

Radish

HEALTHY LIVING FROM THE GROUND UP

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Dr. Pinc grew up in Naperville, Illinois. She attended Augustana College receiving her B.A. in Biology. In Chicago, she met her husband, Dr. Alexander Pinc. She received her medical degree from Midwestern University Chicago College of Osteopathic Medicine and acquired an interest in Obstetrics and Gynecology. She completed her Obstetrics and Gynecology residency at St. Vincent Mercy Medical Center in Toledo, Ohio. Dr. Pinc returned to the Quad Cities to begin practice at Illini Hospital Genesis Medical Center and joined Obstetrics & Gynecology Specialists in October 2008.

Anita lives in Moline with her husband, four children and two dogs. She loves spending time with her family and friends, exploring nature, gardening, dance, running, hiking and skiing.

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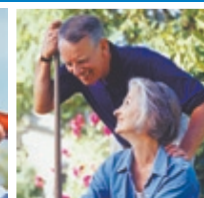
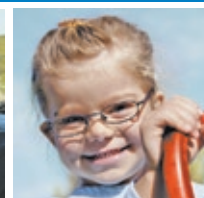
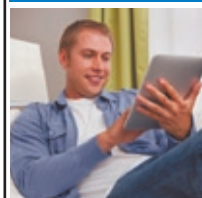
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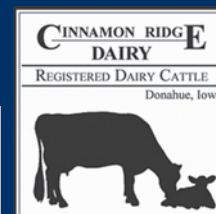


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from the editor



Nathan Hahn, Radish editor Sarah J. Gardner, and Sarah Hahn (Photo by Todd Welvaert / Radish)

On the windy day in early May when we visited our grower of the month, Beagle Creek Farm, to take photos for the story on page 6, the growing season was just getting under way in earnest. A few stalwart rows of garlic were standing greenly at the far end of a field, a handful of other plants were tucked almost invisibly here and there in the ground.

When Sarah Hahn stopped in our walk to point out an area where they had planted quinoa, I scanned the surrounding ground trying to identify what a quinoa plant might look like. Coming up short, I wondered if maybe I had misunderstood. Maybe this was where they were *going* to plant the quinoa. But no, Sarah dropped down and pointed to a slim, almost imperceptible, purplish stem threading its way up from the ground: a single quinoa sprout. Stooping and squinting myself, I could just make out the row of them.

One of the most touching things about the people we encounter through Radish is how openly they share with us their hopes and dreams, even when — especially when — their livelihoods are built upon them. I have met growers who are literally betting their family farm on organic agricultural practices. Moms and dads whose desire to pass a livable future on to their children have led them to build businesses based on sustainability. Entrepreneurs who invest in the idea that healthy living matters to us all.

In many ways, it's like those tiny quinoa sprouts. They seemed almost impossible in their fragility on that chilly May morning. And yet, instead of staying underground, they were pushing toward the sun. Sarah could have been guarded about the endeavor, or hedged her bets and not pointed them out, but instead she was excited to show them to us. Maybe they won't work out, she said. But just imagine if they do.

That kind of joyful embrace of what's possible is infectious. These conversations never fail to warm my spirit. Through them, I look to the future with a renewed sense of hope, knowing the good people working toward a better tomorrow. Every June, we put together the Healthy Living Fair so that you, our readers, can experience these conversations firsthand. It's a chance to discover the hearts and hopes and smiles behind the stories you've read in the magazine. This year the fair will be June 14. We hope you'll join us.

— Sarah J. Gardner
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Radish
HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

Scrub-a-dub-dub (May 2014): "I enjoyed your article on the above (natural scrubs/moisturizers). ... Thank you! Someone I teach with just began selling a product called Nerium day/night skin care for \$120 a month, so I was thrilled to read your article. I like natural!"

— Carol Hansen

Monarch Waystations (April 2014): "We do need to get the word out to encourage others to grow milkweeds in their backyards. Another great way to spread the word is to convince the landscapers where we work, where we volunteer, and even where we worship to add milkweeds to the landscape plans. My church is a designated Monarch Waystation after the swamp milkweed seeds we had scattered turned into hundreds of plants along our runoff stream. People take notice, ask questions, get interested and get involved. ...

"Spreading the word near and far does make a difference. Thanks for your articles about these fascinating and beautiful creatures."

— Mike Lawler, Vernon Hills, IL

Peace of Earth (April 2014): "Thank you so much for the wonderful article! It was very well done and we have had many, many calls and several reservations because of it. We had a couple from Geneseo here last weekend, served a group of ladies brunch this morning (from Macomb who saw it in Radish also), and another couple from Moline coming this Thursday, and the list goes on! Jane did a great job on the article. Tim and I both agree the best story ever done by a reporter/writer. ... She is a great listener and then put it all together very well."

— Pat Sullivan, Rushville, IL



We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the **Healthy Living Fair**, 8 a.m. to 3 p.m. Saturday, June 14, at the Freight House Farmers' Market, 421 River Drive, Davenport. Read more about this even on pages 42-48.

While you're at the Healthy Living Fair, be sure to drop by the Radish booth and **register for your chance to win dinner with editor Sarah J. Gardner**. Out of town on the day of the fair? You can still enter the drawing. Just send us a message about what you love about Radish in an email to editor@radishmagazine.com and include the words "dinner with editor" in the subject line.

To discover more upcoming events of interest, see the events calendar on the Radish website, radishmagazine.com.

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grower of the month

Beagle Creek

Second-career farmer finds her path growing veggies

By Becky Langdon

Sarah Hahn grew up on a farm, but she never wanted to be a farmer when she was a child. Severe allergies made farming miserable during the busy season, so when she was old enough, she left the farm and explored life in the city.

After studying accounting and bookkeeping in college, Hahn landed an office job in Nashville, Tennessee. But a few years later, the clean, climate-controlled, cubicle environment had lost some of its appeal, and she began to crave a piece of what she'd left behind.

"There's just something about being in an office all day that's frustrating," Hahn says. "I'm kind of a problem solver. (With farming) every season is different. Different things to try, different techniques. It keeps me outside."

After a period of soul-searching, Hahn came back to the Quad-Cities area and earned her horticultural science degree from Black Hawk College. Last spring she started Beagle Creek Farm on five acres of her grandfather's land in Galva, Illinois, becoming a fourth-generation farmer. She says, "When I came back I decided I really wanted to do something that I could be proud of and could love."

Today Beagle Creek Farm grows a variety of vegetables, such as lettuces, green beans, peas, kale, peppers, tomatoes — just about anything you could guess. One of the most enjoyable aspects of farming, Hahn says, is experimenting with new crops. "I like to try different things and play with different things," she says.

This year she's trying Brussels sprouts and okra, a little patch of wheat and oats, peanuts, heirloom corn and dry beans, such as kidney beans, black beans and chickpeas. Soon she hopes to expand into fruit trees, too, including a variety of kiwi tree that reportedly can grow in this part of the country. "I'm a fan of having a little bit of everything," she says. "I'd really like to do lingonberries. I think they'll grow here."

Sharing wisdom across the generations

Hahn says the career change and move from office life back to farming was kind of a big leap, but her family was very supportive. "My grandfather let me come out here and do whatever I wanted on this acreage and didn't charge me rent. He kept trying to get me to expand. My parents were really behind me," she says.

Hahn doesn't use pesticides or GMO seeds at Beagle Creek, a change from the type of farming she grew up experiencing. She says her grandfather was



Nathan and Sarah Hahn. (Photo by Todd Welvaert / Radish)

extremely helpful in teaching her how to farm without chemicals. Like many older farmers who grew up decades ago, prior to the big boom in chemical usage, he farmed with more natural methods.

Hahn says, "He was always good about giving me advice about how they used to do things." Sadly, her grandfather passed away in the fall of 2013, but the knowledge he shared and his generosity and support lives on at Beagle Creek Farm.

Eliminating chemicals also has helped with her allergy issues that once made farming unpleasant for her. Overall, she thinks it's a healthier approach for everyone and everything — the land, the food and the people. "I'm not a scientist, and I cannot say a 100 percent that GMOs are bad or that spraying is bad," she says. "But if you can do it without chemicals, you know that way it's safe, so why not?"

Hahn is finding she's not the only one who thinks chemical-free food may be healthier. More and more customers are seeking out this type of produce. "They want to know who's growing it," she says. "I really think the local-food movement right now is a big deal for us."

A growing customer base

Last summer Beagle Creek Farm could be found at the Freight House Farmers' Market in Davenport on Saturdays. This year, not only do they have a stand there, but also at the Wednesday morning market in Kewanee, Illinois, and the Thursday evening market in Oneida, Illinois. At the time this article was written, Hahn was working with the Galva Chamber of Commerce to open a market stand there, too.

In addition to selling at the market last year, Beagle Creek took orders for produce via Facebook or email. Hahn says she plans to do the same this season. On Sundays, she typically posts what produce will be available on Tuesday. Customers can submit orders on Facebook or via email, and Hahn will have them ready to pick up on Tuesday, either at the farm or an arranged meeting place. It's a service she started mainly for the locals who live in Galva and the surrounding communities, but she's had a few customers who've driven quite some distance to pick up vegetables.

All these efforts hopefully will lead to Beagle Creek Farm becoming Hahn's sole endeavor and source of income. While it's nearly a full-time job right now, she still takes odd jobs in the off-season and does bookkeeping to help supplement the farm. Her husband, who grew up on a farm near London Mills, Illinois, and farms with her today, also works a variety of jobs alongside Beagle Creek, as a carpenter, musician and more.

Right now they don't live on the farm itself, but they hope to do so in the future when they can make the time to clean out her grandfather's house and continue his legacy on the farmland that has been in the family for generations.

Hahn is full of ideas, hopes and plans for the future and bubbles with enthusiasm about her new career. Perhaps she can provide inspiration for someone else hoping to make a career change. If not, at least she can provide some fresh produce.

Becky Langdon is a frequent Radish contributor. Beagle Creek Farm can be found online at beaglecreekfarm.com.



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Fitness instructor Kara Tuttle leads students through a Corebar routine at West Family YMCA in Davenport. (Photos by Paul Colletti / Radish)

healthy living fair

Corebar!

A simple piece of equipment powers up a workout

By Laura Anderson Shaw

For decades, fitness enthusiasts have incorporated any number of pieces of equipment — dumbbells, kettlebells, medicine balls, steps, ropes, physio balls and elastic bands, often in combination — into their workouts and exercise classes. And yet sometimes, less is more, as in the case of a Corebar workout, which makes use of a single, simple piece of equipment: a lightweight metal rod bent in the shape of an archer's bow.

Don't be deceived, though. There may be only one piece of seemingly low-tech equipment, but it makes for quite a workout. Corebar classes include elements of aerobics, resistance training, martial arts and Pilates all wrapped into one fitness routine, says Kara Tuttle, group fitness coordinator and instructor for the Scott County Family Y's.

Classes work the entire body, Tuttle says, with a particular focus on the core. Workouts are done at a high intensity and in intervals (alternating bursts of intense and light activity), she says.

Classes, which typically are about 50 minutes long, are split into cardio and strength-training portions. Using a 2.2-pound bar, Corebar students do a variety of twists, dips, punches, knee lifts and more with the bar cradled behind the back, out in front of them or in the air, each with high- and low-impact options.

It makes for a very adaptable workout. The Corebar approach allows students to "take it to the intensity that you want to," she says.

The cardio portion is great for people like her who are not "huge cardio junkies," Tuttle says. Corebar sneaks cardio into your workout so you can do it "without getting bored."

Workouts run in intervals, she says, so some songs and routines bring up the intensity, and others take it back down. "I love that about it," says Tuttle.

During the cardio portion, the music is upbeat pop/rock, and for the strength-training portions, it's "somewhere between classical and rock. Not too slow, not too fast," Tuttle says, explaining that during cardio, "the music makes it fun and adds to the energy. For the strength, the music gives a good rhythm to move to."

Corebar classes are great for people of all ages and of all fitness levels, Tuttle says. She says she has people who are in their 80s taking Corebar classes, and “they take it at the level that works (for them).”

Even if all of your work in a Corebar class is done at low-impact, Tuttle says, “You still get so many benefits from it.”

As an instructor, Tuttle says, it has been fun to see how her students have come along in her classes. When some of her students first started, there were certain movements that were too difficult for them to execute. “Now, they can,” she says.

Even when the intensity is cranked up, Tuttle says, “we still have a good time keeping a smile.”

“So much of (Corebar) is functional,” she says. “Even the dips ... it’s a lot of good, functional movement.” It also helps participants better their balance and hand-eye coordination, she says.

Improving the strength of your core also is “strengthening all the muscles around your spine,” Tuttle says, in ways “(I) hadn’t gotten from any other class that I’ve done.”

The Scott County Family Y’s began offering the classes in January 2013. Tuttle first got into the workouts a few months prior to that when the Y decided to offer the class. When she trained to be a teacher, she realized, “I had never had that workout in my back before,” she says.

Corebar offers “a complete workout in 50 minutes,” Tuttle says. “You’ve got your cardio in there, you’ve got strength, you’ve got core,” she says. “It’s everything in one class.”

“It’s just fun; the music’s fun,” she says. “We always have a good time.”

Laura Anderson Shaw is a writer on staff with Radish. Check out Corebar for yourself at a demonstration at 10 a.m. on stage at the Healthy Living Fair.



Ready to sweat?

In the Q-C, Corebar classes are held at three branches of the Scott County Family Y:

- **West Family YMCA**, 3503 W. Locust St., Davenport 6:30 p.m. Mondays and Wednesdays; 9 a.m. Tuesdays
- **Davenport Family YMCA**, 606 W. 2nd St., Davenport 5:30 p.m. Tuesdays and Thursdays
- **Bettendorf YMCA**, 3800 Tanglefoot Lane, Bettendorf, 9 a.m. Sundays

Classes are free for members. For more information about Corebar and YMCA membership fees, visit scottcountyyfamilyy.org.



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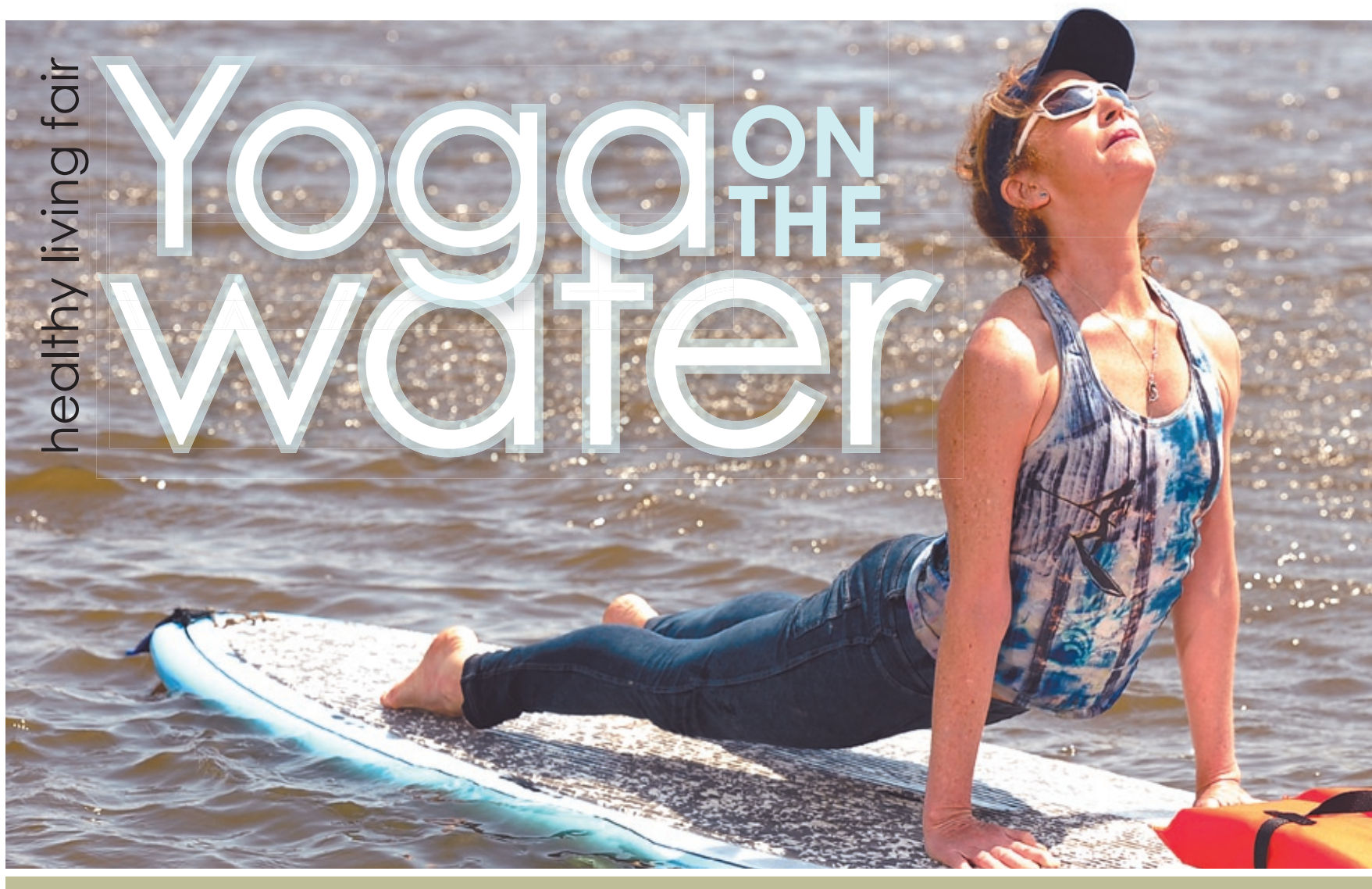
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Source: Hy-Vee weekly ad from the week of February 12, 2014.

Yoga ON THE water



Stand-up
paddle
boards offer
new yoga
experience

By Chris Greene

Yoga has become mainstream enough in recent years that we think little of seeing folks sporting yoga pants and totting mats about town. But seeing downward dog practiced on the water? Well, that's something new for the Quad-Cities.

Enter a company by the name of Flow SUP Co., a new venture spearheaded by Indigo Wellness Studio co-owner Abby Webster-Moran. "SUP" is shorthand for "stand-up paddle boarding." Flow SUP Co. offers paddle boarding equipment for rent and for sale, and they also are providing SUP yoga classes right on the Rock River.

Why SUP yoga, you might ask?

"There is such a sense of serenity," Webster-Moran explains. "Your board is basically a moving yoga mat, and with it, we have this amazing way to embrace our fresh-water culture."

Anyone who is drawn to the water understands the serenity that the river can offer — the rhythm of the waves

and the sounds of wildlife provide a natural cadence that lends itself quite nicely to yoga practice. But the water also offers another benefit. It requires a certain intention that one might not necessarily require on dry land.

"Being on the board keeps you conscious of your breath and of your center of gravity. The board keeps you honest — you have to keep your points of contact in mind. You have to keep in mind your center and your board's center, and be mindful of a different rhythm," she says.

Webster-Moran says those who find the practice intimidating really shouldn't. Although she herself thought balancing on the board would be a tough go, it wasn't as difficult as she had imagined.

To prepare to offer SUP yoga classes, a group of 10 instructors, including Webster-Moran, went to San Diego for training in January. Since returning, they've designed classes to introduce area yogis to SUP. Flow SUP Co. offers both private lessons and special group packages, in addition to selling and renting paddle boarding equipment.

So if you're curious, what advice does Webster-Moran have for you?

"It's important to know that classes are outdoors, so the weather must be conducive to the activity. If it is too windy, cold, etc., you won't have a good time ... and you WANT to have a great time! So, be open and flexible," she says.

Also, know that your lesson will begin on dry land. You'll have a chance to learn what you're doing before you actually get out on the water.

"Before we launch, the instructor will take time to show and explain the equipment that is used — the board, the leash, the anchor and the paddle. Stroke technique, as well as what to keep in mind, such as how setting up some of the postures differs from yoga in a studio, will be briefly covered.

Then, when everyone is ready, the instructor launches each person and quickly joins the group, she says. "Typically, there is a bit of paddling first to warm up those muscles and to become immersed in the scenery. Then a spot is chosen where everyone will open the grapnel anchors and carefully toss them behind the board — making sure you don't whack the poor yogi behind or beside you."

From there, she says the class is generally led through a series of seated postures first. The pace is kept slow and comfortable. The easiest version of a pose is shown first and then the various options are shown for increased challenge.

"This process keeps the person incredibly present ... which is very much what yoga is meant to do. After a complete practice, we end in savasana — or a final relaxation — where people can choose to lie back on their boards and let go. Feeling the gentle lull and movement of the water is incredible!"

Finding the board that's right for you

For those who decide they want to feel this bliss on a regular basis, buying their own board may be the way to go. Webster-Moran has a few tips.

"Determine what your needs are going to be. There are many different styles, lengths, thicknesses and widths of boards — all are designed for specific purposes," she says. "For a beginner who wants to use the board mostly on flat waters and who might share it with other family members, choose a stable 'all-rounder,' which is going to be wider, thicker, rounded and boxy.

"For someone who has more experience and might be looking for speed, there are boards built with pointed noses and defined hulls that will displace water and allow the board to move more swiftly through the water."

Also, make sure you know what you're getting into. "Try before you buy! It's a good idea to get on some boards — many companies offer free demos and/or rentals."

As for getting it home, Webster-Moran suggests most people will need to invest in car racks such as those manufactured by Thule. "Those details can be figured out, and a good shop can teach you how to rack your equipment," she says.

Flow SUP Co. will be holding classes and demos along the Rock River at 3702 47th Ave., Rock Island, weather permitting, during the summer months.

Chris Greene is a writer on staff with Radish. To learn more about Flow SUP Co., visit their booth at the Healthy Living Fair, their showroom at 1621 5th Ave., Moline, or online at flowsupco.com.



Flow SUP Co. yoga instructor Dr. Margaret Millar (left) and owner Abby Webster-Moran (above). (Photos by Todd Welvaert / Radish)



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Saukenuk Paddlers

Canoe and kayak club shares knowledge, enthusiasm

By Ann Ring

Borrowing from the name of the Native American village where the ancient floodplain of the Black Hawk State Historic Site stands, the Saukenuk Paddlers Canoe and Kayak Club was launched in 1977 after two canoe and kayak enthusiasts entered the Maquoketa River Canoe Trail Race that spring and wanted to engage others who shared the same penchant.

Now, nearly 40 years later, the club holds meetings 10 times a year in the American Red Cross building in Moline. Meetings are for anyone interested in canoeing or kayaking. Annual dues are only \$9 per person or \$12 per family.

Club member Kentley Lowenstein says you don't have to know anything about paddling or either type of boat to join. In fact, he first tried out a club member's kayak before joining, and bought his first kayak later. Since then, he says he's "seen all different parts of the country (because of the club)."

New club members gain a host of new friends to teach them all the ins and outs of canoeing and kayaking. "It's a great way to get outdoors, see nature, and get away from it all," says Lowenstein. "It's really a peaceful, quiet time on the water."

"In just about any waterway, you can canoe or kayak," Lowenstein says. There are a number of calm-water areas for beginner paddlers in the Quad-Cities area, such as West Lake Park, Credit Island, Green Valley Park off the Rock River, Andalusia Marina, the Wapsipinicon River, and the Bridgeport Access near the Maquoketa River. In fact, River Action Inc. offers a free Quad Cities Water Trails map of the 45 miles of waterways throughout the Quad-Cities region. It also includes paddling trips for different skill levels, history and details of the Mississippi and Rock rivers, safety and water traffic information, regulations of the locks, and other water trail information.



Saukenuk Paddlers Canoe and Kayak Club members Rex Grove and John Zabloudil navigate the Mississippi River in their kayaks. (Photo by Todd Welvaert / Radish)

One area of kayaking interest for Lowenstein is Lock and Dam 14 near Pleasant Valley, Iowa. He says that even though the Mighty Mississippi is a great place to paddle, he doesn't recommend going solo. "It's not considered a good move to go paddling alone," he says. "Not only for safety reasons, but what if you have to chase down your boat or lose your paddle? It's always smart to have someone with you, and the club has people who know how to rescue."

For these reasons, the camaraderie and more, many club members go paddling as a group. This provides an opportunity to be with those more experienced, and, if you travel on a river, you'll have an available "shuttle," a vehicle commute back to your car at the "takeout," or where you'll end your trip. The club plans several trips a year locally, such as a two-night campout at the Maquoketa Caves, and to more daring waterways like the Charles City (Iowa) Whitewater Park, considered to be one of the top five whitewater parks in the U.S.

For complete newbies, every year the club provides two-hour indoor swimming pool sessions so those with little to no experience can practice their paddling and maneuvering techniques. Although these pool sessions already occurred earlier this year, Lowenstein says the club will offer additional opportunities at Davenport's Credit Island Park in July and August. Club members also offer a paddling basics course for YMCA members early each year.

Paddling a canoe or kayak is a skill one can learn over the course of several years. And just making up your mind over the plethora of choices in canoe and kayak equipment alone can be daunting. Then there are safety measures to learn, and paddling in various waterways takes time and experience. However, Lowenstein says, "If you have a minimum amount of upper body strength, I can show you the basics of paddling in 10 minutes."

"You need to learn how to keep the boat straight," he adds, wryly.

Ann Ring is a frequent Radish contributor. For more information about the Saukenuk Paddlers Canoe and Kayak Club, visit rivers-end.org/saukenuk. A free copy of the Quad Cities Water Trails can be found at riveraction.org/qcwt.

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Thrifty vision

Director of ReStore builds on a passion for reuse

By Kevin Smith

Cindy Kuhn has worn a number of hats. She was an office worker for her husband Dan's home-inspection business for about 20 years. Before that, she was an engineer. But she found her niche when she opened the Habitat for Humanity ReStore, 3629 Mississippi Ave., Davenport.

The nonprofit generates revenue for the Quad-Cities Habitat for Humanity by selling donated furniture, home accessories and building materials that would have wound up in landfills. "It's a leap; it's a departure," Kuhn says. "And it's certainly not, in engineering school, what I thought I might do, but I love it."

It was no quick decision made on impulse but a gradual realization that she could help people in ways she never before thought possible. "In 2001, I went on a mission trip with my church to Guatemala where we built a home for a family who had been living in a tent structure, like a plastic bag structure," Kuhn says.

Three years earlier, the family's home had been devastated by Hurricane Mitch, which had maximum sustained winds of 180 mph. The makeshift tent had served as their primary shelter ever since.

"(It was difficult) re-entering our country, where we can just throw stuff away because we don't like the color anymore — it's out of style," Kuhn says. "It's really hard to jump in after being in a place where they didn't even have enough materials to put together a sturdy house."

She says coming to terms with our culture's overabundance of "stuff" especially was challenging after that eye-opening visit. "That was a real difficult time for me," Kuhn says about struggling to readjust to a culture that embraces consumption, rather than making do with what's available, as was common in Guatemala.

She agreed to lead an adult Sunday school class on the subject of materialism, and, through her research, she discovered stores that resold donated materials to low-income families. "I happened to be between jobs at that time and thinking, 'This is something I can get excited about,'" she says.

Kuhn and her friend Nancy Foster, who was equally passionate about the idea of reuse, planned a series of excursions to several reuse stores across the Midwest. They quickly found a model they liked at the Habitat ReStore in Madison, Wisconsin, and after a few more visits to other established ReStores, the two pitched their vision for a local resale shop to the Habitat for Humanity board in June 2002. "They took a real courageous move, I think, and voted to let us do it," she says.

To raise funds, the pair turned to Kathy Morris, director of the Waste Commission of Scott County, who introduced them to State Wildlife Action Plan grants. She and Foster, the assistant director, had been collecting and storing materials, but after winning a \$50,000 grant — not nearly as much as Kuhn thought necessary — they decided "what the heck."



Cindy Kuhn of Habitat for Humanity ReStore. (Photo by Todd Welvaert / Radish)

By November 2002, they found a warehouse, used at one point as a paintball arena, and the owner agreed to waive rent for the first three months, Kuhn says. To keep costs low, they kept the interior sparse and rarely ran the heat. "We were stretched pretty thin. We didn't have much of a staff, and it was 50 degrees in here all winter."

Since then, the steady flow of quality donations and growing sales have allowed them to invest in the store. Now, Kuhn says she works with a small paid staff and about 50 "overqualified" volunteers who donate their time and expertise because they believe in what her store stands for.

She recalls a conversation she had with a friend many years before starting ReStore. "Wouldn't it be cool to have a business where you just had people that were really qualified, did a good job and liked what they did, and there wasn't all that bickering and infighting?" she asked.

"In so many ways, now I feel like I've got that."

Kevin Smith is a reporter for The Dispatch and The Rock Island Argus. For more information on Habitat for Humanity ReStore, visit restoreqc.org online or call 563-391-4949.



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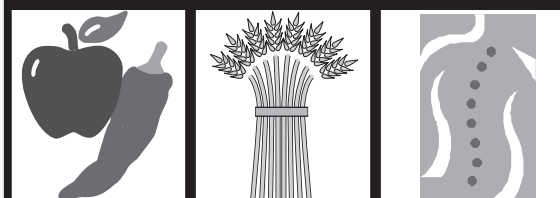
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eating well

Salad in a jar

One container. A mix of veggies. A transformed lunch.

By Sarah J. Gardner

I have a confession to make. There are times — more often than I'd rather admit — when I have thrown a few carrot shavings and some dressing over a bowl of lettuce and called it a salad. I'm not proud of it. I certainly recognize this is generally what comes in a bag at the supermarket labeled "Salad Starter" (as opposed to "Complete Meal"). It's just sometimes when worn out from a day at work or pressed for time or just plain short on items in the fridge, this sort of rushed affair works. In a pinch. Sort of.

Anyway, it's not like I'm pretending a plain bowl of lettuce constitutes a salad. That's what the carrot is for.

The irony, of course, is that if you stopped me on the street and asked for salad ideas, I could easily run through a list of any number of delicious combinations. There's the salad that starts with watercress and gets topped with shredded raw beet, walnut pieces and a vinaigrette. Or the spinach salad with peas and Parmesan cheese tossed with pesto and salt. Or the chopped salad of cucumber, tomato, olives, bell pepper, raw onion and parsley that gets dressed with hummus cut with lemon juice.

All of which is to say I like a good salad, it's just sometimes a question of taking the time to put that salad together. Enter the Mason jar salad, which isn't a salad recipe so much as a method for transporting salads on the go — but, as I discovered, it's a method that also can lead to more creative meals.

The idea is simple enough: You pack a salad in a jar. Any jar will do, as long as it's clean and the lid has a good seal (on days when I bike to work, I forgo glass to use a plastic quart container with a screw-on lid). Begin by putting the dressing in the bottom. This may seem odd, since we usually pour dressing over a salad once it's assembled. But greens left to sit in dressing quickly go limp. As an added bonus, by putting your dressing on bottom, you can also see exactly how much you are using, avoiding the extra calories that come with an overdressed salad.

After that, the sky is the limit. You can add anything else you'd like on a salad to fill the jar. I usually layer my other sturdier salad ingredients on the bottom as well — things like carrots, beans, bell pepper and hard-boiled eggs — to put a little more distance between the delicate lettuces and the dressing. I pack in my leafy greens last. In many ways, it's useful to think of this as a salad you are assembling upside down, with the toppings on bottom. When you're done, attach the lid and off you go!

When lunch rolls around, give the jar a couple shakes to start mixing the salad, then pour it all into a bowl. (I keep a big blue bowl at my desk for exactly this purpose, though you can always pack one with you on a picnic.) In theory, you could get by with just a fork and eat the salad straight from the jar, but I've found the slight bottleneck in some jars to be a hindrance. Pouring the salad into a bowl makes for easier eating, and it also ensures that even tightly packed salads get mixed and dressed well. You can give the salad a toss with your fork before digging in.

As it turns out, being able to see your salad in layers sparks some serious salad creativity. As I fell into the habit of eating Mason jar salads, I found myself rummaging through my kitchen more often for toppings that might add another pleasing color to the jar or a great change of texture. It wasn't long before I started better stocking my fridge with salad ingredients. After all, I did not want to be the girl who brought a quart of lettuce into the office and called it lunch, much less the one eating it. But pea shoots, butter beans, bell peppers, scallions, pickled beets, lettuce, pecans and dried fruit? Sign me up!

As any dietitian will tell you, the more variety you get in your diet, the better it is for you nutritionally. Packing a salad in a jar gives you an easy visual reminder to do exactly that and results in some seriously enjoyable eats.

Sarah J. Gardner is the editor of Radish. Are you a fan of Mason jar salads? Share a photo of your salad and a list of its ingredients at facebook.com/radishmagazine.



Paul Colletti / Radish



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healthy living fair

Better by bike

For the owner of Let's Ride, cycling is the best therapy

By Todd Welvaert

Tim Phlypo is a wonder. At 62, he has endured three hip replacements, and at the same time he has bicycled more than 300,000 miles. He also might be the only 6,000-plus-mile-a-year-routine cyclist who uses a cane when he's out and about.

To the Geneseo native, it's just a way of life. "I love it," Phlypo says of his cycling. "I couldn't stay away from it if I had to, it's the way I live."

He opened Let's Ride Bike Shop, located at 89 9th St., Silvis, in 2010, but his story with cycling starts back in 1959. When he was a 7-year-old, he jumped off a roof and landed on a cement sidewalk. He managed to pinch the artery that supplies blood to the ball of his hip socket.

"There was no surgery for what happened," Phlypo remembers. "I was on crutches with my leg in a sling for three-and-a-half years."

When he was 10, he was able to get off the crutches, but the doctor sat him down and told him the joint hadn't healed perfectly. "He told me to go out and have as much fun as I could before I ended up in a wheelchair," Phlypo says. "That's a tough thing for a 10-year-old to hear, but that's exactly what I did."

He joined the gymnastic team, played baseball, swam and started running. "When my doctor found out I was running, and how much I was running, he said I had to quit," Phlypo says. "He told me to try bicycling and I did that and swam and within a few months, I quit swimming."

Bicycling was it. He bought his first bike, a 1972 Schwinn LeTour, and started riding around Geneseo at first, and then started riding to and from Prophetstown. Before long he upgraded to a 1977 Raleigh Competition and still has it. "I figure I have about 150,000 miles on that bike," says Phlypo.

In the meantime, science came up with a viable hip replacement. His first hip-replacement surgery was in 1979 and it went well. He was supposed to be in recovery for up to six weeks, but by the eighth night, the doctor released him. "(The doctor) was pretty amazed, but I was in great health," Phlypo says. "He told me my recovery was 'a testament to my lifestyle.'"

It would be a phrase he would hear again and again.

He would get 15 years out of that first hip. All the while, he kept riding. "I think in the ninth year, I rode 8,000 miles, and (the doctor) was looking at the X-ray and saw a fracture in the cement and that was it, he said 'no more' but I didn't listen. I rode 9,000 miles the next year, and then when they took X-rays they found the fracture had sealed up with new bone."

Finally though, the glue did fail. By that time, a new procedure had been developed that didn't require cutting into the bone. After his second hip replacement, his recovery was quick. His doctor again credited his lifestyle for the rapid rebound.

Meanwhile, he had been picking up a different kind of bike experience:



Tim Phlypo at Let's Ride Bike Shop in Silvis, Illinois. (Photo by Todd Welvaert / Radish)

assembly and repair. He worked for a time for Huffy, building bikes for stores around the region, and then for a "little mom and pop bike shop," where he says he "learned an awful lot." Eventually, Phlypo opened a shop of his own, first at his home in Geneseo, then in the Ridgewood shopping mall in East Moline. Although he eventually closed the shop, 10 years later, he opened another: Let's Ride, where he is today.

The following year, he went in for his third hip replacement. At 60 years old, the nurse said he had blood pressure of 112 over 68 and a resting heart rate of 52 beats per minute. On a follow-up checkup, the doctor asked when he planned on getting back on his bicycle. He had already been riding for about two weeks.

"I love cycling, I love what it does for me," Phlypo says. "I love that I can go for a 20-mile ride and feel completely recharged. I love getting people into this sport. I show them how to do adjustments on their bike, how to fix tires, empower them to keep going, that if something breaks they can fix it. I've got 41 years of experience, and I've never had to walk home."

Walking, it turns out, is bad for him.

Todd Welvaert is a photographer and writer on staff with Radish. Find Tim Phlypo and Let's Ride Bike Shop at the Healthy Living Fair or online at letsrideinc.com.

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healthy pets

Sneakers and a leash

Pets and people can benefit from exercising together

By Lindsay Hocker

Man's best friend also can make the best workout buddy. Kate Price has found this to be true for herself and her three adopted pit bull mixes Baya, Denver and Temple. She typically runs with Denver and Temple five or six days a week.

Running with them "forces me to keep my own healthy regimen," says Price, adding she would feel guilty if she skipped a workout because the dogs look forward to it so much.

Dr. Laura Bahns, an associate veterinarian at Kimberly Crest Veterinary Hospital in Davenport also knows that dogs make excellent exercise partners. "They are routine oriented and are not likely to let you back out on your daily walk," she says.

They run for three or four miles, which usually takes about 35 minutes. Price says she picked that distance because it was comfortable for the dogs.

Price's oldest dog, Baya, once ran with her, but now only goes on walks because of a hip problem. Price takes Baya on a walk after running with Denver and Temple to cool down from her run.

With Denver, Price says running has been the best exercise activity for him, because "he's such a high-energy dog." Denver gets bored during other activities, such as playing fetch and walking.

Bahns recommends that owners talk to their veterinarians before starting an exercise program for their dogs to make sure the dogs are physically capable of the type of exercise they're planning. She says "not all breeds are created equal" when it comes to exercising. Age and weight also can impact whether or not a dog should engage in certain physical activities.

Bahns says many veterinarians recommend avoiding aggressive agility, leash running long distances, or excessive fetching before pets reach joint maturity. Swimming and playing hide-and-seek with toys are two fun exercise options Bahns says many dogs enjoy. You can hide the toys inside or outside.

With any dog, Bahns notes it is important to ease into an exercise routine gradually. "Just like in



humans, it is important to work your pet into an exercise program," she says. "If your dog is not used to walking long distances, do not take him out for a two-mile run."

When it comes to safety while running, Price keeps on alert for drivers who aren't paying attention and takes precautions during extreme weather.

On a hot summer day, she will bring collapsible water bowls and water with her for the dogs or else avoid running that day if the mercury has risen too high for them to exercise safely.

In winter, the dogs wear coats, and Price pays special attention to their paws. She washes their paws after a run, and avoids salted sidewalks whenever possible.

Bahns says paws can get cut on ice during the winter months, and nonpet-safe sidewalk salt is also dangerous. She says boots are a good option for dogs who will tolerate wearing them.

Bahns stresses that in addition to exercise, feeding pets a good diet is also very important to help keep them at a good weight and healthy. "The better we take care of them on a daily basis, the more likely we'll be able to keep them in our life longer," she says.

Price was already a runner before she got her dogs and made the decision to run with them to save time. Saving time was far from the only benefit, however. "A tired dog is a well-balanced dog," she says. "He's (Denver) just a happier dog when he can get rid of that energy."

Running with her dogs helped socialize the dogs, and it also has helped them get used to cars. In addition, exercising together has helped Price bond with her dogs. "It definitely helps you connect with your dog," she says. "It's something the two of you rely on each other for."

Contributor Lindsay Hocker lives in Rock Island and shares her home with two cats, three rats, three birds, five fish, and an agreeable Pekingese.

Kate Price and dog, Denver. (Photo by John Greenwood / Radish)



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healthy living fair

Made for the rain

Permeable paving cuts down on runoff and erosion

By Sharon Wren

Rainstorms can bring welcome relief to thirsty lawns and gardens, but thanks to all the concrete and asphalt in urban areas, they also bring flooding. Because water can't seep back into the covered ground, it ends up in storm drains and eventually in local rivers. Dan McNeil of the Scott County Soil Conservation District (SCSCD) says that permeable paving can help prevent that.

"Transportation-related surfaces such as streets, parking lots and driveways account for 60 percent to 70 percent of impervious surfaces in urban areas," McNeil explained in an email. "These impervious areas generate the majority of stormwater runoff. By using permeable pavers, we can reduce the volume of runoff and the delivery of pollutants that transport dirty runoff from storm sewers directly to streams."

What exactly are permeable pavers? According to McNeil, permeable pavers let "water soak down through the gaps between individual pavers into a rock chamber below." That chamber is designed to retain the water and allow it to percolate down through the soil, "helping recharge ground water, filtering out pollutants, and cooling the water while releasing it slowly," says McNeil.

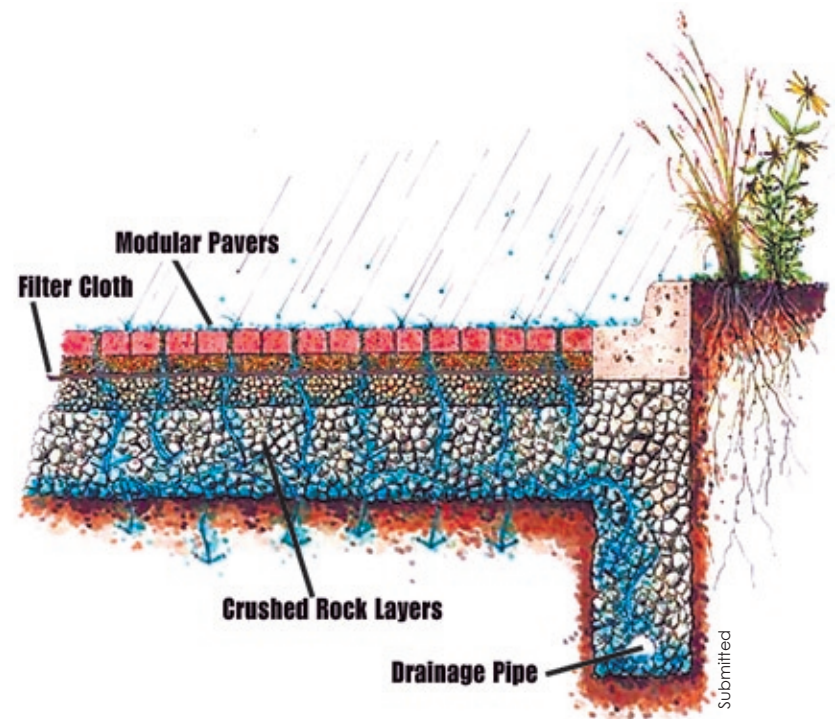
Laura Hopkins and her husband, Jim Countryman, took advantage of grants available through the SCSCD to install permeable pavers at their Davenport home. "Between the back of the house and the back of the yard the property had developed drainage problems over the years," says Hopkins, describing the home they purchased in 2012.

As part of the process, says Hopkins, "SCSCD came out to my house to see the site, educated me about the program, and gave me a list of contractors in the area that were interested in working with them to meet grant requirements on residential projects."

All of the hard work really paid off for Hopkins and Countryman. "Ascetically, I loved the results. I didn't buy that house for the house, I bought it for the wonderful yard," says Hopkins. "Environmentally, we are supporting the efforts to keep the water that falls in our yard on the property. In addition, we have minimized or eliminated erosion issues along our back hill and stopped water from coming into our basement along the north wall."

Other homeowners and businesses in Davenport and Bettendorf may be able to take advantage of grants, too, to help pay for installing permeable pavers on their property. In parts of both cities that have been determined to contribute excessive amounts of runoff and bacteria to Duck Creek, financial assistance is available. "The cost share pays 50 percent (up to \$2,000) for urban conservation and landscaping practices" as part of the Duck Creek Watershed Project, says McNeil.

Robert Wolfe, owner/president of RJ Wolfe and Sons in Davenport, has installed many permeable systems in the area, including a BelGard Subterra



system at Antique Archaeology in LeClaire. He says the installation at Antique Archaeology took about 2.5 weeks, but most residential applications take seven to 10 days, which is good news for anyone who made grand plans for their patio over the long winter.

"More people would rather put in a permeable patio than a regular one. It makes a really nice looking patio," says Wolfe. There's even a variety of permeable materials these days. "Permeable asphalt allows water to drain, as does permeable concrete, and both are huge right now. It might cost more to put it in, but there's less wear and tear."

Permeable pavers are one strategy — as are rain gardens, bioswales and soil quality restoration — that homeowners can employ to help protect water quality, reduce stormwater runoff, lower flood levels and occurrences, and even provide wildlife habitat.

Sharon Wren is a regular Radish contributor. To set up a free site visit and learn how these practices might improve your landscape, as well as find out about funds available through the cost sharing programs, contact Dan McNeil at 563-391-1403, ext. 3, or email daniel.mcneil@ia.nacdnet.net.

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healthy living fair

Like magic

Tips to make life a little easier in the kitchen

By Radish staff

When it comes to kitchen bliss, nothing is better than a dish that turns out perfectly, made from fresh and seasonal ingredients, shared with good company.

A close second, though, just might be knowing how to keep your brown sugar from hardening. After all, that one little trick prevents having to throw away an unused pantry staple — or worse, running to the store in the middle of a baking project, having realized too late your brown sugar was hard as a rock (almost as bad: opening a bag of flour to find it aflutter with pantry moths).

If only you had known a handful of gummy candies stored in the same container will keep your brown sugar as soft as the day you bought it, or that a couple of bay leaves tucked into your flour will ward off moths.

As it turns out, it's these little things that can make your kitchen work for you, instead of vice versa. And who knows that better than the kitchen enthusiasts in Slow Food Quad Cities which tricks add up to happiness when cooking and baking? We asked them to weigh in with some of their best tried-and-true tips, in hopes of putting a few to work in our own kitchens.

Have some kitchen tips of your own? Want to learn a few more tricks of the trade? Stop by the Slow Food Quad Cities booth at the Healthy Living Fair to swap suggestions and trade kitchen stories.



Cut corn off the cob using a Bundt pan: the center piece holds your corn steady, and the pan catches the kernels out of the way of the cob. — *Mike Brennan*

I like to use left-over hot water from the tea kettle to sanitize dish cloths and sponges.

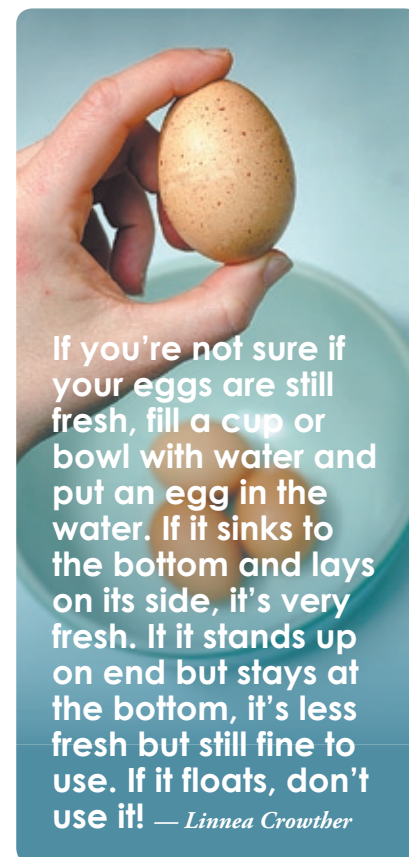
— *Marcus Ferguson*

I like to use my apple corer/slicer to quickly cut potatoes to make homemade fries, that I then coat with oil, season and bake. Our family loves them, and I love the time I save.

— *Jennifer Bullock*

Make quick whipped cream while getting your exercise: Fill a Mason jar halfway full with cream, add sugar and vanilla, and shake vigorously for three minutes.

— *Mike Brennan*



If you're not sure if your eggs are still fresh, fill a cup or bowl with water and put an egg in the water. If it sinks to the bottom and lays on its side, it's very fresh. If it stands up on end but stays at the bottom, it's less fresh but still fine to use. If it floats, don't use it! — *Linnea Crowther*



Use the edge of a spoon to scrape the skin off ginger root. It is more efficient than using a peeler.

— *Jade Kai*

If you store knives in a drawer, use a paper towel roll to cover the blade for safety.

— Peggy McDonnell



Wax paper: another best friend! Inexpensive too. I use it to wrap opened cheese wedges and veggies such as peppers, onions, etc. I find these items keep much longer wrapped in wax paper than in other choices such as Saran wrap, Ziplock baggies and aluminum foil.

— Cindy Steflik



Measure dry ingredients over a paper plate. You don't run the risk of overflowing the measurement into your actual dish, and the paper plate can be folded in half to make a handy funnel to return the overflow to its original container. No waste, no mess. — Leslie DuPree

Photos by John Greenwood / Radish

I repurposed an empty Lowry's Seasoning Salt shaker and filled it with baking soda. I keep it to shake baking soda on pots and pans that have food stuck to them. I let the baking soda sit for a few minutes and the food is much easier to scrub off afterwards. — Mary Paoli

Use a nut chopper to quickly mince garlic. Just peel them and then chop away!

— Anne Dickey



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healthy living fair

Rocket Bob

Empty pop bottles and paper feed a love of invention

By Sarah Ford

When he's got his science toys program set up at an event, it's easy to find "Rocket" Bob Windt — his booth is always the most popular, with crowds of kids busy constructing or launching their freshly made paper rockets into the air, watching intently where it lands so they can repeat over and over. The retired aeronautical engineer, who lives in Cordova, Illinois, thrives on the laughter and curiosity of his audience, as he hopes to teach as many kids as possible about basic scientific principles.

Simply put, Windt is on a mission to inspire, educate and bring some fun to the learning process. He gets kids moving, and he engages their minds. Even adults can't resist toying around with his inventions, such as a small electric hovercraft.

Windt and his dedicated volunteers have been a fixture at numerous Quad-Cities events, such as the Quad City Air Show, Princeton Days, and the Science Expo at Bettendorf Middle School. He also brings his free program to schools, libraries, College for Kids, and scouting events or wherever else he is requested. He just wants to share his knowledge and inspire the next generation.

What's his motivation? Besides hearing from kids that his program was the best part of their day, "it's seeing that too much electronic media has so much influence on youth. Kids are not always challenged. Life is too easy when you're not challenged to do your best," says Windt.

So he's challenging kids to grasp science and engineering concepts. Part of the allure is that he uses simple household items for building materials. Styrofoam plates become boats, Popsicle sticks become propellers, straws and balloons become propulsion, and paper is standard for most creations. Other materials, such as rubber bands, cereal boxes, aluminum foil and electric motors from nonworking remote-controlled crafts, are the perfect ingredients for handmade fun.



Bob Windt prepares to launch a stomp rocket. (Photo by Paul Colletti / Radish)

"It's all about using your imagination and exercising your brain. Education makes life interesting, and makes your life a great adventure. It's the mind that makes the body rich; it's the mind that makes life interesting," Windt likes to tell his eager young students.

His most popular science toy is the foam rocket, launched via a PVC pipe, an empty 2-liter bottle, and a hearty foot stomp, which easily sends the rocket 100 or more feet into the air. The excitement and amazement of the children brings many smiles to parents and bystanders.

Windt's inventions are relatively easy to make, especially with adult supervision, but he always has the materials ready to go at events so kids get to assemble their own. Many of the materials, such as insulation foam and paper have been diverted from the landfill, and are put to a great new use as the components of science toys.

But what really brings him happiness and keeps him busy these days is sharing his love of science with kids. Most weekends, and many weekdays, you can find him scheduled around the region, explaining scientific principles, such as Newton's law of action-reaction and gravity, before having kids build their own science toy, such as a balloon car or straw airplane. He helps make the connection between the science and the invention.

The science toys they create together may be unique, but Windt's message to the kids stays the same: have fun and keep experimenting. It's one of the reasons he makes detailed instructions for some of his projects available at his website, hoverkid.com. And a collection of Windt's inventions with instructions for more than 20 science toys will be released as a book, "Yep, It's Rocket Science," later this summer.

Sarah Ford is a regular Radish contributor. Bob Windt will be at the Healthy Living Fair. For information about scheduling a program, contact Windt via email at rjwfxaero@yahoo.com.

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health & fitness

Jazzercise

The beat goes on for this fitness routine

By Laura Anderson Shaw

As an adult, I've taken my fair share of fitness classes from step aerobics and Zumba to "body pump" and hot yoga, but it wasn't until a recent afternoon that I got my first taste of Jazzercise. As I learned, it was nothing like what I expected.

Just as the name suggests, Jazzercise does feature some jazz-like moves, like the simple Jazz Square, and a sassy "Jazz Stretch," where you sort of lean to one side with your arm in the air, fingers spread like a "jazz hand."

But the music is contemporary — including radio favorites such as Zedd and Hayley Williams' "Stay the Night," Demi Lovato's "Neon Lights," One Direction's "Little Things," Scotty McCreery's "See You Tonight" — and the dance-like choreography incorporates a lot of other moves and even strength training, making use of things like shoulder presses and hand weights.

Jazzercise franchise owner and instructor Sherri Kotula, of Port Byron, Illinois, says she has had students in her classes from ages 16 to 80. If you can walk, you can Jazzercise. Kotula and the other Jazzercise instructors demonstrate varying degrees of difficulty during each class, but essentially, as long as you're moving, you're getting a workout, even if you aren't able to keep up at first.

If being on your feet for that long bothers your joints, the moves can be modified so you can do them while sitting in a chair. And students can go online at home and visit jazzercise.com, scroll down the "About" menu, and then click "Learn the Moves" to get a little extra help with the steps.

No matter the class, you'll get in a full-body workout. Muscles I forgot I had ached the next day, and the day after that. But while I was on the floor, I was just dancing.

Each routine runs in a sort of loop. The choreography repeats itself often enough that it isn't difficult to catch on, and instructors will prompt and encourage you along the way. If the rest of the instructors are like Kotula, they also will make you laugh, which is nearly impossible to think of when you picture yourself gasping for air and sweating buckets, but I assure you, it'll happen!

Kotula says classes typically last about an hour. There also are more specialized classes, she says, such as the low impact "Lite," or "Strike," which is similar to kick boxing; and more.

Every 10 weeks, classes will feature all new songs and routines, "so you're never going to get sick of the music and the movements," Kotula says. It keeps it fun, she says. People will stick with Jazzercise for 30-plus years, she says, "because they never get bored."

Your body never gets bored, either, she says. Because each routine works different muscle groups, and routines change every 10 weeks, muscles never have the chance to get used to the workout, unlike walking on a "treadmill every day," she says.



Jazzercise instructor Sherri Kotula leads a class. (Photo by Gary Krambeck / Radish)

Kotula has been doing Jazzercise for just over 23 years, and teaching for about 23, too. She started taking classes to shed some baby weight after her first child, she said, and then she wanted to teach. "I had heard how much fun it was," she says. "You get lost in the music; you get lost in the fun."

During this recent class, the women on the floor certainly seemed to, myself included. Whether we nailed every step, or missed every one, it didn't matter. The group laughed, clapped and savored their swift water breaks just the same. It's "the bright spot in everyone's day," Kotula says.

Classes at many facilities — including Kotula's fitness centers in Bettendorf and East Moline, and at the Davenport Knights of Columbus — are offered multiple times a day. Each class includes strength training, cardio and stretching, Kotula says.

"You don't have to be coordinated; you don't have to be a dancer. As long as you're moving, you're burning calories," she says. "It's all about having fun."

Laura Anderson Shaw is a writer on staff at Radish. For more information about Jazzercise in the Quad-Cities, contact Sherri Kotula at 309-221-8360 or sherrijazz@yahoo.com.

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Permaculture

Couple teaches the hows and whys of sustainability

By Annie L. Scholl

When Bill Wilson arrived for his first campout as a young Boy Scout, he and the other scouts were gathered together by their scoutmaster who gave them a simple directive: Leave the campsite better than when you arrived.

That, Bill says, sums up permaculture. Permaculture, he elaborates, asks, “How do we as a human species live on the planet in such a way that each generation leaves it better than when they arrived?”

Bill, 62, and his wife Rebecca, 61, are doing their best to help people not just answer that question but live it, too. They do that through Midwest Permaculture, the Stelle, Illinois, business they started in January 2007. Bill is the lead instructor and designer for Midwest Permaculture. He works full time managing, teaching, speaking, writing and providing permaculture design services.

A branch of environmental design, permaculture, say the Wilsons, is an umbrella word for all things sustainable. Working with nature — the sun, wind, rain, soil and plants — allows us to co-create sustainable, or permanent, cultures.

Permaculture explores ways to improve our quality of life by rethinking or “redesigning” our relationship to the land, our homes, the energy we use, our work, each other — and ourselves. Through permaculture thinking, it’s possible to create lives that provide an abundance of food, fiber, energy and shelter for everyone while improving the quality of life for us all, they explain on their website, midwestpermaculture.com.

Bill has two advanced permaculture training certificates, one in design and the other in teaching. Rebecca earned her permaculture design certificate in 2007 and her permaculture teaching certificate in 2011. They’ve also learned about what it takes to create permaculture by living in a sustainably-oriented community for 35 years.

Together the couple has hosted and taught more than 45 permaculture design certificate courses and produced nearly 1,000 graduates.

Before they started the business, Bill says he was struggling to find his life’s work. From age 20 to 40, he was operating a small manufacturing businesses and doing sales work. At age 40, wanting time and space to think, Bill began driving a semitruck.

“Rebecca woke up a lot earlier than I did,” he says with a laugh. “It took me 10 years to find myself and then three years to figure out how to get out of the truck.”

Rebecca had been doing accounting and bookkeeping and was the community manager for a small homeowners association. She also was raising and homeschooling their four children.

“I have always been interested in the relationships of how things work,” she says. “How do things work in community? How do we get people to work together for the common good?”

By homeschooling their children, Rebecca also learned a lot about how people learn — and she also learned a lot about the natural environment. All of her experiences came in handy when she and Bill started Midwest Permaculture.



Bill Wilson (standing, center) leads a talk at Midwest Permaculture. (Submitted)

Bill says he’s receiving more and more requests from people to apply permaculture design to their properties. For example, a couple with just five acres near Peoria hired Midwest Permaculture because they wanted to do something useful with their landscape so they could produce food and teach their children about their relationship with the outdoors.

“We just want to help,” Bill says. “I remember waking up and feeling disgusted by being a human being and all the damage we were doing. I thought, ‘Isn’t there another way? Why are we doing this? Why are we destroying our planet? Just so we can turn on lights all night long? In order to do what?’”

“Permaculture asks the question, ‘Is it necessary? Do we need those things? Can we provide without destroying the planet? Can we leave the campsite in better condition than we found it?’”

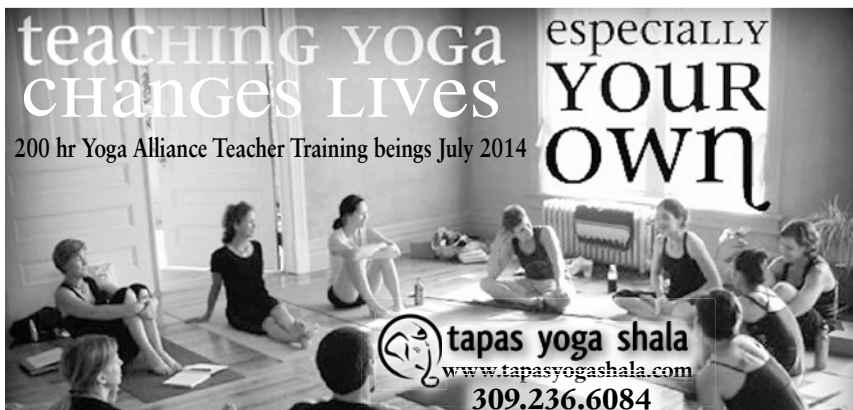
While it can be easy to get overwhelmed with the issues facing our planet these days, Bill and Rebecca say permaculture offers hope. “Permaculture teaches us there is a solution to every problem,” Bill says. “There is a way to create a world that works for everybody.”

Annie L. Scholl is a frequent Radish contributor. Learn more about Midwest Permaculture at their booth at the Healthy Living Fair.

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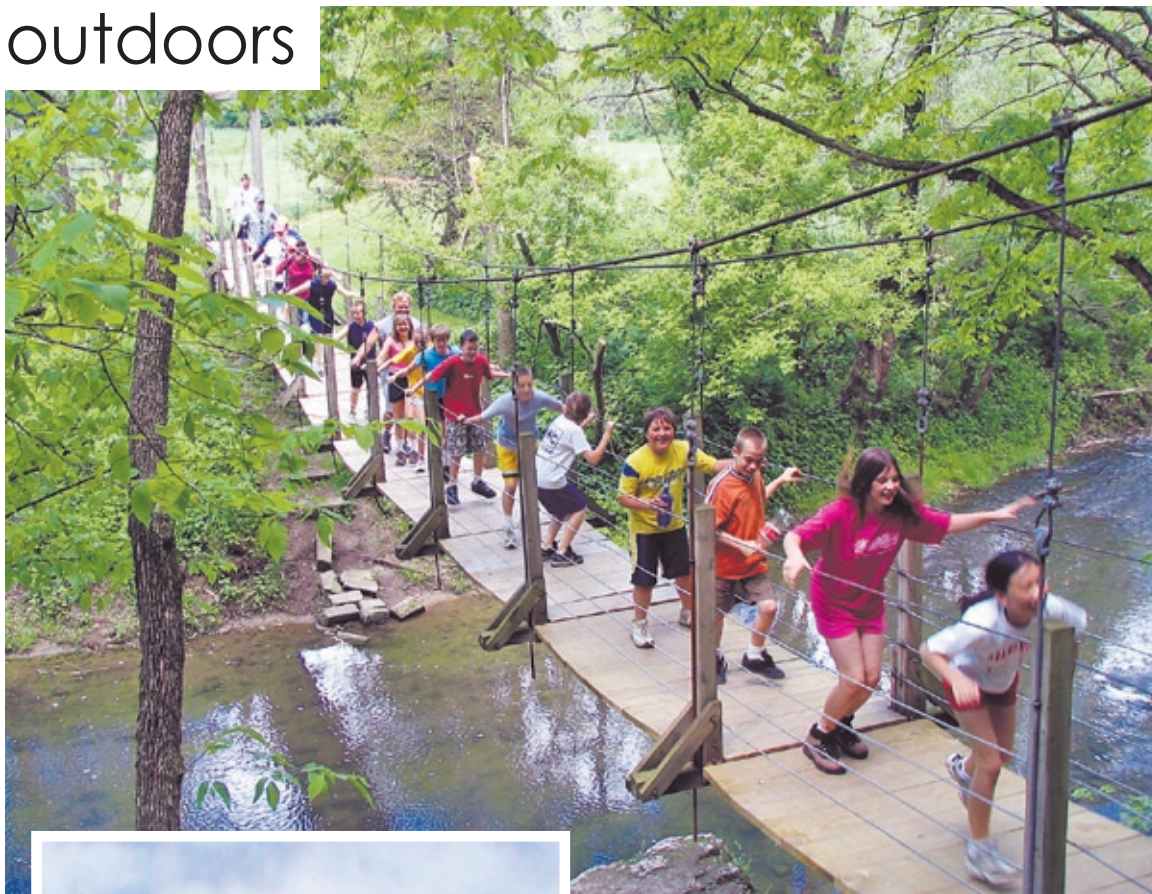




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Visiting school groups to Eden Valley Refuge walk across the swinging bridge and take in the view from the top of the observation tower, two popular features of the park. (Submitted)

side. Rounding a sweeping curve, the valley floor opens wide to reveal the nature center, campgrounds and trail heads of Eden Valley Refuge.

Mark Roberts is the conservation education coordinator at Eden Valley. For him, the nature center is the centerpiece of the refuge. Its primary function is to serve as a gateway to the refuge and to educate visitors about the wildlife, habitat and early culture of the area.

Numerous school groups visit the nature center throughout the year, coming from schools in Clinton, Jackson, Scott, Cedar, Linn and Rock Island counties. "We hope that through discovery and adventure, school groups come away with a better understanding, love and enthusiasm for nature," says Roberts.

The nature center is open to the public from 9 a.m. to 1 p.m. Saturdays, May through October. The CCCB is working to increase public awareness by sponsoring family-oriented events at the nature center and campgrounds. These include a night hike, a campground flea market, movies at the campground and more. A live honeybee hive also has been added to the nature center attractions this year.

Popular features in the park include a wooden observation tower that allows for a bird's eye view of the grounds and a swinging suspension bridge that crosses Bear Creek. Roberts says the five miles of trails, parts of which are the old logging road beds, are his favorite part of the park. "I love the trails that snake through the valley with limestone bluffs and outcrops lining the Bear Creek Valley," says Roberts.

It was the dream of the last private landowner, Arnold Wulf, to see Eden Valley preserved as a wilderness area. He planted pine trees every year as an effort to reforest the area. When Wulf sold the property to Clinton County, his only request was that he still be allowed to use his bunkhouse. After his death in 1972 at age 77, the bunkhouse retreat was renamed The Wulf's Den.

Today, this hidden gem of a park hosts a variety of visitors who come to hike, camp, picnic and just get away for a day. It doesn't take visitors long to discover the charms that led early settlers to compare the lush valley to a the Garden of Eden and that inspired Wulf to want to share his little bit of paradise with the public.

Contributor Susan McPeters is an avid outdoor enthusiast. For more information on Eden Valley Refuge, visit clintoncounty-ia.gov.

Eden Valley: Nature refuge is a hidden gem in Jackson County

By Susan McPeters

Many area residents may not be familiar with the 201-acre Eden Valley Refuge that began in 1970 as a joint project of the Jackson and Clinton County Conservation Boards. Managed today by the CCCB, it's off the beaten path and somewhat easy to miss. And though it may be deemed the "best kept recreational secret" in Jackson county, those who oversee the refuge hope to change that.

Eden Valley Refuge packs a lot of features in a small package. Driving south from the nearby town of Baldwin, Iowa, you immediately notice a change taking place in the landscape. The farmland gives way to forest, and the road follows Bear Creek as it meanders between the limestone bluffs rising up on either





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Sleep apnea?

Oral appliance therapy offers an alternative treatment

By Jane Carlson

Mention snoring and people tend to snicker. For those who suffer from sleep apnea, though, it's no joke. Left untreated, the chronic condition can lead to numerous cardiovascular problems, can worsen the risks of depression and diabetes, and can be a factor in work-related and driving accidents due to exhaustion, according to the American Sleep Apnea Association.

"The problem with apnea is when you fall asleep, your jaw falls back and the muscle tone goes away," explains Dr. Rod Willey, a Peoria-area dentist of the Illinois Institute of Dental Sleep Medicine and founder of the Koala Center for Sleep Disorders. This can cause snoring or blockage of the airway, and at that point the brain kicks you out of deep sleep to avoid suffocation, he says. When this happens over and over, the heart works harder at night and the oxygen level goes down in the blood, leading to a number of possible conditions and complications.

Beyond weight loss, nasal decongestants and positional sleeping therapy, treatment for more serious cases of sleep apnea include surgery — which is more effective in treating snoring than obstructive apnea, according to the ASAA — and Continuous Positive Airway Pressure, or CPAP.

CPAP therapy involves wearing a mask or other device that covers the nose and/or mouth. A motor blows air into a tube connected to the mask, which is

meant to keep the airway open during sleep, according to the National Heart, Lung and Blood Institute.

While effective for many, CPAP can be invasive and uncomfortable. There can be complications including claustrophobia, leakage, sinus problems, bloating, swallowing air, and sore spots on the bridge of the nose, Willey says. It also can be difficult to travel with the device or use it, say, on a camping trip without electricity.

As an alternative, the oral appliance therapy available through the Koala Center for Sleep Disorders is a nonsurgical, nonpharmacological option that Willey describes as a comfortable alternative to CPAP. He says it has improved the health and quality of life for his patients, some of whom previously were on disability due to their condition and now are working full time.

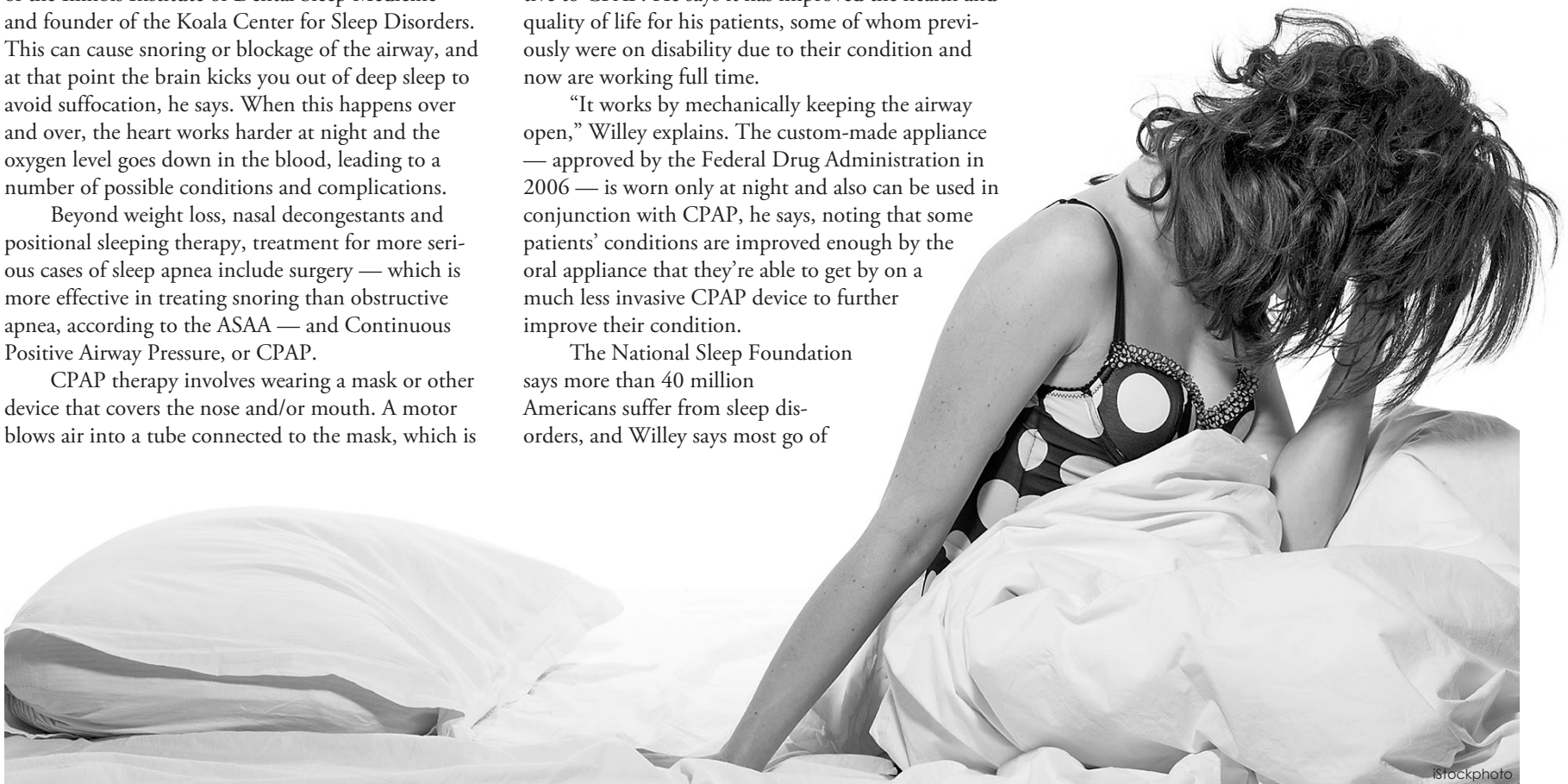
"It works by mechanically keeping the airway open," Willey explains. The custom-made appliance — approved by the Federal Drug Administration in 2006 — is worn only at night and also can be used in conjunction with CPAP, he says, noting that some patients' conditions are improved enough by the oral appliance that they're able to get by on a much less invasive CPAP device to further improve their condition.

The National Sleep Foundation says more than 40 million Americans suffer from sleep disorders, and Willey says most go of

those cases go undiagnosed and untreated.

A lot of people just come to accept exhaustion and lack of sleep as "just who they are," Willey says, even though they might be suffering from a host of problems, from depression to weight gain, caused by poor sleep. "If they're struggling with daytime sleepiness, brain fog, snoring or not," they should get checked out, he says.

Jane Carlson is a frequent Radish contributor. For more information about the Koala Center for Sleep Disorders in Galesburg, call 309-243-9239, or visit koalacenter.com.



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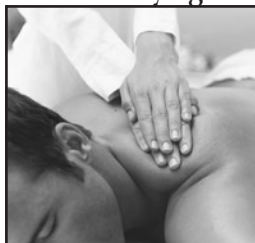
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Five great gifts

Fun, fair-trade items to give this Father's Day

By Leslie Klipsch

Looking for something to honor the dads in your life this Father's Day? How about something that not only pleases your pop, but benefits others as well? Fair trade is an international trading philosophy that supports sustainable development and better conditions for marginalized producers throughout the world while simultaneously offering unique, well-crafted products. Here are five fantastic fair-trade Father's Day gift ideas available locally that will show Dad just how much you care and make him proud of your big heart and spending savvy.

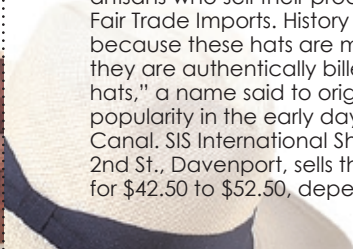
2 Board games. Does the father in your life enjoy games? Ten Thousands Villages, a fair-trade cooperative that markets the work of disadvantaged artisans, produces a chess set comprised of hand-carved safari pieces crafted from soapstone by talented artisans in Kenya. The Crowded Closet, located at 1213 Gilbert St., Iowa City, sells the chess set for \$80. Other fair-trade games include an attractive set of wooden dominoes made in El Salvador (\$35) and a sudoku set also composed of wood and produced in Sri Lanka (\$32).



1 Fair-trade food. The Crowded Closet and SIS International, as well as a number of area groceries and specialty shops, sell an impressive variety of fair-trade products sure to delight foodie fathers. An assortment of fair trade treats like a pound of rich, 100 percent Arabica Singing Rooster Haitian coffee paired with a few bars of Divine dark chocolate produced by fair-trade cocoa farmers would surely make a pop-pleasing present.



3 Panama hat. Just in time for the summer sun, a short- or wide-brim Panama hat handwoven in Ecuador might be a great fit for your father. SIS International Shop in downtown Davenport carries fair-trade Panama hats made from 100 percent paja toquilla, a straw fiber woven by artisans who sell their products through Minga Fair Trade Imports. History buffs will know that because these hats are made in Ecuador, they are authentically billed as "Panama hats," a name said to originate due to their popularity in the early days of the Panama Canal. SIS International Shop, located at 108 E. 2nd St., Davenport, sells these traditional hats for \$42.50 to \$52.50, depending on the brim.



4 Messenger bag, camera case or iPad sleeve. Dad will be dashing with a cross-body leather laptop bag made in Kolkata, India. The elegant bag is made of gorgeous, soft leather, lined in cotton, and features an adjustable strap and interior and exterior pockets. It sells at SIS International for \$125 and the purchase supports a grassroots artisan group working to pull themselves out of poverty. Also available at SIS International are no-kill leather and sustainably-harvested wild hemp messenger bags (\$147) and camera cases (\$27.50) made by Tibetan refugees and women living in Nepal. ("No-kill leather" describes leather taken from an animal that died of natural causes rather than being killed for its hide.) The man in your life also might enjoy a red and white iPad sleeve (\$28.50) made in India out of upcycled fire hoses. Not only is the sleeve well-made and practical (the fire-hose material is incredibly durable), but the purchase helps lift those living in the slums of Delhi, India, out of extreme poverty.



5 Glasses Keeper. The glasses keeper gives eyeglasses a place to land when they're not resting on a nose. This fun and functional gift comes from an area in India where male Hindu and Muslim artisans with few educational opportunities and an abundance of health-related issues work together to create sturdy, solid, sustainable woodcarvings. The statue is 7½-inches tall and glasses perch on a charmingly carved nose and amusing mustache. The whimsical statue is perfect for a bespectacled father with a sense of humor. Glasses Keepers are sold at SIS International for \$22.50.

Photos by Paul Colletti / Radish

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The Freight House has become a true community hub

By Sarah J. Gardner

Late last year I received some very bittersweet news: A close friend announced she had been offered a job elsewhere and would soon be moving. Though sad to see Sarah go, we decided to celebrate her new adventure, and after some discussion, we settled on meeting at the Front Street tap room with other friends at the Davenport Freight House on one of her last nights here.

It seemed fitting. We had all run into each other often while shopping at the nearby farmers' market, and the view from the Freight House of Rock Island, where Sarah had lived and worked, was one of the best in the Quad-Cities. We couldn't help but marvel at how much the Freight House had changed from the time we had each moved to the area to now.

When I began my tenure at Radish, I wrote in my first editor's column that I believed what makes where you live a community is as important as what makes a house a home. If anything, my work with Radish has deepened my conviction that this is true. I found myself thinking about this as I sat there among friends, enjoying this place we had come to call home.

At their heart, both ideas — home, community — are about not just living somewhere but feeling connected to it. When it comes to our houses, we have a fairly good grasp of how to make them into spaces that nourish ourselves and our family life. We invest in comfortable furniture, arranged to encourage conversation. We fill our walls with photos and artwork that remind us of who we are and what matters to us. We invite others to join us for dinner, sharing with them the best meals we know how to make, and we stay seated at the table long after the food has been cleared away, talking and laughing.

Sooner or later, of course, we have to leave those homes and venture out into the wider world. The truth is, we do as much living outside of our houses as in them, and there is no separating our homes from the communities around them. If we feel disconnected from our neighbors, if we don't feel the city or town we live in has much to offer us, the coziness of our own dwellings is eroded — our homes, however nice, start feeling more like bunkers.

Given that, the question becomes how to take what we know about building a home and translate it into the larger project of building a community. What is the equivalent of putting out a comfy couch in the heart of a city? How do we create a space that reflects our best values? Where do we put the big table at which everyone is welcome to eat and talk and enjoy one another's company?

It's a testament to the Quad-Cities — and especially to the many individuals who have invested the time, talent and resources to bring it about — that the revitalized Freight House can be held up as an answer to these questions. You can find people there now any day of the week, not just on weekends, and in both cases, those who gather at the Freight House linger there, eating and drinking and laughing, exactly as they would in their own homes. That's telling.



Patrons relax on the deck of the Freight House in front of the Fresh Deli by Nostalgia Farms and the Front Street tap room (Photo by John Greenwood / Radish)

In addition to the thriving farmers' market at the Freight House, you can find friends and neighbors gathering together at the Fresh Deli by Nostalgia Farms and the Front Street tap room. The Quad Cities Food Hub has made it possible to buy food that supports area growers any day of the week. And the community rooms at the Freight House have hosted local foods and gardening seminars, family gatherings and athletic events. Each of these components helps build community. The resilience of the revitalized Freight House becomes a resilience that we all share.

As luck would have it, a few months after Sarah moved from the Quad-Cities, I made another friend moving to it. After an excursion with her family to the Freight House, Beth told me how much she had enjoyed the farmers' market and how much she was looking forward to visiting it in the months ahead. It occurred to me that in her experience, the Freight House will have always been this way, a vibrant gathering place at the heart of the Quad-Cities. What a wonderful welcoming gift to be able to share with someone new to our community.

Sarah J. Gardner is the editor of Radish.



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Bureau County Farmers' Market, 935 N. Main St., Princeton; 3-6 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, May 24-Oct. 25. 815-875-2616, facebook.com/bureaucountyfarmersmarket

CARROLL COUNTY

Mt. Carroll Farmers' Market, north side of courthouse on Market Street; 8 a.m.-noon Saturdays, May 3-Oct. 25. 800-244-9594

HENRY COUNTY

Alpha Village Farmers' Market, Alpha village gazebo, corner of D Street and 1st Street; 4-7 p.m. Fridays, May 2-Oct. 21. 309-529-2251

Geneseo Farmers' Market, City Park on Pearl Street; 8 a.m.-noon Saturdays, June 7-Oct. 18. 309-507-0002, facebook.com/geneseofarmersmarket

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays, 4-7 p.m. Thursdays, 7:30-11 a.m. Saturdays, May 3-Oct. 30. 309-852-2175

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, May 2-Oct. 31. 815-598-3138, facebook.com/elizabethfarmersmarket

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, May 10-Oct. 11. 815-777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. May 25; June 2, 22; July 6, 20; Aug. 3, 11, 31; Sept. 14, 28; and Oct. 12. 815-777-2000

Hanover Farmers' Market, corner of Route 84 and Jackson Street; 9-11 a.m. Saturdays, May 3-Oct. 4. 773-430-4871

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 3-Nov. 1. 309-368-1750

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 3-Sept. 25. 309-483-8412, facebook.com/oneidafarmersmarket

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd Street; 7 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 29. 815-284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 1-Oct. 18. 309-837-4855, facebook.com/macombfarmersmarket

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 12-Oct. 9. 309-582-2751, aledomainstreet.com

OGLE COUNTY

Polo Farmers' Market, 200 block of S. Division Ave.; 3-6 p.m. Thursdays, July 10-Oct. 9. 815-946-3131

PEORIA COUNTY

RiverFront Market, 212 SW Water St. (parking lot between Liberty and Main streets), Peoria; 8 a.m.-noon Saturdays, June 7-Sept. 27. 309-671-5555

ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 29. 309-235-6425, growersmarkets.com

Franklin Field Farmers' Market, 12th Avenue and 9th Street, Rock Island; 10 a.m.-1 p.m. Saturdays, June 7-Oct. 25. 309-786-2609

Cunningham-Brooks Farmers' Market, 9th St. and 4th Ave., Rock Island; 4-7 p.m. Tuesdays, June 10-Oct. 28. 309-786-2609

Healthy Snack Farmers' Market, 7th Ave. and 21st St., Rock Island; 5-7 p.m. Thursdays and Fridays, June 19-Oct. 31. 309-786-2609

Trinity Moline Market, UnityPoint Health-Trinity Moline, 500 John Deere Road; 8 a.m.-noon Saturdays, May 3-Oct. 25. 309-235-6425, growersmarkets.com

WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, N. Main and W. Boston streets; 7 a.m.-noon Fridays, June 6-Oct. 24. 309-734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round. 815-626-8610, twincityfarmersmarket.com, facebook.com/twincityfarmersmarket

Morrison Farmers' Market, 204 E. Lincolnway (Route 30) next to the Heritage Museum, Morrison; 8-11 a.m. Saturdays, May 24-Sept. 27; 5-8 p.m. July 30, downtown Morrison. 815-772-3757, morrisonfarmersmarket.com, facebook.com/morrisonfarmersmarket

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, May 17-Oct. 4. 563-946-3551

Tipton Farmers' Market, next to gazebo on courthouse square, 4-6 p.m. Thursdays May 1-Oct. 30. 563-940-7824

West Branch Farmers' Market, Gazebo at 110 Parkside Drive, 4-5:30 p.m. Tuesdays June 3-Sept. 30. 319-643-2044

CLINTON COUNTY

Comanche Farmers' Market, A&B Storage lot on 21 St., 4-7 p.m. Tuesdays June 3-Sept. 30. 563-259-9414

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, May 31-Nov. 1. 563-577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 26-Sept. 18. 563-577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7 p.m. Thursdays, May 1-Sept. 11. 319-752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa, 12th-13th streets; 7 a.m.-noon Saturdays, May 3-Oct. 25. 563-588-4400, facebook.com/dbqfarmersmarket

Dyersville Area Farmers' Market, Commercial Club Park, 225 11th St. SE; 2-5:30 p.m. Thursdays, May 15-Oct. 9. 563-875-2311

HENRY COUNTY

Mount Pleasant Farmers' Market, Wright Family Pavilion at McMillan Park, Walnut Street; 4-6 p.m. Wednesdays and 8:30-11 a.m. Saturdays, May 17-Oct. 11. 319-385-1846, facebook.com/mtpfarmersmarket

IOWA COUNTY

Amana Colonies Farmers' Market, Henry's Village Market, V Street, Homestead; 4-7 p.m. Fridays, May 30-Aug. 29. 319-622-3931, henrysvillagemarket@gmail.com

JACKSON COUNTY

Maquoketa Farmers' Market, parking lot of Ohnward Fine Arts Center, 1215 E. Platt St.; 4-7 p.m. Tuesdays, May 20-Oct. 21. 563-652-6968, maquoketafarmersmarket@gmail.com

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, May 3-Oct. 29. 641-919-3212

Fairfield Senior Citizen Site Farmers' Market, 209 S. Court St.; 9 a.m.-2 p.m. Saturdays, Nov. 1-April 25. 641-919-3212

JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-7 p.m. Mondays and Thursdays, May 5-Oct. 2. 319-248-1750, facebook.com/coralvillefarmersmarket

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, May 3-Oct. 29. 319-356-5210, facebook.com/ficfm

Iowa City Sycamore Mall Market, 1660 Sycamore St., Iowa City; 3-6 p.m. Tuesdays, May 2-Oct. 28. 319-356-5210

JONES COUNTY

Anamosa Farmers' Market, 600 E. Main St.; 3-6 p.m. Wednesdays and 8 a.m.-noon Saturdays, June 14-Oct. 18. 319-462-2971

Monticello Farmers' Market, middle school parking lot at 274 S. Main St.; 3-5:30 p.m. Wednesdays and 8-11 a.m. Saturdays, May 10-Oct. 25. 319-465-7023, monticelloiowafarmersmarket.com

LEE COUNTY

Fort Madison Farmers' Market, Central Park on 9th and Avenue E; 4:30-6:30 p.m. Thursdays, May 29-Sept. 25. 319-372-7700 ext. 216, fortmadison.com

Keokuk Farmers' Market, River City Mall parking lot, 300 Main St.; 7-11 a.m. Saturdays, May 17-Oct. 11. 217-242-4061

LINN COUNTY

Downtown Farmers' Market, 2nd and 3rd Avenues SE between 2nd and 5th Streets SE in downtown Cedar Rapids; 7:30 a.m.-noon Saturdays; June 7, 21; July 5, 19; Aug. 2, 16; and Sept. 6, 20. 319-398-5317, cedararapids.org

Mount Vernon Farmers' Market, First Street Community Center, 221 1st St. E.; 4-6 p.m. Thursdays, May 1-Oct. 9. 319-310-4145

NewBo Farmers' Market, 1100 3rd St. SE, Cedar Rapids; outdoor market 8 a.m.-1 p.m. Saturdays, 10 a.m.-1 p.m. Sundays, May 3-Oct. 26; indoor market 10 a.m.-8 p.m. Thursdays, 10 a.m.-6 p.m. Fridays, 8 a.m.-6 p.m. Saturdays, 10 a.m.-6 p.m. Sundays, year-round. 319-200-4050, newbocitymarket.com, facebook.com/newbocitymarket

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 2-Oct. 17. 319-286-5699, facebook.com/noelridgefarmersmarket

LOUISA COUNTY

Louisa County Farmers' Market, Youth Center at Louisa County Fairgrounds, Hwy. 92, Columbus Junction; 4:30-6:30 p.m. Fridays, May 9-Oct. 10. 319-728-7971, columbusjunctioniowa.org, facebook.com/columbusfarmers-market

MUSCATINE COUNTY

Downtown Muscatine Farmers' Market, corner of 3rd and Cedar streets; 7:30-11:30 a.m. Saturdays, May 3-Oct. 25. 563-260-0950

SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, May 1-Oct. 30. 563-332-5529

Davenport Farmers' Market, parking lot of NorthPark Mall; 8 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 29. 563-332-5529

Freight House Farmers' Market, 421 W. River Drive, Davenport; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, year-round. 563-322-6009, freighthousefarmersmarket.com

LeClaire Riverfront Farmers' Market, South Levee on the end of Wisconsin St.; 3-6 p.m. Saturdays, May 3-Oct. 25. 563-639-4621

Trinity Farmers' Market, UnityPoint Health-Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, May 5-Oct. 27. 563-332-5529

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The eighth annual Healthy Living Fair — a celebration of local and natural foods, health and fitness, community groups and environmental stewardship — will take place Saturday, June 14, next to the Freight House, 421 W. River Drive, Davenport.

The fair, which is presented by Radish magazine, will be open from 8 a.m. to 3 p.m. The nearby Freight House Farmers' Market will be open from 8 a.m. to 1 p.m. Admission is free.

Kicking off the fair again this year will be the annual Rise and Shine Yoga Class led by Jeani Mackenzie at 9 a.m. Fitness demonstrations will follow on stage throughout the day, including a 10 a.m. Corebar demonstration led by YMCA fitness instructor Kara Tuttle and a tai chi demonstration led by Scott Caulpetzer of Great River T'ai Chi Ch'uan at noon.

Pet owners who would like to share how they care for their pets in healthy and earth-friendly ways can bring their pets to the stage at 11 a.m. to compete in the annual Radish Pet of the Year contest. A panel of Radish staff members will narrow the entries down to a group of finalists, and the winner, chosen by

popular applause from the audience, will be featured on the cover of a future issue of Radish.

Music will fill the stage in the afternoon, including a performance by the Quarter Moon Tin Snips,

a traditional bluegrass band from the Quad-Cities. With folks on mandolin, bass, fiddle, banjo, dobro and guitar, the group plays a range of secular and gospel tunes that feature tight harmonies and driving rhythms.

The one-day fair also will feature a marketplace where visitors can shop for and experience the healthy goods, resources and services featured in Radish. More than 60 exhibitors will present healthy foods; alternative energy products; environmentally friendly products and produce; outdoor recreation opportunities; and holistic, alternative and integrative medicine.

During the fair, visitors can take in the view of LeClaire Park and the Mississippi River. Kids can use the playground behind the freight house. Food and beverages will be for sale at the fair and the adjacent farmers' market.

Support for the Healthy Living Fair is provided by The Friends of Radish: Metro, KWQC-TV News 6 and WQPT Quad-Cities

PBS. Sponsors include Davenport Levee Improvement Commission, the Freight House Farmers' Market, the City of Davenport Parks and Recreation, and B100.



Photos by John Greenwood / Radish

Your guide to the 2014 Healthy Living Fair



Scheduled activities

• 9 a.m., Rise and Shine Yoga

Class: Grab your mat and join Jeani Mackenzie of the Davenport School of Yoga to kick off your day at the fair with this free, 30-minute class.

• 10 a.m., Corebar:

What do you get when you combine a lightweight bar with fitness moves from aerobics, resistance training, martial arts and Pilates? One dynamic workout demonstrated on stage! Come see the pros from the YMCA in action.

• 11 a.m., Pet of the Year

Contest: If you can answer three questions, your pet could have a chance at being the next Pet of the Year: How do you care for the health of your pet? Are there any earth-friendly practices or products you use? What are the ways your pet contributes to the health and well-being of your family? Bring your pet to stage and share your story for a chance to be featured in an upcoming Radish magazine.

• Noon, Tai Chi:

As intriguing to watch as it is to practice, this demonstration by River City T'ai Chi Ch'uan instructor Scott Caulperzer will include variations using staff and sword.

• 1 p.m., Quarter Moon Tin

Snips: For four years this Quad-Cities band has been strumming and plucking and harmonizing their way through traditional bluegrass tunes — here's your chance to hear them live!

Happening all day

• Lots of fun for the little ones:

Bring your youngsters to the Healthy Living Fair and watch their eyes light up with delight as they create rockets from ordinary, recycled materials and then send their creations soaring with the help of Rocket Bob. Take them to meet the gentle critters of Little Creek Alpacas. Stop by the Mississippi Mud Art Studio booth from some all-natural face painting, and then head to the WQPT booth to learn more about PBS' Sesame Street Healthy Habits.



• **Need a recharge?** With all the fun photos you'll be snapping and calls to friends to come join you at the fair, you may find yourself with a low battery. No problem! The folks from the Iowa Renewable Energy Association have you covered. They'll be at the fair with their "Imagine Energy Traveler," a trailer that not only demonstrates working renewable energy options, it also can provide a free, solar-powered recharge for your mobile device.

• Keep the celebration going:

Right next to the Healthy Living Fair, festivities will be taking place in Davenport's riverfront LeClaire Park that cap off a weeklong Juneteenth celebration. This annual event commemorates an important moment in American history: June 19, 1865, the day Union General Gordon Granger rode into Galveston, Texas, to inform inhabitants of the Civil War's end and free the last people held in slavery.

This year the Juneteenth festivities begin June 8 and cover a full week of events (for a complete summary of events, visit qcjuneteenth.com.) On Friday night, June 13, award-winning vocalist Alexis Spight will take the music pavilion stage in LeClaire Park with a local choir for a gospel performance, and all the festivities culminate Saturday with a day filled with music and dance performances, food and product vendors, health workshops, and plenty of activities for kids and adults. Stroll over to this free celebrations adjacent to the Healthy Living Fair and join in the fun.

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Attractions at the 2014 Healthy Living Fair

Health & medicine: Curious about some of the health practices you've read about in Radish? Here's your chance to ask the practitioners all your questions without having to visit an office or make an appointment! While at the Healthy Living Fair, stop by the Ideal Health & Wellness booth to find out more about chiropractic care, naturopathic medicine and acupuncture. Learn more about nutrition response testing from NutritionWorks Wellness Center. Receive a spinal screening from Lundgren Family Chiropractic and a nerve pressure check from Inner Health Chiropractic. Discuss functional medicine testing with Newhouse Health Solutions and healing modalities with The Cottage Wholistic Health Center and Mandala Integrative Medicine. Talk about birthing options with Balance Birth Services and Childbearing Year Resources. Get a free consultation from physical therapists from Genesis Health System. And learn more about vitamins, herbs and supplements from the experienced staff of Heritage Natural Foods.



Body, mind & soul: What better way to learn about the benefits of restorative practices like yoga and tai chi than with a little firsthand experience? Stop and talk to staff from the Davenport School of Yoga, tapas yoga shala and Indigo Wellness to find the yoga class that's right for you. Visit Great River T'ai Chi Ch'uan to learn about classes for all ages and abilities. Or discuss spiritual matters with representatives from the Lamrim Kadampa Buddhist Center, Sovereign Grace Orthodox Presbyterian Church, the Satva Center and ECKANKAR. And don't miss out on a chance for a chair massage from the Crystal Butterfly organic massage therapy studio or the Institute of Therapeutic Massage.

Handmade: There's a lot of talent on display at the Healthy Living Fair! See how ordinary mud from the Mississippi River is transformed into beautiful paintings by artist Frank Ross. Watch handmade rugs being hooked at Wheaten Woolens and see demonstrations of wool carding and needle felting done by Little Creek Alpacas. Run your hand along the hull of the gorgeous, handcrafted canoes built by Navarro Canoe Co. And check out the unique gift items available from SIS International Shop and Om Gifts for Body and Soul.

Grow your own: Whether you have a green thumb already or are just hoping to get started in the garden, you'll find plenty at the Healthy Living Fair to help you on your way. Learn from Midwest Permaculture about landscaping principles designed to mimic nature's ability to create real abundance and leave your little bit of the earth better than how you found it. Get answers from Master Gardeners about your most pressing horticulture



questions at the University of Illinois Extension booth. Check out the rain barrels and compost tumblers made locally from recycled, food-grade containers by Quad City Rain Barrels. Or pay a visit to Shirley's Gardening Services, where you can enlist professional help to create or maintain a garden at your home.

Environment: Want to take your eco-minded lifestyle to the next level? Learn about the work done by organizations like the 1 Mississippi Campaign, Eagle View Group of the Sierra Club, Earth Keepers, and the Sisters of Humility, and learn how you can get involved. Discover the Reusable Usables Creative Arts Center, which diverts goods that would otherwise end up in the landfill and creates opportunities for creative play. Find out more about alternative energy from the Iowa Renewable Energy Association, and learn how updates to your home can improve its energy efficiency from M.I. Construction, the Root Cellar, RJ Construction, and the Acri Company.

Farmers' market: Don't forget to visit the Freight House Farmers' Market! From 8 a.m. to 1 p.m. the market will be open and offering fresh produce (both local and brokered), baked goods, meats and poultry, eggs, handcrafted soaps, locally-produced wines, cheese, garden plants, dog treats, arts and crafts, handmade jewelry and more. Can't wait until you get home for a nibble? Food and beverage vendors on site sell hot sandwiches, unique pastries, grilled meats, refreshing drinks, gourmet coffees and more!

More downtown: There is plenty more to see and do in downtown Davenport, all within a short stroll of the fair. Just a few blocks away is the Figge Art Museum (figgeart.org), which houses a world-class collection of art. Nearby is the River Music Experience (rivermusicexperience.org), which features a pizzeria and music museum. Or check out the German American Heritage Center (gahc.org) and learn about local history. For more ideas of places to see and things to do, visit downtowndavenport.com.

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1 Mississippi Campaign: Sign up to be a River Citizen and share what you love about the Mississippi River for a promotional video. 1mississippi.org

The Acri Company: Learn about quality home improvement products and remodeling services in the Quad-Cities. acricompany.com

Augustana College Farm2Fork & Augie Acres: Find out about Augustana's local foods collaborations and eco-friendly products in its dining services. augustana.edu

Balance Birth Services: Pick up information on pregnancy and birth resources and enter to win a free prenatal massage for yourself or someone you know.

Black Hawk College: Thinking about college? Visit the BHC booth for more information on programs and registration. bhc.edu

Bronze Baby Spray Tan: Learn about chemical-free, sun-free tanning for beautifully bronzed skin without the UV-damage. bronzebabyspraytan.com

Care of the Earth-Sisters of Humility: Check out the schedule for Our Lady of the Prairie Retreat and learn more about environmental and spiritual renewal. chmiowa.org

Childbearing Year Resources: Discover resources including unique childbirth

classes, cesarean prevention, breastfeeding knowledge and much more. childbearingyearresources.com

The Cottage Wholistic Health Center: Learn about healing modalities, building your intuition, and much more. thecottagewholistichealthcenter.com

The Crystal Butterfly organic massage therapy studio: Stop by for a chair massage or pick up a gift certificate at a special price, and be sure to enter the drawing to win a free massage. crystalbutterflymassage.com

Davenport School of Yoga: Yoga is one of the world's most ancient and refined systems for improving and maintaining physical and mental health. Learn why! davenportschoolofyoga.com

Disability Assistance Dogs: Find out about a group that matches well-trained service dogs with people who have disabilities. disabilityassistancedogs.org

doTERRA oils: Sample essential oils and learn about their benefits for your home and medicine cabinet. dotertra.com/us

Eagle View Group of the Sierra Club: Sierra Club is all about exploring, enjoying and protecting the planet. Learn ways to get one-on-one with nature and enjoy the great outdoors. illinois.sierraclub.org/eagleview

Earth Keepers: Share how you "live green" at home or in your congregation, browse through resources and sign up for emails. earthkeepers.wix.com/earthkeepers

ECKANKAR Illinois Satsang Society Inc.: Start a spiritual discussion and learn how singing HU can help you see divine spirit at work in your daily life and enhance your own spiritual path.

Flow SUP Co. at Indigo Wellness: Discover the new Stand-Up Paddleboard (SUP) Company that is locally-owned and operated in the Quad-Cities. flowsupco.com

Gary Pond Appliance Repair: Connect with a repair technician who can help you save money and the environment by keeping your appliances up and running — not in a landfill!

Genesis Physical Therapy: Suffering from pain? Get a free consultation with a physical therapist and learn how Genesis' Hydroworx pool and Alter G anti-gravity treadmill can speed recovery. genesishealth.com

Genesis Medical Center Volunteer Services: Learn about opportunities for volunteering, an integral and valuable component of Genesis Medical Center. genesishealth.com

Great River T'ai Chi Ch'aun: Learn the basics of tai chi, a fluid meditative exercise for relaxation, health and self-defense.

Heritage Natural Foods: Speak with experienced staff about using vitamins, herbs and supplements to stay well! heritagenaturalfoods.com

Ideal Health & Wellness: Check out this new integrative clinic in the Quad-Cities offering chiropractic and naturopathic medicine as well as acupuncture for a truly holistic approach to health care.

Inner Health Chiropractic: Receive a computerized nerve-pressure check to see how it relates to your health. myinnerhealthchiro.com

Institute of Therapeutic Massage: Find out if a career in massage therapy and alternative wellness is for you. Visit with our students and staff about natural therapies. learntomassage.com

Iowa Renewable Energy Association: See the Imagine Energy Traveler (IET) demonstrating the viability of solar PV as well as demonstrations

of solar thermal and energy storage solutions such as hydrogen fuel cells and batteries.

Kalona SuperNatural: Sample delicious, natural dairy foods made the old-fashioned way right here in the Midwest, including organic cream-top milk (white and chocolate), cottage cheese, yogurt, and more! kalonasupernatural.com

Lamrim Kadampa Buddhist Center: Get information about meditation for adults and children and between 9 a.m.-2 p.m. take a free tour of the Lamrim Center, located two blocks from the fair. meditateiniowa.org

Let's Ride Bicycle Shop: Meet the friendly people behind this full-service bicycle shop offering over 40 years of bicycling experience. letsrideinc.com

Little Creek Alpaca: Say hi to alpacas JJ and Picasso and learn how their wool gets turned into functional everyday items like handspun yarn and knit items. littlecreekalpacas.com

Lundgren Family Chiropractic: Get to the root of spinal muscle tension with a free spinal screening test and register for the health and wellness gift basket drawing. lundgrenchiropractic.com

M.I. Construction: Discover how home improvements and remodeling can improve your home's energy efficiency and save you money. mandiconstruction.com

Mandala Integrative Medicine: Learn about a proactive focus on a patient's health and healing rather than on their symptoms or disease. mimqc.com

Midwest Permaculture: Learn more about how permaculture supports a culture that cultivates rather than consumes so as to leave the planet in a better condition. midwestpermaculture.com

Milestones Area Agency on Aging: Talk with friendly, caring staff and get information about state/federal aging programs and community resources that can help you, a friend or relative now or in the future. genage.org

Mississippi Mud Art Studio with Frank Ross: Meet the artist behind the 2014 Radish awards and marvel at paintings created entirely from Mississippi mud. Get face painting for kids.

Navarro Canoe Co.: Check out the handcrafted, custom-built canoes that truly are functional works of art. navarrocanoes.com

Newhouse Health Solutions: Learn about a customized approach to healing which includes functional medicine testing, upper cervical chiropractic, and a holistic approach that treats the person, not the disease. newhousehealthsolutions.com

NutritionWorks Wellness Center: Feel better and have better health without the use of unnecessary drugs or surgery. Receive a complimentary nutrition response health screening while at the booth. nutritionworkswellness.com

Om Gifts for Body & Soul Iowa City: Discover an exciting array of stones, minerals, jewelry, clothing and more and learn about this unique shop.

Putnam Museum: Experience STEM (science, technology, engineering and math) interactive exhibits and hear from educators about how the 45 hands-on learning stations in the Science Center help kids learn and have fun. putnam.org

Quad Cities Dog Obedience Club: Learn about this nonprofit dog-training club's wide variety of classes and other fun dog-related activities — and meet some of their four-footed friends! qcdoc.com

Quad City Rain Barrels: Find out how recycled, food-grade barrels can aid in water conservation or turn yard waste and kitchen scraps into compost. quadcityrainbarrels.com

RJ Construction: Learn about photovoltaic electrical systems and thermal water heating for your home. rjconstructionmarion.net

Reusable Usables Creative Arts Center: Have a blast creating art and playing with reusable materials donated from companies that would otherwise go to a landfill. reusableusables.org

The RootCellar: Energy efficient choices can save your family about a third of your energy bill and reduce green-house gas emissions. Learn more how! therootcellar.us

Shirley's Gardening Services: Discover expert gardening service offered on-site at your home: vegetables, flowers, herbs, fruit trees, bee-butterfly-bird gardens and more!

Slow Food Quad Cities: Come share your favorite tricks and tips for saving time and avoiding frustration in the kitchen and pick up a few good tried-and-true ideas from Slow Food members. slowfoodqc.wordpress.com

SIS International Shop: Choose from a variety of unique, sustainable, fair-trade gifts — perfect for Father's Day, weddings and all occasions — and learn about the fair-trade clothing revolution. sisshops.com

Sitka Salmon Shares: Go wild! Sample the latest catch from Sitka and discover how you can join the Midwest's first community-supported fishery, linking family fishers in Alaska with consumers in the Midwest. sitkasalmonshares.com

Sovereign Grace Orthodox Presbyterian Church: In order to live healthy, you also need to take care of your soul. Learn about God's mercy and pick up a free Bible. qcsogopc.org

Sukyo Mahikari/Satva Center: Receive a session of Divine Light to elevate consciousness and deepen healing. Learn how you too can offer the gift of Light to others in love and service. satvacenter.com

tapas yoga shala: Pick up a free-class pass and learn about plans for the studio expansion. Passionate about yoga? Sign up for yoga teacher training, beginning July 5. tapasyogashala.com

University of Illinois Extension: Have your gardening and environmental questions answered by Master Gardeners and Master Naturalists. web.extension.illinois.edu/hmrs

Wheaten Woolens: Ever wondered how hooked rugs are made and what tools are needed? Come and see a demonstration of rug hooking by Wheaten Woolens. wheatenwoolens.com

WQPT: Learn more about PBS' Sesame Street Healthy Habits and share the importance of eating healthy and being active with your children. wqpt.org

YMCA: Learn more about Y programs for outdoor active living: rowing, canoeing, kayaking, paddle boarding, camping, archery, horseback riding and more. Pick up a free guest pass and register to win a membership, too! qcyymca.org



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What's a fair without food?

You might have noticed something unusual about this issue of Radish. Flip through the pages and you'll find the usual number of articles related to healthy eating and fresh, local foods. But not a single article has a recipe attached.

Why is that? Because we have great recipes — and, even better, tasty samples! — waiting for you at the Healthy Living Fair. We've even moved them indoors so you can swap kitchen tips and snack in comfort, all with a great view of the fair.

Just head up the stairs to the second level of the Freight House, where you'll find members of Slow Food Quad Cities demonstrating such handy skills as how to make no-fuss breakfasts, easy salad dressings, and quick, nutritious veggie noodles and coleslaw.

In between demonstrations, they'll be handing out tips gathered from their members to make work in the kitchen run more smoothly, and they'll be collecting any clever kitchen tricks you have to share.

You can even bring your basket of market goods up with you and get a few custom recipe ideas from some real pros at cooking with seasonal, local foods. Garry Griffith, director of dining services at Augustana College, and his colleague Martin Fleetwood will be on hand to take a peek at what you've purchased and suggest recipe ideas that make the most of your farmers' market finds.

They'll also have samples you'll definitely want to nosh of delicious and inspiring dishes

(like strawberry quinoa salad!) that combine fresh, seasonal ingredients with healthy additions like low-fat dressings and whole grains.

Meanwhile, downstairs in the Quad Cities Food Hub, you can catch Melissa Freidhof-Rodgers of Ross' Restaurant cooking up a quinoa storm — she'll be demonstrating how to make healthy breakfast, lunch and dinner dishes that all make use of this super nutritious grain.

Freidhof-Rodgers, who was recently a featured chef on Iowa Ingredient, Iowa Public Television's program about local foods, will also share her knowledge gained through making use of local and health-conscious ingredients both at home and in her family's multigenerational Quad-Cities restaurant.

The cooking demonstrations will be taking place all day, and the Food Hub will also have products to sample and great recipes to pick up, as well as prizes to give away.

And don't forget the always-delicious samples available from Kalona SuperNatural under the main Radish tent, things like cream-top milk, sour cream and yogurt, all made from dairy produced on small family farms in Iowa.

So what do you need to bring to get in on all this tasty action? An appetite for good food!



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Radish HLF vendors

- 1 Mississippi Campaign
- The Acri Company
- Augustana College Farm2Fork & Augie Acres
- Balance Birth Services
- Black Hawk College
- Bronze Baby Spray Tan
- Care of the Earth-Sisters of Humility
- Childbearing Year Resources
- The Cottage Wholistic Health Center
- The Crystal Butterfly
- Davenport School of Yoga
- Disability Assistance Dogs
- doTERRA oils

- Eagle View Group of the Sierra Club
- Earth Keepers
- ECKANKAR Illinois Satsang Society, Inc.
- Flow SUP Co.
- Gary Pond Appliance Repair
- Genesis Physical Therapy
- Genesis Medical Center Volunteer Services
- Great River T'ai Chi Ch'aun
- Healing Heart Center
- Heritage Natural Foods
- Ideal Health & Wellness
- Indigo Wellness
- Inner Health Chiropractic
- Institute of Therapeutic Massage
- Iowa Renewable Energy Association

- Kalona SuperNatural
- Lamrim Kadampa Buddhist Center
- Let's Ride Bicycle Shop
- Little Creek Alpaca
- Lundgren Family Chiropractic
- M.I. Construction
- Mandala Integrative Medicine
- Midwest Permaculture
- Milestones Area Agency on Aging
- Mississippi Mud Art Studio
- Navarro Canoe Co.
- Newhouse Health Solutions
- NutritionWorks Wellness Center
- Om Gifts for Body & Soul Iowa City
- Putnam Museum
- Quad Cities Dog Obedience Club

- Quad City Rain Barrels
- RJ Construction
- Reusable Usables Creative Arts Center
- The RootCellar
- Shirley's Gardening Services
- Slow Food Quad Cities
- SIS International Shop
- Sitka Salmon Shares
- Sovereign Grace Orthodox Presbyterian Church
- Sukyo Mahikari/Satva Center
- tapas yoga shala
- University of Illinois Extension
- Wheaten Woolens
- WQPT
- YMCA

See the Mississippi River from a different point of view on the

CHANNEL CAT WATER TAXI

From Memorial Day to Labor Day, the **Channel Cat** is one of the Quad Cities' favorite attractions.

Tickets are \$6 for adults and \$3 for kids for all day, unlimited use. Buy your tickets on board or at Centre Station, 1200 River Drive, Moline.

Hop on at any of four landings: **John Deere Commons** (Moline, behind the iWireless Center), **Celebration Belle Landing** (Moline, next to the Celebration Belle), **Isle of Capri** (Bettendorf) or **Village of East Davenport** (Davenport, Lindsey Park Marina).



For maps and schedules see the informational
buoys or visit www.qogreenmetro.com



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Team	\$123	\$141

- Register at www.getmeregistered.com (see link under registration on www.lakegeodechallenge.org).
- Registration cutoff is Wednesday July 9.

Cash awards

- We award prize money (\$300, \$200, \$125, \$75 and \$50) to the top five male and female finishers.

Questions may be sent to racedirector@lakegeodechallenge.com, or visit www.lakegeodechallenge.org for more information.