more energy doing things that we really enjoy. No matter what we decide to do for the Earth or one another, January is the perfect time to begin.

More good news? Many of the choices we can make this year for environmental reasons also save some cash. Planting a small vegetable garden in spring, for example, can yield hundreds of dollars' worth of ultra-local foods. Walking, riding a bicycle and/or taking public transportation not only provide an excuse to stretch our legs, but also keep fuel emissions to a minimum while saving pennies at the pump. And by continuing to support local growers, artisans and other homegrown businesses, we will ensure that our towns remain economically healthy and diverse — and that future generations will find many good things in the same places we find them today. Since the very beginning, Radish has been dedicated to helping readers find these local, natural sources for goods and services.

January marks a new beginning for Radish, too: This is the first issue in which you're seeing my face in this space. Joe Payne, Radish editor since its inception, now helms the magazine as managing editor. Joe is the creative force behind Radish, and his continuing leadership and expertise are invaluable to the publication and to all of us who work here.

I personally invite you to continue to contact us with ideas, comments and questions about Radish, and I look forward to hearing from you in the days to come.

> - Brandy Welvaert editor@radishmagazine.com

P.S. Happy new year!



Number 1, Volume 5 January 2009

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

contributors



Ann Scholl Rinehart has been a professional writer for nearly 25 years. She has written for newspapers in Iowa and Wisconsin and is currently a senior writer for a higher education marketing firm based in Cedar Rapids, Iowa, where her work has garnered Admissions Marketing Report Gold and Bronze awards. In addition to her love of writing and photography, she enjoys walking her three big dogs and exploring spirituality. Find Ann's multiple contributions this month on pages 16, 22 and 26.



Michelle Tibodeau Sillman writes about home, education and the environment from the busy Cedar Rapids house she shares with husband Paul, sons Nick, Jordan and Anthony and myriad pets. She enjoys running outdoors in good weather, talking with friends, reading and writing fiction. Read her story about the Center for Energy and Environmental Education at the University of Northern Iowa on page 14.



Linda Egenes has been a vegetarian and eater of local and organic foods since 1971. She is the author of four books and over 300 articles on alternative health and living. With her husband, Tom, she has lived in Fairfield, Iowa, for the past 37 years, where she is a freelance writer and an adjunct assistant professor of writing at Maharishi University of Management. Find Linda's contributions this month on pages 8 and 16.



A veteran journalist, Darcy Maulsby has written about agriculture, food and gardening for more than 10 years. She is an Iowa State University graduate and lives with her husband near Lake City, Iowa, where she enjoys cooking, gardening, quilting and reading. Her Web site is darcymaulsby.com. Read Darcy's story about how chefs create great flavor with local foods on page 6.

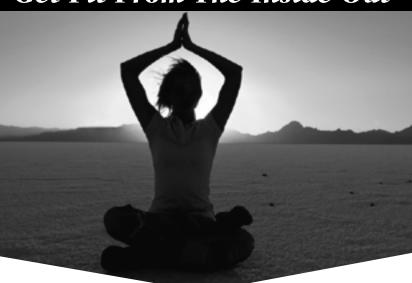


Radish contributor Sarah Gardner has lived in Davenport for two years. When she's not writing about the benefits of being in nature, she's out in it. Part of what attracted her to the Quad-Cities were all the bike trails and local parks, which she visits regularly. This month, Sarah provides parents with evidence that unstructured play for kids not only is fun, but is healthy, too. Find the story on page 10.

Also appearing in Radish this month is regular contributor Nicole Harris ("Environmental Mission," page 27).

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the grapevine

Cabin fever setting in early? Come out with the family and visit Radish! Stop by the Radish booth to get a free temporary tattoo and to let us know what you think of the magazine at these upcoming events:

• Bald Eagle Days, Jan. 9-11, QCCA Expo Center, 2621 4th Ave.,

Rock Island, IL. Hours are 4 to 8 p.m. Jan. 9; 10 a.m. to 7 p.m. Jan. 10; and 10 a.m. to 5 p.m. Jan. 11. Admission is \$4 for adults and \$1 for ages 6 to 16. Children ages five and under get in free. Admission to all shows — lumberjack shows and birds of prey and exotic animals presentations — is included in general admission. For more information, turn to page 32.

• Be a Tourist in Your Own Backyard, 8 a.m. to 1 p.m. Jan. 17 at the Freight House Farmers Market, 421 W. River Drive, Davenport. The market will team up with the Quad City Convention and Visitors Bureau for a "go green" themed event. For more information, turn to rooting around page 34.

Radish on the Road is made possible by The Friends of Radish: Trinity Regional Health System, Metro, Zimmerman Honda and WQAD NewsChannel 8.

More free books — and one DVD — from Radish

Once again the Radish library of freebies has grown, so it's time to give away some books. Each of the following books — and one documentary DVD — will be given to the first Radish reader who requests it and in turn agrees to write a mini review to be published in a future issue of the magazine.

• "Before the Scalpel: What Everyone Should Know About Anesthesia," by Panchali Dhar, M.D. By age 50, most Americans will have had three or more procedures requiring anesthesia, but usually they know almost nothing about these

medications. This book aims to demystify anesthesia for those patients. • "The Fallingwater Cookbook: Elise Henderson's Recipes & Memories," by Suzanne Martison, Jane Citron and Robert Sendall. Elise Henderson, longtime cook at Fallingwater, a private residence built by architect Frank Lloyd Wright,

- shares recipes and memories. • "Patient Listening: A Doctor's Guide," edited by Loreen Herwaldt. The illness narratives of two dozen writer-patients teach listening skills to medical students, residents, physicians and other health care providers.
- "Tallulah in the Kitchen," by Nancy Wolff. This colorfully illustrated children's book about a cat who cooks includes a recipe for blueberry pancakes.
- "Up the Yangtze," a documentary film by Yung Chang. The story of how the Chinese government permanently flooded the Yangze River to make possible the largest hydroelectric project in history. The story follows a young girl whose past is erased by the flood and who finds her future working on a river cruise boat.

To request a book, send an e-mail to editor@radishmagazine.com or write to Radish, 1720 5th Ave., Moline, IL 61265.



Patrick Traylor / Radish

From our readers

From the editor (Dec. 2008): "I usually read 'from the editor' first when I pick up Radish. Now, hearing that Joe Payne is departing for bigger and better things is great, but not what I wanted to hear. You are among a select few who 'planted the seeds' three years ago when Radish took root. But then I guess everything in life has a beginning and an ending. I wish Joe good luck with his new endeavors, and I welcome Brandy's leadership. Keep on keepin' on!"

— Donna Gulley, Milan, Ill.



Donna: Thanks for your kind words of encouragement. The good news for all of us is that Joe Payne will continue his leadership role as managing editor for Radish.

Good country: "Wonderful article. As a transplant from Washington state, I get easily bored of the barren, flat land that surrounds the Quad-Cities. I'm also into adventure, so off to Van Buren County, Iowa, I go!

— Lori, Blue Grass, Iowa

Indian head-massage: "Johnna Cook (the massage therapist featured in the story) does a great job. I always feel so comfortable not only because of the great massage but also because of her calm, professional manner."

— Shawna Cassidy, Rock Island, Ill.

Good food, fast: "I printed this article out. It's a keeper that will go in my purse. Excellent ideas — thanks!

— Online comment

Nordic walking (Nov. 2008): "Just got back from the library where I picked up my December Radish. Radish is always the first thing I read when I get back home! I love this magazine! ... While I am at it, I also want to tell you how very much I appreciate the article on Nordic walking. I have had Nordic walking sticks for over a year and had not mastered the correct way to use them until reading the simple directions in that article. ... I am happy I have finally been able to let you know how much I enjoy and look forward to each issue of Radish. Keep up the good work!

— Laurel Gifford, Keota, Iowa

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

healthy living from the ground up

features

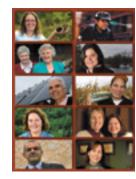


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on the cover



hotographers Paul Colletti, Gary Krambeck, Robert Leistra, Ann Scholl Rinehart, Patrick Travlor and Molly Wade collaborated to capture photos of the 2009 Radish Award winners. (Cover design by Dale Attwood)

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Fast, easy and fresh

Chefs' secrets for healthy, delectable meals in minutes

By Darcy Maulsby

resh, ver wonder how professional chefs work fresh, L'local ingredients into healthy, flavorful meals — fast? Years of professional training and cooking experience have taught them simple strategies that can benefit home cooks, as well.

"I feel that cooking healthfully and happily at home can be very easy and quick," says Chef Matt Steigerwald of the Lincoln Café in Mt. Vernon, Iowa. "A few good pointers from good chefs can point you in the right direction."

We asked Steigerwald, along with Chef Peter Harman, who owns several restaurants in the region (Martini's Grille in Burlington, Iowa; Chick's in Macomb, Ill.; and Graze in Davenport and Iowa City), and Chef Brett Smith of Iowa City's Linn Street Café, to give us the inside

Chef Peter Harman

Keep it simple with seasonings. Skip the elaborate sauces and stick to the basics. "You can't beat salt and pepper," says Harman, who prefers kosher salt and blends a variety of peppers, including black, red and white, for maximum impact. "The different types of pepper open up taste buds at different places in your mouth," he notes.

Count on citrus to brighten flavors. Lemons, limes and oranges are a "magnifying glass" for flavor, says Harman, who encourages home cooks to mix and match citrus flavors in salads, fish and other foods. Citrus juices offer a good option, while the oils in citrus zest provide even more robust flavor.

Let the food do the talking. Rely on fresh, inseason ingredients for dishes that offer maximum flavor for minimum effort.

Know when less can be more. When it comes to cooking times, don't overdo it. Not only will you save time, but you'll prevent meat from turning leathery and vegetables from turning into mush



Chef Peter Harman uses citrus to heighten flavors in his favorite dishes. (Photo by Gary Krambeck / Radish)

If you want a juicy piece of steak, for example, only cook it to medium rare, Harman says.

Simplify your cooking techniques. Instead of boiling fresh broccoli and then shocking it in ice water to stop the cooking process, why not steam the broccoli? You can skip a cooking step and preserve more nutrients in the food.

Try "clean out the refrigerator" cooking. Don't feel pressured to run off to the grocery store next time you need to get a meal on the table. "Use what's on hand and turn nothing into something," Harman says. "After all, embellishing leftovers formed the basis of many of the ethnic foods we enjoy today."

Chef Matt Steigerwald

Make the most of high-quality ingredients. Quality extra-virgin olive oil drizzled over a dish can add a delicious richness to food, says Steigerwald, who uses this trick right before serving pasta, fish and even pizza. Many high quality olive oils are

available through specialty shops online, including Zingerman's in Michigan (zingermans.com). For sautéing or making a dressing with vinegar and oil, the best olive oils available at supermarkets work fine, Steigerwald adds.

Stock up on building blocks of bold flavor. Steigerwald, a North Carolina native who enjoys Mediterranean flavors, mixes and matches anchovies, garlic, herbs and a pinch of chili flakes to take his dishes from ordinary to extraordinary. To make sure you are using the right amounts, taste the food

Do two things at once. If you are roasting an heirloom pork loin in your oven, toss some fingerling potatoes with olive oil, salt, pepper and a sprig of rosemary and cook on the second rack in your oven.

Prepare quick side dishes ahead of time. You can cook pasta a day or two ahead, toss it with a bit of olive oil, and refrigerate it until you need it. You can also blanch fresh vegetables (including asparagus and green beans) ahead of time and refrigerate them for a day or two until you're ready to serve them. Then a quick sauté with garlic and butter or oil will finish the dish.

Prepare meat for maximum flavor. When you plan to cook meat, salt it and set it on a plate in the refrigerator for two to 12 hours. As some of the water evaporates, the meat's flavor will intensify.

Braise food the easy way. A slow cooker can be a time-pressed home cook's best friend. This method of cooking is great for tough cuts of meat but also works well with chicken, fish and vegetables. It's one-pot cooking at its finest, and it can help you easily prepare barbecued pork and other comfort foods this winter.

Chef Brett Smith

Use good equipment. Among Smith's top three home kitchen essentials are a good blender/food processor, high-quality non-stick pans and sharp knives. While good equipment won't come cheap, it doesn't have to cost a fortune. A heavy-duty blender that will serve you well for years, for example, can be purchased for around

Keep knives sharp. In his home kitchen, Smith relies on a 7-inch Asian utility knife known as a santoku knife, as well as a 3-inch paring knife. The key is to keep them extremely sharp. That means avoiding glass cutting boards, which dull knives quickly, and using wooden or food-grade plastic or silicone cutting boards instead. An electric or manual knife sharpener, which can be purchased at kitchen stores for around \$25, also is a good investment for the home cook, Smith says.

Create a prep list. Make sure you have all the necessary ingredients on hand before you start cooking and draft a prep list to determine the most efficient order to complete your cooking tasks.

Make the most of simple tools. Don't overlook the time-saving gadgets that you already have on hand. The smaller holes on a box-style cheese grater work well for mincing garlic, for example. If you mince your garlic and chop vegetables, including onions, carrots and celery, ahead of time, you can refrigerate each item in its own container for a day or so until you need it.

Work ahead to save time. Many side dishes, soups and sauces can be made a day or two before you plan to serve them. "Soups usually taste better when the flavors are allowed to meld together," Smith notes.

Clean as you go. No one likes to tackle a sink full of dirty dishes after preparing a meal. By washing dishes and clearing countertops as you cook, you'll stay organized and efficient.

Pineapple Ginger Sorbet

- 1 whole pineapple, cubed
- 1 3-inch piece fresh ginger, grated
- 1 can pineapple juice
- 15 fresh spearmint leaves Juice from 4 limes
- 1 quart simple syrup (equal parts water and sugar brought to boil)

Pinch kosher salt



Combine all ingredients except simple syrup in a blender. Slowly add simple syrup in a steady stream until a velvety texture is obtained. Taste sorbet base for lime juice and/or salt, adding as needed. Refrigerate overnight. Spin sorbet base according to ice cream- or sorbet-maker's manufacturers' directions. Freeze immediately after spinning for several hours or overnight. Makes about 2 quarts.

Source: Recipe by Chef Brett Smith





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The comfort of cob

Fairy tale cottage takes shape from mud and straw

By Linda Egenes

Dirt. Mud. Clay. Cob. Cob building is an ancient way to build with earth, used most famously in England to create picturesque cottages with thatched roofs. There are many advantages to cob building: It can be warm in winter and cool in summer; it's natural, nontoxic and beautiful; and it costs very little.

Just ask Hap and Lin Mullenneaux, a Fairfield, Iowa, couple in their 50s who recently sculpted their own cob home with the help of friends and family. The total cost for their modest 14-by-18-foot, two-story cottage? Just \$7,000. And half of that was for the green metal roof and sturdy Pella windows.

Labor of love

It all started in the summer of 2007, when the Mullenneauxs attended a workshop at Cob Cottage Company in Oregon with Ianto Evans and Linda Smiley, who are credited with bringing cob building to the United States and promoting it around the globe through workshops and their book, "The Hand-Sculpted House."

After their trip to Oregon, Hap and Lin traveled to England, where they met Iowa City transplant Adam Weismann and his partner, Katy Bryce, who also trained at the Cob Cottage Company in Oregon. They now live in Katy's native England, where they have won numerous awards for their cob building projects, plaster restoration work and books.

Back home in Iowa last fall, Hap and Lin purchased a \$700 camper on eBay, parked it on their land near Fairfield's Abundance Ecovillage and moved in. They planted trees, built a hoop greenhouse that serves as an open-air garden in summer, and constructed the three-sided rustic wood shed that serves as their outdoor kitchen, shower and workshop.

When spring came, they started constructing the cob cottage with the help of more than 50 volunteers. I was one of those volunteers, and I helped Lin







Lin Mullenneaux (top) mixes dung with clay to create plaster for her and her husband Hap's cob home (bottom), which cost about \$7,000. Hap made the kitchen shelves (right) from old walnut boards. (Submitted)

mix the cob on tarps using buckets of clay substrata dug from their own land, buckets of sand, water and straw. We mashed it with our feet, formed it into lumps with our hands, and tossed it fire-brigade style in buckets to Hap, who slapped it on the wall to meld with other cobs into a solid earthen mass.

Experiment in sustainability

A few months later, on a cold November day, I visit Hap and Lin in their completed cottage. They've covered the cob walls with a water-resistant render made of cow dung, earth and straw that they white-washed with lime. It's a fairy tale place with a limestone foundation, a green metal roof to catch rainwater and a periwinkle blue door. It sits comfortably on the land, as if it grew there.

Winds gust up to 35 miles per hour, but the 18-inch earthen walls keep the cottage warm, even without a fire in the wood stove, the only heat source.

It's the first time I've seen the finished interior, and I feel like I'm being hugged by nature. Plaster walls — made by Lin from a mixture of kaolin clay, sand, straw, wheat paste and cattail fiber — are

smooth and curvy, like sculpted stone. Sturdy benches carved out of cob, beams of round pine logs that Hap cleared as deadwood from the local forest, and a winding slate staircase to the sleeping loft add rustic charm. Coat hooks are made of tree branches.

Hap has built a kitchen counter out of old planks and stained them golden. The dark-brown grain forms an intricate pattern. When a friend gave him some walnut boards that had been sitting outside for seven years, Hap made them into shelves that hold Mason jars of beans and grains. Cast iron pans and bunches of dried garlic and fennel from Lin's garden hang from the rafters.

Lin offers me a seat on one of the sculpted cob benches that's shaped like a couch and covered with sheepskins. Hap sits in his rocking chair next to the built-in walnut book shelves and computer shelf. A wire to power the computer is the only electricity in the home, and eventually that will be powered by solar panels.

"Do you want to see the cowboy bathtub we're looking for?" he asks. It's a small galvanized tin tub with curved sides like an upside down cowboy hat. It will fit in the sleeping loft, and an Amish pump will supply water — heated on their wood stove — through a copper pipe.

"This is an experiment in sustainability," says Hap.

Hap and Lin hope to inspire and teach others to build their own homes with natural materials. Hap is the treasurer of the Sustainable Living Coalition, which is creating a campus adjacent to the Mullenneaux homestead and Abundance Eco Village. It will include a center for sustainable living and courses on permaculture and natural building. Already, some of the volunteers on the Mullenneaux house are starting their own cob building projects in Fairfield.

Built by nature

Hap notes that their home's interior, with its rounded niches and undulating walls, is a result of the flowing nature of cob building.

"It's a comforting space," says Lin, who feels that what's missing in modern architecture is the curved line — the feminine element, the comfort of the mother. "When you use uniform materials, straight boards and sheet rock, the result

is something straight and rigid," says Hap. "With cob building, it's easier to be round than straight, and you naturally create more curved, gentle shapes. Every cob home is unique. You're never going to feel that oppressive uniformity in a cob home."

Hap also has thought a lot about the difference between natural building and green building.

"'Green' is a term that is getting over-used and abused these days." he says. "I'd define 'natural' building as using unprocessed materials as much as possible."

He lists what he feels to be natural, unprocessed materials: round wood, clay soil, stone, sand, straw. "When you use materials in the form that nature made them, you have to work cooperatively with nature. They start to shape the creation — they design the home."

"It's like fitting together the pieces of a puzzle," adds Lin. "You can't decide it all ahead of time."

"You find the stone and see where it belongs," says Hap. "The house comes into being as a co-creation with nature. It's much more of an artistic process."

Read a longer version of this story online at radishmagazine.com and see more photos of the Mullenneauxs' cob home at phase.com/hapm/ourhouse.

"A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

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

Ten years ago something happened that changed my life forever.

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

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

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

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Better than Wii

Healthy, happy kids interact with nature as part of play

By Sarah Gardner

Here's a question: Given all the entertainment options available for kids today, are the outdoors outdone? Playing in the backyard does not just get competition from video games (though a recent survey by the Kaiser Family Foundation did discover that a child is six times more likely on an average day to play a video game than ride a bike). There are also the scheduled play dates and the educational software and the growing popularity of team sports. In an age where kids are expected not just to play, but to accomplish something while playing, sending your kids into the backyard or setting them loose in a park can seem old-fashioned, maybe even a little passé.

Then again, maybe not. As more and more studies are finding, exposure to nature is not only beneficial to the physical and emotional health of children. It is essential. Outdoor play has been shown to help children manage stress, become better problem solvers, enhance coordination and develop key social skills. One study found that boys and girls who played together outdoors tended to share make-believe roles more fairly. Another found that children who played outside were likely to have more friends.

One of the reasons time spent in nature is so beneficial is that children learn through direct experience, using all five of their senses. When a child is outdoors, the surroundings are rich with things to see, hear, smell and feel. The sudden cool ness of a cloud passing overhead, the smell of leaves on the ground, the sound of squirrels running up and down a tree, the brightness of the sunlight, the taste of snow in the air. Processing all of this information is good for brain development.



iStockphoto

"Nature is an incredible educator," said Zach Klipsch, director of YMCA Camp Abe Lincoln outside Buffalo, Iowa. He credits this to the hands-on learning experiences available when a child plays outdoors. "When you build a fort, you are learning physics and geometry. When you look for the animals in a woods making the sounds you hear, you are learning to concentrate," Klipsch explained.

Winter activities to get kids involved in the outdoors

Backyard bird count. Set up a birdfeeder outside a window and watch how many birds visit it. As a family, you can participate in a national bird count on February 15-18 just by setting aside 15 minutes each day to count the number



of birds that come to your yard. You can report your findings online to scientists studying bird populations. It's a great chance for your kids to participate in real science. There is more information atbirdsource.org/gbbc/howto.html.

Five senses, five things. YMCA camp director Zach Klipsch often plays this game with visitors to camp. You pick one of your senses and then see if you can find five things using it. Try to hear five sounds that aren't manmade, for example, or see five

animals, or find five things that feel different to the touch.



Tracking. All the winter snow and muck makes for a great opportunity to look for animal tracks. Did you know there's an easy

way to tell from the tracks whether a deer was male or female? A basic guidebook like Ellsworth Jaeger's "Tracks and Trailcraft" can get your kids started. Mini-winter garden. Starting bulbs indoors is easy and only requires a pot, some rocks, a few flower bulbs and water. Many hardware stores sell kits to help you get started. Grow these flowers indoors during the winter and use them as an opportunity to start discussing what to plant outdoors in spring.

Geocaching. This is one of the fastest growing outdoor activities

Contrast this with time spent in front of a computer or television. In order to focus on what is on the screen, a child's brain suppresses the other senses. We have all seen people in this "zoned in" state, so alert to what they are watching that they do not hear someone else walk into the room or notice that it has gotten dark outside. Eventually, too much of this kind of concentration leads to what is termed "directed-attention fatigue." The brain becomes exhausted from spending so much energy focused on some senses while blocking others out. Symptoms of directed-attention fatigue include irritation, agitation, impulsive behavior and an inability to concentrate.

According to research done by psychologists at the University of Michigan, this kind of mental fatigue can be offset by time spent in the sensory-rich surroundings of nature. Likewise, studies done at the University of Illinois have found outdoor play in natural settings can relieve symptoms of attention-deficit disorders, including restlessness and an inability to listen and follow directions. And research at Texas A&M University has shown that after a stressful situation both muscle tension and a high pulse rate can be reduced dramatically when a person sits in view of nature for just five minutes.

Outdoor playtime can be key to a child's physical health as well. Consider this: Over the past three decades, incidence of childhood obesity has tripled. This has happened despite the fact that participation in organized sports by children has grown nationally by 50 percent. The reason all that time spent on the soccer field has not cut down on the number of overweight children is that kids simply need more physical activity than a few hours of practice a week can provide. The best predictor of how much exercise a child gets turns out not to be whether he or she is enrolled in sports or attends gym class, but simply how much time that child spends outside.

Inspired by the growing body of evidence that time spent playing in nature is essential to children's physical, emotional, and mental growth, programs like the Chicago Wilderness Initiative's "Leave No Child Inside" are popping up across the nation to get kids outdoors. The National Wildlife Foundation has started a program encouraging families to spend an hour a day interacting with nature. Its Web site, greenhour.org, lists activities, books, crafts and experiments your family can use during your nature time.

in America. Geocaches are small items hidden outdoors with coordinates or clues to locate them posted online. Though it might be hard to get out and find these hidden caches during winter, your family members each can hide something in old butter tubs in your yard and then give other members clues how to find them. Then, when spring comes, go online to geocaching.com to find objects hidden near you and try to find the real things.

Nature walk. Let kids plan the route, then talk about things you notice on the way back that you didn't see starting out. Pick a "winter bouquet" of interesting dried leaves, seed pods and grasses. Or scout for places to sled, toboggan, snowshoe or ski.

Find more ideas, turn to Resources, page 38.



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2009 Radish Awards

Presenting 10 great efforts through 10 great stories

By Radish staff

T ven in trying times, people in our communities L'continue to do great things for one another and for the Earth. Telling their stories is what the 2009 Radish Awards are all about.

From Cedar Rapids to Fairfield, Iowa, and from East Moline to Galesburg, Ill., individuals and groups have worked hard in the past year to bring environmental issues to the fore, make their communities cleaner and more sustainable, ensure that local food is available, fight pollution and educate others about how to do the same.

It wasn't difficult to find 10 individuals, groups and institutions upon whom to bestow awards. Instead, our challenge was to narrow the field to efforts that were new or of special importance in 2008 or that had yet to be reported in Radish. In addition, to reflect the mission of our magazine, each recipient had to be involved in an activity that in some way reflected a grassroots commitment to healthy living.

Following these criteria, we are proud to announce the following 2009 Radish Award winners:

Center for Energy and Environmental **Education:** Founded in 1994 by a federal appropriation, the CEEE in Cedar Falls focuses on giving Iowans the knowledge, tools and inspiration they need to make their communities more environmentally sustainable. It provides curriculum and training, partners with other organizations and connects groups and individuals to eco-friendly goods and services. (Story on page 14.)

City of Fairfield: In 2008 leaders in this small city ratified the Fairfield Green Strategic Plan. Among its goals as a sustainable town, Fairfield is striving to power its city with wind and solar, reduce overall energy use by 60 percent, make walking and biking easier and help local foods flourish — all while lowering taxes and creating new jobs. (Story on page

Living Lands and Waters: When the Cedar River crested in June 2008 and Cedar Rapids flooded, Chad Pregracke and his crew parked their barge and worked nonstop for three weeks to clean up. In addition to its extensive post-flood efforts around the region, the crew still held its regularly scheduled cleanups and events. (Story on page 18.)

iLivehere: Launched on Earth Day 2008, iLivehere provides citizens with the supplies they need to organize community cleanups. Its social-networking component helps people connect online to solve environmental problems where they live. (Story on page 20.)

Heilmanns' Hawkeve Acres: Certified organic by the USDA in 2008, the Goose Lake, Iowa, farm of Cindy and Dave Heilmann is home to 41 varieties of fruits and veggies, as well as sustainably-raised beef. Cindy is known for her belief that organic food should be available to everyone, not only "the rich and famous." (Story on page 21.)



Plains Justice: As a public interest environmental law center, Plains Justice in Cedar Rapids, Iowa, works for environmental justice and sustainable communities in the Northern Plains region of the United States, including Iowa. It helped nonprofit organizations to stall Aliant Energy's proposed 642-megawatt coal plant in Marshalltown and is helping local advocates fight a 750-megawatt plant in Waterloo. (Story on page 22.)

Quad Cities Transportation Advocacy

Group: What started as a group of bike enthusiasts in 2006 has grown into a vocal force for better transportation in the Quad-Cities. (Story on page 24.)

Ice Cube Press: Steve Semken of North Liberty. Iowa, started publishing what he calls place-based books 15 years ago. This year he published four books, including one that was named a Midwest Connections Pick by the Midwest Booksellers Association. (Story on page 26.)

The Congregation of the Humility of Mary:

This congregation of sisters has taken to heart its name, which comes from the Latin word "humus," meaning "earth." In 2007 and 2008, the sisters hosted the Quad City Earth Charter Summit in Davenport, which educated the community about environmental issues. (Story on page 27.)

Local Growers' Network: In 2008 Knox County, Ill., residents Amy Brucker and Julie Haugland started a new farmers' market and launched harvest updates, an e-mail service that lets subscribers know when local foods are ready and allows them to order online for pickup later. (Story on page 28.)

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education

Positive energy

CEEE makes connections for a healthy environment

By Michelle Tibodeau Sillman

D elief in the power of grassroots change guides the University of Northern DIowa's Center for Energy and Environmental Education (CEEE).

The center connects eastern Iowans with eco-centric knowledge and resources while modeling energy efficiency and sustainability in its own facility. Located on the south side of the UNI campus alongside restored prairie land, the center's soar ing, low-e windows and limestone walls join with sustainable building materials and construction to create a sound foundation for its outreach programs.

"We want to provide services that help communities do better energy planning, better environmental planning, better food planning," says Kamyar Enshayan, CEEE director. The center focuses on local issues, practical solutions and a flexible response. Prime examples of its educational outreach are the workshops it planned following the 2008 floods. Daylong seminars, held in mid-November in Iowa City and Cedar Falls, connected local government officials with experts who could guide them through future long-term flood planning.

"We brought together a lot of people (from all over the country) who had demonstrated it was possible to do flood plain management in ways that would reduce communities' risk and vulnerability," says Enshayan.

Since 1994 when the center was founded by a federal appropriation, it has focused on giving Iowans the knowledge, tools and inspiration they need to make their communities more environmentally sustainable. The center provides curriculum for teachers and educates and trains community members about various

"We believe in demonstrating local confidence in our own backyards."

energy and environmental topics through partnerships with non-profit organizations and utilities. The CEEE also connects groups and individuals to eco-friendly goods and services, such as "green" builders and architects, energy efficiency experts, local food growers and area businesses that focus on sustainable practices.

One highly visible and successful CEEE program has been the "Buy Fresh, Buy Local" sustainable agriculture campaign that connects local farms and processors with food buyers and individual consumers. Its goal is to create a local, regional food system. In 2009, Enshayan says the CEEE is planning to work with food-service staff of three public schools to offer students local food — and then showcase the results to other Iowa schools — through the Farm to School Project.

In addition, "we started something last year that was very successful. We called it Practical Backyards," Enshayan says. The goal was to inspire community



Staff of the Center for Energy and Environmental Education, University of Northern lowa, Director Kamyar Enshayan is shown at center, (Photo by Molly Wade / UNI)

members to participate and involve their children in sustainable practices in their own backyards, such as growing food, growing fruit trees, composting, using a clothesline or even keeping chickens.

"We're trying to develop a lot more programs," he explains. One such program will engage the CEEE with the Iowa Department of Natural Resources and AmeriCorps volunteers to rebuild destroyed structures using energy-efficient practices in flood-impacted communities.

Another project set to begin in 2009 will focus on helping farms meet a greater portion of their energy needs using resources available on their own farms. For example, they might learn how to generate energy from wind, solar power or wood. The CEEE will organize a statewide group of practitioners who will come together to learn from each other on an ongoing basis, then reach out to encourage more farms to try these practices.

"We believe in demonstrating local confidence in our own backyards. As a center, we're very committed to Iowa ... and (to) demonstrating that energy conservation and environmental responsibility are possible, we can do them. We're committed to making things happen in Iowa," Enshayan says.

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





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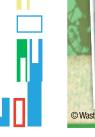
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Fairfield first

Small town adopts groundbreaking sustainability plan

By Linda Egenes

I magine a small town where homes are powered by the city's own wind farm and energy consumption citywide has dropped by 60 percent. Accessible pathways lace the town, making it easy for people to bike or walk to work. One-fourth of the produce offered in the supermarkets is locally grown, raised on thriving farms that surround the town. Tourists boost city revenues by flocking to the fully functioning sustainable living center. Needless to say, the economy of this small town is booming, stimulated by tax cuts and energy savings, with ample jobs created from innovative, eco-friendly enterprises.

This is the future that the town of Fairfield, population 9,650, envisions for itself. And to ensure that this happens, town leaders recently ratified the Fairfield Green Strategic Plan — a coordinated effort to create a sustainable, green community within 10 years.

It all started with an idea that mayor Ed Malloy had been turning over in his mind for a couple of years: an idea to develop an integrated plan to move Fairfield toward a green future.

"When the energy crisis hit, it seemed like the right time to float this idea," says the 50-something mayor. "To me, being sustainable means helping the planet, but it also means sustaining our community's economic viability in the face of global climate change, population growth and the current economic crisis."

Mayor Ed Malloy stands at the site of the Urban Steward Alliance Rain Water Management Project in Fairfield, Iowa. (Photos by Ann Scholl Rinehart / Radish)

In February 2008, Mayor Malloy formed a commission to research and write the Fairfield Green Strategic Plan, appointing 20-plus members from all walks of life. "We included small business owners, bankers, manufacturers, educators and experts in waste management and soil and water conservation," says Malloy. "The idea was to involve every sector of the community."

In November 2008, the city council unanimously ratified the 28-page green strategic plan. At the same time, the planners garnered an \$80,000 grant from the Iowa Office of Energy Independence. The Iowa Power Fund grant will allow Fairfield to inventory its greenhouse gases, hire a sustainability coordinator, create a household guide about sustainability and share its research with other Iowa cities.

A community-wide effort

According to Connie Boyer, CFO of Iowa State Financial Services Corporation and the co-chair of Fairfield's green planning commission, the plan has three main parts: 1. creating a culture of sustainability, including education and raising awareness; 2. economic development, which includes opportunities for new businesses and jobs in the area of sustainability as well as ways to adopt green solutions and save money; and 3. sustainable community design and public policy and infrastructure, which is about decisions the city can make to create a green future.

The plan's wide range of objectives include reducing non-renewable energy consumption and increasing energy generation; conserving water, protecting the air and transforming waste into useful resources; designing buildings and land-scapes for efficiency and human well-being; and supporting a prosperous and sustainable local farm economy.

"Now that the Fairfield Green Strategic Plan has been approved by the city council, the commission has moved to the next step and is meeting with various community leaders to ask them to take responsibility for different sections of the plan," says Malloy.

For example, one goal is to create an organization to develop local food production and processing. Community organizations being asked to take responsibility for that part of the plan are Hometown Harvest, Pathfinders Resource Conservation and Development, and, as secondary leaders, the Fairfield Entrepreneurs Association and Maharishi University of Management.

"We're saying, 'This is one of the plan's goals, and can you take responsibility for making that happen,' "says Boyer. "As we talk to these various community leaders, it also gives them the chance to give us feedback and help us take a different direction if necessary. Ultimately, that will make the Fairfield Green Strategic Plan even stronger."

The real genius of the plan is the way it involves every member of the community, from school children to housewives to factory workers.

"From the very beginning, the idea was that different people have different ideas of what will happen in the future and what it means to go green," says Boyer. "So this plan is about the things that everyone can agree on — how to save money and make our planet a better place."

One of the first steps is to galvanize the citizens of Fairfield to reduce their own energy usage, whether that means wrapping their hot-water pipes with insulation or installing solar panels or riding bikes to work. This

This parking lot at the Urban Steward Alliance Rain Water Management Project site in Fairfield, lowa, is an example of eco paving.

Radish

will be done through creating and distributing a household guide and through an educational campaign using all available media, says mayor Malloy.

Another important step is to hire a community sustainability coordinator by March 2009, who will coordinate community efforts.

Helping other towns go green

As possibly the first small community in the nation to adopt a comprehensive green plan, Fairfield is planning to take a leadership role. One of the major objectives of its strategic plan is to help other communities go green.

"We want to create a model community, a virtual template that other small towns can adopt to create the same results," says Malloy.

He points out that Fairfield already has many of the resources to move forward. It is the home of Maharishi University of Management, for instance, which offers the first sustainable living major in the country. The students and faculty there have spearheaded the ongoing construction of a revolutionary 7,000-square-foot Sustainable Living Center and classroom building on campus.

"Many of the sustainable living department's faculty and graduates have donated their consulting services to help the commission create Fairfield's Green Strategic Plan, and we're hoping they will continue to lend their expertise to various projects over the years," says Malloy.

He points to the city's strong entrepreneurial sector, which he predicts will rise to the occasion and provide many of the services that will be needed to turn the town green.

One of the grander aspects of the plan is to build a sustainability center on the south edge of Abundance Ecovillage. The center will include classrooms, workshop space and dormitory rooms for hosting educational seminars and courses. In this way, the city hopes to become a nationally known center for sustainability.

Already, notes Boyer, the city has been accepted in an incentive program offered by Alliant Energy to switch to LED traffic lights, which are brighter, use less energy and last years longer than the current incandescent bulbs. The estimated savings in energy usage and personnel: \$18,000 a year.

Malloy predicts that the plan will pay for itself in energy savings. "The nice thing is that the savings can be rolled into the future budget."

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



A Supportive Way To Work Things Out

As this new year begins, I want to sincerely thank all of you who have chosen to work with me. Whether in my office, by phone, or speaking to your business or association, I deeply appreciate the opportunity to help create new approaches, answers, and new directions for being better and feeling better.

It is important to realize that no one is ever really stuck in a dilemma. However, it is very possible to get used to feeling stuck, and expect that this way of being will continue. The good news is that by impressing yourself in the right way, you can form more positive attitudes, beliefs, motivations, and expectations to build a consistently better and more rewarding life, and with greater clarity and peace of mind.

To you who are facing problems, hard choices, personal/business/health/relationship concerns, I know that you want answers, and a clearer direction. You don't want to waste anymore time. You want effective strategies and techniques which bring positive results. That is what I want, too. My intention is to help you feel better, and be better, in the fastest, most productive way possible. We work personally and confidentially to discover opportunities and possibilities that may have been missed... and to get you on track to fully activating and utilizing the strong, creative, resilient, and worthy mind and body you have.

Several years ago, a woman came to see me. Her business was failing, her personal life was empty. We addressed issues and created strategies especially for her, and I made an audio program for her to listen to. Six months later she sent me a card describing her new success, joy, and love in life. She had reclaimed herself. She said that one phrase from our work kept coming back to her... You deserve the best, and you choose and agree to accept it.

It's true! You do deserve the best whether it's the answer to a troubling question, the solution to a difficult problem, the beginning or ending of something, you can take action and resolve the issue more easily than you imagined. You deserve the best, to feel and be better and freer. It's not fantasy; it's within you right now.

Wishing you all the best,

Larry Barsh, M.S. C.HT.
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environment

A flood of good works

Living Lands and Waters barges in with help, humanity

By Brandy Welvaert

Tust like Hurricane Katrina. That's how volunteers describe the landscape after the Cedar River crested in June, immersing Cedar Rapids in flood waters.

"It looked identical," says Tammy Becker, who worked cleanups for both Katrina and the 2008 floods. "Katrina essentially was a flood ... and Cedar Rapids was the same thing, minus the wind damage."

"From our experience, it was definitely the highest concentrated amount of debris we've seen. It's one of those things. It's hard to describe it," Becker says. Even now, months after the initial disaster, she pauses for several seconds to search for words to describe the scene. Finally she finds them. "It's just ... shocking. It was shocking for us. The more we drove up and down the river, you couldn't believe it."

As waters rose, river cleanup pioneer Chad Pregracke and his Living Lands and Waters crew were living on the LL&W barge near St. Louis where they'd been sandbagging for weeks.

"It's kind of funny. Sometimes when we're all living on the barge, we can be closed off on what's happening in the outside world," says Becker, education coordinator for LL&W.

"We had heard about the floods in Cedar Rapids, but it was (crew member) Geoff Manis who had bought a newspaper. He was like, 'Chad! Look at this picture!' And it was a photo of the mangled railroad bridge. Chad had no idea how bad it was at the time. In a day or so, Chad drove up there to see it for himself—to see how bad it was — and he talked to the fire department and said, 'I can bring the crew.' Three days later, we were there," she says.

For three weeks, the five-member crew and the volunteers it mustered cleaned along the Cedar River's shoreline.

"Every day you would pick up where you left off the day before. We worked our way as far up as we could on our boats," she says. "I have been doing this for six years. Garbage is garbage to us, and you don't have any feelings towards it so much. ... It all kind of looks the same after a while. But in situations like this, when it's the result of a flood, this isn't garbage we're pulling out because someone dumped it into the river. We were picking up furniture from children's bedrooms and wall-hangings with their names on it. You were picking up peoples' lives."

East Moline native Pregracke founded LL&W in 1998. It organizes community river cleanups and workshops, and it plants long-lived trees along river ways,



Denise Mitten with Living Lands and Waters sits in a pile of acorns. Mitten coordinates LL&W's MillionTrees project, planting hardwood trees. (Paul Colletti / Radish)

collects acorns and grows oak trees as part of its MillionTrees Project, and encourages groups to "adopt" a stretch of river way to keep it clean. Though LL&W is an environmental organization — not a disaster-relief agency — "in something like this, when we do river cleanup, and when it happened in our own backyard, there is nobody better to get the job done," says Becker. "It was right up our alley."

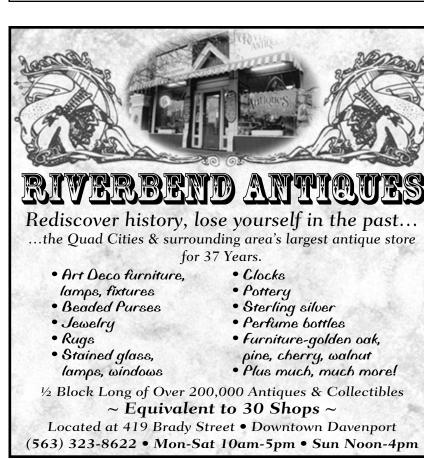
In addition to its extensive post-flood efforts around the region, the crew still managed regularly scheduled cleanups and events, including the annual XStream Cleanup in the Quad-Cities, in which volunteers collected over 54,000 bags of trash, along with hundreds of thousands of miscellaneous items, including 52,195 tires. It also planted 6,000 trees along the Illinois, Mississippi and Missouri rivers and collected over 5 tons of acorns for its MillionTrees project.

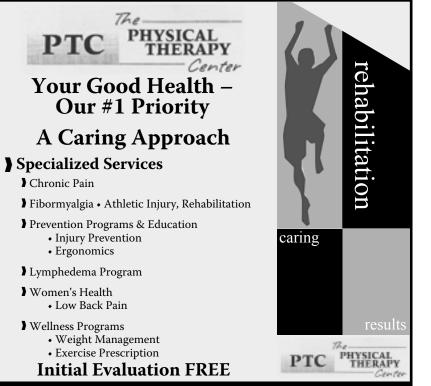
Learn more at livinglandsandwaters.org or call the office at (309) 496-9848.

"This wasn't garbage we were pulling out because someone dumped it into the river. ... We were picking up peoples' lives."

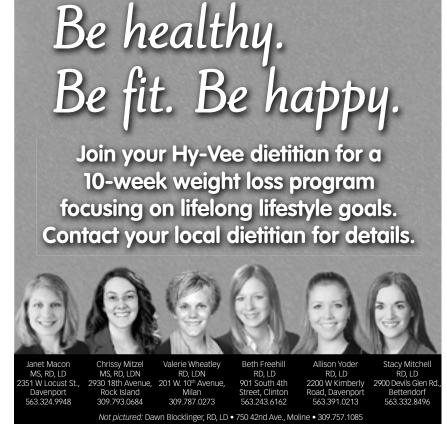








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environment

Going green — online

iLivehere provides tools for cleaning up communities

By Laura Anderson

etting your "clean on" around your community Us easier than you might think, thanks to groups like iLivehere, formerly Keep Scott County Beautiful.

For years, Keep Scott County Beautiful worked hard to put a stop to littering. In April 2008, the group changed its name to iLivehere while broadening its focus to encompass ways that community members can clean up our world.

To bring people together, iLivehere also includes an online community component, where people in the Quad-Cities and beyond can come together to talk about their green accomplishments and to set goals for the future where they live. According to the Web site, iLivehereqc.org, it was created to promote overall environmental stewardship, community pride and the appreciation of our natural resources in the Quad-Cities.

"It was formed by Waste Commission of Scott County to encourage citizens, like you, to get

Paula Mullin, education specialist with iLivehere, says environmental aware-

involved and do something, anything, for our local environment," the site states. "But don't stop there. Be sure to tell us what good things you've done for the environment."

Giving community members a chance to share information about projects and cleanups also helps others get involved. Members can take part in cleanups and other environmental projects created by other members, or they can cruise the site to get ideas for cleanups or projects of their own.

"The more friends we have on our social network, www.ilivehereonline.com, the better," says Paula Mullin, education specialist with iLivehere.

iLivehere online allows members to make their own pages, share their No.1 environmental concern and their "environmental mission" in seven words. With discussion boards and message postings, members easily can interact with one another. They can join groups, add friends and post photos, too, similar to what members can do on social networking sites like MySpace and Facebook. The site is free and open

to everyone.

Chris Bawden from Riverdale, Iowa, used the iLivehere site to organize a cleanup in July 2008.

Chris needed to supervise a family service project for a Boy Scout merit badge, and he decided to make a nearby ravine into an official iLivehere cleanup site. He and his family filled more than six bags with garbage they collected from the overgrown hillsides and stream in the

"It was easy," explains Chris. "All I had to do was visit iLivehereqc.org and register online. They had everything I needed, and my dad



Christian Bawden, third from left, organized a cleanup in July 2008 using the Web site iLivehereqc.org. Helping him with the cleanup were, from left to right, Olivia Sun, Bettendorf; and Maddy Bawden, Mike Bawden and Gray Bawden, all of Riverdale, Iowa. (Submitted)

picked it all up. We all worked for a couple of hours (that Saturday) and got the job done."

iLivehere supplied bags, gloves, litter tongs and safety vests for the cleanup.

Chris's mother took photos. It "was her way of helping," he says. "My little brother, my sister and her friend did most of the work, though. I had to pick up the heavy stuff."

iLivehere also provides environmental education opportunities and administers the Make it Yours program, in which volunteers can sign up to "adopt" an area and keep it clean.

Mullin says the programs are working: Environmental awareness is increasing. In 2008, for example, Q-C eco-events like Bald Eagle Days and the Earth Week Fair saw increased numbers of participants.

Learn more online at iliveheregc.org.

growers

Organics for everyone

Healthy soil is job No. 1 at Heilmanns' Hawkeye Acres

By Brandy Welvaert

T ven as prices for groceries continue to rise, Cindy Heilmann isn't spending L'more money to eat these days. What's more, her diet is full of organic foods so incredibly local, they're practically underfoot.

You guessed it. Cindy eats what she grows in Goose Lake, Iowa, on her 45-acre farm that the USDA certified as organic in 2008. She sells the remaining fruits of her labor from May through October at the Freight House Farmers' Market in Davenport, where she's known for spreading the word about the benefits of organics and telling all who will hear, "Organic food isn't just for the rich and famous."

As her husband, Dave, puts it, organic food "is her passion" — a passion that in 1997 drove the couple to move from Morrison, Ill., to rural Iowa, where they live in a log cabin they built.

"I built the house without closets because I think that people have too much stuff," Cindy says. "I try not to even shop."

The set-aside land they bought "has never been sprayed," she says, adding that it's always been organic. She pursued certification, however, because it means something to customers. More than half of the land is woods filled with old trees whose leaves rustle in the winds that fly across the flattened landscape of farms growing corn and soybeans.

"This is what I listen to when I'm out here," she says, standing among heavy cabbage plants as she nods toward the trees.

At the farmers' market, she sells fruits and vegetables, and from time to time, she sells halves and guarters of hormone- and steroid-free beef, raised on the farm's grasses. Many of her cows have names, like No. 7, Queenie and Batgirl. When she steps inside the fence, it's clear that they're comfortable in her presence.

"I spoil them," she says. "I've never lost a calf."

Cindy grew up on a farm, one of four daughters, and got a taste of farm work early. "(My sister) Judy and I did the outside work," she says. Today she's often up at dawn to harvest on a farmers' market day. In October, when frost threatened her last crops for sale, she awoke at 4 a.m. to spray them with water from a hose before the sun came up.

"It's not the cold that kills the plants," she says. "It's the sun."

Her garden includes 41 varieties of produce, and last year her tomato plants alone numbered 400. Last fall, she planted 3,000 heads of garlic by hand.

While the farmer enjoys organic foods — "I love to cook and can" — she says that organic growing is about more than just the products: "Organic is about keeping the soil healthy.'

She amends the soil by adding nutrients such as calcium, not chemicals. "I always look to my plants to tell me what the soil needs," she explains. Plants with specific nutrient deficiencies show it, and she knows how to spot them. An avid



Cindy Heilmann stands with some of the cattle she keeps on her organic farm near Goose Lake, Iowa, (Photo by Paul Colletti / Radish)

reader, Cindy is basically self-taught in organic agriculture.

"I read organic books all the time," she says.

This time of year, you'll find the farmer in her log cabin, glad to take a break from the whirlwind spring-summer-fall growing schedule.

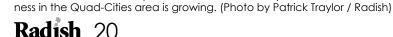
"In the winter months, I love to quilt," she says. Her works hang from the rail that surrounds the cabin's loft. When May rolls around and the outdoor market season begins again, however, she'll be ready.

"The farmers' market is my social life!" she says.

iust for me!"

That's why, in spring, you'll find her at the market, selling foods from Heilmanns' Hawkeye Acres, but also providing organic-gardening advice to her customers. Some people ask why she gives away her growing secrets when doing so would appear to work against her own food sales. Her answer demonstrates her bottom-line belief that healthy food belongs in everyone's hands, not just the hands of a select few: "If everybody would have a garden, then I could have my garden





community

Plains Justice

Nonprofit legal center fights for clean air and water

By Ann Scholl Rinehart

ast fall, Carrie La Seur flew over a 100-mile stretch of the Powder River Basin Lin northeast Wyoming, snapping photo after photo from the plane a friend

For La Seur, this wasn't a sightseeing tour. Her objective: to show the destruction that can happen when an area is strip-mined.

La Seur, an energy and environmental lawyer, founded and serves as president of Plains Justice, a Cedar Rapids-based public interest environmental law center. Plains Justice works for environmental justice and sustainable communities in the Northern Plains region of the United States, including Iowa. On its docket: the Clean Air Act, Clean Water Act, Resource Conservation and Recovery Act and energy policy work.

"This is the work I was born to do," La Seur says. The photos she took in Wyoming are meant to serve as a visual, "so people can understand what they're doing" when they say "yes" to coal plant development.

"People need to know where the juice is coming from when they turn on the lights," she says. "We're making decisions with every appliance we choose, with every house we build. If this is truly what we want to do, I want them to look at this with their own eyes and make that decision.'

Growing up, La Seur, a seventh-generation Montanan who now makes her home in Mount Vernon, Iowa, knew the Powder River region as the "last true

Carrie La Seur of Plains Justice. (Photo by Ann Scholl Rinehart / Radish)

cowboy country — one of the most desolately beautiful places on the planet. I take it personally that it's being blown to smithereens."

In Iowa, Plains Justice has helped nonprofit organizations to stall Aliant Energy's proposed 642-megawatt coal plant in Marshalltown. It's also helping local advocates fight a 750-megawatt plant a New Jersey company wants to build in Waterloo. Seeing people turn out there in huge numbers to oppose it was grati-

"It's democracy at its best," she says. "I love to see people getting involved, standing up for the rights of their own community. There's been a tremendous amount of that in Waterloo. The advocates there have gotten so good at advocating for themselves, they don't need us as much anymore, which is wonderful."

La Seur had no idea what she wanted to do with her life when she accepted a scholarship to attend Bryn Mawr, a women's college in Pennsylvania, where she earned a bachelor's degree in English and French. She earned a doctorate in

It's a David and Goliath model, but the little guys throughout history have gone out and changed things.

modern languages as a Rhodes Scholar at Oxford University and a law degree from Yale Law School. By the time she attended Yale, she had a clearer picture of her

"Ultimately I realized what was most interesting and most compelling to me was being a community organizer and providing some of the skills I acquired to communities like the one I grew up in — to make sure that people had the resources and support they need to speak up for themselves and defend their

Plains Justice has had support from private donors and has secured grants. It also has a significant number of for-fee cases.

"It's absolutely a David and Goliath model we have. But what's empowering to remember is that, throughout history, it's always been the little guys deciding they weren't going to take it anymore. And they went out and changed things. It's one of the archetypes of human progress. Someone has to decide that something has to change. That's the only thing that ever works."

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





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health & fitness

QC TAG, you're it!

Transportation advocates strive for a healthier commute

By Laura Anderson

The weather outside may be frightful, but it doesn't have to stop you from riding your bike. Just ask Jeff Cornelius, spokesperson for the Quad Cities Transportation Advocacy Group (QC TAG).

In 2006 QC TAG started out as a group of bike enthusiasts, Cornelius says. The group "works towards the improvement of the quality of life in Quad-Cities communities by promoting a balanced approach to transportation that encourages walking, biking and public transit," according to its mission statement. The group encourages people to use a bicycle for trips of two miles or less. Typically, bike commuters have a work commute of five miles or less, Cornelius adds.

In 2008 the group worked with Augustana College in Rock Island, Ill., to create Project Pedal, a program that provided bikes to incoming freshmen who promised to leave their cars at home while they were in school. Project Pedal is just one program that helped QC TAG to turn more people on to other modes of transportation.

In spring of 2007 and 2008, the group promoted Bike to Work Week, which had good participation, Cornelius says. This year the group might change the name to Alternative Transportation Week to "create a more balanced approach."

The growing group promotes both the physical and environmental benefits of biking, walking and using public transportation. Whether you aim for better health or a lighter carbon footprint, alternative forms of transportation, not just biking, might be the way to go.

"Bike commuting is not an option for everyone," and people can take the bus or walk as well, Cornelius says. "We didn't want to promote too heavily on one mode of transportation or the other."

He also practices what he preaches. He rides his bike to work almost every day, and when he doesn't, he takes the bus. If he drives a car, it's the car he and his wife share. Owning and operating just one car saved them about \$5,000 last year, according to his calculations.

Yet the aim of QC TAG is not to stop people from driving completely.

"We are all still car drivers," Cornelius says of the group. "We're not anti-car or anything like that." Instead the group's goal is to encourage people to utilize alternative forms of transportation besides the car, especially for shorter trips.

Though biking in winter is possible, it does require some preparation. Chuck Oestreich, a member of QC TAG, suggests riding a mountain bike that has tires with treads. He also likes plastic fenders that keep water and snow on the road from splashing the rider.

"You have to be more alert during the winter," Oestreich says. "If there's a lot of snow, you shouldn't be out there. Obviously you won't go as far or as fast as you would during the other seasons."



Jeff Cornelius bikes to work through Davenport on a regular basis. (File)

He says that the preparation is worth it. "You can see things that you can't normally see because the leaves are gone. If you use the trails, the eagles are wonderful to see."

City buses also can make winter biking easier. Many buses have racks that hold two bicycles. In the Quad-Cities, "it's pretty easy to be able to bike and bus," he says

To make alternative transportation more convenient, QC TAG is working with city officials and transportation experts in the Quad-Cities to develop Complete Streets, a plan to develop sidewalks, bike lanes, signs and other elements to make a variety of transportation options available.

"We're just excited at the momentum in the community and interest in Complete Streets," says Dan McNeil, chair of QC TAG.

In the future, Cornelius hopes that the group will have more opportunities to work with area schools and local universities to get more Quad-Citians to hang up their keys and hit the pavement.

For more information about QC TAG, visit quad.cities. tag.googlepages.com.





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good business

Ice Cube Press

Telling 'the best stories of where we live'

By Ann Scholl Rinehart

Steve Semken didn't start out with the idea of being a regional publisher. As it turned out, those were just the stories with which he felt most comfortable.

Semken, 44, of North Liberty, publishes "place-based" books through Ice Cube Press, which he started in 1993 and operates out of the home he shares with his wife, Laura, and 8-year-old daughter, Fenna. It is one of the longest-running, non-state-subsidized publishers in Iowa.

Why place-based books? Says Semken, "I am only able to work with what I know best, and that's how to live in Iowa and the Midwest. I just believe that our Midwestern stories are valuable well beyond our region. I think you need to have a good feel for where you live to best live where you live."

Semken graduated from the University of Iowa in 1987 with a degree in history and English and went on to earn a master's in English from the University of Kansas in 1990. He figured he would be a teacher, but after having a story published in a literary magazine while a graduate student, he became intrigued by the writer's life. Still, he pursued teaching. When a teaching job didn't turn up, he gave sales a try. It was during that career that he focused on writing. Semken spent lunch breaks at a bookstore. The idea of place-based stories was sparked by a collection of essays by Wendell Berry about the passing of community and farm life. A year later, while living out West, Semken started a newsletter called Sycamore Roots, sharing stories of those who were exploring why they lived where they lived. He shifted from publishing newsletters to publishing books in 1993, and Ice Cube Press was born.

He's published nationally respected authors like Iowa State University professor Mary Swander as well as writers who have never been published. "The authors, the mix of tasks, the excitement of a new project" all keep Semken excited about his work.

His books have done well. "A Cook's Journey: Slow Food in the Heartland," a recent publication, has been a hit, Semken says. Books like "Letters to a Young Iowan" also have proven popular.

Asked why his press has survived when so many other small presses in Iowa haven't, Semken says: "I treat authors and their books with respect, and I really care about the whole process of publishing, from the style of the font to the press releases ... to even where the author does readings."

It helps that he's an author, too. And he believes his sales training also prepared him to succeed in the publishing business. "It helped me immensely. Almost no other profession teaches you the need to move past failure. This lesson is vital in publishing."

His goal as a publisher is to "find the most believable and sincere people to tell the best stories of where we live." He says he walks a "tightrope" between finding good books and books that will sell. "In the end, there is no way for me to predict what

Steve Semken. (Photo by Ann Scholl Rinehart / Radish)

makes a good submission. What works once may not work twice. Author Jim Harrison reflects my views well regarding publishing: 'It only gradually occurred to me that it's people's solutions to their problems that interest me most.' "

"The biggest obstacle in publishing is that everyone wants to write a book but not everyone wants to buy books." Semken says. "I am glad to be noticed for the publishing of books that people are reading. My mantra is that to best live in the area you need to know the stories of the area."

When he looks at the stack of books he's published, he says he's surprised. "Even though I've been doing this for 15 years now, it's not seemed all that long. I guess that's what happens when you're constantly learning and having to reinvent yourself. There are new and exciting challenges all the time. I can never hope to keep up."

Visit Ice Cube Press online at icecubepress.com.

Books published by Ice Cube Press in 2008

- "A Cook's Journey: Slow Food In The Heartland," Kurt Michael Friese
- "Desert Pilgrim," Mary Swander
- "Under A Midland Sky," Thomas Dean
- "Liberation of the Concentration Camps: Des Moines, Iowa Survivors," Adele Anolik

Coming in 2009

- "The Sky Begins at Your Feet," Caryn Mirriam-Goldberg
- "Reruns," Patrick Irelan
- "Ladybug Waltz" (children's book), Jeanette Hopkins
- "lowa Classics Reader," Zachary Michael Jack



body, mind & soul

Environmental mission

Sisters of the Humility of Mary take their name to heart

By Nicole Harris

For two years, the Sisters of Humility have shed light on environmental issues for attendees at their annual QC Earth Charter Summit.

The 200-plus members of The Congregation of the Humility of Mary have taken to heart their name, which comes from the Latin word "humus," meaning "earth." They have invited community members to join together once a year to focus on the principles of the Earth Charter.

In 2000 the Earth Charter Commission, with input from thousands of individuals and organizations around the world, developed the charter, which includes a global commitment to justice, sustainability and peace, and moves to motivate people to take action on those values.

"Earth Charter Summit was our effort to educate people, make them aware of what's going on and lead them to action," says Sister Cathleen Real, who served as chair for the first Quad-Cities summit.

Sister Real says that the teachings of the Earth Charter, including respect and care for the community of life, ecological integrity, social and economic justice and non-violence and peace are core beliefs of the congregation.

"And our community had circulated this document several years ago because so many of those — all of those — elements are important to us," she says.

Sister Robert Brich had the vision of staring the QC Earth Charter Summit after returning from a religious women's leadership conference that endorsed the charter and called the women to action.

When Sister Brich's four-year term as congregation president began in 2004, she took the theme "Tending the Garden" and formed a group to plan the local summit.

The first summit was held in 2007, with 200 to 250 congregation members, students and other people interested in environmental issues attending at the Putnam Museum in Davenport. The 2008 summit moved to the RiverCenter, also in Davenport, to accommodate an even larger crowd.

"They were looking for a way they could better care for the Earth herself," Sister Brich says. "And they had also been needing some affirmation for what they were doing to continue doing it and that it was worthwhile."

As the summit continues to grow, it may be time for others to have a turn leading it.

"It's a lot of work, and we've done it for two years and have enjoyed doing it. Definitely we need to broaden and give other people an opportunity this year and have other people working with us," Sister Brich says.

As they reach out to other community organizations, the Sisters of Humility's focus remains deeply rooted in environmentalism and social justice.

Of all the issues that fall under the Earth Charter and the congregation's mission, Sister Real says that global warming is one of the closest to her heart. She



Pictured in the light court of the Humility of Mary Center in Davenport are 31 of more than 225 sisters, associates and staff members who form the Congregation of the Humility of Mary community. (Gary Krambeck / Radish)

missed the 2008 summit because she was one of 150 faith leaders across the nation selected to train with former vice president Al Gore and his Climate Change Project in Nashville, Tenn.

Although solving environmental problems can seem insurmountable at times, the Sisters of Humility teach and practice small changes to address them. They recycle, compost, use energy-efficient light bulbs and appliances, turn off appliances when not in use and use less fuel for driving — all of which can all make a huge difference.

Some of the congregation's other environmentally conscious endeavors in Davenport include growing a downtown community garden, restoring Our Lady of the Prairie Retreat in northwest Davenport with native plants, and greening the grounds of its building.

The sisters also help fund a project that builds wells in Tanzania and operate the former John Lewis Community Services shelter and coffee shop to provide for the homeless in Davenport.

For more information about The Congregation of the Humility of Mary, visit chmiowa.org. For more about the QC Earth Charter Summit, visit qcearthcharter.org.



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community

Veggies via e-mail

Local Growers' Network takes the farm-stand online

By Brandy Welvaert

Toining the throng at a Saturday morning farmers' market in summer usually is more joy than chore, but when you can't make it there, getting your hands on fresh, local foods gets harder. When that happens, wouldn't it be nice to order the foods you want via e-mail, then pick them up on your way home from work?

In essence, this is the service that the Local Growers' Network in Knox County, Ill., cropped up to provide in 2008. LGN also hosts a farmers' market on Saturdays through the growing season.

"We had a good season. We actually moved the farm-stand to Oak Run, and we have this e-mail thing, which really took off. We're already adding new growers for next year," says Julie Haugland, who founded LGN with her friend and neighbor, Amy Brucker.

"It was interesting because the name that we chose, Local Growers' Network, really dictated the direction that the group went. We knew we were committed to local food, but we didn't know it would create such a stir in the community," says

"Some people have asked us, 'Why don't you just do a CSA?' They are wonderful, but one of the downfalls is that the customer does not have a choice," she

"This way, they're not committing big dollars right away," says Haugland, who owns Vintages, the Galesburg wine shop where customers pick up their orders. "It's not a co-op, but it's sort of creating a new generation of co-op. We want to be the bridge that helps growers get their produce into the hands of

This year LGN will start charging farmers a small fee for its services. Last year, the women's families absorbed the costs of running the network, which started out with just a handful of small farms. Haugland says the new fees are minimal but necessary.

A testament to the burgeoning local-foods movement, the biggest problem that the pair faced last year was an enviable one: "We just couldn't meet the demand," says Brucker.

This year promises to be one of further growth for the network. In 2008 Knox College in Galesburg, Ill., approached the group about purchasing large amounts of fresh produce, including Japanese greens and other produce that can be hard to find in the Midwest.

"The list is extensive, and volume is massive. We are overwhelmed with it," says Haugland. The farmers who comprise the group already are working on who will grow what. Andrew Fritz of Fritzy's Herb Farm will grow some of the greens in his hoop house, and other growers in the group will split up the rest of the order to provide as much as they can, says Haugland.



Amy Brucker, left, is co-founder of the Local Growers' Network in Knox County. Her children, Matt. Amanda and Carli, help her at the farm-stand, (Submitted)

She and her husband, Robert, run Frog Pond Farm, which produces sustainably-grown fruits and vegetables. The pair purchased the 22-acre farm in 2006, when they moved to Knox County from Chicago.

Brucker and her husband, Greg, run Appleton Hollow Farms, which won't be part of LGN this year. In late 2008, Brucker decided to step away from LGN to pursue other local-food projects. Other growers involved with LGN include Leslie Schenkel of Twisted Chicken, Tom Arnold of Blue Hills Farm and growers Pam Pecenka and Tom Callopy. The farmers convene to plan what they grow in an effort to prevent overlap and to supply the greatest variety possible for their

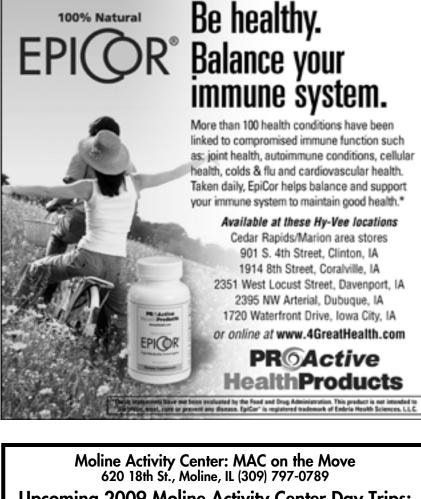
At this time of year, Haugland is busy communicating with growers in the hopes of expanding LGN's ranks, writing grants and planning outreach programs.

"I'd like to be an e-mail farm-stand," she says. "I want to get local food in people's hands and on their plates."

To sign up for harvest updates, e-mail lgnfarmstand@ yahoo.com. For more information about the market or the network, call Julie Haugland at (309) 335-2744.







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eating well

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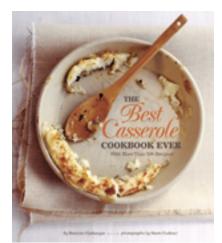
By Family Features

 \mathbf{I} f you're tired of the same old casserole recipes or if you'd say you've never had a good one, it's time to get creative.

Beatrice Ojakangas has written more than 20 cookbooks, and her take on casseroles just may change the way you think about these comforting standbys. "Today's casseroles have a greater variety of flavors," she says, "and they're fresher, too. We've embraced many dishes and ingredients from abroad which were not available in the past."

In her new book, "The Best Casserole Cookbook Ever" (Chronicle Books, 2008), Beatrice has put together 500 creative casseroles for any occasion. "Not only are casseroles fast and easy to make," she says, "but they can be healthy as well, with the addition of whole grains, legumes and vegetables."

She encourages home cooks to make their own fresh sauces when they can. "While 'cream of' soups offer convenience, they are high in sodium, have MSG, trans fats and various chemical flavor enhancers. Making your own sauces gives you more control over what you're feeding your family — and they're easy to make, too!"



Family Features

Cook's tips

• To freeze casseroles, cool completely after baking and cover with plastic wrap or waxed paper, then with foil. Label the dish with its name, date of preparation and number of servings.

• To thaw frozen casseroles, remove from freezer at least eight hours ahead or defrost overnight in the refrigerator. Then reheat in the oven to serving temperature. (Remove plastic wrap or waxed paper first.)

• If you have chilled a casserole for more than a few hours, remove it from the refrigerator when you preheat the oven.

Source: Beatrice Ojakangas



Greek Beef Casserole With Onions

1/4 cup olive oil

2½ pounds top round beefsteak, cut into 1½-inch cubes

3 tablespoons red wine vinegar

½ cup dry red wine

1 cup water

1 sprig fresh rosemary

2 tablespoons tomato puree

2 teaspoons salt

1 teaspoon pepper

1 cinnamon stick

5 whole allspice berries

4 to 6 tablespoons vegetable oil 3/4 pound small white onions, peeled

(see note)

1 teaspoon sugar

Chopped fresh parsley for garnish

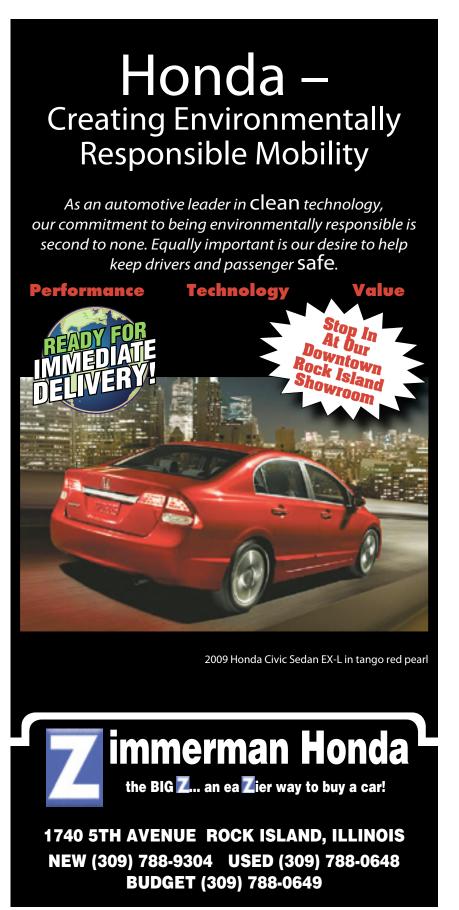
Preheat oven to 325 degrees F. Heat olive oil in large skillet. Add beef chunks, a few at a time, and brown quickly. Remove beef to a Dutch oven.

Pour vinegar and wine over beef. Add water, rosemary, tomato puree, salt, pepper, cinnamon stick and allspice berries. Cover and bake for 1 hour, or until meat is tender.

Heat vegetable oil in a large skillet and add onions in one layer. Sauté for about 15 minutes, shaking and turning them over until they brown lightly. Sprinkle sugar over onions, cover, and cook very gently for 30 minutes, until onions are soft but not disintegrating. Remove with a slotted spoon and spread over meat, distributing evenly. Do not stir. Serves 4. Sprinkle with chopped fresh parsley just before serving.

Note: To peel small onions, trim them and cut an X in the bottom of each one. Drop into boiling water for 1 minute. When cool enough to handle, slip off the skin.

Turn to Resources page 38 for another casserole recipe.







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education

Lumberjacks will chop, split and roll into action for Bald Eagle Days in Rock Island, Ill.

By Radish staff

You can get a taste of the North Woods at Bald Eagle Days, Jan. 9-11, at the QCCA Expo Center, 2621 4th Ave., Rock Island, Ill., when hard-core lumberjacks take the stage to show off their aggressive chain-saw techniques and ax-throwing abilities.

It's the first time Fred Scheer's Lumberjack Shows, of Hayward, Wis., will headline the event, which also features its namesake birds of prey, along with more than 30 other exotic animals from Niabi Zoo in Coal Valley, Ill.

Hours for the show are 4 to 8 p.m. Jan. 9;
10 a.m. to 7 p.m. Jan. 10; and 10 a.m. to 5 p.m.

Jan. 11. Admission is \$4 for adults and \$1 for ages 6 to
16. Children ages five and under get in free. Admission
to all shows — lumberjacks, birds of prey and exotic animals — is included in general admission.

"In this day and age of not much money floating around, this is really a bargain for the family. It's designed for people of any age or expertise level to learn about conservation," says Arlyn Hartwig, who directs the show each year.

In addition to the three shows, which will be presented on a rotating schedule each day, more than 100 vendors will be on hand selling wildlife art, prints and photography, among other crafts and goods. Other vendors will provide information about alternative energy (solar and wind), green roofs, recycling and more. Make sure to visit the Radish booth for a free Radish tattoo.

If cabin fever already has set in at your house, you can climb the wall — literally — at Bald Eagle Days. Kids and adults can take a turn at scaling a 29-foot climbing wall erected indoors.

The event also provides free shuttle bus rides from the Expo Center to great sites for eagle-spotting along the nearby Mississippi River.

For more information, including directions, visit accaexpocenter.com.

Bald Eagle Days presentations

Friday, Jan. 9

- 4:30 and 6:30 p.m.: Niabi Zoo exotic animals
- 5:30 p.m.: Birds of Prey
- 4:30 and 6:30 p.m.: Lumberjacks

Saturday, Jan. 10

- 10:30 a.m. and 1, 3 and 5 p.m.: Birds of
- 10:30 a.m. and 2 and 5 p.m.: Lumberjacks
- 11:30 a.m. and 2, 4 and 6 p.m.: Niabi Zoo exotic animals

Jan. 10 Sunday, Jan. 11

- 10:30 a.m. and 1 and 3 p.m.: Niabi Zoo exotic animals
- 11:30 a.m. and 2 p.m.: Birds of Prey
- 10:30 a.m. and 3 p.m.: Lumberjacks

rooting around

Citizen scientists swoop in for Bird Count

There's still time to take part in the 109th annual Christmas Bird Count, a citizen-science project of the National Audubon Society. The Quad City Audubon Society is seeking volunteers to help with the annual count in Andalusia, Ill., on Jan. 2. Feeder-watchers and volunteers for field parties are needed. Each team will determine its own time period for counting. A \$5 donation is requested to help cover national administration costs. Call (309) 235-4661 or (309) 755-6731 for details and to sign up.

Sister Cathleen Real to speak about global warming

Sister Cathleen Real of the Congregation of the Humility of Mary, Davenport, will present a reflection on global warming from 7 to 8:30 p.m. Jan. 13 at the Sisters of St. Benedict Monastery, 2200 88th Ave. West, Rock Island, Ill. In October, Sister Real attended a conference for leaders of faith communities at the headquarters of former vice president Al Gore's



File

The Climate Project in Nashville, Tenn. Sister Real will present information from the conference, which is based in part on Gore's documentary, "An Inconvenient Truth." The event is free and open to the public. Free-will donations will be accepted. For more information, call (309) 283-2100 or visit smmsisters.org.

Learn to stay young, cope with stress in 2009

If you've made New Year's resolutions for your health, Inner Health Chiropractic is offering classes to help you keep them. Classes include "How to Stay Young in Your First 100 Years" at 6 p.m. Jan. 13 and "Coping with Stress" at 6 p.m. Jan. 27. Classes are free, and reservations are required. To reserve a seat or for more information, call (563) 344-3909. Inner Health Chiropractic is located at 2406 E. 53rd Street, Suite 2, Davenport.

Hey teachers! Wanna get grad credit? Check out this course

Teachers of kindergarten through 12th grade may be able to get one hour of graduate credit for free from the University of Northern Iowa by taking "Waste Reduction: Addressing the Overlooked 'R," a course about reducing waste. The class will include three sessions, held from 6 to 9 p.m. Jan. 16, 8:30 a.m. to 5 p.m. Jan. 17 and 6 to 9:30 p.m. April 19. Teachers in the following Iowa counties are eligible for waived tuition: Cedar, Des Moines, Dubuque, Henry, Iowa, Jackson, Johnson, Linn, Louisa, Polk, Scott and Tama. Teachers who live in Scott county but teach elsewhere also are eligible for waived tuition. Regular registration fee is \$50. To register, visit ceee.uni.edu/wastereduction/workshops.aspx. For more information, contact Susan Salterberg, instructor, at (319) 337-4816 or salterberg@uni.edu. The course is offered through Science Education and the Center for Energy and Environmental Education in the College of Natural Sciences.







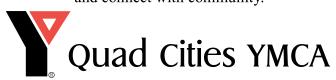


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rooting around

Freight House Farmers' Market in Davenport invites you to be a tourist Jan. 17

Shop the Freight House Farmers' Market early Jan. 17, and you could get a free tote bag. The regularly-held indoor market at 421 W. River Drive, Davenport, will host a "Be a Tourist in Your Own Backyard" event from 8 a.m. to 1 p.m. in conjunction with the Quad City Tourism and Visitors Bureau. The event's theme will be "go green," and the first 500 shoppers will get a free cloth shopping tote. At 10 a.m., Cathy Lafrenz with the Quad-Cities' Buy Fresh, Buy Local group, will talk about how supporting local farmers' markets benefits the community and the environment. At noon, Ed Kraklio of Nostalgia Farms in Walcott, Iowa, will unveil the market's plan for a new recycling center. Be sure to stop by the Radish booth for a free, temporary Radish tattoo. For more information about the Freight House Farmers Market, visit freighthousefarmersmarket.com.

Where to find snowy, outdoor winter fun this month

You can get some outdoor exercise at regional environmental education centers this month. Events are free and open to everyone. Here's what's

• The Hurstville Interpretive Center will hold annual Winter Fun Day from 1 to 3 p.m. Jan. 18 at 18670 63rd St., Maquoketa, Iowa, A naturalist will lead an afternoon of winter activities. Kids can see snowflakes under a microscope, make a winter craft,

go snowshoeing, learn to identify animal tracks and more. To sign up, call (563)

• The Wapsi River Environmental Education Center will host a showshoe program at 10 a.m. Jan. 31. The Wapsi Center is 6 miles south of Wheatland or 1 mile northwest of Dixon, Iowa, by taking County Road Y4E. Then turn north at 52nd Avenue and follow the signs for about 1 mile. To sign up, call (563) 328-

Go to medical school for one night

Ever wanted to go to medical school? You won't have to pass any tricky exams if you attend the University of Iowa Carver College of Medicine's Mini Medical School program on cardiovascular disease from 6:30 to 8:30 p.m. Jan. 28 at the Clarion Hotel Conference Center, 5202 Brady St., Davenport. The cardiovascular-focused course, led by University of Iowa Carver College of Medicine faculty, will focus on valvular disease and new treatments, including minimally invasive surgery. The event is free and open to everyone, but registration is required. You can register online at medicine.uiowa.edu/minimedicalschool or by calling (877) 633-4692.

The best source for info on climate change? How 'bout a talking sheep?

The Climate Change Show, billed as a one-of-a-kind experience that features a fast-talking sheep as its narrator, will open Jan. 30 at the Putnam Museum and IMAX Theatre, 1717 W. 12th St., Davenport. The sheep talks about the past, present and projected future of the world's climate and how climate change affects life on Earth. The show will be held in the museum's main gallery, which will be filled with environmental effects that recreate weather and climate changes. For more information about the show, visit putnam.org.

Rides, runs and walks

- Xtreme Winterfest Bike Ride, 11 a.m.-1 p.m., Jan. 3, 3434 Richard Downing Ave., Council Bluffs, IA. 8 miles. Free.
- Fat Ass 50, 10 a.m. Jan. 11, John Swaney Junior High School, 13183 N. 350th Ave., McNabb, IL. 50K. Free. Visit starvedrockrunners.org/apply/FA09.pdf or e-mail rehnfarms@nabbnet.com for details.
- Frostbite Footrace, 1 p.m. Jan. 19 (10:30 a.m. registration), Scott County Park, 19251 290th St., Long Grove, IA. 8K run/walk. \$18 or \$20 after Jan. 17. (563) 359-0872.
- Amana Freezer Run/Walk, 11 a.m. (registration at 10 a.m.) Jan. 24, Woolen Mill in downtown Amana, Iowa. \$15 in advance or \$20 on race day. Entry form online at festivalsinamana.com/winterfest.html. (319) 622-3087.

Galena contractor wins award for historic farmstead restoration

Terry W. Cole, president of Renaissance Restoration, Inc., of Galena, Ill., has been honored by the Illinois Chapter of Associated Builders and Contractors, Inc. (ABCIL), as a winner of a 2008 Award of Excellence for Historical Restoration. Renaissance received the award in the category for projects costing less than \$2 million, for its work on the Fry-Steigle Farmstead located in Plainfield, Ill. The project preserved three historically significant

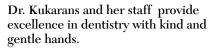


Fry-Steigle House (Submitted)

buildings by moving them from the east side to the west side of Naperville-Plainfield Road, reuniting the original farmstead. The buildings were completely restored to their predominant 1924 historical period. The Fry-Steigle Farmstead was built by Jacob Fry in the late 1800s and sold to the Steigle family in the 1920s. The present owner is the grandson of Fred C. Steigle. Over the years, the Farmstead was bisected by the construction of Naperville-Plainfield Road. The project reunifies the farmstead to reflect the historical character and relationship of the original buildings. For more information, visit abcil.org or rrincorporated.com.

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rooting around

New Pi donates over \$14,000 to United Way

New Pioneer Food Co-op in Iowa City recently donated \$14,490 to the United Way of Johnson County as a result of its "Support Our Community: Shop the Co-op" event. The donation was made based on 10 percent of all sales on Saturday and Sunday, Nov. 22 and 23, 2008. The United Way of Johnson County is a nonprofit organization that works with other organizations and assists in efforts including Table to Table, flood recovery, the free lunch program, Crisis Center, Shelter House, Goodwill and Habitat for Humanity, among others New Pioneer Food Co-op is a member-owned, natural, organic and local foods grocer with locations in Iowa City and Coralville. For more information, visit newpi.com.

Number of smokers in the U.S. is dwindling for the first time in four years

According to the Centers for Disease Control and Prevention (CDC), the prevalence of cigarette smoking among adults was 19.8 percent in 2007 compared to 20.8 percent in 2006. "We now have evidence that our efforts nationally are paying off," says Christopher Squier, Ph.D., member of the American Cancer Society Iowa Council and the Iowa Commission on Tobacco Use Prevention and Control. "Adult tobacco use prevalence is now under 20 percent for the first time

since tobacco use rates began to fall during the mid-1960s." Squier says he expects to see Iowa's numbers fall even faster, considering the tobacco tax increase of 2007 and the Smokefree Air Act of 2008. If you want to guit smoking and need help, you can call two free, confidential quit lines maintained by the American Cancer Society: (800) 227-2345 or (800) 784-2663.

Patchouli releases holiday album

Nationally touring and Midwest acoustic duo Patchouli has released a new holiday album, "Winter Solstice Terra Guitarra." This is the second instrumental project released by the duo this year under the title "Terra Guitarra" on their indie label Earthsign Records. Patchouli — the husband and wife team of Julie and Bruce Hecksel of Maiden Rock, Wis. — performed at the 2007 and 2008 Healthy Living Fair sponsored by Radish magazine at the Quad City Botanical Center. "Winter Solstice" features 11 tracks of "sparkling Spanish and classical guitar arrangements



of favorite holiday carols," according to a press release. "Winter Solstice Terra Guitarra" now is available at the Quad City Arts Center Gallery in downtown Rock Island, Ill., and online at terraguitarra.com and patchouli.net.



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Start a better life Jan. 14: Get healthier in 100 days with Live Healthy America

Want to live better in 2009? Live Healthy America (LHA), an online healthy-living campaign and support tool, could help you lose weight and become more active. On Jan. 14, people across the country will kick off LHA's 100 Day Challenge, a commitment to eating better and moving more. Those who sign up at livehealthyamerica.org and pay an \$18 fee will have access to LHA's networking component that lets groups of participants track progress and motivate one another. They also will get a Live Healthy America training T-shirt, the chance to win individual and team prizes throughout the 100 Day Challenge, e-mail activity ideas and recipes, a personal online tracking package, a team leaderboard and access to functions of the Web site, including training, customized meal plans and workouts, and more. Live Healthy America is a nonprofit program funded by the Iowa Sports Foundation and the Richard O. Jacobson Foundation. Find out more online at livehealthyamerica.org.

Try new foods at Sample It Saturday

Hy-Vee at 2900 Devils Glen Road, Bettendorf, will hold a Sample It Saturday event from 10 a.m. to noon Jan. 17. Everyone is invited to stop in and try new foods in the upstairs Club Room at the store. Registration isn't necessary. Admission of \$3 per person will be charge at the door. The event also will include a drawing for an eco-friendly shopping bagged filled with five new food items. For more information, call the store at (563) 332-8496.

Beat the winter blues at **Amana Colonies' Winterfest**

There will be fun for the family all day Jan. 24 in Amana, Iowa. The day kicks off with a 5K run/walk. Activities througout the day include matching wines with the grapes they come from, a quilting demonstration and a chili supper that will benefit the fire department. Area culinary-arts students will create sculptures with ice, and there will be competitions for hamthrowing and log-sawing and prizes for the best beards. For a complete list of activities, visit festivalsinamana. com/winterfest.html.



Winning beards at 2008 Winterfest. (Submitted)

Sustainable ag award goes to grazier

The Leopold Center for Sustainable Agriculture, Ames, will honor Carrol County grazier Steve Reinart with its annual Spencer Award for Sustainable Agriculture on Jan. 9. Reinart owns and operates Reinart's Prairie Reds, a 500-acre grass-fed organic beef and seed stock operation near Glidden, Iowa. His herd relies almost entirely on forages and holistic grazing for nutrition. Reinart will be the fifth farmer to receive the award, which was established in 2002 to honor farmers and others who have made significant contributions toward the stability of mainstream family farms in the state. The award includes a \$1,000 stipend.

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resources

BETTER THAN WII

(Story on page 10)

Need another winter activity to get kids involved with nature? Try cloud-spotting. All you need is a view of the sky and a reference book like Gavin Pretor-Pinney's "The Cloudspotter's Guide." Keep a calendar just for your children to write down the kinds of clouds they see outside at breakfast or dinner.

Check out greenhour.org and kidsoutside.info/do.htm for more ideas to get your kids outside.

HEALTHY CASSEROLES

(Story on page 30)

This puffy pancake with caramelized apple slices is the perfect thing to serve your family on a chilly morning.

Puffy Oven Apple Pancake

Pancak

1½ cups all-purpose flour 1½ cups milk

1 tablespoon sugar 1 teaspoon salt ½ cup (1 stick) butter

6 large eggs Apple Filling:

2 large Golden Delicious or Granny Smith apples, peeled and sliced

1/4 cup light or dark brown sugar Whipped cream for serving (optional)

tablespoons butto

To make pancake: In a bowl, whisk together flour, milk, eggs, sugar and salt until no lumps remain. Let stand for 30 minutes. (You can mix batter the night before, cover and refrigerate. Remove from refrigerator when you begin preheating oven.)

Preheat oven to 450 degrees F. While oven preheats, place a large slope-sided baking pan or ovenproof skillet into oven and add butter. When butter is melted, remove from oven.

Pour pancake mixture into heated pan and return to oven. Bake pancake for 15 to 20 minutes, until edges are puffed high and golden.

To make apple filling: While pancake bakes, in medium skillet, sauté apples in butter until tender, 5 to 10 minutes. Add brown sugar and stir until dissolved. Transfer to serving bowl.

To serve pancake, be sure guests are at the table when you bring it in, as it will slump quickly. Cut pancake into quarters, and fill each serving with sautéed apples. Pass the whipped cream on the side, if desired. Serves 4.

Source: Beatrice Ojakangas

for your family

Play around with alternative energy with fuel-cell car and kit

Want to teach your kids about alternative energy? Check out this cool Fuel Cell Car and Experiment Kit.

How it works: The car uses solar energy to separate water into hydrogen and oxygen. Then the motor and the fuel cell use the gases to produce electricity that moves the vehicle across the floor. Its only byproduct is clean water.

Why it's eco-friendly: The Fuel Cell Car and Experiment Kit teaches kids about clean technology and allows them to build a model car that actually runs on water and sunlight.

Kids can learn about fuel cells, solar cells and electrolysis through

30 experiments included in the kit. They'll learn how to use a multimeter, how to calculate the efficiency of a solar cell and a fuel cell, and how to calculate the fuel cell's output.

It also comes with a 96-page manual for kids and adults. According to the maker, teachers can use the manual for lesson planning, as well.

Who can play with it: This toy is recommended for ages 12 and up.

Where you can get it: Find the Fuel Cell Car and Experiment Kit online at wonderbrains.com. It's \$149.97. WonderBrains' phone number is (866) 827-2467.



Submitted

The Iowa Children's Museum is so much fun, it's 'ICKY'

The Iowa Children's Museum is two floors and 28,000 square feet of space where kids can play and learn. It's located at Coral Ridge Mall, 1451 Coral Ridge Ave., Coralville, Iowa.

Fun stuff: Exhibits are geared for kids ages birth to 12 years, but even adults can learn something from them. CityWorks is a kid-sized village where they can role-play in jobs from pizza-maker to dentist. The Under Construction exhibit lets young builders use real materials and carpenters' tools, and the new School House Rock Exhibit lets kids defy gravity. They can put on a puppet show in a castle in the Puppet Kingdom exhibit and try their little hands at farm work in the ImaginAcres exhibit, which includes a tractor to drive and a cow in the barn.

Hours and admission: 10 a.m. to 6 p.m. Tuesdays through Thursdays; 10 a.m. to 8 p.m. Fridays and Saturdays; and 11 a.m. to 6 p.m. Sundays. The museum usually is open Mondays when area schools are not in session, too. Admission is \$6 for ages 1 to 59, \$5 for ages 60 and over, and free for children under 1 year of age and for members.

Accolades: ICM was nominated for two awards from the Iowa Cultural Corridor Alliance (ICCA). The ICKY awards — loosely named after the acronym ICCA — are for innovative excellence in children's programming and for educational programming.

Learn more: Call (319) 625-6255 or visit theicm.org.

Have an idea — an eco-friendly toy or a great place — to share with "for your family"? E-mail it to editor@radishmagazine.com.

food for thought

Running from bears

Don't allow prehistoric habits to threaten your health

By John Titan, from Mother Earth News magazine

We live in overstressed times, and unfortunately, stress often has serious health consequences. Stress contributes to indigestion, headaches, muscle aches, sleeplessness, anxiety, high blood pressure and heart disease.

Many people turn to pharmaceutical drugs or herbal medication to treat the symptoms of stress, but it's even more important to address the root causes of the problem.

Prehistoric stress

Imagine you are an early human hunter-gatherer. You craft tools, gather food and hunt. There's no traffic, no office paperwork and no TV to replay news of catastrophes.

Prehistoric life is not stress-free, however, and at times your very survival is at stake. Hunting, for example, may mean life or death for you or your family. And there's always the possibility that a hungry bear will stumble into your camp. Unlike traffic jams and job stress, these are immediate, life-threatening situations, and the body's natural responses prepare us to deal with them.

In his lecture entitled "Breathing," Dr. Andrew Weil of the University of Arizona's Center for Integrative Medicine explains the importance of the autonomic nervous system, which controls many of our bodies' unconscious functions. This system has two branches: the sympathetic and the parasympathetic.

Most of the time, we operate in the parasympathetic mode, which allows us to live at the usual pace. But consider what happens to you, the huntergatherer, when a grizzly arrives on the scene looking for lunch! Now your body switches to the sympathetic mode. Your lungs rapidly take in oxygen, and blood is pumped to your largest muscles, while other body functions — such as your digestive function



Tom Griffin

— slow down to help conserve energy that is needed elsewhere. Additionally, your body is flooded with adrenaline and cortisol, two sympathetic hormones that enhance speed and reaction acuity.

Perceived bears

These days, stress usually is not a signal that we are facing immediate threat to life and limb, but our bodies still react that way. When you watch a horror movie, your heart rate increases, and your blood pressure rises even though the threat is imaginary. And while the modern pressures we face are not imaginary, they also are not life-threatening. Still, they more or less are constant. Our bodies never get a chance to relax into the parasympathetic mode that causes a lowered heart rate, lowered blood pressure, deeper breathing, improved digestive function

and better circulation to our extremities. Although sympathetic hormones are useful in a fight-or-flight situation, they produce within us something like a turbocharged mode of operation. A machine constantly running in this fashion soon would fail.

Relaxation responses

To effectively cope with stress, we can eat a healthier diet, get more exercise and be assertive in stressful situations. But perhaps the most important thing is to learn to relax, which will turn on the parasympathetic mode of your autonomic nervous system. How do you relax? Two methods seem to work especially well.

The first method is to do less. Letting go of the urge to fill every minute with activity can help reduce stress. This includes surrendering mental activity. Often, taking a few minutes to notice the beauty of nature can help one relax.

If doing nothing is too difficult, try to focus on your breathing instead. Weil calls breathing "the doorway to control the autonomic nervous system" for good reason. Changing the way you breathe affects which branch of the autonomic nervous system is functioning. By breathing deeply and slowly, you can make your body return to its natural state of relaxation.

The beauty of this approach is that you can do it anywhere. Wherever you are, and no matter what problems you have, you always can take a few deep breaths.

On the other hand, if you find yourself on a walk through the forest and happen upon a bear, be grateful for that shot of adrenaline that will send you heading for the hills.

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