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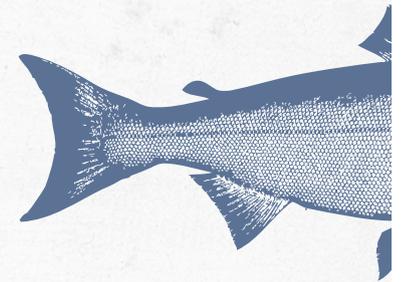
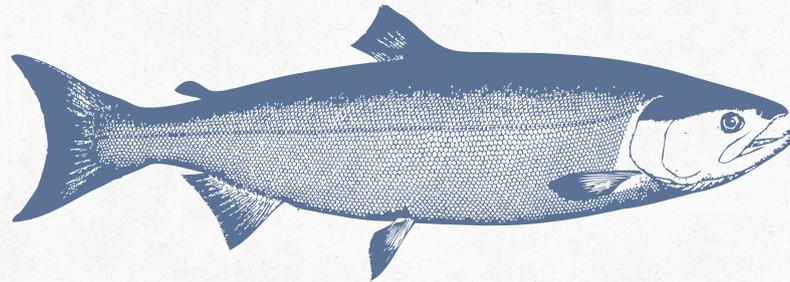
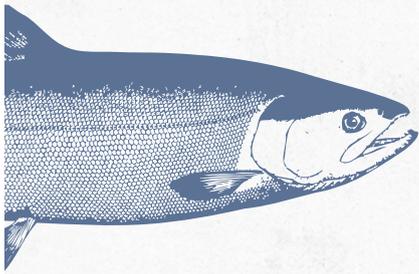
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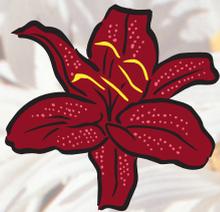
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from the editor



From left, Laura Van Barg, Evan Harris, Jodi Zimmerman and Radish editor Sarah J. Gardner (Photo by Gary Krambeck / Radish)

Each year, right around the time winter feels like it's really knuckling down, we at Radish already have summer on our mind. That's because planning for the annual Healthy Living Fair begins way back in February. When the event, which will take place this year on June 20, finally gets underway that Saturday, it is the culmination of many months of hard work on the part of our staff.

There are demonstrations to line up and articles to write. There are tents to rent and exhibitor tables to organize. There's a sound system to secure and volunteers to line up — in short, dozens of different details, great and small, to manage in order to get the fair together, all while asking ourselves, "How can we build on what we've done before?" and "What's going to set this fair apart?"

Along the way are challenges, naturally, but one of them is always especially pressing: what to put on the cover of the June issue to represent the fair? After all, it has to be one image to cover all the many different things that happen between 8 a.m. and 3 p.m. on the big day — that's a lot of hours and a diverse lineup of events!

Over the years, we've tried a number of different approaches. Last year we generated a word cloud using the most popular terms to describe the events and booths at the fair. Before that, we put together a collage of photos taken at the previous fair. We've even flexed a bit of creative muscle and drawn illustrations inspired by vintage seed packets and fair posters.

This year, we decided to create something a little more streamlined and asked three people who could represent different aspects of the fair to be photographed together. Laura Van Barg of the Quad Cities Food Hub came to stand for local foods and good nutrition, Evan Harris of tapas yoga shala came to represent health and fitness, and Jodi Zimmerman, of both 1 Mississippi and the Eagle View Group of the Sierra Club, stood for environmental engagement.

We took the picture in early spring on the deck outside the Freight House, near where the Healthy Living Fair will take place. It was a bright and sunny day, and a cheerful gathering. When we were done, I found myself thinking about how our models didn't just represent the event itself, but also the spirit behind it: that immense sense of goodwill within the community that makes this event — and, in fact, this magazine — such a pleasure to put together. It's fair to say I've been looking forward to the fair ever since. Hope to see you there!

— Sarah J. Gardner
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Radish

HEALTHY LIVING FROM THE GROUND UP

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

the grapevine

On the road with Radish magazine

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 20, adjacent to the Freight House Farmers' Market, 421 W. River Drive, Davenport. Find a complete guide to this free event on pages 42-48.

While you are 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 at Front Street Brewery**. Out of town on the day of the fair? You can still enter the drawing. Just send us a message about what article you most enjoyed in this current issue of Radish in an email to editor@radishmagazine.com.

Representatives of the magazine will also be at the **Quad Cities Pollinator Conference** on Wednesday, June 10, at Jumer's Casino and Hotel, 777 Jumer Drive, Rock Island. For complete information on this two-day event taking place June 10-11, visit qcpollinatorconference.org.

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



Photo by John Greenwood / Radish

From our readers

The Genetically Engineered Food Right to Know Act recently was introduced in the U.S. Congress, stipulating that all food containing genetically engineered organisms must be labeled. According to Congressman Peter Defazio, one of the bill's authors, "Food manufacturers have a duty to disclose what is in our food."

For your representatives to act on your behalf, they must hear from you. Whether or not you voted for them, and regardless of their politics, they represent you in Congress — and this is where the issue will be decided. Who do you suppose they listen to if they don't hear from you?

Your representatives' names and phone numbers are listed on the website contactingthecongress.org. Keep in mind that you are the strongest link in the chain. For more information about the GMO Food Right-to-Know Act: House Bill #913 and Senate Bill #511, please contact the Truth in Labeling Coalition at info@truthinlabelingcoalition.org.

— Anne Dietrich, Fairfield, Iowa



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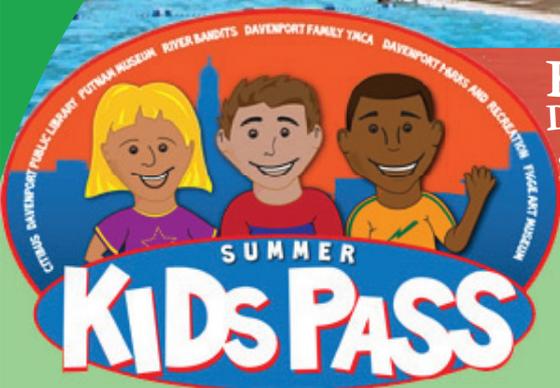


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healthy living from the ground up

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Laura Van Barg, Evan Harris, and Jodi Zimmerman in front of the Davenport Freight House, adjacent to where the June 20 Healthy Living Fair will take place. (Photo by Gary Krambeck, logo design by Douglas Teggatz / Radish)

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food for thought

Be involved

Working together often brings out the best in us

By Leslie Klipsch

I am writing this from the Same District of Tanzania, an overwhelmingly impoverished, rural area in the northern part of the East African nation. I'm here — miles from my family, a world away from American culture, and wearing sandals covered with the red dirt of sub-Saharan Africa — because years ago I found a group of people who ignited my passion, nurtured my curiosity, and propelled me into a richer existence.

Whether you are interested in social justice, outdoor exercise, classic literature, the environment, or something else entirely, there's a group out there for you and there are rewards for signing up. As humans we are built for connection and when we discover that our interests are mutual, we position ourselves to learn more, experience more, and reap the joyful benefits of life by sharing it with others.

My journey to Africa began in the Quad-Cities. At the age of 30, I was swept up by a grass-roots social movement started by a group of stay-at-home moms. These mama bears learned that one in seven people in this world did not have access to clean water and that children were dying as a result. In response to our shared concern revolving around the issue and our similar stage of life, we organized ourselves and went to work raising money and doing our best to

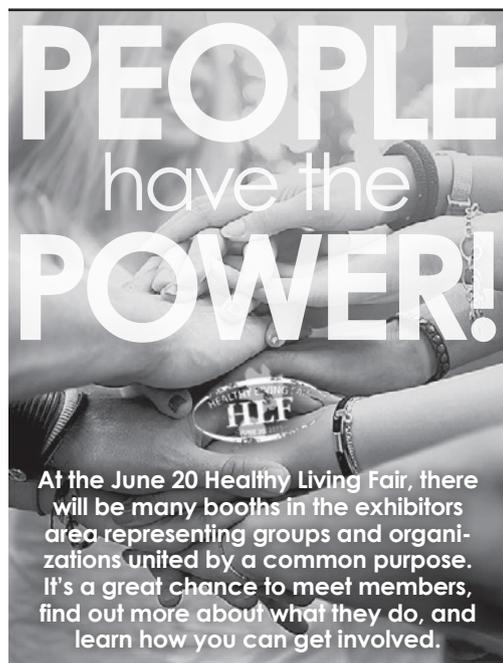
make a difference based on our concern — oftentimes with toddlers and Lego pieces underfoot.

Strengthened by our bonds of friendship, we poured ourselves into the clean-water cause. As a group we've accomplish much, but we've also benefited as individuals. Since the moment of bravery in which I entered into a new community and opened myself up to new relationships, my life has been made richer. The experience has ultimately affected the way I make decisions, the way I talk to my children, and the work that I do.

This experience illustrated for me a larger truth: we all have the capacity to dive in and develop relationships with one another, and oftentimes it's the pursuit of a common thread that binds us together. Whether it takes you across the world or simply opens a new world in front of your eyes, we often learn and grow best in the company of others.

Seven years have passed since I stepped into a circle of mutual concern. It is a journey that has taken me from those first grass-roots efforts, gathering together with local moms, to my current position with Empower Tanzania (empowertz.org), an Iowa-based nongovernmental organization that works in partnership with rural Tanzanians to improve their quality of life.

Again I find myself sharing part of my life with a group of people who have a common interest. I work with donors, board members, and staff who are equally



PEOPLE
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At the June 20 Healthy Living Fair, there will be many booths in the exhibitors area representing groups and organizations united by a common purpose. It's a great chance to meet members, find out more about what they do, and learn how you can get involved.

1 Mississippi

1mississippi.org

Established in 2009, 1 Mississippi is dedicated to protecting the Mississippi River by engaging citizens to take simple actions to improve water quality and to advocate for local and national decision makers to adopt measures to protect the river, according to the group's website.

Progressive Action for the Common Good

qcprogressiveaction.org

A nonpartisan group of Quad-Cities residents, PACG works together to educate, engage, promote, transform and build relationships to bring about needed changes for the betterment of our communities, according to the group's website.

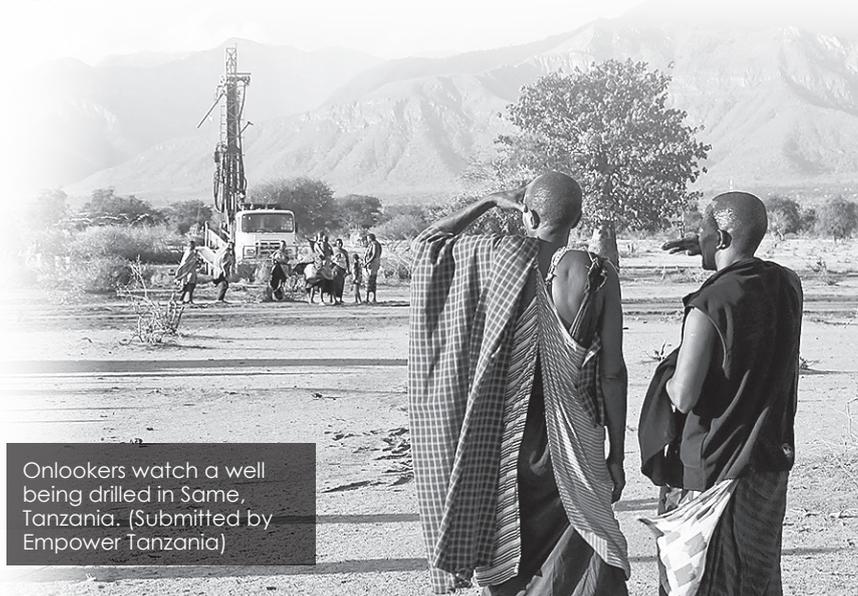
Eagle View Group of the Sierra Club

sierraclub.org/illinois/eagle-view

Both the largest and most influential grass-roots environmental organization in the U.S., the Sierra Club boasts a storied history reaching back to 1892 when it was founded by John Muir. The work he began is carried on locally by the Eagle View Group, which conducts monthly chapter meetings and quarterly outings, according to the chapter website.

concerned about access to basic needs in this part of the world. Our staff and volunteers (made up of both Americans and Tanzanians) are working on solutions to poverty and disease through health, education and economic development. In a developing nation, the pursuit of these three pillars often shares a common obstacle — one that the group of impassioned mamas recognized years ago — the lack of access to clean water.

Of course, you don't have to travel halfway around the world to find causes worth your time and talents. Here is what I have learned in my journey: Life often blossoms in beautiful ways after tiptoeing into a healthy community with a common purpose. Listen to what you love. Find your people. Enjoy what happens next.



Onlookers watch a well being drilled in Same, Tanzania. (Submitted by Empower Tanzania)

Quad Cities Women's Outdoor Club

qcwoc.com

No matter your age, fitness level or interests, this club has something to offer all women who love the outdoors. Group excursions have included biking, hiking, kayaking, snowshoeing, even ice climbing! Find a full schedule of upcoming events online.

Davenport Horticultural Society

davenporthorticulturalsociety.org

Love plants? Then you'll love the Davenport Horticultural Society, a nonprofit organization dedicated to developing the public's enjoyment, appreciation and understanding of the plants and environment, and to encouraging the science of horticulture, according to the group's website.

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health & fitness

Feel the beat: Energized workout combines cardio and drumsticks

By Chris Cashion

For about 10 seconds during my preteen years, I wanted to play the drums. My parents were not nearly as excited about this idea as I was, so 11 seconds into our “what instrument will I play in band?” discussion, I became a clarinet player.

That was until I was handed an assignment to learn more about Sweat Beats, a new fitness class in the lineup at the recently opened El Rio Spa and Wellness, located at 1000 Stagecoach Trail, LeClaire. Once I saw photos online of class participants holding drumsticks and beating on an exercise ball, my inner drummer was not only re-born, but signed up to take a class.

Class instructor Bridget Jessen describes Sweat Beats as a fun, intense cardio workout that is easily modified for all ages. “It’s high energy, with lots of Top 40 music, lots of percussion — it makes you want to move,” Jessen says.

Which is a bit like Jessen herself. Even at eight in the morning, she enters the room a bit like a welcome jolt of caffeine to the system — she’s all smiles and overflowing with energy.

I’m no stranger to group fitness classes, but this was the first class I had experienced in a spa setting. The atmosphere lends itself nicely to making you want to do something good for yourself — like try out a Sweat Beats class.

As the class began, Jessen invited everyone to grab a pair of drumsticks and choose a ball. “If you’re brave,” she says “you’ll grab one up front.”

A couple of her students told me they’re experts — they’ve been to the class a couple of times now, which as it turns out, is really all you need to be an expert. The routines are easy to follow, and none of the moves are particularly complicated, just quick.

Once everyone is settled in, the music starts, and we’re off. Jessen led us through a warm-up, giving us a chance to get used to holding the drumsticks and acquainted with our space. Then the music quickened, and so did our pace.

Remember in younger years sitting on the floor and banging on Mom’s pots and pans? The experience is reminiscent of that, only no one is telling you to keep it down. We were banging on the ball, dancing around it, beating our drumsticks in the air, and pounding on our neighbor’s ball. Throughout it all, there was smiling and laughter, and 45 minutes later, an entire workout was ticked off our daily to-do lists.

Only it hadn’t felt like exercise — it was more like that jubilant feeling of being a child playing, only sweatier. And as an adult, you’re aware that you’ve reached the magic “target heart rate” for a cardiovascular workout.

Sweat Beats class instructor Bridget Jessen of Bettendorf, center, leads a cardio workout class using drumsticks on exercise balls at the El Rio Spa in LeClaire. (Photo by Gary Krambeck / Radish)



So how did this class that feels like play but works like exercise come about? Jessen says she was teaching fitness classes in Indiana, and the owner of the facility approached her with the idea of creating a cardio drumming class. She based it loosely on a line of classes called DrumFIT, but tweaked it to add more fun to it. She incorporated her past experience as a dancer and dance instructor to add simple choreography to the high intensity cardio drumming, and Sweat Beats was born.

"It's a full-body workout. We do squats, working the long muscles groups in the legs; we work the arms, both the biceps and the triceps, with the rhythmic drumming; and the core with lots of maneuvering at the waist," Jessen says. "It's equivalent to a 45-minute jog because it keeps your heart rate up, but (it is) not as impactful on your knees and hips. You get both cardio and toning, but the most important thing is that it's fun and that's what keeps you coming back."

Part of what makes it engaging is that for all of its intensity, the steps aren't complicated. Jessen says that with the music and the choreography, you may see a bit of a comparison to Zumba. I found that for as much as I can feel the Zumba beat in my head, it sometimes makes a very confusing transfer to my feet. Sweat Beats offers all of the high-tempo music and energy, but my feet seem to trip over each other less.

"I joke that it's a class for the Zumba-frustrated," says Jessen. "It's pretty easy to follow, but just like in Zumba, when in doubt, dance it out!"



See a live demonstration of Sweat Beats at 10 a.m. on stage at the June 20 Healthy Living Fair. For more information about Sweat Beats and other fitness classes at El Rio Spa and Wellness visit elriospa.com.



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grower of the month

Eggs aplenty

Steineckes answer Q-C hunger for pasture-raised eggs

By Sarah J. Gardner

Jeremy Steinecke, of Steinecke Family Farm outside of Davenport, can rattle off numbers about his egg business as easily as sliding beads on an abacus: four summers raising hens; a flock that has grown to 500 birds; 40 dozen eggs gathered a day; four or five deliveries a week to Hy-Vee grocery stores in Bettendorf, Davenport and Muscatine; 750 to 1,000 eggs sent per month to a farmers' market in Chicago in summer — and the list goes on.

But it all started with his daughter, JoLee, now 6, and 36 chicks.

On a trip to the county fair, JoLee spotted the peeping puffballs in the live-stock birthing center and was smitten. Shortly thereafter, Jeremy and his wife, Megan, decided to buy three dozen chicks from Farm and Fleet to bring home and raise. And, because he was eager to start collecting eggs from their own flock, Jeremy soon decided to add some adult birds to the mix. From there, the operation took on its own momentum.

“For us, it was about eating well. We wanted something that we knew was the healthiest product possible for our children and ourselves,” Jeremy says.

Because of this, they chose to produce “pasture-raised” eggs, meaning the chickens that lay them have free access to the outdoors and lots of ground on which to forage for foods they naturally would consume.

This differs from eggs classified as “free range,” which signifies that the chickens have access to the outdoors, but usually for a limited time and with no guarantee that they actually leave the building. It also differs from “cage-free” eggs, which simply means the birds aren't in cages, although they are kept entirely indoors.

Keeping pastured poultry is more work for the farmer and carries more risk than other methods, Jeremy explains, “because you lose control over predators.” Chickens pecking around outdoors are simply more vulnerable to all the other animals living outdoors.

Despite the risks, the Steineckes feel being raised on pasture is the best option for the chickens and produces the healthiest eggs. For the same reason, they feed their chickens an all-natural grain mix made from corn and soy meal and do not mix in any growth hormones or antibiotics.

But how did this hobby grow into a business? It started when Megan began taking some of their excess eggs to Calvary Lutheran Church in Buffalo, and Jeremy took them to his workplace, Cobham Mission Systems in Davenport, where he is employed as an assembly technician. They also signed up for a booth at the Freight House Farmers' Market.

As the end of the market season approached, Jeremy knew they would have excess eggs in the months ahead, so he approached the Hy-Vee store on 53rd Street and Utica Ridge Road in Davenport. They quickly worked out an arrangement that would supply the store with so many eggs, there would be none left over to stock a farmers' market stall the next season.



Jeremy and Megan Steinecke with daughters JoLee and Beajae and some of the family's flock of chickens. (Photo by Gary Krambeck / Radish)

With their young family, the Steineckes felt the decision to shift from selling at the farmers' market to selling to grocery stores made sense, though they describe themselves as “big fans” of the farmers' market and continue to shop there themselves for the family's produce.

Plus, that's more healthy eggs reaching more people. The Steineckes now sell between 100 and 150 dozen eggs per week to that Hy-Vee store, in addition to the 45 to 60 dozen eggs that go to other stores, including the Quad Cities Food Hub.

To meet that demand, Jeremy gets up every morning between 5:30 and 6 a.m. to check on the chickens and make sure they have adequate water. After putting in a full eight hours at Cobham, he returns home to collect the eggs and feed the hens. He then spends an hour each night washing, weighing, packing and labeling the eggs.

Occasionally, he'll get help from his daughters, Beajae, 3, and JoLee, who like to load the eggs in the washer and put the cleaned eggs into cartons.

And as the Steineckes continue to grow their flock, they have faith they'll be able to meet the increasing demand for pastured eggs. After all, Jeremy explains, the math is simple. “Keep the chickens out of the wind, keep them fed and watered, and you'll get eggs.”

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Instructor Barbara Langley leads her Zumba Gold class at Two Rivers YMCA. (Photo by Todd Mizener / Radish)



Aging well

The right approach to stay fit at 60, 70 and beyond

By Laura Anderson Shaw

Whether you're 6 or 66, being active is important to live a healthier, longer life. But sometimes, that's easier said than done.

Becoming or staying active, though, doesn't have to mean hitting the gym every day, knocking out 100 chin-ups in three minutes or less, or sweating it out through long and grueling workouts, especially as we age.

Sonita Oldfield-Carlson, an evidence-based health program facilitator for Milestones Area Agency on Aging with an office in Davenport, says medical research has proven that much of what is considered a

"natural" decline in physical ability as we age is really the result of inactivity.

The good news is this is largely reversible, Oldfield-Carlson says, adding that the current thinking, especially for those ages 60 and older, "is that it's actually dangerous to not be physically active."

Regardless of your age, there are benefits to exercising, she says.

"While many programs seem geared toward extreme results, the key for those of us with mature or compromised bodies is to be sensible about the approach," Oldfield-Carlson says. Most folks ages 60 and older "are not trying to sculpt themselves into a body-builder physique," she says. "But all of us can

benefit from 30 minutes of activity every day."

Anything that gets you moving counts, she says, including activities like gardening, taking the stairs instead of an elevator, going on a walk or doing a series of routine stretches.

If you haven't been active in a while, Oldfield-Carlson says, "don't let that stop you."

"One of the most important things to learn to be successful is to do moderate — not intense — activity or exercise." For instance, walking 30 minutes straight might be too much to take on all

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eating well

Dollars and sense

Report finds food hubs have a host of economic benefits

By Cindy Hadish

A new report from the Leopold Center for Sustainable Agriculture shows food hubs are playing an emerging role in Iowa's local and regional food economy.

The study, conducted by a group of local and regional food leaders and published by the Leopold Center, gathered financial performance, structure and operations data from 13 of the 16 food hubs identified throughout the state. According to the report, those food hubs purchased \$4.5 million in local food from more than 450 Iowa farmers, supporting 58 jobs.

If the sample businesses were representative of all 31 food hubs and centers of food hub-related activity in the state, the report noted, Iowa food hubs could be handling more than \$10 million of locally-grown food in the state.

Additionally, food hubs may offer education and training to farmers to increase their capacity to meet high-volume demand, and play a key role in providing healthy, locally-grown food in places where people of all backgrounds live, shop, work and play.

Food hubs are defined as a business or organization that actively manages the collection, distribution and marketing of locally- and regionally-produced food. Each food hub operates a little differently, but simply put, they all provide various ways to connect farmers with consumers. Examples of food hubs include the Iowa Valley Food Co-op, based in Cedar Rapids, and the aptly named Quad Cities Food Hub in Davenport.

The study notes that food hubs are a critical link in bringing local foods from the farm to high-volume, mainstream outlets such as grocery stores, restaurants and institutions. That activity generates a variety of benefits, including social good.

"Expansion of local and regional food systems has been linked to solutions that address some of our nation's most pressing social problems, including economic and rural community development, obesity prevention, family farm preservation, food security and environmental protection," said Corry Bregendahl, of the Leopold Center, one of the report's authors.

A variety of financial resources support food hub activity, including product sales, membership fees, the organization/founders' own capital, income from food hub programs, private investment, bank loans, business loans, donations, in-kind support, foundation grants and government funding.

Of course, each food hub is structured in a slightly different way. The Quad Cities Food Hub, for example, serves portions of two different states, Iowa and Illinois. The nonprofit supports local food production; cultivates education and



Matt Nash, an employee of the Quad Cities Food Hub, stocks organic carrots in the produce section of the store. (Photo by Gary Krambeck / Radish)

training programs; preserves and expands sustainable agriculture; and fosters local economic development.

The Iowa Valley Food Co-op, in contrast, is a web-based cooperative that serves as a facilitator in which consumers can order products directly from area farmers and other local businesses. The co-op provides an online marketplace for all types of local producers; processes orders and payments; and facilitates delivery to consumer members.

Among the report's recommendations is a need for more detailed information about producers who may be interested in participating in a food hub and are ready to scale up production for larger markets. It also points to the need to form a food hub manager working group to better explore strategic cooperation, and a need for continued work toward business goals.

The report, "Food Hub Development in Iowa: Lessons Learned from a Study of Food Hub Managers and Regional Food Coordinators" is available in full at leopold.iastate.edu/food-hubs.



While visiting the June 20 Healthy Living Fair, you can learn more about food hubs by paying a visit to the adjacent Quad Cities Food Hub located at 421 W. River Drive, Davenport.



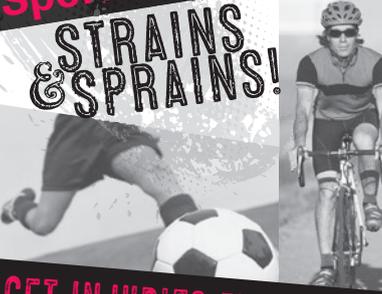
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By Chris Cashion

The Davenport School of Yoga in Bettendorf started offering aerial yoga several years ago, when owner Jeani Mackenzie became curious about the practice and attended a class for certification in Chicago with another instructor.

The practice — sometimes called anti-gravity yoga — offers a twist on more traditional forms of yoga. Whereas yoga is often practiced on a mat, in some poses in aerial yoga, the yogi doesn't touch the mat at all. Instead, the weight of the body is largely supported by lengths of fabric suspended from the ceiling.

Mackenzie, who has practiced and taught yoga for decades, says she didn't know what to expect when it came to trying aerial yoga for the first time. Although there are many similarities to traditional yoga, aerial yoga offers new ways to explore the practice, many of which can benefit you when you return to your mat.

"When you come into Warrior II, for example, you can get deeper into the pose because you have memory of the fabric. And you can often do more with inversions because you take the pressure off your shoulders and your neck. It's easier on your joints," she says.

These lengths of fabric, or slings, are hooked to the ceiling with carabiners — the same kind of coupling link that rock climbers use with their ropes. The fabric looks and feels soft, but is surprisingly durable. One aerial yoga sling can hold up to 1,400 pounds. The fabric can be spread out to resemble a hammock, or bunched together to appear more like a swing. A yoga mat is laid on the floor beneath it.

Using the slings can take a little getting used to, as student Allison McCrary can attest to. "Getting to know the slings the first couple of times was probably the biggest challenge. I couldn't remember how to get into it. And you find that you can't quite find your appendages," McCrary says.

Once you're comfortable, though, you begin to be able to explore. Joan Marttila, who is both an aerial yoga student and a yoga instructor, says the slings allow your body to do new things. "Gravity is still involved, but it feels different. Aerial yoga gives you more freedom. Inversions are fun because the sling is doing some of the work," Marttila says.

Light as air



Aerial
yoga takes
traditional
poses to
new heights

Photo by John Greenwood / Radish

Poses that can be difficult on the ground take on a new shape when translated into aerial yoga. For example, as the students attempt tree pose (a balance pose in which yogis stand on one foot) the students look serene and graceful perched in the fabric loop.

Other poses have unfamiliar names, such as "vampire," a pose that uses the fabric of the slings to look like vampire wings, suspending the yogi as though he or she is flying. As the students transition through their poses during class, Mackenzie moves from student to student, making adjustments as necessary and offering verbal cueing as she leads her students.

There are occasional giggles from a yogi who attempts new postures less successfully than anticipated, and there are also tips from one student to another. The atmosphere in Mackenzie's class is easygoing and friendly. "You can fall into a pile whenever you need to fall in a pile and do something different," Mackenzie says.

She and fellow aerial yoga teacher Ashley Ehrecke, who also attends Mackenzie's class, say they have had students of all levels, sizes and ages. Some attend alone. Others try it out as a group. One student, 13-year-old Ella Griesembeck, likes to start her day with an aerial yoga class before heading off to school. With Mackenzie at her side to ensure her safety, Griesembeck follows Ehrecke's lead through some new poses in the slings. Her fellow classmates cheer on her success.

As the class winds down to savasana, the slings are spread wide and hammock-like. The students lay back, their weight fully suspended in the fabric, almost as if they are being cradled.

Ehrecke and Mackenzie encourage anyone interested to come out and try a class. "The slings are a prop. Sure, you can use them to try the crazy things, but you can also use them to help you with your practice," Ehrecke says.



Jeani Mackenzie will be at the June 20 Healthy Living Fair to lead the Rise and Shine yoga class at 9 a.m., and she will have a booth in the exhibitor area where you can learn more about aerial yoga. For more information about the Davenport School of Yoga, visit davenportschoolofyoga.com or call 563-322-5354.



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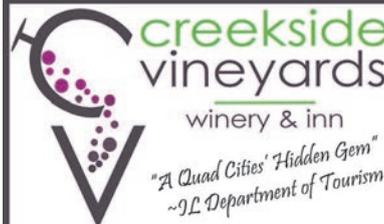


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environment

Sustainable station

New MetroLINK facility furthers company's green efforts

By Ann Ring

Last year, the Rock Island County Metropolitan Mass Transit District (MetroLINK or Metro) moved into a new, state-of-the-art building that contains its day-to-day operations, maintenance, bus storage, and bus fueling. The new district station for Metro, located at 20th Street and 2nd Avenue in Rock Island, replaces its transfer site at 16th Street and 3rd Avenue.

It wasn't just a change of facilities, though. The new building features a host of eco-friendly features that furthers the commitment to sustainability on the part of this multicounty public transit system serving the Illinois Quad-Cities metropolitan area, including Moline, Rock Island, East Moline, Milan, Silvis, Hampton, Carbon Cliff and Colona.

The Metro building's lighting system actually measures the natural light and compensates by increasing, dimming, or even shutting down fixtures to save energy. Outside, the facility's roof contains 1,344 photovoltaic (PV) solar panel arrays, which provide approximately 20 percent of its electricity needs.

Also, 32 solar thermal panels provide nearly 100 percent of its hot water needs for operations, maintenance and bus washing functions, and its HVAC system employs a heat recovery technology that transfers heat normally exhausted during regular facility ventilation to incoming fresh air.

As a result of the new facilities, "the bus servicing process has improved dramatically," says Matt Simaytis, director of maintenance.

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Metro is aiming for a silver LEED (Leadership in Energy & Environmental Design) certification. Such buildings have a positive impact on the health of occupants, while promoting renewable, clean energy. The silver certification is one level beyond the first of four categories of LEED certifications.

How MetroLINK operates today began 13 years ago when, in 2002, MetroLINK embarked on an initiative that would eventually transform the company's commitment to sustainability. Their award-winning campaign, "Save Something Green," served to highlight the environmental benefits of using public transportation.

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MetroLINK's Manager of Administration, Jennifer Garrity, credits the entire project to General Manager Jeff Nelson, "for his vision and commitment for these 15 years, to create a truly sustainable system."



A bus is serviced in the new MetroLINK facility. (Submitted)


While visiting the June 20 Healthy Living Fair, you can learn more about MetroLINK by visiting the bus they will have parked at the fair. To find route maps and schedules for MetroLINK buses, visit gogreenmetro.com.

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Market Manners

Group helps instill proper protocol for pups at the market

By Lindsay Hocker

For Kate Lydon of Dubuque, it's no mystery as to why you see so many dogs each week at the farmers' market.

"I think in a world where we live such busy lives, people want to include their dogs in whatever activities they can," she says. "It's an opportunity to socialize the dog and get them some fresh air and a little exercise where it would otherwise be sitting on the couch. In Dubuque, where dogs aren't allowed in most public parks, it's also a chance to get out and meet other dog owners and dogs, too."

Lydon is co-founder and marketing chair of Friendly Intelligent Dog Owners (FIDO) of Dubuque, and she occasionally takes her own dog to the Dubuque Farmers' Market. Rocksy, an 8-year-old pit bull, loves the social aspect of the farmers' market.

"At first, I was a little wary to take her since I know some people complained about dogs, but every time I took her last summer, she got so much positive attention from children and parents, I never regretted taking her," Lydon says.

While friendly dogs like Rocksy do well at farmers' markets, bonding time in a bustling crowd isn't the best idea for all dogs. Responsible dog ownership also can mean acknowledging that your dog isn't a good candidate for the farmers' market and keeping him or her safe at home.

Dogs who are fearful in crowd settings, don't walk well on a leash, or are unpredictable with other dogs are some examples of dogs that should stay home.

For other dogs, it's simply a matter of training and practice.

Last summer FIDO launched its "Market Manners" program to promote responsible pet behavior at the Dubuque Farmers' Market in response to some vendors being unhappy about canine clientele.

The program was made possible through a \$1,500 grant from Sustainable Dubuque. The funds allowed FIDO to hire a trainer to develop the program and also covered supplies. A partnership with Dubuque Main Street and the farmers' market allowed FIDO to have booth space about twice a month at the market.

"The response was overwhelmingly positive," Lydon says. "Every weekend we would have people approach the booth and ask about it, or just give their thanks for getting the message out there."

As part of the Market Manners program, dog owners would stop by the booth for their dog to take a certification test that had four parts. To pass, the owner had to walk the dog up and down the sidewalk on a close, but loose leash; the dog had to walk by a bowl of treats and not sneak off with any snacks; the dog had to sit and stay for the owner during a fake transaction; and finally, the dog was greeted by the trainer to assess friendliness.

"I don't think one dog failed the friendliness test, but the other three criteria proved challenging for a lot of dogs," Lydon says. "It was cool to see the owners go home and work on the part they failed, and bring the dog back the next week to try again."

The program suggested rules for dog owners, too: keep dogs on a short leash (preferably non-retractable) and always clean up after your dog if they relieve themselves at the market.

Dogs who passed earned blue bandannas, with nearly 100 dogs passing in 2014. FIDO encouraged



Renly Kieffer showing off his freshly earned Market Manners bandanna. (Submitted)

owners of Market Manners certified-pups to put the bandannas on them before each market to help demonstrate that there are many dog-owner pairs who know their market manners.

FIDO hopes to continue offering the program in the future, but is currently seeking volunteers to help make that possible.



Have a market-loving pet of your own? Be sure to bring him or her to the annual Pet of the Year contest held on stage at noon at the June 20 Healthy Living Fair. In order to shine the spotlight on as many healthy pets and caring owners as possible, we kindly request owners of previous Pet of the Year winners refrain from re-entering.





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IN THE HEART OF THE OLD CAPITOL CULTURAL DISTRICT

By Sarah J. Gardner

In my home they could almost be mistaken for friends and acquaintances. “This is one of Julia’s recipes,” I’ll coo over a dish while spooning it onto guest’s awaiting plates. Or I’ll find myself confiding, “You know, Ina never lets me down.” I’ve even been known to stand at the kitchen counter, pondering how to proceed with a vegetable in hand, and say to no one in particular, “Let’s see what Mark suggests.”

Of course, the people I’m referring to so casually — Julia Child, Ina Garten, Mark Bittman — aren’t individuals I’ve met but cookbook authors I’ve come to know through their work, one recipe at a time. As such, they feel like friendly fixtures in my kitchen, their cookbooks given a place of honor right above the stove. As a general rule, the more dog-eared and sauce-splattered the pages, the more likely I am to refer to the author by first name.

It’s a quirk even I find a little funny. After all, as a born book lover, there are many writers whose work I cherish — but it’s only cookbook authors that get the first-name treatment. Perhaps it’s simply human nature to feel affection toward anyone who feeds us well, or maybe it’s just the fact that these are books I have returned to again and again, year after year. Regardless of the reason, cookbooks and their authors have a special place in my heart.

I’m not the only one. Although the digital age has made a wealth of recipes available at our fingertips, food enthusiasts still overwhelmingly seem to prefer an old-fashioned, hardbound cookbook. While electronic versions of other types of books tend to sell well, a recent article from the Associated Press noted that “digital cookbooks have notoriously failed in the publishing world, and account for a minuscule percentage of total cookbook sales.”

Ironically, the flip side of this phenomenon is that most of us use a very limited number of recipes in any given cookbook. I’ve seen the figure variously put somewhere between three and seven recipes per cookbook. I can’t argue it. There are exceptions, of course, but in my experience and that of friends, these numbers seem to hold true for most of the cookbooks we own.

So, what can you do if you’re an avid cook with limited shelf space? One answer, as with so many of life’s conundrums, is to share. There are always going to be the core group of cookbooks you want to keep. But there are also going to be the cookbooks you own that, but for a few recipes, you don’t often reference. In that case, you can make a copy of the recipes that you’ve come to love and then let someone else have the cookbook to discover their own favorites.

A cookbook swap party is exactly what it sounds like — a get-together where everyone is invited to bring a cookbook they’ve enjoyed to trade for another. You could even turn it into a potluck by encouraging guests to bring a dish found in the book they are offering up. It’s a true win-win. Everyone gets to keep the recipes they already know and love, and everyone leaves with a new cookbook to explore.

This year at the Healthy Living Fair, the members of Slow Food Quad Cities will be hosting a variation on a cookbook swap. At their booth, you’ll find cookbooks they have brought to share. If you see one you like, you can pick it up and take it home with you. And if you feel so inspired, you can bring a cookbook from home to leave at the Slow Food booth for someone else to enjoy. What a wonderful way to make new friends — both in and out of the pages of a good cookbook!

Look for the Slow Food Quad Cities booth in the exhibitor area of the June 20 Healthy Living Fair.



Find your new favorite cookbook at Slow Food swap

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food

Sandwich nirvana

A better lunch begins with contrasting flavors, textures

By Sarah J. Gardner / Photos by Todd Welvaert

Building a good sandwich could almost be a Zen exercise. You begin with an otherwise mundane task, the kind of activity that could easily get tuned out in the ordinary bustle of day-to-day life. Then you bring a certain awareness to what you are doing that elevates this modest chore.

A good sandwich, after all, has a kind of balance to it. Layer by layer you pair tastes and textures, adding a little crunch to complement something creamy, working in a sweet taste to go with something salty: hummus paired



fruit & herb chicken salad sandwich

*shredded, roasted chicken / cilantro / slivered almonds / dried apricots
Greek yogurt / whole wheat bread*



luxe red pepper sandwich

*slices of roasted pepper / pumpkin seeds / hummus
toasted pumpernickel bread*

with pepitas, honey ham paired with pickled onions, each addition building toward a lunch beautiful to behold.

And then, no sooner do you finish your sandwich than you or someone else eats it, effectively erasing all the work you've invested in this creation. Talk about practicing non-attachment! Come the next meal, you'll begin again.

If you're looking for a little sandwich inspiration this picnic season, we humbly offer the following ideas. But so long as you keep one simple principle in mind — a sublime sandwich is achieved through a harmony of opposites — you'll be well on your way to lunchtime enlightenment.



piquant ham sandwich

*thin slices of ham / speckled romaine lettuce / pickled onions
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environment

Going greener

New technologies create options for eco-minded drivers

By Jeff Dick

When purchasing a vehicle, going green often means taking the road less traveled. Not strictly an “eco-friendly or not” question, there is a spectrum of vehicles to choose from that make use of a variety of green technologies.

Let’s start with the most efficient gas-powered vehicles, which offer unlimited driving range and no extra-cost hybrid engines or restrictive plug-in technology. Modern engines squeeze more miles out of a gallon of gas than ever, with various manufacturers taking slightly different routes to achieve a lower “Energy Impact Score,” as measured by the Environmental Protection Agency.

Honda, for example, has introduced a suite of features dubbed “Earth Dreams” that improve efficiency by reducing engine friction and weight, as well as using gas-saving variable valve timing and direct fuel injection. Continuously-variable transmissions (CVTs) replace traditional gear-driven transmissions, optimizing engine revs for every speed.

For years, Nissan has relied on CVTs to raise mileage by two or three miles per gallon. Recently, Subaru and Toyota have introduced CVTs in certain models, making the increasingly popular transmission account for 10 percent of the non-stick shift market.

With its “SkyActiv” technology, Mazda incorporates high engine compression as part of its fuel-saving approach because it increases thermal efficiency. However, Mazda forgoes CVTs in lieu of high-tech gear-driven automatics because its customers like the sound and feel of traditional gears, not the slight droning of CVTs during hard acceleration.

Both Earth Dreams and SkyActiv technology are good for a few extra miles per gallon, but diesel engines really up the MPG. Since the introduction of clean-burning diesel engines, car makers such as Volkswagen have been using them to power a variety of models — including those from its luxury division, Audi. BMW is adopting more diesels, too.

“Mild” gas-electric hybrids such as the Buick LaCrosse with “e-Assist” — a system using a trunk-stored battery powering a 15-kilowatt electric motor-generator that provides power during coasting, braking, and at a stop, when the engine actually shuts off — fall in the “light” green end of the spectrum. The 2.4-liter gasoline engine kicks in for acceleration and cruising. Expect mid-20s MPG in city driving and mid-30s on the highway for this full-sized sedan.

True green goes with full, or “strong,” hybrids, such as the popular Toyota Prius, where its battery-powered electric motor completely runs the car at lower



The BMW X3 is also available with a diesel engine, significantly upping the MPG rating of the vehicle. (Photo by Paul Colletti / Radish)

speeds. The gas engine runs for harder acceleration and highway cruising. Mileage is typically in the mid-to-high 40s on the highway and even better in the city.

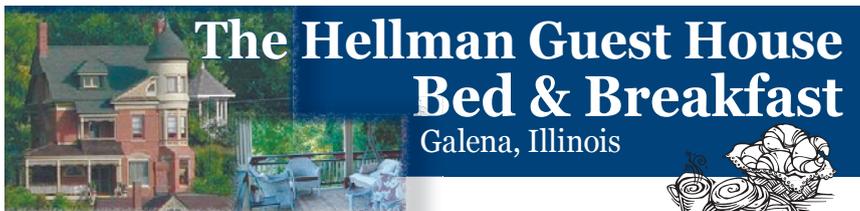
Hybrids are available from a wide variety of manufacturers — Honda, Ford, Hyundai, Lincoln and Toyota, among others — but generally cost up to several thousand dollars more than comparable gas-powered models, which means the break even point in fuel-cost savings can take more than a few years.

Plug-in electric vehicles are the greenest but also have the most limited driving range. Nissan’s popular Leaf can go up to 84 miles before recharging, but that is under ideal driving conditions. Ford, BMW, Kia, and other automakers also sell pure-electric vehicles, but the scarcity of public charging stations, especially in the Midwest, makes driving plug-ins a challenge — at least when varying from a set route like a daily commute.

Finding a vehicle in the desired shade of green isn’t easy. Driving a particular car tends to make a statement about the owner’s values — in this case, environmental ones — meaning the argument for going green may have less to do with dollars and cents than taking a principled stand.



Want to learn more? Representatives of Kimberly BMW of Davenport will be at the June 20 Healthy Living Fair. Stop by to learn about green features being incorporated into their vehicles and about the sustainable manufacturing practices adopted by the company.



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healthy living

Just ask: When it comes to household products, knowledge is power

By Staff report

Step into almost any store and you can see the evidence all around you: Demand for more natural options for personal grooming and household cleaning products has grown. Once limited to a few niche companies, options now abound for consumers who are just as concerned about the chemicals in the products they use as about the ingredients in the foods they eat.

In fact, industry research has found that while sales for conventional products has been flat for most of the last decade, sales in organic products have experienced double-digit growth every year since 2007, according to a report compiled by the marketing firm Kline & Company.

Although it's great to have all these options, it also can be a little overwhelming. It's hard, after all, to stay on top of the new products coming to market and to keep track of changes with familiar products when the parent company changes hands. Now that Burt's Bees is owned by Clorox and Colgate-Palmolive owns Tom's of Maine, for example, do you need to double-check the box to make sure your favorite products still have the same commitment to natural ingredients?

The Environmental Working Group maintains great resources online at ewg.org/consumer-guides for consumers who want to check the profile of the products they are using. But you don't always have time on a quick trip to the store to cross-reference the dozens of products on the shelves with information online. That's where conversations with the owners and employees at stores like Greatest Grains, Heritage Natural Foods, and the Quad Cities Food Hub can be another great resource. After all, they have to stay informed in order to stock their stores, and in the case of Greatest Grains and Heritage Natural Foods, they've been in the business long enough to know which products reflect new trends and which have proven to be customer favorites.

At the upcoming Healthy Living Fair, visitors to the exhibitor area have an opportunity to have exactly those kinds of conversations — checking out the products the exhibitors have brought with them and having questions answered in depth — in a setting without the time pressure that comes with a trip to the store.

Just what can you expect to find at their booths? Here are just some of the products you can learn more about.



From concerns about aluminum content of conventional antiperspirants to questions about the wisdom of preventing the body from sweating, there are any number of reasons why consumers might prefer a more natural product for controlling body odor — and, it sometimes seems, there are just as many options. With great-smelling herbal scents like lavender and skin-soothing ingredients like calendula, natural deodorants have a lot of appeal.

At the end of the day, though, one question trumps all the others: do they work? Ultimately, which one works for you comes down to individual body chemistry, which is what makes conversations with people familiar with the products so valuable.



Endocrine disruptors. Polyethylene compounds. Petroleum distillates. The list of questionable components in household cleaners often sounds like something out of a science fiction novel. It's also a list that always seems to be growing: find a product that doesn't have phthalates, and next week you learn the sulfates it contains are also iffy.

At the Healthy Living Fair, you can talk to vendors about why they stock the cleaning products they do, which ones customers seem to buy again and again, and even which ones they've found to work in their own homes.



Although innovative companies come out with great, new natural products every year, there are also those simple products that have stood the test of time — gentle cleaners your mother (and even your grandmother) might have had in her cupboard.

In fact, their longevity is a testament to how well they work. If you are new to shopping for more natural household products, the Healthy Living Fair is a great opportunity to find out which brands are new and which are tried-and-true. You can also learn about more recent products these seasoned companies have added to their offerings, utilizing their years of experience to meet consumer demand.



Representatives from Greatest Grains and Heritage Natural Foods will be at the June 20 Healthy Living Fair. Stop by their booths in the exhibitor area or visit the adjacent Quad Cities Food Hub to learn more about household products that are better for your health and the health of the planet.

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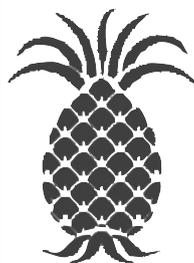
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healthy kids

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Finding a path toward healthy decisions for your family

By Jane Carlson

Everywhere you look, there are distressing and conflicting messages about children's health. Childhood obesity warnings come with a side of junk-food marketing. Attention disorders are on the rise, as are concerns about the dangers of the medications to treat them. Kids need to spend time outdoors, yet parents are publicly shamed for letting their kids spend time in parks alone. It's enough to leave any parent bewildered.

It's also a set of concerns many of the exhibitors at the Healthy Living Fair can identify with, not just as people in the business of providing healthy goods and services, but as parents themselves, up against the same challenges. After all, we all want our kids to be healthy.

"Sifting through all of the information out there can be overwhelming to parents," says Mindy Seiffert, Director of Marketing for Kalona SuperNatural Organics. "Then applying that to the needs of individual children is equally challenging."

Seiffert says the Iowa-based purveyor of organic dairy products is committed to the idea that diet is a critical element of a child's development and overall health. The dairy for the company's products comes primarily from small family farms, produced by parents who share the same concerns for their children's health as the consumers buying their products.

As the mother of teenage boys, Seiffert feels lucky to have experience in organic foods to help her be more informed. "I think parents who haven't been in the industry definitely struggle to understand all of the information and to make quality food choices for their children," Seiffert says.

When it comes to exercise and activity — another key element for healthy children — Teresa Hauman, Senior Recreation Manager for the city of Davenport, says studies show unstructured play is best, but there are conflicting messages about that, too, due to the pressure of organized sports.

"If your kids are very good at sports, there's an outlet for you," Hauman says. "If they're not, there's this cutoff. They don't do anything, and that's a real tragedy."

Parks offer a middle ground, where both kinds of exercise — organized activity and informal play — can take place. Hauman says it would be ideal for children and families to incorporate activity as part of the normal day, by walking to the park or playing a pick-up game of basketball in the driveway.

As the mother of teens who are actively involved in sports, Hauman says she tries to incorporate less strenuous exercise activities and healthy habits into the family routine as well and to model good choices.



Dr. Jessica Castaneda with her son, Alex. (Photo by John Greenwood / Radish)

Hauman also sees conflicting messages for children's health in the widespread use of unhealthy foods as rewards for positive behavior. In nearly every environment for children — from school to home to extracurricular activities — positive reinforcement most often comes in the form of a sugar-soaked treat.

By choosing an activity (such as letting a child pick the game to play) as a reward instead, adults and children alike can get out of that confounding mindset.

Like Hauman and Seiffert, Dr. Jessica Castaneda's professional life helps inform her personal choices when it comes to her children's health. The owner of Inner Health Chiropractic in Davenport has three young children and another on the way.

When it comes to separating myth from reality in the realm of children's health, Castaneda casts a wide net, reading about healthy eating and healthy lifestyles from a variety of credible sources. "It's really just educating yourself, and knowing what to eat and what's good and what's bad," she says.

And for those who believe chiropractic care is only for adults, that's not so, she says. She sees a large number of children at her practice. "Chiropractic care also helps the body function well and is important for children," she says.



Castaneda, Hauman, and representatives from Kalona SuperNatural Organics, as well as many other exhibitors involved with supporting healthy childhood development, will be at the June 20 Healthy Living Fair. Stop by their booths to learn more about what they do and have your questions answered.

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outdoors

Prickly pears where?

Discover a truly unique ecosystem at this nature preserve

By Jean Eggemeyer

Plains prickly pear cactus lobes burst up from the dry, yellow-sand earth like unkempt ears. A wide, shallow hole under a cacti patch provides evidence that an animal was recently here, but the only creatures I spot this late spring morning are a few insects lazily searching withered blooms. Despite the 9 a.m. hour, heat already begins to gather over the slightly undulating ground dotted with the cacti and clumps of grasses.

Standing in the dry, desert-like acreage that is part of the Thomson-Fulton Sand Prairie Nature Preserve, it's hard to believe that I am less than a mile from the green, lushly wildlife-populated marshes and sloughs lining the Mississippi River.

Visitors to this 37-acre site — located about five miles north of Fulton, Illinois — and the larger sand prairie preserve that continues to the north, past a privately held pine grove, will likely find surprises too.

“The sand prairie areas are a very unique part of Illinois’ natural heritage,” says Randy Nyboer, an ecology leader with the Illinois Natural History Survey and former Natural Heritage Biologist for the Illinois Department of Natural Resources.

“The Thomson-Fulton sand prairie is as close to a native, natural state as we can find,” adds Dr. John Zimmerman, a zoologist and science professor at Ashford University in Clinton, Iowa.

“Where once there were hundreds of square miles of sand prairies in this region, today, there is just this 3-mile stretch,” he says. “Less than 1 percent of the historic sand prairie areas are left.”

A sand prairie is defined as a dry native grassland community that hosts several species of grasses and drought-adapted fungi, lichens and mosses. Vegetation is patchy and short in comparison to other prairie communities.

Sand prairies historically thrived on broad sand terraces bordering the Illinois side of the Mississippi River and are believed to have formed millennia ago as the river flooded the adjacent plains and then receded, leaving the sandy sediment.



Photo by Sarah J. Gardner / Radish

Most of the region’s sand prairies have been developed, cultivated or used for motorized recreation so that today there are just a few “islands” left in their natural state.

Efforts to preserve and protect the remnant sand prairies between Fulton and Thomson were initiated in 1965. The goal then, as it is today, was to preserve the areas to provide a scientific study area for botanists, zoologists and others interested in this unique habitat.

Many species of plants and animals found at the Thomson-Fulton sand prairie are more commonly associated with the desert southwest and are unique to this area, including the prickly pear cactus which occurs in abundance. “The dryer habitat hosts a unique species composition,” says Zimmerman.

Poppy mallow and Carolina anemone plants, which are also abundant, are rarely found in the Midwest. Ornate box turtles and one of their predators, western hog-nosed snakes — both animals listed on the Illinois Threatened Species list — can be found here. The sand areas also have an unusual bird population, including ground-feeding horned larks and grasshopper sparrows.

“These areas are some of the last places in Illinois where we’ll find a big enough sand prairie to host a different sweep of prairie birds that need these particular types of grasslands,” explains Nyboer. “You just don’t find the birds anywhere else in the Midwest.”

“Old vestiges like this of the more vast sand prairies are important,” he adds.

The area is open to the public, and early summer is a great time to visit. The northern tract of the sand prairie preserve includes about two miles of walking and bike trails from which to enjoy the show and make discoveries.

To visit the Thomson-Fulton Sand Prairie Nature Preserve, follow Highway 84 north out of Fulton for three miles. Turn west on Lock Road, then north again on Railroad Lane, a sand road that runs parallel to Highway 84. The preserve is a little more than a mile up on the west side of the road.

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healthy living

Well, actually ...

Dispelling misperceptions about alternative health care

By Annie L. Scholl

For years, Candice Kundert has been a believer in the power of alternative medicine. The director of The Healing Heart Center, 2800 Eastern Ave., Building G, in Davenport says she's "living proof" that it works.

Recently, even, Kundert went to a walk-in medical clinic because she had extreme dry mouth and a lump the size of a tennis ball on her neck. She was diagnosed with an infected saliva gland and prescribed heavy-duty antibiotics. But the lump continued to grow and become more painful.

While she waited to get in with an ear, nose and throat (ENT) specialist, she had a CranioSacral massage with lymphatic draining with Lionel Bowen, a licensed massage therapist at her center.

Within two hours, Kundert's neck was nearly back to normal, her saliva returned, and she felt much better and more relaxed. She still kept her appointment with the ENT, but she was reminded again of the value of the work she and other holistic health care professionals do.

Kundert, a licensed independent social worker who does psychotherapy, started The Healing Heart Center because she wanted to provide people with alternatives to traditional Western medicine. The center offers a variety of services, from the CranioSacral therapy Bowen does to modalities like reflexology, aromatherapy, acupuncture, acupressure, and Reiki.

"People have claimed the holistic methods sometimes to be 'woo-woo' stuff, but those very same people have come to me after reflexology, for example, and tell me they now believe in what we do," she says. "That is what keeps us going."

To correct misconceptions about holistic healing practices, she and the others at her center attend health fairs and give presentations and demonstrations twice a month. "I believe talking about and demonstrating the work we do helps people to understand," she says. "People change their minds when they use the services."

Hands-on healing doesn't have to hurt

Crystal Bealer, owner of The Crystal Butterfly at 3420 2nd Ave #4 in Moline, also faces misconceptions in her work as a board certified licensed massage therapist. One of the most common is that massage has to hurt to be effective.

"That is not necessarily true," says Bealer, who has been practicing massage for 11 years. "There is a certain level you want to reach, a 'good' hurt, a relieving way, that makes you go, 'ahhh,' not 'ow!'"

She doesn't go for a lot of "fluffy extras." Instead, she focuses more on therapeutic massage. "I want to truly help my clients achieve their goals. This can be anywhere from simple relaxation to relieving pain to increasing range of motion or helping improve their posture. I look at the total picture."

Massage, she says, can help people feel better, both physically and mentally.



Candice Kundert, founder, and Anna Richards, art therapist, of the Healing Heart Center. (Photo by Paul Colletti / Radish)

"Regular massage can help lower blood pressure and help your cardiovascular system out. It helps improve poor posture and the pain and dysfunction caused by it," she says. "And, last but not least, it just plain feels good!"

Exie Tobin of Durant followed in her mother's footsteps, becoming both a registered nurse and a reflexologist. She's been actively practicing since 1996 — the same year she graduated from nursing school. She operates Relax and Revitalize Therapy at 2435 E. Kimberly Road, Suite 210, in Bettendorf. She, too, has to educate people about the work she does.

"The most common misconception is that reflexology is often thought to be a conventional foot massage," Tobin says.

Reflexology, she explains, is an ancient therapeutic form of hands-on healing. Reflexologists apply acupressure to specific reflex zones on the feet to stimulate the body's own dynamic healing abilities to achieve balance and harmony. Reflexology can relieve stress and anxiety, and improve circulation and lymphatic drainage.

Continued on page 36

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Continued from page 34

Lynn Carstens, who earned a master's in Oriental medicine and is a licensed acupuncturist, says patient education is important in her work, too.

"People's perception may be that acupuncture is painful," says Carstens, who lives in Davenport where she operates Sacred Lotus Acupuncture and Natural Health, located at 601 Brady St., Suite 304, in Davenport. She also works at The Healing Heart Center.

People often associate the needles used in acupuncture with the ones used in traditional medical facilities, she says. But the hair-thin needles acupuncturists use "can have such a profound healing effect on the body," she explains.

"I would like people to understand that acupuncture is a safe and effective natural treatment for a variety of disorders and can be used as a safe alternative to other types of medical treatments that may have unpleasant side effects."

Acupuncture, she continues, can help relieve any type of pain, particularly in the knee, ankles, back, shoulders, and neck, as well as alleviate issues such as headaches, sinus issues, digestive disorders and side effects from cancer treatments.

"Most people are pleasantly surprised at how relaxed and good they feel during and after their treatment," she adds.

Understand your options

One of the barriers to holistic health care is that it does take more time and commitment, says The Healing Heart Center's Kundert.

"As a fast-paced, connected society, we are used to getting our needs met right away, often by pharmaceuticals. I agree pharmaceuticals have saved many lives and helped countless people," but, she adds, holistic health care also has "tremendous benefits" and can be used in concert with traditional Western medicine.

Since insurance often doesn't cover holistic or integrative health services, cost can also be a barrier, she adds.

"We need to value our health and be willing to pay for it, just as we are (willing to pay for) coffee, nails, changing the oil in our cars, etc."

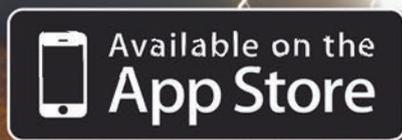


Reflexologist Exie Tobin. (Photo by Paul Colletti / Radish)



Have questions of your own about alternative health care practices? Candace Kundert, Lynn Carstens, Exie Tobin and Crystal Bealer and many other practitioners will be at the June 20 Healthy Living Fair. Stop by their booths to learn more about what they do.

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Continued from page 12

at once, so break it into three 10-minute strolls instead. Or, make an effort to take five minutes away from something that normally would have you sitting, like watching TV or time at the computer.

For those with mobility issues, “there are even a number of simple stretching and flexibility motions that can be performed while seated,” Oldfield-Carlson says.

If you’re concerned about adding new workouts or activities into your day, talk with your doctor, Oldfield-Carlson says, especially if you have a condition involving breathing difficulties, lung conditions, heart problems or joint pains.

“An occupational therapist or physical therapist can help you put together activities tailored to your specific abilities and challenges,” Oldfield-Carlson says.

She cautions that if at any point “you experience chest pain or sudden numbness or weakness on one side of the body, stop and seek medical attention,” as these are warning signs of a possible heart attack or stroke.

If you need more help getting started, Oldfield-Carlson says through CASI, senior living facilities or area fitness centers, there are a number of community-based exercise programs such as Zumba Gold, a sort of dance aerobic class with a Latin touch.

Zumba Gold sticks “to the basics” with a “lower-impact, lower-intensity version of a traditional Zumba fitness class,” says Barbara Langley, Zumba Gold and Zumba fitness instructor at the Two Rivers YMCA.

“Active older adults, or anyone just getting started in cardio-fitness classes, can walk into class for the first time, brand new, and still be able to follow along, participate at their individual level, and leave feeling empowered and happy.”

Langley says the dance moves used throughout the classes are designed to respect any mobility challenges.

“We work on balance, range of motion, flexibility, and muscular and cardiovascular conditioning,” in a non-judgmental, fun atmosphere. “Anyone can always use a chair for stability, (for) balance and/or to take a break if they need it,” Langley says. “I just always encourage all my students to keep moving something, whether it’s a hand, arm, leg, foot — anything they can.”

Langley says it also is a good idea to let your instructor know if you’re taking certain medications or have had recent surgeries so they can be mindful of how you’re doing in class, and whether you’ll need to modify any of the choreography.

Whatever way you choose to move, experts say becoming or staying fit, especially as you age, is important. “Being fit helps prevent heart disease, diabetes and even some cancers. It also helps people keep doing the things they like to do as they age,” says Karen Stefaniak, wellness program administrator for Health Alliance Medicare, an insurance company that provides Medicare and Medicaid plans to seniors in the Radish region.

Stefaniak suggests starting a routine slowly, and getting a friend or family member on board to do it with you. “Setting realistic goals works wonders,” she says, “as does being able to socialize while you exercise.”



There will be a live Zumba Gold demonstration at 11 a.m. at the June 20 Healthy Living Fair. While there, you also can stop by booths for the YMCA, Health Alliance Medicare, and Milestones Area Agency on Aging in the vendor area to learn more about staying fit as we age.

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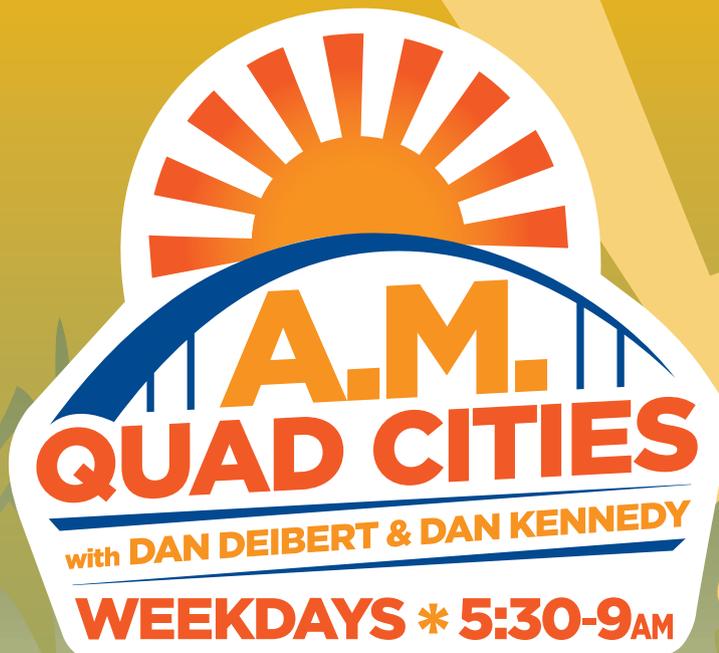
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Bureau County Farmers' Market, 429 S. Main St., Princeton; 3-6 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, through Oct. 24. 815-875-2616

CARROLL COUNTY

Lanark Farmers' Market, City Park Pavilion, 200 block of W. Claremont Street, 3-6 p.m. Tuesdays, June 2-Oct. 27. facebook.com/lanarkfarmersmarket

Mt. Carroll Farmers' Market, north side of courthouse on Market Street; 8 a.m.-noon Saturdays, through Oct. 31. mtcarrollil.org

HENRY COUNTY

Geneseo Farmers' Market, City Park on Pearl Street; 8 a.m.-noon Saturdays, June 6-Oct. 31. 309-507-0002, geneseofm@geneseo.net

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, through Oct. 31. 309-852-2175

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, through-Oct. 30. 815-218-6942 or facebook.com/elizabethfarmersmarket

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through 9-Oct. 10. 815-777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. June 7, 21; July 5, 19; Aug. 2, 16, 30; Sept. 6, 27; and Oct. 11. 815-777-2000

Hanover Farmers' Market, in front of Hanover Township Library, 204 Jefferson St.; 9-11 a.m. Saturdays, through Oct. 3. 773-430-4871

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Oct. 31. 309-368-1750

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, June 18-Sept. 24. 309-483-8412 or facebook.com/oneidafarmersmarket

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd Street; 7 a.m.-noon Wednesdays and Saturdays, through Oct. 31. 815-284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, through Oct. 17. 309-837-4855 or facebook.com/macombfarmersmarket

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 4-Oct. 8. 309-582-2751 or aledomainstreet.com

OGLE COUNTY

Polo Farmers' Market, 200 block of S. Division Avenue; 3-6 p.m. Thursdays, July 9-Oct. 15. 815-946-3131

PEORIA COUNTY

RiverFront Market, 212 SW Water St. (parking lot between Liberty and Main Streets), Peoria; 8 a.m.-noon Saturdays, through Sept. 26. 309-671-5555

ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 31. 309-235-6425 or growersmarkets.com

Franklin Field Farmers' Market, 12th Avenue and 9th Street, Rock Island; 10 a.m.-1 p.m. Saturdays, June 6-Oct. 24. 309-786-2609

Cunningham-Brooks Farmers' Market, 9th St. and 4th Ave., Rock Island; 4-7 p.m. daily, June 6-Oct. 24. 309-786-2609

Rock Island Farmers' Market, Rock Island County Health Dept., 2112 25th Ave.; 11 a.m.-3 p.m. Sundays, through Oct. 25. 309-235-6425 or growersmarkets.com

Trinity Moline Market, UnityPoint Health-Trinity Moline, 500 John Deere Road; 8 a.m.-noon Saturdays, through Oct. 31. 309-235-6425 or 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 5-Oct. 30. 309-734-3181

WHITESIDE COUNTY

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

Morrison Farmers' Market, 204 E. Lincolnway (Route 30) next to the Heritage Museum, Morrison; 8-11 a.m. Saturdays, through Sept. 26; 5-8 p.m. July 29, downtown Morrison. 815-772-4749, morrisonfarmersmarket.com or facebook.com/morrisonfarmersmarket

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, through Oct. 3. 563-946-3551

Mechanicsville Farmers' Market, across from fire station on 1st Street; 4-6 p.m. Tuesdays, through Sept. 29. 563-432-7756

Tipton Farmers' Market, next to gazebo on courthouse square; 4-6 p.m. Thursdays through Oct. 29; 3-5 p.m. Thursdays Nov. 5-April 28. 563-940-7824

West Branch Farmers' Market, Gazebo at Main and Downey streets; 4-6 p.m. Tuesdays June 2-Oct. 30; Town Hall, 110 N. Poplar St., 9-11 a.m. Nov. 7, Dec. 5, Jan. 2, Feb. 6, March 5, April 2, May 7. 319-643-2044

CLINTON COUNTY

Comanche Farmers' Market, A&B Storage lot on 21st St.; 4-7 p.m. Tuesdays June 2-Sept. 29. 563-259-9414

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-6 p.m. Wednesdays and 8-11 a.m. Saturdays, through Oct. 26. 563-577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 25-Sept. 17. 563-577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7 p.m. Thursdays, May 7-June 4, June 25-Sept. 10, and Sept. 21-Oct. 1; and downtown Jefferson St. 5-7 p.m. June 11, 18 and Sept. 17. 319-752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, on Iowa Street between 10th Street and Loras Boulevard; 7 a.m.-noon Saturdays, through Oct. 31. 563-588-4400 or facebook.com/dbqfarmersmarket

Dyersville Area Farmers' Market, Commercial Club Park, 225 11th St. SE; 2-5:30 p.m. Thursdays, through Oct. 8. 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, through Oct. 17. 319-931-7842 or facebook.com/mtpfarmersmarket

IOWA COUNTY

Amana Colonies Farmers' Market, Henry's Village Market, V Street, Homestead; 4-7 p.m. Fridays, June 5-Sept. 4. 319-622-3931 or henrys-villagemarket@gmail.com

Williamsburg Farmers' Market, NE corner of Williamsburg Square; 4-6 p.m. Fridays, through Oct. 16. 319-646-2075

JACKSON COUNTY

Maquoketa Farmers' Market, Ohnward Fine Arts Center, 1215 E. Platt St.; 4-6:30 p.m. Tuesdays, through Oct. 20. 563-652-6978 or maquoketafarmersmarket@gmail.com

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, through Oct. 31. 641-919-3212

Fairfield Senior Citizen Site Farmers' Market, 209 S. Court St.; 9 a.m.-2 p.m. Saturdays, Nov. 7-April 30. 641-919-3212

JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-7 p.m. Mondays, through Oct. 5. 319-248-1750 or 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, through Oct. 31. 319-356-5210 or facebook.com/ficfm

Mercer Park Farmers' Market, 1317 Dover St., Iowa City; 3-6 p.m. Tuesdays, through Oct. 27. 319-356-5210

Oxford Farmers' Market, Creekside Park on Mill St.; 5-7 p.m. Mondays, through Sept. 28. 319-828-4959

University Heights Farmers' Market, 1300 Melrose Ave.; 5-7 p.m. June 2, July 7, Aug. 4, Sept. 1, Oct. 6. 319-354-1433

JONES COUNTY

Anamosa Farmers' Market, 600 E. Main St.; 3-6 p.m. Wednesdays and 8 a.m.-noon Saturdays, June 10-Oct. 17. 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, through Oct. 28. 319-480-6739 or monticelloiowafarmersmarket.com

LEE COUNTY

Fort Madison Farmers' Market, Central Park on 9th and Avenue E; 4-6 p.m. Thursdays, through Oct. 1. 319-372-5471 or fortmadison.com

Keokuk Farmers' Market, River City Mall parking lot, 300 Main St.; 7-11 a.m. Saturdays, through Oct. 10. 217-242-4061

LINN COUNTY

Center Point Farmers' Market, south of Center Point Mercy Care off Lewis Access Road; 4-6 p.m. Thursdays, June 11-Aug. 27. 319-849-1508

Central City Farmers' Market, Courtyard Park pavilion, S. 5th Street; 4-6 p.m. Thursdays, June 4-Oct. 8. 319-438-1761

Downtown Cedar Rapids Farmers' Market, 2nd and 3rd Avenues SE between 2nd and 5th Streets SE in downtown Cedar Rapids; 7:30 a.m.-noon Saturdays; June 6, 20; July 4, 18; Aug. 1, 15; and Sept. 5, 19. 319-398-5317 or cedarrapids.org

Ely Farmers' Market, Community Center, 1570 Rowley St.; 4-6 p.m. Tuesdays and 8 a.m.-noon Saturdays, through Oct. 3. 319-848-2036

Hiawatha Farmers' Market, 10th Ave. parking lot of Guthridge Park; 11 a.m.-2 p.m. Sundays, through Oct. 25. 319-393-1515 ext. 570

Marion Farmers' Market, city depot in City Square Park at 7th Avenue and 10th Street; 8-11:30 a.m. Saturdays, through Sept. 19 (8 a.m.-noon June 13; July 11 and Aug. 8; 9 a.m.-1 p.m. Sept. 26). 319-447-3590 or 319-377-6316

Mount Vernon Farmers' Market, First Street Community Center lawn, 221 1st St. E.; 4-6 p.m. Thursdays, through Sept. 24. 319-310-4145

NewBo Farmers' Market, 1100 3rd St. SE, Cedar Rapids; 4-8 p.m. June 12, 26; July 10, 24; Aug. 14, 28; Sept. 11, 25. 319-200-4050, newbocitymarket.com or facebook.com/newbocitymarket

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through Oct. 16 (closed July 3, Sept. 7). 319-286-5699 or facebook.com/noelridgefarmersmarket

LOUISA COUNTY

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

MUSCATINE COUNTY

Downtown Muscatine Farmers' Market, corner of 3rd and Cedar streets; 7:30-11:30 a.m. Saturdays, through Oct. 31. 563-260-0950

Muscatine Midweek Farmers' Market, Muscatine Mall parking lot, 1903 Park Ave.; 2:30-5:30 p.m. Tuesdays, through Oct. 27. 563-260-0950

SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, through Oct. 29. 563-332-5529

Davenport Farmers' Market, parking lot of NorthPark Mall, Davenport; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 31. 563-332-5529

Freight House Farmers' Market, 421 W. River Drive, Davenport; 3-7 p.m. Tuesdays, 8 a.m.-1 p.m. Saturdays, 11 a.m.-3 p.m. Sundays, May 2-Oct. 31; 3-6 p.m. Tuesdays, 8 a.m.-1 p.m. Saturdays, Nov. 3-April 30. 563-322-6009 or freighthousefarmersmarket.com

LeClaire Riverfront Farmers' Market, south levee on the end of Wisconsin Street; 3-6 p.m. Saturdays, through Oct. 31. 309-314-8278 or visititleaire.com

Trinity Farmers' Market, UnityPoint Health-Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 26. 563-332-5529

WASHINGTON COUNTY

Riverside Casino & Golf Resort Market, casino parking lot, 3184 IA-22, Riverside; 9 a.m.-1 p.m. Sundays, July 5-Sept. 27. 319-648-1234

Washington Farmers' Market, downtown Central Park, Washington Street and Iowa Avenue; 5-7:30 p.m. Thursdays, through Oct. 22. 319-458-9396

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healthy living fair

The ninth annual Healthy Living Fair — a celebration of local and natural foods, health and fitness, community groups and environmental stewardship — will take place Saturday, June 20, 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 this year will be two Rise and Shine events at 9 a.m. You can bring your yoga mat and get the morning off to a good start with a yoga class led by Jeani Mackenzie on the sun-dappled stone octagon in front of the Freight House, or lace up your sneakers and join Plan for Adventure in the stage area for some easy exercises sure to boost your energy.

Fitness demonstrations will follow on stage throughout the day, including a Sweat Beats routine at 10 a.m. (read more about this exciting workout on page 8), followed at 11 a.m. by a Zumba Gold demonstration (turn to page 12 to learn more about this cardio routine for seniors).

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 noon 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, featuring a performance by Spiked Lobelia. Named after a prairie flower native to the Midwest, the band blossomed in September of 2013 and sports an eclectic mix of alt-folk, Irish, and tweaked old-time sounds.



Left, Nikki Lentz, of Davenport, visits with SIS International owner Becke Dawson regarding fair trade items at her booth in the exhibitor area of the Healthy Living Fair; opposite, Karley Klapp of Knoxville, Ill., answers questions about how she cares for her puppy, Gracie, as part of the Pet of the Year contest. (Photos by John Greenwood / Radish)

Your guide to the 2015 Healthy Living Fair

Often found at local coffee shops and fun gatherings through the region, the band features members on mandolin, banjo, autoharp, percussion, concertina, tin whistle, guitars, harmonica, bass, and vocals.

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 70 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: MetroLINK, KWQC-TV News 6 and WQPT Quad-Cities PBS. Sponsors include Genesis Health System, Kimberly BMW, Health Alliance, Davenport Levee Improvement Commission, the Freight House Farmers' Market, the City of Davenport Parks and Recreation, WOC 1420 Radio, The Dispatch and The Rock Island Argus.



Scheduled activities

• **9 a.m., Rise and Shine!** This year we have two great options at the fair to get your morning off to a good start. You can lace up your sneakers and join members of **Plan for Adventure** by the main stage for a revved up workout featuring body weight exercises that can be done anywhere, anytime.

Or, if you prefer a more gentle start to your day, bring your yoga mat and join Jeani Mackenzie of the **Davenport School of Yoga** beneath the leafy trees shading the octagonal stage by the Freight House deck for a 30-minute yoga class.

• **10 a.m., Sweat Beats:** Combine the fun of drumming with some high-energy choreography and you get one great cardio workout! Instructor Bridget Jessen and five fellow fitness enthusiasts will show how it's done.

• **11 a.m., Zumba Gold:** Think the Latin beats and cardio benefits of Zumba are only for the young? Think again! Two Rivers YMCA instructors Barbara Langley and Lindsey Abeyta will lead a fun-filled Zumba Gold demonstration

• **Noon, 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.

• **1 p.m., Spiked Lobelia:** This fun, folksy band features homegrown talent with wide-ranging musical influences. Don't be surprised if they get you tapping your toes and humming a sunny tune the rest of the day.



Happening all day

• **Lots of fun for the little ones:** Kids love the Healthy Living Fair! There's lots for little ones to do, like meet the friendly critters from Peppertree Alpacas. Or play a matching game and plant a seed to grow at home at the Davenport Parks and Recreation booth. Stop by the WQPT booth and pick up a Sesame Street "Food for Thought" DVD and other great resources. And check out the fun, educational solar toys available at The Root Cellar booth.

• **Bring your bikes:** We will once again have bicycle parking available for those who want to use a little clean, green pedal power to get to the fair. While there, be sure to chat with folks from Let's Ride Bicycle Shop of Silvis and Cycletherapy Bicycles of Rock Island about what's new in two-wheeled transportation.

• **We love to meet our readers!** Have a great idea for something to include at the next Radish fair? Stop by the Radish booth and let us know your thoughts! While you are there, register for our drawing to be one of three lucky winners to have dinner with Radish editor Sarah J. Gardner at Front Street Brewery.

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Attractions at the 2015 Healthy Living Fair

Eating well: What's a fair without food? While at the Healthy Living Fair, visitors will have a chance to snack on lots of tasty, healthy samples — things like organic cream-top milk, yogurt and cottage cheese from Kalona SuperNatural Organic Dairy, responsibly-sourced salmon from Sitka Salmon, and fresh juice and smoothies from Everything Healthy. You can even enjoy popcorn popped using energy from the sun courtesy of the Iowa Renewable Energy Association. And for those who feel a little adventurous, the University of Illinois Extension will be offering samples of gluten-free cookies made from cricket flour, an entomophagic source of protein.

Meanwhile, at the adjacent Quad Cities Food Hub, you can find presentations on the patio about cultivating mushrooms and growing and using herbs. At the same time, free samples, recipes and tips for making the most of seasonal produce will be available inside the food hub, as well as a WIC information table. And don't forget to check out the Veggie Mobile, used to deliver fresh, local produce throughout the Quad-Cities!

Body, mind & soul: Curious about some of the health practices you've read about in Radish? The Healthy Living Fair is a great chance to ask the practitioners all your questions without having to visit an office or make an appointment. While at the fair, visitors can learn more about acupuncture by visiting the booths for Sacred Lotus Acupuncture and Huffman Clinic for Medical Acupuncture. Try a chair massage by stopping by the booths for The Crystal Butterfly, or the Institute of Therapeutic Massage. Or learn more about reflexology at the booth for

Relax & Revitalize Therapy or reflexologist Liz Wilson's booth.

For a little fun, stop, drop and yoga at the tapas yoga shala booth to get a free yoga class, or find out about aerial yoga at the Davenport School of Yoga booth. Learn more about the connection between mind and body at the booth for the Lamrim Kadampa Buddhist Center, or speak with hypnotist Sylvia Runkle at her booth. Practitioners from Abundant Health Chiropractic, Johnson Chiropractic, and Lundgren Family Chiropractic will also be at the fair to answer all your questions about chiropractic care.

Healthy families: Parents and parents-to-be will find a lot of great resources at the fair this year. With more than 20 years of experience offering support for expectant mothers, Childbearing Year Resources will be at the fair with information for mothers and families, including mother-to-mother support groups in the Quad-Cities. At the Balance Birth Services booth, you can find information on doula care, classes on hypnosis for childbirth, and prenatal massage. Representatives at the Born to Breathe Yoga booth will be ready to discuss the many benefits of prenatal yoga, and those at Intact Quad Cities will be offering information about circumcision. At the Inner Healthy Chiropractic booth, Dr. Jessica Castaneda will be available to discuss the benefits of chiropractic care for children.

Environment: Of course, it wouldn't be the Healthy Living Fair without environmental awareness! In addition to groups like 1 Mississippi, The Eagle View Group of the Sierra Club, and Earth Keepers, which all offer opportunities to get involved



with environmental stewardship within the community, visitors to the fair can get more information about the upcoming Quad Cities Pollinator Conference at their booth.

Also while at the fair, visitors can tour the MetroLINK bus and learn about alternative energy options, or stop by the vehicles on display from Kimberly BMW to find out about the automaker's water-saving manufacturing practices. Homeowners can learn about remodeling projects and home improvements that will improve household energy efficiency from representatives at the booths for M.I. Construction and RJ Construction. Meanwhile, at the Iowa Renewable Energy Association "Energy Traveler" trailer, find out how the components of a photovoltaic system could fit in a utility room. And learn how you can save rainwater or start composting in barrels built locally by Quad City Rain Barrels.

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, upcycled furniture, 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.

Relax and Learn

Take a break and stop by the Genesis area inside The Freight House (next to Fresh Deli) for some comfortable conversation with our health professionals.

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Exhibitors

1 Mississippi: Sign up to become a river citizen to keep up on Mississippi River happenings and learn more about how you can protect water quality. 1mississippi.org

Abundant Health Chiropractic: Nobody is ever too young or too old to obtain optimal health. Discover completely natural, drug-free health care that allows the body to heal itself. getabundanthealth.com

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

Balance Birth Services: Get information on pregnancy, birth, how a doula can help you, and upcoming childbirth classes. birth.balancecqc.com

Born to Breathe Yoga: Discover how prenatal yoga can assist with pregnancy discomforts, aid in relaxation, and help you utilize your breath.

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

Childbearing Year Resources: Expecting? Get information on many mother-to-mother support groups in the Quad-Cities area as well as other services for your childbearing year. childbearingyearresources.com

The Crystal Butterfly: Indulge in a chair massage or pick up a special discounted gift certificate for a future massage at this organic massage therapy studio. thecrystalbutterfly.com

Cycletherapy Bicycles: Meet mechanics offering friendly, informed bicycle sales and service.

Davenport Horticultural Society: Bring your gardening questions to be answered, meet this group of casual, friendly plant lovers, and enter a drawing to win a beautiful planter. davenporthorticulturalsociety.org

Davenport Parks & Recreation: Enjoy a seed matching game and plant a newspaper pot to take home. Also, learn about a popular new program at Red Hawk Golf Course, miniature foot golf.

Davenport School of Yoga: Yoga is for every body! Find out how it can help with your health and happiness. davenportschoolofyoga.com

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

Eagle View Group of the Sierra Club: Learn about club activities and programs that will get you outside as well as increase awareness of environmental issues and how you can support the care of our planet. sierraclub.org/illinois/eagle-view

Earth Keepers: Browse great resources and be inspired by new ideas to "green" your homes and faith communities — and learn more about how to recycle non-recyclables through Terracycle. 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.

El Rio Spa & Wellness: Pick up a coupon for a free trail fitness class, learn more about what the spa offers, and sign up for a free three-month unlimited fitness membership. elriospa.com

Everything Healthy: Sample delicious fresh juice and smoothies while learning about weight loss and detox juice cleansing.

Felicia's Wellness & Boutique: Sample hand-crafted spa products made with essential oils and real herbs, then try a short reflexology session.

FIT4MOM Quad Cities: Learn about great programs for moms and moms to be, Body Back and Stroller Strides, and register to win free or discounted fitness sessions. quadcities.fit4mom.com

Gary Pond Appliance Repair: Repairing a major appliance rather than replacing it is a win for the environment and your pocket-book. Connect with a repair technician and learn how to put him to work in your home.

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. genesishhealth.com

Greatest Grains: Learn about natural products that are safe for you and your family. Browse a wide variety of natural and organic grocery samples, giveaways, and prizes. greatestgrains.com

Heal-Thy Self From Dis-ease: A healthy life is based on real foods. Learn more about how the right foods in the right combination can help the body heal and grow strong.

The Healing Heart Center: Discover integrated health services to meet your needs for peaceful, happy and stress-free living. thehealingheartcenter.org

Health Alliance: Confused about Medicare? Get a firm grasp of the basics as well as health tips and other useful information to help you keep living well. medicare.healthalliance.org

Heritage Natural Foods Store: Learn about natural alternative products and nutrition to support your lifestyle, and find out about specialized diets and supplement regimens to assist with your every health need. heritagenaturalfoods.com

Huffman Clinic for Medical Acupuncture: Learn more about how acupuncture frees up your energy and offers relief from pain, allergies, and chronic and acute medical challenges. huffmanclinic.com

Indigo Wellness Studio: Learn about yoga, movement and group fitness classes as well as therapeutic massage and other relaxing treatments to quiet the mind. indigowellness.info

Inner Health Chiropractic: Receive a computerized nerve pressure check to see how it relates to your health and enter to win a healthy gift basket. myinnerhealthchiro.com

Institute of Therapeutic Massage: Is a career in massage therapy and alternative wellness for you? Find out. Also, receive a coupon for a discounted student massage, and

experience reflexology or a seated chair massage. learntomassage.com

Infact Quad Cities: Learn what foreskin is, why it is there, and why your son will be glad to keep his.

Iowa Renewable Energy Association (I-RENEW): Dedicated to educating Iowans about the appropriate use of sustainable, renewable energy technologies. Tour the Imagine Energy Traveler at the Fair, and learn how to make your home or building more energy efficient. irenew.org

ISU Scott County Extension and Outreach: Get your questions about your garden, landscape and pest management answered by Master Gardeners, and sign up to win a favorite garden tool. extension.iastate.edu/scott

Johnson Chiropractic and Sports Injury: Get help with sports performance and speed up healing. Stop by and meet Dr. Jennifer Johnson, a new doctor in Bettendorf, caring for all ages. drtylerjohnson.com

Kalona SuperNatural Organic Dairy: Sample delicious, organic dairy foods made the old-fashioned way, including organic cream-top milk (white and chocolate), cottage cheese, yogurt, and more. kalonasupernatural.com

Lamrim Kadampa Buddhist Center: Find out about meditation benefits for both adults and children, and learn about upcoming retreats, programs in Buddhist studies, and Buddhist prayers in English. 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

Lundgren Family Chiropractic: Receive free spinal screenings with state-of-the-art Electromyography technology and get a printout of your results. lundgrenchiropractic.com

MetroLINK: Pick up schedule for the Channel Cat Water Taxi to explore the majestic Mississippi River, tour a Metro bus, and practice loading a bike on the bus rack. gogreenmetro.com

M.I. Construction: Learn how home improvements and remodeling can improve energy efficiency and save you money. mandiconstruction.com

Milestones Area Agency on Aging: Learn about Iowa's LifeLong Links, your first step in planning for long-term independent living. milestonesaaa.org

Mom's Products: Discover how coconut oil can improve your health inside and out, and browse homemade coconut oil body care products including chemical-free deodorant, toothpaste, lip balm and sunblock.

National Alliance on Mental Illness-NAMI Greater Mississippi Valley: NAMI provides help and hope to families struggling with

mental illness through support, education and advocacy. Connect with a wealth of resources. namigmv.org

NormaLeah Foundation: Purchase Bling4Cancer jewelry and learn how this organization is rising up against ovarian cancer. normaleah.org.

Peppertree Alpaca: Make friends with Crystal Blue and baby Sheara, two gray alpacas with blue eyes, and browse alpaca fiber products including socks, gloves, scarves and new pet beds filled with alpaca fibers.

Plan for Adventure: Discover opportunities for fitness and adventure in the Quad-Cities and beyond. planforadventure.com

Purium Health Products: Browse products that are organic, vegan, natural, and free of GMOs, soy, stimulants, binders, fillers and preservatives. puriumcorp.com

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 Cities Food Hub: Enjoy free presentations on the patio about cultivating mushrooms and growing and using herbs, and step inside for free samples and recipes. qcfoodhub.com

Quad Cities Pollinator Conference: Learn about pollinator decline, pollinator-friendly landscapes in agricultural and urban settings, and more. nahantmarsh.org/qcpollinatorconference

Quad Cities Vet Center: The Vet Center assists combat veterans and their families as they transition to a post-war environment. Learn more about these valuable services. www.vetcenter.va.gov

Quad Cities Women's Outdoor Club: Interested in biking, hiking, paintball, kayaking, snow shoeing, silo ice climbing? No matter your age, fitness level or interests, this club has something for you. qcwoc.com

Quad Cities YMCA: Healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness. Discover how the Y is so much more than just working out. quadcitiesymca.org

Quad City Rain Barrels: Learn about recycling nature's most precious resource — water — and how food-grade barrels upcycled in the Quad-Cities can turn kitchen scraps into compost. quadcityrainbarrels.com

Relax & Revitalize Therapy: Learn about a massage technique based on reflex areas on the feet and hands that correspond to all parts, organs and systems of the body.

RJ Construction: Renewable energy is no longer energy of the future! Learn about photovoltaic electrical systems and thermal water heating for your home. rjconstructionmarion.net

Roberts dōTERRA Essential Oils: Sample wild orange and peppermint oils, and learn about special hostess gifts available for anyone who books a class. doterra.com

The Root Cellar: Purchase educational solar toys for kids, and get information on energy solutions including residential solar installation. therootcellar.us

Sacred Lotus Acupuncture & Natural Health: Have your questions about acupuncture answered and enter to win therapeutic grade essential oil and a complimentary reflexology treatment. sacredlotusqc.com

Sharon's Christal Palace: Browse gemstone jewelry, books, oracle cards and more, and register to win gift certificates and merchandise.

SIS International Shop: Discover how to give awesome gifts at the next wedding, holiday or party and feel great about it. sisshops.com

Sitka Salmon Shares: Learn how you can get a share of high-quality, responsibly-sourced seafood direct from small-boat family fishermen in Southeast Alaska delivered straight to your door! sitkasalmonshares.com

Slow Foods Quad Cities: Meet members of this fun social group that is all about good food that is created with care and attention, healthy for our bodies and the planet, and accessible to everyone, regardless of income.

Sovereign Grace Orthodox Presbyterian Church: In order to live healthy, you also need to take care of your soul. See gospel presentations and pick up a free Bible. qcsGOPC.org

Sylvia Runkle Hypnosis: Meet internationally-known hypnotist Sylvia Runkle and try a free 10-minute hypnosis session. sylviarunkle.com

tapas yoga shala: Learn more about teacher training programs, daily classes for yogis from beginner to advanced, and Thai Bodywork and other private sessions. tapasyogashala.com

Tri-State Windows Siding & Roofing: Get free estimates on windows, siding, metal roofing, asphalt roofing and more. tristatecompany.com

University of Illinois Extension: Learn about Agri-Tours, pick up recipes on cooking from the garden, and sample a cookie made from gluten-free cricket flour. web.extension.illinois.edu/hmsr

Liz Wilson: Interested in learning about alternative, all-natural ways to support your family's emotional and physical health? Stop by and discover the therapeutic benefits of essential oils and reflexology.

WQPT Quad Cities PBS: Pick up fun ideas for healthy meal-time planning and grab a goodie bag containing a Sesame Street "Food for Thought" DVD, farm book and a PBS app. wqpt.org

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A great chance to relax and learn!

By Laura Anderson Shaw

So you eat fairly well, are active when you can be, and you try to make the best decisions you can when it comes to your health, nutrition, and overall wellness. But maybe you are putting off preventive screenings longer than you should, or you have some questions for a doctor but don't necessarily want or need an office visit.

Genesis Health System is coming to the rescue at the Healthy Living Fair this month with its HealthFair bus and special Relax and Learn area in the adjacent Freight House.

"We learned from our December sponsorship of the Winter Wellness event at the new Bettendorf HealthPlex that the Radish readers are very engaged and interested in their health," says Ken Croken, vice president of corporate communications for Genesis Health System.

The Relax and Learn area will lend the opportunity for some comfortable conversation with Genesis health professionals, organizers said; a place where visitors to the fair may ask health-related questions and learn in a relaxed setting. It will be located in the reception area (between Front Street and Fresh Deli) in the ground level of the Freight House.

A host of information about how to improve your health, including ideas for heart-healthy eating; first-in-the-region technology at the Genesis Cancer

Care Institute; stroke prevention with the Genesis Neuroscience Institute; job opportunities in health care; physical therapy screenings; and more will be available in the Relax and Learn area.

Organizers said it also will feature beverages, comfortable furniture to relax on, and information to take home. Attendees will leave feeling recharged.

The first 500 attendees will receive a free Healthy Heart Cookbook from the Genesis Heart Institute, organizers said.

Genesis also will have a 40-foot HealthFair bus on-site, where staff members will provide free blood pressure and total cholesterol screenings on a walk-in basis throughout the fair, from 8 a.m. to 3 p.m., organizers said.

The bus is packed with private exam rooms with ultrasound technology to examine the heart and arteries to identify potential health risks, according

to a brochure from Genesis. It travels the community to provide mobile health screenings, organizers said.

During those community screenings, the bus is capable of providing a six-test package aimed at heart disease, stroke and aneurysm prevention for \$179. The package includes an echocardiogram ultrasound; abdominal aortic aneurysm ultrasound, which requires a four-hour fast prior to it; and more.

Those results are examined by physicians, with a complete report available after about a week, the brochure states.

Because Radish readers were so engaged at the Winter Wellness Festival, it "makes the Relax and Learn Tent a perfect fit for this audience and others," Croken says.

"We plan to give attendees a comfortable atmosphere to learn more about several topics to make a difference in their health and their lives."



Submitted

Radish HLF exhibitors:

- 1 Mississippi
- Abundant Health Chiropractic
- The ABCs of nonviolence
- The Acri Company
- Balance Birth Services
- Born to Breathe Yoga
- Bronze Baby Spray Tan
- Childbearing Year Resources
- Crystal Butterfly Massage Studio
- Cycletherapy Bicycles
- Davenport Horticultural Society
- Davenport Parks & Recreation
- Davenport School of Yoga
- Disability Assistance Dogs
- Eagle View Group of the Sierra Club
- Earth Keepers
- ECKANKAR
- El Rio Spa & Wellness
- Everything Healthy Fresh Juice & Smoothies

- Felicia's Wellness & Boutique
- FIT4MOM Quad Cities
- Flow Sup Co.
- Gary Pond Appliance Repair
- Genesis Physical Therapy
- Greatest Grains
- Heal-Thy Self From Dis-ease
- The Healing Heart Center
- Health Alliance
- Heritage Natural Foods Store
- HiFit LLC
- Holmes Shoes
- Huffman Clinic for Medical Acupuncture
- Indigo Wellness Studio
- Inner Health Chiropractic
- Institute of Therapeutic Massage
- Intact Quad Cities
- Iowa Renewable Energy Association (I-RENEW)

- ISU Scott County Extension Master Gardeners
- Johnson Chiropractic
- Kalona SuperNatural Organic Dairy
- Lamrim Kadampa Buddhist Center
- Let's Ride Bicycle Shop
- Liz Wilson-Essential Oils & Reflexology
- Lundgren Family Chiropractic
- MetroLINK
- M.I. Construction
- Milestones Area Agency on Aging
- Mississippi Mud Art Studios
- Mom's Products
- National Alliance on Mental Illness-NAMI Greater Mississippi Valley
- NormaLeah Foundation
- Peppertree Alpaca
- Plan for Adventure
- Purium Health Products
- Quad Cities Dog Obedience Club
- Quad Cities Food Hub

- Quad Cities Pollinator Conference
- Quad Cities Vet Center
- Quad Cities Women's Outdoor Club
- Quad Cities YMCA
- Quad City Rain Barrels
- Relax & Revitalize Therapy
- RJ Construction
- Roberts-dōTERRA Essential Oils
- The Root Cellar
- Sacred Lotus Acupuncture
- Sharon's Christal Palace
- SIS Fair Trade Shop
- Sitka Salmon Shares
- Slow Foods Quad Cities
- Sovereign Grace Orthodox Presbyterian Church
- Sylvia Runkle Hypnosis
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