

Radish

HEALTHY LIVING THE GROUND UP

**Hot
dog!**

Healthy ideas
for delicious
summer grilling

radishmagazine.com

JULY 2009

Summer blueberries

Salvage Barn

Praise for humidity

Galena Adventure
Center

New at Lifestyles Furniture



You're welcome.

Be ready for guests any time with the Comfort Sleeper™ by American Leather®, the most luxurious sleep sofa designed today. Featuring five inches of plush sleeping comfort with no bars or springs, real-sized mattresses and Crypton® anti-microbial mattress ticking. So luxurious they may never want to leave.



LifeStyles™
FURNITURE
Really **cool** furniture.

If you want leather, you want Lifestyles.™

3735 Avenue of the Cities • Moline, IL 61265 • (309) 764-1068
www.lifestylesfurniture.com

DID YOU KNOW VIRDI EYE CLINIC OFFERS QUALITY AFFORDABLE EYE GLASSES AND CONTACTS?

Complete
Pair of
Eye
Glasses

Valid thru August 31, 2009

Only
\$69

Includes:

~Value Selection of Frames
~ Single Vision Lenses
~ Scratch Coat ~ UV

All Major Vision Plans Accepted
NOW ACCEPTING NEW PATIENTS



Stop by our New Office on 53rd St. Davenport

We are driven by our commitment to providing the highest quality eye-care in a compassionate and ethical environment.



**VIRDI EYE
CLINIC**

www.virdieyemd.com

Prem S. Virdi, M.D.
and

Navaneet S.C. Borisuth, M.D. Ph.D.

Board Certified

American Board of Ophthalmology

Three Convenient Locations:

Rock Island • Muscatine • Clinton

NEW Davenport Location:

2533 E. 53rd St. Ste. 2 • Davenport

563-359-3357

The Friends of Radish

HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING

Zimmerman Honda is a member of the Friends of Radish, a special group of community-minded businesses that are helping to spread the word about healthy living from the ground up.



**Doug Pearsall, from Zimmerman Honda,
displays a 2010 Honda Insight Hybrid**

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



A better experience.



HUMANA
Guidance when you need it most

Zimmerman Honda
the BIG Z... an easier way to buy a car!

WQPT
QUAD CITIES PBS

ADVERTORIAL

“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.

Amazing Offer – When you bring in this article, you’ll receive our entire new patient exam, with x-rays for just **\$27**. That’s it, no kidding.

Great care at a great fee – Please, I hope that there’s no misunderstanding about quality of care just because I have that lower fee. **I just have that low fee to help more people who need care.**

My assistants are Tacia and Amy, and they’re both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **SCRANTON CLINIC** and it is at 2512 18th Avenue, Rock Island, IL (We are “next to, but not in Whitey’s”). Our phone number is 309-786-3012. Call Tacia, Amy or myself today for an appointment. We can help you. Thank you.

– Dr. Rob Scranton, D.C.

P.S. When accompanied by the first, I am also offering the second family member this same exam for only \$10.

P.S.S. Please hurry, we only have 7 slots available this month for this offer.

from the editor



Craig Nemecek and Bear, the Radish Dog of the Year.



It was the worst of weather; it was the best of weather. Then it was the worst again.

Lucky for all who attended the Healthy Living Fair, the good weather — 85 and sunny — lasted all day for the third annual event, held last month next to the Freight House in downtown Davenport.

Guests strolled among more than 50 vendors' booths and learned about healthy foods, healing methods, environmental efforts, volunteer opportunities and more. They practiced yoga, raced mini solar cars, listened to a drum circle and relaxed beneath the trees as musicians played and sang folk songs. It was a really good day.

The night before the event, however, was another story. A storm brought 75-mile-an-hour winds to the Quad-Cities, flattening tents already set up. That's when the tent rental company — along with Radish advertising manager Nancy Renkes and executives Rachel Griffiths and Terry Wilson — sprang into action. Working into the night, the team resurrected the tents, which kept vendors, a multitude of visitors and many of their four-footed friends out of the sun the next day.

Speaking of four-footed friends, plenty of them showed up for the first-ever Radish Dog of the Year Contest, held during the fair. Over 20 dogs bounded, strutted, hopped, shimmied and otherwise made their way onto a stage set up outside the Freight House as their owners took turns with a bullhorn, telling the gathering crowd how they keep their pets healthy. While each dog garnered a share of the applause, only one could win the coveted title of Radish Dog of the Year. That dog was Bear, a long-haired German shepherd and Norwegian elkhound mix belonging to Craig Nemecek of Bettendorf. (There's a photo of Craig and Bear at left.)

Later at the Radish booth, Bear enjoyed a cool drink of water, and Craig picked up his pet's prize: a tote bag filled with organic and natural treats, along with to-go bowls, courtesy of Radish. Now Bear comfortably can go anywhere his master does — with something to eat and drink.

There's a lot more to say about Bear — whose name does justice to his physical presence but not his personality — but I don't want to give away too much. Instead, you'll have to wait for the August issue to read all about him and his healthy, happy life.

As for the fair, all of us at Radish sincerely wish to thank everyone involved. Whether you were a sponsor, a vendor, a volunteer or a visitor, you should know that we couldn't have done it without you. So thanks to all of you, from all of us. We can't wait to do it again next year.

— Brandy Welvaert
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

Number 7, Volume 5
July 2009

Gerald J. Taylor
PUBLISHER

Joe Payne
MANAGING EDITOR

Brandy Welvaert
EDITOR
(309) 757-4905
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Nancy Renkes
ADVERTISING MANAGER

Rachel Griffiths (309) 721-3204
Terry Wilson (309) 757-4926
ADVERTISING EXECUTIVES

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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



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

contributors



Liz Bulasko of Galena, Ill., practiced contract law in Chicago for nine years before moving to Galena in February 2000. She has been the director of marketing for the Galena/Jo Daviess County Convention & Visitors Bureau since September 2005 and is also a freelance writer/photographer. She lives in rural Galena with her husband and their two cats. Both Rod and Liz enjoy eating, drinking dark beer and traveling. Read Liz's piece on the Galena Adventure Center on page 16.



Thomas Dean is special assistant to the president for communications and research at The University of Iowa. He also teaches in the UI Interdisciplinary Programs Division and directs the Iowa Project on Place Studies, and he has taught with the Iowa Summer Writing Festival, the UI Senior College, and the Iowa City Senior Center. Currently he serves as president of the Iowa City Public Library Board of Trustees and as a member of the Board of Directors of Humanities Iowa. He is currently working on two more books of personal essays. Find an excerpt from his book, "Under a Midland Sky," on page 40.



Amy Greenfield is an eco-developer, freelance writer and sustainable designer. Her aesthetic interest comes from years of international travel and studies of the arts and architecture of the world, along with the principles of living in harmony with nature. Amy currently lives in Fairfield, Iowa, and when she's not working on a sustainable project, she can be found at home cooking with fresh, local, organic produce or exercising some creativity through oil painting. In her first contribution to Radish, Amy writes about Abundance EcoVillage on page 6.



Sonita Oldfield-Carlson, director of development for WVIK 90.3 FM in the Quad-Cities, is a native of the area. She grew up in Atkinson, Ill., where her grandparents were lifelong farmers and her parents planted big gardens. She graduated from Eastern Illinois University with a degree in journalism and has worked in area nonprofits in communications, education and fundraising. Sonita and her family currently reside in an old house in the Keystone neighborhood of Rock Island. Sonita writes about the importance of saving seeds on page 12.

Also writing this month are contributors **Laura Anderson** ("APRIS reads the news," page 29), **Sherry Crawford** ("Hope Lodge," page 14), **Donna Duvall** ("Three to grow and eat," page 10), **Lindsay Hocker** ("Salvage Barn," page 24), **Elizabeth Janicek** ("Farmland forever," page 32), **Leslie Klipsch** ("Blueberry summer," page 20), **Darcy Maulsby** ("Eco-friendly bouquets," page 26), **Ann Scholl Rinehart** ("Of spirit and soil," page 22, and "An intro to chakras," page 30) and **Jonathan Turner** ("Get Movin'," page 18).

*Clinical & holistic healing
offer infinite possibilities, just like life*



The Healing Heart Center



Sound Healing Concert

Performed by

Carl Edward Davis

Certified Medium

Fifth Spiritualist Church of St. Louis

on Saturday, July 11, 2009

7:00pm

At The Unitarian Church

3707 Eastern Avenue

Davenport, Iowa

Carl Davis' use of Chinese Gongs set to select frequency vibrations demonstrates the healing power of Sound Harmonics. Experience the consciousness raising, spiritual and physical healing properties of the gongs. Carl has used his unique healing gifts to help others for over 30 years.

Join us!

\$10 donation at the door

Carl will be giving readings on

Friday, July 10, and Saturday, July 11, 2009

prior to the Concert at The Healing Heart Center, Inc.

For appointments or readings or more information,
please call:

The Healing Heart Center @ 563-370-7995

Call today and feel the healing power

thehealingheartcenter.org

Email address: director@thehealingheartcenter.org

Georgian Square, second floor, 1035 Lincoln Road • Bettendorf, IA

Radish is an editorial affiliate of **ENN** ENVIRONMENTAL
NEWS NETWORK
515-281-7777 enn.com

Monthly Events Include:
Classes, Workshops, Drumming, Sound Healing and More

the grapevine

On your mark, get set ...

Pam Goldensoph, a Hy-Vee health market manager from Davenport, is a runner at heart, but it had been a while since she pulled on her racing shoes. Then she decided that this is the year to train for not one, but two marathons — and now she's giving viewers of the Radish Web site front-row access to her progress as she trains with the Cornbelt Running Club (cornbelt.org).

On the first of every month starting with this one, Pam will share her personal experiences at radishmagazine.com in short, blog-style essays.

After the marathons — the Quad Cities Marathon on Sept. 27 and the Bank of America Chicago Marathon on Oct. 11 — Radish will follow up with Pam to find out how she performed.

You can follow Pam's progress at radishmagazine.com and leave her a comment. With each of her posts, we'll include a list of upcoming runs and walks, too, just in case Pam inspires you to get moving!



Pam Goldensoph (Photo by Gary Krambeck / Radish)

From our readers

Healthy Living Fair (June 2009):

"Thank you for another successful Healthy Living Fair! We had a fun day and find this an effective way for us to share with the community that they have healthy alternatives, even when it comes to their lawns and gardens. We appreciate all you do to help us keep our mission alive. See you next year!

— Dudley and Rachel Fowler,
Nature's Friend Organic Lawn Care,
Aledo, IL



"It was wonderful to see (everyone) who dropped by the farmers' market during the Healthy Living Fair. ... It was a great event for our yoga community to share and showcase what we do."

— Michelle Campbell, *River City Yoga, Bettendorf, IA*

Shimmy for health (June 2009): "I love belly dancing and the fact that it has deep connections to birth. For those of you in the Cedar Rapids area, there are belly dancing classes available through the city! Check it out."

— Leslie, *Cedar Rapids, IA*

Organic hair care (June 2009): "Sarah (Gardner) did an awesome job on the story; everyone says that it is very informative. Good job! I hope that this will create more awareness about organic product alternatives. Thank you for all of your hard work."

— Donna Elliott, *New Leaf progressive boutique, Moline, IL*

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

Missed the 2009 Healthy Living Fair? Check out the photos!

If you missed all of the fun at Radish's 3rd annual Healthy Living Fair last month at the Freight House, Davenport, you still can experience part of it by visiting a collection of photos from the event that are posted at the Radish Web site.

Have photos that you took at the fair? E-mail them to us at editor@radishmagazine.com. We'll post them with the others online.

To see the photos, visit radishmagazine.com and choose the Healthy Living Fair story on the home page.



Karenn Zemek (Photo by Stephanie Makosky / Radish)



It's time to soak up the summer sun, and you can get your fill of outdoor fun at the following events. Make sure to stop by the Radish booth and pick up a free copy of the newest issue!

- Youth Fest '09 — Healthy U, 10 a.m.-3 p.m.

July 8 at Fejervary Park and Children's Center, 1800 W. 12th St., Davenport. The event is free and open to all ages. For details, call (563) 326-7864.

- The Homegrown Iron Chef Competition, 4-6 p.m. July 13 at the Trinity Farmers' Market, Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf, Iowa. Two executive chefs will square off, creating meals from ingredients kept secret until the last minute. Admission is free. For details about the ongoing competition, turn to page 19.

- First Annual Watershed Festival, 8 a.m.-1 p.m. July 18 at the Freight House Farmers' Market, 421 W. River Drive, Davenport. The event will feature demonstrations, exhibits and hands-on activities for the family. For more information, visit freighthousefarmersmarket.com or call (563) 326-7923.

On the Road with Radish is made possible by The Friends of Radish: Humana, Metro, Trinity Regional Health System, Zimmerman Honda and WQPT.



Paul Colletti / Radish

Coming in the August issue of Radish

- Knox College fraternity goes green
- Saving Muscatine melons
- Community gardens flourish in tough times
- Healthy results with acupuncture
- Ripe 'n' ready tomato recipes

healthy living from the ground up

features



6 Abundance EcoVillage
Residents say they're living the good life off the grid.

8 Hot diggity dogs
Making a summertime classic better for you.

10 Three to grow and eat
Basil, cilantro and thyme are faves for a cook's garden.

12 Radical gardening
Take diversity into your own hands and save seeds.

in every issue

2 from the editor

3 contributors

4 the grapevine

34 rooting around

38 resources

39 farmers' markets

on the cover



An all-natural hot dog produced by Beeler's of LeMars, Iowa. (Photo by Paul Colletti / Radish)

departments

14 great places
Hope Lodge: Sustaining cancer patients through recovery.

16 outdoors
Galena Adventure Center: 'Outdoorsy wannabes' can get started here.

18 health & fitness
Move it! New WQPT series teaches kids to 'Get Movin'.'

19 food
Homegrown Iron Chef Competition to feature local chefs and local foods. Page 20: Blueberry recipes that lead beyond the morning muffin.

22 body, mind & soul
Of spirit and soil: Iowa author on gardens, spirituality and wellness. Page 30: An introduction to the chakras.

24 good business
Old is new again: Salvage Barn is a haven for home rehabbers.

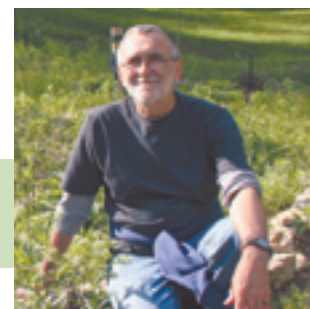
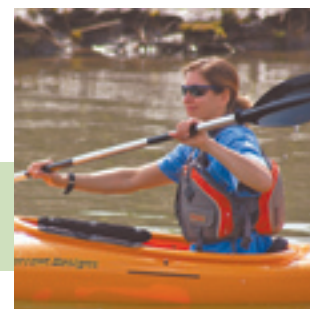
26 gardens
Eco-friendly bouquets: Homegrown flowers make affordable decor.

28 food
Biodynamic vines: Enjoying wines crafted the holistic, spiritual way.

29 community
APRIS reads the news for those who can't read it for themselves.

32 environment
Farmland forever: Kerr family's homestead in Morrison, Ill., will never change.

40 food for thought
Embracing humidity: The wonder — yes, wonder! — of summer's sultry heat.



healthy living

Abundance EcoVillage

Residents say they're living the good life off the grid

By Amy Greenfield

Nestled amid the sunny cornfields of southeast Iowa is Abundance EcoVillage, one of the most cutting-edge sustainable developments in the United States. Residents of the off-the-grid development pay no water or electricity bills; they eat what grows outside their front doors; and they enjoy a rare connection with the cosmos, thanks to the unique orientation of their homes.

Located just outside the Fairfield city limits, Abundance EcoVillage is situated on 22 acres and truly is a living example of the term “beyond sustainability.”

“We moved from our lovely 4,000-plus square-foot home to our 850-square-foot, off-the-grid

EcoVillage home. One might call it drastic ‘empty-nesting’ but I would have to say it was the best change we could have made. Our quality of life increased ten-fold. Living at the EcoVillage allows us to understand and learn to live more in tune with our environment, making use of the climate instead of bracing ourselves against the elements,” says Stacey Hurlin, who moved to Abundance EcoVillage four years ago.

Hurlin and her husband, Bill, enjoy the EcoVillage so much that they opened a guest house right next to their home. Nightly and weekly rates are available, and guests have commented that they’ve had their best night’s sleep at the Sweetwater Luxury Bunkhouse (sweetwaterfairfield.com).

In early 2000, Abundance EcoVillage was conceived of and created by engineer and sustainable

living professor Lawrence Gamble, along with biologist Micheal Havelka. The creator’s goal was to provide a neighborhood where energy, water, waste recycling and landscaping would work in tune with nature rather than against it. The homes were to reflect a level of sophistication and comfort that would appeal to people of all walks of life.

The development features a holistic, two-fold approach to living, which the developers feel set it apart from other sustainable communities. The EcoVillage cares for the individual physiology through the use of Maharishi Vedic Architecture, and for the greater environment through the use of eco-architectural design.

Maharishi Vedic Architecture, or Vastu, is a building system with roots in ancient India. Vastu is the science of building in harmony with nature, in respect to the human physiology. Three key principles — direction, placement of rooms and proportion — are emphasized. These principles largely are based on the energy of the sun and the effect it has on the human physiology. For example, as the sun moves across the sky, it radiates different qualities of energy at different times of the day, which trigger specific responses in the body.

“Regarding both the Vastu orientation and the green building, we love the relationship of the house to the sun. At the equinox dawn, we saw the sun coming directly through the front door and know this will always be followed by six months of the sunrise arcing to the north or south. The house becomes an observatory, heightening our perceptions and making us more aware of both the annual and daily course of the sun and also of the night sky, which, for



Amy Greenfield walks outside Abundance EcoVillage in Fairfield, Iowa (above). Residents Nancy Freund (center, left) and Monica Fontoura (center, right) and Gillain Brown (far right) enjoy spending time outdoors in the off-the-grid community. (Photos by Cody Montgomery)

example, situates the North Star directly opposite our other entrance. It attaches us to the cosmos,” says villager Jill Brown.

EcoVillage also provides the necessities for modern-day living in ways that are environmentally and socially responsible through eco-architecture. For example, water is harvested from the roofs of the homes, collected in cisterns, purified and then redistributed to each home. Waste matter is recycled through a vertical-flow wetland system. The development is powered by a combination of wind and solar energy, but it's connected to the city power grid in case of a system failure. Residents like that they don't pay water or energy bills.

The landscape of the EcoVillage is carefully crafted from indigenous plant species, in addition to medicinal and edible species. A walk through the EcoVillage trail system is a gastronomic experience in itself.

“Eating fresh food straight from the gardens and fruit-bearing trees is a delight. We have vegetables and fruit within 5 to 10 paces of our front door. In the summer, there is hardly a day that some fruit or other — strawberries, grapes, raspberries, currants — is not begging for grazing as I pass,” says villager Ken Walton.

In addition, the southern half of the development features the Abundance Community Supported Agriculture Program (CSA), which currently is being run by sustainable-living students from the Maharishi University of Management. The gardens provide fresh, organic produce for approximately 80 individuals during the growing season while serving as an educational grounds for students.

Abundance EcoVillage homes represent a variety of architectural styles, according to each homeowner's taste. Each home is carefully designed to use a minimal amount of energy, and the challenges of the Midwest climate are met through carefully chosen materials and planning for seasonal weather. For example, all homes are constructed with a minimum 10-inch exterior wall for better insulation.

Where windows are placed and how far roofs overhang are determined through the principles of passive solar design. Some homes even feature solar hot water systems.

Every EcoVillage home incorporates the Earth Air Tube system into the heating and cooling design. The system utilizes the earth's stable temperature of 56 degrees to either heat or cool air before it enters the home. In summer months, the system acts as a natural air conditioning system, and in the winter, air is preheated before entering into the furnace system. Earth Air Tube systems runs continually on a low velocity, providing a high indoor air quality year round.

Currently there are 14 homes at Abundance EcoVillage, with lots for nine more. The residents represent all walks of life, from artists to professors and financial advisers — all of whom say that their quality of life has increased greatly since moving off the grid. Who knew it felt so good to be green?

For more information about Abundance EcoVillage, call Michael Havelka at (641) 919-6853 or visit abundance-ecovillage.com.



RENEWABLE FUELS
GREEN ENERGY

OVER 70 EXHIBITORS AND DEMONSTRATIONS
60 WORKSHOPS

ELECTRIC CARS
WIND
SUSTAINABLE LIVING

ENERGY & SUSTAINABILITY EXPO 2009

SEPTEMBER 12-13

Frontier Natural Products Co-op
Norway, IA 52318

SOLAR
ENERGY EFFICIENCY

We are currently accepting sponsorship & exhibitor registrations and presenter applications. Contact us today to sign up to help!

(319) 643-3160 www.irennew@irennew.org irennew@irennew.org

100% Natural

EPICOR®

Be healthy. Balance your immune system.

EpiCor is a nutritional supplement that works with the body's natural immune defenses to strengthen resistance and maintain wellness before health issues arise. A recent clinical study showed that EpiCor reduced the incidence of colds and flu and decreased the symptoms and severity. Learn more at: www.4greathealth.com

Available at these Hy-Vee locations

- Cedar Rapids/Marion area stores
- 901 S. 4th Street, Clinton, IA
- 1914 8th Street, Coralville, IA
- 2351 West Locust Street, Davenport, IA
- 4064 East 53rd Street, Davenport, IA
- 2395 NW Arterial, Dubuque, IA
- 1720 Waterfront Drive, Iowa City, IA
- 312 S. First Avenue, Iowa City, IA
- 310 N. First Avenue, Iowa City, IA

or online at www.4GreatHealth.com

PRActive HealthProducts

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. EpiCor® is registered trademark of Embria Health Sciences, L.L.C.

healthy living

Hot diggity dogs

Making a summertime classic better for you

By Brandy Welvaert

“A hot dog at the ballpark is better than a steak at the Ritz.” That’s from Humphrey Bogart, the great chain-smoking actor better known for his role as gangster than epicurean. Bogart was no health nut, but his love for a good dog was purely American. By Labor Day, Americans will have eaten more than 7 billion hot dogs this year, most of them of the plastic-packaged, commercial variety, and many of them grilled and served with a side of guilt.

For the health-conscious, the traditional hot dog has become a conundrum. It’s red meat. It’s fatty and salty. It contains nitrite, known to cause cancer in lab animals. All of this is not to mention the source of meat for most hot dogs: factory-farmed animals fed objectionable foods and drugs, raised in equally objectionable conditions. What’s a conflicted hot dog lover to do? Give them up completely?

That would be the advice from the American Institute for Cancer Research (AICR), which released a report last year with a new, unambiguous command: “Avoid processed meats.” According to the report, eating even a little bit of processed meat increases cancer risk. What isn’t clear from the report is which attribute of processed meats increases risk.

There’s an implication that it’s the nitrite, a preservative that keeps dangerous bacteria, such as botulism, from growing. Nitrite also imparts the flavor and color that hot dogs are known for.

So, how about a hot dog without nitrites in its ingredients list? Beeler’s, a pork producer in Le Mars, Iowa, makes all-natural, uncured wieners without added sodium nitrite, from pork raised without antibiotics and fed vegetarian feed. These franks are sold



Looking for a healthier hot dog? You have choices. (Photo by Paul Colletti / Radish)

in some supermarkets and health-food stores. They are not low-calorie or low-fat, with 150 calories and 12 grams fat apiece, nor do they come cheap: A package of eight cost \$6 at Hy-Vee in Moline. But they plump, brown and sizzle on the grill — and taste delicious.

But here’s a wrinkle. Turns out, even if your hot dog doesn’t contain sodium nitrite as an additive, it likely contains nitrite anyway. In an exhaustive test of 620 types of hot dogs, Consumer Reports found that

franks boasting “no added nitrites” contained nitrite at levels comparable to franks that had it as an ingredient. Nitrites, in fact, are a natural substance found in other hot-dog ingredients, like celery salt and other salts, including sea salt.

“Our hot dogs are smoked, but they smoke at a very low temperature. At that same low temperature, bacteria can grow. Nitrite is what keeps bacteria from growing,” says pork and beef farmer Edwin Geest of Bluegrass, Iowa, who sells all-beef wieners in sheep casings at the Freight House Farmers’ Market in Davenport. These dogs don’t plump much when grilled because they contain less water than store-bought dogs, and their flavor is exceptional. Geest Farms’ meats are raised without hormones or antibiotics, and the animals get fresh air and have room to move.

**“People ask me, ‘What’s the one food to avoid?’
... I don’t think there is that one food out there.
You can incorporate any food into a healthy diet.”**

That's the case at CV Farm in Vinton, Iowa, too. In fact, grower Jim Fink's all-beef hot dogs practically are organic. "Not to put other companies down, but there are a lot of things in those other (commercial) hot dogs that people wouldn't eat. Ours are just trimmings off the steaks and roasts. ... There are no parts of the animal that people would turn their noses up at," Fink says. His hot dogs are processed at a nearby locker, which also uses nitrite as a part of the curing process.

These days, vitamin C (ascorbic acid) must be added to meats with added nitrite. According to USDA, vitamin C stops nitrite from creating cancer-causing compounds when it's heated at high temperatures. Yet AICR says it's not the heat of the grill reacting with foods that's most important; it's the nutritive value of those grills.

This brings up the other issues with hot dogs: calories, fat, and salt. Even so, dietitians won't say that hot dogs should be banned from the American cookout. In fact, when Consumer Reports researched its hot dog feature, it couldn't find a single dietitian who'd say that.

"I have people ask me, 'What's the one food to avoid? Is it bacon? Is it hot dogs?' I don't think there is that one food out there. You can incorporate any food into a healthy diet," says Jeni Tackett, a registered dietitian with Trinity Medical Center in the Quad-Cities.

"If someone likes hot dogs, I would just encourage them not to eat them every day," Tackett says. Furthermore, she suggests that eaters choose foods based on specific rather than general notions of what's "good" or "bad."

"For example, for someone with high blood pressure, it would be important to look for a low-sodium hot dog. If weight control is an issue for a person, then they'd want to look for a hot dog that's lower in calories," she says, adding that reading labels, in this case, is key.

A couple more pointers: "You think a turkey dog is better for you, but it can be made from all dark meat and skin," the dietitian says. "Always flip it over and look at the label. Take the extra time to compare products."

For a lower-in-fat, locally-raised dog that still packs meaty flavor, buffalo fills the bill, says Amy Saddoris, business manager at Reason's Locker Service in Buffalo Prairie, Ill. The key to a great buffalo dog is to grill it over low heat, Saddoris says. "We have an expression — 'lower and slower' — so we suggest cooking them slower and for a longer period of time."

Another low-fat option are soy-based hot dogs. However, even soy dogs contain plenty of sodium. "I don't think they have low-fat, low-salt hot dogs," Tackett says. "I don't know what that would taste like!"

Making good dogs even better

Here are five tips for ramping up the health of your hot dog:

1. **Choose whole wheat buns.** "I am a big pusher of fiber. If you are going to do a hot dog, then do a whole-wheat bun," says Jeni Tackett, registered dietitian for Trinity Medical Center in the Quad-Cities.
2. **Add a fresh side.** Steamed vegetables or fresh fruit — in season now — will help balance the meal, Tackett says.
3. **Eat just one.** "Having one hot dog rather than two or three is healthier."
4. **Try a veggie dog.** For a lower-in-fat dog that grills just fine, try Tofurky dogs, she suggests. Meat replacements like soy dogs have come a long way in the last few years. Even non-vegetarians enjoy them at cookouts, the dietitian says.
5. **Dress it up.** Try diced or sliced fresh veggies on your hot dog. Try tomatoes, cucumber and onion for a more traditional dog, or add sliced bell peppers or summer squash for a different treat.

DID YOU KNOW?

We have a new website at www.hy-vee.com.

Check out our monthly HealthMarket ad online and save on all your natural and organic items each month! More recipes, more coupons, more ideas. Making your lives easier, healthier and happier.



HyVee

Services include: Individual nutrition counseling • Personal shopping assistance • Group nutrition class and workshops • Supermarket tours • Monthly nutrition newsletter • Recipe demos • Cooking classes

Be Healthy. Be Fit. Be Happy.



Janet Macon
MS, RD, LD
2351 W. Locust St.,
Davenport
563.324.9948

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

Valerie Wheatley
RD, LDN
201 W. 10th Ave.,
Milan
309.787.0273

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

Dawn Blocklinger
RD, LD
750 42nd Ave.,
Moline
309.757.1085

Allison Yoder
RD, LD
2200 W. Kimberly Rd.,
Davenport
563.391.0213

Stacy Mitchell
RD, LD
2900 Devils Glen Rd.,
Bettendorf
563.332.8496

WE HAVE A VARIETY OF HEALTHY FOOD CHOICES!

NATURAL BEEF

**Locally Raised
Hormone Free
Antibiotic Free**

BUFFALO MEAT

**High Protein, Low Fat, Low in Cholesterol
and Calories**



Try our homemade
Buffalo Hot Dogs
Only 8 grams of fat and extra
lean **Brats!** Locally Raised &
State Inspected.

LOCAL MEATS

Try our very lean Elk products

**We trim our Pork Products
to be leaner**

We use less water in our Hams

WE SHIP DIRECT

HOMEMADE PIES – Year Round

Made from scratch on site, using our own rendered lard.



**Apple, Cherry, Blueberry and a
Seasonal Pie** Fresh frozen Michigan
fruits, no filling. Order a pie: baked
fresh or vacuum-pack frozen.
CALL TO ORDER!

*Improve Your Health and
Reduce Your Pain With*

**100% Natural
Montmorency Tart Cherry
Juice Concentrate**

SPECIAL

**32 Oz. Cherry Concentrate
\$26.95**

(Shipping Cost Included)

**Great
Selection
of
Seafood!**



order online at www.reasonsprairiepride.com

Reason's Locker Service

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

healthy living

Three to grow and eat

Basil, cilantro and thyme are faves for a cook's garden

By Chef Donna Duvall

There's nothing that adds zest to summer meals like herbs plucked fresh from the garden. Each year I grow 15 to 20 different herbs, selecting them on a whim and by the offerings at the local garden center. But my summer go-to herbs are basil and cilantro, along with a year-round favorite, thyme.

I sow basil and cilantro seed directly into the garden, but to get a jump-start on the season, I buy a few started plants, as well. Pots of herbs situated near the back door make it easy to gather sprigs of thyme or a handful of basil for cooking, and herbs add colorful accents to flower borders. I have more intensive plantings in the garden to provide herbs for oils and vinegars, and herbs to freeze or dry.

Basil, an annual, is a highly fragrant, clove- and anise-flavored member of the mint family. Basil and tomatoes are a summer favorite, but basil also complements the flavor of eggplant, zucchini, summer squash, salads, cucumbers, eggs and fish. There are more than 60 varieties, but the most common is sweet basil. Try other basil varieties for subtle flavor variations. To keep basil plants producing through the entire season, remove flower stalks as they appear. To keep your basil through the winter, make and freeze a batch or two of pesto. (Find a recipe below.)

Cilantro is an annual member of the carrot family that readily will reseed itself. The assertive flavor of cilantro, the world's most widely used culinary herb, is found in the cuisines of Mexico, Spain, Asia, the Middle East and the Caribbean. To keep a constant supply, make successive plantings every 2 to 3 weeks, although in the hot, dry conditions of midsummer the seeds must be kept cool and moist to germinate.

Thyme, a perennial, is used in French, Western and Middle Eastern cooking. Its pungent, savory flavor adds depth to soups, stews and casseroles, and complements the flavor of chicken and meats. Thyme traditionally is used as part of a "bouquet garni" along with parsley, marjoram and bay leaves.



Tomato Basil Farfalle is shown with leaves of basil (left), thyme and cilantro, which are Chef Donna Duvall's favorite herbs. (Photo by Paul Colletti / Radish)

Grow thyme from seeds, purchased plants, cuttings or roots divisions, or keep it in a sunny window for a year-round harvest. In the garden, harvest thyme until just prior to flowering. The secondary growth should be left to help the plant survive the winter.

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

Extending the season

- Thyme retains much of its flavor when dried. Rinse and shake dry the sprigs, then tie small bundles of sprigs together and hang them upside down until the leaves are crisp. Basil and cilantro are dried by first rinsing in cold water, shaking the excess moisture from the leaves, and drying in a home dehydrator set

between 95 and 115 degrees. They will lose much of their flavor and aroma when dried.

- Basil and cilantro may be frozen by rinsing, drying and chopping the leaves and placing them in ice cube trays. Cover the chopped herbs with water and freeze. Place the frozen herb cubes in freezer bags or plastic containers for storage.

- Herb vinegars add year-round flavor to salads and are easy to make. Pack a glass jar with your herb or herbs of choice, cover with white vinegar, cap and gently shake the jar. Make sure herbs are submerged. Place in a cool, dark spot for 6 to 8 weeks, shaking the jar occasionally. Then decant, discarding the herbs.

- You can make an easy pesto by placing 1½ cups basil leaves, ¼ cup

walnuts, 3 cloves garlic, ⅓ cup olive oil, ⅓ cup Parmesan cheese, 2 teaspoons fresh lemon juice, and salt and pepper to taste in a food processor. Process until a course paste is formed. Serve pesto with pasta, fish or chicken, or on crostini.

All recipes created and tested by Chef Donna Duvall of Food Fancies, foodfancies.personalchef.com.

Cachumber (Tomato, Onion and Cilantro Relish)

4-5 tablespoons whole cumin seeds ¾ teaspoon salt
2 medium tomatoes 2 tablespoons fresh lemon juice
1 medium onion, peeled ½ teaspoon cayenne pepper, or to taste
5 tablespoons fresh cilantro, chopped

Place the cumin seeds in a small, heavy frying pan (cast-iron is best) and place the pan over medium heat. Stir the seeds until they turn a few shades darker and take on a "roasted" aroma. Cool and grind in an electric coffee grinder or with a mortar and pestle. Reserve ½ teaspoon ground cumin; store the rest for future use.

Cut the tomatoes and onion into ¼-inch dice. Place in a small bowl; add the rest of the ingredients, including the reserved roasted and ground cumin seeds, and mix. Serve as a salad or a relish for grilled fish or chicken. Serves 4.

Tomato Basil Farfalle

2 cups grape tomatoes cut in half, or
2 large tomatoes coarsely chopped ¼ teaspoon red pepper flakes
½ cup fresh basil, cut in a chiffonade ¾ pounds uncooked farfalle or other
(See note.) pasta
¼ cup extra-virgin olive oil ¼ pound Brie or Camembert cheese,
2 garlic cloves, minced rind removed and cut into small
½ teaspoon salt pieces
¼ teaspoon white pepper Shredded Parmesan cheese

In a large bowl, mix together tomatoes, basil, extra-virgin olive oil, garlic, salt and pepper. Let the mixture sit at room temperature for 1 hour to let flavors develop.

Cook farfalle according to package directions and drain. Place in a heated serving bowl, add Brie and tomato mixture and toss. Serve on heated plates with a sprinkling of Parmesan cheese. Serves 4-6.

Note: To make a chiffonade, stack several basil leaves together, the biggest leaves on the bottom, roll like a cigar and cut across the roll, making thin slices.

Chicken with Forty Cloves of Garlic

3 whole heads of garlic, about 2 tablespoons olive oil
40 cloves 2 tablespoons brandy (optional)
2 3½-pound chickens, cut up 1½ cup white wine or chicken broth
Salt and freshly ground pepper 4 teaspoons fresh thyme leaves, divided

Separate the garlic into cloves, then drop them into a pan of boiling water for 1 minute. Drain the garlic, peel and set aside.

Dry the chicken with paper towels, then season with salt and pepper. Heat the oil in a Dutch oven or cast-iron pan over medium heat. Sauté the chicken in batches, until browned on both sides, about 5 minutes per side. Remove the last batch of chicken and add all the garlic to the pan. Return the chicken and any accumulated juices to the pan. Add the brandy, if using, along with the wine or broth and 3 teaspoons thyme. Cover and bake in a preheated 350-degree oven for 40 minutes, or until the chicken registers 165 on an instant-read thermometer.

Remove chicken and garlic to a platter and cover with foil to keep warm. Skim any fat from the remaining juices. Add 1 teaspoon fresh thyme. Bring the juices to a boil and reduce by one-third. Adjust the seasonings if necessary.

To serve, drizzle the sauce over the chicken and spread the garlic on crostini. Serves 6 to 8.

The CORE of Good Health

WEIGHT LOSS

- **Fucothin** – Boosts metabolism 18% and aids with abdominal weight loss
- **Amino Sculpt** – Burn fat while you sleep

Stop in for a free consultation.

SMOOTHIES



Made to Order

WE USE ONLY FROZEN FRUIT AND JUICE

Bayside Berry
Very Berry
Tropical Teaser
Peach Passion
And Many More

Customize your smoothie, choose a booster:

- Greens ▪ Flax
- Whey or Soy Protein

**For Breakfast, Snack or Lunch...
Your Quick & Healthy Choice!**



We have the solution...
"naturally!"

**1317 6th Ave.
Moline
309-764-1912**

m-t 9-5:30, w-f 9-6:30, sat. 9-5

**3875 Elmore
Davenport
563-344-2100**

m-f 10-7, sat. 9-5

healthy living

Radical gardening

Take diversity into your own hands and save seeds

By Sonita Olfield-Carlson

I still have a note from my son's kindergarten teacher, thanking my husband and me for coming in and planting seeds with his class. I still have some of the seeds, too. They are green beans, an heirloom variety called "Ideal Market" that we had saved from our garden the previous year. I took them into class in their natural state, meaning that they were still in their dry pods, looking quite mysterious. We sat in a circle and cracked open the casings to find the dark, glossy seeds inside. "I have eight!" one proud little voice declared. "Let me see!" the friends around him said as they crowded closer.

In that moment, clutched tightly in the hands of each child, those humble beans were transformed into treasures, each one containing a lifetime of potential inside, waiting to recycle. What an awesome lot of power in one little package (beans and kids)!

Saving seeds is an act of stewardship I never grow tired of, though it's as old as global agriculture. In fact, if they were still around, I wonder what the folks at Van Antwerp's Seed Store in Mobile, Ala., would think of our making such a fuss over variety of bean they sold to gardeners 95 years ago. Perhaps they would wonder at how we now have to make a conscious effort to keep this particular strain alive.

In centuries past, if you expected to plant a crop the next year, you needed to save some of this year's seed. By selecting seed from the healthiest, best-tasting or most abundant plants, you were strengthening that strain and practicing an early, sustainable form of agriculture. People did this all over the globe, over thousands of seasons, resulting in varieties that were adapted to the specific conditions of their location.

The business of saving, sharing and selling seeds was the work of people in societies large and small all over the planet. Now it seems to be the work of experts. It's something we no longer trust ourselves to do. Unfortunately, in collectively giving up some of our self-sufficiency, we've dramatically reduced the diversity of the plants that sustain us, and possibly, the quality of life we've managed to cultivate from the abundance of our agricultural heritage.

Here's why. Most, if not all of the seeds on the rack at the supercenter, garden center or drugstore are now sold by a dwindling number of corporations that control the world's seed sales as well as the markets in pesticides, pharmaceuticals, genetic patents and grocery commodities, according to the 2008 report, "Who Owns Nature? Corporate Power and the Final Frontier in the Commodification of Life." The report was released by the Action Group on Erosion, Technology and Concentration, based in Canada, and is available online at etcgroup.org.

"From thousands of seed companies and public breeding institutions three decades ago, 10 companies now control more than two-thirds of global proprietary seed sales. From dozens of pesticide companies three decades ago, 10 now control almost 90 percent of agrochemical sales worldwide. From almost a thousand biotech startups 15 years ago, 10 companies now have three-quarters of industry revenue. And, six of the leaders in seeds are also six of the leaders in pesticides and biotech. Over the past three decades, a handful of companies has gained control of ... one-quarter of the world's annual biomass (crops, livestock, fisheries, etc.) that has been integrated into the world market economy," the report states.



Saving seeds from good garden plants ensures that you'll enjoy them for years to come. Shown here is a heirloom variety yellow pear tomato. (File)

To protect these corporate gains, the World Trade Organization negotiated the Agreement on Trade-Related Aspects of Intellectual Property Rights in 1994, which provides plant breeders protection through patents and intellectual property rights. Basically, this agreement allows corporations to own seeds and life forms as “property.”

Now, I don’t pretend to have familiarity with international trade law. However, I do understand the potential perils of these legal protections, thanks to passionate advocates like Dr. Vandana Shiva, physicist, ecologist and founding director of the Research Foundation for Science, Technology and Ecology (RFSTE) in India. “Not until 1995 could humanity start to claim that we had invented the plants that feed us,” said Dr. Shiva at a lecture, “Planting the Seeds of Change,” at the University of California Santa Barbara. (You can listen at uctv.tv)

So, as a part of the world’s biomass, the granddaughter of farmers, the daughter of a florist, the Mom of a picky eater and a gardener myself, these developments interest me. Because seeds are the first link in the food chain. And, like a

Saving seeds is an act of stewardship I never grow tired of, though it’s as old as global agriculture.

growing number of people, I believe the resources of the food chain — in fact, all of nature — belong to all of us, not just a handful of global super-companies seeking to monetize their genetic research and patent opportunities.

By narrowing the market down to super-hybridized, genetically modified seeds, the treasures we’re losing are diversity and variety in our agricultural heritage. Perhaps we’ve misplaced the importance of variety. When it comes to fruit snacks on the grocery shelf, is it really necessary to have so many options? When it comes to types of grains and vegetables growing in our fields, our lives could depend upon it. Literally. Diversity occurs naturally in living things. Limiting it puts our food and natural resource security at risk because if something goes wrong — disease, change in environment, etc. — it affects a lot. It’s like the saying goes, “don’t put all your eggs in one basket.”

But, here’s a bright spot: Farm-saved seed is exempt from the WTO Intellectual Property Rights patent laws. So, let’s do something radical, democratic (not the party, the philosophy) and liberating: Let’s save seeds from our own harvest this year.

That said, there are plenty of reasons for saving seeds, many of them very practical. For one, saving seeds is economical. Not that seeds cost that much to begin with, but my family chooses very carefully whom we’re supporting when we buy our seeds. (Just like our vegetables, we prefer local or regional over super-corporate.) Besides the satisfaction of self-sufficiency that seed keeping provides, there’s the confidence that seed saved from your own garden has a special credibility. Yours. You grew it, so you know more about it than anything you buy off a rack.

Read a longer version of this story, which includes tips for saving seeds, online at radishmagazine.com.



• Effective and affordable organic lawn care
• Pesticide free lawn, tree and shrub treatments
• Safe for people, pets and the planet

Serving the Quad Cities Area and surrounding areas since 2003. We now serve the Iowa City and surrounding communities.

Unlock the potential of your soil by calling
Toll Free: 866-582-5592
www.naturesfriend.net

Red Barn Organics for your one-stop source for all your organic gardening, household and pet product needs!

www.RedBarnOrganics.com



WHO NEEDS PESTICIDES!

Join our commitment to a Safer Environment



Enter the Magical World of the Circus at the Rock Island County Fair July 21 - 25, 2009!

FUN, FREE Family Entertainment!

University of Illinois Extension is proud to bring CircEsteem to the Rock Island County Fair. The entire 4-H Building will be transformed into a bustling colorful circus! Experience wondrous shows by the renowned CircEsteem Performing Arts Group, Children’s Activity Stations, 4-H Project Booths & more!

**Enjoy three FREE CircEsteem Shows daily at
10:15 am, 2:15 pm, & 6:15 pm**

**Ongoing Children’s Activity Stations for Hands on Fun!
Magic Shows, Clown Performances & More!**





Reserve Your FREE Tickets for specific show times online
www.extension.uiuc.edu/rockisland



University of Illinois Extension, Rock Island County 4-H Events at the Fair are brought to you in part by these community partners: The Amy Helpenstell Foundation, Karen’s Summertime FUNd, The Rock Island County Fair Association, Shive-Hattery Inc., Wheelan-Pressly Funeral Homes, & WQAD News 8.

**University of Illinois Extension, 321 W. 2nd Ave., Milan, IL 61264
(309) 756-9978 www.extension.uiuc.edu/rockisland**

health & medicine

Hope Lodge

Sustaining cancer patients through recovery



Hope Lodge in Iowa City (center) features communal kitchens and dining areas.



By Sherry Crawford

Having hope is crucial in keeping cancer patients strong as they move through treatment and recovery.

But hope is hard to maintain as exhaustion, financial strain and fear take a toll. The repercussions ripple outward, affecting family relations and friendships, as well.

Now, those who need hope most can find that and more at the Russell and Ann Gerdin Hope Lodge in Iowa City. The only such facility in the state of Iowa, and one of only 28 nationwide, the Hope Lodge is provided by the American Cancer Society (ACS) to help cancer patients undergoing treatment.

Each ACS lodge serves as a home away from home, free of charge, for adult cancer patients and a caregiver. The home-like environment provides community and comfort for those who must travel for lifesaving cancer treatment, explains Marcia Holley, major gifts director for ACS's Midwest division.

"People who must travel 45 miles or more to receive treatment qualify to come here," Holley says. "They must be referred by their physicians. Most who come are on outpatient chemotherapy or radiation therapy. Traveling is too expensive or too hard for them."

The ACS locates its Hope Lodges near nationally-accredited cancer centers. In Iowa City, that includes University of Iowa Holden Comprehensive Cancer Center, Mercy Hospital and the Iowa City VA Medical Center.

The Gerdin Hope Lodge, named for benefactors Russell Gerdin, owner of Heartland Express, and his wife Ann, is a non-medical facility. It works with all treatment facilities in the Iowa City medical community. Each of its 28 private guest rooms features a sitting area, two beds and a bathroom. Volunteers serve as receptionists, tour guides, office aides and cleaning staff and also organize group dinners and events.

The Hope Lodges are becoming popular, Holley notes. Many have expanded and most now have waiting lists.

The heart of the Gerdin Hope Lodge is in its large kitchens, where residents can store groceries, fix meals and gather with others for potluck dinners. Two screened porches look out on the woods, where visitors can watch wildlife and birds. A small library is filled with donated books. Cozy living room areas offer couches, quilts, a computer nook and large TV sets. Each floor also has a guest lounge for patients, caregivers and visitors.

Every guest room has its own heating and cooling system. Laundry facilities and an exercise room

also are provided. All of the appliances, furniture and beds were donated.

Holley led a statewide campaign to raise \$8 million for this lodge: \$4 million for construction and \$4 million for an operating endowment. Locally, the Masons have chosen it as their charity and raised much of the funding, Holley says.

The Gerdins kicked things off with a \$2 million challenge, conditioned on the ACS matching it.

The Gerdins gave another \$2 million to further support the project, and the lodge opened last September. The facility, resembling a lovely, spacious home, nestles into a secluded, wooded landscape that offers privacy and beauty. The University of Iowa donated the land to the ACS.

"This is the most beautiful setting of any of our Hope Lodges," Holley says.

The Hope Lodge concept emphasizes three things: helping cancer patients realize they are not alone on their cancer journey, enabling them to make lasting friendships, and getting them more focused outside of themselves and their condition.

"This is not like a hospice house, which is about end-of-life care," Holley says. "This is about life."

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

Are you about to become eligible for Medicare?

Consider a company whose philosophy is about the total you!



As a leading provider of health and supplemental benefits, Humana offers a variety of Medicare health plans and the experience to help you find the right one that meets your needs.

So, if you're becoming Medicare eligible and would like to learn about Humana Medicare plans, please call us today:

1-800-372-7251 • TTY: 1-877-833-4486

8 a.m. to 11 p.m. Eastern Time, Monday - Friday

And our licensed sales representatives still make house calls!

HUMANA
Guidance when you need it most

Medicare-approved HMO, PPO, and PFFS plans available to anyone enrolled in both Part A and Part B of Medicare through age or disability. Enrollment period restrictions apply, call Humana for details.

M0006_GHA04A8HH_1

IA 07/09

outdoors

Galena Adventure

Are you an 'outdoorsy wannabe'? Get started here!

By Liz Bulasko

It's been more than a hundred years since a steamboat could navigate the Galena River. In recent years, it's been great for canoes and kayaks if you were willing to lug one to the muddy riverbank. Then Galena put in a boat launch, Deb Malone opened Fever River Outfitters, and people took to paddling the river in a big way.

A communications grad from Chicago's Loyola University, Malone found herself making the drive from Chicago to Galena more and more. She finally bought a Galena vacation home, and she dreamed of opening her own business.

"This place could really use some recreation!" she thought.

She opened Fever River at 525 S. Main St. over Labor Day weekend in 2002 and now rents canoes, kayaks, skis, snowshoes, bicycles and scooters, and sells plenty of outdoor clothing and gear. Events that complement her rentals and sales were a natural offshoot, and she began group paddles on the Mississippi's backwaters and the Galena River.

"I've been trying to build Fever River ever since," says Malone. "Lifting canoes is hard work, but I don't mind getting my hands dirty."

The group paddles quickly were followed by "Scooter to The Diggs" tours that end up in quirky New Diggings, Wis., the home of not one but two popular biker bars (you basically go to one for the music, the other for the food); "pie rides" to the Dominican order in Sinsinawa Mound, Wis., where wonderful pies and breads baked by the Dominican sisters are available for sale; and bike or scooter tours to the Galena Cellars Vineyard out in the country, where riders can sip the winery's varietals on a wraparound deck overlooking the vineyard and then be shuttled back to town.

The outdoorsy also can book leisurely bird watching tours on the Mississippi backwaters that allow kayakers to see birds in their natural habitats; classes by Finding Santosha Yoga & Wellness on the banks of the Galena River, followed by a group kayak paddle on the river; and endurance events such as Mississippi Adventure Days through the spring and summer; and the Fever River Adventure Triathlon on Saturday, Sept. 19.

With Fever River Outfitters well on its way, Malone decided to expand her list of events and offer more resources. When the space next door became available, the Galena Adventure Center opened last winter, offering indoor spin-cycling with Irish Hollow Fitness; a Wilderness First Aid Certification class through the Freeport Chapter of the American Red Cross; trunk shows featuring the latest in outdoor wear and the basics of layering for outdoor activities; snowshoe making clinics; and snowshoe hikes through the nearby Casper Bluffs overlooking the Mississippi. Malone even may hold some snowshoe races next winter.

A recent partnership with Galena's Wild Birds Unlimited shop resulted in a free class, "Birding with Binoculars: How to Choose and Use Binoculars to Enhance Your Birding Experience."



Galena Adventure Center owner Deb Malone offers group or private kayak classes and an assortment of group paddles on the Galena River. (Liz Bulasko)

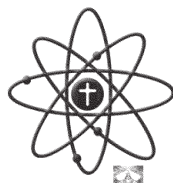
Spring/summer events have included "Canoe and Kayak River Cleanup," "Canoe with Your Canine" and an "Intro to Kayak" class taught by American Canoe Association-certified instructors at Flora Pool in Dubuque. The next kayak class is set for Sunday, July 12. "We do it in a pool," says Malone, "because it's easier to stand on the bottom."

And the Jo Daviess Conservation Foundation will host free classes this fall.

Malone still hopes to get more local groups involved in family-friendly offerings such as nature-related art classes, book signings, wildlife seminars and outdoor activities within driving distance of Galena. She has her eye on Terry Ingram and his Eagle Nature Foundation, which hosts bald eagle-watching bus tours along the Mississippi bluffs from January through March each year. The Galena Adventure Center offers a wide open space that's great for classes and includes chairs, tables and video equipment. Dubbing her new venture "an outdoor learning center," Malone's goal is to offer educational clinics where outdoorsy wannabes can "learn inside and apply it outside."

For more information, call (815) 776-9425 or browse feverriveroutfitters.com for upcoming events.

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



HELFTER FEEDS, INC.®

Organics and Applied Common Sense

Certified Organic Processor/Handler #0207-0031N
Certified by: Indiana Certified Organic, Inc.

The key to **healthy meat and milk**
begins with a **healthy animal**.
Helfter Feeds, Inc.® provides **certified**
organic complete livestock feeds
no matter how large or small your operation.

For a **Free Catalog** or for more information,
call **866-435-3837**

Helfter Feeds, Inc.®
135 N. Railroad Street / P.O. Box 266 / Osco, IL 61274-0266
(Toll Free) 866-435-3837
(Local) 309-522-5024 (Fax) 309-522-5021
www.helfterfeeds.com



At Helfter Feeds, Inc.® no order is too small!

DAILY CLASSES | PRIVATE COACHING | TEACHER CERTIFICATION

Transform your life and the lives of others.

Become a Certified Yoga Instructor.

- One weekend a month/9 months
- Next program begins September 25th
- First 10 people registered are eligible to receive up to a 450\$ discount

jimmiller's
**FREESTYLE
YOGA ACADEMY**

www.FreestyleYogaAcademy.com

319.430.2750

The Bradley Building
505 E. Washington Street
Iowa City, Iowa 52240
across from New Pi Co-op

Yoga
Alliance
Registered



WELCOME

Newcomers – Newlyweds – New Babies
Making Friends has a free gift packet
from area businesses worth over \$500!

Call Bonnie 309-796-1145

Making Friends Welcome Service, Inc.

www.makingfriendsqca.com

Since 1989



**Southpark Chiropractic
Wellness Center**

Call 757-7100 Today
1529 46th Ave., Moline

www.southparkchiropractic.com



- **Massage • Reflexology**
- **Indian Head Massage**
- **Nutritional Counseling
& Supplements**

Come in or call us today to
set up an appointment
and receive

\$5.00 off

Your first visit.

**We are offering
\$5.00 off**

an Hour Massage
**For an appointment call
309-757-7100**

Exp. August 15, 2009

Hey, kids! Move it!

New WQPT series teaches kids to 'Get Movin''

By Jonathan Turner

There's a new children's exercise program filmed entirely in the Quad-Cities on WQPT Quad-Cities PBS. Called "Get Movin'," the eight-episode series that airs at 4 p.m. Fridays is for 6- to 11-year-olds and features exercise, healthy foods and a variety of ways that children can get moving.

"What I hope is that people realize, families realize, that being active is not drudgery," says Christy Filby, community wellness executive for the Quad-Cities YMCAs, which partnered with WQPT on the series.

"It can be fun; it can be simple," Filby says. "You just have to get up and do it. There are a number of ways to do it."

Each half-hour broadcast focuses on a different exercise theme. From them, kids "can get an idea that (they) may not have thought about before," Filby says.

"It really meets the mission of the Y to strengthen kids, families and communities," she adds.

The show also addresses childhood obesity. Overweight kids often continue to be overweight as adults and are at risk for many health problems.

Nationwide, childhood obesity has tripled since 1980. Today, 17 percent of kids ages 6 to 19 are obese, according to the Centers for Disease Control and Prevention.

WQPT producer Lora Adams auditioned 423 children from all over the region in January, "and because there were so many kids, I chose to include more of them demonstrating various activities like gymnastics and skating," she says.

The show also includes dance, circuit training, swimming, tennis, basketball, running and yoga. (Hy-Vee dietitian Stacy Mitchell, pictured below with Ally and Jack, does a cooking segment in each episode.)

The healthful foods are things "certainly everyone in the family can eat, that kids will definitely find tasty and could possibly make on their own," Adams says.

WQPT, the local PBS affiliate, wanted to focus on the 6-to-11 age group "because there's nothing really geared for them in exercise programs," she says,

other than some animated offerings.

"We specifically used kids of all ages, shapes, sizes and ethnicities, because we aren't all homogeneous," she adds.

"The swimming segments were a hoot," Adams says. "One teeny one, she actually took swimming at the Y. She was a minnow (and) had her goggles on. A good wind would blow her into another state. She was just adorable.

"We hope that kids will get out of their chairs and exercise along with the show, and, hopefully, their parents will join them," she says.

The show wants to expose kids and their parents to potentially undiscovered exercise venues, like the Quad-Cities Gymnastics Academy in Milan, Ill. "Who would have thunk it, that this facility is in the Quad-Cities?" Adams says.

For more information, visit wqpt.org.



Dos and don'ts for getting kids movin'

By Brandy Welvaert

Do provide fun activities. When it's hot, put out a sprinkler or water slide. "Kids will do the Slip And Slide again and again and again and again," says Christy Filby, community wellness executive for the Quad-Cities YMCAs.

Don't give kids rewards for activity. Offering tangible rewards for exercise actually can deter kids from doing it, warns Filby. Fun activities are their own reward.

Do make exercise a part of the routine. "We've engineered activity out of our days," says Filby, who is working with

Activate Quad Cities to encourage kids to ride and bike to school. In summer, parents can encourage kids to ride or bike to nearby friends' houses instead of driving them.

Don't give up when it's 100 degrees. When it's really hot, take kids to a public pool or YMCA, or take them to a roller-skating rink, suggests Filby. "Even if the pool is too crowded for the kids to swim, they're still going to be out there bouncing around!" she says.

Do get the family involved. Take a family walk around the neighborhood or take part in a community walk or run. "Kids ... model after the adults around them," Filby says.

food

Homegrown Iron Chef Competition to feature local chefs and local foods

By Brandy Welvaert

As we speak, eight Quad-Cities chefs are polishing their grill tongs for a showdown, the likes of which your friendly, local farmers' market has never seen. From 4 to 6 p.m. every Monday in July, two classically trained chefs will go head-to-head at the Trinity Terrace Park Farmers' Market, 4500 Utica Ridge Road, Bettendorf, Iowa. They'll have one hour to prepare up to three plates, then choose just one for judging.

"I call it a throw down," says Chef Brad Scott, culinary arts director at Scott Community College, Bettendorf. The Homegrown Iron Chef Competition, as it's been dubbed, "is the kickoff of our culinary efforts for our new culinary lab," says Scott. The new lab is in the planning stages, but Scott has high hopes for an open floor plan, a catch-water system for recycling water, and edible landscaping.

The event is being hosted by Scott Community College and the Mississippi Valley Growers' Association, which manages the market at Terrace Park.

Chefs won't know ahead of time which ingredients will be available.

"This is the cool part," Scott says. "The chefs will not have any idea what protein they'll get. We are going to shop as much as we can at the farmers' market ahead of time for seasonal foods." Additional products will be provided by Martin Brothers Distributing of Cedar Falls, Iowa.

Market-goers can watch the chefs as they work outdoors, each using two burners, a grill, and items such as seasonings and oils from a community pantry. Performers from Rock Island's Comedy Sportz troupe will emcee the event, to be judged by "untrained palates."

"We want to make sure that the dishes are as healthy as possible," Scott says.

Six of the competing chefs are executives, but two are sous chefs.

"They are the young guns," says Scott. "Chefs can get burnt out on events, but the young ones are itching to get out there and to get their names out there."

The winning chefs will advance to the finals, to be held from 1 to 5 p.m. Sunday, Aug. 2, at Isle of Capri Center, Bettendorf. Tickets for the finals are \$40 per person and may be purchased by calling (563) 441-4063.

The final showdown will feature special guest Chef Paul Virant, owner and executive chef of Vie Restaurant in Western Springs, Ill. Virant, a champion of local foods, will demonstrate how he prepares several of his signature dishes, and culinary arts students will pass them around the audience tapas-style. Finally, the four winning chefs will compete and the Homegrown Iron Chef will be named.



Chef Paul Virant
(Submitted)

For a competition schedule including chefs' names, visit eicc.edu/ironchef.

BUY FRESH • BUY LOCAL • LIVE HEALTHY

ENJOY HOMEGROWN
PRODUCE AND
SEASONAL CROPS AT



Open every Thursday 4 to 7 p.m.

June through October 22
at Central Park Parking Lot

FRESH FROM THE FARM

fruit, vegetables, berries, wines, cheeses,
flowers, breads, eggs and meats.

Support our local growers.

*Make Main Street Farmers Market
downtown Aledo your one-stop-shop for
all your produce needs.*

Need more information? Call Aledo Main Street

(309) 582-2751

Email: aledoms@qconline.com • Website: www.aledomainstreet.com

*Supported in part by a grant from the
Illinois Department of Agriculture*



Amy Petersen
Master Reflexologist
Nationally RCB Certified

Amy Petersen is an RCB nationally certified Integrative Reflexology™ Practitioner and Instructor, with over 550 hours of training. Certified in both Integrative and Zone (Ingham) Reflexology she has been a practitioner in Eastern Iowa for seven years. The focus of her practice is compassionate care integrative reflexology™ and therapeutic integrative reflexology™.

A well trained reflexologist can subtly and effectively have an impact on a client's balance of well-being.

Reflexology can reduce stress reactions, assist with post-operative or injury healing and relieve pain. It can reduce the effects of anxiety, high blood pressure and insomnia. These are some of the results of consistent, therapeutic, hand and foot reflexology treatments.



**Call to schedule an appointment
563-343-6821**

The Foot Bridge



Blueberry summer

Culinary adventure beyond the morning muffin

By Leslie Klipsch

Summer is ripe for fresh culinary opportunity and gastronomic adventure. Enabled by farmers' markets and the luxury of longer, more leisurely days, my husband and I have enjoyed several such seasons of good eating, many organized thematically by a hungry curiosity and passionate pursuit. For instance, we spent one summer with the goal of tasting all varieties of ice cream, custard, gelato, sorbet and frozen yogurt in town. That was in 2005, which I now fondly recall as The Summer of the Ice Cream Shop. We sipped our way through the summer of 2002 in search of the perfect mojito and recently enjoyed what could be called The Summer of the Layer Cake, which occurred in 2008 primarily in our own kitchen, the pinnacle being an early August eight-layer raspberry wonder. It seems only natural then that we might resurrect such summer feasting — this time with an expanded palate, a growing interest in health, and a fierce appreciation for the fresh and local. We are, at press time, deep in The Summer of the Blueberry.

A blueberry obsession is a healthy one as the blueberry is a superstar among foods that doctors and nutritionists recommend. In fact, blueberries have a long history of being used for health and medicinal purposes. One of the few fruits native to North America, these tiny blue delights were discovered by Native Americans who used the berries, leaves and roots for healing. Today doctors praise the antioxidant-rich fruit for the cancer-fighting agents found within its taut, luscious, dark-blue

skin. Blueberries also are lauded as a good source of calcium, fiber, potassium, folic acid, and vitamins A, C and E. Additionally, the U.S. Department of Agriculture's Human Nutrition Center currently is conducting tests on the merits of blueberries in the slowing of age-related ailments. All of this makes the blueberry a permanent fixture among top-10 lists of healthy foods. Yes, it's time to embrace the blueberry.

Integrating this super food is easy to do, thanks to its versatility. Of course, the blueberry is perhaps most famous for its appearance in a common morning muffin, but the tiny fruit has wide reach. This season, I've discovered new options and resurrected fond food memories: There is, of course, the classic, easy-to-make parfait, in which blueberries are tucked in a bit of dreamy vanilla pudding or creamy custard, mingling with other deeply hued fruits such as raspberries, blackberries and strawberries. And then there's the distinct pleasure of blueberry vinaigrette served over mesclun with grilled chicken, goat cheese, and toasted walnuts.

In 2004, the summer that our first child was born, my husband and I found energy and comfort in our daily stroll to a coffee shop for a blueberry muffin while our baby (sometimes) slept in his stroller. Five years after The Summer of the Blueberry Muffin, we're better rested and not as daunted by parenthood. This new season is sweet, almost simple. Kind of like a bowl of brilliant blueberries, nothing added, pleasing and lovely by its very nature.

Turn to Resources page 38 or visit radishmagazine.com for more blueberry recipes.



Paul Colletti / Radish

Classic Scones

- | | |
|-----------------------------|-------------------------------|
| 1¾ cups all-purpose flour | 2 large eggs, divided |
| 2¼ teaspoons baking powder | ⅓ cup heavy cream |
| ¼ cup sugar | ½ cup fresh blueberries |
| ½ teaspoon salt | Salt or sugar, for sprinkling |
| ¼ cup (½ stick) cold butter | |

Preheat the oven to 450 F. Into a large bowl, sift together the flour, baking powder, sugar and salt. Using a pastry blender or 2 knives, cut in the butter until the size of small peas. In a small bowl, beat the eggs. Reserve 2 tablespoons of the beaten eggs. Beat the heavy cream into the remainder.

Make a well in the dry ingredients. Pour in the liquid, add the blueberries and combine with a few swift strokes. Handle the dough as little as possible. Turn it out onto a lightly floured board. Pat to ¾ inch thick. To make the classic wedge shape, pat into an 8-inch round and then cut into 8 to 12 wedges. Place on an ungreased baking sheet. Brush with the reserved egg and sprinkle with salt or sugar. Bake until golden, about 15 minutes. Serve warm or at room temperature. Makes 8-12 scones. (Source: thejoykitchen.com)

Walk. Ride. Pedal.

Bike 'N Ride with METRO



Metro has routes that serve Quad City area parks and bike trails. Every Metro bus is fitted with bike racks to accommodate two bikes. Commutes to work are easier too; just put your bike on the front rack, ride the Metro then bike to the office. It's healthier for you and healthier for the environment.

For more tips on how to Bike 'N Ride click on gogreenmetro.com, and use the Trip Planner to plan your route.

Routes to take you near bike paths and trails.

ROUTE	ROUTE	ROUTE	ROUTE
10	20	40	55

For more Quad Cities biking information visit qcbc.org.

GoGreenMetro.com

body, mind & soul

Of spirit and soil

Iowa author on gardens, spirituality and wellness

By Ann Scholl Rinehart

As his wife, Sue, was battling cancer, and after she passed away in April, Blair Frank sought solace in the soil. “When Sue slept, I would garden for a while, and I would watch the garden grow and be uplifted and encouraged,” recalls Frank, 58, of Bertram, Iowa, a burg located about 10 minutes east of Cedar Rapids. “She loved the gardens, and I loved watching her be uplifted by them.”

Despite his grief over her April 2 passing at age 54, Frank says, “there was never a doubt that I would garden.” Sue would have wanted it that way, he says.

As Sue went through treatments, Frank turned to another passion: writing. The result is his first book, “Waking Up and Getting Ready: About Gardens, Spirituality and Wellness,” which came out last December. The following is an interview with Frank, a Methodist minister.

R: Why did you feel compelled to write this book?

BF: Three reasons. First, over the years of being a pastor, I was more and more alarmed at how little was being done to stop our bad habit of over-consumption and waste in our country.

Second, I was convinced that it is time to “wake up” and move into the “now.” What I mean by this is that our seemingly endless discussions about whether the earth is dying is wasting precious time and opportunity. My question is this: How can we respond now to the cries of the earth to make a better world for our children and their children?

My third reason is to offer a three-fold strategy in the now: to live simply, build community, and have an earth-centered spirituality. The first step in this strategy that brings all of them together is to love gardens and, if able, to tend to one.

R: What is the basic premise of your book?

BF: I believe the earth is crying out for us to wake up to the devastation we as human beings have helped bring upon it. I also believe it will take nothing less than a new way of thinking, doing and being if we are to help heal (the earth) or even to stop destroying the earth by the way we live, consume and think that war solves problems.

An earth-centered spirituality is an understanding of our faith ... based on the sanctity of air, land and water.



Blair Frank of Bertram, Iowa, and one of his gardens. (Photo by Ann Scholl Rinehart)

R: What do you mean by “earth-centered spirituality?”

BF: An earth-centered spirituality is an understanding of our faith and our life based on the sacredness and sanctity of the land, air and water. I believe an awakening is happening to the interconnectedness of all life. As this understanding grows, we will see that everything we do to care for the earth is integrally related to caring for our neighbors and our children and their children. As we care for the land, we build community.

R: What do you hope people will take away from your book?

BF: I hope people will read my book and “wake up” to a new awareness of how the earth and the people of the earth are in crisis. The soil, water and air cannot take any more of our abuse and still support life as we know it.

R: How has gardening helped you cope with your wife’s passing?

BF: Every gardener pays attention to the season — a time in spring for new birth, a time in summer for growth and in fall for harvest. A time for death comes in the winter, followed by the renewal of the cycle with new life and new birth in the coming spring. In other words, the garden teaches me about living and dying, as difficult as that can be after a loved one dies.

For more information, visit Blair Frank’s blog, BlairsMusings.com. Read a longer version of this story online at radishmagazine.com.



**YEAR ROUND
INDOORS AND OUTDOORS**

TUESDAYS 3:00 pm to 6:00 pm & SATURDAYS 8:00 am to 1:00 pm!





July Special Events

July 7: Tote Bag Tuesday: Free market tote bags to the first 150 customers beginning at 3pm.

July 11: Shimmy for Health: LaBonita Belly Dancers will be demonstrating this ancient art form for those seeking to add a little spice for their fitness regimen.

July 18: 1st Annual Watershed Festival: Learn how we all impact our water quality and what we can do to protect our environment. Hands-on activities for the whole family.



Saturdays Year-Round from 8:00 am to 1:00 pm
Tuesdays 3:00 pm to 6:00 pm May-October
421 W. River Dr. Downtown Davenport
www.freighthousefarmersmarket.com



Today is Monday

“Today is the first day of the rest of your life.”

You’ve heard the old saying. It’s true.
Don’t wait, start living a healthier lifestyle today.

Your local YMCA offers lots of opportunities for you to *move more* - in the water, on land, in a group or with a Wellness Coach.

Take a no-obligation tour today, get a free guest pass and see how the YMCA can help you lead a healthier lifestyle.

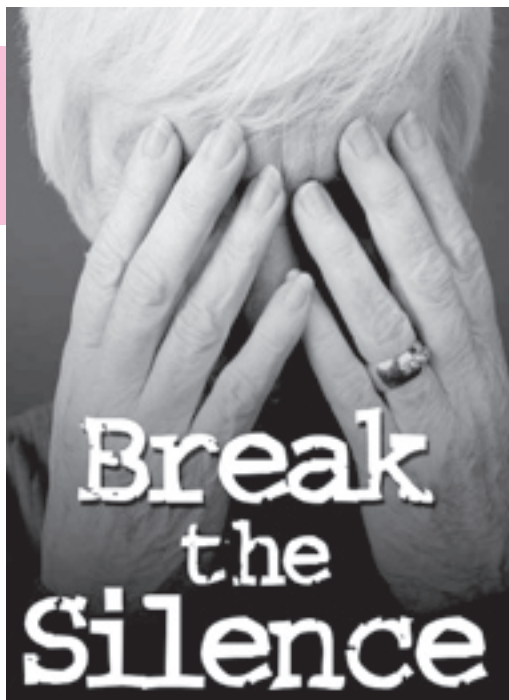
Visit your nearest YMCA branch:
Moline • Bettendorf • Davenport • Maquoketa
Camp Abe Lincoln



www.quadcitiesymca.org

Report Elder Abuse

Your report can make a difference!



If you suspect that an older person is being exploited or mistreated, report it.

Hotline:
1-866-800-1409
TTY: 1-888-206-1327

Prevent Exploitation

Volunteer for the
Money Management Program
at Alternatives for the
Older Adult
Call 1-800-798-0988

great places

Old is new again

Salvage Barn is a haven for home rehabbers

By Lindsay Hocker

Ton by ton, Friends of Historic Preservation volunteers salvage building materials from structures slated for demolition about four times a year. Their efforts keep about 40 tons of usable and historic items out of the Iowa City landfill annually, and the rescued materials are sold at the Salvage Barn.

"There is an intrinsic beauty to a lot of these things that is worth the effort," says Helen Burford, executive director of the Friends of Historic Preservation, which operates the Salvage Barn.

A variety of items are available for purchase, including doors, windows, railings, light fixtures, stair parts, grates, trim and old plumbing. All of the materials are recovered or donated.

Anyone can sift through and buy building materials at the Salvage Barn, located at the Iowa City Landfill and open every Saturday from 9 a.m. to 1 p.m. during the summer.

"Lots of people come here to buy some of the more unusual things, and they use them to make crafts and in new homes as well," Burford says.

The purpose of the Salvage Barn is to save old house parts from places that are being demolished so people can repurpose them, particularly while restoring older homes. Burford said the concept began in 1992, and its doors opened in 1993.

On a May afternoon, Craig Martin of Iowa City stopped in to hunt for a piece of baseboard. He said he's trying to keep the materials in his 1896 home consistent and is glad to have the Salvage Barn to turn to.

In addition to being useful for homeowners, the Salvage Barn also helps Iowa City by keeping

materials out of the landfill. Landfill superintendent Dave Elias said he thinks of it as a great recycling program. "It's a lot of stuff and it's valuable stuff — why should we throw it away?" he says.

Several homes that incorporate salvaged materials are featured in the organization's historic parade



Craig Martin of Iowa City owns an 1896 home and loves the fact that the Salvage Barn sells materials, such as baseboards, for restoration. (Photo by Lindsay Hocker)

of homes, including the recently opened Plum Grove Inn in Iowa City (thomasarchitect.com/PlumGroveInn.html). Dark walnut millwork from a Belle Plaine, Iowa, salvage makes the interior of the new eco-friendly building look decades — or a century — older, though it has been completed for less than one year.

During tours of the bed and breakfast, which doubles as a home, visitors often ask Thomas McInerney about its age and history. McInerney,

an architect, always tells them he completed the Plum Grove Inn in 2008. "It blows people's minds," he says.

To end all arguments, McInerney keeps a photo of the foundation being dug to convince disbelievers. Because visitors often can't believe the home's age, McInerney and his partner, Shelly Slaubaugh, know they have succeeded in creating their dream.

Slaubaugh purchased the millwork while their home was still in the design phase. As an antiques collector, she says she knows that if you see something rare that you want, the likelihood of seeing it again is slim. She couldn't walk away from it.

"The craftsmanship doesn't exist like it did in the past without great expense," she says. The couple volunteered at two Cedar Rapids salvages and purchased flooring from those houses for the inn.

While working with older materials requires some extra care, those involved say it is well worth the effort.

"The results are far greater than the investment made in terms of time and labor," Burford says.

As McInerney puts it, for the price of a little bit of elbow grease, you can get something you can be proud of.

In addition to materials, browsers at the Barn can also get advice concerning restoring historic homes or buildings.

"It's a place you can go and talk to people who understand how to repair older homes and buildings," Burford says.

For more information, visit ic-fhp.org/salvagebarn.html or call (319) 351-1875.



The 8th Annual
**Illinois Renewable Energy
& Sustainable Lifestyle Fair**
— August 8th & 9th, 2009 —
at the Ogle County Fairgrounds, in Oregon, IL.



The Fairgrounds will open
at 9:00 a.m.
on Saturday and Sunday.

The Fair will feature over 100 booths
and exhibits, 60 workshops, food,
entertainment, children's activities and tours.

Visit www.illinoisrenew.org
for event details.

Organic & Local Food, Entertainment, Education and Fun!



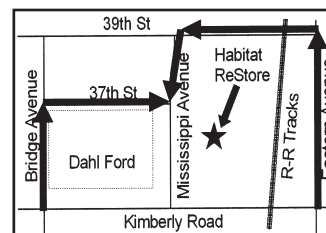
CONSTRUCTION



WHERE IN THE WORLD IS THE...

 **Habitat for Humanity®**
QUAD CITIES

ReStore



**STILL AT
3629 MISSISSIPPI AVE.
IN DAVENPORT**

During construction of
Kimberly Road, take Bridge
or Eastern Avenue...

...to find GREAT DEALS

on new and gently used building products!

OPEN TO THE PUBLIC: Wed 10-7, Thurs-Fri 10-5, Sat 10-3

www.restoreqc.org



Thoughtful Radio

wvik 90.3 fm
AUGUSTANA PUBLIC RADIO



gardens

Eco-friendly bouquets

Homegrown flowers make affordable decor

By Darcy Maulsby

Whether you have a large garden filled with flowers or a few containers bursting with blooms, you can create gorgeous floral arrangements to decorate your home or deliver to your friends on special occasions. As a bonus, you can ensure that your own locally-grown flowers are raised in an environmentally-friendly way.

"You don't need a big garden to have enough flowers to make a floral arrangement," says Joyce Gauger, an Iowa State University Extension Master Gardner from Muscatine County, Iowa. "In fact, less can be more."

The art of selecting blooms: Some of Gauger's favorite homegrown annual flowers for arrangements include zinnias (which are especially easy to grow from seed), gladioli, celosia, larkspur, bells of Ireland and cosmos. Her favorite perennials include liatris, delphiniums, Shasta daisies, coral bells and lilies, including Asiatic, Oriental and calla lilies. Other excellent choices for perennials include coneflowers, rudbeckia (black-eyed Susan) and yarrow, Gauger added.

Even if you don't grow many flowers in your garden, don't overlook plants like cat-tails that grow wild in ditches along country roads. In addition, Queen Anne's lace, which commonly is considered a weed in the Midwest, can make a striking filler in arrangements, says Bev Rings, a Master Gardener and floral designer from Dallas City, Ill.



Here are instructions for simple, lovely floral arrangements.

Condition flowers properly: Harvest the flowers in the morning, after the dew has dried, when the plants' moisture content is at its peak. If you plan to cut tall flowers or large numbers of flowers, bring along a bucket of warm water. If you only plan to cut smaller flowers or a few blooms, a recycled plastic food container filled with warm water can also work, says Joyce Gauger, a floral exhibitor at the Muscatine (Iowa) County Fair for more than 40 years.

Cut flowers with a knife or very sharp shears, and immediately place the stems directly in the water so the flowers can begin "drinking" and remain firm, not droopy. Do not crowd flowers too much in the container. Finally, keep the flowers out of direct sunlight, preferably in a cool spot like an air-conditioned room, until you are ready to arrange them.

Pick a container that suits your style:

Depending on the look you desire, potential containers for floral arrangements include traditional vases, Mason jars, teapots, pitchers, sugar bowls and more. While a vase is a classic option, consider one with a wider bottom and narrower top. "This will hold

the flowers together easier, plus it won't take as many flowers to make an attractive bouquet," says Bev Rings, a graduate of the American Floral School in Chicago.

Follow basic design

principles: Current styles in floral arranging aren't overly formal, Rings added. "Many people want their arrangements to look like they just went out and picked a bouquet of flowers, and this style can be achieved when you follow a few basic design principles."

In general, there are four groups of plants and flowers to include in an arrangement. Tall, spiky, line flowers, such as gladioli and delphiniums, add height and set the design parameters for an arrangement. Rounded flowers, such as zinnias and daisies, add color and help fill in the design. Wispy clumps, such as baby's breath, bachelor's buttons and ferns, add texture to an arrangement and help complete the look.

Finally, canna leaves, iris leaves, hosta leaves and cosmos foliage offer excellent options for greenery to make a "collar" around the top of the container.

As you create your arrangement, it helps to work in odd-numbered groups of three flowers or five flowers for maximum impact, says Gauger, who often uses floral foam to help structure some of her designs. Also, if you have a few special flowers you would like to showcase, add them last so they show up distinctly.

Feed your flowers: To keep your arrangement looking beautiful for as long as possible, change the water at least every few days. Include flower food, which Rings makes by mixing 24 ounces of water, 1 teaspoon of white vinegar, 1 tablespoon of granulated sugar and 1 crushed aspirin.

"There are no strict rules with floral arranging," Rings concludes. "Just have fun, cut whatever flowers strike your fancy at the moment and express your own style."



Quad City Botanical Center
Urban Market

Thursday Nights 4-8pm
thru September
2525 4th Ave., Rock Island, IL



QUAD CITY
BOTANICAL
CENTER

- * Arts & Entertainment
- * Home Grown Produce
- * Free Admission to Market
- * Hand Crafted Items
- * Shop Area Vendors With a Wide Variety of Items

www.qcgardens.com

To be a vendor at the
Urban Market
call - Megan 309-794-0991 x 25
or Beth 309-794-0991 x 30

**We have
Rain Garden
Plants!**

Kathy Hale-Johnson, Proprietor
cell 309-371-9598
www.simplynativenursery.com



**SIMPLY NATIVE
NURSERY**

Open by Appointment Only
Landscape Design Services Available

General dentistry with a caring touch



Dr. Krista L. Kukarans, D.D.S.

Dr. Kukarans and her staff provide excellence in dentistry with kind and gentle hands.

The unique relaxing atmosphere and caring touch strive to make each dental visit a pleasant experience.

Our approach to dentistry promotes health and wellness. We support and inform our patients so they can make educated, healthy choices.

*Now accepting new patients —
Call to learn more about our exceptional dentistry.*

2305 Jersey Ridge Road, Davenport, Iowa
563.355.0258

New In Town? WELCOME!



Neighborhood Greetings has a
FREE packet
for you with coupons and gifts from
area merchants worth over \$500

**Call Teri At
(563) 332-6498**

In Geneseo call
Kellee (309) 944-5973



NEIGHBORHOOD
GREETINGS
LLC

www.qcgreetings.com

turn your
{goals} into **{reality}**



- > family atmosphere
- > small classes
- > faith and service opportunities
- > exceptional housing options

**StAmbrose
University**

518 West Locust Street • Davenport, Iowa 52803
563/333-6300 • toll free 800/383-2627
www.sau.edu

food

Biodynamic vines

Enjoying wines crafted the holistic, spiritual way

By Sharon Wren

When it comes to environmentally responsible wines, biodynamics are tops. But “biodynamic” doesn’t refer to a special kind of grape or growing region. It’s a way of growing the grapes that’s a few steps beyond organic.

Biodynamic grape-growing incorporates sustainable farming, and recognizes that all life is interconnected, including the cycles of the sun and the moon. “It is a holistic and spiritual approach to winemaking, includes organic farming, and limits the use of organic compounds, like sulfur, while encouraging the use of natural predators to protect the vineyards. Self-sufficiency is the goal, and natural systems such as cover crops, compost, and ... herbs are incorporated. The goal of the winemaker is to produce vineyard site-specific characteristics in the wine,” says Irene Huffman, a wine educator and international judge from Milan, Ill.

In other words, biodynamic growing is more than tossing a few scraps in the compost pile and then spreading it on the vines.

Biodynamic agriculture, whether it’s grapes or another crop, considers the entire farm, not just the soil, as a living system. Biodynamic farms are supposed to be closed, self-sustaining systems. The practice views the farm in the context of the wider pattern of lunar and cosmic rhythms. Obviously, chemical fertilizers and herbicides are a big no-no. The soil is worked by manual plowing and specially prepared enhancements are applied according to natural rhythms. These enhancements aren’t like the compost tea you may apply to your garden. One, called “500,” involves cow manure fermented in a cow’s horn, which is buried, overwinters in the ground, and later is mixed with water and sprayed over the vineyard. These preparations are said to control the breakdown of manures and compost, helping make more trace elements available to the growing plants, according to The Wine Anorak, an online British wine magazine (wineanorak.com).



Nancy and Steve Rosetti, owners of Rosetti Wine Shop and Faithful Pilot Cafe & Spirits and in LeClaire, Iowa, show some of the biodynamic wines they serve and sell. (Photo by Gary Krambeck / Radish)

According to the Web site, biodynamic agriculture had its start in a series of lectures called Spiritual Foundations for the Renewal of Agriculture by Austrian philosopher-scientist Rudolf Steiner in 1924.

Today, vineyards all over the world, from France and New Zealand to the U.S. are adopting these ultra-natural methods. Some are certified biodynamic, while others are trying it in small doses. Like organic farms, biodynamic vineyards must be certified to use the designation. Demeter International is the group that certifies biodynamic vineyards. To

become certified, a vineyard must use only biodynamic methods for two years. Animals in the vineyard aren’t mandatory but are highly recommended, according to Anne Mendenhall of Demeter USA.

As she told The Wine Anorak, “chickens running in the vines during the growing season and sheep grazing during the winter have been successful. They are there more to provide the astral component of the farm.” While most practitioners consider correct timing of enhancements to be vital to success, it’s not a requirement of certification. Mendenhall says that “no one has been decertified for improper timing in the U.S.”

Famous Fossil Winery in Freeport, Ill., takes biodynamic viniculture a step further. Not only are the four acres of vineyards sustainable, but so is the winery itself. It features south-facing windows for passive solar heat, Energy Star appliances and a tankless water heater, and was built with low-VOC and recycled materials. The vineyard was certified biodynamic by Demeter USA in 2007.

Because of these time-intensive practices, biodynamic wines are often more expensive to produce, but the final product is worth it, according to Huffman. “Wines differ in taste because of the emphasis on the vineyard site characteristics and care of the vineyard, instead of blending for a universal character.” Biodynamic wines will differ from vineyard to vineyard because of variations in soil makeup, but those differences can be delicious and are becoming more popular.

“There is a small but growing demand for these wines, as consumers want more natural products. Most retail stores carry some of these wines,” Huffman says.

Rosettiwineshop.com, the online Rosetti Wine Shop, is one such place. And according to Nancy Rosetti, who owns the wine shop with her husband, Steve, “the truth is that many biodynamic wines are exceptional, and, often, exceptionally priced.”

Turn to Resources page 38 for more information.

community

APRIS reads the news for those who can't read it for themselves

By Laura Anderson

Volunteers have been delivering the news to people with diminished sight and physical impairments in the Quad-Cities and beyond for 20 years through a public radio program. They meet at WVIK Public Radio studios in Rock Island to read the news with the Augustana (College) Public Radio Information Service (APRIS), says Sonita Oldfield-Carlson, Development Director at WVIK.

APRIS is a major broadcast social service for folks living in eastern Iowa and northwestern Illinois who no longer can hold or read a newspaper. They receive APRIS for free from WVIK, which also provides APRIS receivers to nursing homes, senior and group care centers and hospital rehabilitation units, says Oldfield-Carlson.

Each weekday, several of the nearly 170 volunteers come to the WVIK studios to select articles from local newspapers. Then they read them on the air — live — between 8 a.m. and noon and between 5 and 7 p.m. “Locally-generated APRIS programming (runs) seven to nine hours a day, 40 hours a week, supplemented daily and on weekends by a national reading service network called INTOUCH,” Oldfield-Carlson says.

While television or streaming-video news on the Internet might seem like a more obvious option for people who can't read the newspaper, those media don't address the needs of listeners who are looking for intensely local information. According to APRIS participant surveys, most of the popular topics on the schedule include weddings, anniversaries and obituaries, as well as local health and business news, which local newspapers provide.

“These distinctive features make APRIS a unique program in the Quad-Cities community,” she says. “By utilizing the power of broadcast technology and providing free placement of the equipment needed, the visual and mobility barriers to receiving news and information are overcome for participants.”

Nearly 1,130 people in 73 communities within the WVIK broadcast region are currently benefiting from APRIS, Oldfield-Carlson says. “WVIK (covers) a 75-mile radius from the Augustana campus.” Based on population data and studies conducted on vision impairment, WVIK projects that more than 9,000 people in Scott and Rock Island Counties may be eligible to use APRIS.

If you'd like to volunteer to read the news, contact APRIS at (309) 794-7560 or wvik@augustana.edu, or visit volunteersolutions.org, enter ZIP code 61201 and view “Radio That Reads Needs You.” Morning and early evening hours are available.



Sue Yoder and her daughter, Carley, read newspapers over the airwaves in the studios of WVIK, Rock Island. (Photo by John Greenwood / Radish)

Ancient Wisdom Acupuncture Clinic

*Experience acupuncture
& Chinese herbs,*

Enjoy our health & wellness teas!

*Try some samples,
ask some questions.*

Ancient Wisdom Acupuncture Clinic
2395 Tech Drive, Suite 7,
Bettendorf, Iowa
563-332-1891

Presenting solutions for Healthy Living in a warm, friendly, non-judgmental atmosphere

Add Acupuncture, Massage or Reiki to your wellness plan today!

- Being healthy depends on more than just eating the right foods. A healthy you is a confident, happy, and energetic you...we'll help you get there!

-Burn up to 700 calories without lifting a finger while you enjoy our infrared sauna...recently endorsed by Dr.Oz on Oprah!

*Join during
month of July
and save \$89.00
on your fitness
membership*



TAKE ACTION

www.takeactioninc.com

Old Town Mall
901 E. Kimberly Road
Davenport, Iowa 52807



“HITTING THE TARGET”

**It's YOUR Choice –
Take Action Today
Call: 563-445-6640**

body, mind & soul

An intro to chakras

Opening up the body's energy centers for well-being

By Ann Scholl Rinehart

If you've had reiki or any other type of energy work, more than likely you've heard the word "chakra." But what are chakras? Where does the word come from? And how do you pronounce it correctly?

A good place to start is pronunciation. When pronounced correctly, the word sounds like "chuck" and "ra," as in "ramen" noodles.

So what are chakras? "The chakra system of wellness goes back thousands of years and comes to us through the Vedic tradition," says Mary Thompson of North Liberty, Iowa, who is a member of the faculty advisory team at East-West School in North Liberty. Thompson has been teaching reiki since 2002. "Chakras are generally thought of as seven 'wheels' of energy, located along our spine. This is the energy of our emotions, thoughts and

spiritual selves. ... The basic belief is that, by allowing the energy within to flow freely, we maintain our wellness. To me, working to maintain a balanced and open chakra system is a wonderful complement to Western medicine."

Janet Swartz, a practitioner from Fairfield, Iowa, explains that when the chakra system is balanced and fully open, it "allows our energy to flow in an unobstructed way so that we are healthy on all levels: physical, mental, emotional and spiritual. If one chakra is clouded, blocked or shut down, it obstructs the flow to the other chakras, and we may face challenges on one or more levels of life."

Thompson adds that when we react with anger, tension, or fear, we can disrupt our wellness and set the stage for creating a blockage in our chakra energy flow.

"This negative energy or blockage can settle in a specific chakra area, creating pain or discomfort," she

says, adding, "The stomach, or solar plexus chakra, seems to be my favorite landing zone."

Thompson says that people can help keep their energy flow open by shifting their focus away from a "stressed or negative mindset." She also suggests eating a balanced diet and exercising. Yoga and most contemporary alternative healing techniques, like reiki and healing touch, can help get the energy flowing, she adds.

So what would the world be like if everyone's chakras were open?

"What a wonderful thought," Thompson responds. "Certainly our wellness and longevity would increase and perhaps the great gift of peace would be ours."

Go online for more information about classes by Janet Swartz (empowermentprocess.com) or Mary Thompson (sacredintentions.org/id147.html).

The seven chakras

With practitioner Janet Swartz

Third-eye chakra: Located in the center of the forehead, it is "the intuitive center of awareness, where we make clear judgments according to our insight and intuitive guidance." Its color is indigo.

Heart chakra: Located at the heart, it is the home of emotional energy. It is the center of relationship, compassion and love. Its color is green.

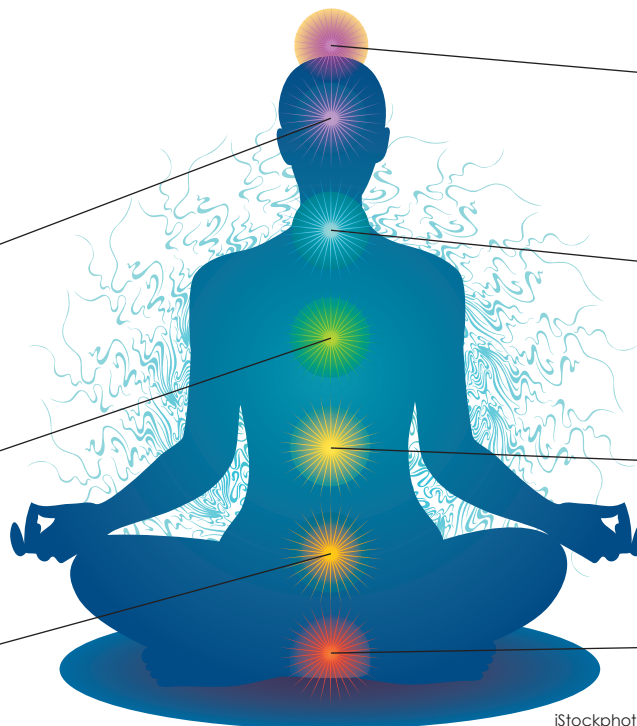
Sacral (spleen) chakra: Located in the pelvic region, it is the sensing-and-feeling chakra. "It is the seat of creativity. When (it's) balanced, we feel emotionally balanced." Its color is orange.

Crown chakra: Located at the top of the head, it is the home of spiritual energy. "It allows us to connect to the power of our unity with all of life." Its color is violet.

Throat chakra: Located at the throat and neck area, it is the seat of communication energy. "It allows us to communicate the truth to ourselves and to others." Its color is blue.

Solar plexus chakra: Located in the navel area, it is the seat of mental energy. "It is the seat of individual power. When it's balanced, our self-esteem is high." Its color is yellow.

Root chakra: Located at the base of the spine, it is our "life-force" energy. "It allows for grounding and gives us the ability to manage our physical world." Its color is red.



iStockphoto



HUNGRY?

**We're Serving Up 5 Weeks +
9 Chefs for... 1 Sizzling Fundraiser**

Follow the competition by joining us each Monday in July from 4-6 p.m. at Trinity at Terrace Park Farmers' Market for the

GRILL MASTER COMPETITIONS presented by: **T&K True Value Hardware**
meeting the challenge since 1942

Competing Area Chefs include: **Chef Blake Schar** - Woodfire Grill,
Chef Russell Bolar - Black Watch room of Pebble Creek,
Chef Chris Carton - Heritage Woods Senior Living Communities &
Lighthouse of Silvis, **Chef Steve Hall** - Johnny's Italian Steakhouse,
Chef Eran Salzmann - Z-Best Café, **Chef Jason Gomez** - Isle of Capri/
Farraday's, **Sous Chef Phillip Austin** - Davenport Country Club and
Sous Chef Chris O'Conner - Crow Valley Country Club

There is no charge to attend the market competitions.

Then join the final four chefs as they battle it out at the

FINAL SHOWDOWN

Featuring:



Chef Paul Virant – Vie Restaurant
www.vierestaurant.com
Sunday, August 2nd at the Isle of Capri –
Isle Center, 1-5 p.m.
Tickets just \$40 per person

A ticket includes admission to the Home Grown Iron Chef Competition Final Showdown on August 2nd, Chef Phil Virant's cooking demonstration and a plate of delicious Savory and Sweet Tapas. Plus, enjoy some laughs with the Emcees of Laughter - ComedySportz Quad Cities. All proceeds raised from this event will support Scott Community College programs and foundation scholarships. Make a donation to the college at the final showdown and receive a thank you gift from the donor Reward Center sponsored by:

BED BATH & BEYOND

Hurry seating is limited.

563.441.4063 | www.eicc.edu/ironchef

Special thanks to:



Radish
HEALTHY LIVING FROM THE GROUND UP

Reader
Quad Cities

FAMILY FOCUS

Mark Your Calendars!

10th Anniversary



Saturday, September 19, 2009

1:00 - 5:00 p.m.

LeClaire Park,

Downtown, Davenport, Iowa



Check out more than 150 beers, great cheeses, and enjoy live entertainment

WQPT

QUAD CITIES PBS

Proceeds benefit WQPT • wqpt.org/brew

environment

Farmland forever

Kerr family's Morrison, Ill., homestead never will change

By Elizabeth Janicek

Corliss Kerr's mailbox displays no address, but old-fashioned landmarks are all you need to find her farm. "It is six miles north on 78 from Route 30. And I'm on the right-hand side of the road, and the buildings are all white, and I have lots and lots and lots of trees." Save the color of the buildings, those directions will never change — ever. The grove of trees that mark home for the Kerrs, the prairie and fields that have been in their family since 1872, never will be replaced by a gas station or housing development or hog confinement.

That's because the family has placed its 379 acres, just north of Morrison, Ill., into a permanent land easement, a legal contract that shields the land from development forever. The Kerrs wrote the rules for how the land — part agricultural, part woodland — can be used, and all future owners will be legally required to follow them.

Developers years ago had suggested turning the property into a plowed, paved and gated community. After five generations of farming, adding timbers and restoring prairie, "my parents were horrified at the idea," recalls Jane, Corliss and Russell's daughter, who grew up on the property with her brother, Duane.

A neighbor had put her nearby land into an easement, so the Kerrs decided to look into it, too. They never looked back.

"We just thought it was a wonderful idea," says Corliss. "We wanted to keep the land in agriculture, to keep it from being developed in any way. This is the best way we knew of to be sure that happened."

In an easement, land owners don't give up the title to their land, but they do give up certain rights on the land in order to protect it. They then hand over those rights to a nonprofit organization, which is charged with ensuring compliance of all present and future owners. Like their neighbor, the Kerrs worked with the Natural Land Institute, a Rockford, Ill.-based non-profit that oversees 3,400 acres of easement land in northern Illinois and southern Wisconsin.

Drafting and re-drafting the easement document took years, says Jane, "which gave us time to make sure it accomplished what we wanted it to accomplish." During the process, Corliss' husband, Russell, passed away. But she, Jane, and Duane, with the help of Rick Lawrence from the Natural Land Institute, kept working toward the family's goal.

They hired a professional forester to establish a long-term forestry plan for the timbered acres. They took suggestions from farmer Steve Belha, who rents their farmland as well as the easement land next door. They drafted clauses to allow farmland to turn back into prairie or wetland, but not the other way around. They asked questions, answered questions and asked some more.

Part of the challenge was finding the right language to adequately protect the agricultural land without denying future farmers the freedom the Kerrs wanted them to have.



Because of a conservation easement on the property, Corliss Kerr's farmland never will be developed. (Photo by Adam Jevne)

"We had to think: What would farmers be like 100 years from now?" says Corliss. They considered everything from how many livestock heads per acre to whether signage would be allowed on the property.

"We made sure there can't be a big factory farm," says Jane, "and then in a lot of places, it says 'commonly accepted agricultural practices at the time.'"

It's now up to the Natural Land Institute to ensure compliance. They will monitor by regularly returning to the land and comparing its state with original photographs and GPS coordinates.

"We try to make it a positive experience," says Cathy Engstrom of the Iowa Natural Heritage Foundation, an organization that also helps establish easements.

But a conservation easement affects more than just the land. "This is, for many people, the biggest financial decision they'll make in their lives," explains Engstrom. "The farm is their biggest asset," and by removing the possibility of development, "they are making a substantial change in the value of that asset."

This change in value means a smaller nest egg, but a big break in property taxes. Yet finances, and even rich ancestral heritage, don't in themselves explain the Kerrs' decision to protect the land. The importance of preserving agriculture in all places, not just home, is something that the whole family feels strongly about.

"If we'd bought the farm in the '80s, we still would have done it," Jane says.

For more information, turn to Resources page 38 or read a longer version of this story online at radishmagazine.com.

LANDSCAPING

FREE ON-SITE ESTIMATES

STONE PATIOS • RETAINING WALLS • WALKWAYS
FIREPITS • OUTDOOR FIREPLACES • PONDS
WATERFALLS • TREE & SHRUB INSTALLATION • LIGHTING

3030 BRADY ST. DAVENPORT 563-323-0055 WWW.THEGREENTHUMBERS.COM HOURS: M-F 8-8 SAT 8-5 SUN 9-5



Local, Sustainable, Beautiful



TRILLIUM DELL
TIMBERWORKS

Knoxville, Illinois 309.289.7921
www.trilliumdell.com • info@trilliumdell.com



Timber Frame Homes & Structures

- framework for energy efficient green buildings
- offering environmentally conscious forest products



Splash
into a
Summer of FUN!
Riverside Aquatic Center
Moline, IL

POOL NOW OPEN
M-TH 12-6
F-SUN 12-5

Call 736-5714 to book a private rental. Private rentals available
Fri., Sat. & Sun. from 6-8. Pool phone: 797-0788
Take time to play. FUN! FUN! FUN!
Programs ~ Pool ~ Greenhouse ~ Games
Moline Park & Recreation is offering
you a Summer of FUN...
Cooking - Yoga - Rowing - Sports - Gardens - Special Events

MOLINE PARKS & RECREATION
309-736-5714
www.moline.il.us



Real Life. Real Health. Real Living.

If your busy life is overwhelming you and your health, we can help. At the Palmer Chiropractic Clinics in Davenport and Moline, we have more than 25 highly qualified, experienced doctors of chiropractic who are assisted by well-trained student interns.

With our natural approach to health care, we'll help you heal from the inside out so you can get back to *real* living.



Davenport
(563) 884-5801

Moline
(309) 764-4901



PALMER
Chiropractic Clinics

rooting around

The night sky is the celebrity at these parties

Summer star-viewing parties will be held several evenings this summer at the Monsignor Sebastian G. Menke Observatory at the Wapsi River Environmental Education Center, 31555 52nd Ave., Dixon, Iowa. Star parties will be held July 18, Aug. 15 and Sept. 12. Observatory director Robert Mitchell, Ph.D., will give tours of the sky. Guests are encouraged to call the observatory at (563) 333-6141 on the day of an event to find out if the weather will permit viewing.

Festival celebrates the work of hands in Crystal Lake, Ill.

For those who knit, dye, spin, make jewelry, bind books and do other hand crafts, the Midwest Fiber and Folk Art Fair will be held July 17-19 at McHenry County College, 8900 U.S. Highway 14, Crystal Lake, Ill. The event will include workshops, a marketplace with unique vendors, demonstrations, food, music and a fine art show. Hours are 10 a.m. to 6 p.m. July 17 and 18 and from 10 a.m. to 4 p.m. July 19. Admission, paid at the gate, is \$10 per day or \$25 for all three days. Kids ages 10 and under get in free. Parking is free. For more information and a complete schedule of workshops, visit fiberandfolk.com.



MCT

Exercise for your heart, lungs and bones

Physical activity, exercise and sport all provide a variety of benefits to our heart, lungs and other vital organs. Now researchers at the University of Michigan have confirmed that exercise is just as important for a healthy skeletal system. Ronald Zernicke, director of the University of Michigan Bone & Joint Injury Prevention & Rehabilitation Center, concluded that exercise, specifically weight-bearing activities such as running, gymnastics, basketball and dancing, are effective in building and enhancing overall bone health. Zernicke's scholarly review, published in the July/August issue of "Sports Health: A Multidisciplinary Approach," synthesized information over the last 50 years on the role of exercise on skeletal tissue and overall bone health.

Leopold Center releases glossary of climate-change terms

Just as the science of climate change evolves, so does the way we describe it. A new glossary from the Leopold Center for Sustainable Agriculture defines climate-change terms. "Understanding Common Terms Used in Discussions about Climate Change and Agriculture" was written by Rich Pirog, Leopold Center associate director and leader of the center's Marketing and Food Systems Initiative, and Rebecca Rasmussen, an MBA student in the Iowa State University College of Business. The glossary is available on the Leopold Center Web site, www.leopold.iastate.edu. Or you can order a hard copy by calling (515) 294-3711 or sending an e-mail to leocenter@iastate.edu.

'Girls on the Roof' flood narrative available now

Mary Swander, named Iowa poet laureate earlier this year by Governor Chet Culver, has published her new book of poetry, "The Girls on the Roof" (April 2009, WordTech Press). "The Girls on the Roof" is a long narrative poem about a mother and daughter stuck on the roof of Crazy Eddy's Café on the banks of the Mississippi River for three days during the 1993 flood. There, the two women discover that they've had an affair with the same man. "The Girls on the Roof" is available at Prairie Lights in Iowa City (prairielights.com) and at Swander's Web site, maryswander.com. The price is \$18.



Submitted

'Families in Transition' teaches loved ones to cope with age-related changes

The 5th annual Senior Seminar & Social, "Families in Transition," will be held from 3:30 to 7:30 p.m. July 15 at the Center for Active Seniors, 1035 W. Kimberly Road, Davenport. The event will include food, prizes, vendors and health screenings, including balance, blood pressure and hearing. The event is free and open to everyone, and donations will be accepted. At 4 p.m., performance consultant Donna Honold will present "Kaleidoscope of Change," a program that will help participants understand how they deal with change in their lives. At 6:30 p.m., Phyllis Zalenski, a family resource management specialist, will present "Who Gets Grandma's Yellow Pie Plate?" Zalenski will provide ideas for beginning and organizing the process of dividing personal property. Families in Transition is hosted by the Quad Cities SR Alliance and CASI. For more information, call (563) 359-0033.

Learning to live an authentic life

Author Vinita Hampton Wright will present a weekend workshop July 10-11 at Prairiewoods Franciscan Spirituality Center, 120 E. Boyson Road, Hiawatha, Iowa. "Days of Deepening Friendship: For the Woman Who Wants an Authentic Life With God" will begin at 6:30 p.m. July 10 and end at 4 p.m. July 11. The workshop is for women of faith. Wright will tap into proven wisdom of Ignatian spirituality by using prayer, imagination and reflection. Cost is \$145 and includes workshop, lodging and Saturday breakfast and lunch. Commuters pay \$85 for the workshop and lunch Saturday. Scholarships are available. For more information or to register, visit prairiewoods.org or call (319) 395-6700.



Vinita Hampton Wright (Submitted)

Tuck 'Healthy Highways' into the glove compartment for a yummy road trip

Recently released is an updated version of "Healthy Highways: The Travelers Guide to Healthy Eating" (Ceres Press, \$19.95, Second Ed., 2009). Authors Nikki and David Goldbeck have added 1,000 eateries to the book, which features vegetarian and vegan restaurants, as well as those committed to healthy eating. "Healthy Highways" is arranged alphabetically by state and city for all 50 states. The book is \$19.95 in bookstores and online at HealthyHighways.com.



Submitted

'Hot' yoga comes to the Quad-Cities

Want to try a hotter kind of yoga? Hot yoga, or Bikram yoga, as it is known in India, uses heat to get the body moving. Hot Yoga Quad Cities — a new yoga studio that offers classes in 105-degree heat — now is open at One River Place, 1225 East River Drive, Suite 220, Davenport. Drop-in classes are \$15 each, and multiple-class passes are offered at a discount. For a schedule of classes or for more information, visit hotyogaquadcities.com or call (563) 508-4410.

Urban Market thrives at the Quad City Botanical Center

A new Urban Market is in its second month at the Quad City Botanical Center, 2525 4th Ave., Rock Island. The market, which is held from 4 to 8 p.m. every Thursday in the parking lot, features food and plant vendors, as well as art, jewelry and crafts. For more information, contact the Botanical Center at (309) 794-0991 or visit qcgardens.com.



John Greenwood / Radish

Local foods guide available online

The 2009 Buy Fresh Buy Local Food Directory is now available from Northern Iowa Food & Farm Partnership (NIFFP) at the University of Northern Iowa Center for Energy & Environmental Education. The directory features information about where to purchase locally grown meats, fruits and vegetables in Black Hawk and neighboring Iowa counties. It also lists grocers, restaurants and institutions that buy local foods. New additions to the directory this year include a chart that shows the best times to buy Iowa fruits and vegetables, information on how to buy locally grown meat, and a list of 2009 local food events. For a copy of the new guide, e-mail andrea.geary@uni.edu, call (319) 273-7883, or visit www.ceee.uni.edu.

Join Us for Yoga Happy Hour

A FREE Class... every Friday
from 5:30-6:30 p.m.

The Davenport School of Yoga has been sharing the insight and power of yoga with the Quad Cities since 1996, and we are proud to be the Quad Cities "original" yoga studio. We specialize in traditional Hatha yoga, and you can expect fundamental classes from our instructors, emphasizing the most important aspects of any yoga practice: strength, flexibility and balance, internal focus and release of tension and stress.

Now more than ever it is important
to find a way to reduce stress.

Yoga can help.

"In times of economic crisis, people turn to yoga"
Reuters 1/12/09

No flexibility required - Beginners welcome

The Davenport School of Yoga
421 Brady St.
Davenport
563-322-5354



www.davenportschoolofyoga.com



Bauer Custom Meats

Offering a variety of all
natural, pasture raised meats.

**Free Range Beef, Lamb,
Pork and Poultry**

Raised in a healthy sustainable environment.

**Our animals are free of
antibiotics and growth
hormones. Healthy food
raised locally.**

*Family owned and operated since 2000
serving the Quad City Area.*

<http://www.bauercustommeats.com>
info@bauercustommeats.com

Bauer Custom Meats
PO Box 237
Mineral, Illinois 61344
309.288.5110



HomeWorks Central Inc



*"Homeworks Central Inc.
did a great job on our house.
The new roof, siding and
windows gave our house a
fresh new look. We love it
and have recommended
them to all of our friends."*

- Moline

**CALL US FOR A
FREE ESTIMATE
ON A HOME
IMPROVEMENT
PROJECT THAT
MAY QUALIFY FOR
A TAX CREDIT UP TO
\$1500**



HomeWorks Central Inc.
is a full service
home improvement company
offering the highest quality
home repair, remodeling,
and restoration.

We can provide you
with a solution to fit your
style, timeline, and budget!



Call for a FREE estimate!
309.736.1080
www.HomeWorksCentral.com

Windows • Doors • Siding & Cultured Stone • Roofing (Asphalt/Steel) • Decks (Wood/Trex) • Leaf Slugger Gutter Protection • Room Additions • Kitchen, Bath & Basement Remodels

RELIEVING QC STRESS FOR 10 YEARS!!

TRUSTED • PROFESSIONAL
EFFECTIVE

WALK – INS WELCOME
Appointments Suggested!!

- Swedish Massage
- Manual Lymph Drainage
- Hot Stone Massage
- Chair Massage
- Pre-Natal Massage



- Foot Massage
- Reflexology
- Ear Candling
- DEEP TISSUE
- SPORTS MASSAGE

Pamela Fisher, Owner
Staff of 12 LMT's

TWO RIVERS MASSAGE



1411 6th Avenue
Downtown Moline
(309) 79-RELAX (797.3529)
www.tworiversmassage.com



rooting around



MCT

Local foods conference serves up a taste of three states in Fairfield, Iowa

Locally-grown food will be the topic at the Tri-State Local Food Conference, to be held from 10 a.m. to 4 p.m. Sept. 4 at the Fairfield (Iowa) Arts and Convention Center, 200 North Main St. The conference will offer three tracks: farm-to-institution, producer innovation, and food system advocates. Keynote speakers will be Denise O'Brien, the organic farmer and founder of the Women, Food and Agriculture Network, and Dave Swensen, from the department of economics at Iowa State University. Conference-goers will get a locally grown lunch. For more information or to register, call (641) 472-6177.

PFI field days explore farms and food

Practical Farmers of Iowa (PFI) hosts field days each summer to acquaint eaters with the the land and with farms. From 8:30 a.m. to noon July 11, eaters can visit the farm of Mark and Connie Tjelmeland in McCallsburg, Iowa. The Tjelmelands raise and sell brown eggs from chickens pastured on reconstructed native prairie. The farm tour includes an egg breakfast and coffee. For instructions or to register, call (515) 434-2440 or e-mail tjfarm@iowatelecom.net. For information about other July field days, visit the PFI Web site, practicalfarmers.org, or call (515) 233-3622.

Eating your way around the Amana Colonies

Guten Appetit: A Sampling Tour of the Amana Colonies is a guided walking tour of Amana's great flavors. The Amana Colonies have always been known for their great food, and this tour presents shops, restaurants, wineries and a brewery that handcraft these foods. Tours depart from the Amana Colonies Visitors Center and last approximately 2 to 3 hours. Cost to participate is \$25 for adults. Tours begin at 1 p.m. on the second and fourth Fridays of each month. For more information, call (800) 579-2294.



Submitted



The Right Choice -
Smart Healthcare

Women's Health Services
2635 Hwy 30 West In Clinton
229 South Main St. in Maquoketa

Call:
800.664.1413 or 563.243.1413
www.womenshealthservices.org

Offering the newest and most complete medical services.
Also new in this area... in-office Essure sterilization!

Steven Breaux, MD
Kellie Schultz, ARNP, FNP

Gravity Fx Fitness

Featuring Whole Body Vibration

- * 30 minute Fat Loss
- * Core Training * Flexibility/Mobility
- * Anti Aging/Wellness

1630 State St., #7 Bettendorf, IA
309-507-0678
www.GravityFxFitness.com



Kids can get healthy at Youth Fest '09

Kids can earn a "degree" in health during Youth Fest '09 — Healthy U, being held from 10 a.m. until 3 p.m. July 8, at Fejervary Park and Children's Center, 1800 W. 12th St., Davenport. Healthy U is a celebration of the minds, bodies and spirits of youth. The event is free and everyone is welcome to attend. There will be entertainment, educational booths, story time and music throughout the day. Youth groups and day care centers are encouraged to attend, and groups may purchase meals in advance for \$2 each. Guests are welcome to bring their own lunches, as well. For more information or to order lunches, call (563) 326-7864.

First annual Watershed Festival in Davenport

Everyone lives in a watershed and has a stake in its health. The First Annual Watershed Festival will demonstrate what people can do in their everyday lives to improve water quality, upon which so much depends. The event will feature demonstrations, exhibits and hands-on activities for the whole family. The Watershed Festival will be held at the Freight House Farmers' Market, 421 W. River Drive, Davenport, from 8 a.m. to 1 p.m. July 18. For more information, check out freighthousefarmersmarket.com or call (563) 326-7923.

Rolling on the Mississippi with Mark Twain

This summer, you can see a show that the Smithsonian Institution called "brilliant" — in Galena, Ill. Jim Post, who performs a one-man, historical, musical play about Mark Twain's life, will present "Mark Twain and the Laughing River" at 8 p.m. every Wednesday, Thursday, Saturday and Sunday in July at the Galena Trolley Depot Theater, 314 S. Main St. Tickets are \$20 for adults and \$12 for children under 12. For more information, call (815) 777-1251 or visit jimpost.com.



Jim Post (Submitted)

Garden and pond tours in Eastern Iowa

The Eastern Iowa Pond Society's Garden and Pond Tour will be held from 11 a.m. to 5 p.m. July 12 in the Cedar Rapids, Solon and Swisher, Iowa, area. The cost is \$5 per adult or free for ages 12 and under. One of the gardens, located at 131 Rosedale Road, Cedar Rapids, also will feature speakers on the topics of pond construction and landscaping. There also will be plants, cookbooks, and arts and crafts for sale. Tickets and maps will be available at all of the gardens on the tour. For a complete list of addresses, visit eips.org/pondtour.php.

GOT PLANTS?

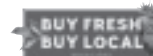
We do, it's never too late to bring color & life to your outdoor space.

Allens Grove Greenhouse

27345 Allens Grove Rd.
Donahue, IA

(563) 843-2248

www.allensgrovegreenhouse.com



Income Opportunity

I AM A MOM who left the corporate world to **WORK FROM HOME!** I am now earning a six figure residual income with **CAR BONUS** and **PROFIT SHARING**. Looking for 2-3 **motivated** individuals who want the same.



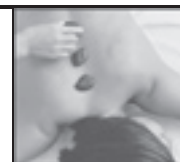
www.MidwestParents.biz
877-472-6187

Working locally. Promoting wellness

Increase Energy, Reduce Weight, & Manage Stress with Yoga & Massage



Sign up now for Woman's Self Defense class with Kung Fu Master John Morrow.
Saturday July 25th 2:30 - 4 pm
Cost \$25 • Call to sign up



1621 5th Ave. Downtown Moline
309.764.YOGA
www.Indigowellness.info

Offering 20
Drop In Yoga Classes
Each Week


MAIN STREET MARKET

MAY THRU OCTOBER **THURSDAYS 2PM - 6PM**

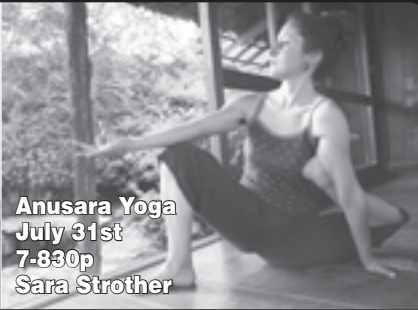
FOOD, ART, CRAFTS AND MORE!

15TH AVENUE BETWEEN 7TH & 8TH STREETS

FIND OUT MORE AT www.eastmoline.com/farmersmarket.cfm




Freestyle Yoga
July 24th
6-8p
James Miller



Anusara Yoga
July 31st
7-830p
Sara Strother

Join us for these upcoming workshops.
Check out <http://tapasyogashala.com> for full details.

THE QCs PREMIERE
YOGA STUDIO





1951 Delta Ave, West Branch, Ia 52358
Please call us at (319)643-7600 or visit us at www.scattergood.org

Scattergood
FRIENDS SCHOOL

- ★ College Prep Curriculum
- ★ Experiential Learning
- ★ Healthy Peer Culture
- ★ Diverse Community
- ★ Environmental Stewardship
- ★ Working Organic Farm



Beth Shelly
PT, DPT, BCIA-PMDB
Doctor of Physical
Therapy Specializing
in Pelvic Health and
Lymphedema

Offering conservative management of:

- ★ Leaking urine and organ prolapse
- ★ Pelvic and perineal pain
- ★ Lymphedema and swelling

No drugs, no surgery.
Effective, personalized care for personal issues.

Accepting most insurance. Call or read more online
563-940-2481 www.bethshelly.com

MISSISSIPPI VALLEY
HEALTH NETWORK™

What healthcare **should be.**™

Lower costs. Faster recoveries. Get back to work sooner.
Learn more at mvhnetwork.com

563-459-6577

resources

BLUEBERRY SUMMER

(Story on page 20)

Cajun Blueberry Port Chicken Breast

½ cup Cajun seasoning	1 cup panko bread crumbs
1 cup flour	3 cloves garlic, finely chopped
4 skinless boneless chicken breasts	1 medium yellow onion, finely chopped
2 cups egg wash (eggs mixed with a couple teaspoons of milk or water)	2 tablespoons olive oil
2 cups corn flakes, crushed	½ cup ruby port wine
	2 cups blueberries

Mix Cajun seasoning and flour. Dredge chicken breasts in Cajun flour mix. Dip dredged chicken breasts in egg wash. Mix corn flakes and panko. Coat chicken breasts with panko/corn flake mix. Sauté in olive oil until golden brown, 6 to 8 minutes. Remove chicken breasts from pan. Sauté onion and garlic until translucent. Add port wine and reduce until most of the liquid is gone. Add blueberries to port wine reduction. Top chicken breasts with blueberry port wine reduction and serve. *Source: Woodfire Grill, Davenport*

Blueberry Pie

6 cups blueberries (preferably fresh, but frozen will work)	5 tablespoons instant tapioca
1 Granny Smith apple, peeled and grated	Pinch of salt
2 teaspoons lemon zest	1 prepared pie crust (top and bottom)
2 teaspoons juice from one lemon	2 tablespoons unsalted butter (cut into ¼-inch pieces)
¾ cup sugar	

Take three cups of the blueberries and put them in a pan over medium heat. Reduce to half. (If using fresh blueberries, you'll need to mash them.) Put peeled and grated apple in a kitchen towel and ring out the excess moisture. Combine all berries (including the reduction) and apple, lemon zest and juice, sugar, tapioca and salt. After it's combined, add the mixture to a pie crust, spacing the butter evenly on top of berry mixture. Lace or place top crust (with a half dozen or so small holes cut out of it to allow steam to escape) over the pie. Cook for 30 minutes at 400 degrees F and for an additional 30-40 minutes at 350 degrees. *Source: Adapted from Cook's Illustrated, served at the Stoplight Café, Tipton, Iowa.*

BIODYNAMIC VINES

(Story on page 28)

Rosetti Wine Shop, online at rosettiwineshop.com, currently is carrying several biodynamic wines, including Peterson Zinfandel from Dry Creek Valley, Calif.; Domain de Ballade Colombard Sauvignon from Vin de Pays des Cotes de Gascogne, France; and Elderton Shiraz/Cabernet Sauvignon from South Australia. To order, visit the Web site. Or, for more information, call (563) 355-4139 or e-mail info@RosettiWineShop.com.

For more information about **Famous Fossil Winery**, visit famousfossilwinery.com or call (815) 563-4665.

FARMLAND FOREVER

(Story on page 32)

Interested in shielding your land from development? For more information on agricultural and conservation easements, contact the **Natural Land Institute** at (815) 964-6666 or naturalland.com, or the **Iowa Natural Heritage Foundation** at (515) 288-1846 or inhf.org.

farmers' markets

ILLINOIS

BUREAU COUNTY

Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 3:30-6:30 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, through October. (815) 875-6468

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 8 a.m.-noon Saturdays, through October. (815) 244-3027

HENRY COUNTY

Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, through October. (309) 269-7409

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

Oneida Farmers' Market, DT Sales parking lot, 221 W. U.S. 34; 3:30-6:30 p.m. Thursdays, July 2-Oct. 1. (309) 483-6467

JO DAVIESS COUNTY

Elizabeth Farmers' Market, 411 W. Catlin; 3-6 p.m. Fridays, through October. (815) 598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through October. (815) 777-1838

Galena Territory Association Farmers' Market, Territory Association Owner's Club parking lot (north end), 2000 Territory Drive; 7:30 a.m.-12:30 p.m. July 5 and 19; Aug. 2, 16 and 30; and Sept. 6, 13 and 27. (815) 777-2000

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

Warren Farmers' Market, 110 W. Main St.; 9 a.m.-1 p.m. Saturdays and 4-7 p.m. Wednesdays, through October. (815) 745-2117

KNOX COUNTY

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

Local Growers' Network Farmstand, parking lot at Oak Run Food Mart, 1472 Knox Road 1725 N. #1, Dahlinda; 9 a.m.-2 p.m. Saturdays, through October. (309) 335-2744

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-6 p.m. Wednesdays and 7 a.m.-noon Saturdays, through Oct. 21. (815) 284-3306

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-7 p.m. Thursdays, through Oct. 22. (309) 582-2751

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 6 a.m.-noon Thursdays and 7 a.m.-1 p.m. Saturdays, through Oct. 29. (309) 837-4855

OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 9-Sept. 24. (815) 946-3818

PEORIA COUNTY

Shoppes at College Hills Farmers' Market, Von Maur parking lot, 5201 W. War Memorial Drive, Peoria; 4-8 p.m. Wednesdays and 8 a.m.-11 a.m. Saturdays, through early October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through October. (815) 778-4984

Main Street Market, 700th block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, through Oct. 29. (309) 755-7922

Milan Farmers' Market, 900 W. 4th St.; 2:30-5:30 p.m. Wednesdays, through Oct. 28. (309) 798-7480

Port Byron Farmers' Market, Main Street near the pavilion; 3-7 p.m. Wednesdays, through October. (309) 269-8705

Trinity 7th Street Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 31. (309) 936-7792

Urban Market, Quad City Botanical Center, 2525 4th Ave., Rock Island; 4-8 p.m. Thursdays, through October. (309) 794-0991

WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, N. Main and W. Boston streets; 7 a.m.-noon Fridays, through October. (309) 734-3181

WHITESIDE COUNTY

Twin City Market, 106 Avenue A., Sterling; 8 a.m.-noon Saturdays, through October. (815) 626-8610

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, through Oct. 3. (563) 886-2076

CLINTON COUNTY

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-6 p.m. Wednesdays and 8-11 a.m. Saturdays, through October. (563) 577-2216

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

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-8 p.m. Thursdays, through October. (319) 752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa and 13th streets, down Iowa Street to 11th Street; 7 a.m.-noon Saturdays, through Oct. 1. (563) 588-4400

Midtown Farmers' Market, Fountain Park Plaza, 2728 Asbury Road; 3-6 p.m. Thursdays, through Sept. 24. (563) 584-9300

North End Farmers' Market, 1001 Assisi Drive, Dubuque; 3-6 p.m. Wednesdays, through Aug. 26. (563) 582-8234 or (563) 581-1427

HENRY COUNTY

Mount Pleasant Farmers' Market, Wright Family Pavilion at McMillan Park, Walnut Street; 4:30-6:30 p.m. Wednesdays and 8:30-11 a.m. Saturdays, through Oct. 17. (319) 931-1458

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, through September. (563) 872-5812

JEFFERSON COUNTY

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

JOHNSON COUNTY

Coralville Farmers' Market, Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Oct. 1. (319) 248-1750

Iowa City Farmers' Market, Chauncey Swan parking ramp between Washington and College streets; 5:30-7:30 p.m. Wednesdays and 7:30-noon Saturdays, through Oct. 31, except dates following. (319) 356-5110

Iowa City Downtown Market, Iowa Avenue between Clinton and Linn streets and along Dubuque Street between Jefferson and Washington streets; 7:30 a.m.-noon July 11, Aug. 8, Sept. 12 and Oct. 17. (319) 356-5110

Lone Tree Farmers' Market, North Park, 402 N. Devoe, Lone Tree, Iowa; 3-7 p.m. Tuesdays, through Oct. 27. (319) 629-4299

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6:30 p.m. Tuesdays, through Oct. 27. (319) 338-6111

LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th Street and Avenue E; 3:30-5:30 p.m. Thursdays, through Sept. 24. (319) 372-7700 ext. 202

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

LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, through Oct. 24. (319) 286-5699

Downtown Market, 2nd Street SE, downtown Cedar Rapids; 7:30 a.m.-noon, Aug. 1 and 15; and Sept. 5. (319) 398-0449

Green Square Farmers' Market, Green Square Park, 3rd Avenue and 5th Street SW, Cedar Rapids; 4-6 p.m. Thursdays, through Aug. 27. (319) 286-5731

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

MUSCATINE COUNTY

Muscatine Farmers' Market, 3-5:30 p.m. Tuesdays, Wilson's True Value Hardware Store 1420 Park Ave., and 7:30-11:30 a.m. Saturdays at Mississippi Drive and Sycamore Street, through October. (563) 299-2709

SCOTT COUNTY

Bettendorf Farmers' Market, corner of 21st and State streets; 2-6 p.m. Thursdays, through Oct. 29. (563) 332-5529

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

Davenport Farmers' Market, NorthPark Mall east entrance, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 31. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, through October. (563) 940-0634

Trinity Farmers' Market, Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 26. (563) 332-5529

food for thought

Embracing humidity

The wonder — yes, wonder! — of summer's sultry heat

By Thomas Dean

Ah, the refrains of the dog days of summer on the central prairie:

"Geez, you can cut that humidity with a knife!"

"Isn't it absolutely unbearable out there?"

"What a miserable sauna — why the heck don't we live someplace suitable for human habitation!?"

Wait! Hold it! Rewind! Back it up! What are we saying here? What are we teaching our children? What are we teaching ourselves, for that matter? Do we have to be so hateful about the notorious double H's of Midwestern summer? Well, you may ask, why not be hateful about it? "Hot and humid" stinks!

But "hot and humid" is what we are in July here in "the heartland." We can't change it — it's endemic to our climate, and so it's endemic to our place. If we love our place, we should accept — and embrace — the peculiarities, the vagaries, the realities of that place.

But, you may ask of this seeming lunatic, how could anyone possibly love this god-awful steambath? Let me try to lull you into thinking a little bit differently about the atmospherics of an Iowa summer.

Summer humidity is providential. We are proud that the beautiful ground under our feet is the richest, most life-giving in the world. Our soil and climate interact to create this uniquely rich home ground for the wonder of life that springs from us. The waters from the Gulf of Mexico are tossed our way. That liquid gold saturates our air, ready to fall so wonderfully and copiously on our land and our seed when it smacks up against the cooler air of Canada trying to muscle its way in. Without that humidity, and without our miraculous placement between perpetually competing air masses, our natural home would not be "The Beautiful Land."

Summer humidity is wondrous. Isn't it remarkable to feel like you're almost swimming in air sometimes? Isn't the hazy scrim over a vast cornfield in August really gorgeous? Isn't it fascinating to observe the atmosphere push itself to its limits in temperature



iStockphoto

and saturation before it collapses into a classic boomer of a thunderstorm? Isn't that chorus of bugs — the buzzing of thousands of grasshoppers, the chirping of hundreds of crickets — singing its praises to life while you sit in your backyard on a warm humid night with a glass of iced tea just the quintessential definition of Midwestern summer? Isn't that fleeting moment just really neat — that split second when you step out of the super-air-conditioned grocery store and the hot blast of 92 degrees/75-percent relative humidity overwhelms you? Isn't it uplifting not only to endure but to embrace environmental conditions that challenge the human body to adapt to its rigors? Folks climb into the thin, frigid

atmosphere of Mt. Everest, explore the inhuman cold of Antarctica, plumb the vast pressures of the ocean's depths, and plunge into the steamy recesses of tropical jungles — and we call them heroes. The dew points get a little high in Iowa, and we call ourselves nuts for living here. Maybe we could focus on the fascinating physical experience of our bodies in our environment rather than the discomforts it brings, and then wear it as a badge of pride.

Summer humidity is home, and identity. Here's where I came in, but it's worth repeating.

Honestly, when I escaped the perpetual sauna during my two years living in northwestern Minnesota, I missed it. I surprised myself over the way my nose would rise into the air to capture that distinctive, slightly dank odor of wet Midwest if it made a rare appearance in the Red River Valley. I reveled in how my skin would seem to rise in anticipation of soaking in the air's moisture when I stepped into warmth marching toward saturation. I also had fun scoffing at my friends and colleagues who wilted and moaned when the hygrometer pushed itself near 50 percent. "Humidity?!" I'd exclaim, incredulous. "You call this humidity?!!!" Why, back where I come from ... Not one given to spinning tall tales, I refrained from spouting stories about Illinois kids creating saltwater ponds by wringing their shirts into ditches, about slicing Iowa atmosphere to spread on sandwiches. Funny thing is, when I would boast of my humidic stamina, I would ache for its oppressive weight.

So here we are in July in Iowa, and I'm back home. We're laboring our breath a bit in the thick outdoor soup, enduring clammy skin desperate for its sweat to sublimate. Summer humidity is what we're all about during these months. It gives us much — in providence, in character, in identity, in wonder. I say welcome it, accept it, and embrace it. And when we do so, not only will we love Iowa, but so will our children, who do watch us love — or hate — our place.

Excerpted from "Under a Midland Sky" (2008, Ice Cube Press).

the BIG Z... an eaZier way to buy a car!

It's just a little bump.  Isn't it?

Any question. Any time.

Trinity's My Nurse is a free health information service available to the public 24 hours a day, seven days a week. My Nurse is staffed by registered nurses who can answer your health questions, help you find a doctor, and register you for classes and health programs.

Don't wonder. Just call.



TRINITY
IOWA HEALTH SYSTEM

myñurse

www.TrinityMyNurse.com
(877) 242-8899