

Radish

HEALTHY LIVING FROM THE GROUND UP

**Farmers
finding
love
online**

**Saying 'no' to toxins:
One woman's story**

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How to be a frugalista

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ADVERTORIAL

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Dear Friend:

Perhaps a confession can help clear the air so there’s no misunderstanding. But let me say a few other things first.

Ten years ago something happened that changed my life forever.

At the time I was a financial analyst for Florsheim in Chicago. I was a former college volleyball player who still loved to play, but I had developed a very painful shoulder problem from all my volleyball playing. I couldn’t raise my arm above my shoulder and what was even worse for me at the time; I could no longer play my favorite sport. It eventually spread to my neck and caused headaches that stopped me from sleeping at night. For more than 2 years I had painkillers, muscle relaxers, and physical therapy that only made me feel better until the next day. I considered surgery, (my doctor in Chicago said that was my only option), but I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, took some films, and then “adjusted” my spine. The adjustment didn’t hurt; it actually felt good. I got relief, and I could use my shoulder again. In fact, within only one month I was back playing volleyball again, at full speed, like I never had a problem. It worked so well that I went to chiropractic school myself.

Now people come to see me with their “rotator cuff” problems. Also, they come to me with their headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries, just to name a few.

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– Dr. Rob Scranton, D.C.

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

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

from the editor



Photo by Todd Mizener / Radish

As I write this in mid-February, five days of record-breaking (and nearly record-breaking) high temperatures are coming to a close. Rain and fog have settled in, and the balmy fun — No coats! No hats! No gloves! — is over.

The final stretch of winter begins.

Warm temperatures were nowhere in sight when photographer Todd Mizener and I traveled to rural Davenport to meet this month's Radish cover model, Adam Riefe. The drifted snow met our shins, as you might be able to guess from the photo above.

It must be said that Adam, a horticulturist who recently scaled back his growing operation with his father, defines the term good sport.

Back in January, we asked Adam if he would be available to pose for a few photos to illustrate a story about how farmers find love. That story, by frequent Radish contributor Leslie Klipsch, is on page 6.

Without hesitation, he said yes. The next week, we met him on his parents' acreage for the photos you see here.

In addition to posing for numerous pictures — there's a really cool one of him with his vintage car on page 6 — Adam also introduced us to Doc, his Labrador retriever, who sniffed for mice and pawed the snow while Todd snapped photo after photo.

Many thanks go to Adam for braving the cold with us, and to Doc, for reminding us that, even on a wintry day, there is life just waiting to spring from under the snow.

— Brandy Welvaert
editor@radishmagazine.com

Radish

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Gerald J. Taylor
PUBLISHER

Joe Payne
MANAGING EDITOR

Brandy Welvaert
EDITOR
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Nancy Renkes
ADVERTISING MANAGER

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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

contributors



Lisa Martin Bellomy of Riverdale, Iowa, is director of communications for the Congregation of the Humility of Mary in Davenport, whose mission is to care for the poor, the powerless and the Earth itself. She was co-chair of the Quad City Earth Charter Summit in 2007 and 2008 and continually strives to make changes to improve the health of her family and lessen its environmental impact. Lisa wishes it were possible kayak to work. Find her essay about toxin-free cosmetics on page 40.



Sherry Crawford was a newspaper reporter for 18 years in Minnesota and has been an independent writer/editor for the last 10 years in the Cedar Rapids area. Sherry lives in Vinton, Iowa, and is an avid dog-lover, walker, biker and reader. She enjoys gardening and camping with her husband. Read her story about a Web site that helps teens deal with cancer on page 25.



Elizabeth Janicek is a full-time freelance writer who lives in Kenosha, Wis. She is a graduate of Augustana College, Rock Island, and a native of Morrison, Ill. She is a Quad-Citizen at heart. Beth misses the Mississippi River but is excited to explore the trails along Lake Michigan. In her free time, she enjoys cooking, singing, biking and book-clubbing. Read her story on Environmental Film Fest 4 on page 20.



Susan McPeters is an outdoors enthusiast, and her forays into the wild often result in feature stories for Radish. Susan usually writes about activities like kayaking and snowshoeing, "so a road trip to a bakery is somewhat of a departure for me," she says of her contribution this month. Read her story about Sunrise Acres Bakery on page 14.

Also contributing this month are **Jim Earles** ("Grounds for recycling," page 16), **Linda Egenes** ("Blending old and new," page 28), **Leslie Klipsch** ("Carrots before karats," page 6, and "How to be a frugalista," page 8), **Darcy Maulsby** ("Backyard berries," page 18), **Ann Scholl Rinehart** ("Nurturing the body," page 32), **Ann Ring** ("Giant Goose," page 22, and "Sound medicine," page 24), **Dan Saskowski** ("Ask the physiologist," page 13) and **Sharon Wren** ("Green at church," page 30).

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the grapevine

Radish wins national award

Radish magazine has received a national award for journalistic excellence. The first-place award in the Best Niche Publication category was presented by the Suburban Newspaper Association, which represents 2,400 newspapers with more than 22 million in total circulation throughout North America.

The award winners were chosen from among thousands of entries from across North America, which were judged by faculty at Loyola University in Chicago.

Radish photographers Todd Mizener and Paul Colletti also took first-place honors for photos that appeared in The Dispatch and The Rock Island Argus newspapers, which, like Radish, are published by the Moline Dispatch Publishing Company in Moline, Ill.



Spring is in the air, and it's time once again to be out and about. Why not come out with Radish? Stop by the Radish booth at the following events to get your complimentary copy of Radish and a temporary radish tattoo. There will be coloring for the kids, and mom and dad can receive a healthy-

living gift, discuss their favorite recipes and sign up for a subscription to Radish. Here's what's happening:

• A St. Patrick's Day market celebration will be held 8 a.m. to 1 p.m. March 4 at the Freight House, 421 W. River Drive, Davenport. Free tote bags go to the first 170 shoppers; kids get a free St. Patrick's cookie; and local corned beef and veggies will be for sale. For details, turn to page 34.

• The Women's Opportunity Network's 2nd annual Lifestyles Fair will be held from 11 a.m. to 2 p.m. March 11 in the Huff Athletic Center on the campus of Monmouth College, Monmouth, Ill. For more information, visit prairietech.org or turn to page 37.

• The Flower & Garden Show will be held March 27-29 at the QCCA Expo Center, 2621 4th Ave., Rock Island. Admission is \$6 for adults and \$1 for ages 6 to 16. For more information, visit qccaexpo.com or turn to page 26.

• Environmental Film Fest 4: Water, our Most Precious Resource, will be held from 11 a.m. to 7 p.m. March 28 at the Augustana College, Fryxell Geology Museum, 639 38th St., Rock Island. The event is hosted by the Quad-Cities' Eagle View Group of the Sierra Club. For details, visit iowa.sierraclub.org/evg or turn to page 20.

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

From our readers

The warm fuzzies (Feb. 2009): Thanks for running the excellent article in the (February) edition of Radish! We enjoyed the pictures and your flattering commentary very much. ... You certainly created a positive view of our farm and for that we are very grateful. Hopefully it will be positive for your side as well.

— Randy and Jan Larson, Alpha, Ill.



Functional art: Tom Basler's enthusiasm is contagious! Nicely done. The writer captured not only his spirit, but the essence of what makes building with healthier products a huge bonus.

— Carol, online comment

Fairfield first (Jan. 2009): What a wonderful 'template' to achieve for towns and cities throughout the country. I applaud all the dedication and effort of (residents of Fairfield, Iowa) to make their city green. What a mayor you have to inspire and encourage your further efforts. Kudos to all of you!

— Carmela Bergman, Medfield, Mass.

Reader shows the Earth some love

Many authors want their books to be covered in Radish, so from time to time we give them — and our readers — a deal. The author sends Radish a book, then we give it away to a reader, who in turn is expected to provide a short review for publication in the magazine.

A couple months ago, reader Merry Smith of Davenport asked for one of those books. She couldn't come to the Radish office to retrieve it, so we mailed it to her. This prompted Merry to do a very kind thing, indeed. She sent Radish a thank-you card with \$6 cash inside to cover the cost of the shipment. As luck would have it, the shipping had cost nothing.

But Merry didn't want the money back. In fact, she decided that Radish should buy carbon offsets with it. Carbon offsets are units that represent an investment in alternative energy. With that \$6, Radish purchased enough carbon offsets at CarbonFund.org to cover the emissions that would be created by a roughly 2,000-mile trip by car. Way to go, Merry!



Coming in April...

- Naturally-dyed Easter eggs
- Mastering the simple brunch
- The problem with invasive garlic mustard
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Horticulturist Adam Riefe on his parents' acreage in Davenport, Iowa. (Photo by Todd Mizener / Radish)

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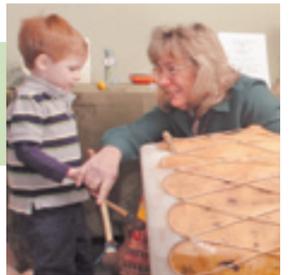
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healthy living

Carrots before karats

For farmers, romance blossoms online and in the field

By Leslie Klipsch

Coming of age in the early 1970s, Cathy Lafrenz, a farmer from Donahue, Iowa, has pleasant memories of blossoming romance. Like the bushel of tomatoes given to her by a boyfriend on her 17th birthday and the afternoon spent sharing a picnic lunch with her date while watching an Amish man plow his field. Most of her dates as a young woman, she says, centered on farming and took place not in restaurants or movie theaters, but at county fairs, stock shows and judging contests.

“A lot of farm guys are looking for women that are going to fit into their lives,” says Lafrenz. “You

have to be willing to put up with a lot more dirt in your house than you do in town, and there are times that you don’t go anywhere because you may have heifers calving and you have to stay home.” Of the agrarian lifestyle she says, “It’s a whole different world.”

Fast forward to 2009. That the agrarian lifestyle is unique still stands true today, but dating a farmer has come to look a bit different, particularly for the 100,000-plus members of FarmersOnly.com, an online dating service with the motto “City folks just don’t get it.”

The much-publicized Farmers Only Web site was launched in May of 2005 by Jerry Miller, a

partner in an agricultural advertising agency who saw a need for companionship among some of his lonesome — and very busy — clients. He now connects folks of all ages throughout the entire country. Of them, 10,000 subscribers live within a 250-mile radius of the Quad Cities — all farmer-types looking for love.

“You don’t have to be a farmer,” says Miller. “The site just tends to host people with old-fashioned, down-to-earth values. This probably scares off a lot of people, but we really want our member base to be down to earth and agriculturally based. We have dog lovers, horse lovers, gardeners and rodeo fans. We also have people who have moved to a city from a rural area and are looking to get back out. It’s a great group of people.”

Roger and Brenda Ross of Palmira, Ill., are one of the 75 couples that Miller confirms met and married as a result of his site. Each stumbled upon the Web site accidentally — Roger, a 52-year-old farmer from Illinois, while searching online for farm grants, and Brenda, a 42-year-old rancher from Nebraska, while scouring the Internet for a job. After setting up a profile and weeding out potential partners, the couple discovered one another and embarked on a relationship. After months of nightly phone conversations, Roger and Brenda met in person and were married just over a year later. They now live and work together on Roger’s farm, where they raise over 100 head of cattle, make hay and cut their own silage.

“To find a man who appreciates everything that I can do here on the farm is very hard,” says Brenda. And up until he met his new wife, Roger felt that finding a woman who would work on the farm was next to impossible.

“We were both looking for the same thing, and it’s been wonderful to find,” Brenda says. “We have a ball working together.”

Adam Riefe, the 25-year-old horticulturist who appears on the cover of Radish this month, shies away from calling himself a farmer — he mostly

works in his family’s restaurant — but he agrees that full-time growers need to find companions with similar lifestyle expectations.

“If I was a full-time farmer, it might be tough to find someone who thought my tractor was sexy,” the Davenport man says, joking. “It just takes someone who shares the same interests.”

Riefe and his father grow tomatoes, peppers, raspberries, blackberries, black raspberries, blueberries and pumpkins, and they tend about 60 apple trees. They no longer sell what they grow at the Davenport Farmers’ Market — a place that Riefe, who is single at the moment, says is a good spot for down-to-earth souls to meet.

“A lot of farm guys are looking for women that are going to fit into their lives. You have to be willing to put up with a lot more dirt in your house than you do in town.”

“I don’t think it’s harder to meet people. There’s tons of people at the farmers’ market that share the same interest in growing things,” he says.

The ways that farmers find love, it seems, are as different as the kinds of crops they grow.

Seth Huizenga and his wife, Tara, met while they were students at Iowa Wesleyan College. Huizenga is a vegetable farmer who works with his father outside of Henderson, Ill. Though not from a farming background (she majored in art education), Tara Huizenga plays an active role in the family’s operation and sometimes accompanies her husband to the various markets where he sells his vegetables throughout the summer.

Multi-tasking seems to be a way that farming couples spend time and stay connected.

“It can be very hard for farm marriages to stay close, especially when farmers work two jobs like a lot of farmers have to now,” says Brenda Ross. “The nature of the work can make it hard to connect.”

For the Huizengas, like many in the agricultural industry, life is busy. The couple has two young children, and when he is not growing vegetables, Seth works a second job in construction. But they still manage to enjoy cooking and eating meals together at the end of long days, many times enjoying the fresh fruits of farm labor.

“We love to cook and experiment with food. I imagine that someday the two of us will get to be pretty good chefs,” Huizenga says.

Despite the long hours and vigorous work, falling for a farmer — no matter how you meet — indeed may have some distinct advantages.

“In fact,” Huizenga says of his wife, “sometimes I think she married me for my vegetables.”



Radish cover model Adam Riefe of Davenport, Iowa, takes a moment to relax in the barn where he stores the vintage Volkswagen Carmengia that he says he hasn’t had time to restore. (Photo by Todd Mizener / Radish)

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healthy living

How to be a frugalista

Buy secondhand, recycle clothes and polish your look

By Leslie Klipsch

Eighteen-year-old style maven Alexa Coobs, Donahue, Iowa, maintains a smart and trendy wardrobe without breaking the bank. Since it is expected that she pay for her own clothes, she combines thrift and creativity to polish her style. She shops trendy stores but rarely purchases anything full price. She and her friends look for deals at discount retailers and haunt thrift shops in search of bargains. She asks family friends to scout her size and style when they shop, and for special occasions she takes advantage of her aunt's creativity and sewing skills.

By definition, Coobs is a "frugalista," a person who, according to the New Oxford American Dictionary, "lives a frugal lifestyle but stays fashionable and healthy by swapping clothes, buying secondhand, growing own produce, etc."

The word "frugalista" (a play on the word "fashionista" and a sister of "recessionista") has defined a lifestyle trend that has been years in the making. For longer than such slang has been around, there has been a push in the ever-evolving world of fashion to dress more responsibly. Organic cotton T-shirts and bamboo bed sheets aside, in tough economic times more people have come to realize that a trip to the tailor is both more fiscally and environmentally responsible than a trip to the mall. Additionally, trend-setting sophisticates are finding adventure in frequenting thrift stores or refashioning last season's styles to make them en vogue once again.

Fellow frugalista Anne Brown, a 27-year-old painter in East Moline, Ill., with an eye for style, believes that frugality and environmental responsibility go hand-in-hand. "When I buy something secondhand, I am not only supporting a local charity business (most secondhand stores are operated in support of a local charity), but I'm also reusing something that's already out there," says Brown, who has been sewing for more than 20 years. "The sheer amount of clothing in this world is amazing. Because fashion changes so often, things go to waste quickly."



Alexa Coobs shows off a few of her gowns. (Photo by Paul Colletti / Radish)

Brown avoids purchasing new items and instead has created a fashion-forward wardrobe made primarily of secondhand store purchases that she refashions and tailors to her personal taste. She appliques over stains; turns sweaters into dresses; creates new, trendy garments from quality, used fabrics; and wears vintage jewelry rehabbed by friends. Her style is unique, up-to-the-minute and entirely affordable.

As tempting as it might be to trade leather for pleather and call it a day, eco-friendly frugalistas must acknowledge that cheaply constructed items often do not last beyond the season and ultimately will end up in a landfill. When looking for inexpensive and conscientious couture, Brown, who owns a studio and store called The Adventure Orange in East Moline, Ill., recommends shopping secondhand stores for high quality, all-natural fabrics that can be

repurposed. She also suggests digging through your closet and taking last year's fashion to a seamstress to be redesigned.

Such resourcefulness and ingenuity is what Diane Bengé hopes to see more of on the Radish region's fashion scene. At her dress shop, Bridal Perfections, Davenport, there has been an upswing in customers interested in alteration services. "We are seeing more and more people replacing things like jacket zippers, whereas before they probably would have tossed out the whole coat"—an economic move validated by the growing trend of conscientious consumerism and frugal fashion.

Impressively, Coobs, who is a senior at North Scott High School in Eldridge, Iowa, never has spent more than \$30 on a dress worn to the many high school dances she has attended. Last year's prom

ensemble was a bridesmaid dress purchased on sale, altered and adorned with a simple, silver, rhinestone-studded pin. The pin later was added to a homecoming dress to disguise an imperfection — a small flaw that resulted in a huge bargain. (The dress cost \$14).

"There have been a few things that have required alterations, but my aunt is a very good seamstress. We've had a lot of fun creating dresses throughout the years," Coobs says.

The dress she will wear to her senior prom is actually a combination of two different gowns: one found on sale and the other one she used to play dress-up as a child. According to Coobs, the colors and fabrics complement each other well, and her aunt will add material from one dress to the other in an effort to add both length and a unique touch.

Coobs will add oomph to the ensemble by wearing crinoline borrowed from the slip of her mother's wedding dress and accessorizing with silver shoes, a pair that she has worn to several of the five dances she has attended.

"All of my dresses have to go with silver because I try to buy as few pair of shoes as possible," she says.

Spoken like a true frugalista.

Four ways to recession-proof your prom

Prom is not only a prime opportunity to primp and feel fancy, but it's also the perfect occasion for a budding frugalista to strut her stuff, proving that exceptional style does not have to tax the bank account or the environment.

1. Refashion the recycled. What could be better than a dress that costs nothing? Consider trading last year's dress with a fashionable friend. "Oftentimes, even after a dress has been worn, you cannot tell that it's not brand new," notes Diane Bengé, who sells consignment prom dresses at Bridal Perfections. Update its style by adding a brooch, a belt or a whole new bodice.

2. Revisit vintage. Not only do you eliminate the chance of showing up in the exact same dress as the girl in your algebra class, but you also afford some exceptional style. Channel your inner Kate Moss and hit vintage clothing stores. If you would rather not stray too far from this year's cover fashions, then look for a vintage clutch or vintage jewelry to complete your more mainstream look. This will add a dash of timeless cool to your dress for less.

3. Love the LBD. The "little black dress" is a mainstay because of its versatility. For a prom option that will get mileage in the future, consider investing in a classic black dress with a great fit. Add panache by accessorizing with gloves, a wrap or can't-miss jewelry. If envisioning a grander gown for the prom, shop for a floor-length black dress that can be shortened later to serve as the LBD throughout your college years. Make a one-time investment in a dress that will be worn beyond a single evening, rather than indulging in an item that will make a single appearance before it is promptly closeted.

4. Learn to sew. For the ultimate in sustainable fashion on a budget, acquire a skill that can last a lifetime and learn the art of sewing. Shelli Eng of emeDesigns, Davenport, encourages budding frugalistas to pick a pattern, shop for fabric made from natural fibers, and create a garment that will be one-of-a-kind and tailored to the wearer. Not only will you wear your own label to the prom, but with such sewing skills you can engage in an entire lifestyle of green, frugal, fabulous fashion.

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food

Brews you can use

Craft beers are just as healthy for you as wine

By Brandy Welvaert

This St. Patrick's Day, you can raise a glass of beer — two, if you're male — and toast to your health. According to medical research, beer consumed in moderation is just as good for you as wine.

In fact, several studies in the Journal of the American Medical Association document that any alcoholic beverage has the potential to lower risk of heart disease.

"Studies evaluating the relative benefits of wine versus beer versus spirits suggest that moderate consumption of any alcoholic beverage is associated with lower rates of cardiovascular disease. From a nutritional standpoint, beer contains more protein and B vitamins than wine," says a press release for physicians penned by the Center for Human Nutrition at the University of Texas Southwestern Medical Center in Dallas.

Beer stands out because of its ingredients: yeasts, grains, and hops. Particularly high in nutrients are full-bodied craft beers: the kind that local brew pubs specialize in. Filtered light beers contain fewer calories but are comparatively void of the nutrients that give better beers character.

Beer also provides antioxidants just as wine does, although they're different antioxidants because they come from barley and hops rather than grapes.

"The craft beers are ... on a whole other level than domestic beer," says Teresa Albert, co-owner of Amana Millstream Brewing Company in Amana, Iowa, which serves four of the same beers year-round and a selection of rotating seasonals.

Albert says that craft beers are meant to be savored, so one beer per day for a woman or two per day for a

man — the limits suggested for health benefits — is in line with what many craft-beer drinkers already drink.

Though the health benefits of wine have been extolled for years, physicians have been slow to endorse them "for fear that heavy consumers may consider any message as a permissive license to drink in excess," according to The Center for Human Nutrition.

Of course, for some individuals — alcoholics, diabetics and pregnant and nursing mothers among them — alcohol consumption is anything but healthy. And anyone who isn't sure should talk to a physician before raising a glass.

Though new research says so, the idea that beer is healthy isn't exactly new. In the 1930s, an advertising copy writer for a brewer of Irish stout coined the now-famous line, "Guinness is good for you!" Sounds like a slogan with comeback potential.



St. Paddy's pairings

Pairing beer with food is similar to pairing wines with food. Light-colored ales and lagers pair best with lighter dishes with subtle flavors, such as chicken, fish and vegetarian fare. Full-bodied ales, such as porters, complement heavier dishes.

Remember that how a dish is prepared also has a bearing on the best beer match. Chicken with capers and lemon, and chicken cacciatore, for example, could pair with different beers.

For St. Patrick's Day feasting, sticking with the seasonal craft brew at your local brewery could be best if you're eating the traditional corned beef and cabbage, which pairs well with a number of ales, including Irish (red) ale. Steering clear of beef? Pair cream of potato soup with a hoppy pilsner.

Source: Brewers' Association

Turn to Resources, page 38, for a list of local breweries and their St. Patrick's offerings.



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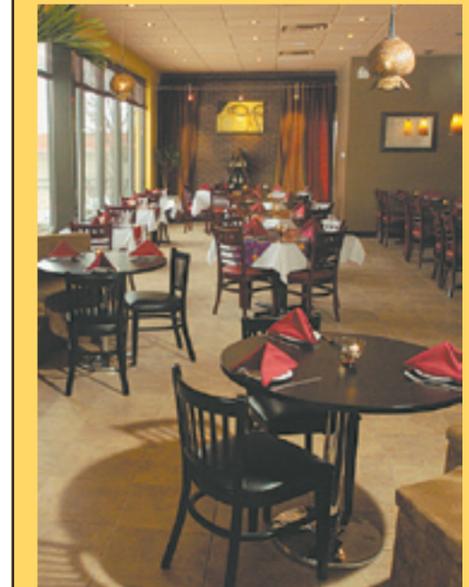


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eating well

Just for the girls

Dig into these healthy foods for flavor and nutrition

By Brandy Welvaert

Sorry, boys, this food isn't for you. On Sunday, March 8, women around the world will celebrate International Women's Day. And so, just for them, here's a handful of healthy and delicious vittles you can use to create a menu that's as meaningful as it is delicious. Gather round, girls. Let's dig in.

Almonds Legend has it that a Portuguese prince soothed his Scandinavian bride's longing for winter in a winterless land by planting almond trees, whose prolific white blooms would remind her of snow.

In foods, almonds soothe a desire for crunch and sweetness. They're also a heart-healthy food that lowers LDL (bad) cholesterol and thereby reduces the risk of heart disease. Eat almonds with their skins for the biggest benefit.

Almonds are good in so many ways. They have a place in sweets and baked goods; rich sauces accompanying meats; and in salads and soups. Their creaminess and sweetness accent just about every type of taste.

Place a bowl of whole, roasted, unsalted almonds on the table for a girly get-together and watch them disappear!

Avocados If ever a fruit looked pregnant, it's the avocado. And avocados, in fact, are great for women who are planning a new addition to the family. The avocado is a great source of folate — one of those nutrients doctors suggest adding to the diet before conception. In addition, avocados provide monounsaturated fatty acids like oleic acid, which protects against breast cancer.

Slice ripe avocados and sprinkle with a small amount of sea salt for easy finger-food. Dice them and toss with lemon juice, diced tomatoes and your favorite spices for a non-dairy take on guacamole. Or halve them and heat them in a grill pan, cut-side down, then fill them with chicken or tuna salad.



John Greenwood / Radish

Figs Fresh figs can be hard to find, but supermarkets carry canned figs in syrup year-round. If you haven't purchased figs before, be prepared for sticker shock. They're on the expensive side — around \$3 to \$4 for a 15- to 20-ounce can. Dried figs may be less expensive.

You can add fresh, canned or dried figs to salads, use them as an ice-cream topping or swap them for stone fruits in fruit crisps. You also can mix them into parfaits made with low-fat vanilla yogurt and low-sugar granola.

For a party, stuff them with a mixture of cheeses and almonds for an appetizer or dessert. Figs are a good source of dietary fiber, potassium and manganese.

Honey One of the healthiest natural sweeteners in the world, honey also is the one food queen bees need to keep their hives in order. The product of worker bees, honey is associated with fertility and femininity.

Use honey as a natural sweetener in hot beverages and add it to sauces. It also combines with water for a no-boil simple syrup.

Honey has antimicrobial and antioxidant properties, but its ability to heal is greatly reduced if it's processed or heated. For this reason, you'll want the stuff you can find at the farmers' market.

Pomegranates Ah, the power of pomegranate. In the last few years, nutrition science has extolled the health benefits of this bright red, seed-filled fruit formerly thought to be more trouble than it's worth.

According to Greek mythology, Hades, the god of the underworld, tricked Persephone into eating pomegranate seeds during her stay in his realm. Because she ate, according to the rules, she was made to stay there for part of the year every year. This caused her mother, the goddess of the harvest, to mourn during those times.

The story of Persephone explains the seasons.

To enjoy pomegranates the easy way, buy the juice and use it in place of red wine or balsamic vinegar in recipes. Or use pomegranate seeds to add crunch, color and zing to salads and soups.

Of course, any food you love automatically counts as a feminine food. Eat what you love and celebrate!

Turn to Resources, page 38, for recipes.

health & fitness

Ask the physiologist: Strength training may help adults fight sagging metabolism

By Dan Saskowski

Question: Is it true that your metabolism slows down as you age? If so, how can you keep your metabolism up as you get older?

Answer: Metabolism can be defined, in simple terms, as the way your body uses the food you eat for energy. The definition may be simple, but the process is very complex as the raw materials are turned into usable energy for necessary body functions.

If you find that you cannot eat as much without gaining weight, or if it's harder for you to lose the five or 10 pounds you gained over the winter, you may be experiencing a slower metabolism as you age. This is a natural part of aging. Sometime between ages 30 and 40, most people see a significant reduction in the amount of calories they need.

Metabolism is controlled by many factors, including your gender, body size, lifestyle and, of course, genetics. Women have a resting metabolism five to 10 percent lower than men do, mostly due to higher body-fat levels. Fat is metabolically less active than muscle.

The key to burning calories, and therefore avoiding weight gain, is to get your metabolism to burn calories while you're at rest. How? The answer might be strength training because muscle at rest burns three times as many calories as fat. Since a reduction in muscle mass also is a by product of aging, a strength-training program that maintains or adds to your muscle mass will help maintain your metabolic rate.

The best way, in my opinion, to deal with slowing metabolism is a three-pronged approach. Start with reduced caloric consumption. As we age, we need less food. Each decade we age means about five percent fewer calories per day.

Second, add strength training to keep up muscle mass. Third, daily exercise is an important part of keeping metabolism high. Burning calories through aerobic exercise is critical. Higher-intensity exercise will keep metabolism higher after your workout is over compared to low- or moderate-intensity exercise.

The bottom line? Building muscle and eating less takes effort and willpower, but it's worth it to maintain your health as you age.

Dan Saskowski is an exercise physiologist at Trinity Medical Center in the Quad-Cities.



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good business

Oven spoonful

Kauffman family turns out treats at Sunrise Acres Bakery

By Susan McPeters

“Many hands make light work” is a familiar quote by English playwright and poet John Heywood. For the owners of Sunrise Acres Bakery, there is always something that nine out of the 10 pairs of hands in the immediate family can do.

Daryl and Cheryl Kauffman and family share the duties at their bakery, grocery and gift business located next to their home north of Tampico, Ill. As Amish Mennonites, they believe in living simply and modestly with formal education ending at the eighth grade. Their three oldest daughters, Darlene, Rosa and Phyllis, work full time in the business. Eunice, Bernice, Irene and Carmen help out when they're not busy with schoolwork and during the summer months. The tenth pair of hands belongs to Darwin, born in September 2008. His only job for now is to be himself, surrounded by his doting sisters and admiring customers.

The bakery business began in 1992 at the Davenport Farmers' Market. Although Daryl was farming full time, the family decided to give it a try. So, they brought bread, cinnamon rolls and pies from their home's kitchen. “We would start a day or two before the market on Saturday,” says Daryl, “baking 40 to 60 pies and an equal (number) of loaves of bread and pans of cinnamon rolls.” They sold out every week.

A series of events led the Kauffmans to pursue the bakery business full time. Daryl recounts, “While spending a month in the hospital recovering from an accident, I began to think about doing something besides farming.” Still, he kept on farming for a number of years until the owner of the land, which Daryl leased, decided to sell. “At the same time,” recalls Daryl, “Cheryl's brother wanted to move and wasn't able to find a buyer for his property. So he gave us a deal we couldn't refuse.” The Kauffmans' belief that Jesus has a plan for them also helps them



The author holds a cinnamon roll at Sunrise Acres Bakery in Tampico, Ill. (Submitted)

through difficult times and in making important decisions.

The deal included an old dairy barn that hadn't been used for several years. “I remember coming in early in the morning and milking cows,” says Cheryl. Daryl decided it would be a good building for the bakery. After completely gutting it to its frame, they poured a new floor, added new inside and outside walls, ceiling and insulation. Today, it is a clean, bright, cheerful space.

Sunrise Acres Bakery recently celebrated its one-year anniversary. The commercial-size kitchen offers

clean and ample room for food preparation and storage, and the retail area has several aisles of grocery items and gifts.

After all the family has accomplished, it still has plans for more. “I'd like to have a second oven,” says Cheryl. One senses that this will happen only after the sale of many more pies and cinnamon rolls.

As their kitchen space has expanded, so has their product line. In addition to the usual chocolate chip, oatmeal raisin and peanut butter cookies, they offered Christmas cookies this past holiday season. Oldest daughter Darlene also is experimenting with homemade candy. Daryl and Cheryl agree that their customers get tired of the same old thing, though some products do have to stay the same. They learned this lesson the hard way, when they didn't bring cinnamon rolls to the farmers' market. “People want the cinnamon rolls,” they state adamantly.

They also sell Javataza Coffee. The beans are grown in Costa Rica, where Cheryl grew up with her missionary parents. The beans are processed in Texas by her nephew, who would like to see the Kauffmans open a small coffee bar to complement their baked goods.

During the summer, in addition to the Davenport Farmers' Market, the Kauffmans also sell their baked goods at farmers' markets in Dixon, Morrison and Geneseo, Ill.

Asked if the building doesn't look and smell a lot better than when it was a milking barn, Cheryl replies, “Oh yes. But whether it's cows or cinnamon rolls, I'm still getting up at four o'clock in the morning. But that's alright.”

To reach Sunrise Acres from I-88, exit at State Highway 40 South and turn right onto 172. Turn left onto Hickory Hills Road; look for the sign. Go 3 miles to 4051 Hickory Hills Road. Hours are 8 a.m.-5 p.m. Wednesdays-Saturdays. Call (815) 438-7303 for orders.

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homes

Grounds for recycling

Seven million pounds of coffee need not go to waste

By Jim Earles

From organic and fair trade to regular or decaf, coffee is one of the most commonly consumed beverages in the world. Each year, almost seven million tons of coffee beans are grown in over 56 different countries around the globe, thus providing the caffeine that keeps the industrialized world buzzing.

Ever wonder what happens to all those coffee grounds? The seven million tons of beans mostly end up as landfill, and unnecessarily so, given their many uses outside of the compost bin.

Most of us already compost used coffee grounds and filters. This is a great idea, as grounds contain plenty of useful nutrients for the soil: nitrogen, phosphorus, potassium, calcium, magnesium and sulfur. Coffee grounds' nitrogen content, especially, makes it quite welcome in the compost pile.

Yet you can bypass composting coffee grounds and simply mix them into the soil in the garden or for houseplants — or even sprinkle them over the

lawn. The grounds gradually will release their nutrients with each rain or watering.

Encircling the base of garden plants with coffee grounds alone or mixed with other natural items, such as crushed egg shells, hot peppers or garlic, may act as a natural repellent to ants and destructive insects. (Some sources report that coffee grounds also repel the household cat.) For delicate plants, mix old grounds with water and allow the mixture to sit for a day or two. The resulting liquid may be drained off and used as a diluted fertilizer. Cold coffee that otherwise would be thrown out also may be used in this way.

Surprisingly, there may be more uses for coffee grounds inside the house than outside. For the truly thrifty, it is possible to carefully dry them out in a warm oven and then make a second batch of drinkable coffee. (Results are better if you mix half old grounds with half fresh.) The grounds leftover from the second brewing may be used for other purposes.

Inside the house, coffee grounds may be used for their grittiness and their lingering scent. Their grit makes them useful as a natural scouring agent in the kitchen — but keep in mind that they could stain some surfaces.

Grounds also can be used as a skin exfoliant and as an addition to beauty masks or shampoo to soften and add shine to hair. Grounds even can be mixed with warm water and olive oil to form a paste that, according to some, actually reduces the appearance of cellulite after two weeks if it's used regularly. (Caffeine draws moisture from cells, some experts say, making even fat cells less noticeable.)

Presuming that you enjoy the aroma of coffee, the grounds may be dried and used as a household deodorizer. Place an open container of dried grounds in refrigerators, freezers, cupboards, closets or most anywhere around the home. They may also be rubbed on cutting boards and hands to erase odors from foods like onions or garlic.

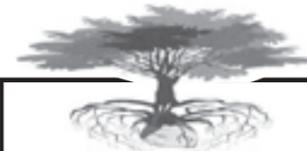
Another household use for old grounds is as a natural dye. The liquid from wet grounds may be carefully swabbed onto wooden furniture to hide scratches. No guarantees that it will match the original color of the wood, though! Grounds also may be used to create a natural dye for Easter eggs or children's craft projects.

Even if you don't drink coffee, the raw material is as easy to get as your nearest coffee house, where the grounds likely will be thrown away unless someone asks for them. Starbucks gives it grounds to customers, too, as part of its Grounds for Gardens program.

The buzz on recycling coffee

Find more ideas for reusing and recycling coffee grounds. Go to the following Web sites and search for "coffee grounds:"

- Greendaily.com
- Thriftyfun.com
- DIYlife.com



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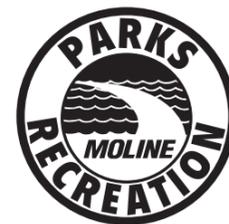
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healthy living

Backyard berries

You don't need a green thumb to grow small fruits

By Darcy Maulsby

If you're looking for an attractive landscaping alternative that also can help you enjoy the fresh flavors of home-grown food, consider common and unusual fruits like currants, aronia, raspberries and blueberries. These plants are often easier to integrate into the home landscape than fruit trees, and they don't require a gardener's green thumb to flourish. As a bonus, many of these fruiting plants offer brilliant fall color and are hardy enough to withstand the Midwest's frigid winters.

"It's worth giving these small fruits a try," says Dr. Patrick O'Malley, an Iowa City-based commercial horticulture field specialist with Iowa State University (ISU) Extension, who offers the following tips:

Gooseberries

These old-time favorites grow wild in many Midwest woodlands. While they offer larger fruits than currants, the plants can be thorny. Plant disease-resistant varieties and use the fruits in pies, jams and jellies. Both gooseberries and currants are self-fruitful, meaning a single plant will produce fruit. Three to four currant or gooseberry plants should produce enough fruit for a family, according to ISU Extension.



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Serviceberries

These large shrubs/small trees, which also are known as Saskatoon berries or Juneberries, produce a fruit that is reminiscent of blueberries, although the flavor is not as complex. Unlike blueberries, you don't need to acidify the soil for serviceberries, which also can provide food for birds and wildlife.

Jostaberries

This cross between a black currant and a gooseberry is a taller plant (6 to 8 feet high) that produces purple berries. Although jostaberries are thornless, they tend to produce very little fruit, O'Malley notes.

Radish 18



Darcy Maulsby

Raspberries

A number of different raspberries do well in the Midwest, including the early-ripening "Caroline," "Autumn Bliss," which ripens in August, and "Heritage," which ripens in late August and early September. As raspberry plants develop throughout the growing season, their canes will need support from a simple trellis. Attaching twine 3 to 3½ feet above the ground on posts positioned at both ends and both sides of the raspberry plot can prevent the plants from drooping.



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Aronia

This extremely easy-to-grow fruiting shrub has received a lot of media attention in recent years. "While aronia is commonly planted, the landscaping varieties don't have a very tasty berry," said O'Malley, who prefers the "Viking" cultivar for edible landscaping. Although fruits eaten right off the bush pack an astringent punch, the nutrient-rich berries can be used successfully in wine, jams and and jellies. In addition, aronia bushes' foliage turns a rich red color in the fall.

Blueberries

Yes, blueberries can be grown successfully in the Midwest when a few extra steps are taken, says O'Malley, who noted that highbush blueberries such as "Patriot" and "Elliott" are good choices. Since the soil pH in many parts of the Midwest is too high for successful blueberry production, acidify the soil with elemental sulfur powder from the garden center. As an alternative, mix one part Canadian peat moss with one part existing soil. Simply shovel this mixture into the planting hole to cover up the shrub's roots at planting time. For best yields with highbush blueberries, which can grow five feet tall and four feet wide, plant two different blueberry varieties within 10 feet of each other for pollination.



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Currants

These moderately-sized, thornless bushes produce plenty of small, flavor-packed berries, which will be red, black or white, depending on the variety. "Currants were very popular 50 to 100 years ago, and you sometimes still see them in older hedges," says O'Malley, who notes that the berries are rich in vitamin C, provide a pleasantly tart taste and can be eaten right off the plant or made into jams and jellies. Plant currants in an area that receives full to partial sun and has good drainage. The shrubs will typically grow three to four feet high and are slightly taller than they are wide. If you grow black currants, make sure the plants are resistant to white pine blister rust, an alternate-host fungal disease that requires black currants and white pines to complete its life cycle.

For more information about growing small fruits, visit the University of Illinois Extension Web site at web.extension.uiuc.edu/state or the Iowa State University Extension site at iastate.edu.

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healthy living

Blue is the new green

Environmental Film Fest 4 focuses on water

By Elizabeth Janicek

Photos from space show Earth's waters as bright blue and, seemingly, clean and clear. But here on land, things look a bit murkier. From how we drink water to what we put in it, our planet's most precious liquid quickly is becoming a major concern to people the world over. On March 28, movie-goers will get a closer look as Environmental Film Fest 4 takes an all-angles approach to water and the ways we interact with it.

"This year, we wanted to tie the festival in with social issues and deeper concerns," says Kristen Bergren, who's been on the planning committee since the Sierra Club's Eagle View Group in the Quad-Cities hosted the first festival in 2006. In this year's planning process, Bergren herself underwent a change of perspective. She previously had thought of water pollution as the primary issue

with the resource and mainly was concerned with industrial waste, litter and other things that end up in waterways.

"But what struck me is that it isn't a human right, as I had taken for granted, for us to even have clean water to drink," Ms. Bergren says. "In fact, there are many people in the world who die of water-related diseases while we take for granted the water that we use daily."

The humanitarian perspective is just one lens that Environmental Film Fest 4 will lend its viewers. With six feature films and several shorts selected so far, the festival also explores the industrial, commercial, ecological and political relationships between humans and water, on local and global scales.

The festival's location in the Swenson Hall of Geosciences and Fryxell Geology Museum at Augustana College, Rock Island, only strengthens that approach. With joint sponsorship from the school's geology and geography

departments, Environmental Film Fest 4 is informed by both scientific and sociological understandings of the world we live in. Professors and students from those departments, as well as Sierra Club Eagle View Group members and other community figures, will be on hand to facilitate discussion after each film.

Bergren and her fellow organizers hope attendees come away from the day asking new questions of themselves "and what they can do in their daily lives, so that we all become better stewards" — stewards who will help ensure a clear blue view from above, and safe drinking below, for generations to come.

Environmental Film Fest 4 will take place from 11 a.m. to 7 p.m. March 28 at the Augustana College Swenson Hall of Geosciences, 820 38th St., Rock Island. Admission is free. For more information, call Susan Wolf at the Fryxell Geology Museum, (309) 794-7369, or visit radishmagazine.com.



Environmental Film Fest 4

Between films, visitors can explore Augustana's Fryxell Museum of Geology. Films will be shown in multiple rooms on a rotating basis, so guests can see several selections. For the final screening schedule, visit radishmagazine.com closer to the event.

The Return of the Cuyahoga (2008): Filled with sludge and oil from the Industrial Revolution, Ohio's Cuyahoga River frequently caught fire and, in 1969, became the poster-child for the frontier of environmental stewardship. This film uses the river's death and slow rebirth to illustrate hope and the importance of conscientious progress. (60 minutes)



Addicted to Plastic (2007): Spanning 12 countries and five continents, "Addicted to Plastic" looks at the broad consequences of our plastic use. Water comes into play in the middle of the Pacific Ocean, where the crew finds a larger-than-life accumulation of discarded plastic debris. More than a look at the problems, "Addicted to Plastic" introduces many solutions, some of which are surprising. (90 minutes)



history, importance and serious challenges facing our water infrastructure. "Liquid Assets" will be hosted by Greg Swanson from the Moline Water Department and is being sponsored by the city of Moline.

Grand Canyon Adventure: River At Risk (2008): Combining water conservation with a love of the outdoors, "Grand Canyon Adventure" chronicles a 15-day rafting trip on one of our country's most iconic rivers. The film's impressive backdrop and important message are matched only



by the well-known talent that crafted it: Robert F. Kennedy Jr. and anthropologist Wade Davis lead the trip, Robert Redford narrates, and Dave Matthews Band provides the soundtrack. (60 minutes)

Flow (2008): This documentary juxtaposes corporations that privatize and clean water with African villages whose clean water already has dried up. Director Irena Salina digs into the politics, pollution, profits and human rights that comprise the water crisis, then



turns to nonprofit and grassroots advocates working to ensure global access to this irreplaceable resource. (90 minutes)

A Culture of Conservation (2008): Three films from the Iowa Learning Farm explore the local watershed and the ways we rely on — and can actively care for — our landscape and resources. The films are "We All Have a Place in the Watershed," "Reclaiming Stewardship" and "Water is Life." (8 minutes each)

Drop Into the Ocean and Marine Reserves: These Greenpeace films show how pollution and global warming affect water and marine life, and what can be done to protect it. (20 minutes each)

Thirst (2004): Like "Flow," "Thirst" looks at the human cost of bottling water for some while others are deprived of it. Visiting communities that are kicking back against globalization's drain on their natural resources, "Thirst" gives a human face to questions about water and its role in local and global development. (60 minutes)



The Story of Stuff (2007): This short, fun movie looks at stuff: what we buy, where it comes from, and how it affects our lives and the environment. (20 minutes)

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Giant Goose

Rehabbed strip mine welcomes avian visitors

By Ann Ring

Talk about recycling. What once was a coal strip-mining area near Atkinson, Ill., is now a popular, volunteer-maintained conservation and recreation destination, and a refuge and feeding spot for giant Canada geese.

"After strip miners abandoned the area in the '40s or '50s, which they legally could do, the land was just sitting there," says Marsha Johnson, education director for the Giant Goose Conservation Education Workshop (its nonprofit designation), who witnessed its impressive change 45 years ago.

"Peabody Coal Company (now Peabody Energy, the world's largest private-sector coal company) was trying to develop the land, and we came up with this idea: a refuge," says Johnson.

While public hunting already was allowed when the Izaak Walton League purchased the land in 1965, soon hiking, camping and fishing became available, too. Around this time, the Izaak Walton League learned that the giant Canada goose, believed to be long extinct, had been rediscovered in Rochester, Minn., so they took action. A pair from Minnesota's Fish and Wildlife Service found refuge, all right. Because of the league's serious efforts, the goose population at this 263-acre conservation and educational landscape is flourishing. The geese usually stay spring through fall.

"The geese are doing well, yes," says Bob Walker, a former Bettendorf, Iowa, middle school teacher and current president of Giant Goose Conservation Education Workshop. While geese take flight when the area's lakes freeze over, Walker says they come back strong every year. "The population's become pretty stable now. Originally we kept them in a contained area, but of course there's no need for that now."

The recreation spot, called the Giant Goose Conservation Area, is maintained by Black Hawk, Geneseo and Kewanee Izaak Walton League volunteers. Known for more than just its namesake, come May, its amenities draw outdoor lovers, too. There's camping (modern and primitive), fishing, boating, hiking, bird-watching and raspberry picking, and the land houses a lodge and learning center and two shelters, as well. While there is a usage membership fee, any group can visit free.

"The main mission is conservation education," says Walker. "We provide an outdoor classroom to anyone of any age."

The volunteers take their responsibilities seriously. Walker has been an active member since the late '90s, when another teacher invited him to the site, and Johnson is a national Izaak Walton League executive board member with a master's degree in environmental education.

Johnson, an educator at Giant Goose for three years, can't be enthusiastic enough about what's available to the public.



Canada geese at Giant Goose Conservation Area near Atkinson, Ill. (Submitted)

"We wanted it to be a refuge, but also for education. Group leaders can bring their own activities, or we offer a variety of hands-on curricula."

Both Johnson and Walker mention the conservation area's layers of habitats and ecosystems for study: unmanaged forest, lakes, marsh, swamp, wetlands, lakes, meadows and prairie.

The largest event of the year at Giant Goose is the Annual Youth Day, always the first Saturday in June. (It's June 6 this year.)

"The day is free and we have a lot of activities," says Johnson. Last year 260 people attended, and Johnson is expecting at least that many this year.

Both Walker and Johnson praise the volunteers and the three area Izaak Walton Leagues for their efforts in maintaining the park. Johnson notes that its educational programs and workshops probably wouldn't thrive without financial help from the Izaak Walton League's endowment. "They give us a generous contribution every year for our programs," she says.

Giant Goose Conservation Area is located one mile east of Atkinson, Ill. Take U.S. Highway 6 toward Atkinson, Ill. Turn south on County Road 2350 East (watch for the sign). Immediately turn right again through the entrance gate of the Giant Goose Conservation Area. With questions about visits or membership, call Marsha Johnson at (309) 269-0799.

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Sound medicine

Good vibrations help people find balance and heal

By Ann Ring

Practitioners say that you don't have to understand the physics of sound to benefit from it.

"Sound has been used for healing without intention for many years. It is only recently we are calling it 'sound healing,'" says Candice Kundert, a licensed clinical social worker. Kundert opened The Healing Heart Center last year in Bettendorf, Iowa.

While Healing Heart does not offer sound-healing classes yet — they're in the planning stages — Kundert already uses sound as part of otherwise traditional therapy sessions with children. They might use a big drum that's made from a tree stretched with buffalo skins, or chimes, a harp, a keyboard or other instruments.

Colleen Curry of Davenport, formerly a college music teacher, facilitates sound-healing classes with adults. She uses toning (voice), singing crystal bowls and CDs.

"One of things I do with toning, for example, is to help a person discover what their individual sounds are, to feel these sounds in their body, and bring their awareness to that," says Curry. Feeling the vibration of an internal organ, she says, can restore balance and bring about physical, emotional or spiritual healing.

Sound far out? Curry takes skepticism in stride.

"You know how if you're uptight, how music can relax you? Or if you need energy, music can be very energizing? Music is very powerful. It's all vibrations.



Therapist Candice Kundert uses instruments with Jacob Mattan (left), Brayden Hutcherson and Valerie Brewer at the Healing Heart Center in Bettendorf, Iowa. (Photo by John Greenwood / Radish)

When you change your emotions, you change yourself physically," says Curry, whose classes include singing bowls that "sing" when rubbed with a mallet.

Her music-based classes that use CDs are "more along the lines of meditation," she says. "I teach people actually how to get into the music that's playing, and how to bring that music into themselves and have experiences either way. Because you can actually feel both with the bowls and with music on CDs. You can feel it on your skin, and with some guidance, you can actually feel it go into your body."

One of Curry's students, Janet Darmour-Paul, has been taking toning classes for about two years and now is the only regular student. She continues the classes because of their calming effects.

"It was a little far out at first," she says, laughing, "but it's very relaxing. It kind of takes you to a different space."

She says it's not like a traditional music lesson or singing class. "You're not singing," she says, "but making a tone. It can be a steady pitch or (descending vocal scales) in a sigh. The sound vibrates through your ears, chest and stomach. You just have to experiment."

"For me, it's a tool for getting centered, getting balanced," Darmour-Paul says. "It's a tool we can use ourselves. Because it's coming from within, it's really trustworthy."

Kundert says that she has witnessed how sound can make a difference, from the way a mother's voice soothes a cranky baby, to the way listening music can lower blood pressure, thus helping people with certain heart conditions.

"While in a drum circle, one of the participants was experiencing excruciating pain from a chronic physical condition," Kundert recalls. "After the group participated in giving this person a circular drum wash, the pain abated," she says.

Curry says if there is any healing from her sessions, it's self-reported.

"It's not like healing a broken arm," she says. "It's healing in the sense that people feel better — they're changed in some way. Healing is such a total thing; I don't use the word very often. Instead, I talk about relaxation and feeling differently."

Find sound healing

- Colleen Curry facilitates sound-healing classes at 601 Brady St., Suite 115, Davenport, and at Satva Center, 1918 7th Ave., Rock Island. For information, contact her at colleen@satvacenter.com, (563) 340-4453 or (563) 285-1305.
- The Healing Heart Center, 1035 Lincoln Road (in Georgian Square, second floor), Bettendorf, Iowa. Classes with Nina Spiro, New York-based sound-healing instructor, are being planned. For information, call the center at (563) 370-7995 or visit thehealingheartcenter.org.

Turn to Resources, page 39, for more information about sound healing.

community

Coping with cancer

Teen Web site is the place for honest talk about disease

By Sherry Crawford

Adolescence is a time when it's hard to express emotions and understand where you fit. That's magnified when a teenager discovers that a family member or a friend has cancer.

Teens everywhere need a place where they can share feelings, fears and experiences as they wrestle with questions about cancer. What better place for them to turn than a Web site created by teens for teens?

Meet Paul Goetzman, the 18-year-old who created CancerReallySucks.org. The site kicked off in the fall of 2007 in Cedar Rapids, Iowa.

Goetzman first designed the Web site for Gems of Hope, the parent group sponsoring CancerReallySucks.org. Gems was started in July 2005, a local non-profit group aimed at bringing hope to cancer patients and their families.

By last fall, the need to reach out to teens on their own terms became clear. Gems of Hope asked Goetzman to help create CancerReallySucks.org (CRS) as an Internet support group.

"The entire Web site was done by teenagers, and it's for teens affected by cancer," he says. A panel of teens developed the name, logo, look and special features. "It's a great resource because it's easier and more comfortable for teens to go to. They can post and communicate with each other, giving strategies on how to deal."

Allison Kindig, a high school sophomore in Cedar Rapids, calls CRS "an excellent outlet for teens in chatting and networking with other teens in similar situations. We can chat with a professional and get truthful answers to our questions. What we can't ask at home, we feel comfortable asking online."

The site also provides approaches to dealing with cancer.

"I like reading the 'Your Stories,'" Kindig says. "They give me a perspective that I am not alone in the cancer situations."

The "How to Deal" link features a list of emotions for teens to identify, then it provides coping strategies for each. Strategies were developed in collaboration with licensed social workers, psychologists and counselors.

The site also features a playlist of recommended songs; a "wall" for teens to sign, where they can describe what they're thankful for; and a message board and forum, where teens can share their stories and discuss cancer-related issues.

"Submissions are screened by Gems before they're allowed to post," says Goetzman.

There's also a live chat room for interacting with experts about cancer concerns, and information on breakthroughs in cancer treatments are available

"We can chat with a professional and get truthful answers to our questions."



Allison Kindig, a high-school sophomore in Cedar Rapids, checks out CancerReallySucks.org, a Web site for teens, created teens. (Submitted)

through links to a wide array of publications and other sites. Teens also can shop for items imprinted with the slogan "Cancer Really Sucks."

Word of mouth helped promote the site and draw feedback from teens in middle and high schools throughout Cedar Rapids. That the site has served so many teens is a testament to how much need for it there really is.

"Middle-school students started helping with promotion," Goetzman says. "All the kids had someone with cancer they knew. We are getting e-mail from teens saying they find the site 'amazing.'"

In May, Gems of Hope sent Goetzman and three others to a three-day conference of the International Congress of Oncology Nurses in Philadelphia to promote the site and its value as a much-needed resource for and by teens.

"Philadelphia was a really great experience," Goetzman says. "The nurses were really interested. Their response was amazing. We had logo buttons to hand out, and 1,300 were gone on the first day!"

"Our goal is to promote this nationally," he says. "We want to reach more people. Most teens probably wouldn't go to a support group meeting, so this is an important alternative for them."

The group hopes to attend regional conferences and spread the word of the teen support site as far as possible.

The Gems and CRS sites are sponsored and supported by the two hospitals in Cedar Rapids, as well as a few local businesses, which helps with hosting, domain fees and promotions, Goetzman says.

gardens

Build a better lawn

Professionals tell you how at the Flower & Garden Show

By Brandy Welvaert

Paul Tukey didn't have to read a book to learn that the chemicals he was spraying on his customers' lawns could harm him. His body let him know.

"In 1994 I was diagnosed with acute chemical sensitivity as a reaction to all the lawn chemicals I was using," says Tukey, who gave up his thriving lawn-care business (he had 800 customers) to start a gardening magazine: "People, Places and Plants." Today the publisher also is a co-host and executive producer for HGTV.

"My personal experience with getting sick has never left me," Tukey says. "I think it's important to share that experience and my subsequent gathering of knowledge with others."

Tukey spends a lot of time sharing his message about safe, organic lawn care, and he will speak at the annual Flower & Garden Show held March 27-29 at the QCCA Expo Center in Rock Island.

At the show, Tukey will present on behalf of SafeLawns.org, a nonprofit organization committed to spreading the word about the harmful effects of the synthetic chemical fertilizers and pesticides that Midwesterners start spraying on their lawns at this time of year in the hopes of greening them up and killing off weeds. Not only can these ubiquitous chemicals harm the people who use them, but most of them never perform their intended function, anyway.

Two-thirds of chemicals applied to lawns "either volatilize or run off into ground-water or surface-water," says Tukey. "More than 98 percent of the pesticides we apply don't hit the intended weed or insect, but instead drift and run off. All of these products are known toxins. Some cause cancer, but virtually all of them cause other illnesses and neurological disorders in humans, pets and other forms of life."

Yet he's quick to point out that neither he nor SafeLawns.org is anti-lawn. "I do say that if the only time you see a part of your property is atop the riding lawn mower, or behind the mower on foot, then ask yourself if there isn't something better to do with your property, your money and your time."

Ten years ago when he started speaking on the topic of safe, organic lawns, hecklers were the norm, he says. Neither consumers nor lawn-care companies wanted to hear that "better gardening through chemistry" comes at a cost. These days, he's met with enthusiasm that he attributes to the younger generation's embrace of the environmental movement.

"Today I often pack auditoriums of landscape professionals who are eager to make the change (to organic)," he says. "Their customers are asking for it."

Here in the Radish region — and especially in the Mississippi Valley — water from our lawns runs off, eventually mixing with the Mississippi River that carries it all the way to the ocean. That's one reason Tukey is excited to speak to people here.

"I have a slide in my presentation that talks about the dead zone at the basin of the Mississippi. Runoff from 36 states contributes to the dead zone, and about 20 percent of that runoff is excess or poorly applied fertilizers and pesticides from home lawns and gardens."

A dead zone is a part of a body of water with such little oxygen that life cannot be supported. They can form when chemical fertilizers cause too many water-dwelling plants to bloom, thereby removing oxygen from the water and killing other life.

Above all, Tukey hopes that people who attend his presentation will come away thinking differently about their lawns.

"People need to understand the waste of resources involved, as well as the pollution and potential for toxic consequences. They need to understand that to be successful in organic lawn care and gardening, the soil needs to be every bit as alive as you and I are," he says.

Wondering where to start? "One of two choices," Tukey says. Either swap your gas mower for an electric one because it's 90 percent better for the environment, or ditch the lawn chemicals and visit SafeLawns.org and watch the video to learn a more natural approach.



Paul Tukey (Submitted)

Flower & Garden Show

What: 2009 Flower & Garden Show

When: 10 a.m.-8 p.m. March 27, 10 a.m.-8 p.m. March 28, and 10 a.m.-4 p.m. Sunday.

Where: QCCA Expo Center, 2621 4th Ave., Rock Island.

Cost: Admission is \$6 for adults and \$1 for ages 6-16.

More information: Visit qccaxpocenter.com.

For a Flower & Garden Show schedule, turn to Resources, page 39.

Environmental Film Fest 4

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The Maharishi Integrative Medicine degree

By Linda Egenes

There was a period of my life when I seemed to catch a sore throat and cough every month. Antibiotics helped at first, and then they basically stopped working. I was coughing so much that my lungs felt dry and brittle. It was about that time, fortunately, that the university where I taught, Maharishi University of Management (M.U.M.) in Fairfield, Iowa, opened a clinic for faculty and staff that offered the traditional system of health care called Maharishi Ayurveda to diagnose, treat and prevent disease. The medical doctor there, who also had been trained in Ayurveda, placed three fingers on my pulse at the wrist, closed his eyes and silently listened to the information flowing through my pulse to his fingertips.

So when I heard recently that M.U.M. had formed a new Maharishi College of Perfect Health (MCPH) to offer the first medical degree that combines modern medicine with traditional systems, I was all ears.

A holistic medical degree

Dr. Robert Schneider, M.D., the dean of the planned medical school at M.U.M., has an impressive array of accomplishments. Over the past 20 years, he and his colleagues have received more than \$24 million in research grants from the National Institutes of Health to study Maharishi Ayurveda and its effects on health.

The new medical college will have three parts: first, a pre-med program; second, a five-year accredited medical (M.D.) degree, which is projected to start in two-and-a-half years and will be the first degree in the world that offers joint training in modern medicine and traditional medicine; and third, a postgraduate master's degree in Maharishi Ayurveda and other forms of traditional medicine, offered to medical doctors as part of their continuing education requirements to maintain certification.



Dr. Robert Schneider (Submitted)

“What we’re offering is a first-of-its-kind medical degree,” says Dr. Schneider. “We call this field Maharishi Integrative Medicine because it is the conjoint practice of modern medicine and Maharishi Ayurveda along with an introduction to other traditional systems of medicine such as homeopathy, traditional Chinese medicine, manipulative techniques such as osteopathy and chiropractic, and energy and information medicine.”

The practice of Maharishi Ayurveda encompasses 40 different aspects, including the Transcendental Meditation technique to remove stress and develop the body’s inner intelligence, as

well as modalities for bringing balance through daily routine, diet, herbs, behavior, architecture, dance therapy, Vedic sound therapies, and light and gem therapy.

In addition, plans include a hospital — called the Maharishi Health Center — that will be associated with the medical school and designed according to the principles of Vedic architecture.

The main feature of Maharishi Integrative Medicine is to use the most effective methods available that do not create harmful side effects.

Off to a running start

The pre-med program was just announced a few months ago and started Feb. 16.

“The pre-med program will prepare students to enter any medical school, whether it’s allopathic, naturopathic, osteopathic or chiropractic,” says Dr. Paul Morehead, director of the pre-med program and curriculum coordinator. “It’s a two-year program with standard courses in biology, chemistry and quantum physics.”

Christian Hoffmann, 20, is considering taking the pre-med program because he feels this M.D. degree would allow him to practice Maharishi Ayurveda, which he already has been studying as part of the physiology and health major at M.U.M.

“I have a strong desire to live a life in perfect health,” he says, “and I feel the traditional medicine of Ayurveda has power and depth beyond that of modern medicine. After two years of study, I have learned to eliminate the seeds of disease — simply by adjusting diet, daily routines and other holistic methods — before they manifest into sickness. It is this knowledge of prevention that is the strength of Ayurveda and lacking in modern medicine.”

For more information or to sponsor the new program, contact Dr. Robert Schneider at mcph@mum.edu or visit mum.edu/premed.



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Green at church

Help your congregation grow good stewards

By Sharon Wren

You've greened up your home. You're taking steps to make your office eco-friendly. But what about your house of worship?

Churches — for simplicity's sake, we'll use the term "church" in this story to refer to all places of worship — often don't have the financial resources to install solar panels, geothermal heating and other expensive but eco-friendly alternatives. Fortunately, there are several low-cost ways for churches to lessen their environmental impact on the Earth.

How can you help your church go green? The first

step should be to arrange a meeting with the minister or priest. Plans to reduce the congregation's footprint already may be underway, and you'll want to know about those. If they're not, explain your concerns and offer to help organize the effort. Most people are agreeable to helping the environment, but they may be worried about the cost or difficulty. Perhaps there could be a special offering collected to change incandescent bulbs to CFLs, or to buy and install energy-efficient windows.

Start a church compost pile and put all those coffee grounds and tea bags to work. Or, if the church grounds aren't too large and you have a reel mower, offer to mow the lawn in an environmentally safe way.

Communion wine can be purchased locally or made from grapes grown by a member of the congregation.

To help churches with the task at hand, Iowa Interfaith Power and Light (iowaip.org) offers workshops to help congregations lessen their impact on the Earth. It suggests aiming for a 10 percent reduction — similar to tithing — in energy use. Ten percent may not sound like much, but according to the IPL Web site, "if all Iowans did this, we would prevent the amount of pollution caused by 604,000 average cars in a year."

Turn to Resources, page 39, for IPL learning events.



iStockphoto

Faith meets conservation

Churches long have been on the forefront of social change. Why not help your congregation continue the tradition by addressing environmental issues? Below are several ways to start.

- Use soy candles during worship services. Not only do they last longer and burn more cleanly than other types of candles, but they're made from a renewable resource. Even better are soy candles from local vendors. If they don't have the exact type of candle your church uses, they may make them if you ask.
- Church staff should turn off their computers in the office at the end of the day. Doing so will save one ton of carbon dioxide emissions over the course of a year per computer.
- Also in the church's offices, workers should change the margins on computer documents. Default margins usually are 1.25 inches on all sides. By changing that to .75, you can cut the amount of paper used by almost 5 percent. If everyone in America did that, it could save up to \$400 million and a forest the size of Rhode Island.

- Instead of using disposable cups during coffee hour, have members bring their own ceramic mugs. Keep extras on hand for visitors and those who forget theirs.
- Retrofit the lighting. You may not be able to find green bulbs for some of the lights in the sanctuary, but offices can use CFL bulbs.
- Develop a recycling program to reduce paper use and waste.
- Turn part of the church grounds into a community garden and/or prairie. Food raised in a garden could go to a soup kitchen.
- Encourage the congregation to reduce waste and toxicity at home. Try the Comprehensive Congregational Tool Kit, available at rethink-recycling.com/grants/grantee-resources/congregational-tool-kit.

Sources: "The Green Year," by Jodi Helmer; and *The Web of Creation*, webofcreation.org/GettingStarted/actionplan.htm

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www.quadcitiesymca.org

body, mind & soul

Nurturing the body

Eclectic herbalist incorporates a 'wise-woman' tradition

By Ann Scholl Rinehart

If Trilby Sedlacek has a fever, she doesn't rush to the corner drugstore to buy a bottle of Tylenol or ibuprofen. Instead, she'll make a tea of yarrow, boneset and passionflower and climb into bed for some rest.

"There's probably a bottle of aspirin in my house," she admits, "but if I have to take something more than a couple of times, I look at the root cause and try and figure out what to do."

That's what Sedlacek, a practicing herbalist, does for clients at her Cedar Rapids, Iowa, business, Green Angels Herbs & Healing Arts.

"I work with people with everything from skin conditions to cancer, people who are choosing not to do chemo to people who do everything (their doctors suggest). I get people who are trying to avoid going to a physician, and I've helped people who have gone and didn't get any relief. I've told people that I can't help them and they need to go to their doctor, and I've had doctors refer people to me."

She incorporates a wise-woman tradition that, instead of focusing on attacking illness, works to nurture and support the body so that it functions better. When she first meets with clients, she has them bring their completed homework: a four-day food diary, a list of all medications and supplements they take, and a health history that includes any surgeries, accidents, hospitalizations and illnesses. And she asks why they are seeking an herbalist.

Sedlacek, a native Californian, recalls her own search for an herbalist after moving to Cedar Rapids from Colorado in 1989, with her husband, Tom, a Cedar Rapids native, and their son Zach, who was born in 1988. The couple was planning to have another child, daughter Tori, now 16. "I called everything I could think of in the phone book, and nobody knew what I was talking about," she recalls. "I called a hospital and the woman I talked to said, 'I think what you're talking about is illegal.' That was my introduction to doing natural stuff in Cedar Rapids, Iowa."

By 1990, armed with knowledge she had gained on her own, she hung out her shingle as an herbalist. Since then, she has continued to educate herself by reading, taking courses and attending workshops and conferences. She is the only herbalist in Iowa registered with the American Herbalist Guild, and she is on the board of the Iowa Health Freedom Coalition, a nonprofit organization of health care educators, practitioners and consumers seeking to legally protect the public's access to healing arts.

In addition to being what she calls an eclectic practicing herbalist, she also is a Reiki master, an aromatherapist and a medical intuitive. She figures she's been studying herbal medicine for more than 30 years. In high school in Santa Rosa, Calif., where she was a dancer and gymnast, she became interested in supplements and nutrition.

"Growing up in Sonoma County, I was exposed to the old hippie routine of granola and sprouts and smoothies — the things that are just here now. I spent

10 years as the client, learning about it (herbal medicine), reading the books. By the time I went off to Colorado for graduate school, I had a little wall of herbs. Through my 20s, I used myself as a guinea pig."

In those days, there were no herbal schools, so Sedlacek had to educate herself. Slowly, as herbalists started writing books, she got her hands on better information. After she had her children, she spent about a half-dozen years traveling monthly to the Twin Cities to study with a naturalist there. She also studied in Boulder, Colo., as well as in Iowa City at the Eastwind School of Holistic Healing.

Sedlacek offers services and products at her shop on Mount Vernon Road in Cedar Rapids and says, "I've created the perfect life here. That's where I get my reward. I love what I do. I love helping people help themselves."

For more information, visit greenangels herbs.com, or e-mail gangel999@aol.com.

"I love what I do. I love helping people help themselves."



Trilby Sedlacek, an eclectic practicing herbalist, owns Green Angels Herbs & Healing Arts in Cedar Rapids. (Photo by Ann Scholl Rinehart / Radish)



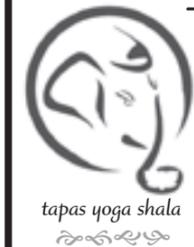
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rooting around

Phelps Youth Pavilion is a children's museum

More than 10 years in the making, the Phelps Youth Pavilion in Waterloo, Iowa, now is open for visitors. The children's museum, with more than 40 exhibits, includes an interactive tractor which visitors can hop on and virtually drive through a Grant Wood painting, a life-sized cow that kids can milk, a Tap-Tap taxi that will give visitors the experience of riding down the bumpy streets of Haiti, a time machine that will take visitors to prehistoric times, and a special area for infants and toddlers. There also is one gallery dedicated to traveling exhibits. On display now through May 31 is "Springs, Sprockets and Pulleys: The Mechanical Sculptures of Steve Gerberich." The Phelps Youth Pavilion is open from 10 a.m. to 5 p.m. Tuesdays through Saturdays and from 1 to 5 p.m. Sundays. It is located at the Waterloo Center for the Arts, 225 Commercial St., Waterloo. Admission is \$5 per person. For more information, call (319) 291-4490 or visit phelpsyouthpavilion.org.



Submitted

Fruit and Vegetable Working Group seeks ideas

A new group that is working across the supply chain to make Iowa-grown fruit and vegetables more readily available is looking for innovative ideas for research and development projects in 2009. The Fruit and Vegetable Working Group is asking for proposals for research ideas. The group, coordinated by the Leopold Center for Sustainable Agriculture and Iowa State University Extension, has set aside \$12,000 for projects that address issues in one or more of the following areas:

- Marketing, selling to institutions, advertising and promotion
- Post-harvest handling and quality control
- Infrastructure development, aggregation, and distribution for wholesale marketing
- Labor supply and management on fruit and vegetable farms
- Risk management tools and strategies for produce growers
- Educational, financial and other resources available for growers

For more information, visit the Leopold Center's Web site at leopold.iastate.edu/2009RFPFVWG.pdf. Applications are due by March 2. Or, for more information, contact Margaret Smith, mrgsmith@iastate.edu, or Malcolm Robertson, malcolmr@iastate.edu.



MCT

Celebrating the Irish way in Davenport

Local corned beef and cabbage will be served from 8 a.m. to 1 p.m. on Saturday, March 14, at the Davenport Freight House Farmers' Market, 421 W. River Drive. For a donation, market shoppers can get a locally-produced plate of corned beef from Grossman's Meats, and veggies from Blossom Hill Farms and Dawn Dykema. The first 170 shoppers will get a free, reusable market tote. Kids will get a free St. Patrick's Day cookie supplied by Cookies by Angie, and they will be able to color a St. Patrick's Day page that will be displayed on the walls of the market until Easter, too. That same day, the St. Patrick's Society of the Quad Cities will present its annual Grand Parade, which steps off at 11:30 a.m. at 23rd Street and 4th Avenue, Rock Island, proceeds over the Centennial Bridge into Iowa and end at 1:30 p.m. in downtown Davenport in the vicinity of the farmers' market. Families wishing to make a day of it can stop in at the market, then check out the parade. For more information about the Davenport Freight House Farmers' Market, visit freighthousefarmersmarket.com. For more about the parade, visit stpatssc.com.

Think spring! Daylong spring garden seminar will cover trees, hostas and more

The time for planting is just around the corner, and the Master Gardeners of Dubuque County will host their annual spring garden seminar from 7:45 a.m. to 2:15 p.m. March 3 at Northeast Iowa Community College, Town Clock Center, 680 Main St., Dubuque. Cost to attend is \$10 per person and includes seminars, appetizers, a light lunch and drawings for door prizes. Registration is encouraged, but walk-ins on the day of the seminar will be accepted if space allows. To sign up, call (563) 582-2498 or (563) 553-1623 or e-mail jgansemmer@yousq.net. Speakers will include entomologist Donald Lewis, Ph.D., landscaper Chad Blocklinger, hosta-grower Bob Hackbarth Bob, herbalist Ron Barkow and retired tree-farmer Bernie Curran.

New farmers' market in East Moline, Ill., seeks vendors, entertainers

On April 30 a new farmers' market will kick off its inaugural season in downtown East Moline, Ill. Right now, organizers are looking for vendors interested in selling prepared foods, beverages, fresh produce and crafts. They're also seeking anyone who would like to provide entertainment or education at the market, which will be held from 2 to 6 p.m. Mondays and Thursdays, April 30 through Oct. 29. Main Street Market will be held on 15th Avenue, East Moline. Cost to vend is \$60 for the season or \$10 per day if registration is completed by April 1. After April 1, the cost doubles to \$120 for seasonal vendors and \$20 per day for daily vendors. For more information about the market or to sign up, call Marcia Lintz, business and events coordinator for the city of East Moline, at (309) 755-7922 or (309) 236-4751.

Planting or paving in Scott County? You could get up to \$2,000 to help

Are you planning an eco-friendly garden or landscaping project? If you live in Scott County, you could be eligible for funding. A new program is offering a 50-percent rebate on certain landscape projects, and a maximum of \$2,000 per project is allowed. Projects that provide filtration of stormwater may be eligible. Rain gardens, bio-retention swales and cells, porous paving, stormwater wetlands, aerating and composting your lawn are included. For more information about the program, call Amy Johannsen at the Scott County Soil and Water Conservation District (SWCD) at (563) 391-1403, extension 3. Johannsen can provide free technical guidance. The cost-share program is provided by SWCD and is sponsored by the Iowa Department of Agriculture and Lands Stewardship and the Department of Natural Resources' Resource Enhancement and Protection Fund.

Phone home — carbon-free

Need a new cell phone, but feel guilty about adding to the already insane amount of e-waste going into landfills? If your old phone has peeped its last, you may want to check out the Motorola Renew offered by T-Mobile, the first cell phone that's been certified CarbonFree by Carbonfund.org, a nonprofit that sells carbon offsets. The new Motorola phone does, indeed, create carbon in its life cycle, but the company has invested in projects that help reduce carbon and boost green energy development. To get the certification, Carbonfund.org found out how much carbon each new phone creates, helped Motorola find ways to reduce it, then helped the company offset the rest. Other products certified by Carbonfund.org are Florida Crystals sugar, Tropical Traders honey, Grounds for Change coffee, several beverages by Monarch, a DVD by April Third Studios, a book by LTS Press, and Tandus floor coverings. For more information, visit Carbonfund.org.



Submitted

An end to hunger: It's music to the ears

Along with 40 other orchestras nationwide, the Quad City Symphony Orchestra (QCSO), Davenport, is collecting non-perishable food items as part of the Orchestras Feeding American project. The QCSO will make food donations to River Bend Foodbank in Moline. Food items may be donated at the QCSO's upcoming Masterworks V concerts to be held March 7 and 8 at the Adler Theatre, Davenport, and Centennial Hall at Augusta College, Rock Island, respectively. For more information, visit qcsymphony.com.

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four courses, choice of
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Sunday, March 29th
3:30-5:00pm
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April 11th

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GO GREEN on St. Patrick's Day
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421 W. River Dr. Downtown Davenport
www.freighthousefarmersmarket.com

rooting around

Lend a hand to Living Lands & Waters

Living Lands & Waters in East Moline, Ill., is looking for volunteers to help get seedling trees ready for deliveries around the Midwest. The MillionTrees Project, whose aim is to give trees back to the community, needs help wrapping the trees' roots in wet newspapers and placing them in bags that then will be tied off and finished with a care tag. Volunteers are needed from 3 to 8 p.m. March 3 and 4 at the QCCA Expo Center, 2621 4th Ave., Rock Island. To register, visit livinglandsandwaters.org or call (309) 496-9848.

You can walk in to learn about holistic healing at Take Action in Davenport

Always been curious about acupuncture, acupressure or reflexology? You can learn about these holistic healing methods from 10 a.m. to 7 p.m. every Tuesday through June, without an appointment, at Take Action Wellness Center, Old Town Mall, 901 E. Kimberly Road, Davenport. For \$30, a practitioner will introduce you to different holistic healing methods to get you started on the path to total health. Appointments are welcome but not necessary. To make a reservation or for details, call Take Action at (563) 445-6640.

Heirloom orchards start here

Thinking about growing some heirloom apples — those old-fashioned fruits prized for top flavor? Seed Savers Exchange will host a heirloom apple-grafting seminar from 10 a.m. to 1 p.m. April 4 at the farm, 3074 North Winn Road, Decorah, Iowa. Participants will choose from about 20 varieties of scion wood from Seed Savers' historic orchard. Each participant will have three grafted trees to take home after the session. Additional rootstocks will be available for purchase. Cost to attend is \$35 or \$30 for members. To register, call (563) 382-5990.



iStockphoto

Donate or shop at the two-day garage sale extravaganza in Dubuque

If spring inspires you to shop, you can shop for a cause and recycle at the same time at the Dubuque Regional Humane Society's 9th annual Garage Sale Extravaganza. The event will be held March 13-14 at the National Guard Armory near the fairgrounds at 1035 Radford Road, Dubuque. The boutique area of the sale features high-quality new items, the silent auction area has furniture items and other large items up for bid. A bake sale rounds out the specialty areas of the sale. Donations will be accepted at the armory from 9 a.m. to 6 p.m. March 10-12 and from 9 a.m. to 2 p.m. March 13. No clothing, shoes, computers, printers, TVs, large appliances, desks or mattresses will be accepted. For more information, call (563) 582-6766 or (563) 583-3314 or visit dbqhumane.org.

Welcoming spring at Prairiewoods Franciscan Spirituality Center

To celebrate the vernal equinox on March 20, Prairiewoods Franciscan Spirituality Center in Hiawatha, Iowa, will hold an event to usher in the season of growth and renewal. The event will include prayer, religious ritual and a nature hike if weather permits. "We will celebrate and dedicate this day as a gift of new beginnings," says Emy Sautter, ecospirituality coordinator at Prairiewoods. The event is open to everyone, and a freewill donation will be collected. Prairiewoods is located at 120 E. Boyson Road, Hiawatha. Its Web site is prairiewoods.org.



Submitted

Cancer screening kits available for free

Free colon cancer testing kits are available for free now through March 31, or while supplies last from Genesis Medical Center. The kits are designed to detect small amounts of hidden blood in stool that can indicate early problems with polyps or cancer before other symptoms are apparent. For more information about colon cancer, call the American Cancer Society at (800) 227-2345 or visit cancer.org. Free testing kits are available at Walgreens drugstores at the following addresses: 830 Middle Road and 3425 Middle Road, Bettendorf, Iowa; 806 S. 4th St. and 1905 N. 2nd St., Clinton, Iowa; 1704 Brady St., 1720 W. Kimberly Road, 1525 E. Kimberly Road, 1660 W. Locust St. and 4011 E. 53rd St., Davenport; 301 30th Ave., East Moline, Ill.; 3601 16th St., 555 19th Ave. and 4000 Ave. of the Cities, Moline; 440 10th Ave. West, Milan, Ill.; 1703 Park Ave., Muscatine, Iowa; and at 3100 11th St. and 2955 18th Ave., Rock Island. Kits also may be picked up at Genesis Medical Center locations in the Quad-Cities.

Lifestyles Fair will celebrate women

In celebration of International Women's Day, the Women's Opportunity Network will hold its 2nd annual Lifestyles Fair at the Huff Athletic Center on the campus of Monmouth College in Monmouth, Ill., from 11 a.m. to 2 p.m. March 11. The event will feature businesses owned and operated by local women, educational exhibits, and demonstrations on health, fitness and business resources for women. The theme of the fair is cancer and awareness, and the keynote speaker will be Kelli Evans, health initiatives manager for the American Cancer Society in the Quad-Cities. Be sure to visit the Radish booth for a free Radish tattoo. The event is free and open to everyone. For more information, visit prairietechlc.org or call (309) 734-1068.

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Saturday
 8am-noon
 Trinity 7th St. Market Moline (Parking Lot of Trinity 7th St. & John Deere Rd.)
Wednesday
 2:30pm-5:30pm
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For vendor info, contact Steve Krause (309) 936-7792
 Quad Cities Fruit and Vegetable Growers Association

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Extension YOU Adult Classes - Do Something Just For YOU!
 Yoga, Wednesdays, March 17 - April 15, 4:30 - 5:15 p.m.
 It's a Wrap Recycling Art class, 7 - 8 pm, Mondays, March 23 - April 27
 Project Runway Fashion Design, 7 - 8 pm, Wednesdays, March 25 - April 29

The Energy Problem National Issue Forum, March 26, 6:00 p.m.
 Join in a nonpartisan discussion to consider public policy and what we can do locally to make a difference in the Energy Problem.

Living Well Luncheon In celebration of Living Well Week March 9 - 13, enjoy a Yoga Luncheon on Wednesday, March 11 from 12 - 1 p.m. Learn about yoga, practice poses, and enjoy a heart-healthy lunch! Cost is \$10 per person.

High Tea Enjoy a 4-course high tea, poetry readings, lessons on high tea rituals on Saturday, March 14, 11:00 am - 12:30 p.m., Christ Episcopal Church, Moline, IL High Tea is followed by three optional "Lessons for Living" classes - \$15 for all.

Visit the web site for up to date program offerings!
 University of Illinois Extension, 321 W. 2nd Ave., Milan, IL 61264
 (309) 756-9987 Register online at www.extension.uiuc.edu/rockisland

resources

BREWS YOU CAN USE

(Story on page 10)

In moderation, craft beers are just as good for you as wine. And here's where you can get a special taste this St. Paddy's Day:

- **Millstream Brewing Company**, 835 48th Ave., Amana, Iowa. (319) 622-3672. Seasonal: German pilsner.
- **Bent River Brewing Company**, 1413 5th Ave., Moline. (309) 797-2722. Nothing seasonal, but two stouts always are on tap.
- **Bricktown Brewery**, 299 Main St., Dubuque. (563) 582-0608 or bricktowndubuque.com. Seasonal: Green beer.
- **Old Capitol Brew Works**, 525 South Gilbert St., Iowa City. (319) 337-3422. Seasonal: Shamrock Red Ale.
- **Blue Cat Brew Pub**, 113 18th St., Rock Island. (309) 788-8247 or Seasonal: Finnegan's Irish Stout.

JUST FOR THE GIRLS

(Story on page 12)

Here are a few simple recipes for feminine feasting:

Spicy Pomegranate Relish

Seeds from 2 medium pomegranates,	1½ tablespoons finely chopped,
about 1½ cups	green jalapeno pepper
½ cup finely chopped sweet onion	1 tablespoon sugar
1 tablespoon lemon juice	¼ teaspoon salt

Gently fold together pomegranate seeds and remaining ingredients. Serve as a dip or with chicken or fish. Makes 1½ cups.

Moroccan Spice Hummus and Pita Triangles

2 cans (15½ ounces) garbanzo beans,	1 teaspoon minced garlic
drained and rinsed	½ teaspoon salt
⅓ cup honey	2 to 3 tablespoons fresh cilantro or
¼ cup lemon juice	parsley, chopped
1 teaspoon ground cumin	Pita bread

Combine all ingredients except cilantro and Pita Triangles in a food processor or blender. Process until smooth. Remove mixture to a serving bowl. Stir in chopped cilantro or parsley. Serve with Pita Triangles or crackers.

Pita triangles: Separate and cut rounds of pita bread to form 2 circles each. Cut each circle into 6 or 8 triangles. Place on a baking sheet. Bake at 400 degrees about 5 minutes until crisp and lightly browned at edges.

Stuffed Figs

8 ounces dried figs or 1 15-ounce can figs	4 ounces chevre, Gorgonzola or blue cheese
1 carton (8 ounces) soft cream cheese	20 almonds

For dried figs, snip stems from figs. Heat to boiling in light syrup (one cup sugar to one pint water) to cover and allow to stand until plumped and cool. If using canned figs, skip this step. Snip deep crosses into each and spread out until almost flat. Remove seeds, if desired. Blend cheeses together in blender or food processor. With pastry tube or wet spoon, fill centers of figs with cheese mixture. Place almond in center of each. Chill and serve cold.

SOUND MEDICINE

(Story on page 24)

Interested in sound healing? Check out the following resources in the Radish region:

- Gabrielle Laden and Hope V. Horton will present "The Light of Sound: Crystal and Color" the weekend of April 24-26 at the Sinsinawa Mound Center near Dubuque. For more information, visit sound-accord.com or sinsinawa.org/moundcenter.
- **Eastwind Healing Center**, 221 E. College St., Suite 211, Iowa City. eastwindhealing.com or (319) 337-3313.

BUILD A BETTER LAWN

(Story on page 26)

Here are Paul Tukey's 10 tips for a natural lawn:

1. Test your soil first.
2. Choose the right grass for your landscape and climate.
3. Water deeply in the morning.
4. Think of your soil as a living thing.
5. Mow properly, leaving grass at least 2½-inches long and allowing grass clippings to stay where they fall on the lawn.
6. Avoid synthetic materials, such as manufactured fertilizers.
7. Add compost.
8. See weeds as messengers that tell you about your soil's problems.
9. See insects as messengers, too.
10. Overseed regularly.

For more information on natural landscaping, visit safelawns.org.

GREEN AT CHURCH

(Story on page 30)

You can learn more about greening up your church at "Cool Congregations" workshops provided in conjunction with Iowa Interfaith Power and Light. Suggested donation is \$20 per person or \$50 for groups of three or more.

To sign up for any of the following spring events, contact Sarah Webb via e-mail at coolcongregations@iowaip.org.

- March 14: First Lutheran, 1000 3rd Ave. S.E., Cedar Rapids.
- April 18: Plymouth Congregational United Church of Christ, 4126 Ingersoll Ave., Des Moines.
- April 25: First Christian Church, 611 Clark Ave., Ames. For this event, contact Kay Scott at (515) 233-1849 or revkscott@aol.com.

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food for thought

About face

One mom's search for safe, chemical-free cosmetics

By Lisa Bellomy

Recently I read that the average woman absorbs one pound of makeup each year. It can take years before toxic ingredients eventually catch up, rearing their ugly heads in the form of diseases that could have been prevented. With this came the realization that potions I smeared from head to toe — perfumes I inhaled and products I lathered into my scalp — were filled with toxins that readily are absorbed through my lungs and skin.

And so, with the motto, "If I wouldn't eat it, I wouldn't put it on my body," I disposed of practically everything I'd been using. A health-food store was the first place I looked for alternatives for myself, and more importantly, my tween daughter. There I found many options, some good and others with deceptive "all-natural" claims. It can be overwhelming trying to decipher ingredient lists.

What unknown chemicals have I been outlining my sensitive eyes with, soaking into my pores and licking off my lips? How was I to find out without spending all day Googling each of the ingredients on each of the products in my cabinet? Thankfully, I discovered Skin Deep at cosmeticdatabase.com.

Skin Deep is a free safety guide to personal care products. It pairs ingredients in more than 40,000 products against 50 toxicity and regulatory databases, making it the largest integrated data resource of its kind. With each product comes a toxicity rating between 1 and 10, which is an average based on the toxicity levels of each of the ingredients in it.

Now I will not use a product before I run it through the database. I found carcinogenic toxins in every product I had, some of which I never had opened. (I returned them.) How empowering to know the truth about what we voluntarily choose to use on our bodies! It's up to the individual as to what to do with that truth. For me, it was time to quit being a lab rat and give my daughter a clean start.

While searching for eye makeup, I found just one company that came up with a zero toxicity



Lia Bellomy watches her mom, Lisa, apply toxin-free makeup. (Photo by Gary Krambeck / Radish)

rating: Coastal Classic Creations. Just one! Their mission is "the advancement of clean cosmetics for the benefit of our customers, communities and our planet." Hopeful that this was as good as it seemed, I ordered eyeliner and shadow, blush, lip color, shampoo and conditioner, and skin moisturizer. (There are products for men, too.)

When the box arrived, my daughter and I were tickled to find minimally packaged items with personal touches. Not only does the makeup look and feel terrific, but we are confident that it is toxin-free. I e-mailed Coastal Classic Creations with heartfelt thanks for providing healthy options. Then I received the letter from the company, at right.

Whether you choose to buy from Coastal Classic Creations or not, I urge you to visit Skin Deep at cosmeticdatabase.com to get informed about the body products you're using. The results might surprise you. Better yet, they might inspire you — just as they inspired me — to make a change for your health.

Dear Lisa,

We are thrilled that you are pleased with our products. We're particularly happy about your little one. Our company is 20 miles from Marin County, an area in California where breast cancer per capita is higher than anywhere else in the world. Our customers consist of many women in recovery, undergoing treatment, and with limited time to live. They must not have any type of carcinogenic toxicants in their food or in their cosmetics.

Getting young girls to get away from toxic (makeup) is also a vital part of our operation. The sooner young women understand that there are alternatives, the better.

We are delighted by your e-mail, for it is our greatest reward.

Joseph Jackowitz
president and founder
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With information provided by the Trinity Heartburn Program, your doctor can help you determine what steps are right for you. Call Trinity's heartburn hotline at (563) 742-2800 or visit www.trinityqc.com/heartburn for a free online screening.