

Radish

HEALTHY LIVING FROM

IND UP

10
healthy
ways
to
pamper
your pet

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2009
HEALTHY LIVING FAIR

Find your guide
to the fair inside!

JUNE 2009

Bellydance
for health

Simple recipes
for sun foods

All about reiki

New green degrees

The CelebrityBed

by



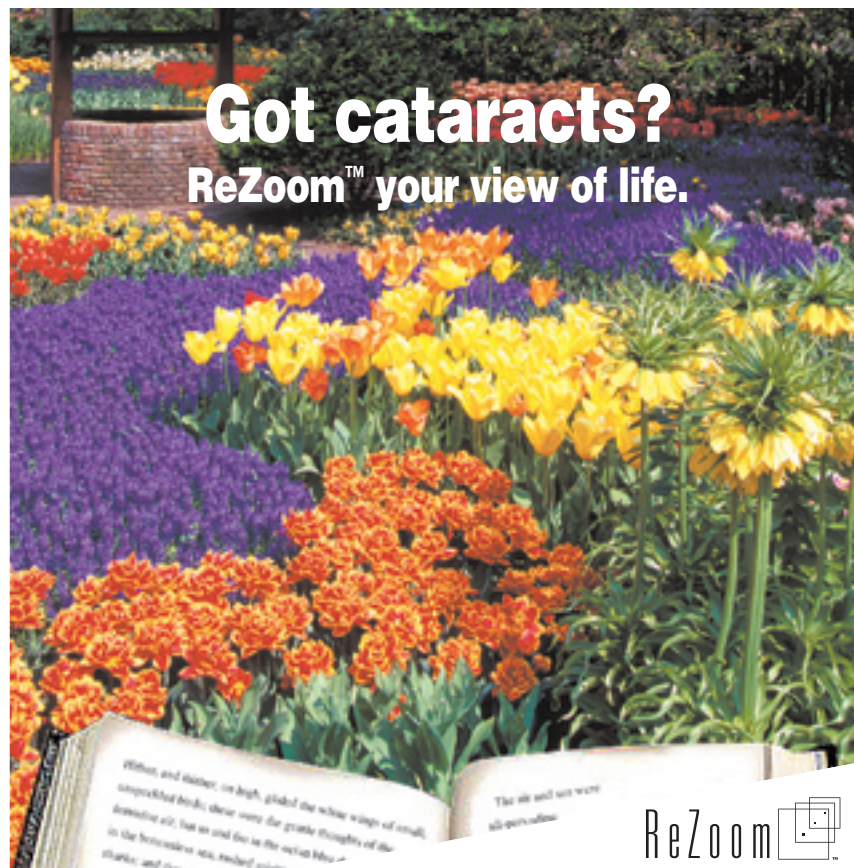
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Featured MetroLINK employee Carlos Sanchez, Senior Metro Transit Operator

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from the editor



Dispatch/Argus presentation editor Laura Fraembs, Radish editor Brandy Welvaert, Anusara-inspired yoga instructor Michelle Campbell and Luna the golden retriever take a break in LeClaire Park, Davenport. (Photo by Todd Mizener / Radish)

If my dogs could type, they'd surely take over for me here. That's because Juna and Rocko, my two aging Labrador retrievers, love homemade treats.

Once, just for them, I baked up a recipe called "bulldog brownies." They were disgusting brownies by human standards, but, judging by the saucer-like appearance of my dogs' eyes, apparently divine by canine ones. Yet their favorite goodies of all seem to be the teeny-tiny, crunchy treats that we buy at the Freight House Farmers' Market in Davenport.

These just happen to be the same treats that Radish photographer Todd Mizener used to get his golden retriever, Luna, to pose so nicely for the photo here and on the cover. Luna is a very good girl, and like most of us, she's even better when she thinks she might get a treat.

Doesn't your dog deserve a treat? Some fun? A day in the sun? Then bring him or her to the third annual Healthy Living Fair. The fair will be held from 8 a.m. to 3 p.m. Saturday, June 20, next to the Freight House Farmers' Market, 421 W. River Drive, Davenport — home of great dog treats, human treats and a lot more cool stuff that just won't fit into this space.

Bring your dog to the fair at noon, and you can enter him or her in the Radish Dog of the Year Contest. The winning dog will be featured in Radish and will get a bag filled with healthy goodies. You can find details about the fair, and about the contest, in the Healthy Living Fair guide on pages 42-48.

Even if you don't have a pet, come to the fair to vote for your favorite dog. You'll also want to visit the more than 50 exhibitors' booths that will feature the products, services and resources seen in Radish. (Find a complete list on page 48.)

Don't forget to stop by the Radish booth to say hello. Bring your pooch, too. We'll keep the water bowl filled all day.

— Brandy Welvaert
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

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contributors



Former Radish intern **Laura Anderson** is a graduate of Augustana College, Rock Island, and is a reporter for The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. She is a fan of loud music, lattes and her pet lizard, Doom. Read Laura's stories about eco-friendly education (page 19) and green golf carts (page 32).



Elizabeth Russell of Rock Island has lived in the Quad-Cities for the past 13 years. She enjoys living in the Mississippi River Valley, where she tutors math, homeschools her children, volunteers as a Master Naturalist, fiddles, and sings with Zloti (a Slavic chorus). In her second appearance in Radish, Elizabeth writes about belly dance on page 30.



Rita R. Melissano, Ph.D., was a clinical psychologist in Italy before coming to the United States and receiving a Ph.D. in marriage and family therapy. She is a meditation teacher, reiki master-teacher, and executive director of Satva Center in Rock Island. In her first appearance as a Radish contributor, Rita writes about reiki on page 26.



Cassie Druhl and **Mary Johnson** are AmeriCorps members working as naturalists at the Wapsi River Environmental Education Center near Dixon, Iowa. Cassie graduated from Central College in Pella, Iowa, with a degree in communication studies. Mary graduated from Iowa State University with a degree in biology and a Master's degree in entomology. Read about Cassie and Mary's AmeriCorps experience on page 40.

Also writing in Radish this month are regular contributors **Sarah Gardner** ("Organic hair care," page 16), **Lindsay Hocker** ("Pamper your pooch," page 10), **Brian Krans** ("Healing with tea," page 14), **Ann Ring** ("Jeani the yogini," page 12), **Jonathan Turner** ("Remembering John," page 22) and **Sharon Wren** ("Cooking off the grid," page 24).

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the grapevine

Everything you need to know about the 2009 Healthy Living Fair

Find out who will be selling, exhibiting and performing at the 3rd annual Healthy Living Fair in the special guide published on pages 42-48 of this issue.

The 2009 Healthy Living Fair is presented by Radish. Hours are 8 a.m. to 3 p.m. June 20 next to the Freight House Farmers' Market, 421 W. River Drive, Davenport. The fair will feature a variety of health-related goods, services and products available in eastern Iowa and western Illinois.

The farmers' market will be happening concurrently. For sale will be local, sustainable, organic produce, meats and poultry, eggs, wine, cheese, baked goods and more. For details about the Freight House Farmers' Market, turn to page 28.

Read the guide for more information and visit radishmagazine.com for updates as the event draws near.



Stop by the Radish booth June 6 at the Trinity 7th Street Market, 500 John Deere Road, Moline! You can enter to win a new Radish farmers' market bag and get a temporary radish tattoo. The market is open from 8 a.m. to noon and features fresh fruits and veggies,

baked goods, meats and more.

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

One man + no car = 'Average Joe' blog

What happens when an average guy gives up his car for a week? Radish managing editor Joe Payne tells all in his new blog, *An Average Joe*, at an-average-joe.blogspot.com.

Last month, Joe gave up his car for eight days as part of Alternative Transportation Week, May 9-15. He also started the blog, which chronicles his adventures by bike, by bus and on foot. There's even a video he took while riding his bicycle to work — in the pouring rain. Joe's pet chihuahua, Baby, makes a cameo appearance, too. Check it out!



Joe Payne and his trusty bicycle.
(Photo by Ben Payne / Radish)

From our readers

Farming 101 (May 2009): "I love your article, Dana! You really invested yourself in this article, just as you have really invested yourself in the farm. You did a great job of personifying your experience! ... Even though I grew up on a farm, I learned a couple of things from your article. ... Well done!"

— Gary Olson, Aurora, IL

"Great article. I love the humor of the writer, especially, when she talked about the resident rodent control specialist! Good job Dana Swanson!"

— Connie Huntley, Andalusia, IL

"I am inspired by the wonderful imagery of your article. Thanks for sharing your personal thoughts about what we all take for granted!"

— Maggie Liddell, Island Lake, IL

Breaking boards (May 2009): "You've whetted my curiosity! Wonderful article!"

— Tanja Cilia, Fleur de Lys, Malta

Spring clean your diet (May 2009): "This sounds great! Thanks for the terrific ideas! Trying to lose 'baby weight' is tough, and these ideas are a great start."

— Kelly T., Newton, IL

About Face (Feb. 2009): "Great story. Thanks for giving us healthy alternatives. Keep stories from this writer coming!"

— Kathy Weiss, Coralville, IL

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

Coming next month in Radish

- Great recipes for blueberry season
- Getting kids movin'
- An introduction to the chakras
- Fresh flowers the sustainable way
- Abundance EcoVillage in Fairfield



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Anusara-inspired yoga instructor Michelle Campbell and Luna the golden retriever at LeClaire Park, Davenport.
(Photo by Todd Mizener / Radish)

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Everything you need to know about the healthiest event of the year in eastern Iowa and western Illinois.



healthy living

Read till you're green

Environmentalists share their favorite books

By Radish staff

Summer, the season for picnics and paperbacks, finally is here. What are you reading? If you've been searching for ideas to get your inner bookworm wiggling once more, look no further. Radish asked several regional ecologists to share with us their favorite environmental reads of all time. These books are bound to reveal, to teach and to inspire. All you gotta do is pick one up.

■ 'A Sand County Almanac'

by Aldo Leopold (1949)

This book is probably a popular response for most ecologists. I read it again recently, and even though it's now over 60 years old, it still inspires. The book reminds me to be curious and cautious in regard to nature. It also reminds me that there is another way of looking at time, rather than just on a clock or a calendar.

— Brian Ritter, facilitator of Nahant Marsh, Wapello, Iowa

■ 'The Good Life'

by Helen and Scott Nearing (1954)

Quite by accident, in 1980 I stumbled across copies of Scott and Helen Nearing's two books, "Living The Good Life" and "Continuing the Good Life." The books really and truly did change my whole life. Before reading them, I had no desire ever to leave the city except to visit a bigger, busier and more exciting city. Sixteen years after I found these books, my wife and I were able to retire, move to the country and reinvent our whole lives.

First published in 1954, "The Good Life" immediately began influencing generations of young people. The Nearings were the leaders in a significant

movement of people back to the land, even while other Americans were moving to the great urban centers. The Nearings' work is as important today as it was 60 years ago. They ate raw food every day because it tastes better than prepared and is much healthier. They were vegetarians before we knew how to spell vegetarianism. They were eating local before the term 'locavore' was invented. We still can learn from their insights in how to live a long and healthy life without lots of drugs and supplements.

— Chuck Wemstrom, Conservation Guardians of Northwest Illinois, Mount Carroll, Ill.

■ 'The Lorax'

by Dr. Seuss (1971)

The Lorax is the first story with a conservation theme that had an impact on me as a kid. Its message is simple: Nothing lasts forever, so do your part to tread lightly; appreciate what you have and not what you don't; and respect the environment around you. In our world of egocentric advertising that gives the false promise of happiness via consumption, "The Lorax" remains a wonderful story and an equalizing force that parents can share with their kids. That's why my wife Lucy and I read it with our son, Miguel.

— Jeff Cornelius, River Action, Davenport



Kristen Bergren, president of the Eagle View Group of the Sierra Club, displays some of her favorite environmental books. (Photo by John Greenwood / Radish)

■ 'Fast Food Nation'

by Eric Schlosser (2002)

In this book, it's not food that Schlosser has an issue with, but instead the way that fast-food chains do business, which negatively impacts our communities and our ecosystem. The book sheds light on the nature of fast-food corporations, which maximize profit while putting the consumer at risk, altering landscapes and culture and reducing our diversity. It purports that we subsidize many of these giants. We, in fact, pay them to McDonald-ize" our communities. This book further argues that free markets are an illusion and that trusts are back and doing very well.

— Jodi Dye Zimmerman, Sierra Club Eagle View Group, Coal Valley, Ill.

■ 'Crimes Against Nature'

by Robert Kennedy Jr. (2004)

This book really kicked me into political and educational action. Wowza. After reading "Crimes," I no longer assumed that people would just sort this whole thing out, or that nature would "end up" being respected. I knew that we had to join and educate people about the spoiling of the commons.

— Jodi Dye Zimmerman

■ 'Future of Life'

by Edward O. Wilson (2002)

This book is inspiring because it addresses the urgent need to conserve our biological resources. It also made me aware of how intricately connected and dependent we are on the natural world. The book drove home the point that we, as a species, are not alone, nor could we ever survive alone.

— Brian Ritter

■ 'The Unsettling of America: Culture and Agriculture'

by Wendell Berry (1977)

I like that so early on, Berry had not only the insight to point out obstacles we were creating to ecological sustainability, but the vision to propose better ways. He doesn't always get it right, but he sees better than most.

— Carrie LaSeur, *Plains Justice*
public-interest law center, Cedar Rapids

■ 'The Legacy of Luna'

by Julia Butterfly Hill (2000)

This is the amazing story of one woman's battle to save the ancient giants of our forests from being logged. The author lived for two years high in the branches of a 600-year-old redwood that she named Luna, until an agreement was reached with the logging company to save it. A few years ago, I was lucky enough to meet the author when she spoke at Knox College in Galesburg, Ill. Of course, very few people could or should make the kinds of sacrifices she made, but her activist's spirit does inspire me to try to be a better environmental steward for our earth by doing my part. Whether it's using "curly" (CFL) lightbulbs, planning environmental film fests or participating in cleanups, we all should help contribute to the health of our wondrous planet.

— Kristen Bergren,
Sierra Club Eagle View Group, Moline

Top 10 green books to read in 2009

- "Albatross: Their World, Their Ways," by Tuie De Roy and others

- "American Earth: Environmental Writing since Thoreau," Ed. by Bill McKibben

- "Fruitless Fall: The Collapse of the Honeybee and the Coming Agricultural Crisis," by Rowan Jacobsen

- "Greasy Rider: Two Dudes, One Fry-Oil-Powered Car, and a Cross-Country Search for a Greener Future," by Greg Melville

- "Hot, Flat, and Crowded: Why We Need a Green Revolution — and How It Can Renew America," by Thomas L. Friedman

- "The Hudson: America's River," by Frances F. Dunwell

- "Nature's Second Chance: Restoring the Ecology of Stone Prairie Farm," by Steven I. Apfelbaum

- "Smogtown: The Lung-Burning History of Pollution in Los Angeles," by Chip Jacobs and William J. Kelly

- "Trespass: Living at the Edge of the Promised Land," by Amy Irvine

- "Why I Came West," by Rick Bass

— Booklist Online



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Shop like a chef

Robert Lewis shares farmers' market secrets

By Brandy Welvaert

It's no secret that chefs shop farmers' markets. But how do they shop? You'd have to live inside a chef's head to get those kinds of juicy details.

Unless, of course, you happen to meet Chef Robert Lewis, also known as The Happy Diabetic. Chef Robert shops farmers' markets around the Quad-Cities — he lives in Bettendorf, Iowa — to create healthy meals for his family that not only satisfy their tastebuds but keep his type 2 diabetes in check. As he puts it, there is no such thing as a diabetic diet, just a healthy diet.

"We probably eat 70 to 80 percent veggies, fruits and beans, and about 20 percent fish and poultry — and just a little bit of beef," he says, adding that in summer, the market is the perfect place to shop for such good-for-you fare.

"I love the local grocery stores, but I know what I am going to find there. I will never find 'different' varieties of tomatoes at the grocery store. Especially, I won't find them in such small quantities," he says. At the farmers' market, "this guy, he might have two baskets of these tomatoes. That's all he's got, and to me, that's interesting."



Chef Robert Lewis shops the Freight House Farmers' Market, which offers locally-grown and brokered produce. (Photo by Paul Colletti / Radish)

He also likes the market because the foods are picked ripe and sold not long after. "For most people who are selling at the farmers' market, their produce is picked, like, yesterday, so it's going to be fresher. ... From a nutritional standpoint, there's something to be said for freshness."

So how can you shop for fresh foods like a professional cook? Here are a few of Chef Robert's tricks.

Cruise first, buy second. Don't drop your all your grocery money with the first vendor you visit. Instead, do a "lap" around the market to get a feel for what's available and what it costs. Take note of foods that really interest you. "That's basically what I do," Chef Robert says. Make all your purchases on round No. 2.

Be creative. "In my mind, I'll have an idea about what I want to cook, but I'll be flexible as I go along," the chef says. If you enjoy cooking, you can allow in-season foods to inspire your menu rather than the other way around.

"I'll travel the stands and say, 'Now that looks interesting. I haven't had that for a while.' And I just sort of create as I go."

Use your senses. "I am looking for brightly-colored fruits and vegetables that are high in antioxidants," Chef Robert says. He seeks produce that's bright for its type — the reddest strawberries, the most vivid green bell peppers. "I like to say that antioxidants are nature's 'rust prohibitor.' They keep your body from getting 'rusty.'"

He also recommends smelling fresh foods and giving a gentle squeeze. "I like foods that have a nice aroma and are firm. I like firmer fruits and veggies."

Seek the unique. "I also am looking for the unusual varieties, like the purple heirloom tomatoes that you can't get in your local grocery store," Chef Robert says. Old-fashioned heirloom foods often are prized for their flavor above all, and they usually don't travel or keep well — so you won't find them in grocery stores. Moral of the story? If a unique ingredient pops out at you, snatch it up! You might not find it again.

Get social. "It's really great to get to talk to someone about the tomatoes they grew," the chef says. "To me, that interaction makes shopping the market even more fun. I get the veggies, I know where they came from, and I get to talk to the person who grew it. It brings the food to life."

Growers usually are happy to talk about how they grow or raise their products, as well, he says. "I don't think too much about organics, but I'm interested to know that the growers are responsible with pesticides. I am realistic enough to know that organic farming is difficult."

Meet Chef Robert Lewis

Meet Chef Robert Lewis from 11 a.m. to 1:30 p.m. at the Radish booth during the Healthy Living Fair, Saturday, June 20. (Fair details on pages 42-48.) He will provide cooking demonstrations, including the following recipes, at 11:30 a.m. and 12:30 and 1 p.m.

Chef Robert's Mediterranean Chicken of Love

If you've ever traveled to Greece, you know all about the healthy eating habits of the locals. This dish is a rich and full-flavored sample of their cuisine, heavy with aromas from the Mediterranean.

2 teaspoons extra virgin olive oil	1 tablespoon oregano
1 teaspoon garlic	1 tablespoon rosemary
2 portobello mushrooms, sliced	1 tablespoon basil
Half a red bell pepper, sliced	1 pound skinless, precooked boneless chicken breast halves, sliced
Half a green bell pepper, sliced	10 black pitted olives
2 Roma tomatoes, diced	¼ cup chopped fresh parsley
¼ cup white wine	Black pepper, to taste
5-6 stalks of asparagus	

Heat oil in a large skillet over medium heat. Sauté garlic 30 seconds, then add the mushrooms, bell peppers and tomatoes and sauté for 3 minutes. Lower heat, add white wine and asparagus, and simmer for about 5 minutes. Add oregano, rosemary, and basil and simmer for 2 to 3 more minutes. Add chicken to the skillet. Cook over low heat until chicken is nice and hot. Add olives and parsley to the skillet and cook for 1 more minute. Season with pepper to taste and serve.

Nutrition information per serving (based on 4): 351 calories, 6 grams fat (1 gram saturated), 13 grams carbohydrates and 4 grams sugars.

Sliced Lemon Crème Cake Tower

12 ounces fresh or frozen raspberries, thawed if necessary	¼ cup fresh blueberries
3 slices Hill and Valley sliced Lemon Crème Cake or other lemon cake	3 large fresh strawberries, sliced
1 cup light whipped topping	2 teaspoons granulated Splenda sugar replacement
2 teaspoons almond extract	Sugar-free chocolate syrup
	Fresh mint leaves

Place the raspberries in a blender and puree until smooth to make a sauce. Using a bread knife with serrated edges, cut each slice of Hill & Valley sliced Lemon Crème Cake in half. Mix the whipped topping and almond extract. Mix the berries and the Splenda and let stand several minutes.

Place 1 tablespoon of the raspberry sauce on a plate. Place a slice of Hill and Valley Sliced Lemon Crème Cake on top of the raspberry sauce. Top with a dollop of whipped topping and a few blueberries and strawberry slices. Top with another slice of cake and repeat the layers until your tower is built. Drizzle with sugar-free chocolate syrup and garnish with fresh mint.

Nutritional information serving (based on 2): 297 calories, 11 grams fat (4.5 saturated), 46 grams carbohydrates and 11 grams sugars.

Source: Recipes created by Chef Robert Lewis, *The Happy Diabetic*, happydiabetic.com.



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healthy living

Pamper your pooch

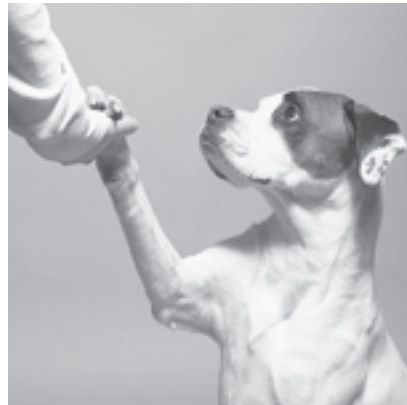
Keep your dog healthy with good treats and good fun

By Lindsay Hocker

With the official start of summer quickly approaching and the temperature rising, now is a great time to be out and about with your pup and to discover new healthy and fun ways to make his or her life a little bit better. Here are 10 ways to do just that.

1 Enroll in obedience classes. Believe it or not, taking your dog to obedience classes can be a very rewarding and fun experience for both of you. It even could improve your relationship.

Classes help dogs learn manners, which make it easier to take them places and make them better family members, says dog trainer Frank Ege of Moline, vice president of Quad Cities Dog Obedience Club, where a six- to eight-week course costs \$65 to \$85. (For more information, visit qcdoc.org.)



2 Try doggy play dates. If your dog likes other dogs, visit a dog park or set up a play date with a friend's or relative's pooch. If you hit the dog park, bring your dog's vaccination records and bags to clean up.



Pam Kaufman and her border collie, Lucie. (File; other photos from iStockphoto)

3 Take Rover to the farmers' market. "We both love going to the farmers' market," says Pam Kaufman, of Bettendorf, Iowa, of herself and her border collie mix, Lucie. "She just enjoys the other dogs there and the other people there."

Kaufman says that a few smart vendors set out water bowls, so she and Lucie have to make extra stops at those booths to make purchases.

Mitch Tollerud of Davenport, Iowa, takes his dog, a blue heeler named Dingo, to the farmers' market. He says that if you take your dog with you, you should be prepared to spend twice as much time shopping because people will want to pet your pup.

4 Provide nutritious treats. Nutritious dog treats usually can be found at the farmers' market, where doggy boutique owners often set up shop. If your dog has special dietary needs, make sure to ask about ingredients.

Tollerud has bought farmers' market dog treats and always tries to buy healthy food products for Dingo.

"I treat my dog the way I would want to be treated if I was a dog. I try to look out for my dog's health," he says. He avoids processed items and those that contain food coloring. He likes buying local products and won't buy dog foods or treats made outside of the U.S. because he's concerned about chemicals — even if it means spending more.

"Our pets deserve that," he says.



5 Give your pet eco-friendly toys. Many companies offer dog toys made from organic or recycled materials, and doggy boutiques sometimes sell locally made toys.

You also can see if your pet enjoys playing with items you'd normally pitch or recycle. Dingo, Tollerud's dog, enjoys playing with empty toilet paper rolls, paper towel rolls and ice cream boxes. Tollerud supervises him while he shreds the items.



6 Go all-out when grooming. Brush your dog's coat and don't forget about doggy baths. Shampoos containing oatmeal generally are easy on dogs' skin, and shampoo containing lavender leaves them smelling great.

7 Massage the stress away. In addition to being a proud dog owner, Kaufman also is a licensed massage therapist and the owner of Heartland Healing in Davenport, Iowa, where she gives both humans and dogs massages.

"It's a destressor for dogs just like it is for people," she says, noting that dogs get stressed just as people do.

Kaufman has given lessons on dog massage, and she charges about \$1 a minute for in-office canine or human massages. There are additional fees if she has to travel.

If you want to massage your pet, do it in a comfortable place without distractions like TV. Wash your hands first since scents that humans might not notice, like food or cleaning supplies, can distract a dog.



8 Get outside and exercise. Throw a ball or a Frisbee, or go for a leisurely summer stroll. Pets love to expend energy; doing so makes them healthier and happier.

Kaufman and Lucie take short walks to a park near their home, where she picks up litter. She recycles what she can and throws the rest away.

Ege and his wife also enjoy taking their Lucie on walks. "It gives us a reason to go out and exercise," he says.

9 Give your pet healthy rest. If you're thinking about splurging on one of those large, soft pet pillows, think about materials. Organic cotton pet beds cost a bit more, but they're easier on the environment. Organic cotton also doesn't smell "new" like synthetic materials do, which means there are no volatile organic compounds (VOCs) to irritate your dog's sensitive nose.

10 Bring your dog to the Healthy Living Fair! Come to the fair from 8 a.m. to 3 p.m. June 20 next to the Freight House, 421 W. River Drive, Davenport. Not only will your pup get some fresh air and exercise, but he or she can participate in the Radish Dog of the Year contest! To participate in the contest, bring your dog to the Radish booth at noon and be prepared to share a bit about how you keep him or her healthy.

The winning dog — as chosen by a vote of applause — will be named Radish Dog of the Year. He or she will get a gift bag filled with healthy treats and will be featured in an upcoming issue of Radish.



For details about the Healthy Living Fair, turn to pages 42-48.



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healthy living

Jeani the yogini

Q-C's first lady of yoga still relies on the basics



By Ann Ring

You never know how a person you meet today will affect you tomorrow. For Jeani Mackenzie, meeting one man eventually led to her devoting an entire career and lifestyle to yoga.

Mackenzie is founder, director and owner of the Davenport School of Yoga (DSY). She turns 62 this year and recalls, with a slight Aussie accent, how her 35 years of yoga training and expertise began.

"I married a Palmer (College of Chiropractic) student who was from Australia," she says, "so in 1971, he took me back with him."

Mackenzie says her former husband taught his patients yoga so they could "fix" themselves. He thought that they wouldn't have to pay for a chiropractic visit as often if they practiced yoga.

Then in 1977, after practicing yoga on their own for three years, the couple traveled to India for a six-week course taught by B.K.S. Iyengar, the now 91-year-old, internationally renowned instructor who is considered one of the foremost yoga teachers in the world.

"He's the best there is," says Mackenzie.

"I taught my first yoga class in a shearing shed in Australia," she recalls, laughing. "You had to be careful you didn't fall through one of the half-inch or three-fourth inch spaces in the flooring."

From there she convinced a reluctant Aussie rules football coach a thing or two about yoga's benefits, like reducing hamstring injuries and building stamina. She taught the team for two seasons.

During the Jane Fonda days of high-impact aerobics and "feel the burn" floor exercises, Mackenzie teamed up with her sister, who since had moved to Australia herself, to teach yoga during warm-up and cool-down periods in Jazzercise classes.

After returning to the Quad-Cities in 1991, Mackenzie began teaching around the area the following year. She opened the downtown Davenport location in 1996.

"I thought, 'I'm not going to church basements anymore. They can come to me,'" says Mackenzie. "Well, it was a really good plan, but I still teach in church basements," she says, laughing, obviously not minding the venues where she teaches in Bettendorf and Maquoketa, Iowa, and Rock Island and East Moline, Ill.

Yoga grew as a national trend in the 1980s and today is the predominant physical discipline that droves of people use to calm the nerves and quiet the

mind. Yet yoga has taken its time gaining popularity in the Quad-Cities.

Mackenzie says, "In 1996, yoga was very weird to people even though it's been around for centuries. People thought it was weird or mystical or religious. There's no religion involved in Hatha yoga," which is the style of yoga Mackenzie teaches. "It's a study of the body, of movement."

Although she has had no formal business training, Mackenzie is seemingly fearless and yet humble regarding her business sensibilities. Obviously something's gone right for the past 13 years, as she opened her Davenport business with one student.

"I've just had faith that this would work for me, and it has so far," she says.

In 2003, along with regular yoga classes, Mackenzie began a six-month teacher's training program. In these six years, Mackenzie has trained about 50 others to do what she does, although she realizes that not all become teachers themselves. She credits her extensive knowledge to those who taught her: Iyengar, Shandor Remete, Martin Jackson, and Diane Long.

"They can take that skill they learned on the yoga mat and use it in other places of their life."

While some business owners would consider teaching others her own wealth of expertise “business suicide,” Mackenzie sees its merit. She realized long ago that yoga was not going away — so she may as well turn out good teachers herself. “If my mission is to spread the word of yoga, I want the people who are spreading the word to know what they’re doing,” she says. “I want them to be good teachers. ... I’m not afraid of the competition at all.”

With Mackenzie teaching 22 classes a week, and with the studio holding no more than 22 people, she says that she needs “helpers.” In fact, two of her graduates — Evan and Kelly Harris, featured in the November issue of Radish — opened their own sister yoga studio next door to Mackenzie’s, Tapas Yoga Shala, where they teach Ashtanga Vinyasa yoga, which offers more physical challenge.

Mackenzie says that while people come to yoga for a number of reasons, most want to relieve stress. The Davenport School of Yoga offers 18 Hatha classes a week and eight classes elsewhere for various fitness levels and age ranges, including kids, 50 and older, and seniors.

“At the beginner’s class, it’s all very simple,” says Mackenzie — just the basics — fundamental techniques and benefits. “There’s no need to feel as though you have to compete; yoga’s an individual practice. All my teachers tell their students, ‘If it doesn’t feel okay, don’t do it.’ Don’t feel that you have to do everything.”

To Mackenzie, yoga is not simply an exercise class. Nor is it necessarily a Hindu philosophy. “People come here and forget about everything else for an hour,” she says. Like many who choose to live deliberately within some framework of a healthy lifestyle — whether it’s through food and nutrition, physical fitness, spirituality, or the environment — Mackenzie sees yoga as a lifestyle in and of itself.

Through yoga, she says, one can learn lessons that go beyond studio walls. “Yoga gives you a bit of determination ... (participants) learn about discipline, about willpower. They can take that skill they learned on the yoga mat and use it in other places of their life.”

Jeani Mackenzie will lead The Quad Cities Largest Yoga Class III at 9 a.m. June 20 at the Healthy Living Fair. Turn to pages 42-48 for details.

For more information about the Davenport School of Yoga, visit davenportschoolofyoga.com or call (563) 322-5354.



Jeani Mackenzie founded the Davenport School of Yoga in 1996. (Photos by Todd Mizener / Radish)

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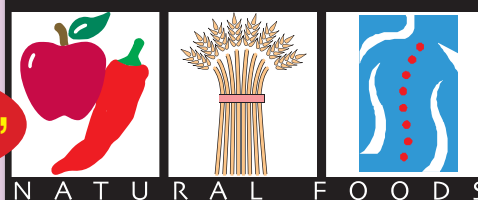
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eating well

Healing with tea

Ancient Chinese medicine that's affordable, sippable

By Brian Krans

In nursing school, Linda Handley scoffed at the ideas of acupuncture and Chinese herb therapy as legitimate medicine. Now she laughs at herself for that reaction.

Handley still is a registered nurse, but needles and herbs have become the focus of her practice at Ancient Wisdom Acupuncture Clinic in Bettendorf, where she practices as a licensed acupuncturist and a certified Chinese herbalist.

"Ordinary kitchen herbs can cure a lot of things," she says.

In the front of the store at 2395 Tech Drive, teas line the shelves of a small display area. There are Vietnamese, Indian and other rare teas as well as hand-mixed teas that Handley creates herself.

In the back, jars hold exotic herbs as well as more familiar ones. Each root, herb or plant serves a purpose.

"People are hesitant to use the Chinese herbs, in terms of cooking them. A lot of people in this area are hesitant to use herbs that way," Handley says. "More people are familiar with the Western herbs than the Chinese herbs."

Western herbs generally consist of stems and flowers, while Chinese herbs use more barks and roots, which can take longer to cook.

Though some people look at Chinese herb therapy as new, it's been used for thousands of years.

Herb therapy comprises the majority of the first pharmacological text in the 1st century. It goes further back with the Yan Emperor Shennong, who is said to have tasted hundreds of plants and herbs

and imparted his wisdom to farmers some 5,000 years ago. It's considered the beginning of Chinese medicine.

Acupuncture and Chinese herbal medicine is believed to be the oldest continuously practiced system of professional medicine in the world. It's said to work by balancing the body's internal systems, yin and yang, the qi (energy), blood and body fluids.

"If you look at centuries of herb use," Handley says, "it's very easy to see it does something."

In the back room of the clinic, she makes custom teas for customers depending on their ailments and symptoms.

For example, turmeric and ginger are good for hip problems. Cinnamon is good for the legs. Catnip treats colic in infants.

Handley blends herbs to meet a customer's needs, whether to ease sinuses in concert with acupuncture or help quell stomach problems. She said not only are the teas helpful, but they are also pleasant to drink.

Yet herbs are only meant for short-period treatments.

"You correct what's wrong, and then you're on your way," she says. "They are simple remedies instead of running to a doctor. The caution is that it is medicine and isn't harmless."

Unlike prescriptions or over-the-counter medicines, herbal treatments are often much less expensive. A \$9 bag of customized tea can last three weeks.

In Iowa, acupuncturists can use herbs and administer them to patients. In Illinois, they cannot.

"Some people are absolutely against herbs," Handley says. Yet "many people are coming to them because they don't like pills and are willing to try something different."

Ancient Wisdom Acupuncture Clinic constantly is expanding its tea selection, and Handley plans to provide herbal classes in the fall.



Linda Handley owns Ancient Wisdom Acupuncture and Medicinal Tea Shop in Bettendorf, Iowa. Handley says that ordinary herbs can cure many ailments. (Photo by John Greenwood / Radish)

For more information, visit ancientwisdomiowa.com.

Ancient Wisdom will be at the 2009 Healthy Living Fair.

For details about the fair, turn to pages 42-48.

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Organic hair care

Lather, rinse and read the label for healthy locks

By Sarah Gardner

Not all organic shampoos are created alike. Ask Donna Elliott, stylist and owner of The New Leaf progressive lifestyle boutique in Moline. She has read many organic labels carefully to find two lines of products — Max Green Alchemy and John Masters Organics — that she is comfortable recommending to clients. This is because unlike organic foods that are strictly regulated by the USDA, personal care products can be labeled “organic” or “natural” even if most of their ingredients are synthetically produced.

“What I’ve learned to do is read the first few ingredients,” says Elliott. That’s where the plant-based ingredients are. The more of those plant names that have the words “certified organic” in front of them, the better. Then Elliott recommends skipping down to the bottom of the list. When you get there, she says, “It’s more about what’s not listed.”

What you hope not to see are ingredients like sulfates, parabens and chemicals containing the letters “eth.” These are synthetic ingredients that also can be environmental contaminants, skin irritants, and in some cases, potential carcinogens. (One recent study, for example, found parabens in the breast cancer tumors of 19 out of 20 women.)

If this seems like a lot of tricky chemical names to remember, there is an easy rule of thumb when shopping for organic or natural shampoos: Look for ingredients lists that have the most plant names you recognize and the fewest number of words you cannot pronounce.

Why does this matter? Because your skin, especially your scalp, is naturally porous and very absorbent. Just like the tissues of your digestive tract, your skin passes the chemicals that it contacts into the body. Yet in the digestive process, the liver breaks down chemicals before they embed in other tissues. When chemicals are absorbed through the skin, the liver can’t do that. This makes some toxins more dangerous when absorbed than when eaten.

Christine McClimon, co-owner and manager of Salon Aria in Davenport, Iowa, agrees that what you put on your hair should be as natural as what you eat. Choosing a shampoo is about what sustains your hair, she says, but also about what sustains the planet. This means thinking about the farming methods as well as the packaging. “For example, Aveda has one of the only programs to recycle the caps from shampoo bottles so that plastic doesn’t end up in a landfill,” she says. “You have to look at the big picture.”

Although many organic shampoos can seem more expensive than their non-organic competitors, they often contain less water. This means you don’t have to use as much when washing your hair to get the same effect. And though some organic shampoos do not lather as much as shampoos containing sulfates, this does not mean that they do not clean as well. In fact, just as the best skin cleansers do not lather, a shampoo that does not lather may be less drying to your hair.



Donna Elliott, owner of The New Leaf salon and boutique in Moline, uses organic products to style Lindsey Miner's hair. (Photo by Paul Colletti / Radish)

One of the purest and most economical forms of shampoo is the bar. Unlike liquid shampoos, shampoo bars do not need chemical preservatives to keep them from spoiling in the warm, moist environment of the bathroom. And because they can be wrapped in paper rather than plastic, shampoo bars create minimal packaging waste.

Maggie Howe and Donna Julseth are a mother-daughter duo who run Prairieland Herbs of Woodward, Iowa (prairielandherbs.com). They sell personal care products that use natural, food-grade ingredients, including a line of shampoo bars developed by Iowan Karla Moore. They also offer herbal infused vinegar rinses that remove residue left on the hair by shampoo. These rinses restore the slightly acidic pH of the scalp, which shampoo can disrupt. That acidity actually helps protect the body against microbes that might pass through porous skin.

For many organic shampoo users, however, the biggest attraction is how good the products smell. When asked what her favorite shampoo bar at Prairieland Herbs is, Howe says that she loves the rosemary nettle bar because “it just smells so herbal and spicy.” You can’t say that about a petrochemical.

Learn about organic hair care at the Healthy Living Fair June 20 in Davenport, Iowa. For details, turn to pages 42-48.

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homes

Cool on the cheap

Tips for saving energy while staying comfy this summer

By Brandy Welvaert

Summer is here, and it's time to think about keeping your home cool — while saving money and respecting the planet. With those goals in mind, here are 10 ideas from energy experts.

1 Get a free audit. MidAmerican Energy Company (midamericanenergy.com) and Alliant Energy (alliantenergy.com), for example, both provide in-home energy audits free of charge to customers. Not only will they suggest ways you can save money on your utility bills, but they also may provide some energy-saving items free of charge, such as CFL bulbs.

2 Use your air-conditioner less often. This is a no-brainer, but it's effective at saving energy and therefore cash, says Mike Carberry, executive director of the Iowa Renewable Energy Association.

In general, you'll save money by running the air conditioning, whether it's central air or a window unit, only when you need it, even if that means turning it off on a cooler day and turning it back on the next day after the house has warmed up.

3 Dress for the weather — even inside. Don't wear jeans and long sleeves when you're bumming around the house. Instead, dress in loose-fitting, light-colored summer clothes, Carberry says.

4 Buy a programmable thermostat. These \$30 dandies allow you to give your air-conditioner, and therefore your pocketbook, a rest in the hours when you're not home. You can program these thermostats to cool the home when you're awake and active. In the hours when you're away or sleeping, your house can be a bit warmer — and you never have to touch the dial. According to EPA, most people will save around \$180 a year by using a programmable thermostat. In fact, EPA goes so far as to say that programmable thermostats are one of the best ways to save money and energy and to stop global warming.

5 Keep the sun out. Another no-brainer, says Carberry, but this trick works. Close the shades on the south and east sides of your home on sunny days. "Direct sunlight can really heat up a home," he says.

You can block the heat further with a set of thermal curtains or drapes that will provide insulation in winter.

6 Use appliances wisely. Here's your excuse not to cook! On hot days, avoid the stove, which heats up the house and keeps the air conditioner running. Instead, pull out the grill or, if you're feeling adventurous, a solar oven (see the story on page 24). You always could serve huge salads made from fresh veggies from the farmers' market, too.

In addition, do your laundry and run the dishwasher in the early morning or late in the evening so they don't heat up the house during the day, suggests Ken Sheinkopf, communications specialist with the American Solar Energy Society.

7 Keep air moving. On cooler days, open windows and let the breezes blow. No natural breeze? Use the ceiling fan in the room you're in or point an oscillating fan at your body. Do not run fans in rooms you're not using. Contrary to popular belief, this does nothing to cool a home. Fans keep a person cool by moving air around the body — and that's it.

8 Stop hot air. Inspect your home for leaks, then cover and/or caulk them. Though small holes or gaps in a home's envelope may seem insignificant, the cumulative effect of many small openings can be equal to leaving a window open. Fix leaks and you can save 10 percent on cooling bills, according to EPA.

9 Block attic heat. A better barrier between your home and the attic could be the best way to save money right away, says Kevin Klute with the Energy Doctor, Inc., in northern Illinois. When purchased as part of the company's "go green" package, its Energy Guard blanket is one such product that pays for itself in about five to seven years, Klute says.

10 Install a solar attic fan. These fans don't require electricity, so there's a one-time cost that's less than \$1,000, says Carberry, who has one. Energy tax credits in effect now refund up to 30 percent of the cost of some solar attic fans.

Using a solar attic fan in tandem with an Energy Guard blanket and a couple other energy-saving devices can save a homeowner up to 40 percent annually on energy costs, Klute says.



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environment

New degree, certificate prepare students for green careers

By Laura Anderson

Whether your dream job is in renewable energy or you'd just like to learn more about sustainability, colleges in the Radish region are adding new programming for you this fall.

Scott, Clinton and Muscatine Community Colleges — the four schools that form the group Eastern Iowa Community College District — will offer a two-year renewable energy systems specialist program in which students will earn an associate degree in applied sciences and learn to install and maintain alternative energy systems in wind, solar and biofuels.

"The whole system isn't like any regular education class that I know of," says Ryan Light, director for Renewable Energy for the Eastern Iowa Community College District. "All of the students get packets for each class. They read (the material), do the problems, have a discussion with the professor, and come in to do the lab packet when they have the chance," Light says.

Also this fall, the University of Iowa will begin offering a new certificate in sustainability.

"This knowledge is so valuable to everyone and so applicable to so many professions in the 21st century," says Barbara Eckstein, an English professor who helped bring the new program to fruition.

Anyone working on an undergraduate or graduate degree, as well as those who hold bachelor's degrees in any discipline from any school, can sign up for the certificate program. A free-standing certificate is in the works.

"In the fall, the certificate task force will take up the work of creating a commensurate, free-standing certificate that might be (attainable) long-distance," Eckstein says. "But we aren't there yet. We also plan to create a graduate level certificate in sustainability."

Eckstein says that environmental protection, economic development and social justice historically have been treated as competing values. "The study of sustainability demonstrates the interdependencies of these three values and asks students to imagine how these interdependencies affect the profession they are training to enter."

No matter what you currently are doing — whether you're a teacher, an engineer, a writer, a lawyer or a doctor — "the practice of these professions is affected by the recognition now, in the 21st century, that the ways we meet our needs must not compromise the needs of future generations to meet their own needs," Eckstein says.

For more information about the programs, visit eicc.edu or www.uiowa.edu.

Representatives from the Eastern Iowa Community College District will be on hand at the Healthy Living Fair June 20. For details about the fair, turn to pages 42-48.



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Yoga smorgasbord

By Radish staff

Yogis and yoginis often say that there's no "right" or "wrong" school of yoga. Instead, choosing a style that works for your body and mind is the key. That's also the hard part because options abound. To get a feel for a few types of yoga available in the region, Radish asked three instructors to share.

A photograph of a woman, Michelle Campbell, performing an Anusara yoga pose (Urdhva Dhanurasana) on a grassy field. She is in a full backbend, with her hands on the ground and her feet lifted towards her head. She is wearing a purple t-shirt and black leggings. The background is a lush green field.

Michelle Campbell demonstrates an Anusara yoga pose. (Photo by Todd Mizener / Radish)

Ashtanga links breath and movement to develop concentration and meditation.

How does it differ from other styles? It develops strength (especially upper body and core) in equal measure with flexibility, and focuses on movement/flow in addition to alignment. It also offers a more traditional/orthodox system, with its main teachers and school still in India.

Why I do Ashtanga: To connect with a tradition; to cultivate meditation; and to exercise in a way that integrates strength, flexibility, cardiovascular health and overall body awareness. We certainly weren't born more flexible, strong, coordinated or peaceful than anyone else, but this is a way to work on it — all at once.

— Evan Harris, Ashtanga yoga instructor
(tapasyogashala.com)

Anusara means flowing with grace. Founded in 1997 by John Friend, and part of the Hatha school of yoga, Anusara yoga unifies a life-affirming tantric philosophy of intrinsic goodness.

How does it differ from other styles? In class students find the goodness within, celebrate the heart and embrace the full spectrum of life all while being given specific alignment instructions.

Anusara classes begin with a "centering" or invocation and include a heart-oriented theme. Anusara also follows the "Universal Principles of Alignment," which include a contracting muscular energy and an expanding organic energy.

Why I do Anusara: This beautiful style of yoga is fun, and it keeps me positive, strong and healthy. Plus I get to meet the most wonderful people.

— Michelle Campbell, Anusara-inspired
yoga instructor (jedi-yoga.com)

Iyengar The focus of Iyengar yoga is alignment. If you are going to build anything, you start from the ground and use that strength so that things support one another.

How does it differ from other styles? Well, almost all other forms of yoga have come from Iyengar. They have just put a different "twist" on it.

Why I do Iyengar: It's where I started. B.K.S. Iyengar is the Hatha yoga "man." I studied with him in India, and all of my teachers since have been students of his. I have tried other forms of yoga but come back to this.

— Jeani Mackenzie, Iyengar yoga instructor
(davenportschoolofyoga.com)

You can experience Anusara, Ashtanga and Iyengar yoga at the Healthy Living Fair. For details, turn to pages 42-48.



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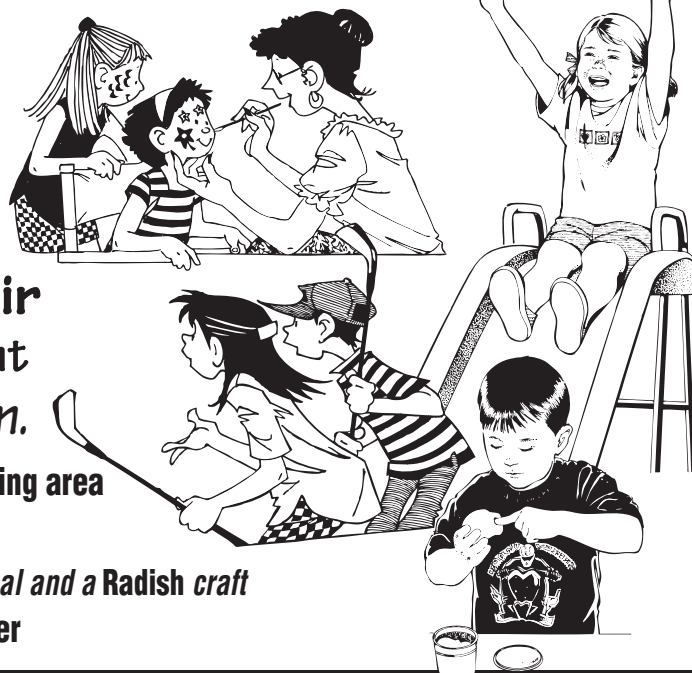
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Remembering John

Regionalist John Bloom's work explores Midwest themes

By Jonathan Turner

While his wife has the more famous name, John Bloom's artistic legacy may be more profound and significant.

Bloom (1906-2002), who was married to Isabel for 63 years, was a man of many visionary talents: drawing, painting, sculpting, lithography. And he produced art for 80 years.

The first major Quad-Cities exhibit since his death, "John Bloom: Visions of Iowa," has run since February at the Figge Art Museum, Davenport, and goes through Sept. 27.

"John was very good at what he did," says Dave Losasso, Bloom's close friend and owner of Mississippi Fine Arts in the Village of East Davenport. Losasso has perhaps 100 Bloom artworks in his shop.

Born in DeWitt, Iowa, Bloom attended St. Ambrose University, studied at the Tri-City Art League School in Davenport, and enrolled at the Art Institute of Chicago in 1926. In his third year there, he taught drawing and composition.

His oil painting, "Burial," caught the attention of artist Grant Wood (of "American Gothic" fame) when it won a prize in the 1932 Iowa Art Salon.

Wood invited him to attend his Stone City Art Colony, and it was there that Bloom met his bride-to-be, Isabel Scherer. His success in getting the contract for a mural in the DeWitt Post Office late in 1937 encouraged him to propose, and the pair was married in 1938 and lived in Davenport.

Wood (1891-1942) was a founder of the acclaimed Regionalist art movement. These artists "shunned the frenetic lifestyle of the metropolis and focused on depicting the American heartland," says Rima Girnius, Ph.D., associate curator at the Figge.

"Regionalists really believed in painting what they knew best," Girnius says. "Americans should paint American themes."

This was especially important during the Great Depression, when the U.S. experienced "huge



political and economic upheaval," she says. Many of the Figge exhibit pieces represent the dignity and vitality of work, she notes.

Regionalist art helped "assuage the anxiety and unease felt by the public" by providing "an idealized view of rural America secure in its wealth and power," she writes in an essay about the exhibit.

Often turned away from the viewer or "absorbed in their own thoughts, Bloom's figures represent the experiences of everyman and resonate with the present troubles faced by Americans today," Girnius

writes. Bloom typically would sit behind the raised hood of his car to unobtrusively observe his subjects.

He was involved in the federal Public Works of Art Project, which was led by Grant Wood and created jobs for unemployed artists by commissioning large-scale murals for public buildings. They were meant to "improve the physical appearance of the buildings and to edify local citizens about their traditions," Girnius says.

Bloom worked with Wood in painting murals for the Des Moines Public Library and Iowa State University Library before getting the DeWitt post office commission. Bloom also painted a mural for the Tipton post office.

Two of Girnius' favorite works in the exhibit are ordinary scenes: his grandmother peeling potatoes (1939) and a woman ironing (1935). Other subjects are feeding hogs (1929) and picking weeds (1933).

Though the show has murals, it also features some of Bloom's lesser-known works, Girnius says.

In the mid-1980s, Losasso was instrumental in getting a mural commission for Bloom from University Hospitals in Iowa City, which resulted in "Four Seasons" (4-by-12 feet). A smaller version is in the new exhibit. Two massive works — "Shocking Oats" (1987) and "Cattle Loading" (1988) — are also in the museum, among more than 30 works.

Losasso says his friend didn't mind his wife's earning most of the recognition for her sculptures.

"He really didn't seek it out. He was very humble, very modest," he says. "He had a good little sense of humor. It was just really my privilege to grow up and watch him paint."

'John Bloom: Visions of Iowa'

When: Through Sept. 27

Where: Figge Art Museum, 225 W. 2nd St., Davenport, within walking distance of the 2009 Healthy Living Fair (For details, turn to page 42.)

Tickets: \$7 adults, \$6 students and seniors, \$4 ages 3-12

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Cooking off the grid

Solar ovens keep the heat out of the kitchen

By Sharon Wren

Last summer when our power was out for a week, I really thought about how much we depend on electricity. While my family was lucky enough to have a generator and gas grill, the generator wasn't powerful enough to run our oven. Of course, because I couldn't bake, I was dying to do so. I needed a solar oven.

Solar ovens use the sun's rays to prepare foods. You've probably tried solar cooking and don't even know it. Ever make a batch of sun tea? News programs love stories about frying eggs on sidewalks during heat waves — another example of using the sun to cook — and actor Ed Begley Jr. shows off his solar oven on his reality show, "Living With Ed" on the Planet Green channel.

While solar ovens still are a bit of a novelty here in the U.S., in other parts of the world, they're a vital part of everyday life. According to solarovens.org, "more than 2.4 billion people lack adequate cooking fuels. Many people spend as much money on fuel to cook their food as they spend on buying food. Others spend over 40 hours a week gathering scarce firewood." Solar ovens cook food without any fuel, saving time, money and natural resources. They also can be used to pasteurize water.

Kate Heyhoe, author of "Cooking Green" (De Capo Press, 2009), says that using the sun is one of the most environmentally friendly ways to get dinner on the table. "Solar cooking is totally emission-free (so) you can't get much greener. You can roast a brisket, bake casseroles, cornbread and cookies, and cook just about anything you'd put in a slow cooker," Heyhoe writes.

Compared to traditional ovens, solar ovens give you more bang for your buck, she says. "About 87 percent of an electric oven's heat is wasted, absorbed not by the food but by the oven walls or dissipated into the room. Gas ovens lose a staggering 94 percent of the fuel." Going green in the kitchen not only will

ease your carbon footprint, but it can make a difference in your power bill. Even better, solar ovens are portable; most weigh under 20 pounds, so you can cook in the front yard, at the campground or at work (if you have an understanding boss).

The Internet abounds with plans for do-it-yourself solar ovens. In the interest of journalism, I tried a few that easily could be made by those without any carpentry skills. One was made from a pizza box with a large hole cut in the top, which then was covered with plastic wrap. A plate of nacho chips topped with cheese did nothing in this contraption, even after several hours in a rather warm, sunny spot.

Another Web site claimed that wrapping an egg in black cloth and then placing it in a clear plastic bag in the sun would yield a hard-cooked egg in just a few hours. My egg "cooked" for an entire workday in the sun but never came close to hard-cooked status. The moral of the story is that you can't expect something to work if you go too cheaply on the materials.

Solar ovens are sold online; expect to pay \$150 to \$250 for a good one. If you're handy with tools, free plans for building an oven are widely available online, as well. I had planned to buy a nice solar oven, à la Ed Begley Jr., but my handyman husband says he can build a better one himself. For now I'm still using the inexpensive one I found online.

Solar ovens are appealing for several reasons. They're another step closer to living off the grid; they work even when the power is out; and they're cheaper than adding another stove. The most appealing reason for me? I can cook potatoes for potato salad on even the hottest day of the year without steaming up my kitchen.

Radish contributor Sharon Wren will cook with a solar oven at the Healthy Living Fair June 20. For details, turn to pages 42-48.



Visit radishmagazine.com for solar-oven recipes for several foods, including, from top: cornbread, banana bread, chocolate chip cookies and potato salad. (MCT)



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body, mind & soul

Healing with energy

Reiki promotes wellness in the practitioner, receiver

By Rita Melissano, Ph.D.

Reiki (pronounce RAY-kee) is an ancient healing modality that holistically addresses the physical, emotional, mental and spiritual well-being of an individual. It enhances the natural ability of the body to heal itself. This can be done by balancing what I call the “Seven Gifts of the Soul,” the energy centers or, in Sanskrit, chakras, which correspond to the main meridian intersections in the body — as in acupuncture.

Becoming a reiki practitioner is a life-changing event, and those who do it never look at other human beings in the same way. They feel intimately connected with all living things, experiencing a boundless sense of unity and reverence towards life as they tap into that unified field of pure, ever-present awareness that knows no limitations. Aware of that divine presence, they may feel deeply committed to serve and

Today reiki is being used in hospitals and clinics in the United States and around the world.



Rita Melissano, left, instructs students Sabrina Salem and Cole Morrow as they practice reiki at Satva Center, Rock Island. (Photo by John Greenwood / Radish)

awaken that consciousness in all beings. As a result, healers themselves profoundly are transformed and enabled to express their true essence.

Yet practitioners themselves do not heal, they simply use specific hand positions while gently touching or holding their hands a few inches away from the body of a subject. These positions channel universal (rei) energy (ki), which I also call “Divine Breath,” as it is spirit (from Latin, spiritus, which means breath). It is that sacredness and vital life force, or light, that heals us and brings us into wholeness again. Whether lying down, standing or sitting, the individual receiving reiki may have different experiences and sensations (e.g. heat, cold, tingling, colors), but they always feel a deep sense of inner peace and relaxation.

A complete reiki session generally is done in one hour. A quick boost or a chair treatment is given in 15 to 30 minutes. Even a few minutes of reiki is always a precious gift.

Today reiki is being used in hospitals and clinics in the United States and around the world as it has been proven to be very useful for pain management and relaxation, and to strengthen the immune system, flush toxins in the body, fight infections, decrease side effects of medication and/or medical procedures, speed up the course of recovery and reduce stress and anxiety. Reiki can be integrated with conventional medicine. It does not require any technology, does not have any side effects or contraindications and is a cost-effective way to enhance patient care. It does create a healing environment not only for the patients and their families but for the medical staff as well.

Another invaluable gift that reiki offers is the opportunity to accompany a dying person to make the transition in the most peaceful way. I have had the honor to witness the last breath of close family members and to prepare them for that most sacred moment, thanks to reiki. I cherish many priceless stories of healing, often spontaneous, when giving a reiki session or an attunement to family members, friends, neighbors, students and fellow practitioners.

Reiki can be used to promote both self-healing and healing in others, including animals, which love it!

My decision to learn reiki came from the desire to help my little dog, Shakti, who passed away many years ago and who was fighting congestive heart failure. His quality of life was prolonged thanks to reiki. My current dog was able as a puppy to recover emotionally from being attacked by a large dog thanks to reiki.

Reiki can be learned, and anyone can receive training to practice it. Both reiki training and treatments are available at Satva Center in Rock Island (satvacenter.com). The best way to understand reiki is to experience it firsthand. We'll even will serve you tea afterwards.

Read a longer version of this story online at radishmagazine.com; see reiki demonstrations at the Healthy Living Fair June 20 in Davenport. Turn to page 42 for a guide.

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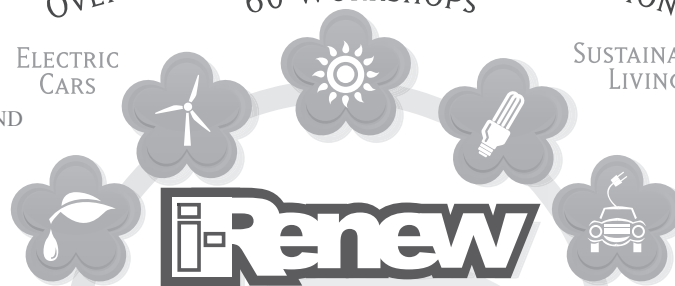
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Freight House market

Locavores have been shopping downtown for 20 years

By Brandy Welvaert

Before foodies were foodies or locavores were known as such, good eaters have known the Davenport riverfront as a place for farm-fresh foods and home-made goodies. Every Saturday morning for more than 20 years, artisans and shoppers have convened in the expansive parking lot surrounded by a baseball stadium, a river, a city park and a railroad freight house, to celebrate the bounty of the soil with commerce. The market has seen many changes, notably in the past couple of years, but it remains an institution.

Until last year, the Mississippi Valley Growers and the River City Market Associations had been responsible for the market, then held May through October. Those groups moved their tables and tents to the parking lot at NorthPark Mall, Davenport. While many vendors moved on, several stayed downtown to form the Freight House Farmers' Market.

"The Freight House Farmers' Market has been wildly successful this past year," says Steve Ahrens with the Davenport Levee Improvement Commission, which helped reorganize the market.

This summer marks the second for the new downtown market, now a year-round market that moves inside the shined-up Freight House at 421 W. River Drive from November through the end of April. From May through October, vendors fill the parking lot and the indoor space. The Freight House building itself now houses not only the market, but also a comedy club, piano bar and restaurant. Outside there's a playground with newer equipment. On Saturdays, it crawls with kids.

"We gutted it, opened it up, painted it, put in some nice flooring and some enhanced lighting. We got the restrooms operational and did some other things," Ahrens says. "That investment then led to a lease agreement between the city and the Freight House Farmers' Market." The group leases the west end of the freight house and the parking lot. Regular hours in summer are 3 to 6 p.m. Tuesdays and 8 a.m. to 1 p.m. Saturdays.



Perusing spring plants at the Freight House Farmers' Market in Davenport. (Photo by John Greenwood / Radish)

The market has something for every foodie, with fresh fruits and vegetables, meats (including pork, beef, chicken, turkey and bison), baked goods, homemade pet treats, cheese, wine, eggs, flowers, tea, coffee and more. There also are crafts, homemade soaps, jewelry and prepared foods like egg rolls, grilled sandwiches, lemon shake-ups, kettle corn and coffee — both hot and iced. Shoppers even can relax with a chair massage.

Both local and non-local foods are sold at the market, and the non-local foods fill seasonal gaps, Ahrens says, adding that vendors are expected to post signs to let shoppers know what they're buying.

He says that the market pulls people to Davenport's beautiful riverfront not only with diverse products, but also with entertainment and education. This year, for example, the market will offer yoga

classes and baby-food making seminars, says Darcy Rostenbach, market chairperson. Last fall, the market provided classes in food preservation and canning to teach shoppers how to make local veggies and fruits last through the winter.

The market will have special hours from 8 a.m. to 3 p.m. on June 20 when the Healthy Living Fair sets up shop alongside it. Rostenbach says that the market will be flush with fresh foods, such as local strawberries, pie cherries, raspberries, greens, onions, radishes, zucchinis, herbs and more will be ready.

"Our goal is to make this market the best in the entire Midwest," she says.

For more information, visit freighthousefarmersmarket.com. Turn to pages 42-48 for details about the Healthy Living Fair, being held next to the Freight House.

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IA 05/09

health & fitness

Shimmy for health

Belly dance improves muscle tone and self-image

By Elizabeth Russell

When someone mentions belly dancing, do you imagine Salome with her seven veils or perhaps a cabaret performance in a Middle Eastern restaurant? Often associated with scantily clad women enticing men, belly dancing isn't often associated with good health. That may change with various studios cropping up in this area. Belly dancing is yet another option for those seeking a little spice in their fitness menus.

It is believed that what we call "belly dance" originated as prenatal exercise. Women danced for other women, showing them how the abdomen undulates during the contractions before birth. Sheila Kitzinger, natural birth activist and author on childbirth and pregnancy, claims that "belly dance represents the power of women to produce life."

Belly dancing utilizes muscle groups in the abdomen, pelvis, trunk, spine and neck, working with the body's natural movements. The repetitive nature of the shimmies, figure eights and hip-drops work the lower back and hips while the knees remain bent, keeping the quadriceps engaged.

Not only do the midsection and the legs get a workout. After taking a class for the first time, many women leave with arms that ache from holding them up in beautiful postures. Try snake arms, circles and lifts, and your shoulders and arms soon feel like they have been pumping iron.

Much like yoga, belly dancing is a weight-bearing exercise that utilizes your own body weight to provide resistance to your muscles. With your feet moving along with your torso and arms, you can get an aerobic workout while toning muscles and challenging your mind to learn new steps and combinations.

"I started belly dancing in 1992 while pregnant with my second child. I had been taking yoga and remember that while I did feel stretched, I also felt frustrated at my inability to do the asanas correctly. Then I tried a belly-dance class. I felt sexy! And my husband asked to see what I learned!" says Melanie Moore of Wilton, Iowa, who now teaches American tribal-style belly dance in Wilton; at the Center for Living (center4living.com) in Rock Island; and at

Kahraman Dance Studio in Iowa City. She also teaches belly dancing for birth.

Her experience as a midwife and as a doula have led her to these observations: "Women who belly dance during pregnancy have better posture, less back pain, easier pregnancies and shorter labors. Belly dance strengthens the muscles of the abdomen and the pelvic floor."

Belly dance has many of the same health benefits of other forms of dance, such as improved posture and muscle tone, increased coordination and flexibility, weight loss, and stress reduction. In addition, belly dancing is purported to aid digestion, reduce menstrual cramps and ameliorate menopausal symptoms. Add to this an improved self- and body-image — along with the socialization in classes — and you have a new hobby that is healthy for all aspects of your life.

Think you're too old, too overweight or too modest to give belly dance a whirl? One of the great things about belly dance is that you can do it regardless of your figure or age. Unlike jogging or aerobics, belly dancing is a low-impact form of exercise. That means that you can do the dance movements without placing undue stress on your knees, shins and feet.

Belly dancing is a fun, healthy way to exercise. It can be a creative outlet that conditions, tones and allows a woman to tune into the natural movements of her body as well as boost her self-confidence.

You can see belly dance demonstrations at the Healthy Living Fair on June 20. For details about the fair, turn to pages 42-48.

Find a belly dance class

- Melanie Moore: tribeunda.net or manyhandshouse@gmail.com
- Jenni Stumpf: qchippers.com or jenahid@gmail.com
- Jackie Gonzales: lunabonita.net or lunabonita@mchsi.com
- Marie Wilkes: kahramandance.org or marie-malecha@kahramandance.org



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environment

Greening up the green: Electric golf cart costs less, pollutes less and goes easy on turf

By Laura Anderson

They've only been on the market for a few months, but the eco-friendly golf carts from ePower Synergies Inc., of Port Byron, Ill., are par-fect.

The one-person battery/electric golf carts are brand new, says Bruce Wood, ePower president and CEO. The three-wheeled cart more closely resembles a three-wheeled motorcycle than a typical golf cart, but it's equipped with everything a golfer needs: places for tees, balls and a score-card; cup holders; and a mount for a golf bag directly behind the driver.

The only thing the cart is lacking is a roof, which can be added.

The E-Bikeboard Golf-G1000 has been presented in Europe and courses on the West Coast, where it's been accepted enthusiastically.

“This vehicle will allow the golfer to go directly to a golf ball,” Wood says. “It's better for a course because it'll speed up play. And they're more fun.”

The carts also are better for the turf.

“Because of their design, they aren't as hard on the turf of the course, and allow for much less wear and tear,” he says.

The Golf-G1000 also costs less than conventional battery golf carts, and unlike gasoline-powered, two-stroke engines, the carts don't create pollution while they're running, Wood says.

“Progressive carts have gone electric, but (these carts) are one step beyond conventional electric carts. They're smaller, lighter, require less material to build and require less energy,” he says.

The carts can “remind us that no matter what we do, we need to play our part in making this Earth more habitable.”

If they happen to add a little more fun to a golf game, there's nothing wrong with that.

For more information about the E-Bikeboard Golf-G1000, visit epowersynergies.com or call (309) 523-2088. The cart will be on display at the 2009 Healthy Living Fair. For details about the fair, turn to pages 42-48.



The E-Bikeboard Golf-G1000 (Photo by John Greenwood / Radish)

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rooting around

Insects, native plants and butterflies abound at the QCBC

Artwork that takes inspiration from the natural world is on display at the Quad City Botanical Center, 2525 4th Ave., Rock Island. Photographs of native plants and insects, by Linda and Bob Scarth (scarthphoto.com/wordpress), will be on display through July 20. Also on display are Big Bina Mapflies: human-sized textured collages of butterflies. Art exhibits are included with admission, which is \$5 for adults, \$4 for seniors, \$3 for ages 5-12, \$1 for ages 2-4 and free for ages 2 and under. Hours are 10 a.m. to 5 p.m. Mondays through Saturdays and noon to 5 p.m. Sundays. For more information, call (309) 794-0991 or visit qcgardens.com.



Delores DeWilde Bina and her map-inspired butterflies. (Photo by John Greenwood / Radish)

Is your kid an 'enviro-kid'? He or she can be

Want your kids to spend more time outside? Check this out: Children entering 3rd, 4th and 5th grades in the fall are invited to attend Enviro-Kids, a new environmental education program that will meet five Saturdays this summer and end with a Friday night family campout in August. The program will meet June 27; July 11 and 18; and Aug. 1 and 15. Kids will learn about fishing, water safety, canoeing, kayaking and more. The campout will be held Aug. 28 at the Wapsi River Environmental Education Center near Dixon, Iowa. Cost to attend is a one-time fee of \$5 per child, which includes a T-shirt. Kids can attend one or all of the programs. For more information or to sign up, call (563) 468-4218 or visit ilivehereqc.org.

Retain the rain to get a green degree

Adults can learn more about caring for the environment and get a "green degree" by attending Retain the Rain College, a new educational series offered by River Action in Davenport. Classes began in May and will be held throughout the summer. Upcoming classes include "Green Roof 101" on June 6; "Intro to Prairie Gardens" on June 20; "Green Home Biology 101" with energy guru George Bialecki, Jr., on Aug. 6; and "Green Roof 201" on Aug. 26. For details or to sign up, call River Action at (563) 322-2969. For more information, visit riveraction.org.



George Bialecki Jr. (File)

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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.

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rooting around

Which veggies are no-brainers? Mother Earth News survey tells all

By all accounts, more people this year are gardening for food to save money and eat locally. But when it comes to planting veggies, which varieties are easiest to grow? To find the answers, Mother Earth News is inviting gardeners across North America to participate in an online survey that will rate more than 70 vegetables. Mother Earth wants you to take the survey; then you can check the results so far to find out what others are saying about veggies they've tried. According to Mother Earth, the survey takes about 20 minutes to complete. To find it, visit motherearthnews.com/most-productive-vegetables.aspx.



MCT

Bright idea: Offset emissions while shopping

Even in the lives of those who reduce, reuse and recycle, shopping happens. The idea behind the Brighter Planet Visa is to make the money you spend work toward a goal you believe in. For every dollar a person spends with a Brighter Planet card, he or she earns one EarthSmart point. Every 1,000 EarthSmart points will fund the offsetting of about one ton of carbon. The Bank of America-issued card isn't the only "green" affinity card out there, but it is the one with the lowest fixed annual percentage rate, and there's no annual fee. To read more about the Brighter Planet Visa, visit brighterplanet.com.

New student garden opens in Iowa City

A new garden at the University of Iowa in Iowa City is giving students an on-campus, working and sustainable place to produce field-to-market vegetable crops for the Iowa Memorial Union. Students will work at the garden as part of the university's new Certificate of Sustainability, and members of the school's Environmental Coalition will manage the garden and are responsible for preparing the ground, installing structures and maintaining the space. The garden occupies one-third of an acre and includes a portable hoop building to extend the growing season and a rainwater collection system to provide water for seedlings. For more information, visit the UI Environmental Coalition Web site, www.uiowa.edu/~uiec.

Learning to teach about the environment

Educators in the Wild (EDIWILD), a four-day workshop, will be held June 22-25 at the Wapsi River Environmental Education Center near Dixon, Iowa. The goal is to show teachers and others how to incorporate lessons about the environment into classes across the curriculum. The workshop will use an interdisciplinary approach to teaching and will emphasize ecosystems along rivers and streams. Cost to attend is \$65 per person. For more information or to register, call the Wapsi Center at (563) 328-3286 or visit scottcountyiowa.com/conservation/wapsi.php.

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A spiritual start to summer, just for women

Women can start the summer with spiritual reflection during an ecumenical weekend retreat June 26-28 at Benet House Retreat Center on the grounds of St. Mary Monastery, 2200 88th Ave. W., Rock Island. The weekend will include prayer, silence, conferences and discussion facilitated by Sister Catherine Cleary. Cost for the retreat is \$140 for a private room, \$128 for a shared room or \$70 for commuters. It begins at 7 p.m. June 26 and ends at 1 p.m. June 28. For more information about the Sisters of St. Benedict, St. Mary Monastery or Benet House, visit smmsisters.org. To sign up or ask questions, call (309) 283-2100.

Natural pregnancy and birth classes begin this month for parents-to-be

Pregnant moms and their partners can attend an educational class about holistic childbirth from 6 to 8:30 p.m. Monday evenings in June. Classes begin June 8. Cost for the four-week course is \$75 per couple. Classes will be held at Satva Center, 1918 7th Ave., Rock Island. For more information or to sign up, call Anna at (309) 764-0911.

Women who are pregnant — and those who want to learn more about raising a healthy child — can attend a free class at Inner Health Chiropractic, 2406 E. 53rd St., Suite 2, Davenport. The healthy pregnancy class will begin at 6 p.m. June 24. The class will cover prenatal health care, eating well, exercise, reducing stress, birth plans, support during labor, breast-feeding and baby-wearing. To reserve a seat, call Inner Health at (563) 344-3909. For more information, visit myinnerhealthchiro.com.

Cowboy crooner plays for the prairie

The Natural Gait and Ion Exchange Native Seeds and Plant Nursery will host a benefit for the restoration and reconstruction of prairie and equestrian trails June 12-14. The three-day benefit will be held at The Natural Gait near Marquette, Iowa, and will feature cowboy music singer Michael Martin Murphey (michaelmartinmurphey.com). The weekend will include prairie activities, campfires, meals and, of course, musical performances. Tickets are \$25 in advance or \$30 at the gate. Camping and lodging will be available. For more information, visit thenaturalgait.com or call (877) 776-2208.



Michael Martin Murphey
(Submitted)

Kids' exercise show debuts on WQPT

WQPT Quad-Cities public television now is airing a new kids' show, "Get Movin'," that shows children fun ways to exercise and eat healthy. On the show, local kids ages 6-11 try gymnastics, dance, circuit training, running, yoga and more. There are eight episodes of the show, which also features local YMCA instructors as exercise hosts. The series airs at 4 p.m. Fridays. For more information about WQPT, visit wqpt.org.

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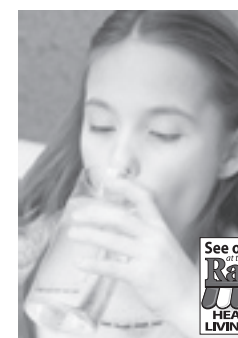
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rooting around

Campin' with the bees, bugs and birds

The Practical Farmers of Iowa's 2009 summer camp, Not So Creepy Crawlies, will be held June 10-13 at the Des Moines Area Y-Camp near Boone, Iowa. The Youth Leadership Program, June 8-10, trains young adults, ages 14 to 18, to be counselors for the summer camp. Both attendees and counselors are needed. At camp, kids will discover bugs, insects, bees and birds in central Iowa on a discovery hike; learn about bees and pollinators; and look and listen for dragonflies and other water bugs while canoeing on a pond and playing in the creek. Camp-goers also will try their hands at archery, build campfires, go swimming and climb a rock wall. For more information or to sign up, contact Suzi Bernhard at (515) 232-5661 or suzi@practicalfarmers.org. For more information, visit practicalfarmers.org.

A big, bold book for grilling

Mini-review: "300 Big & Bold Barbecue & Grilling Recipes," by Karen Adler and Judith Fertig (Robert Rose, Inc.)



Ah, summer! It's time to get out the grill. "300 Big & Bold Barbecue & Grilling Recipes," by Karen Adler and Judith Fertig (Robert Rose, Inc., 2009), will help you get started. The first chapter of this book explains the differences among grilling, barbecuing and smoking, and it offers timetables for each. The book covers everything from appetizers to desserts, with soups, salads and a whole lot more. It'll get you cooking more than plain burgers and hot dogs. If you want unique recipes for fish, seafood, venison, lamb and quail, you'll find them here. You'll also find some good recipes for chicken, beef and pork. Most of the recipes are fairly easy to fix. The book also includes a section dedicated to sauces, marinades and vinaigrettes. Try the salsas and chutneys, too. The Honey Orange Drizzle is delicious over fruits and pork! One of the best features of this book is that nearly every recipe has a "tip" section with it. Tips tell you where to find recipe ingredients, how to prepare a dish different ways, and all about tools that will help you make the most of your grill. This book is a fun read — and it has a few beautiful pictures. Enjoy!

— Elizabeth Dreier, East Moline, Ill.



Garden classes for budding 'wormologists'

Kids can learn all about gardening at a new series of classes this month. Classes will be held from 9 to 10:30 a.m. Thursdays, June 4, 11, 18 and 25 at the Quad City Botanical Center, 2525 4th Ave., Rock Island. Cost to attend is \$15 per child. Classes will cover "wormology" (the study of worms); "tops and bottoms" (all about vegetables); container gardening; and "dinosaur terrariums" (prehistoric plants). To sign up, contact the Rock Island Parks and Recreation office at (309) 732-7275 or parkrecremail@rigov.org.

Rides, runs & walks

- **Kids Triathlon**, 9 a.m. June 6, North YMCA, 624 W. 53rd St., Davenport. (563) 343-8088 or (563) 349-1136.
- **June Bog Jog**, 7 p.m. (kids at 6 p.m.) June 6, Heritage Park, Hampton, Ill. 5K; kids run. (309) 496-9515.
- **Onken Memorial S.M.A.R.T. Race**, 9 a.m. June 6, Sterling, Ill. 5K. (815) 622-6200.
- **YMCA Rhubarb Run**, 8 a.m. June 6, Aledo, Ill. 5k run/walk, 1-mile fun run. (309) 582-5101 or (309) 582-5101.
- **Pigman Sprint Tri**, 7:30 a.m. June 7, Palo, Iowa. .5K swim, 25K bike, 5K run. (319) 373-0741.
- **Carol M. Guthrie Memorial Race**, 8 a.m. June 7, Annawan, Ill. 5K run/walk. (309) 945-6120.
- **Race for the Cure**, 8 a.m. June 13, i wireless Center, Moline. 5k, 1.2-mile. (563) 421-6273.
- **Flood Run 2009**, 9 a.m. June 13, downtown Cedar Rapids. 7-mile, 2.5-mile walk. (563) 543-1788 or (248) 459-0607.
- **Grandview Gallop**, 8 a.m. June 13, Murphy Park, Dubuque, Iowa. 4-mile, 1-mile youth run. (563) 552-2239.
- **Strawberry Stampede**, 9 a.m. June 14, Long Grove, Iowa. 1-mile, ¼-mile for kids. shoag@netins.net.
- **Bix @ 6**, 6 p.m. June 18 and 25, and July 2 and 9, Davenport. (563) 326-1942.
- **Maple City 4**, 8 a.m. June 20, Geneseo, Ill. 4-mile, 1-mile, ¼-mile. (309) 944-8483 or (309) 944-6431.
- **Paul Skeffington Run**, 8 a.m. June 20, DeWitt, Iowa. 5-mile, 2-mile, 1-mile fun run. (563) 659-8500.
- **Quad Cities Triathlon**, 7 a.m. West Lake Park, Davenport. 600-yard swim, 15-mile bike, 5K run. (608) 209-1054.
- **Squeal N Run/Walk**, 8 a.m. June 29, Guthridge Park, Hiawatha, Iowa. 5K. (319) 389-0429.
- **Steventon's Kids' Triathlon**, 6 p.m. June 27, Splash Landing, 2220 23rd St., Bettendorf. (563) 343-7132.
- **Railroad Days**, 7 p.m. (kids at 6:30 p.m.) June 27, Hawthorne Center, 2188 Veterans Drive, Galesburg, Ill. 10K, 5K run/walk, 1-mile, ¼-mile kids' run. (309) 368-5890.

Celebrating summer solstice in the outdoors

Summer solstice, the longest day of the year, in many cultures calls for celebration. You can celebrate at two regional events. Prairiewoods Franciscan Spirituality Center, 120 E. Boyson Road, Hiawatha, Iowa, will host a Father's Day/solstice celebration from 6 to 8 p.m. June 20. The evening will include poetry, prayer, a bonfire and s'mores. A free-will offering will be collected. The following day, June 21, a summer solstice celebration will be held at Bickelhaupt Arboretum, 340 S. 14th St., Clinton, Iowa. For more information about Prairiewoods, visit prairiewoods.org. For more about Bickelhaupt, visit bickarb.org.

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June 13: Join Miss Effie's Cathy Lafrenz for a LOCAL Strawberry Canning Demonstration! Learn how to "Preserve the Harvest" with fun and easy techniques that can extend the typical harvest season!

June 20: Radish Magazine's 3rd Annual Healthy Living Fair will be held in cooperation with the Freight House Farmers' Market, **8:00 AM until 3:00 PM.** Presenting healthy foods; alternative energy methods; environmentally friendly products and produce; gardening goods and services; outdoor recreation opportunities; and holistic alternative and integrative medicine.

June 27: Local author, Jill Esbaum, will be on hand with her latest work for children, **Stanza!** Come enjoy story time and consider taking home an **autographed copy of Stanza or Estelle Takes a Bath.** A portion of the proceeds will come back to market to further fund upcoming children's activities including the development of a children's community garden on-site at the Market... the Freight House Farmers' Market!

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, June 20-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

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, Dahllinda; 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, June 6-Oct. 21. (815) 284-3306

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-7 p.m. Thursdays, June 11-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. Mondays and 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, June 4 through Sept. 24. (563) 584-9300

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

HENRY COUNTY

Mount Pleasant Farmers' Market, Simmons Street and Coleman Boulevard, 3 p.m.-dark Tuesdays, through October. (843) 884-8517

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 June 13, 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, June 9-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, June 4-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, June 6, 20 and 18; 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, June 11-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, mid-June-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



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Corps rewards

AmeriCorps members work for community, environment

By Cassie Druhl and Mary Johnson

It was nine o'clock in the morning when five yellow school buses filled with eager elementary students pulled into the parking lot. Much later, the buses left.

After a full day of giving programs on reptiles, birds and native plants, we knew that what we did and said could forever change the way that the youth in our community would look at the natural world around them. Although our first teaching experience as AmeriCorps naturalists was a bit daunting, over time we've come to realize that with a bit of learning on our own part and lots of planning, it's fun and rewarding to teach, especially to those who are not accustomed to life in the outdoors.

As AmeriCorps members, we provide a 1,700-hour term of service to our assigned county each year. Here at the Wapsi River Environmental Education Center in Dixon, Iowa, where we work, our main focus is on environmental education. We also help maintain the park's 225 acres of trails and wildland areas. Because our facility also houses a variety of live animals, our duties include animal care, cleaning and feeding. Giving a bird a manicure, trimming the beak on a

turtle, starting a prairie fire, chopping down trees, canoeing down the Wapsi River and skiing are just some of the fun and unique perks of the job. Although it may sound like goofing off, several thousand kids and adults visit each year and enjoy our programs.

We have been very fortunate during our time as AmeriCorps naturalists to attend many training sessions that will help us now and after our service is over. We've learned everything from chain-saw safety and CPR to first-aid and volunteer coordination. We also have learned ways to help our communities and the environment.

Even though we are the only two state AmeriCorps members in Scott County, Iowa, we are part of a larger coalition, the Eastern Iowa Conservation Alliance (EICA). There are 17 members in the EICA from nine counties. Each month brings service days, during which we work on projects, share news and get updates on changes within AmeriCorps. This has helped us feel like a part of something even bigger than just the Wapsi Center and Scott County.

Part of our terms of service includes a special project in which we are asked to create something unique to serve others in the community. We have developed public workshops here at the Wapsi Center (candle-making, scavenger hunts and night hikes), as well as participated in larger events throughout the Quad-Cities.

One of the responsibilities that we have through AmeriCorps is to participate whenever possible in disaster relief. In the last couple of years, members from around the state have helped with flood and tornado relief. During the summer of 2008, we helped with clean-up efforts in Parkersburg, Iowa, after an F5 tornado ripped through the town. It was a memorable experience that has made us both more driven to community service.

AmeriCorps formally was established by President Bill Clinton when he signed the National and Community Service Trust Act. The goal was to engage Americans in intensive service to meet the nation's critical needs in education, public safety, health and the environment. President Obama plans to expand AmeriCorps, allowing it to grow in size and to provide more opportunities throughout the country.

The motto of AmeriCorps is "Getting things done." There is no doubt in our minds that we've gotten a lot of things done so far in our two terms.

AmeriCorps provides an opportunity for people to give their service and time in a variety of areas. In order to reach as many people as possible, the limit is two terms of service for each member. Although we'd love to stay at the Wapsi Center, this September we will pass the torch on to other ambitious young adults who would like to be part of the bigger picture, too. If you're one of those people, check out AmeriCorps.org.



Mary Johnson (left) and Cassie Druhl, AmeriCorps members in Scott County, Iowa, help with cleanup in Parkersburg after an F5 tornado. (Submitted)

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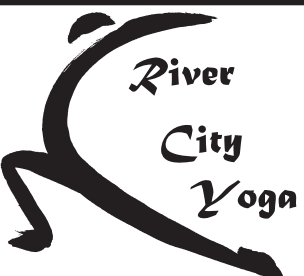
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World Cultures, June 22 - 25 (8-12)
Cooking Camp, June 22 - 25 (Grades 5 - 8)
Science Camp, June 29 - July 2 (ages 10 - 12)
Bio-Tech Camp, June 24 (ages 11 - 14)
Chef School, June 29 - July 2 (Highschool)
Cloverbud Camp, July 13 - 16 (ages 5 - 8)



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Wed: Just 4 Girls ♦ A Book By Me
Thu: Science ♦ Clowning ♦ Gardening

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Home Grown Challenge Gardening Series
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What's for Dinner Cooking Classes
Thursdays now thru June 18, 5:30 - 6:30 p.m.

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Your guide to the 2009 Healthy Living Fair

The 3rd annual Healthy Living Fair — a celebration of local and natural foods, health and fitness, nutrition and the environment — will showcase more than 50 vendors and a variety of health-related exhibits. The fair has moved this year and will take place next to the Freight House, 421 W. River Drive, Davenport. The free event will be held 8 a.m. to 3 p.m. June 20 and is presented by Radish magazine. The Freight House Farmers' Market, the Quad-Cities largest farmers' market, will be happening concurrently.

The one-day fair will feature a marketplace where visitors can shop for and experience the healthy goods, resources and services featured in Radish, from reiki to organic hair care and everything in between. More than 50 exhibitors



will present healthy foods, green energy and transportation, outdoor recreation opportunities and holistic, alternative and integrative medicine.

Special events include the Quad-Cities Largest Yoga Class III, the Radish Dog of the Year Contest, Junior Sprint Solar Races, a Radish Scavenger Hunt for kids and adults, a drum circle, and cooking demonstrations with Chef Robert Lewis, the Happy Diabetic.

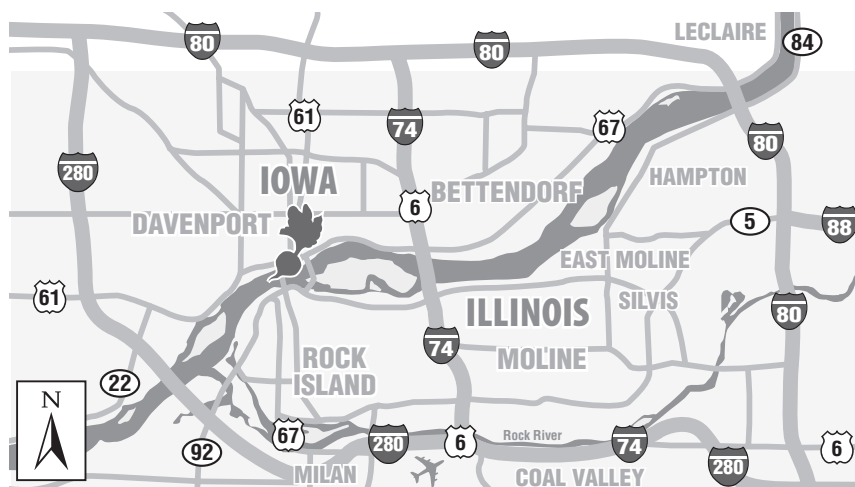
During the fair, visitors can listen to live, acoustic music, and kids can use the new play equipment behind the Freight House. Fresh-roasted coffee, baked goods, beverages, hot sandwiches, kettle corn and more will be for sale at the adjacent farmers' market.

Featured tents are the Children's Activity Tent, which includes an old-school fire engine that's been turned into a mobile playground; the Fitness Tent, featuring free 15-minute massage; the Community Tent, where everyone can sign up to share his or her talents as a volunteer; and the Mature and Healthy Lifestyles Tent, which will provide free vision testing and activities for adults over 60.

Support for the Healthy Living Fair is provided by The Dispatch and The Rock Island Argus newspapers and The Friends of Radish: Metro, Trinity Iowa Health System, WQPT Quad-Cities PBS, and Zimmerman Honda.

Sponsors include Alternatives for the Older Adult, Davenport Parks and Recreation, Humana, Take Action Fitness, Davenport Levee Improvement Commission, and the Freight House Farmers' Market.

For more information about the Healthy Living Fair, visit radishmagazine.com.



Vernit Stevenson / staff



** Drivers should be aware of lane closures in the Iowa-bound lanes of the I-74 bridge. The I-80 bridge at the Mississippi River is closed to eastbound traffic.*

Healthy Living Fair



Scheduled activities

- **Quad-Cities Largest Yoga Class III, 9 a.m.:** Jeani Mackenzie of the Davenport School of Yoga will lead a free, 30-minute class covering basic yoga positions in the Hatha style. The class will be held behind the Freight House in LeClaire Park.
- **“Drum wash” drum circle, 9:30 a.m.:** River Circle will hold a “drum wash” drum circle behind the Freight House in LeClaire Park. Attendees are invited to watch, or they can get involved by bringing their own instruments.
- **Yoga smorgasbord, 10 a.m.-2:15 p.m.:** Get a taste of yoga with demonstrations from several different schools: The Davenport School of Yoga (10-11 a.m.), Indigo (11:05 a.m.-12:05 p.m.), Michelle Campbell, River City Yoga (12:10-1:10 p.m.) and Tapas Yoga Shala (1:15-2:15 p.m.).
- **Cooking with Chef Robert Lewis, 11 a.m.-1:30 p.m.:** Chef Robert Lewis, the Happy Diabetic, will share his tips for shopping the farmers’ market and prepare his Mediterranean Chicken of Love and Sliced Lemon Crème Cake Tower. Chef Robert will cook at 11:30 a.m. and 12:30 and 1 p.m. in the Radish booth.
- **The Radish Dog of the Year Contest, noon:** Bring your dog to the Radish booth and be prepared to tell us how you keep him or her healthy. We’ll line up the dogs, talk about each one and then put the pooches up to a vote. The winning dog — as chosen by applause — will be named Radish Dog of the Year. The winner will get a gift bag filled with healthy treats and will be featured in Radish.

Happening all day

- **Solar-oven cooking.** Solar-energy enthusiast Sharon Wren will use her solar oven to cook with the heat of the sun. Stop by the Radish booth to meet Sharon and watch as the sun bakes cookies and more.
- **The Radish Scavenger Hunt** will introduce the young and not-so-young alike to the variety of healthy and interesting goods and services that can be found at the fair and the adjacent farmers’ market. Stop by the Radish booth and pick up the Scavenger Hunt list. Vendors will validate items as you locate them. Bring the completed list back to the Radish booth, and you’ll be entered into prize drawings.
- **Alternative transportation test drives.** For adults, ePower Synergies, Inc., of Port Byron, Ill., will offer test drives of the zero-emission, all-electric Xebra truck and Xebra sedan by ZAP. Also available for test rides will be the E-BikeBoard, a two-wheeled personal transport vehicle (PVT).
- The kids, meanwhile, can race **Junior Solar Sprint cars** from the University of Northern Iowa. Pre-built cars will be available to race, or kids can build a car from a kit. Completed cars can be purchased for \$15 or left at the fair for others to race. Another hands-on activity, More Power!, will demonstrate energy efficiency in a fun and interactive way.

Help reduce plastic bag waste. Stop by the **iLivehere** booth at the Healthy Living Fair to pick up a reusable produce bag!



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Tents and attractions

Children's Activity Tent: Davenport Parks and Recreation will welcome kids of all ages to its tent for healthy games, crafts and activities. Kids can expend some energy at the mobile playground, an old-school fire engine outfitted with a basketball hoop; practice putting golf balls; and show off their playground skills for prizes. They'll have a chance to make a healthy recipe and make a food or exercise journal. There also will be face-painting. All kids can take home a small prize, and drawings will be held for larger prizes, including water bottles and pool passes. Activities in the children's tent are free and open to kids of all ages.

Community Tent: Humana will host United Way and other area nonprofits looking for volunteers from all walks of life. Potential volunteers of all ages and backgrounds are encouraged to stop by to learn how they can share their talents with the community. American Red Cross of the Quad Cities, CASI (Center for Active Seniors, Inc.) and United Neighbors will be on hand to recruit volunteers and share information. Humana will give away pedometers, bottles of water and healthy lifestyle information, as well as provide details about its Silver Sneakers program, which gives members access to exercise classes at no extra charge.

Fitness Tent: Take Action Fitness, Davenport, a "no judgements" wellness center for women, will offer reduced-cost memberships. Visitors can get a free, 15-minute massage from a licensed massage therapist, who will be there all day.

An acupuncturist will be on hand to give demonstrations of the ancient healing art. A personal trainer and nutrition counselors will be there, too, to answer health questions and provide free, 15-minute consultations. Take Action also will demonstrate metabolic testing and offer "compass" testing for \$5. The compass test reveals imbalances in the body and suggests ways to remedy them. Visitors also can check out fitness equipment from the Take Action gym, weather permitting.

Mature and Healthy Lifestyles Tent: Alternatives for the Older Adult, Moline, will provide information, resources and activities for adults over 60. Ruth Klouda with Mel Foster Company will provide information about safe, appropriate housing for older adults. Visitors will be able to get a vision screening at no charge, and they can take part in and learn more about healthy activities — such as arts and crafts — that promote healthy brain function.

MarketPlace: Visit more than 50 exhibitors from eastern Iowa and western Illinois in the MarketPlace located southeast of the Freight House. Businesses and organizations will display and sell a variety of healthy-living products and services, including natural foods, cookbooks, beauty and hair-care products, chiropractic methods, lawn and garden supplies, native plants, local and organic jewelry, organic lawn care, health screenings, yoga and more. For a complete list of vendors, see page 48.

Farmers' market: The Freight House Farmers' Market will be happening concurrently, with hours from 8 a.m. to 3 p.m. The market offers fresh produce (both local and brokered), baked goods, meats and poultry, eggs, handcrafted soaps, locally-produced wines, cheeses, garden plants, dog treats, arts and crafts, handmade jewelry and more. A variety of food and beverage vendors sell hot sandwiches, kettle corn, grilled kebabs, lemon shake-ups, gourmet coffees and more.

More to do downtown: You don't have to leave downtown Davenport after the fair. Within walking distance of the Freight House are LeClaire Park, which overlooks the Mississippi River; the Figge Art Museum, where John Bloom's "Visions of Iowa" is on display (see story on page 22 or visit figgeart.org); and the River Music Experience (rivermusicexperience.org), which houses a cafe, a music museum and the live music venue The Redstone Room. For more information about downtown Davenport, visit downtowndavenport.com.

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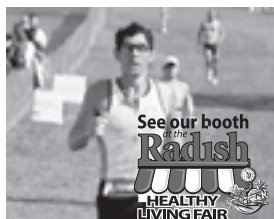


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Exhibitors

Here's a look at several of the exhibitors coming to the 2009 Healthy Living Fair:

Donna Elliott, The New Leaf: Learn the difference between “impostors” and those hair products with a true dedication to organic and wild-crafted ingredients that treat the planet with respect. Featuring free samples, John Masters Organics hair products and local, handmade jewelry.

ATTRA — National Sustainable Agriculture Information Service: Learn about ATTRA's more than 300 expert publications, comprehensive Web site and toll-free help-line staffed by sustainable agriculture experts.
attra.ncat.org

Habitat ReStore: Learn how used construction materials are transformed into usable items and enter a drawing for earrings, an Adirondack chair and a toy train, all of which were made with recycled and reclaimed components.
restoreqc.org

Quad City Botanical Center: Measure yourself against a giant banana leaf and enter the drawing for a free engraved brick to be placed in the Sun Garden. Membership and event information also will be available. *qcgardens.com*

Conscious LifeLine: Learn about alternative frequency healing, which harmonizes the body's energies, and sign up for free readings of coffee grounds, offered to groups of six every half-hour.

YMCA's of the Quad-Cities: Learn how small changes in your daily life add up to big rewards, and register to win a one-month family membership.
quadcitiesymca.org



Dr. Krista L. Kukarans Family Dentistry: Learn about the connection between oral and whole-body health and how your habits drastically can affect your mouth. Special offers and discounts will be available.

The Iowa Renewable Energy Association (I-Renew): Learn about sustainable energy production and use, and register for the I-Renew Energy & Sustainability Expo. *irenew.org*

Quad City Rain Barrels: Learn how recycled, food-grade barrels attached to your home's downspouts can help you conserve water and save cash.
quadcityrainbarrels.com

iLivehere: Pick up a free reusable produce bag and learn how you can get involved in local environmental initiatives. *ilivehereqc.org*

United Way of the Quad Cities: Sign up to volunteer across the Quad-Cities and learn about United Way's

online volunteer matching site,
unitedwayqc.org.

Moline Chiropractic Clinic: Meet Dr. Davis of “Health Matters” on WOC 1420 AM. Get a spinal screening. Enter to win a wellness basket.
qcchiro.net

JP Designs: Peruse unique jewelry, hair accessories and buttons made from recycled, organic materials.
coolearthwear.com

Health from Within, Moline: Try a fun, easy exercise session and learn how you can get a fit, healthy body in 12 minutes per week.
healthfromwithin.net

University of Northern Iowa Junior Solar Sprint: Try the hands-on More Power! activity that demonstrates energy efficiency. Kids can build a mini solar car and race it at the fair. You can leave the car for others or take it home for \$15. *www.ceee.uni.edu*

Nature's Friend Organic Lawn and Tree Care: Unlock the potential of your soil with organic fertilizers and soil amendments. *naturesfriend.net*

Inner Health Chiropractic: Get a free, computerized nerve-pressure scan and enter to win a drawing for a large basket of health and wellness goodies.
myinnerhealthchiro.com

Sierra Club Eagle View Group, Quad-Cities chapter: Learn about the new Sierra Club Water Sentinels effort and find out what the country's oldest environmental group is doing locally — and how you can join in the fun.
iowa.sierraclub.org/evg

Simply Native Nursery: Learn about prairie, woodland and wetland native plants and see a new collection of plants that grow well in rain gardens or any waterlogged spot.
simplynativenursery.com

Healthy Living Fair

Indigo Wellness: See partner yoga demonstrations and enter a drawing for a free VIP membership. Pick up a coupon for a free yoga class (for first-timers only) and learn about Earth Mama Angel Baby's natural, organic products for pregnancy, new baby and new moms. indigowellness.info

Michelle Campbell, River City Yoga: Learn about Anusara-inspired yoga and Jedi yoga and enter to win free yoga passes, custom blended sprays for yoga mats, or a light saber. See hand-made yoga jewelry by Lauren Pincus. jedi-yoga.com

Illingsworth Natural Health Improvement Center: Get a free Nutrition Response Testing Screening from Dr. Theresa Illingsworth and learn how Designed Clinical Nutrition can help you get and stay healthy. drillingsworth.com

Progressive Action for the Common Good Local Foods Initiative & Augustana Farm to Fork Program: Register for the 2009 PACG Local Foods Initiative — Earth Charter Summit and learn how you can support sustainable food in the Quad-Cities. qcprogressiveaction.org

Licensed massage therapists Alisha LeBlanc and Jan Toomey: Get a chair massage for a donation and sign up for discounted massage services. Enter a drawing for a free, 60-minute massage.



Energy Doctor, Inc.: Learn how to save 20 percent to 40 percent on your heating and cooling bills and see how Energy Doctor's products work. Also find out about the 30 percent federal tax credit for qualified home improvements. energydoctorinc.com

Beth Shelly Physical Therapy: Find out about non-surgical treatments for pelvic health. bethshelly.com

Holmes Shoes: Learn about footwear that's good for your feet and your back. holmesshoes.com

Ancient Wisdom Acupuncture Clinic: Sample health-and-wellness teas and learn about how acupuncture and Chinese herbs can help. ancientwisdomiowa.com

Tapas Yoga Shala: See beginner and advanced yoga demonstrations and enter to win a one-month membership, including unlimited classes and a private lesson for you and a friend. tapasyogashala.com

Detox Your Health: Get information about healthy living with Seattle Sutton's Healthy Eating and 1 on 1 Fitness Studios. Drawings and product samples, too. detoxyourhealth.com

WQPT: Learn how to protect the Earth by being careful with its resources. Try hands-on, eco-friendly games and activities and learn how to reduce, reuse and recycle. wqpt.org

Our booth at the fair will have information about our new **RENEWABLE ENERGY SYSTEM SPECIALIST** and **CONSERVATION TECHNICIAN** programs.

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Music

Live acoustic music will fill the air at the Healthy Living Fair from noon to 3 p.m. A trio of Quad-Cities musicians — Chris Dunn, Gary Berg and Pat Oliver — will play an eclectic repertoire of tunes on the grass outside the Freight House.

Chris Dunn — whose writing has appeared in *Radish* and who also performed at the first two Healthy Living Fairs — is always looking for a sing-a-long. A native of New York, Chris started on guitar at a church group when he was 17. He considers his most formative performance experiences to include producing and emceeing the Naked City Coffeehouse in Boston, the campfire song sessions at the Kerrville Folk Festival in Texas and playing in bands in Boston, St. Paul and Chicago. Currently he finds creative community at the monthly coffeehouse he hosts at First Lutheran Church in Rock Island, where he performs his socially conscious folk music. Chris also gigs at art openings, peace events, schools and at a coffeehouse he hosts at the Robert Young Center in Rock Island.

Gary Berg started playing guitar at age 8 and quickly developed a love of classical music. He learned to play Segovia by slowing down the records. For years Gary worked at the former Bowlby Music House, Rock Island, where he learned an enormous amount. After a long musical hiatus, Gary returned to performing in a big way. His skills are greatly appreciated at Dave Ellis' open mic events in the Quad-Cities and at St. Joe's Coffeehouse at First Lutheran Church, Rock Island. Gary has played at the Mississippi Valley Fair for the past two years and will return again this year. His finger style blues and classical styles are his trademark.

Pat Oliver, aka "The Music Pilgrim," has recently returned to her native Quad-Cities after a three-and-a half-decade absence. She brings musical influences from playing in bands in Nebraska and Colorado as well as in Latin America, where she served as a Peace Corps volunteer and English teacher during most of



Gary Berg, Chris Dunn and Pat Oliver. (Joe Payne / *Radish*)

the '90s. First schooled in guitar by her father, Curly Oliver, she began playing folk music of the '60s and then branched out to a largely Celtic repertoire that she performs on fiddle, mandolin and penny whistle. Her performances often include songs in Spanish, hoedown and old-time music, as well as gospel numbers.

Vendors

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Energy Doctor
ePower Synergies, Inc.
Habitat ReStore
Healing Heart
Health From Within
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Michelle Campbell,
River City Yoga
Moline Chiropractic Clinic
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Appropriate Technology
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Nelson Chiropractic
The New Leaf Salon & Boutique
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Quad Cities YMCA
Quad City Botanical Center
Quad City Rain Barrels
Reliv International
Salon Aria
Satva Center
Scott County Waste Commission
— iLivehere
Dr. Robert Scranton, D.C.

Seattle Sutton's Healthy Eating
Sierra Club — Eagle View Group
Simply Native Nursery
St. Ambrose University
Tapas Yoga Shala
Pamela Taylor, N.D.,
Midwest Botanicals
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