

Radish

HEALTHY LIVING ROUND UP

Strung

By Shawna

Meet the artist behind
the 2017 Radish Awards

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JANUARY 2017

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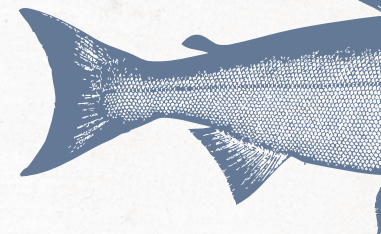
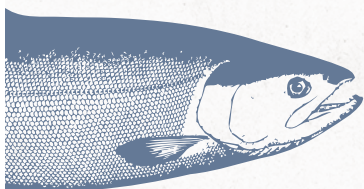
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from the editor



Gary Krambeck / Radish



Submitted

The 2017 Radish Awards, made by Shawna Fibikar, Davenport, of Strung by Shawna.

Once Halloween is over, I always find myself looking forward to Christmas and the new year. Every January lends the perfect opportunity to wipe our slates clean. We've got a whole year ahead, a fresh start, a nearly empty calendar waiting to be filled with adventures, great and small.

I also look forward to January because it's our Radish Award issue, where we reflect on the previous year and recognize individuals and organizations making a positive difference in the communities throughout the region. As the year neared its end, coworkers filled my inbox with nominations, and we worked hard to narrow down the list to five. You'll find their stories scattered throughout this issue.

It is uplifting and reassuring to me to know that we live in an area where so many are good stewards of the planet — people who truly care about people and the environment, from the food we eat, where it comes from and what it takes to grow it, to the impact we leave behind, whether we are cozy and warm inside of our homes, at work, or play.

Every year, we commission an area artist to create the actual awards we present to the people and organizations who are recognized. This year, we asked Shawna Fibikar, of Strung by Shawna, to create string-art radishes, using wood, nails and yarn.

Fibikar has been creating string art for nearly a year and a half, now. For the awards, she used boards that were cut from wood salvaged from a 100-plus-year-old barn in Mechanicsville, Iowa, and hand-dyed merino wool yarn from Stitch Together in Marion, Iowa. You can read more about Fibikar and her work on page 18.

In this issue, you also will find stories on the upcoming Quad Cities Farm Equipment Show going on at the QCCA Expo Center this month (page 22); fat biking outdoors this winter (page 10); tasty recipes for broccoli and cheddar soup and sweet potato toast (pages 14 and 26); and the changes that are coming to Fejervary Park in Davenport (page 24).

Wherever this year takes you, we hope you'll keep checking in with us. Cheers to an amazing 2017!

— *Laura Anderson Shaw*
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Radish
HEALTHY LIVING FROM THE GROUND UP

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the grapevine



"It is very informative." — *Joseph Cervantes, Rock Island*

"Enjoy reading about healthy foods and other articles." — *Kay Morrison, Milan*

"I am so grateful to know of the organic options. Radish helps me to be more healthy!" — *Sue Rice, Bettendorf*

"Radish is informative with info not found in other local publications. Healthy living is good for everyone." — *Karen Eade, Milan*

"Love healthy living tips and things in the community!" — *Amy Fordham, Bettendorf*

"Great info and updates." — *Lora Wilson, Coal Valley*

"Very much enjoy the articles on

healthy eating and also green living." — *Penny Danielson, Milan*

"I enjoy the availability. I like articles about local activities." — *Georganna Sedgwick, Hampton*

"I like this magazine. It has a lot of info on natural living." — *Jose Ramirez, Moline*

"Enjoyable info — especially in summer." — *Roselyn, Bettendorf*

"Love your recipes so much. Even my kids will eat them. Travel ideas in area!" — *Joan Byrne, Bettendorf*

"I really like the whole magazine, but love personal stories of health problems and natural remedies!" — *Mickey Gasaway, Colona*

Radish Reads: A recent book on healthy living, as reviewed by a Radish reader

Mini review: "Raw Cakes: 30 Delicious, No-bake, Vegan, Sugar-free & Gluten-free Cakes," by Joanna Farrow (Spruce, 2016)



My first impression of this book was that it was simple and easy to understand, unlike a lot of raw "cookbooks" I have come across. In addition, most recipes in the book only include a handful of ingredients, and those that are listed are relatively easy to find, for the most part, which is another big bonus. For instance, the salted pecan brownie recipe lists only four major ingredients.

I also appreciate the introduction, which gives a brief overview of what a raw diet is, as well as an explanation of many of the ingredients used throughout the book and how to prepare them. The aforementioned salted pecan brownies and the apricot and butternut cupcake recipes are delicious and unique, and I look forward to trying more recipes!

Overall, I'd rate this cookbook 4 out of 5 radishes, mainly because there are only 30 recipes, and the book's only focus is desserts. I do think it's a great book for anyone who is starting a raw diet, and a great supplemental book for a library that already includes other similar cookbooks.

— *Erin Granet, East Moline*

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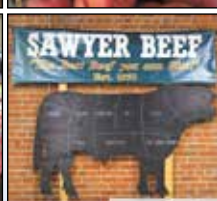
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healthy living from the ground up



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Shawna Fibikar, of Strung by Shawna, created the 2017 Radish Awards. (Photo by Meg McLaughlin / Radish)

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radishmagazine.com

Mandala Integrative Medicine will host an Integrative Lifestyle Forum on Saturday, Jan. 7, at Rhythm City Casino in Davenport.

While there are similar forums targeted toward physicians, this event will allow the community to learn how to make lifestyle changes based on integrative medicine in a supportive environment, according to a news release.

The event will feature nationally recognized keynote speakers such as Dr. Sayed A. Shah, a leading gut health expert and medical doctor with world-class expertise in functional medicine, the release states.

Admission is \$25 per person, or \$100 for a VIP pass. A block of rooms has been set aside at Rhythm City Casino for out-of-town attendees, the release states.

Read more at radishmagazine.com.

Friday's Fresh on a quest

Indoor hydroponic farm grows in Davenport

By Cindy Hadish

As experts debate how to feed the world's growing population in the future, Andrew Freitag is taking action.

The Davenport man opened Friday's Fresh Market — an indoor hydroponic farm — with lofty goals: to grow the healthiest plants on earth and drastically reduce water consumption, soil erosion and the carbon footprint caused by the logistics involved with shipping fresh produce for long distances.

So far, he is succeeding.

In its first year alone, Friday's Fresh Market's lettuce, kale, microgreens, herbs and more have made it into a number of grocery stores, restaurants and other Eastern Iowa outlets, and onto customers' tables.

"They go on the shelf at Hy-Vee," on West Locust, West Kimberly and 53rd Street in Davenport, "or the (Quad Cities) Food Hub, or restaurants within hours of being harvested," Freitag says. "It's literally the freshest produce in the grocery store that day."

Freitag, 35, grew up farming in the Midwest, but worked as an engineer before starting his new venture in 2015.

The Freitag farm isn't typical. Instead, Friday's Fresh takes on an other-worldly appearance, with high-efficiency LED lighting in deep red and blue hues to mimic sunlight, and 7-foot-tall vertical growing towers in a 40-foot-long upcycled shipping container nearly the size of a semi-trailer in Davenport.

The 4-inch-thick walls serve as insulation, allowing the freight container



Photos submitted

Above: Andrew Freitag, of Davenport, opened Friday's Fresh Market indoor hydroponic farm in 2015. Now, lettuce, kale, microgreens, herbs and more have made it into a number of grocery stores and restaurants. In the photo, Freitag is pictured doing a demonstration at Hy-Vee with Friday's Fresh fennel, red vein sorrel, bibb lettuce, swiss chard and basil.

Below: Purple mizuna, grown in Friday's Fresh Market indoor hydroponic farm in Davenport.

to sustain its own ecosystem inside, with a year-round, consistent growing environment.

Crunchy romaine, smooth butterhead and other varieties of lettuce, as well as arugula and kale; herbs such as basil, mint and cilantro, and microgreens including mizuna and colorful bull's blood beets grow in rows of hanging vertical towers.

The towers are rotated throughout the various stages of cultivation, and the rows allow for just the right flow of air, water and lighting. All-natural blends of minerals and vitamins are used to feed the plants, and chemicals are not sprayed on the crops.

Freitag notes that the system uses 90 percent less water, 50 percent fewer nutrients, compared to traditional farming. And, because the plants grow hydroponically in water, the system causes no soil erosion.

In typical shipments coming from places such as California, 20 percent of the produce might already go bad by the time it reaches the Midwest, he says.

"With ours, it eliminates waste. They're not throwing any of it away."

That's because the greens from Friday's Fresh Market are delivered the same day they are harvested, arriving in stores and other destinations within hours.

Much of it is sold in clamshell containers for ready-made salads. Other portions go to chefs at stores or restaurants.

By selling the produce at wholesale prices, Freitag realizes that Friday's Fresh Market is taking a smaller profit margin, but that's where the company's



mission comes into play: to improve the quality of life by providing the Quad-Cities area with healthy eating options.

"From a business standpoint, it's not as profitable," he says. "But we feel there is a big need to support the grocery stores because of the lack of fresh food they have there."

In fact, it was after becoming frustrated with the expensive, wilted produce that area grocery stores had to offer that Freitag was inspired to go into hydroponics.

"It almost seemed like living in the Midwest equaled not having real fresh produce on the dinner table," he says, on the company's website. "So, after a few family meetings, we decided to take business in our own hands, and we created Friday's Fresh Market."

The name comes from his German family name, which means "Friday."

Freitag and his father had a separate business with cargo containers before he realized their potential use in hydroponics. The system uses cutting-edge automated technology that can be monitored and adjusted remotely, though Freitag spends a large amount of time at the farm, in addition to marketing and other aspects of the business.

The first year was a trial with leafy green produce to see what grows well and what the market demands, he says.

Oftentimes, the produce sells out before the next delivery. The greens are harvested at their "baby" stage, meaning the plants, even kale, are tender and at their height of nutritional value.

That compares to most long-distance shipments of produce, which are harvested later to withstand travel in a less tender stage.

"With our stuff, it's very tender and can be eaten raw," Freitag says.

Chefs at places such as Barley & Rye Bistro in Moline; Hemispheres Bistro in Bettendorf; and the Crow Valley Golf Club in Davenport are especially appreciative of the local greens. Fresh Blends in Bettendorf, and Simple Superfood Cafe in Davenport also use Friday's Fresh Market's produce. Freitag says there also are plans to expand into other area Hy-Vees this year, too.

Freitag is looking at other expansion options in Davenport, such as converting space considered unusable into a thriving farm. Each cargo container can produce 30,000 pounds of fresh produce annually, in just 320 square feet.

"We make a lot of use out of a little space," he says.

The site does not operate using solar power yet, but it's ready to as the technology becomes available.

Freitag sees the system as the wave of the future. As a farmer and engineer, he has long pondered how to combat issues such as soil erosion.

"How do we face this huge challenge to have sustainable food with outdoor farming? The only way to do it is to move it inside," he says, citing the hydroponic system capable of producing commercial-scale yields in any climate and any season.

"This has proven to be a good solution."

Cindy Hadish writes about local foods, farmers markets and the environment at homegowniowan.com. For more information about Friday's Fresh Market, visit fridaysfreshmarket.com.



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Navigating the New Year with Greek Yogurt

With colder weather and seasonal indulges on the horizon; being careful to not sabotage yourself into a calorie coma can be a difficult task to navigate. Feel-good foods more often than not leave us feeling bloated and guilty. To keep a healthy regime this holiday season, try using Greek yogurt as an alternative during your holiday festivities. Try it out with the recipe below!

Pumpkin Pie Dip

All you need:

- 6 ounces, low fat cream cheese, room temperature
- 1/3 cup, reduced fat Greek yogurt
- 15 ounces canned pumpkin
- 2 1/2 teaspoons cinnamon, ground
- 1 teaspoon all spice, ground
- 1 teaspoon cloves, ground
- 1/8 teaspoon, nutmeg, ground
- 3 tablespoons maple syrup
- 1/8 teaspoon sea salt

All you do:

1. In a food processor, place cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or whole grain pretzels.

Nutrition Information

Serving size: 2 Tbsp
Calories: 35; Total Fat: 1g; Carbohydrate: 5g; Dietary Fiber: 1g; Sugars: 3g; Protein: 1g
Adapted from myrecipes.com





Todd Welvaert /Radish

Bring it on!

Ride a fat bike, no matter the season

By Todd Welvaert

As the snow starts to fly, a lot of skinny-tired bikes will find their way to sheds and garages and basements, but fat bike enthusiasts are just getting warmed up.

With low-pressure tires up to 5 inches wide, the bikes can tackle pretty much whatever winter throws, from deep snow-covered trails to hard-packed and icy roads and trails.

The ubiquitous fat bike has been one of the fastest-growing segments in the bicycle industry for the past few years, according to Bicycle Retailer. Riders are proving they are not just for winter anymore. Cyclists are enticed by the bike's go-anywhere capabilities, using them to commute, tour and tackle mountain bike trails.

The fat bike concept was born out of Alaska's

Iditabike event, which is 200 miles of Alaskan back-country in winter, along snowmobile and dog mushing trails. Riders patched together balloon tire bikes and mountain bikes with tandem hubs to get the widest tire setup possible so bikes would float over deep snow instead of sink into it.

Minneapolis-based bike maker Surly produced the first commercial offering with a bike called the Pugsley in 2005. Along with a garish purple paint job, the Pugsley came along with a 65-millimeter-wide rim, and 3.7-inch tires. Since then, makers have flooded the fat bike market.

The bikes first were popular in northern areas that see a lot of snow, but the popularity grew to include areas where sand and dirt were prevalent. What was once considered something of a fad is now apparently here to stay.

The price of a decent fat bike starts at about

\$850. The mid-range models run about \$1,200 to \$1,500, and top models run more than \$5,000. The frames usually are a little beefier than a street bike, with accommodations for the wider tires.

Fat bikes are heavier than standard bikes, and with the tires running lower pressures, they can be a workout to ride. The big, wide tires are great for floating over sand or snow, but they make for slow acceleration. Once up to speed, however, several cyclists report them to be as sporty as many mountain bikes.

This year's Quad City Criterium even featured a fat bike "race" between events for their skinny-tired brethren.

Many of the fat bikes come stock with tubes in the tires, but one of the easiest performance upgrades is to use a tire sealant to go tubeless. It takes weight off of the wheels, and ensures you won't pinch flat with the lower tire pressures.

Bobby Parker, a manager at the Healthy Habits Bike Shop in Bettendorf, says the Quad-Cities fat bike scene is more about social riding than racing.

"There are quite a few people who just want to get together and ride, and maybe have a few beers," he says. "We have a (fat tire) shop ride once in a while. We just like to get out to ride."

It's probably no coincidence that one of the more popular accessories for fat bikes are fork-mounted cages that can carry a growler of craft beer, among other items.

In the Quad-Cities area, one of the biggest fat-tire bike gatherings is the annual Friends of Off Road Cycling Frozen Fat Fondo Fest. This year, the event will be on Feb. 17 at Credit Island Park in Davenport. You either can race solo or join a team of at least three riders and try to accumulate as many laps as time will allow.

The gathering also features a wheelie contest, skid mark slalom and a track stand contest. There also will be plenty of friendship, food and adult beverages. You can find more information at Friends of Off Road Cycling on Facebook.

If you are looking for even bigger challenges, the Triple D Winter Race and Poker Tour will be Jan. 15 in Dubuque. It features a 65-mile ultramarathon race, and a noncompetitive ride where cyclists stop by checkpoints to get playing cards. The cyclist with the best poker hand at the end wins a prize. Search for TripleDWinterRace on Facebook for more information.

The Iowa Coalition of Off Road Riders also will put on the I AM FAT 3-hour Fat Bike endurance race in Iowa City on Jan. 22, at the Sugar Bottom mountain bike trails.

Todd Welvaert is a regular Radish contributor.

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 Radish Award Winner

Go All In

Single-stream recycling a success in Scott County

By Natalie Dal Pra

Recycling sometimes can feel like a chore. All of the sorting and separating can be time consuming and can feel inefficient. Luckily for Scott County residents, recycling has gotten easier than ever since the Go All In program was instated in August.

Go All In is a single-stream recycling program, which means residents in Davenport and Bettendorf now can put all of their recyclables into one receptacle, as opposed to the old system, where materials had to be separated from each other based on their type. In Davenport, this meant separate 18-pound carts that residents had to carry to their curb. In Bettendorf, residents had two side-by-side carts, with one side for paper and the other for plastic containers.

Now, each resident has been provided with one 95-gallon cart that will hold all recyclables. The program also has increased the scope of items that can be recycled, leading to less waste.

“Previously, only plastics with a No. 1 and a No. 2 on the bottom could be accepted. We also didn’t accept juice and milk cartons, aseptic containers or canisters, such as Pringles cans, as we do now. Essentially, the old program was less inclusive, which led to more landfilling of items that we now recycle,” says Brandy Welvaert, communication coordinator for the Waste Commission of Scott County.

Items that always have been collected — such as glass bottles and jars, cardboard and aluminum cans — still may be recycled.

Go All In was created to help increase the tonnage, or the amount of materials collected, which had somewhat decreased in recent years.

“There are a number of reasons that participation waned over the years. As with any program, a lot of effort went into getting recycling off the ground, so when we say that participation waned, we’re not saying that things were abysmal in any sense. In fact, a survey we conducted in 2013 found that Scott County has a strong culture of recycling,”



The Waste Commission of Scott County introduced the Go All In single-stream recycling program in Scott County in August 2016.

Submitted

Welvaert says.

“But it’s hard to keep the same level of engagement over 20 years, especially when things started so strong. Moving to single-stream gave us the perfect opportunity to reinvigorate our existing culture of recycling; to reactivate the people who were already recycling and to encourage those who were nonrecyclers before.”

And the Go All In program seems to be doing just that. Tonnage increase averages at 72 percent between both cities, with Davenport’s increase at 95 percent and Bettendorf’s at 39 percent. Davenport has a higher population, which amounts to a greater increase.

The residents’ larger recycling carts mean each household now will recycle an average of 400 to 450 pounds each year.

Area residents are pleased to have a more

efficient recycling system.

“Feedback has been overwhelmingly positive. Davenport residents like having a cart with wheels instead of two bins they have to carry, and Bettendorf residents like having their recycling picked up every two weeks instead of every four weeks,” Welvaert says. “Everyone likes not having to sort paper from containers, and we’ve had many enthusiastic comments from residents who like being able to recycle more plastics.”

Although the range of items that residents can recycle has increased, there still are some materials that cannot be disposed of in the blue Go All In carts, such as electronics, medical equipment, paints and cleaners. These items must be recycled at the Waste Commission’s sites to help avoid potentially dangerous situations for workers and machinery.

E-waste items, which includes anything



Submitted

The Waste Commission of Scott County introduced the Go All In single-stream recycling program in Scott County in August. Pictured is Sintayehu Klipsch, pushing one of the blue Go All In carts.

with a circuit board or screen, may be disposed of at the Electronic Demanufacturing Facility, 1048 E. 59th St., Davenport. Hazardous materials, such as household cleaners, paints, and pesticides, may be dropped off at the Household Hazardous Materials Facility, 5640 Carey Ave., Davenport.

Welvaert says the biggest offenders of nonrecyclable materials have been plastic bags and Styrofoam. Under no circumstances may they be disposed of in the Go All In containers, she says, because they can get caught in equipment. Styrofoam must be put in the garbage bin, while plastic bags may be recycled at many area grocery stores.

In order to accommodate the influx of tonnage and make room for new sorting equipment, the Scott County Recycling Center had to undergo an \$11 million expansion. The new recycling containers were funded through a loan provided through a national nonprofit that encourages recycling. The expansion and the loan for the new carts will be repaid through revenue from collected recyclables.

The Scott Area Recycling Center is now about twice as large as before, Welvaert says. "We also

expanded the attached Household Hazardous Materials Facility, which allows us to be more efficient in processing those materials and to provide better customer service by eliminating appointments," Welvaert says.

Area residents need not be concerned about tax increases to fund the new program, as the program is paid for by user fees, not taxes. The Waste Commission receives "no tax dollars, and (operates) like a business in many ways," Welvaert says. "We depend on fees collected at our facilities to provide programs to the community. Our mission is to provide environmentally sound, economically feasible, solid-waste management options."

The Waste Commission of Scott County began operating in 1972, and the Recycling Center opened in 1995. In addition to providing programs such as Go All In, the Scott Area Landfill for garbage, and the electronics and hazardous materials facilities, the Waste Commission also strives to provide education and outreach through curriculum, workshops and grants.

Natalie Dal Pra is a regular Radish contributor. For more information, visit the Waste Commission of Scott County website at wastecom.com.

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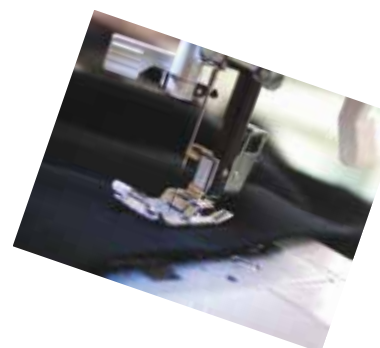
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Soup du jour

Broccoli cheddar soup that hits the spot

By Todd Welvaert

Cold, wet and dreary after months of warm holiday cheer, January usually lands like a punch in the gut. One bright spot in the slog to spring is that it's easy to make comforting foods like soup. Nothing is better on a cold, wintry day than a warm, filling soup, like broccoli cheddar.

January also marks a time when many of us are trying to avoid or limit all of the things that make broccoli cheddar soup the comfort food it is. Heavy cream, cheese, milk and butter all make for a great, comforting soup in the bowl, but are tough on resolutions to eat healthier.

This soup has all the elements of a classic broccoli cheddar soup, including great taste, with a healthier take by swapping out just a few common ingredients.

For instance, this recipe trades the cream for cooked, pureed white beans to give the soup a creamy,

thick, flavor-neutral base, with a boost of minerals, fiber and antioxidants. Beans are an inexpensive source of protein, especially when compared to fresh meat. Aside from protein, complex carbs and fiber, beans also contain a powerhouse of nutrients including antioxidants, vitamins and minerals, such as copper, folate, iron, magnesium, manganese, phosphorous, potassium and zinc.

Beans are filling, too, so the soup really hits the spot. Rich in slow-digesting carbohydrates with a low score on the glycemic index, beans do not have a big impact on blood sugar levels, which is one way to keep your appetite and hunger in check.

Besides vitamin C, broccoli also contains vitamins E and B6, as well as sulphoraphane, which is believed by some to be a cancer fighter. Broccoli also is one of the best sources of calcium, which plays a big role in weight loss. Broccoli is rich in anti-oxidants and contains glutathione, which is known to enhance the

immune system. Plus, it's packed with soluble fiber that helps bring down the cholesterol in your body.

A small amount of grated, extra-sharp cheddar cheese that is added during the simmering phase of the soup punches up the flavor, and adding a sprinkling of the same cheese after the soup is put into a bowl gives it a creamy, satisfying finishing touch.

The soup also is pretty easy to make. When I make it, I steam a little extra broccoli to give it more body, and add it to the puree after the soup is simmering on the stove top.

The total cook time is about 30 minutes.

Serve it with a handful of soda crackers or an artisan bread, and you've got a great-tasting, filling, warming meal still in the realm of healthy eating that isn't going to break any New Year's resolutions. And, it makes for great leftovers, too!

Todd Welvaert is a regular Radish contributor.

Broccoli Cheddar Soup

Makes 4 servings, about 6 cups

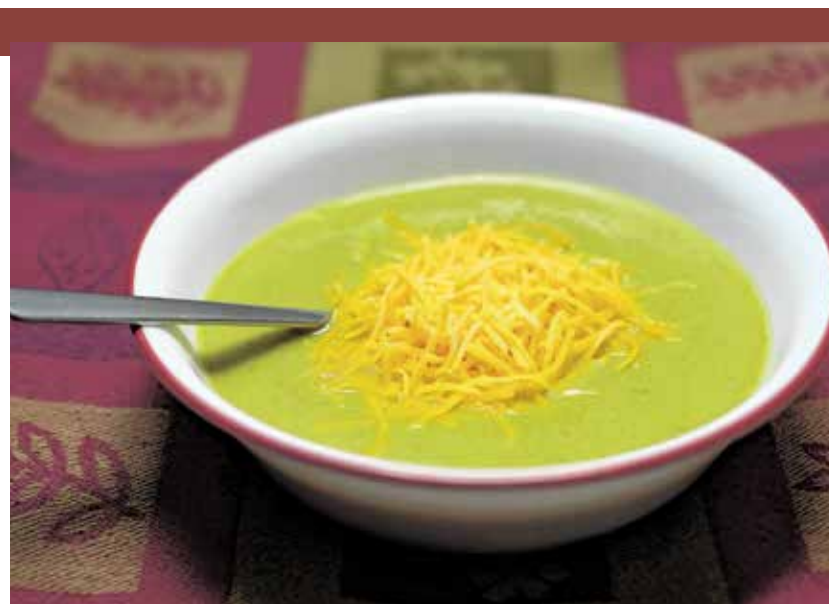
- 2 tablespoons olive oil**
- 1 medium onion, diced**
- 1 large head broccoli, florets and tender part of stems, chopped**
- 3 cups no-salt-added chicken or vegetable broth**
- 1 cup canned, no-salt-added Great Northern beans, rinsed and drained**
- 1/2 cup low-fat (1 percent) milk**
- 1 cup shredded extra-sharp cheddar cheese (3 ounces)**
- 1 teaspoon powdered mustard**
- 1/2 teaspoon salt, plus more as needed**

Heat the oil in a large saucepan over medium heat. Once the oil is shimmering, stir in the onion and cook for about 4 minutes, until tender but not browned.

Add the broccoli, broth and beans; increase the heat to high and bring to a boil, then reduce the heat to medium-low. Cover and cook for about 15 minutes, stirring occasionally.

Let the soup cool for 15 minutes, then puree it in a blender in batches, until smooth. Wipe out the saucepan as needed.

Return the blended soup to the saucepan over medium heat. Once the soup is bubbling at the edges, reduce the heat to low. Stir in the milk, 3/4 cup of the cheese, the powdered mustard and 1/2 teaspoon of salt. Cook until just warmed through.



Todd Welvaert / Radish

Broccoli Cheddar Soup

Taste and add more salt as needed. Serve hot and garnish with the remaining 1/4 cup of cheese.

Recipe Source: *The Washington Post*

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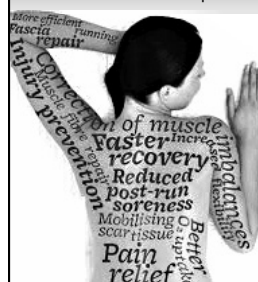
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Submitted by Sarah Ford

The home of Jack and Molly Achs, rural Port Byron, is a nearly Net Zero house, built to be energy self-sustaining.

Brick by brick

New home showcases green living

By Sarah Ford

A first-of-its-kind home on a half-acre of land in the Quad-Cities area showcases one family's commitment to energy efficiency, green living and the future of residential construction.

The nearly Net-Zero Home in Stone Gate at Zuma Creek, a 22-acre conservation subdivision on the outskirts of Port Byron, Ill., is designed to generate all of its own power and make the least impact possible on the planet by utilizing the latest innovations in energy efficiency in its 3,739 square feet of livable space.

Owned by Jack and Molly Achs, the house is the first in the area to be built to three levels of qualifications: Energy Star, LEED Platinum standards and Net-Zero. The Achses worked with an independent energy consultant to make sure they met all the standards for certification.

Achs, retired from the Army and now an economics teacher at West High School in Davenport, and his wife, an accountant at Deere & Co., have lived in the home with their two keeshonds, Rosco and Layla, since October 2015, after five years of planning and building. Their previous residence was near Black Hawk State Historic Site in Rock Island, but country living and a dream house had more appeal.

Every element in the house is a testament to their vision and commitment to cleaner and greener living — passive heating, low-flow fixtures, 100-percent LED lighting, all nestled in a subdivision overlooking the scenic Rock River Valley and Midwestern farmsteads.

The deck, made from recycled plastic, which is much easier to maintain than wood, gives them the perfect panorama to enjoy the landscape.

Achs said it fits the couple's longtime dream

to have a house that is green and self-sustaining, as well as an expansive view of the countryside. "It's a normal, livable house that is energy efficient and modern. We love it!"

While the home is not off the grid, it will be a net-metered home once the solar panels are installed this year, so it will contribute to the energy grid during the day. This equates essentially to a "hookup fee" bill for the year, and a year's worth of data to show average energy usage in the home.

While the house has had more expense upfront, the Achses expect to recoup the extra costs within five to 10 years, based on energy savings alone.

As any homebuilder knows, the abundance of home hardware can be overwhelming. To go greener, the Achses only considered energy-efficient or sustainable products in their decision-making process for home amenities.

"It narrows the criteria. You only have 20 things



Submitted by Sarah Ford
Jack Achs with a plaque designating his home in rural Port Byron as an Energy Star house.

to pick from as opposed to hundreds,” said Molly Achs. The carpet, ceramic tiles and hardwood floors all met industry standards for sustainable sources. Achs said she also applied a cost-benefit analysis to each major purchase to ensure the purchase eventually would offset the cost.

Even during the chilly fall days, the house remained at a relatively constant 65 degrees, which the couple attributes to the expansive south-facing windows in the living room.

“The sun heats this space up for free,” Achs said, with a smile. The couple’s Home Energy Rating System Index, or HERS, is currently 35 — the closer the index gets to zero, the closer it is to being considered Net-Zero.

Other energy-saving methods in the home include Thermomass foundation walls, an Energy Recovery Ventilator to keep fresh air flowing, 100 percent LED lighting, eco-friendly carpet and hardwood floors and U.S. Environmental Protection Agency WaterSense fixtures and fittings. Heat is provided by a 55,000 BTU fireplace, and an air source heat pump is activated on the coldest of days.

A 1,500-gallon cistern collects 50 percent of roof rainwater, which the Achses plan to use in their garden and native landscapes. Another LEED requirement for their lot size is to plant 55 trees or bushes on the property, which will retain 85 percent of rainfall and ensure practically no stormwater runoff in the watershed. Some of the trees will be fruit-bearing, such as apple, pears and pawpaws.

Construction of the house was phase one of a four-phase plan. Phase two includes installing two rain gardens and more wildflower gardens with native and drought-resistant varieties. Phase three will be the installation of 28 solar panels, the amount needed for the home design in order to meet Net-Zero status. The final phase will be installing driveway pavers, which will allow rainwater to percolate in the ground as opposed to running off to the nearby Zuma Creek.

It seems Mother Nature rewarded the Achses for their earth-friendly mission, as the couple’s native plant garden was thriving with life throughout the year, especially in the fall, when hundreds of monarch butterflies dined on the abundant clovers and flowers. Meanwhile, Achs has been collecting seeds for next year’s gardens, and the couple is discussing an indoor growing room for starter plants and homegrown kitchen ingredients.

While the Achses have blazed a trail with their homebuilding project, they noted any homeowner can improve their energy efficiency with the right planning. More windows on the south side of the home allow sunlight and natural heat in. Duct sealing with polymer glue effectively seals any leaks. Achs recommends a blower door test to reveal leaks in a home, which will measure the air-tightness of the space and pinpoint any air leaks. Choosing Energy Star products eventually will pay off with lower electricity costs.

Stone Gate at Zuma Creek currently has a handful of lots available for new homes. Realtor Harry Cleaveland says that every house built at Stone Gate so far has elements of energy efficiency. Other features of the subdivision include walking trails, 50-percent dedicated green space, natural water drainage paths, native plants and a bioswale, which is designed to remove pollutants and silt from runoff water.

Sarah Ford is an occasional Radish contributor.

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Strung by Shawna

Davenport woman turns wood, yarn and nails into art



By Laura Anderson Shaw

With a nail in one hand and a hammer in the other, she makes her way around the board, following the design template she created and marking the spots where she'll soon pound in nails.

There's a bit of a rhythm when Shawna Fibikar works. A few pounds and a pause, a few pounds and a pause.

"There is something about sitting down with something as simple as a piece of wood, some nails, a design I've created and yarn (or) string that brings me peace," the Davenport woman says.

Fibikar started to make string art toward the end of August 2015. To do so, she designs templates to create pictures or words. Then, she cuts, sands and stains a piece of wood for the design, and uses painter's tape to tack her template to the board. After she marks where the nails ought to go, she removes the template and pounds them in, and then strategically winds yarn between the nails to fill in the design.

Before she stumbled upon string art, she had been searching for popular crafts for a new venture: teaching Pinterest-style craft classes in her free time. She discovered string art in a Pinterest search, she says, and began to teach herself how to do it.

"I found the visual of it very appealing, but the execution of it frustrating," she says. "There was no consistency in how string art was done in the dozen or so resources that I found, so I decided to figure it out myself by trial and error."

After she strung a successful board, she decided to teach a class on it that September. "It was quite ambitious," she says. Four students took the three-hour class, and after four hours, they were only beginning to add the string.

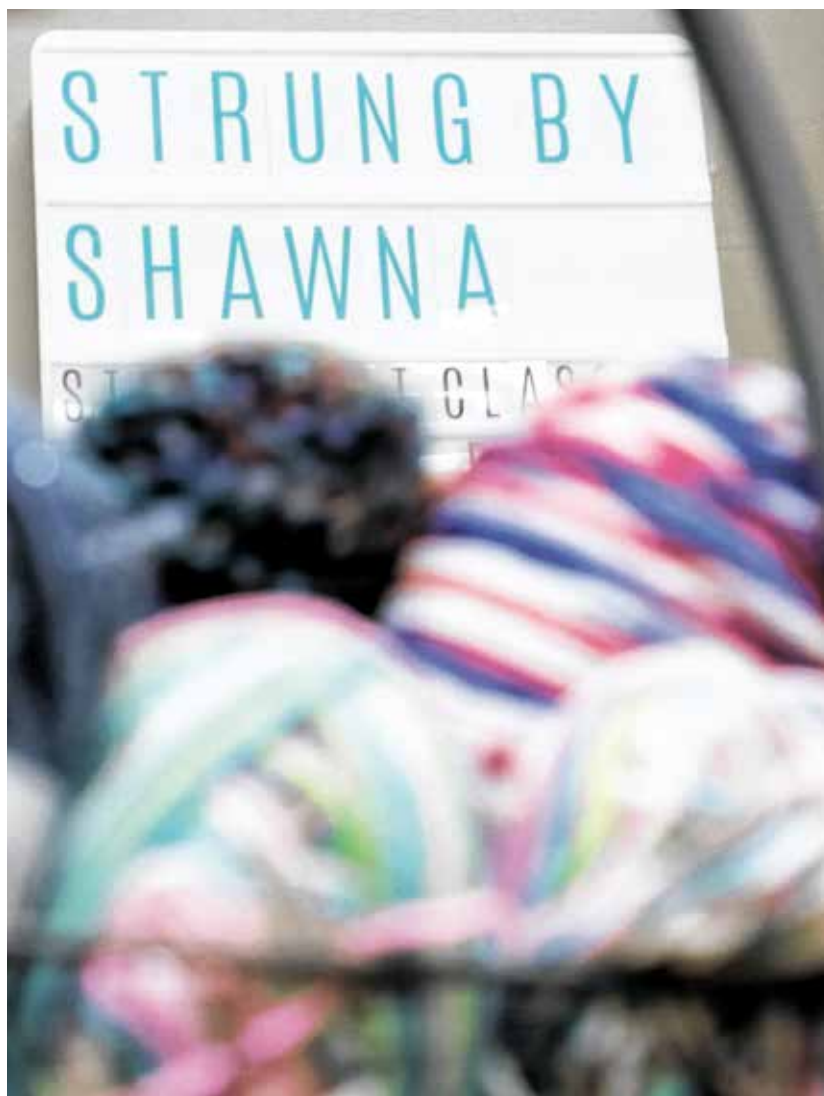
"Though I left that class knowing I needed to figure out how to streamline the process, the one thing that stuck with me was I had found something that made me ridiculously happy to make," she says. "I created a string monster within myself."

In October 2015, Fibikar decided to string some boards for a craft show during Thanksgiving weekend. She also began to sell her boards at Crafted QC, 217 E. 2nd St., Davenport. At the time, she was doing some freelance web design and social media content management for Q-C businesses, and telecommuting for an advertising agency in Omaha, Neb., as a print/digital project manager. She would work for three weeks in the Q-C, and one week in Omaha.

After finding success selling boards at Crafted QC and the Thanksgiving craft show, Fibikar decided to give teaching string art another shot. By then, she had made and strung about 300 or 400 boards, worked out a lot of kinks and fine-tuned the process, she says.

"It was two-fold with making the decision to starting (Strung by Shawna) with it," she says. She had the opportunity to teach classes at Crafted QC, and she had "an inspiring conversation with a person who had placed a custom order for Christmas. She said she would be willing to gather friends to do a class so I could test my teaching methods," she says.

That class gathered 22 people last January, "and I left that class knowing



Photos: Meg McLaughlin / Radish
Shawna Fibikar, of Davenport, began her string-art business Strung by Shawna in January 2016. In the photo at left, she poses in her Davenport studio with the first board she strung.

I could do it. I could go full force in transitioning to teaching full time" with Strung by Shawna, she says. "I quit my jobs and scheduled my first class with Crafted QC" for February. "It sold out in days, and we had to schedule a second class."

Since last January, she has taught more than 2,900 students.

"Though it looks simple, there is a process that makes a difference in something looking done versus great," she says. "It's not just adding string to the nails on a board; it's seeing the potential in those materials that brings it to life."

Fibikar says the projects are for all ages, especially if the particular project is modified for a person's skill level or age. She says she has students as young as 6-years-old in her classes.

Strung by Shawna is a "family business," she says. She designs all of the templates herself, including customized requests, such as pet portraits. "My 19-year-old son, Chandler, helps cut all of the wood, and he hand sands and hand stains everything, too. He steps up to help (make kits) when needed," she says.

Her assistant, Chelsea, helps her with larger classes, admin work and making kits, too.

She teaches classes within a three-hour radius of the Q-C, she says. A list of upcoming classes is available in the events section of her Facebook page, facebook.com/strungbyshawna.

Her classes run between \$40 and \$45 per person, depending on the

design, and all materials are included except for the hammer. Kits including a template, board, yarn, nails and illustrated instructions run \$35-\$45, and custom orders vary based on the design, she says.

Fibikar crafted this year's Radish Awards using materials from the Radish region. The boards were cut from wood salvaged from a 100-plus-year-old barn in Mechanicsville, Iowa, and the yarn is hand-dyed merino wool from Stitch Together in Marion, Iowa.

A year into her new business venture, Fibikar says she is feeling solid in her class offerings and has plans to open a website and an Etsy shop, where she will take custom orders and offer finished boards, DIY kits and printable templates.

"I'm able to create something from my heart," she says. "This adds joy to my day knowing I'm making something or teaching another person to make something that they will love to have in their home or share with a friend (or) family member."

Laura Anderson Shaw is the editor of Radish.

Great River's great work

Hospital system cares for patients
— and the planet



Submitted
Great River Medical Center in West
Burlington, Iowa.

By Cindy Hadish

Great River Medical Center in West Burlington, Iowa, makes the connection between healthy patients and employees, and a healthy workplace and community.

The hospital incorporates a number of environmental measures; it recently launched a program to compost food waste at a local farm with plans for the hospital's chef to teach at-risk teens how to grow and cook healthy foods.

"Our board, leaders and staff always try to look out for the good of the environment," said John Mercer,

20 **Radish** January 2017

Great River Medical Center's facilities director. "We're also strongly linked to the community, so we work with them."

It's also housed in an Energy Star rated-building. Energy Star is a voluntary U.S. Environmental Protection Agency program designed to identify and promote energy-efficient products to reduce greenhouse gas emissions. In 2015 alone, the program saved businesses, organizations and consumers \$34 billion, while also avoiding greenhouse gas emissions equivalent to that of more than 63 million vehicles.

Great River uses three types of geothermal units

to heat and cool its buildings, including its 213-bed hospital and the new 160-bed Klein Center, which offers long term and skilled care on the health system's campus.

"It's very efficient," Mercer says, of the geothermal systems. He cited Great River's energy consumption as the lowest in the Midwest among to similarly sized hospitals using conventional heating and cooling systems, based on a consulting firm's annual surveys. It spends about one-third of the cost typical hospitals pay for energy bills.

Mercer says hospital officials from throughout the United States — as well as Japan, China, Russia and elsewhere — who are interested in incorporating geothermal into their own facilities have visited Great River to learn how the system works. Reports from the National Renewable Energy Laboratory and the Massachusetts Institute of Technology found that there is enough heat energy in the hard rock layer below the earth's surface to generate electricity to meet all of the country's power needs for 30,000 years.

The campus started with 18 miles of underground tubing for its geothermal systems, Mercer says. Now, with the addition of the Klein Center three years ago, the campus likely has close to 30 miles of the piping.

Besides the geothermal initiative, Great River Medical Center has long incorporated recycling into its daily operations. For example, 30 percent of the hospital's total waste in 2009 was recycled, which kept nearly 382,000 pounds of garbage out of the landfill. That same year, the surgical services department began recycling the blue sterile draping used to wrap instruments after they are sterilized, which added up to 7,800 pounds per year. The department also recycles plastic from surgical prep kits.

"We do a lot of recycling," says Kevin Dameron, Great River's manager of environmental services, who also named standard recyclables such as magazines, newspapers and other products in addition to the hospital-specific items.

Highlights of Great River's recycling and waste reduction efforts in 2013 include

donating 75 mattresses, 15 recliners, nine patient beds and three baby cribs to missions in Romania. All of the items would otherwise have been destined for landfills.

That year, the health system also recycled nearly 416,000 pounds of waste, or 30.7 percent of the total waste it produced. Recycled items included batteries, cardboard, cooking oil, furniture, light bulbs, magazines, monitors, motor oil, newspapers, paper, plastic, tin cans and wood pallets.

In addition, Great River Health Fitness and outpatient rehabilitation gyms in the Wellness Plaza are equipped with water bottle refill stations, which have helped to divert more than 70,564 plastic bottles from area landfills since it opened in 2013.

Great River Medical Center employs 2,100 people and more than 120 physicians. Mercer says the hospital has a long-standing policy as part of its employee

dress code that prohibits the use of scented perfumes, after shave, cologne, lotion and similar products to respect people who are sensitive to scents. The policy also applies to strong odors such as cigarette smoke, he adds.

According to Health Care Without Harm — an international coalition that works to transform the health care sector without compromising patient safety or care, so that it becomes ecologically sustainable, according to its website — exposure to fragrant chemicals can cause headaches; eye, nose and throat irritation; nausea; forgetfulness; loss of coordination; and other respiratory and/or neurotoxic symptoms.

In addition, many fragrance ingredients are respiratory irritants and sensitizers, which can trigger

“Our board, leaders and staff always try to look out for the good of the environment. We’re also strongly linked to the community, so we work with them.”

— John Mercer,
Great River Medical
Center’s facilities director



Submitted
Some of the pumps for the geothermal system at Great River Medical Center in West Burlington, Iowa.

asthma attacks and aggravate sinus conditions, the group notes.

Dameron says a new initiative to compost kitchen food scraps is

diverting 150 pounds of waste from the landfill every two days. The food waste is taken to a local farm for compost, he says, which benefits the farm and results in cost savings for the hospital because it does not have to pay

the landfill fees for the waste.

Dameron says the initiative at the West Burlington urban farm goes beyond cost savings, though. The goal is to have at-risk teens learn how to grow vegetables there, and eventually, the hospital’s chef will teach them how to prepare them, too.

“They’ll be able to get their hands dirty and see the fruits of their labor,” Dameron says.

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



THE LOCAL/ORGANIC FOODS MOVEMENT

A panel discussion with some of the QCA’s growers and distributors. Chad Summers, Healthy Harvest Urban Farms; Chris Gilbert, Gilbert’s Grapes; Liz Hogan, QC Food Hub; Yvonne Villagomez, Freight House Farmers’ Market; Veronica Skaradzinski, Hy-vee; and more!

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26th annual show coming Jan. 15-17

By Jonathan Turner

The 26th annual Quad Cities Farm Equipment Show will take root again this month at the QCCA Expo Center in Rock Island. More than 200 ag-related companies will fill all the center's available space for the show's three-day run, beginning Sunday, Jan. 15.

According to show manager Richard Sherman, "The emphasis this year will clearly be on the upcoming planting season. We believe that area farmers will turn out strongly to see and order what they'll need for planting," from equipment and seeds to soil treatments and fertilizers and more.

"Of course, (attendees) will also have the opportunity to talk finance and crop insurance."

A group of ag manufacturers, dealers and suppliers will be on hand to show off everything that's new in the industry. For the third year in a row, Sherman says he's continued a policy of rationing space so he could fit new companies into the show.

"We have had to tell companies who were returning that they would have to fit into a smaller space or else we would have to turn away good farm companies, which we did not want to do," he says. "By doing this, we were able to fit 21 new companies into the show last year, and another 12 in this year."

"It's what keeps a show fresh and exciting each year for show visitors — not just new products from past exhibitors, but new products from companies who have never exhibited here before," Sherman says.

"From our experience at our recently concluded show in Indianapolis, which had its largest attendance in years, we anticipate a very good show in the Quad-Cities."

Despite the devastation of the drought, farm income remains very high, and attendance and buying at the farm shows has exceeded past years, according to qccaexpocenter.com/farm-show-event.html.

"When the farm economy is very good and prices are high, you see more machinery, and they take up the bulk of the space," says Sherman, who



File / Meg McLaughlin

Siblings Kylee, 4, and Dylan Fischer, 2, of Grand Mound, Iowa, take a seat on one of the tractors on display at the Quad Cities Farm Equipment Show at the 2016 QCCA Expo Center in Rock Island. Tractors and other farming elements were some of the items farmers got to examine and evaluate during the three-day show.

has been with the show since its beginning. "When prices are low and money is tight, then you see the smaller companies rush to be in the show as they believe they have the products that will give the farmer the best possible return on his investment."

The heart of a show is still the equipment, he says, and the large move-in doors at the QCCA allow the required room to bring it all in.

"I think farmers know that no matter how tight money is," he says, "a day spent at the farm show is always a good investment."

Among the larger displays in the show will be the Case IH display; the New Holland display, by Kunau Implement; Agco; Blu-Jet, by Brokaw Supply and Tim Rogers Repair; the Salford display, by Dambman Service; John Deere, by River Valley Turf of Davenport; Martin Equipment; Illini

Sprayers and Fertilizer Dealer Supply.

The long list of vendors includes Calmer Corn Heads; FS Grain Systems; Friedman Distributing; Correct Truck and Trailer; Gingrich Enterprises — a first-time exhibitor showing seed tenders and scrapers — and Iowa Farm Equipment, featuring utility trailers, mowers and Deutz tractors.

There will be short-line representation and a mix of products including long line, seeds, supplies, technology, crop insurance, financial services and more, according to the center.

Parking and admission to the show are free. For more information, visit quadcitiesfarmshow.com.

Contributor Jonathan Turner is a writer on staff with the Dispatch•Argus•QConline.

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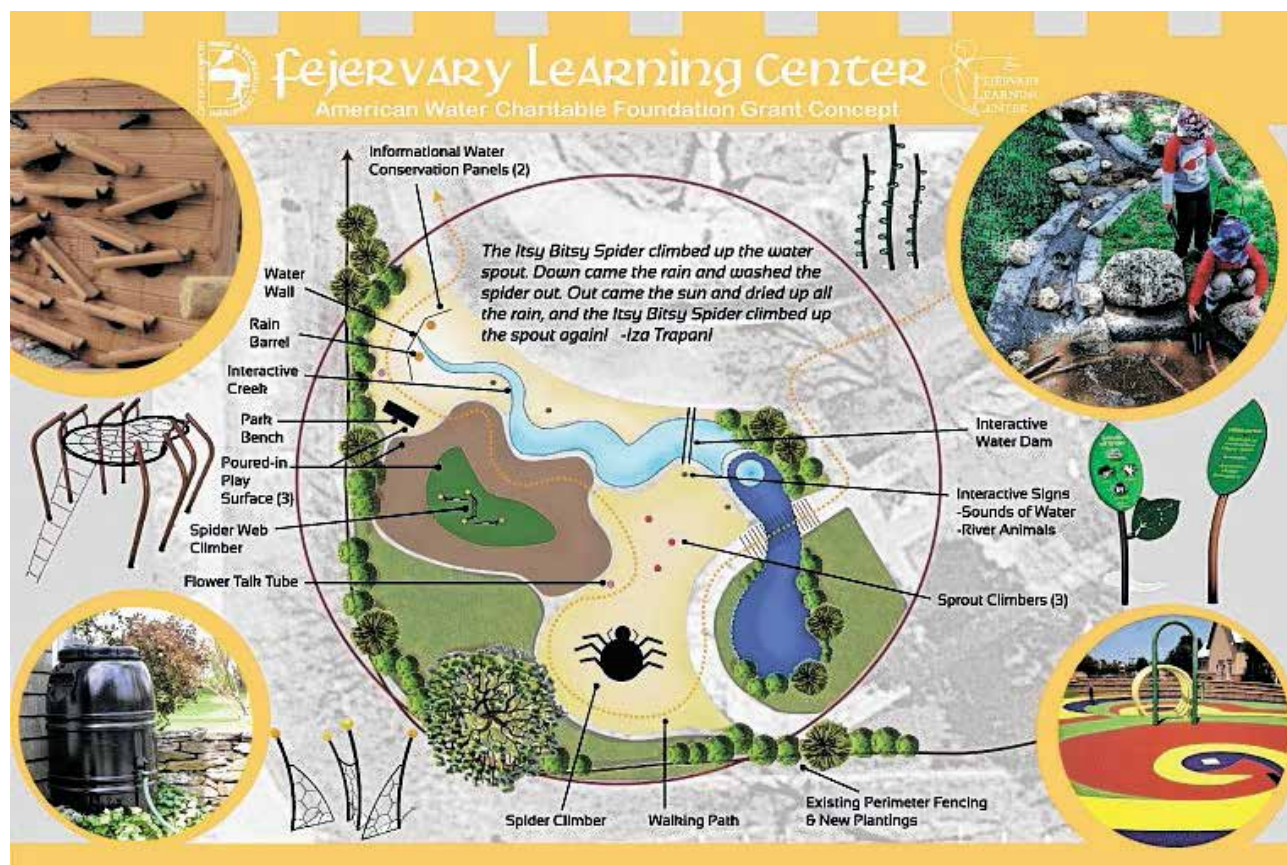
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Plans are underway for outdoor additions at Fejervary Park in Davenport, all designed to engage children and encourage them to interact with nature. Submitted

Learn and play outside

Updates coming to Fejervary Park

By Chris Cashion

We once lived in a world where children played outdoors until the streetlights came on. Times have changed, and children do not always have access to safe areas outdoors, which has caused a number of children to lose their connection with nature.

The folks at Fejervary Park in Davenport are working to reestablish that connection and get children involved in more outdoor physical activities.

The plan is to expand on the park's existing Mother Goose nursery rhyme theme and add nature-based play facets designed to engage children and encourage them to interact with nature in a fun, yet educational way.

Those who have lived in the Quad-Cities for a number of years may remember the large, white Mother Goose statue that served as the entrance to a zoo that once

was housed in the park. Zoo visitors walked right through the center of Mother Goose as they entered the zoo.

While the zoo is no longer in operation, Mother Goose still stands sentry at the park, and has become a natural springboard for a string of projects the city plans to implement to revitalize the park.

Fejervary Park has been a much loved landmark in Davenport for many years, according to Ryan Merritt, community relations supervisor for Davenport Parks and Recreation. It also is registered on the National Landmark Registry.

Even without the zoo that Fejervary once was known for, the park remains a wonderful oasis of nature in the heart of the city, according to Merritt, and the plans for further updates will make it even more of an outdoor play and education destination.

"So many people in the Quad-Cities have memories of this park. People love



Submitted

Plans are underway for outdoor additions at Fejervary Park in Davenport, all designed to engage children and encourage them to interact with nature.

coming here, and we're going to make it even better," Merritt says.

Funding for much of the project is slated to come from a Building Better Communities grant from the American Water Charitable Foundation and the National Recreation and Park Association (NRPA). The City of Davenport Parks and Recreation Department received the grant in 2016.

Merritt says the current plans include creating an Itsy Bitsy Spider storybook area to visually explain water conservation concepts. Using a full-sized water table interactive play area, children will be able to pour "water down the waterspout" — just like in the "Itsy Bitsy Spider" nursery rhyme.

Plans also feature interactive signage, which will allow children to hear the sounds of water, and environmental play elements that will be modeled after water nature areas, including such things as logs, boulders and dragonflies.

Kids also will be able to crawl on an Itsy Bitsy crawler, a sort of spider web-inspired jungle gym, to help them learn more about water habitats and ecosystems.

The target date for unveiling of the Itsy Bitsy Spider installation is April 22, which will coincide with Earth Day.

Plans also are underway to add an outdoor musical instrument area to be known as Harmony Park. It would be comprised of large, permanent outdoor

instruments made to withstand the elements and continued hard play.

The instruments will not require electricity, and are designed to always be in tune to be enjoyed by all generations. Similar parks in other cities have included drums, chimes, bells and rhythm instruments.

The Harmony Park project hasn't been bid yet, but Merritt says it will be a valuable addition. Funding for the park will be provided through Davenport's Capital Improvement Program.

Merritt says the instruments will encourage kids of all ages to engage in musical play and give them one more way to enjoy the park.

Expanding upon the nursery rhyme theme, a carved "Hickory Dickory Dock" grandfather clock is being created by Thom Gleich of Majestic Hope Enterprises. The finished clock will stand approximately 8-feet-tall, with the hands designating a time of 12:59 and a mouse perched on the top.

Merritt says the new features at Fejervary will give families even more ways to get out and enjoy nature without having to leave the city. He says the new additions will be fun for all ages, and lend a great way for parents and children to make new memories at an old Quad-Cities favorite spot.

Chris Cashion is a writer on staff with Radish.

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Revved up? Rest

Exercising while worked up might be bad for your heart

CTW Features

While hitting the gym often has been promoted as a great way to blow off steam, research indicates that exercising while angry or upset could increase the chance of a heart attack.

A study published in *Circulation*, the journal of the American Heart Association, revealed the risk of a heart attack can triple when a patient engages in physical exertion within an hour of being emotionally upset or angry.

Experts say the study is the biggest of its kind, and provides evidence of a link between emotional state and health.

Lead study author Dr. Andrew Smyth, of the Population Health Research Institute at McMaster University in Canada, says extreme emotional and physical triggers can increase blood pressure and heart rate. Intense exercise, when combined with anger or a state of upset, can cause blood vessels to temporarily narrow, reducing the supply of blood to the heart. While this is not necessarily an immediate risk for otherwise healthy people, it could trigger a cardiac event in those who are unaware they have heart conditions.

"This is particularly important in blood vessels already narrowed by plaque, which could block the flow of blood leading to a heart attack," Smyth says.

Exercising while angry or emotionally upset especially could be more risky for men older than the age of 60. The American Heart Association reports the risk is highest for that age group and that the average age of the first heart attack for men is 65.

Smyth and his team analyzed information from more than 12,000 patients



Could exercising while angry be bad for your heart?

CTW Features

in 52 countries. Patients had an average age of 58, and completed a questionnaire about the types of triggers they experienced an hour before their heart attack. Thirteen percent of respondents says they had engaged in physical activity while fourteen percent says they were angry or upset. Researchers also took into consideration and adjusted for factors such as health, smoking, age and blood pressure.

While regular exercise can have many health benefits, including prevention of heart disease, researchers recommend people who want to exercise to blow off steam not go beyond their normal routine to extremes of activity.

Exercise intensity often is measured by heart rate. For a normal person, that maximum heart rate is typically their age subtracted by 220. The American Heart Association says that "moderately intense" exercise is typically 50 to 69 percent of a person's maximum heart rate, roughly 90 to 124 beats per minute for a 40-year-old. Dr. Gerald Fletcher, cardiologist and professor in the Mayo Clinic College of Medicine in Jacksonville, Fla., says as a general rule

of thumb "if you're not able to carry on a conversation (while exercising), that may be a bit too much."

Barry Jacobs, Psy.D., director of behavioral sciences at the Crozer-Keystone Health System in Springfield, Penn., says in a news release that the study provides more evidence to the link between mind and body. Jacobs says that excess anger, under the wrong conditions, can cause a life-threatening heart attack.

"People who are at risk for a heart attack would do best to avoid extreme emotional situations," Jacobs says.

While regular exercise can have many health benefits, including prevention of heart disease, researchers recommend people who want to exercise to blow off steam not go beyond their normal routine to extremes of activity.

food

Latest avocado toast rage

Use sweet potato slices

By Melissa d'Arabian
The Associated Press

Sweet potato slices are the latest rage in the avocado toast trend. If you are at all involved with Pinterest, you know this already. Pop slices of unpeeled sweet potato in a regular old toaster and then top it with healthy goodies — like the very popular avocado — for a breakfast or snack filled with slower carbs and healthy fats.

I'll admit, I was skeptical. But I decided to take one for the team, and get to the bottom of this sweet potato toast craze for the benefit of us all. I love the idea of getting some extra vitamins (mostly A and B6) and minerals (mostly potassium and magnesium) with my morning meal, so why not?

Here is what I found: I discovered that the sweet potato really will cook in the toaster, if you let it go through enough cycles. However, a few of my slices got dried out with all that toasting, and sides turned an unpleasant shade of dull brown in

some cases.

I tried thinner slices, but they just turned hard or fell apart. My solution? Slice potato into 1/4-inch toasts and give them a quick turn (30-60 seconds) in the microwave wrapped in a damp towel. This process barely started cooking the slices while also infusing them with the smidgen of moisture that made all the difference. The toasts still took 3-4 toasting cycles to cook, but retained their color and pleasant texture.

On a purely subjective front, our household preferred using these little toasts to hold sweet items — pear or banana slices with yogurt or almond butter — similar to little handheld fruit pies.

Savory versions worked best when they were combined with spice and acid to offset the sweetness of the potato — eggs with hot sauce, avocado with chili oil and lime, shredded pork curry, for instance were extra tasty. But once we left the hot zone, we found ourselves noticing the sweet potato flavor too much to not regret



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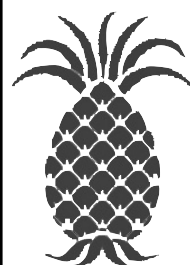
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Continued on page 32

Planting a seed

RI teacher helps students protect the earth

By Annie L. Scholl

Alex Axup joined the Rock Island High School Environmental Action Club because a couple of her friends told her it was fun, and they thought she would enjoy it.

Her friends were so right, Axup says.

"The great thing about the club is that we do so many different activities," says Axup, 18, an RIHS senior who joined the club last year.

The club was founded in 1990 by students who felt there was a need for it. "They wanted to take action on environmental issues," says Nancy Wolber, the EAC's adviser and a science teacher at the high school.

Currently, the club has 61 members who are in ninth through 12th grades. To join, students complete a membership form, signed by their parents, and pay a \$3 annual fee. Students do not receive credit or any other incentive for being part of the club. They get involved, Wolber says, because they want to help with recycling, have fun outdoors and get involved in the community.

"EAC wants to make its members the next environmental stewards in the world," Wolber says.

Mission accomplished for Axup. The two friends who invited her to join the EAC were "passionate environmentalists," and passed that passion — and their love for the club — to Axup.

"The club has impacted me because I have more pride in wanting to make a difference in the environment and community," Axup says.

Through the club's butterfly garden, Axup grew to appreciate "the little things." By tagging butterflies and planting milkweed, she learned that "anyone can make a difference."

It also makes her happy to see her school recycling, Axup says.

Getting recycling started at the high school was one of the reasons the club was founded, Wolber says. Each Monday morning, EAC members take containers around the school and pick up recycling from staff. They then take the containers outside so the recycling company may pick them up.

Wolber expanded the school's recycling efforts when she took over the EAC in 2005. Through the Rock Island County Regional Office of Education's Environmental Education Committee, she also helped to expand recycling throughout the school districts. At RIHS, for example, there are hallway containers for glass, plastic bottles and aluminum cans. They also collect printer cartridges from the district, light ballasts from the maintenance department, CDs and batteries.

The club's efforts also extend into the community. The EAC is involved in Keep Rock Island Beautiful; the Black Hawk State Historic Site; the Quad City



Submitted
Rock Island High School science teacher Nancy Wolber poses for a photo with some of the school's Environmental Action Club members.

Conservation Alliance (QCCA); the Sierra Club; Living Lands and Waters and Nahant Marsh. The club participates in tree plantings and wrappings; the Adopt-a-Highway program; and river cleanups, such as the Xstream Cleanup, a Quad-Cities

"It brings a lot of people together around the community to support the same cause. It feels great to be a part of something so important and helpful."

— Alex Axup, Rock Island High School senior

initiative to clean up waterways.

The club has participated in the Xstream Cleanup since 2005, focusing its efforts on the area behind the marina at Sunset Park. The annual event is one of Axup's favorite club activities.

"It brings a lot of people together around the community to support the same cause," Axup says. "It feels great to be a part of something so important and helpful."

It's Wolber's enthusiasm, Axup says, that makes her and other club members want to do more. "The way she talks to us with her go-getter attitude makes us feel like we can do anything we set our minds to," Axup says.

She calls Wolber a "truly amazing woman" who helps people with "anything and everything."

"She goes out of her way to make sure everyone that wants to be included is included. She helps students make new friends and try new things to broaden their horizons. She is also very generous, especially with her time. If you need something done and done well, you put Mrs. Wolber on the job."

Through the years, Wolber has received a variety of awards for her efforts, including Rock Island Argus Master Teacher (2011); Rock Island Citizen of the Year in Education (2013); and the Rock Island County Soil and Water Conservation District's Conservation Teacher of the Year (2014). In 2015, Wolber was named Amazing Teacher by EcoTeach.

Wolber says she's humbled by the honors.

"I didn't set out to win any awards," she says. Instead, she was inspired "to make a difference in how my students view the world around them."

Since 2006, Wolber has been taking students to Costa Rica, which is attractive for its many eco-systems and biodiversity, she says. Club members raise money for the trip through a variety of fundraising activities — from selling coffee and tea to running coat checks at school events.

The trip includes patrolling beaches in search of nesting or hatching sea turtles to help with turtle conservation efforts.

"Typically, they do not want to leave Costa Rica," Wolber says of the students. "They don't miss the luxuries of a TV or air-conditioning, but embrace the hammocks on the beach and the night patrols for the female leatherback turtles laying their eggs."

Students return to the United States with a new appreciation of what's available to them here, "along with the fact that they can survive without their (cell) phones for 10 days," Wolber jokes.

Some students who have made the trip have gone on to college to study environmental science, and have returned to Costa Rica through study-abroad programs.

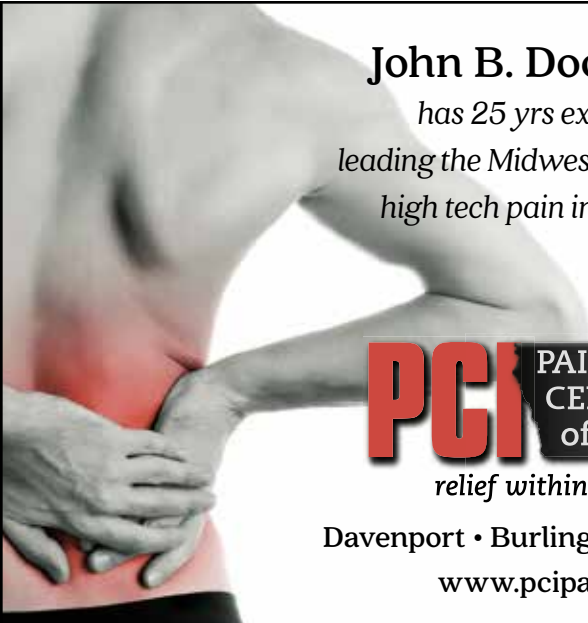
Axup says Wolber "creates lots of opportunities" for students to learn and to have fun, too. In addition to the volunteer work they do, club members also enjoy outdoor activities, such as canoeing, kayaking, cross-country skiing and making maple syrup.

"Our club does a lot for our community and school, but we also take time to have fun and appreciate the wonderful opportunities our community has to offer," Axup says.

Inspiring her students to love and care for the environment is her passion, Wolber says, and she's delighted when she learns that some of her enthusiasm has rubbed off on them.

"We only have one Earth," Wolber says, "and we need to protect it for future generations to enjoy."

Annie L. Scholl is a frequent Radish contributor.



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'I have depression'

What checklists don't tell you



Dreamstime/TNS

By Nicholas Padiak
Chicago Tribune (TNS)

Let's just get this out of the way up top: I have depression.

That doesn't mean I'm weeping inconsolably as I write this, and it doesn't mean I'm just a sad guy. It means that I have a diagnosable illness recognized by the medical profession and the National Institute of Mental Health (NIMH) that affects my life every day, just as it does about 350 million other people in the world, according to the World Health Organization.

There are handy guides all over the internet that provide checklists of symptoms. Here's a little taste of what NIMH lists on its website:

- Persistent sad, anxious or "empty" mood.
- Feelings of hopelessness, or pessimism.
- Feelings of guilt, worthlessness or helplessness.

The list goes on, and it's very helpful. But here's the thing about those symptom checklists: They leave out a few of the nasty little surprises this jerk of an illness has in store for you.

I'm here to tell you a few things about depression that you may not realize.

1 YOU'RE NOT THE ONLY ONE

We like to think that no one has ever felt the way we've felt in the history of the world — even though if you watch any John Hughes movie, you'll find this is not the case.

And this is definitely what people struggling with depression think. When you're depressed, you feel unbelievably terrible. You might not want to get out of bed. You might have a tough time

concentrating. You might not want to eat. You might feel restless. You may even have actual, physical aches and pains. But your situation, your pain, is not unique.

This is a good thing. Because doctors can diagnose and treat an illness that they've seen before.

2 FRIENDS AND FAMILY MEMBERS WHO HAVE NEVER GRAPPLED WITH DEPRESSION WILL FIND IT TOUGH TO UNDERSTAND

Some people might try to empathize and help, which is great. Other people might think they're being helpful by saying things such as "Get over it," or "Just buck up." Heck, even the great Lloyd Dobler told his obviously depressed sister to "decide to be in a good mood, and be in a good mood."

The point is that you're likely surrounded by a lot of people who have no idea what you're going through. When 350 million people have an illness, though, you also are likely surrounded by at least a few people who do know what you're going through. You can talk to someone who understands. You can find online depression support groups. You can talk with a therapist. And then, when you're feeling better, you can offer your help to someone else.

3 YOUR DEPRESSION IS SMARTER THAN YOU

Anything you try to come up with to outwit depression, that little jerk comes back with something cleverer.

"I'm going to make a list of the good things in

my life," you say. "I really like my job." Yeah, but it doesn't pay enough to cover all that student loan debt.

"I have a spouse/partner/family who really loves me." Oh, gimme a break. Remember that big fight you had last week? This is the beginning of the end, and you know it.

The bright side: With therapy, self-care and, maybe, medication, you can start outwitting that little voice until eventually you drown it out.

4 EVERY DAY IS A STRUGGLE

If you don't actively fight back against your depression every day, it will sneak up and punch you in the back of the head.

"But I'm cured," you say. "I went through therapy, and I'm feeling better." That's great, but your depression isn't cured; it's just in remission. Because it never really goes away. And, this is the worst part of depression: You may have locked him up, but he's got a rock hammer, pressure and time, and eventually he will tunnel his way back — unless you keep fighting him.

The work you do every day to combat your depression can help make you feel alive. Your therapist can recommend daily habits and tasks to help with your symptoms. For example:

- Actively taking notice of the things you're grateful for.
- Meditating.
- Exercising.
- Spending time with friends.

In the end, depression really sucks. But I hope these little heads-ups will help you as you step into the ring to fight it.

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sweet potato toast,
continued from page 27



The Associated Press

Sweet potato toasts made with slices of sweet potato, covered with pear and yogurt and topped with a pecan.

the absence of bread.

Dive in to this sweet potato toast craze using our family's favorite — a super-simple pear and yogurt combination that reminded us all of a heavenly sour cream apple pie. Feel free to swap out toppings, or even toast up a bunch of toasts and serve with a (spicy?) dip at your next party.

Sweet potato toast with pear slices and yogurt

Start to finish: 10 minutes

Servings: 8 toasts

1 long sweet potato, cleaned and unpeeled, sliced into eight 1/4-inch slices

1/2 cup reduced fat plain Greek yogurt

1/2 pear, thinly sliced

ground cinnamon, for sprinkling

1 tablespoon real maple syrup

pinch salt

Lay a damp paper towel on a microwave-safe plate and lay out the sweet potato slices. Cover with a second damp paper towel. Microwave until slices barely begin to soften and turn brighter orange, about one minute. Blot with paper towel to remove any extra moisture. Run the slices through the toaster cycle until the potato is softened, but not flimsy, about 3-4 cycles. Let the slices cool a few minutes. Top with yogurt, pear slices, a sprinkling of cinnamon, a drizzle of maple syrup and a tiny pinch of salt. Pick up a mini-pie or two with your hands and enjoy for breakfast, snack or even dessert.

Other topping options: almond butter, banana slices and chia seeds; peanut butter and honey; avocado, lime juice, hot sauce and cilantro; hardboiled egg, tomato slices and chopped cooked turkey bacon.

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food for thought

It's all in Radish

Writer reflects on her years with the magazine

By Ann Ring

I'm one of the fortunate few who have written for Radish since its inception. For more than 10 years now, I've enjoyed the people I've met, the stories I've heard, the passion people have. Through the years, I have learned something new every month, just like many of its readers.

Reading and writing for Radish has changed me. It has set me on a course of reading food labels and being mindful about the food and snacks I buy for my dog. I adore every Radish Pet of the Year, and I still marvel at the March 2015 cover of little Henry Welvaert enjoying a healthy green drink made with spinach, which is an inspiration to me. And no matter how difficult it is for me to get to the gym, I'm not giving up my membership.

In my time with Radish, four assignments stand out. In 2006, I interviewed Keith and Lois Landis of Sterling, who were transitioning their dairy farm from traditional to organic. During the course of our visit, I remember the couple talking about how they already had noticed an improvement in their cows' health. There was less milk fever and fewer turned stomachs.

Lois believed the change was because of the cows' new grazing habit called rotational stocking, where livestock are moved among pastures frequently. I was impressed by the Landis' willingness to make such changes, a process that takes at least three years, and I remember Lois mentioning how much "happier" the cows were and so early in the process. Organic, huh? Happier cows? This interview gave me pause for thought.

In 2010, I interviewed Jim Helfter, founder and CEO of Advanced Biological Concepts and Helfter Feeds Inc., in Osco, Ill. Helfter was a genius, no doubt. Even though he since has passed, he left a legacy of feed products that are organic and GMO-free.

One could argue Helfter was a pioneer in his field. He long knew "superbugs" — resistant bacteria that can't be killed using multiple antibiotics — were going to develop, and his years of experience as an aerospace researcher taught him animal health problems are because of nutritional deficiencies from single-source diets and related environmental conditions, such as confinement, so he dedicated his work to the prevention of disease through nutrition.

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Photo by Todd Mizener / Cover design by Douglas Teggatz / Radish
Henry Welvaert on the March 2015 cover of Radish magazine.

Pam Taylor impressed me during our interview in 2012. She earned a doctorate in Naturopathic Medicine from the National College of Naturopathic Medicine, Portland, Ore., and practices naturopathic medicine in Moline.

She described quite an ordeal. While living in Arizona, she contracted a systemic infection from a chance scrape with a cactus. She was prescribed massive doses of erythromycin, which helped with the resulting musculoskeletal pain and periodic blindness, but at a price — erythromycin is toxic to the liver. Ultimately, it was a homeopathic treatment that helped Taylor remedy her side effects. The change for her was nearly as miraculous to me — it would do me good to pay attention to her experience and knowledge of naturopathic medicine.

Arguably one of the biggest influences in my time with Radish stems from a 2015 conversation with Chad Summers. He had developed a heavy case of psoriasis, and his doctor wanted to prescribe methotrexate, but liver damage is one of its most common side effects. To Summers, that was unacceptable.

He began reading a lot of books on gut flora, nutrition and the autoimmune system. After changing what he ate, namely

switching to a plant-based diet, his psoriasis virtually cleared up. He since has opened Healthy Harvest Urban Farms and Organic Center in East Moline and soon will open an organic grocery store in downtown Rock Island.

Sitting with Summers and his son, Nieko, gave me an aha moment that hasn't gone away. Food matters. What we eat matters, and our food sources matter. Both his and Pam's serious medical issues virtually changed after they changed their diets. If food has that much power, it would behoove me to pay attention to their experiences and follow suit.

Just as important, more scrutinizing is needed regarding our food sources, our agriculture practices and pesticide exposure.

Sometimes articles are for entertainment and light reading, but others can make a difference in our lives. So, thank you, Radish and its readers, for allowing me to participate as a writer, and just as importantly, a reader. Similar to my fellow readers, every month, I'm learning about healthy living from the ground up.

Ann Ring is a frequent Radish contributor.





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