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HEALTHY LIVING FROM THE GROUND UP

Radish Magazine is proudly celebrating 10 years of providing LOCAL stories about Healthy and Sustainable Lifestyle options.

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Saturday, June 18th 8am – 3pm
The Freight House MarketPlace
in Downtown Davenport, IA

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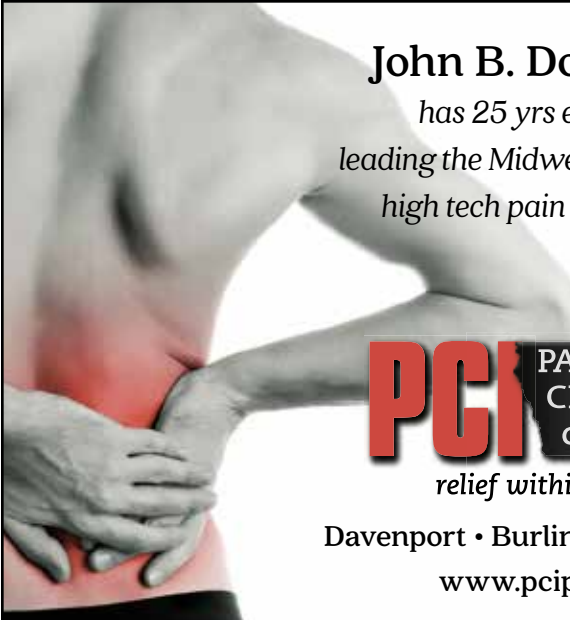
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from the editor

It's crazy to me that June is finally here. Maybe that's because we, at Radish, have been planning the Healthy Living Fair and waiting for this month since February!

When fair day finally comes on June 18, it will be the culmination of many months of hard work, planning, stress and excitement. In the last few months, there have been demonstrations to line up; articles to write; volunteers to find; and tents, tables and more to rent. Luckily, we have a dedicated staff; fun and knowledgeable exhibitors and trusty, energetic readers who come out every year so we can pull it off!

This year's fair is extra special because it's our 10th fair — my ninth since I started with Radish as an intern. Through the years in between, I've written about the featured demonstrations and exhibitors that would be at the fair. I've gotten to meet and write about the winning Pet of the Year, and visit with their families. I've visited the fair, and covered it as a reporter with The Dispatch and The Rock Island Argus. And it gets better every year.

This year, we'll be back in our spot next to the Freight House, at 421 W. River Drive, Davenport. I'm really looking forward to seeing all of the details come together. I'm excited to feel the pulse of the fair — when the music from the stage meshes with the energy from the crowd and the enthusiasm of the exhibitors. I'm looking forward to meeting more of our readers and hearing about what everyone loves most about our little magazine. I'd also like to hear your input on what we could cover more of, and what we could do better.

This issue is packed with stories about the people, organizations and businesses you will find at the fair. We



Gary Krambeck / Radish

have a great day planned with fitness demonstrations, the annual Pet of the Year contest, music and more. Read all about it here, and find the guide on pages 21-25. We hope to see you there!

— *Laura Anderson Shaw*
editor@radishmagazine.com



The 2008 Radish crew at the second annual Healthy Living Fair, which was held at the Quad City Botanical center in Rock Island. Pictured in the back row is Radish founding editor Joe Payne. In the second row is fair coordinator Rachel Griffiths, Nancy Renkes and Spencer Rabe. In the front row is former Radish editor Brandy Welvaert, Paula Parrella and Radish editor Laura Anderson Shaw.

File / Gary Krambeck / Radish

Radish
HEALTHY LIVING FROM THE GROUND UP

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Gerald J. Taylor
PUBLISHER

Laura Anderson Shaw
EDITOR
(309) 797-0320
editor@radishmagazine.com

Val Yazbec
CHIEF REVENUE OFFICER

Terry Wilson
BUSINESS DEVELOPMENT /
MARKETING DIRECTOR
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

Kay Abbitt
ADVERTISING EXECUTIVE
(309) 757-4914

Kimberly Calhoun
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Sally Hendron
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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the grapevine

From our readers

Radish Magazine Yoga Fest (May 2016): "What a well-written, human interest story as well as the advertisement for the festival." — *Norma, Egg Harbor City, N.J.*

"Articles are informational and inspirational. I read from cover to cover, and have tried some of the recipes. — *Sharon Bower, Clinton*

"It has a lot of interesting stories and food and health. Look for it every month." — *Dorothy Kuehl, Silvis*



File / Todd Mizener / Radish

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the following events second annual **Quad Cities Pollinator Conference**, June 23-24, at the RiverCenter, 136 E. 3rd St., Davenport. Radish staff will be on hand June 23. For more information, visit qcpollinatorconference.org

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

Radish Reads: Check out these free titles!

Looking for a new book to read? Radish has a number of titles waiting to be reviewed, and the quick summary you write could be published right here in the pages of the magazine.

If one of the books below sparks your interest, request it by sending an email to editor@radishmagazine.com. Titles are available on a first-come, first-served basis and are limited to one per reader. All we ask is that you write a short 200- to 250-word review within six weeks of receiving the book. Then it's yours to keep!

• **"Whole Protein Vegetarian: Delicious Plant-Based Recipes with Essential Amino Acids for Health and Well-being,"** by Rebecca Miller Ffrench (The Countryman Press, 2016)

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

• **"Infuse: Herbal Teas to Cleanse, Nourish, and Heal,"** by Paula Grainger and Karen Sullivan (Hamlyn, 2016)

• **"Soil Sisters: A Toolkit for Women Farmers,"** by Lisa Kivist (New Society Publishers, 2016)

• **"Pure Juice: Fresh and Easy Recipes,"** by Sarah Cadji (The Countryman Press, 2016)

Volunteer Louise Abdallah, of Muscatine, works to pull out a large tree branch she cut on Sept. 29, 2014, during an invasive species removal event at Green Valley Nature Preserve, sponsored by Augustana College's Upper Mississippi Center, River Action and Living Lands and Waters. This year's Quad Cities Pollinators Conference attendees may tour the site on Friday, June 24.

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Mindy Sullins, MHS, RD, LD
1823 E. Kimberly Rd., Dav.
563.359.9323



Hannah Eddy, MA, RD
750 42nd Ave., Moline
309.757.1085



Krystle Hergert, RD, LDN
2001 5th St., Silvis
309.792.1507



Veronica Skaradzinski, MS, RDN, LDN
4218 Ave. of the Cities, Moline
309.762.0200



Ben Baudler, RDN, LD
901 S. 4th St., Clinton
563.243.6162



Madeleine Ranshaw, RD, LD
2200 W. Kimberly Rd., Dav.
563.391.0213



Nina Struss, RDN, LDN
201 W. 10th Ave., Milan
309.787.0273



Heather Kearney, RDN, LD
Locust St./Rockingham Rd., Dav.
563.324.9948



Kim Denman, RD, LD
2900 Devils Glen Rd., Bett.
563.332.8496



Chrissy Watters, MS, RDN, LDN
2930 18th Ave., Rock Island
309.793.0684



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



Lauren Furguele, RD, LD
4064 E. 53rd St., Dav.
563.355.5540



The Power of Protein

One important function of protein is to build and repair all the tissues in our body, which our muscles need when it comes to sports and exercise. Protein is available in several different food groups as well as in supplements. Protein supplements are a great way to reach your protein needs if you are unable to reach the recommended amount through your diet. Try out this protein-packed smoothie recipe!

Almond Butter and Banana Protein Smoothie
Serves 1 (1 3/4 cups each).

All you need:

1 small frozen banana
1 cup Hy-Vee unsweetened almond milk
2 tbsp almond butter
2 tbsp unflavored protein powder
1 tsp sweetener of your choice, optional
1/2 tsp ground cinnamon
4 to 6 ice cubes

All you do:

Combine banana, almond milk, almond butter, protein powder, sweetener, cinnamon and ice cubes in a blender and blend until smooth.

Nutrition Facts per serving: 402 calories, 22g fat, 2g saturated fat, 0mg cholesterol, 376mg sodium, 37g carbohydrates, 9g fiber, 14g sugars, 19g protein. Daily values: 15% vitamin C, 41% calcium, 56% iron.

Source: adapted from EatingWell, Inc.



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healthy living from the ground up



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The Healthy Living Fair is almost here! Throughout this month's magazine, we have coverage of the exhibitors that make the fair one of the best of the summer; plus there's a pullout guide so

you don't miss anything. (Photo by Meg McLaughlin / Radish)

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Pamper your pooch

A day-spa experience for your furry companion

By Becky Langdon

Quad-Cities dogs are in for a treat at this year's Healthy Living Fair on June 18. And no, not just a little bone, but something perhaps more exciting for our furry friends!

Pam Fisher, of K9 Massage, and Allison Sharp, of Looking Sharp Grooming, will host a doggy day spa at the fair. All fair goers are invited to stop by with a canine pal for a sample of the relaxing services they offer.

If you've never heard of canine massage, it may sound like something out of the movie "Zootopia" rather than real life, but Fisher will assure you, it is real and so are the benefits.

"A lot of people are skeptical," she says. "People ask me, 'What does it do?' And I say, 'Have you had a massage? Did it make you feel wonderful? That's what it does for your dog.'"

Together, Fisher and Sharp offer a spa package for dogs at Looking Sharp Grooming, at 2640 16th St., Moline. Sharp handles the grooming side, while Fisher does the massage portion, a new business venture for her after 17 years as a massage therapist for human clients.

"I'm looking to semi retire, and I wanted to do something with animals. It took me a couple weeks of Googling pet jobs when finally canine massage came up."

It was a light-bulb moment for Fisher and a great opportunity to combine her skills and passions. She sought out a program in Chicago and completed levels one and two of certification training. She is in the process of finishing her certification now for canine massage.

While canine massage is a great way to pamper any pet, Fisher says it's particularly helpful for elderly and show dogs. "Dogs are more active. They're like athletes," she says. "So I find the knots and the sore spots and help with that."

Some of the many potential benefits of canine massage include easing joint and muscle pain, reducing stress and anxiety, aiding in recovery from exercise or surgery, desensitizing dogs with touch issues, and improving range of motion. It can even help increase circulation, boost the immune system, and improve lymphatic drainage, according to a brochure Fisher provides her clients.

While canine massage and human massage are not exactly the same, Fisher says her experience as a massage therapist gave her a jump start in learning canine massage. "The biggest difference is that your dog can't talk," she says.

"But dogs do communicate. They'll turn around and sneer at you if you use too much pressure on a sore muscle. You have to be constantly aware of how the dog is communicating."

Most of the muscles dogs have are very similar to human muscles, and many even have the same names.



Gary Krambeck / Radish

Certified Canine Massage Therapist Pam Fisher with Willie.

Unlike human massage, though, where customers pay for a certain length of time, the length of the massage is up to the dog. "They rule the roost," says Fisher.

Each dog may tolerate a different length of session, and bigger dogs often take longer than smaller dogs simply because of the size. Typically, massages last about 30 to 45 minutes. "Often, the dogs will go home and sleep for a couple hours," says Fisher.

"They're so relaxed, they just want to go home and absorb the benefits of the massage. That's how I know it worked!"

When dogs come in for the spa package at Looking Sharp Grooming,

they see Fisher first before seeing Sharp or one of the other groomers for the second part of the package. Sharp offers a full line of spa treatments using all-natural products that are safe and healthy for dogs.

In fact, upon stepping into the shop, one might be surprised to discover it's a shop for dogs — not humans — because of the refreshing smells of all the products. "Everything is all natural, and some of it is even vegan," says Sharp. "So if they lick it, there's nothing harmful."

The spa experience may include a Blueberry Facial, a Blueberry Clove Sugar Scrub, Mellow Pet shampoo and conditioning spray, and more. Sharp also offers pendants with essential oils to attach to dogs' collars for the aromatherapy benefits.

"My whole goal when I first started this business was to create a relaxing place," says Sharp. "We don't have 15 dogs here at once. My clients sometimes stay for tea or coffee. It's very quiet, very relaxing, and very neutral."

Some dogs struggle with the typical grooming experience because they're nervous or anxious. Other dogs have been turned away from other shops because the stress causes them to bite or snap at the groomers. Many of these dogs are able to relax finally at Looking Sharp, though Sharp admits she didn't realize that was going to become her niche.

"When I opened this business, I was like, 'It's going to be a spa experience. It's just going to be me and the client and the dog,'" she says. "It does get busy sometimes, but we don't run them in and run them out."

Sharp used to work as a groomer in a vet's office before opening her own business. There, they would have to sedate dogs that were too stressed to handle grooming while they were awake. It's expensive and inconvenient. Now, she says she helps fill the gap so that some of those dogs can avoid having to get groomed under sedation.

"We have quite a few come in who have really reformed," she says.

Sharp says the products she uses to help create the spa experience are the best you can buy on the market. "We do research, and these products really work," she says. "People comment how clean their dogs are, how fresh they smell for weeks at a time."

Sharp goes to a groom show every August, and saves up all year for shampoos.

In addition to the standard grooming products, quite a few of her clients use the aromatherapy products at home. There are options for a variety of stress triggers, such as thunderstorms or separation anxiety.

On the more fun side, Sharp also offers color options at her shop. Customers can get their dog's fur dyed or stenciled. Of course, like everything else, the dyes are all natural.

For more information and a sample of the products and services offered through K9 Massage and Looking Sharp Grooming, stop by the doggy day spa at the Healthy Living Fair with your canine pal.

Becky Langdon is a frequent Radish contributor.

"Dogs do communicate. They'll turn around and sneer at you if you use too much pressure on a sore muscle. You have to be constantly aware of how the dog is communicating."

— Pam Fisher

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RADISH HEALTHY LIVING FAIR EXHIBITOR

Get outside!

2 groups help you explore nature, do some good

By Lindsay Hocker

Outdoor opportunities abound in the Quad-Cities, with several clubs organizing many just-for-fun and volunteer activities.

Eagle View Group chair Kristen Bergren says people want to take care of the planet, but sometimes they don't know what to do. Joining a club offers people the chance to find ways to help and learn while having fun.

"We offer so many ways to help them make a difference and ways to get out and enjoy the outdoors," she says.

The Quad-Cities-based Eagle View Group of the Sierra Club covers northwestern Illinois and eastern Iowa. The local group was launched in the mid-1980s and has about 700 members. The national Sierra Club was founded in 1892.

Bergren became involved with the local group about 20 years ago, after a newsletter article piqued her interest. A board member had written about using a push mower to avoid adding carbon dioxide to the atmosphere, and she was impressed by his dedication to helping the environment. She soon became an active member and, eventually, ended up joining the board herself. The man who wrote the article is still on the board.

Eagle View Group activities include a monthly book club, programs featuring guest presenters, park outings, an environmental film festival, and volunteer opportunities including river cleanups.

Through Eagle View Group's Water Sentinels program, volunteers test samples at watersheds that feed into the Rock River. Emily Jawoisz is a new program volunteer who has been aware of the importance of water conservation since she was young. Her late mother collected water samples as a volunteer for another organization, and Jawoisz would go with her with her own play test kit.

When Jawoisz discovered the Water Sentinels program as an adult, she knew she wanted to help.

"The river is my own backyard, and it's important to know what is going in it since we rely



Submitted

The Quad-Cities Women's Outdoor Club on a hike at Starved Rock State Park, in Oglesby, Ill.

so much on what we take out of it," Jawoisz says.

Bergren says experiencing nature is important because "the more you know, the more you care."

The Quad-Cities Women's Outdoor Club also promotes environmental education and getting its members outdoors. President Leona Vilmont says the club is focused on getting women together to try new activities while surrounded by positive and encouraging voices.

"You don't have to buy a bunch of expensive equipment. You can try things out," she says.

Club events coordinator Misti Ferguson joined last year and has since formed many new friendships. She also gained a new hobby after trying out scuba diving with the club at a pool last year.

"Trying something new got me doing

something new," she says. She earned her basic open water certification last summer, and planned to complete her advanced open water certification in Cozumel, Mexico, this year.

In 2012, club secretary Alisa Klein made a New Year's Resolution to join the club because she wanted to spend more time outside and experience things she wouldn't have tried to do alone. She says it is OK to do things out of your comfort zone with the club because you feel supported. Recently, the club experienced indoor skydiving, and though she's afraid of heights, she participated anyway.

"I did it, and I survived," she says.

Quad-Cities Women's Outdoor Club was launched in April 2007 when about 17 members met at Black Hawk State Historic Site for a hike. Now, the club has about 265 members and has had



Submitted
The Eagle View Group of the Sierra Club recently took a ranger-led hike through Herbert Hoover National Historic Site in West Branch, Iowa. Pictured are Jerry Neff, Susan Wolf, Mike Wolf and Ranger Kim Strunk.

as many as 300 members. Members' ages range from 18 to 75, and the women come from a wide variety of backgrounds, professions and fitness levels.

Club activities include hiking, biking, cleanups, Habitat for Humanity builds, overnight trips and in the winter, snow sports and some indoor activities. The club also adopted a stretch of highway in Eldridge.

Ferguson says the club offers opportunities to its members to help with the environment, and the club's highway cleanups have made her more aware of litter when she is out driving.

In a world that's wrapped up in technology, she likes that the club provides the opportunity to get away from it.

"It's nice to, for a while, to live a little more simply."

Lindsay Hocker is an occasional Radish contributor. For more information about the Eagle View Group, visit sierraclub.org/illinois/eagle-view. For more information about the Quad-Cities Women's Outdoor Club, visit qcwoc.com, and visit the group's booth at the Healthy Living Fair.



Submitted
Sara Koehler, of Walcott, Iowa, and Sandy Haskins, of Port Byron, Ill., enjoy an outing with the Quad-Cities Women's Outdoor Club.



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Powering knowledge

Program helps kids learn about renewable energy

By Jane Carlson

Building a model wind turbine or solar car is not out of reach for students, thanks to a unique program at the University of Northern Iowa.

Inspired by the memoir, “The Boy Who Harnessed the Wind,” about a young boy who built a windmill for his family’s electricity source, Fabulous Resources for Energy Education (F.R.E.E.) offers kits for students that put renewable resources into their own hands.

The kits have been available for more than 10 years, according to Patricia Higby, energy education and outreach coordinator for the Center for Energy and Environmental Education (CEEE) at UNI, which oversees the F.R.E.E. program.

“Our materials were created with the help of teachers to be economical and durable for classroom use,” Higby says. “They are a great way to get kids interested in renewable energy sources for their homes and communities. They also are a gateway to exciting careers in the renewable energy field.”

The wind turbine kits — including a regular and “junior” version — come with pieces to be assembled that illustrate how the technology harnesses energy, while the solar car kits give students an up-close understanding of converting the sun’s rays into power. The program also offers a “Best Blades” kit, with nine propellers for experimentation and an Energy Educator’s Kit.

The CEEE’s mission is to empower Iowans with the knowledge, inspiration and tools to create a sustainable future. F.R.E.E. falls under this mission with its educational materials and activities that give teachers and students affordable, well-designed tools to learn about solar and wind energy.

The kits are available to loan at no cost to Iowa educators and students. Those outside the state are required to pay a small fee, with discounts available depending on the quantity ordered.



Submitted
A boy enjoys learning more about wind turbines with a University of Northern Iowa Fabulous Resources for Energy Education wind turbine kit.

The kits also are available to scout and 4-H leaders, Sunday School teachers, private groups or anyone interested in teaching about energy.

Since 2009, more than 105,000 kindergarten through 12th grade students, 6,100 educators, and 21,000 adults have used the kits through the loan program, professional development workshops for teachers and outreach events, such as the upcoming Radish magazine Healthy Living Fair.

Higby says the feedback has been very positive.

“My walls are papered with notes supporting our program,” she says.

According to preliminary results of a survey distributed to educators who have used the materials, the kits are perceived as high-quality, and there is significant interest in seeing the program expand with new materials, activities and curriculum. Educators also praise the program for easy ordering and delivery, and prompt communication with F.R.E.E. staff.

Survey results also show that the majority of educators use the materials as a way for students to make connections between lessons and the real

world, but they are also used to help gather data, to catch students’ attention at the beginning of a unit, to test comprehension and to help students analyze data.

While all ages enjoy the kits, they are most used in grades four through six, according to Higby, when beginning energy concepts usually are taught. Younger students may need more help from adults with the models, but there are no age restrictions.

Higby says the kits initially were developed with grant funding, and support from the Iowa Energy Center. The National Science Foundation’s Experimental Program to Stimulate Competitive Research also has provided funding.

These days, though, the goal is to make the program sustainable. Sales of the kits to non-Iowa educators and groups go toward the cost of the materials, and to pay the UNI students who work for F.R.E.E. Iowa educators will be required to pay shipping and handling charges beginning July 1, but will still be able to use the kits at no charge.

Being housed at UNI provides additional educational opportunities for college students, Higby says. Industrial Technology majors create the kits, and have begun using a 3-D printer to make replacement parts. Marketing students manage F.R.E.E.’s online store and website.

Higby says F.R.E.E. will be set up at the Healthy Living Fair next to the I-Renew Imagine Energy Traveler.

“Their solar panels will make the power for our glue guns and wind tunnel,” she says.

Visitors to the fair can explore solar and wind energy with the kits.

“If they want to take the kits home,” she says, “they will be available for sale as well.”

Jane Carlson is a frequent Radish contributor. For more information about Fabulous Resources for Energy Education (F.R.E.E.), visit uni.edu/ceee/education/free-fabulous-resources-energy-education/free.

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Growing knowledge

Master Gardener programs nourish area plant lovers

By Annie L. Scholl

Kim Scully has fond memories of working in the garden alongside her father, thinning the radishes and beets.

When the Bettendorf woman's sons were young, gardening provided a means to "express beauty, creativity and accomplishment." At 58, this "generational" gardener says "stirring up soil" remains satisfying.

"Leaving for a week and then returning is an adventure: 'What's blooming now?'" Scully says. "Bringing my friends over for a walk in my garden is fellowship. At the end of the day, I show my husband what I accomplished. I sing praises when I'm gardening."

It wasn't what Scully knew about gardening that prompted her to complete the Master Gardener program through the Iowa State University (ISU) Extension and Outreach in 2007. It was what she didn't know.

"The Master Gardener program stimulated my creativity, particularly landscape design," says Scully, who is a homemaker and works as an assistant for her husband's financial services business. "Through the program I learned of the variety of resources at my disposal."

Tracy Jo Mulliken, with the University of Illinois Extension, says the chance to expand the knowledge and love of horticulture is one of the main reasons she believes people should consider becoming a Master Gardener.

"The Master Gardener training covers the start of the journey," Mulliken says. "It allows the trainee to get their feet wet on all areas of gardening and (provides) a stepping point to where they want to learn more. A trainee will graduate with a fantastic base of knowledge and the ability to properly research and answer what comes their way."

The ISU program extends over two months. Participants learn through webinars and face-to-face training. There also is a trip to ISU for some classes in the labs. The program starts in late September, and usually finishes before Thanksgiving. Sessions are two to three hours, and the cost of the program is \$195.

The University of Illinois Extension, which serves Henry, Mercer, Rock Island and Stark counties, offers 12-week Master Gardener training beginning in January. The style of presentation varies depending on the educator, Mulliken says. The cost is



Master Gardener Kim Scully, of Bettendorf.

\$175.

Through the Iowa State program, Scully learned about the quality and types of soil; how to recognize trees, prune shrubs, and more. Through one continuing education class, she learned how to reconstruct turf grass, which is especially important to her because 75 percent of her yard at the time was bare.

Through the years since, she has redesigned all of the existing beds in her yard.

"I came to think of gardening as investigative and challenging," Scully says. "I would dig up unrecognizable weeds and take them to the extension office. Another time I had an insect eating away at my azalea shrub. I was able to look under the microscope and, with assistance, diagnose it. The literature I received included a treatment plan."

Scott County (Iowa) Extension Director Becky Bray says gardeners will not only benefit personally from the classes and information available to them, they also will have the opportunity to teach others. To remain an active member of the ISU program, Master Gardeners must complete at least 10 hours of continuing education and 20 hours of service.

"Most give much more service each year," Bray says.

The University of Illinois program requires 10 hours of continuing education, and a minimum of 30 volunteer hours.

In the past year alone, the Scott County Extension Master Gardeners contributed more than 700 volunteer hours, which translates to more than \$10,000 of service to the citizens of Scott County, Bray says.

"The projects here in Scott County are many and varied," she says. The program is not intended to be free labor for people or groups wanting assistance in their lawns or gardens, she says. Since people learn by doing, Master Gardeners can work alongside others to show them how to do something, but they cannot do a project by themselves.

Master Gardeners also serve by sharing their expertise and education through speakers' bureaus, adult education classes and the like.

Continued on page 42

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Raining buckets?

Try using a rain barrel!

By Jonathan Turner

Any homeowner or business owner can benefit by using a rain barrel, which not only is a green decision for the environment, but will save you some green in your wallet, too.

Ed Peterson — who started Quad City Rain Barrels on Earth Day 2008, out of his Moline home — again will have a display at the Radish Healthy Living Fair with a 55-gallon rain barrel (which costs \$75).

“I think rain barrels are an excellent way to help save the environment. It’s also something the average homeowner or renter can do and also help save them some money,” he says of storing rain water to use for gardens and house plants. Peterson says using untreated water also “is a lot better on the plants.”

According to the website, quadcityrainbarrels.com, the company utilizes barrels that previously were used to ship pickled food overseas. Because the rain barrels themselves are recycled, it also keeps them out of landfills, Peterson says.

“As long as you have downspouts and want to save some water, they’re perfect,” River Action executive director Kathy Wine says. “They can go on a garage, house or business to work with industrial gutters.”

Wine’s nonprofit has sold 4,100 barrels in the past 13 years, as part of its “Retain the Rain” program, an initiative to conserve water and lower flood levels in local rivers and streams.

“Using a rain barrel is one of the simplest actions you can take to reduce runoff by collecting the rain that runs off your home,” according to River Action. Every gallon of rainwater collected keeps it out of swollen rivers and streams, and potentially, out of your basement or business.

The collected rainwater then can be used to irrigate lawns, water landscape beds, wash cars and more.

A half inch of rain generally fills up one barrel.

“The hardest thing is keeping the barrel empty. You have to be thinking of that,” Wine says, noting River Action’s “Retain the Rain” program includes promotion of permeable paving and rain gardens, all to help keep rain from storm drains. To calculate the amount of stormwater you could save, use the “Retain The Rain Virtual Kiosk,” at riveraction.org/node/45, and enter the dimensions of your roof, yard or office project.

In urban areas, rain, melting snow or any water that doesn’t soak into the ground flows into a community’s storm sewers, which goes directly into lakes, streams and rivers, carrying with it a variety of pollutants ranging from soil and road salt to oil, grease and litter, according to River Action.

In some areas, storm water runoff leads to erosion of streambanks, damages fish habitat and destroys property, River Action’s website says, noting that runoff is difficult to control because it comes from every street, sidewalk, driveway, yard and parking lot.

“Consequently, managing a community’s storm water runoff requires the participation of all residents,” River Action says. “Only with all members of the community working together can storm water be managed and controlled.”

Those property owners adjacent to wetlands, streams, lakes and rivers play a key role in the effort to manage storm water runoff.

Rain barrels come with screening for the lid to keep out insects and debris from the roof, as well as a diverter or a flex spout to direct water from your downspout into the barrel.

Once you have a barrel, Peterson recommends choosing a downspout on your house or garage that is close to the plants and garden you water most. Also be sure the rain barrel is in a spot where its overflow will soak into your own yard and not your neighbor’s property.

He also recommends building or buying a base for your barrel. Concrete blocks, bricks or cinderblocks work well, he says, and he also



Submitted

Rain barrels similar to this are sold by River Action, Quad City Rain Barrels and QC Food Hub.

offers platforms made from reclaimed wood. The diverter kit contains complete instructions for easy installation.

Peterson offers free delivery of rain barrels in the Quad-Cities area. If you buy from River Action, they also cost \$75 each, and include mosquito netting, downspout diverter, spigot and two overflow attachments; or \$80 for one with a large diverter. When the barrel is full, the diverter can be flipped up to a closed position to let the downspout function normally. You can pick them up at the River Action office, 822 E. River Drive, Davenport.

River Action also sells the barrels at the Quad Cities Food Hub, 421 W. River Drive, Davenport.

Contributor Jonathan Turner is an arts and entertainment reporter for The Dispatch/The Rock Island Argus. To contact River Action, call 563-322-2969. To contact Quad City Rain Barrels, call 309-235-6560.

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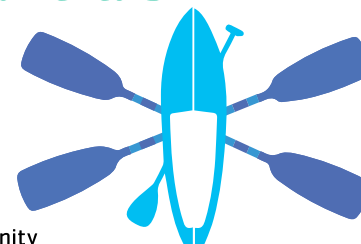
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Good for your gut

Area company makes variety of fermented foods

By Dylan Davis

Fermented foods — societies all around the world eat them and extol their health benefits. Visiting Japan? Try natto. Korea? Go for kimchi. Latin America? Eat some curtido. Central or Eastern Europe? Have sauerkraut, kapusta or zeli. The list goes on and on.

In the United States, popular fermented foods include sour cream, yogurt, cheese and cream cheese, but the range of fermented foods and beverages is much wider than you might realize. There are companies peddling these types of products, and some might be right around the corner. One such company is Agri-Cultured Foods, which is based in Dallas Center, Iowa. With a variety of krauts, kimchi, pickles and kombucha, Agri-Cultured has offerings for just about anyone.

Eric and Sarah Underberg, of Waukee, Iowa, founded Agri-Cultured in 2012 after experiencing the benefits of fermented foods in their own bodies. Eric, an athletic and generally healthy guy, noticed that he was still not feeling right, despite regular exercise and a generally healthy diet. His joints ached, and he always felt bloated after eating.

After some research, Eric began including homemade fermented foods in his diet, and almost immediately noticed that he felt different. His joints felt better, and he even lost weight with little to no effort. Sarah then began to slowly incorporate the same foods into her diet. She had assumed she was lactose-intolerant, but she “cured” her allergy to lactose with the help of the probiotics and enzymes in the fermented foods.

Fermented foods are full of live bacteria that promote a healthy microbiome, the immense community of bacteria living in our bodies. Having a healthy gut promotes a healthy metabolism, supports brain function, helps maintain healthy body weight, improves the function of the immune system, enhances the body’s ability to absorb essential vitamins and minerals, and much more.

The Weston Price Foundation, a nonprofit organization “dedicated to restoring nutrient-dense foods to the human diet through education, research and activism,” claims that the “regular consumption of traditionally fermented foods and drinks promotes the growth of healthy flora and overall balance in the intestines.”



Chelsea Draper and Agri-Cultured co-owner Eric Underberg hold some of the items they sell at their booth at the Freight House Market in Davenport. Gary Krambeck / Radish

The process of lacto-fermentation results in bacteria called lactobacilli, which then produce lactic acid as a by-product. Lactobacilli and lactic acid are the key factors behind the benefits of fermented foods and drinks.

“Imagine fermented foods are on a bus, traveling down through your stomach into your intestines. Every turn and twist in your intestines should have specific types of beneficial bacteria in them, each serving specific functions,” says Sarah. “They get off the bus at the appropriate spot and go to work there cleaning house. When they find something that should not be there, like mercury for example,” she says, the bacteria will wrap themselves “around the bad things and remove them from your body.”

Agri-Cultured products include Old School, Garlic Dill and Jalapeno Ginger Krauts; Real Dill and Smokin’

Dill Pickles; Original, Vegan and Cowboy Kimchi; and many flavors of Kombucha, including strawberry, raspberry and ginger.

The beneficial bacteria in fermented foods are “like super heroes, fighting the bad bacteria, fungi, viruses and toxins, keeping us healthy. That is why it is so important to continue to eat fermented foods. You have to keep supplying your gut with those beneficial bacteria so that (they) can aid in breaking down the food that we eat, as well as making the nutrients available so our bodies can utilize those nutrients instead of flushing them out.”

To make their products, Agri-Cultured strives to work with local suppliers and vendors. The homemade products are then hand-labeled and hand-packed by Eric and Sarah, their son and a family friend.

Find Agri-Cultured online through the Iowa Food Cooperative (iowafood.coop), as well as at co-ops and farmers markets throughout Iowa, including the Quad Cities Food Hub and the Freight House Farmers’ Market in Davenport, the Wheatsfield Co-op and the Alluvial Brewery in Ames, and Lucky’s Market in Iowa City.

“The SAD (Standard American Diet) is making us chronically ill because it lacks nutritional value and grows bad microbes,” Sarah says. “Good microbes enable us to be the best version of ourselves that we can be.”

Contributor Dylan Davis makes his debut this month in Radish. For more information about Agri-Cultured, visit facebook.com/Agricultured.Iowa.

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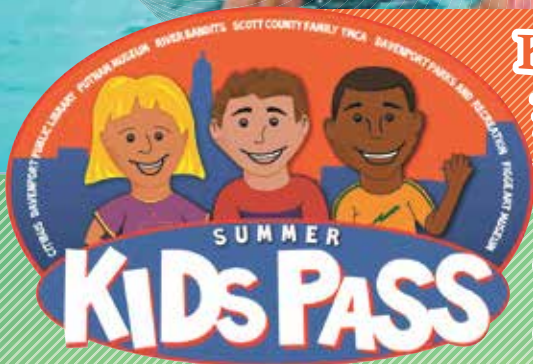
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HLF healthy living fair

Get ready to learn more about all things health- and wellness-related — and have a blast while you're at it! — at the 10th annual Healthy Living Fair. The only one of its kind in the Quad-Cities, the fair is a celebration of local and natural foods, health and fitness, community organizations and environmental stewardship. Find it Saturday, June 18, next to the Freight House, 421 W. River Drive, Davenport.

The fair, 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 to both is free.

On the stage

• **9 a.m. — Rise and shine:** Grab your yoga mat and gently kick off your day with a 30-minute yoga class with the Davenport School of Yoga.

• **10 a.m. — Get your dance on:** Lace up your sneakers and prepare to sweat. QC Studio Z Zumba instructors Sara Pearson, Amanda Motto and Missi Slankard will offer a peek at what the dance fitness classes have to offer. Knock out 45 minutes of cardio for the day and join in on the fun.

• **11 a.m. — Rev it up:** Check out a variety of Les Mills classes held at the Two Rivers YMCA. Instructors will lead snippets of Body Attack, a sports performance-based cardio workout; Body Combat, a martial arts-inspired cardio workout, and Body Vive, which includes cardio and strength training.

• **Noon — Pet of the Year Contest:** Bringing your pooch to the fair? Stop by the Radish booth just before noon, and be ready to share your story about how you and your pet keep each other happy and healthy. The first 25 pets to sign up will receive a healthy living gift. The winner will be featured on the cover of the August Radish!

• **1-3 p.m. — Music:** Come to the stage area to enjoy some music, or listen while you browse the fair. There will be food and drinks available throughout, including in the Freight House, from Front Street Brewery, the Fresh Deli by Nostalgia Farms, the Quad Cities Food Hub and more. Kids also can use the playground on the west end of the Freight House.



Kalona SuperNatural marketing manager Sara Rissi and warehouse manager Zach Westerdahl discuss the benefits of their organic products to fairgoers at the 2015 Healthy Living Fair next to the Freight House in Davenport.

File/ Gary Krambeck / Radish

Your guide to the 2016 Healthy Living Fair

All-day happenings

• **Lots of fun for the little ones:** Kids love the Healthy Living Fair! There's lots for little ones to do, like meeting Cowboy and Farley, the friendly Anglo Nubian Goats from Escape Goat Soaps. They enjoy attention, and never say no to a snack! Learn about farmers market plants and plant a newspaper pot to take home at the Davenport Parks and Recreation booth. Stop by the WQPT booth and pick up a PBS Summer Adventures Kit. Find kids' activities while learning about reducing exposure to toxic chemicals at the Moms Clean Air Force booth. Check out the "Herb, the Vegetarian Dragon" book and gardening books for children at Barefoot Books' booth. Learn how solar energy can pop popcorn, power video games and a phone charging station in the Imagine Energy Traveler at the Iowa Renewable Energy Association exhibit.

• **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 you're there, be sure to chat with folks from the Friends of Off Road Cycling (FORC), Quad

Cities. FORC is dedicated to expanding mountain biking in the community.

• **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, complete a survey about the magazine. The first 75 readers to do so will receive a special healthy living gift. Are you a fan of yoga, or interested in learning more? Stop by the Radish Magazine Yoga Fest booth, right next to the Radish booth, to learn more about the upcoming yoga festival we'll be sponsoring in July. At our booth, you also can snag back issues of the magazine, as well as reusable Radish bags!

• **Farmers market:** Don't forget to visit the Freight House Farmers' Market! From 8 a.m. to 1 p.m., the market will offer fresh produce (both local and brokered), baked goods, meats and poultry, eggs, locally-produced wines, handcrafted soaps, cheese, garden plants, dog treats, handmade jewelry and more. Can't wait until you get home for a nibble? Food and beverage vendors on site will sell pizza, pastries, grilled meats, 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. For ideas, visit downtowndavenport.com.

Sponsors

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 Health Alliance, Kalona SuperNatural, 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.



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Exhibitors

Enjoy all the fun, informative booths

Spread out across the Healthy Living Fair, you'll find about 70 exhibitors representing area organizations, businesses and more, offering information, demonstrations and free samples, as well as a wide range of products and services that support health and wellness.

The fair truly celebrates the best the area has to offer in local and natural foods, health and fitness, community groups and environmental engagement, and offers attendees the chance to explore alternative, holistic and integrative health care and medicine; organic and natural products for families, households and pets; local and whole foods and recipes; the latest in renewable energy for homes and businesses; opportunities to get active, indoors or outside; food for mind and soul; fair trade shopping; organic gardening and more.

Here's a peek at the exhibitors who will be on hand at the fair:



File / Gary Krambeck / Radish
Steve Dunlop, left, and Melva England receive a massage from Amber Tucker and Ronda Robertson at the Institute for Therapeutic Massage booth at the 2015 Healthy Living Fair next to the Freight House in Davenport.



File / Gary Krambeck / Radish
Emory Paulsen, 3, is all smiles as she feeds Crystal Blue, an alpaca, at Radish magazine's 2015 Healthy Living Fair next to the Freight House in Davenport.

9Round Fitness: Learn about 9Round's total-body, 30-minute kickboxing workouts with no class times, and receive a free one-week trial. 9round.com

AdvoCare: Learn more about the company's energy, weight loss, nutrition and sports performance products, as well as a rewarding business opportunity. advocare.com/9612196

Amber Ridge Assisted Living: Learn more about how seniors live and thrive at Amber Ridge. amberridgeassistedliving.com

Abundant Health Chiropractic: Discover completely natural, drug-free health care that allows the body to heal itself. getabundantthehealth.com

Barefoot Books: Browse a variety of yoga and gardening books for children, including "Herb, the Vegetarian Dragon."

Childbearing Year Resources: Expecting? Get information about mother and baby resources in the Quad-Cities area and more. childbearingyearresources.com

Congregation of the Humility of Mary Spirit of the Prairie: Learn more about the retreat near Wheatland, Iowa; enter for a giveaway basket and more. chmiowa.org

Davenport School of Yoga: Find information about yoga and health-related conditions, and ask about yours. davenportschoolofyoga.com

Davenport Parks & Recreation: Learn all about the plants found at the farmers market. Enjoy a seed-matching game and plant a newspaper pot to take home.

Elite Health: Receive a free screening of your Neuro-BioMechanics. [563-359-4203](tel:563-359-4203)

Escape Goat Soaps: Visit with the goats and browse goat's milk soaps, egg milk bath bombs, and "Goat on a Rope" soap, all handmade in Davenport. escapegoatsoaps.com

Familia Dental: Receive a free dental screening and learn more about Familia Dental and what it offers. familiaidental.com

Friends of Off Road Cycling-FORC: Dedicated to expanding mountain biking in the community, learn about FORC's efforts to build and maintain trails, offer educational clinics and a local trail conditions app. qcforc.org

Gary Pond Appliance Repair: Repairing an appliance rather than replacing it is a win for the environment and your wallet. Ask questions about your appliances, and check out an 1890 washing machine and a vintage wooden wash tub. [309-737-1664](tel:309-737-1664)

Genesis Home Medical Equipment: Sample and enter to win Earth Mama Organic Products to support your entire childbirth journey. [563-421-3322](tel:563-421-3322)

Good Samaritan Society Services @ Home: Learn about the services that can help your loved ones stay at home. good-sam.com

Greatest Grains: Learn about natural products that are safe for you and your family, and sample some high-protein goodies. greatestgrains.com

Heal-Thy Self From Dis-Ease: Learn about nutritional counseling and energy work that focuses on the root causes of disease. Receive a coupon for discounted consultation.

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

Health Alliance: Learn more about Medicare, Medicare Advantage and tips for healthy living. medicare.healthalliance.org

Heritage Natural Foods: Browse and shop the store's most popular natural, organic and ethically sourced products, and taste some baked goods. heritagenaturalfoods.com

Holmes Shoes: Check out new summer sandals from Keen, New Balance, Aetrex and many more. holmesshoes.net

Illinois Renewable Energy Association: Learn about energy efficiency and renewable energy in your life and community. illinoisrenew.org

Illuminate Reiki Studio: Learn about Reiki and dōTERRA. 563-505-0476

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. Get a screening and receive a free gift. 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

Intact Quad Cities: Learn more about intact care, circumcision and developmental health.

Iowa State University Extension, Scott County: Chat with Master Gardeners about your garden, landscape and pest management. Watch how to divide hostas and take one home, while supplies last. extension.iastate.edu/scott

Iowa Renewable Energy Association



File / Gary Krambeck / Radish

Instructor Barbara Langley, center, leads her Zumba Gold demonstration workout on stage at the 2015 Healthy Living Fair next to the Freight House in Davenport.

(I-RENEW): Tour the Imagine Energy Traveler at the fair, and learn how to make your own home or building more energy efficient. irenew.org

Kalona SuperNatural: Sample delicious, organic dairy foods made the old-fashioned way, including organic Greek yogurts, chocolate milk and more. kalonasupernatural.com

Lamrim Kadampa Buddhist Center: Learn about meditation benefits, classes for children and adults, retreats, Buddhist studies and prayers and more. meditateiniowa.org

Lundgren Family Chiropractic: Receive free spinal screenings with state-of-the-art Electromyography technology, and a coupon for a free 20-minute HydroBed Massage. lundgrenchiropractic.com

MetroLINK: Tour a Metro bus, practice loading a bike on the bus rack, learn about the Compressed Natural Gas-powered buses, bio-diesel buses and more, and pick up schedule for the Channel Cat Water Taxi. gogreenmetro.com

Milestones Area Agency on Aging: Get connected with services for independent living. milestonesaaa.org

Moms Clean Air Force: Win prizes and

enjoy kids' activities while learning about air pollution and reducing exposure to toxic chemicals. momscleanairforce.org

MyoTech Dental: Learn more about the care and services available for children and adults. myotechdental.com

National Alliance on Mental Illness-NAMI Greater Mississippi Valley: NAMI provides free nationally developed education and support programs for families and individuals living with mental illness. Connect with a wealth of resources. namigmv.org

Natural Adjustments: Learn about natural living and wellness through the use of essential oils with examples for demonstration. 563-639-9686

Nerium International: Discover the botanical age-defying products for the face, body and brain. 563-650-4348

NormaLeah Foundation: Purchase Bling4Cancer jewelry and learn more about ovarian cancer risk factors and symptoms. normaleah.org

NutritionWorks Holistic Health: Learn how you can improve your health naturally, without drugs or surgery. nutrition-workshealth.com

NYR Organic: Check out organic,

ethical, award-winning natural skin and body products for the whole family. us.nyrorganic.com/shop/kristynrose

The Pampered Chef: Learn more about how you can pack make-and-take mason jar salads for your lunch, and more. pamperedchef.biz/carlottaskitchen

PrismsScape Gems & Healing Center: Discover the beauty and healing energies of gems and minerals and more information about the Iowa City center.

Purium: Browse products that are organic, natural and free of GMOs. mypurium.com/krisgarrison

QC Pollinator Conference: Learn about plant-pollinator relationships, pollinator decline, pollinator-friendly landscapes in agricultural and urban settings and the upcoming conference June 23-24. nah-antmarsh.org/qcpollinatorconference.org

Quad Cities Food Hub: Learn about upcoming classes, the local market store, Farm to Table dinners, Growers' Choice subscriptions, volunteer opportunities and more. qcfoodhub.com

Quad-Cities Women's Outdoor Club: Interested in hiking, biking, kayaking, snow shoeing and more? No matter your age or fitness level, this club has something for everyone. qcwoc.com

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

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

Salt Holistic Health: Discover the benefits of salt therapy/halotherapy for asthma, allergies, and eczema. saltholisti-chealth.com

SIS International Fair Trade Shop: Learn more about this shop, which specializes in fair trade items that were handmade by artisans all over the world. sisshops.com

Sovereign Grace Orthodox Presbyterian Church: Healthy living, mind, body and soul. Hear the gospel and receive a gift. qcsogopc.org

Sukyo Mahikari Centers for Spiritual Development: Learn about the Japanese art of Divine Light and receive a free session from Sukyo Mahikari volunteers.

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



File / Gary Krambeck / Radish

Farah Marklevits of Davenport, left, talks with April Wise, Joe Gauthier and Ashley Hoskins at the Lamrim Buddhist Center booth at the 2015 Healthy Living Fair in Davenport.

Two Rivers YMCA: From group exercise classes to paddleboard rentals, find out how the Y supports your healthy lifestyle. tworiversymca.org

University of Illinois Extension: Learn about sustainable eating habits, test your Food Literacy I.Q., explore

pollinators and strategies to attract them, get garden design tips and more. web.extension.illinois.edu/hmrs

University of Northern Iowa Center for Energy and Environmental Education: Calling all kids! Find the best blade for a wind turbine, test drive a model solar



File / John Greenwood / Radish

Jeani Mackenzie of the Davenport School of Yoga leads the annual Rise and Shine yoga class at the 2014 Healthy Living Fair.

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WQPT Quad Cities PBS: Pick up a PBS Summer Adventures Kit (while supplies last) filled with activities and ideas for the summer. wqpt.org



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'Farm to shower'

Area family turns goat's milk into soap

By Cindy Hadish

Goat's milk — a beauty secret said to be favored by Cleopatra — is catching fire far beyond the Nile.

While the Egyptian queen purportedly kept her skin supple with goat's milk baths, the soap form of goat's milk is gaining a modern-day following.

"Quite a few people are making it," says Matt McClanahan, owner of Escape Goat Soaps.

Very few, however, take the hobby from "farm to shower," as McClanahan does with his Quad-Cities-based business.

His family raises six goats on their farm at the edge of Davenport, including five does that are milked to provide the key ingredient for the hand-crafted soap and bath products.

The long-eared Anglo-Nubian goats are "gentle giants," McClanahan says, with the breed offering milk high in butter fat content. For soap, that translates into a vitamin-enriched product that creates a rich lather.

Escape Goat Soaps uses essential oils and natural, plant-based colorants, such as indigo, offering a locally-sourced product available at stores including The Soap Box; Crafted QC and the Quad Cities Food Hub, all in Davenport; The Skeleton Key in Rock Island, and Living Vintage in Eldridge, as well as the Freight House Farmers' Market, and soon at Machine Shed restaurants in Urbandale and Davenport.

Their product line includes cold-processed soaps and Egg Bath Bombs, which McClanahan's 11-year-old daughter, Carley, helps create. One of their most popular soaps is "Goat on a Rope."

McClanahan, whose day job involves landscaping and snow removal, freezes the goat's milk before combining it with hot lye in large pots to melt down the coconut oil and other moisturizers used in the products.

The liquid is poured into molds to harden. He creates the soap at a studio in Bennett, Iowa, where there is enough space to allow the bars to cure for six weeks.

McClanahan says he hopes to bring the family's wether — a male goat named Cowboy that has been neutered — to the Healthy Living Fair. Cowboy is the company spokes-goat.

"It's a fun business," McClanahan says, adding that while Escape Goat Soaps can be purchased online at escapegoatsoaps.com, he enjoys meeting customers in-person at craft shows and markets.

Megan Thede sells her Burnt Mill Candles & Soap products at the Quad Cities Food Hub in Davenport, including goat's milk soap. But unlike McClanahan, she sometimes finds it challenging to find goat's milk.

"Unfortunately, I do not have any close friends that raise goats, so I don't have the luxury of using fresh-from-the-farm milk," she says, adding that she purchases goat's milk when she can at Greatest Grains in Davenport.

Jeanne White of Jeanne's Soaps is in a similar situation. White, who learned how to make soap from her grandmother, sometimes has a hard time finding the main ingredient, given that Iowa laws prohibit sales of raw milk. She has turned to buying goat's milk from grocery stores, which can be pricey.



Submitted

Matt McClanahan, owner of Escape Goat Soaps out of Davenport, poses with some of his goats.

When she has it, her goat's milk soaps and body butters are popular sellers at Cedar Rapids and Des Moines farmers markets.

Finding goat's milk is no issue for Cindy Snyder, of Daisy May Essentials, who raises goats on her Anamosa farm. She uses the milk for her own baking and cheese for personal consumption, as well as in soaps and lotions that are sold online and in stores such as Savor the Barn in Monticello, Namaste in Dubuque and Strawberry Lane in Galena.

"We have a lot of repeat buyers," she says, citing customers with skin conditions and others who simply prefer using natural products.

One big fan of Snyder's products is Marilee Feldman, of Alpaca Fiber Arts. Feldman uses fiber from her llamas to create a natural felt coat around the goat's milk soap, which she sells at farmers markets in Mount Vernon, Hiawatha and Iowa City.

The llama-felted goat's milk soap works as a gentle exfoliator, similar to a loofah, but mildew-resistant.

For those without access to goat's milk, Sandy Rosenberger, owner of New Bo Mercantile and Vintage Shop in Cedar Rapids, offers a solution.

Her store sells supplies for organic bath and body products, candle- and soap-making and other do-it-yourself projects, including a natural glycerin and goat's milk-soap base. Using the base, Rosenberger says, customers could make goat's milk soap in about five minutes.

"The hard work is already done."

Cindy Hadish writes about farmers markets, gardening and local foods at home-grownIowan.com.



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No skinny dipping

Take the plunge with healthy, full-fat dairy

By Brandy Welvaert

Headed to a summer cookout and need a delicious dish to share? Whip up a dazzling dip with just a few ingredients, pair it with a pretty platter of chopped vegetables and you can be out the door in minutes.

With dips, as with most simple fare, ingredients really do matter. And local, natural, full-fat dairy will enhance the flavor and health of any recipe.

"I'm hooked on full-fat dairy," says Sara Rissi, spokesperson for Kalona SuperNatural, which distributes natural dairy products such as milk, butter, sour cream, and cream-top yogurt.

"We believe in doing less — not more — when it comes to food," says Rissi. "We bring you food in its most natural state."

Kalona SuperNatural's products are organic, non-homogenized, grass-fed and minimally pasteurized — either at a low temperature or a high temperature for a short time — to eliminate harmful bacteria while preserving character.

"Low temperature pasteurization destroys dangerous pathogens, but not the helpful bacteria that our bodies need. Lower temperatures also preserve the fabulous, fresh flavor of milk," Rissi says.

All of the company's products originate on small Amish and Mennonite family farms with average herds of about 30 cows on land that has been in families for 150 years in Kalona, Iowa, and the surrounding region. Products are sold in whole and natural food stores, including the HealthMarket section of Hy-Vee stores in the Quad-Cities. (For a listing, visit kalonasupernatural.com/faqs.)

Rissi calls the company and its products "grassroots."

"Unlike larger companies, we know each and every farmer we work with. We visit their land. We know their families. We understand how and why they created their product. Whether it is organic milk, butter or yogurt, we are invested in the lives of our producers and, in turn, they are invested in the integrity of the product we send to market," she says.

Home cooks know that low-fat and fat-free dairy products don't produce the same results in recipes as their natural counterparts, nor do they taste the same on their own. Yet, it's easy to get lured in by the apparent health benefits of reduced-fat foods.

Case in point: Several years ago, I bought a tub of fat-free French onion

dip to serve with veggies at a Fourth of July party. I knew it wouldn't have the same consistency or flavor as the regular version, but I was surprised when it turned out to be much worse than I guessed it would be — watery and off-tasting. The container languished in the fridge for a week or two before I finally rinsed and recycled it.

For years, we've been told that fatty foods, including natural, full-fat dairy, can lead to health problems, including cardiovascular disease and obesity. Eventually, however, the scientific community may side with our tastebuds.

As reported by National Public Radio, a 2013 paper in the Scandinavian Journal of Primary Health Care showed that men who ate high-fat dairy products actually were less likely to become obese than men who didn't. A second study, published in the European Journal of Nutrition, concluded that eating full-fat dairy does not contribute to obesity and heart disease, but instead decreases the risk for obesity.

If it's been a while since you indulged in natural dairy, you can sample Kalona SuperNatural products June 18 at the Healthy Living Fair.

"Visitors can expect to try our line of Greek yogurts, as well as some of our other products, like chocolate milk. We will also have a prize wheel and will be giving away some Kalona SuperNatural gear," says Rissi.

Kalona SuperNatural and its parent company, Open Gates Group, have been part of the Radish magazine Health Living Fair for years.

"We find that those who attend the Radish show have a great appreciation for local, organic and minimally-processed foods. It is a great opportunity to not only showcase our products, but also interact with consumers," she says.

Soon, you'll be able to road-trip for a taste of Kalona SuperNatural, too. The company recently purchased the old cheese factory in Kalona and will open the Kalona Creamery Shop & Deli this fall.

No matter how you decide to try it — from the supermarket, at the fair this month, in Kalona or in your own recipes — the taste of fresh, natural sour cream, yogurt, milk and butter is sure to remind you of a different time.

"Customers tell us that drinking (our) milk takes them back to their childhood days," Rissi says.

What more reason do you need? Take a dip!

Brandy Welvaert is a former editor of Radish.

"We know each and every farmer we work with. We visit their land. We know their families. We understand how and why they created their product. ... We are invested in the lives of our producers and, in turn, they are invested in the integrity of the product we send to market."

— Sara Rissi, spokesperson for Kalona SuperNatural



Photos by Meg McLaughlin / Radish

Spinach and Artichoke Dip with Pastry

Spinach and Artichoke Dip with Pastry

Pastry

1 cup all-purpose flour
1/4 cup whole wheat flour
1/4 teaspoon salt
1/4 cup oil
1/2 cup unsalted butter
1/4 cup sour cream
2 teaspoons lemon juice
1/4 cup ice water

spinach, thawed and squeezed
of its liquid

14-ounce can artichokes,
drained and rinsed
2/3 cup sour cream
5-ounce container plain Greek
yogurt
1 cup grated mozzarella
cheese
1 cup grated Parmesan cheese
2 tablespoons garlic, minced
1/4 teaspoon cayenne pepper

Filling

10-ounce package frozen

For the pastry, preheat oven to 400 degrees. Combine flours and salt. Cut in butter and add oil. In a separate bowl, combine the sour cream, lemon juice and water. Stir gently into the flour mixture, just until combined. Roll out dough into a rectangle 1/4-inch thick and place on a baking sheet.

For the filling, mix the spinach, artichokes, sour cream, Greek yogurt, cheeses, garlic and cayenne.

Pour filling in middle of pastry, spreading to leave a 2-inch border around the edge. Fold pastry over filling mixture. Bake 40-50 minutes, then broil on low for 3-5 minutes. Serve warm.

Dill Dip

16-ounce container sour
cream or plain Green yogurt
(full-fat)
1/2 teaspoon salt
1/2 teaspoon onion powder
1/2 teaspoon dill weed
1 teaspoon cider vinegar



Dill Dip, made with Kalona SuperNatural organic sour cream.

Mix all of the ingredients in a medium bowl. Refrigerate for an hour or more before serving to allow flavors to meld. Serve with crackers, chips or fresh vegetables.

Source: Recipes provided by Kalona SuperNatural. Find more recipes online at kalonasupernatural.com/recipes.



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mind & soul

Pint-sized peace

Meditation helps people of all ages, kids included

By Chris Cashion

Meditation. Just the word conjures up images of closed eyes, serene faces and stillness. That image can change, however, when those faces belong to children.

Their bodies may wriggle, giggles may erupt and they may peek to see what their neighbor is up to. That doesn't mean, however, that they aren't benefiting from meditation.

Karen Miranda, who teaches meditation for children at the Lamrim Kadampa Buddhist Center in Davenport, usually starts her classes with some casual conversation. The children are welcome to discuss whatever comes to mind — school, Pokemon, their recent trip to the library — whatever pops into their minds is fair game.

Once the children get comfortable, Miranda draws them into a short meditation — just a few minutes, something young minds accustomed to constant stimulation are able to follow.

"Most kids settle in pretty quickly and join in the conversation and discussion. After the first meditation, they usually talk about how hard or easy they felt it was," she says.

Miranda defines meditation as focusing the mind pointedly on a single object without distraction. That focus brings peace and stillness.

"From this peace and stillness arises a feeling of true happiness. It is a happiness that comes from within and is not dependent upon our external conditions. We can also learn to watch our mind and gain more control over our mind," she says.

Children can experience the same benefits as adults do, and those benefits can provide them with the tools they need to deal with their everyday lives.

"During the meditation practice, we generate a peaceful mind. Eventually, we are able to carry this for longer and longer periods of time outside the mediation practice. This makes it easier to deal with problems that arise in our daily activities," she says. "We have had a few children discuss the benefits of being more focused and having better



Chris Cashion / Radish

Zach Papke, of Davenport, demonstrates how he meditates in Vander Veer Botanical Park, Davenport.

concentration. They've noticed how it has helped them with their studying."

Miranda is not the only one to have seen these benefits. The David Lynch Foundation has conducted studies on this very topic. The foundation, according to its website, is an organization that funds the implementation of scientifically proven stress-reducing modalities for at-risk populations such as underserved, inner-city students.

Quiet Time, a program the foundation uses to focus on meditation as an alternate method for reducing classroom stress, has produced measurable proof that meditation is advantageous for children.

During Quiet Time, children meditate for 10 to 15 minutes at the beginning and end of the school day. According to foundation executive director Bob Roth, there has been a 90-percent reduction in suspensions and expulsions in the

classrooms the foundation has studied. Roth also cites an improvement in test scores: 28 percent in math, and 70 percent in reading comprehension.

In addition, those who meditate typically experience a 30- to 40-percent drop in the levels of the stress hormones cortisol and prolactin, as well as an increase in serotonin, a chemical that is believed to help balance moods and ward off depression.

"With 10 million children in our country under the age of 12 on antidepressants, this is naturally beneficial," Roth says.

Miranda says there is no magic age for a child to begin practicing meditation, and that it depends on the child. "We have had children as young as 3 at our classes, and they did a great job with a short meditation," she says.

"The best way to find out if your child is ready to meditate is to just bring them to a class. Let them experience it and see how it goes."

Miranda says meditation is a great activity for families to do together, and sometimes smaller children like to sit on the parent's lap, she says. "Even though the classes are geared toward children, the technique is the same no matter your age. Everyone can benefit."

Miranda adds that although Lamrim is a Buddhist center with a focus on Buddha's teachings, meditation is suitable for anyone, and everyone is welcome.

Children's meditation classes meet on Sundays from 11 to 11:45 a.m. at the Lamrim Kadampa Buddhist Center, at 502 W. 3rd St., Davenport, on the second floor. At the Iowa City branch, classes are on Thursdays from 5:45 to 6:15 p.m. at the Quaker's Friends Meeting House, 311 N. Linn St., Iowa City. The cost is \$5 per child, with a maximum fee of \$10 per family. Pre-registration is not required.

Chris Cashion is a writer on staff with Radish. For more information about the Lamrim Kadampa Buddhist Center and meditation in general, visit their booth at the Healthy Living Fair, or meditateiniowa.org.



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Saving face

Not all makeup is created equal

By Ann Ring

By now, we know that genetics, sun and UV exposure, environmental exposure, and lifestyle choices, such as smoking and our diet, can affect our risk of developing cancer. While we consider what goes into our body, though, do we ever think about what we put on it?

For at least two decades, Lisa Martin has lived with her motto, “If I wouldn’t eat it, I wouldn’t put it on my body.”

“Years ago, I read an article on how much makeup is absorbed in our body per year. That sounded pretty valid to me,” the Pleasant Valley, Iowa, woman says. She has been reading and scrutinizing makeup and other body products ever since.

There is great controversy regarding skincare-product absorption into our bloodstream and its health effects.

Whether cosmetics or some of their ingredients cause cancer or other health problems is unclear. While scientists have found common cosmetic ingredients in human tissues, including phthalates (a group of chemicals used to soften plastic and vinyl), carcinogens and lead, the question is, do the concentrations in which they typically are found pose risks?

The American Cancer Society notes that “more information is needed on the extent to which the ingredients in cosmetics are absorbed and retained in the body during normal usage, especially in groups who may be especially vulnerable to ill effects, such as infants, pregnant women and the elderly.”

The ACS does support the “need for open and transparent regulatory oversight of cosmetics, and encourages continued and expanded scientific research on the potential links between cosmetic use and cancer risk... The need for an effective FDA (Food and Drug Administration) in ensuring the safety of our food supply, medicines, and consumer products has never been greater.”

Even when ingredients in cosmetics are tested, the results may not always be simple or clear cut. For example, some ingredients have been found to be toxic in large amounts or high concentrations, but the amounts of these ingredients in cosmetics are typically much lower than what caused the ill effects in studies. Plus, the way the ingredient is used in the cosmetic may be different from how it was



Submitted
Ellie DeMay, assistant manager of Heritage Natural Foods in Moline, with some of the store's stock of Mineral Fusion, which are free of parabens, gluten, artificial colors, phthalates and more, according to its website.

used in the tests.

While the FDA requires that cosmetics be safe, it has no authority to test the chemicals in them, to require safety testing before products reach the consumer market, or to recall products. Cosmetic manufacturers are wholly responsible for the safety of their own products and for making sure they adhere to the FDA's guidelines, which means that cosmetic companies' products and ingredients do not require FDA approval before they go on the market.

To be safe, Martin and many others are increasingly choosing a precautionary route and looking for other options. In the Radish region, there are plenty of places to find options for cosmetics, including Heritage Natural Foods in Moline and Davenport, and Greatest Grains in Davenport. (Heritage carries Mineral Fusion makeup products, which

are free of parabens, gluten, artificial colors, phthalates and more, according to its website. For more information about Heritage, visit their booth at the Healthy Living Fair.)

Martin chose different cosmetics a little at a time. When it came time to replace a product, she would purchase a chemical-free version of it instead.

To help her on her quest, she consults the Environmental Working Group's cosmetics database, at ewg.org/skindeep. While it's not free of controversies of its own, the EWG is an environmental organization that specializes in research and advocacy in the areas of toxic chemicals, agriculture subsidies, public lands and corporate accountability.

For those who would like to do the same, Martin says to read labels, stay away from cosmetics that contain fragrances and choose products with fewer ingredients.

While she has talked with others about her beliefs, Martin found that people fall into one of two major philosophical camps: innocent until proven guilty, or better safe than sorry. “My friends have said, ‘It hasn’t killed me — yet.’”

It's that “yet” that bothers her.

“I'd rather be safe than sorry,” she says.

Ann Ring is a frequent Radish contributor.

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'Grab and Go'

Fast meals that aren't fast-food

By Natalie Dal Pra

Who says eating on the go has to be unhealthy? For many people, grabbing a quick bite to eat often means a trip to a fast-food joint. We've all been in a situation where we're in a rush and there's nothing quick to grab for breakfast or lunch. It's easy to hit up the drive-thru in those moments, but what if there was a better alternative that was just as fast?

If you happen to be in the vicinity of the Quad Cities Food Hub, at 421 W. River Drive, Davenport, you're in luck. The store now carries a variety of healthy, pre-made meals, snacks and desserts with its Grab and Go line.

The Food Hub started selling the Grab and Go items in March as a way of cutting down on waste in the store while helping to fulfill its customers' needs.

"We are very conscious about what we throw out, and we want to make sure the food we have is re-purposed rather than wasted," Food Hub operations manager Liz Hogan says. "Grab and Go was a way to reduce waste. Bananas on the verge of being unsellable become banana bread, and potatoes become potato salad. We wanted to offer the community a fresh alternative to fast food and convenience store purchases."

Although the Food Hub has customers from all around the Quad-Cities, many are people who live and work in downtown Davenport. The Grab and Go options have made it easier for them to get a nutritious meal during their lunch hour.

"When downtown employees take their lunch breaks, there are limited options for quick, healthy food," Hogan says. "We felt that by offering quick, Grab and Go items, we would encourage downtown employees and residents to pick the healthy and delicious alternative."

And the Grab and Go options are much more appetizing than most of the greasy food at



Submitted by Natalie Dal Pra
Quad Cities Food Hub operations manager Liz Hogan holds one of the Grab and Go options available at the Food Hub.

fast-food chains. Mediterranean wraps made with chickpeas, veggies and a yogurt sauce; caramelized squash bisque; apple fennel slaw; and quinoa curry salad are just a few of the tasty Grab and Go offerings you might find on an average day.

The Food Hub's selection rotates based on seasonal ingredients. You're more likely to see soups during the winter, and cold veggie salads during the warm-weather months. Local food vendors Cinnamon N Sage and Barb's Garden Pantry also contribute Grab and Go products. Both companies sell Grab and Go-style selections right outside the Food Hub at the Freight House Farmers' Market on weekends during the summer, too.

The Grab and Go products are not only quick, tasty and healthy, but they also come with the added bonus of being locally sourced.

"The products that we are using come from local, organic farmers. Almost all of the ingredients used are local and organic in nature, and we aren't using additives and preservatives," Food Hub kitchen coordinator Tracey McGinn says. "We are also not using processed sugars and flours. You would be hard pressed to find the freshness in our food in a grocery store with something pre-packaged, and definitely not in a convenience store."

Using fresh local leftovers from the retail store not only reduces waste, but helps keep products low in price, according to Hogan. "Our prices are comparable to the deli counter prices at most retailers, but a lot of delis will use the cheapest option and inflate the price. We use quality ingredients and reduce our margins so that the community has affordable, healthy alternatives," she says.

At prices that range from \$3 to \$6, a lunch made up of Grab and Go products will satisfy your stomach and your wallet. And if you feel like treating yourself, dessert options start off at \$1.

Hogan says Grab and Go selections have gone over well with customers thus far.

"The response to the Grab and Go items has been good. We find that items like hummus and cold and fresh salads fly off the shelves," Hogan says. The Food Hub suspects the products will become even more popular "as the weather becomes nicer and more residents are looking to take in the view from our deck."

The Food Hub plans to continue providing the Grab and Go options for the foreseeable future, and hopes to expand the amount of baked goods and gluten-free desserts available.

"As long as there's a demand, we'll provide the products," McGinn says. "There's always new and different products being made as the seasons change."

Contributor Natalie Dal Pra makes her Radish debut this month.

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Break a sweat

Exercise isn't just for weight loss

By Chris Cashion

We've all seen the headlines touting the 10 best exercises for weight loss or the most effective fat-burning workouts. While exercising certainly can aid in weight loss, what if we started looking at exercise as a means to a healthier, happier body, and not necessarily a lighter body?

According to physical therapist Dr. Kim Eppen, we should be doing exactly that. Eppen is a practicing physical therapist clinical specialist, and an adjunct clinical assistant professor in the Department of Physical Therapy and Rehabilitation Sciences at the University of Iowa. She holds master's degrees in exercise physiology and physical therapy, and a doctor of philosophy in rehabilitation sciences with an emphasis in cardiopulmonary therapeutics.

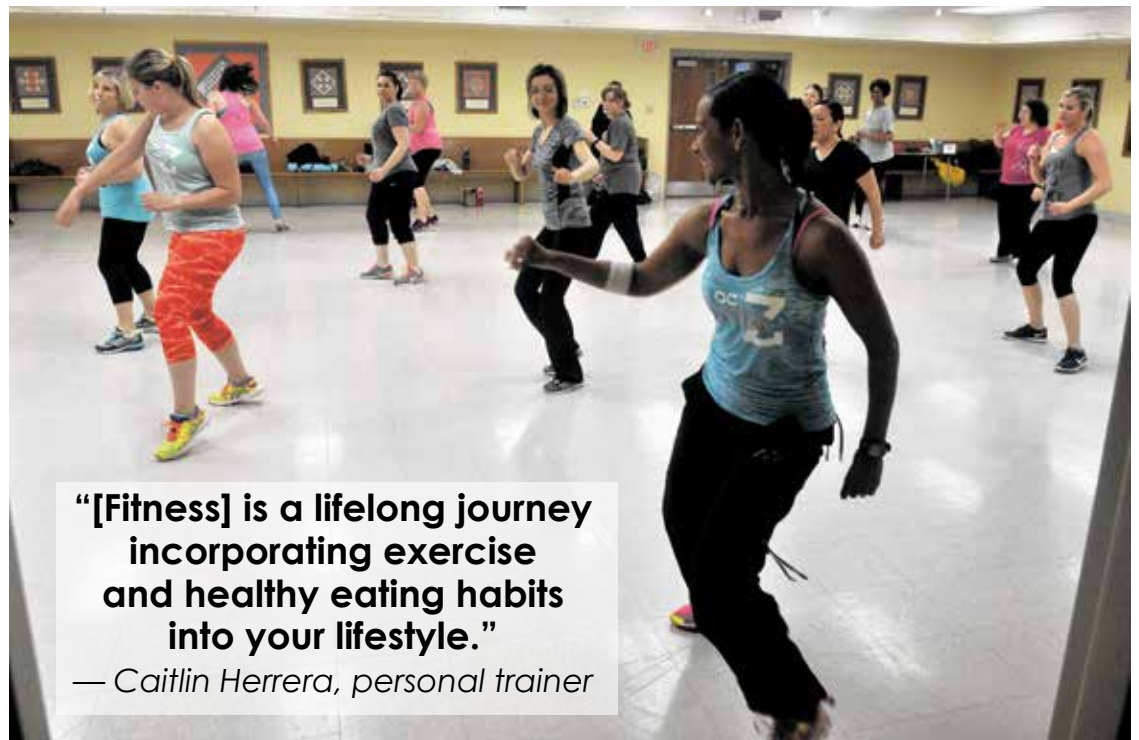


Submitted
Dr. Kim Eppen

Eppen says regular exercise, specifically aerobic or endurance exercise, offers many physical health benefits, such as improved cardiovascular health; the prevention or management of health conditions such as Type 2 diabetes, certain types of cancer, arthritis and metabolic syndrome; improved bone health; a strengthened immune system; better lung function and improved sleep.

But the benefits of exercise don't end with the physical — there are a number of mental and emotional bonuses, too. Eppen says regular physical activity can help improve mental and emotional outlook; mood; mental acuity/clarity, and mental alertness.

"Participating in exercise on a regular basis helps to build self-confidence and feelings of accomplishment, so it can be empowering, which can carry over into other aspects of life," Eppen says. "It can help with stress management, as well



"[Fitness] is a lifelong journey incorporating exercise and healthy eating habits into your lifestyle."

— Caitlin Herrera, personal trainer

QC Studio Z Zumba instructor Sara Pearson leads the Zumba class at All Saints Lutheran Church in Davenport. Gary Krambeck / Radish

as with depression. Exercise can be fun, which can help boost a person's mood."

Caitlin Herrera, of Davenport, a personal trainer at the Rock Island Fitness and Activity Center, agrees.

"There are many psychological benefits of exercise," she says, "such as when your confidence increases as you play soccer with your grandkids after years of watching from the sidelines."

She says, "Other positive outcomes include having more energy throughout the day and a decrease in stress levels. Exercise enables you to engage in your community and socialize by trying out a new fitness class at your local gym or going for a walk with friends."

So how much exercise do we need to

accomplish all of this?

Eppen says for general health benefits, experts with the American College of Sports Medicine, World Health Organization, American Heart Association and more recommend that adults ages 18 through 64 strive for at least 150 minutes of moderate-intensity, aerobic or endurance-type exercise per week. That breaks down to about 30 minutes per day, five days per week; 75 minutes of high-intensity exercise per week, or a combination of the two, she says.

Eppen says moderate-intensity exercise is equivalent to walking at a brisk pace. "In general, on a scale from zero to 10, where zero is sitting still, and the hardest level of physical activity is 10, a moderate intensity would be equivalent to five to

six, and vigorous would be seven to eight," she says.

It's not just adults who need exercise. Children do, too.

"Children should be getting at least 60 minutes of physical activity per day, at least at a moderate intensity. Not only are kids, as well as adults, spending less time being physically active, they're spending more time being sedentary, which we know can lead to obesity and other health problems," Eppen says.

To get started, Eppen says to "start slow and set realistic goals." Consider doing something simple and accessible, she says, like walking for 10 minutes each day of the week.

"After this becomes a habit and you seem to be tolerating it well, you can gradually add time or frequency of walking to ultimately achieve a goal of at least 30 minutes of physical activity per day. Try to do something that is enjoyable for you, as you'll be more likely to stick with it if you enjoy doing it."

If you're in search of motivation, Eppen recommends using an activity tracker, hiring a personal trainer, joining a fitness group or league specific to the activity you want to be involved in, using apps for daily exercise routines, or joining a health club and attending a structured exercise class.

For those folks who are active already, Eppen says to "keep on keepin' on. Make sure to keep challenging yourself by changing things up a little bit and diversifying the types of activities or exercise routine you're doing so you can diversify the benefits you're getting."

Eppen suggests to plan a trip or vacation that would require you to use your fitness so that you have something to work toward. "For example, hiking the Grand Canyon or riding your bike on one of Iowa's most famous annual events, RAGBRAI, or something else of your choice," she says.

To keep improving your physical fitness, you need to continue to increase what you're doing on a regular basis, "as long as your body can tolerate the increases," she says. "You can increase the frequency, time and/or intensity of the exercise to continue challenging yourself to improve your fitness and get even more of the health benefits."

Even if you are at what is considered to be a healthy weight, Herrera says you can't throw in the towel on exercise.

"It is a lifelong journey incorporating exercise and healthy eating habits into your lifestyle. Continue making more goals such as signing up for a 5K road race," Herrera says.

If you're wondering how to get your kids moving, try finding fun activities and modeling



Gary Krambeck / Radish

Brittany Cecil, of Bettendorf, hops to the music being played at the Zumba class at All Saints Lutheran Church in Davenport.

active behavior yourself.

For kids who have sedentary routines, "finding activities they might enjoy doing is key. Family involvement is also key to success," Eppen says.

"As we know, kids tend to emulate the lifestyles and habits of their parents and/or those persons they are surrounded by most. Therefore, if good, healthy examples are set for them, they will likely adopt those behaviors at attitudes and move toward a direction of active living and healthy eating habits."

If you're considering trying out a fitness class for yourself, you may want to give Zumba a whirl. Catch a demonstration of the dance fitness class at the Healthy Living Fair, and join in, too, at 10 a.m. June 18.

Three instructors with QC Studio Z, Davenport, will offer a peek at what Zumba has to offer. Certified Zumba instructors Sara Pearson and Amanda Motto, of Davenport, and Missi Slankard, of Moline, with QC Studio Z, are excited to offer this option to Healthy Living Fair attendees.

"Participating in exercise on a regular basis helps to build self-confidence and feelings of accomplishment, so it can be empowering, which can carry over into other aspects of life."

— Dr. Kim Eppen

"People should come try it out so that they see firsthand how un-intimidating Zumba classes at QCSZ are," Pearson says.

"The most common reservations we hear from those who are uncertain about trying Zumba are that they are uncoordinated or don't want others to see them messing up. We totally get it! We were the same way when we first started, which is exactly why we encourage everyone to just do their own thing and keep on moving."

The demo essentially will be a shortened version of the full class experience, Slankard says. "We will include songs of various rhythms and intensities that will allow a participant to sample the various movements that make a Zumba class so enjoyable," she says.

Motto says that not only does Zumba offer amazing physical benefits, it allows participants the chance to socialize, too. "We've been lucky enough to have cultivated a feeling of family and have watched countless friendships arise among our students," she says.

"People should come to the demo to get better acquainted with a workout that will change the way they think about exercise. I think they will be surprised by how much fun it is."

Pearson says that group fitness offers an accountability factor that not only helps ourselves, but others.

"Once we develop healthy habits like eating well, staying hydrated, getting enough sleep, centering ourselves spiritually and cultivating positive relationships," Pearson says, "we're able to not only improve our own quality of life, we're also impacting and improving the lives of those around us."

Chris Cashion is a writer on staff with Radish. For more information about QC Studio Z, visit qcstudioz.com or [Facebook.com/QCStudioZ](https://www.facebook.com/QCStudioZ). For more information about the Rock Island Fitness and Activity Center, visit rigov.org/index.aspx?nid=87 or call 309-732-7432.

Therapy worth its salt

See what it can do for skin, respiratory conditions

By Anthony Watt

I have to make an immediate adjustment as I step into the halotherapy room at Friemel Chiropractic and SALT Holistic Health in Pleasant Valley, Iowa.

A moment before, I was in a bright, neat office setting, but this is something else. The room is dim, suffused with a soft yellow glow. As I enter, there is a faint, tangy mineral smell that quickly dissipates. The room is warm, but not uncomfortably so.

My eyes adjust, and I see it emanates from the walls. The lower few feet are bricks, lit from behind, while above them are a number of panels like picture frames. These hold irregular, similarly lit chunks, as if someone lifted a bed of coals and fixed it to a vertical surface.

The floor humps and hollows like sand on a busy beach, and looks as though it is comprised of gravel.

It's salt, says Dr. Amanda Friemel. So are the bricks and panels. She says it comes from the Himalayan mountain range.

There also is a machine that releases a salt aerosol into the room, and four or five chairs that would look at home on a patio.

What I do in the salt room is up to me, Friemel says. Some people read, or even sleep. Beside the door is a box of toys — halotherapy patients can be of any age.

"You can walk around," she says, as we stand in the doorway. "You can sit." Then she leaves, and the door closes.

Friemel says halotherapy is meant to help with skin issues such as psoriasis and eczema, and respiratory conditions like asthma, allergies and congestion. It also can serve as a detoxification treatment.

She says it mimics conditions in a salt cave. It came about when people in Europe began to notice fewer skin and respiratory problems among salt miners.

Friemel stresses that halotherapy is not a replacement for conventional medical treatment, but a supplement to it that could ease symptoms.

It's also not for everyone, she says. It is not recommended for people with certain stages of respiratory conditions or unregulated high blood pressure.

Friemel Chiropractic recommends you consult your physician if you are considering halotherapy. Potential patients also fill out a thorough medical history



Todd Mizener / Radish
Dr. Amanda Friemel says halotherapy is meant to help with skin issues such as psoriasis and eczema, and respiratory conditions like asthma, allergies and congestion. It also can serve as a detoxification treatment.

form online and have their blood pressure taken prior to therapy in the salt room.

She recommends wearing shorts and a T-shirt to allow maximum exposure to the skin. Before entering the room, participants swap shoes and socks for booties and a hair covering, and place their shoes, socks and electronics into a small locker.

During my recent visit, I had about an hour, so I decided to try a little of everything except sleep and the toys (really, not once).

I walk around, and the pebbles press into my feet, but it isn't uncomfortable. I examine the bricks, which are rich with yellows, oranges, pinks and dark red. Some are a solid color, while on others, the colors swirl in bands, clouds or lines.

I sit in a chair and meditate.

Though I am surrounded by salt, at no time is it overpowering. The only

real taste of salt I get comes from running a finger along a brick, and touching my fingertip to my tongue.

My breathing does not feel different. Other than the periodic "hooooom" of the aerosol being released, the process is not noticeable.

My eyes, mouth and nose are not irritated. I only noticed that the room had an odor when I first walked in. After that, there was no smell.

The 45 minutes — the usual time for a treatment — seems to go quickly. In no time it seems, the door opens, and the bright light of the office outside floods back into the room.

I do not have a skin condition such as psoriasis, or a chronic breathing condition such as asthma, but I was a little congested when I visited the salt room, and, as Friemel warned me, within 24 hours, the gunk had loosened up, and I was able to get rid of it.

I also benefited another way — the room is meant to be relaxing. I, on the other hand, am a tense, high-energy person, especially when I am reporting. When I left the halotherapy room, though, I found that some of my tension had eased off. I was relaxed, focused and calmer.

Contributor Anthony Watt is a writer on staff with The Dispatch and Rock Island Argus newspapers. For more information about Friemel Chiropractic and Salt Holistic Health, visit saltholistichealth.com.



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HLF healthy living

Birth options

Childbearing Year Resources invites you to pull up a chair

By Brandy Welvaert

Hey, new moms and dads! If you're looking for a comfy spot to take a load off and feed your little one during the Healthy Living Fair, doula Linda Crownover-Inch will be saving you a seat at her Childbearing Year Resources booth.



Submitted
Linda Crownover-Inch

your Tula!)

"Anyone who walks up to the table, I can help them connect the dots for their childbearing year," says Crownover-Inch, who has provided personalized childbirth education and labor and postpartum support to women and their families for more than 20 years as a doula. An ancient Greek word meaning "a woman who serves," doula today is used to refer to a professional providing "continuous physical, emotional and informational support to the mother before, during and just after birth," according to DONA International, the primary organization providing training and certification.

CYR serves women selecting home- and hospital-birth settings, women who do and do not elect for epidural pain relief, and cesarean and VBAC (vaginal birth after cesarean) mothers. According to Crownover-Inch, her role is not to dictate the kind of birth experience a client has, but to help



Metro Creative Graphics

parents-to-be understand their options so they can make healthy decisions.

"We start with a discovery of what they want," she says. "Then we talk about how to have the conversations with the care provider. We come up with questions, and then we come up with second and third follow-up questions for when the answer we heard might not be what we expected," she says.

Parents-to-be may not know to ask about a care provider's protocol in specific situations, such as when a mother goes behind her estimated due date, or a baby is breech late in pregnancy. Asking these questions early leads to healthier outcomes, she says.

Empowering women with information for a healthy birth for themselves and their babies is a calling for Crownover-Inch, who likes to quote childbirth author Diana Korte: "If you don't know your options, you don't have any."

Brandy Welvaert is a former editor of Radish.

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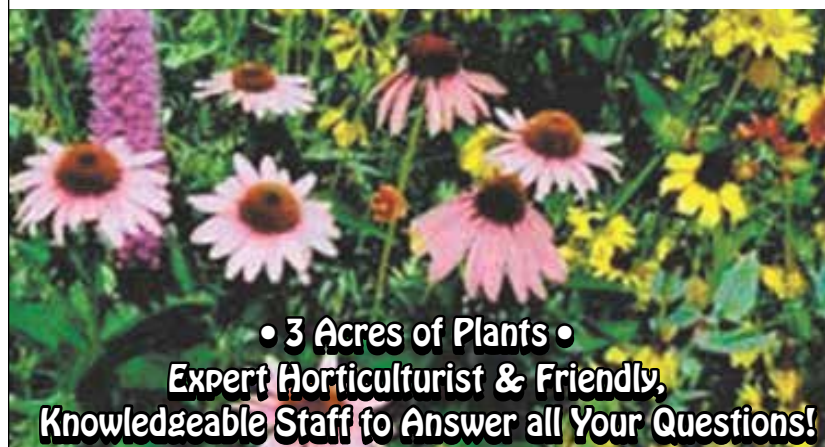
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master gardener
continued from page 14

Mulliken and Bray say participants do not need to be experienced gardeners to enroll in Master Gardener programs. The program is for anyone who likes to garden, wants to learn more about gardening, and enjoys helping others, Bray says.

“If you know some gardening, you will learn more,” Bray says. “If you know little gardening, you will learn even more. There is not a beginning level requirement.”

Scully says she has found all aspects of the program rewarding — from the classroom engagement with other gardeners, to training in the horticulture clinic, to volunteering on community projects. Most challenging was learning the science of horticulture, she says — especially botanical plant name recognition.

Since becoming a Master Gardener, Scully says friends, neighbors and family often ask her horticulture-related questions. People are especially concerned about the emerald ash borer, for example.

“I take great satisfaction in providing them with published material that supports my answer,” she says.

Her parents, now 86, continue to grow vegetables on their central Iowa acreage, and can their own produce.

“I believe homeowners like to be surrounded by beauty, and their gardens and lawns can be an expression of themselves. The benefits of sunlight and exercise are a given when it comes to gardening,” she says. “However, a disconnect comes when homeowners are limited by their lack of plant-care knowledge. The Master Gardener program makes the connection.”

Additionally, communities can benefit from what Master Gardeners can share, she says.

“Make time,” Scully says. “It’s a rewarding investment you’ll never regret.”

Annie L. Scholl is a frequent Radish contributor. For more information about the Master Gardener programs and local extension offices, visit the ISU Scott County Extension and the University of Illinois Extension booths at the Healthy Living Fair, or visit extension.iastate.edu/scott or <http://web.extension.illinois.edu/hmrs>.



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“I believe homeowners like to be surrounded by beauty, and their gardens and lawns can be an expression of themselves.”

— Kim Scully, Master Gardener

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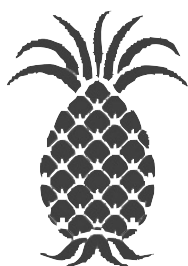
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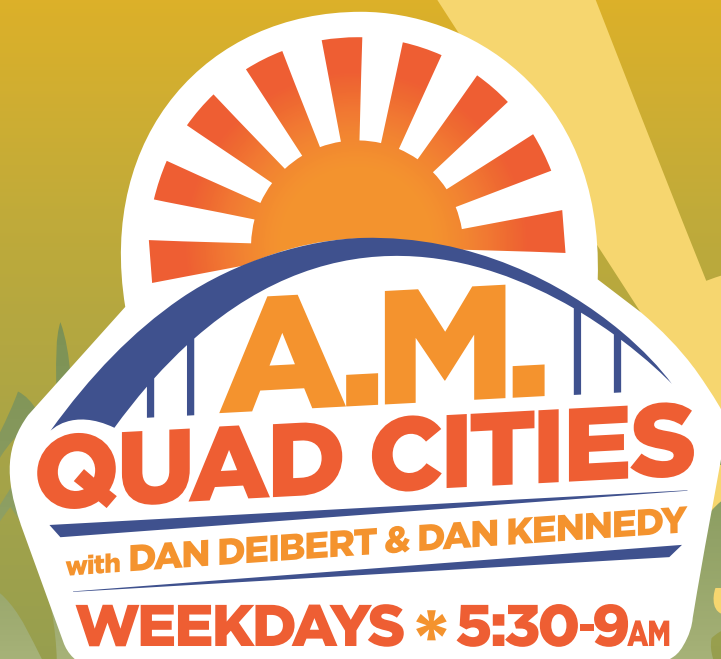
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Hypnotherapy

Plumbing subconscious for conscious change

By Jonathan Turner

If you want to tap into your subconscious to help your conscious daily life, hypnotherapy may be for you.

Longtime hypnotist Sylvia Runkle will return to the Healthy Living Fair and offer free 10-minute hypnosis sessions to relax visitors and “give them an experience of what hypnosis feels like,” she says. “And some of the suggestions might have an effect.”

Primary benefits of hypnosis are “less stress, more energy, better sleep... Three things everybody can use,” says Ms. Runkle, who has practiced hypnotherapy since 1977. Her business has been at 2107 17th St., Rock Island, since early 2011, and previous locations include Moline and Bettendorf. She’s also a coach, psychotherapist, international NLP (Neurolinguistic Programming) trainer and founder of the International Association of Transformational Coaches.

Making positive changes is what hypnotherapy is all about. Many people seek it out — often after trying other treatments — to help lose weight, stop smoking or get rid of certain fears and addictions such as alcohol and drugs. Businesspeople and athletes also use hypnosis, Runkle says.

Locally, she has worked with several athletes, including professional golfers at the annual John Deere Classic PGA tournament.

Hypnosis includes changing personal attitude, improving focus, concentration and self-confidence, Runkle says. “It’s the way you think, to change your reality. We’re always saying we can’t do something.” Instead, simply say, “Up until now, I haven’t been able to,” she says.

If you have a positive attitude when you perform, you model excellence on autopilot and do not remember any failure. “Your body’s going to give you what you’re focusing on. If you’re focused on doing well, then that’s what it’s going to give you,” she says.

Hypnosis accesses the “other-than-conscious mind” to achieve results, Runkle says, noting that state responds more favorably to suggestions she



Gary Krambeck / Radish
Sylvia Runkle of Rock Island, hypnotherapist.

makes. Everyone has four brain-wave levels — beta, alpha, theta and delta, she explains.

“Delta is your slowest brain wave. It’s when you’re sleeping,” Ms. Runkle says. “Beta is where we are right now — awake, active and thinking. In between are two more relaxed states called alpha and theta.

“These are states you use to meditate, and go in and out of all the time. The theta state is right on the threshold of sleep. It also is the optimum state for hypnosis,” she says, calling theta like “that twilight zone” in which hypnosis is most effective and obtainable.

Runkle uses special light (pinpoints inside dark glasses) and soothing sound to relax reclined clients and induce a hypnotic state. That helps boost

production of serotonin and endorphins. “Those are the brain chemicals that help you feel good,” she says.

During a session, she’ll talk about what will happen when you’re fully awake. “If you’re dealing with habitual behaviors — we’ve all developed certain behaviors; we respond in certain ways. We practice till we get good at it. The way the mind works, as you get good at something, it goes out of consciousness, so you don’t have to re-learn it,” she says, of acquiring positive habits.

“You don’t have to re-learn how to open a door each time you get to one,” Runkle says. “Hypnosis works at the other-than-conscious level so you’re more able to change those things, so it will become habitual.”

Results from hypnosis vary widely, she says, noting some people expect one session to change their life. Using the therapy for weight loss is her longest program, for which she recommends people stay six to 12 months to lose the weight.

“It does take reinforcement; does take more than one session for most things,” Runkle says.

On her website, sylviarunkle.com, a testimonial from Di Mayberry of LeClaire explains what you can expect from a hypnosis appointment: “An experienced, confident guide speaking to you through your headphones as she guides you down the path of a daydream. The tension in your muscles will dissolve as you mentally journey towards a destination of your choice.”

Runkle — who is working on a number of books, including one on sports hypnosis — recommends weekly sessions to see how changes progress. “There’s lots of benefits to hypnosis. If there are any side effects, it’s less stress and sleeping better,” she says.

She also does hypnosis online, including Skype, and over the phone. “The tools today are wonderful for doing things,” Runkle says.

Contributor Jonathan Turner is an arts and entertainment reporter for The Dispatch/The Rock Island Argus.

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