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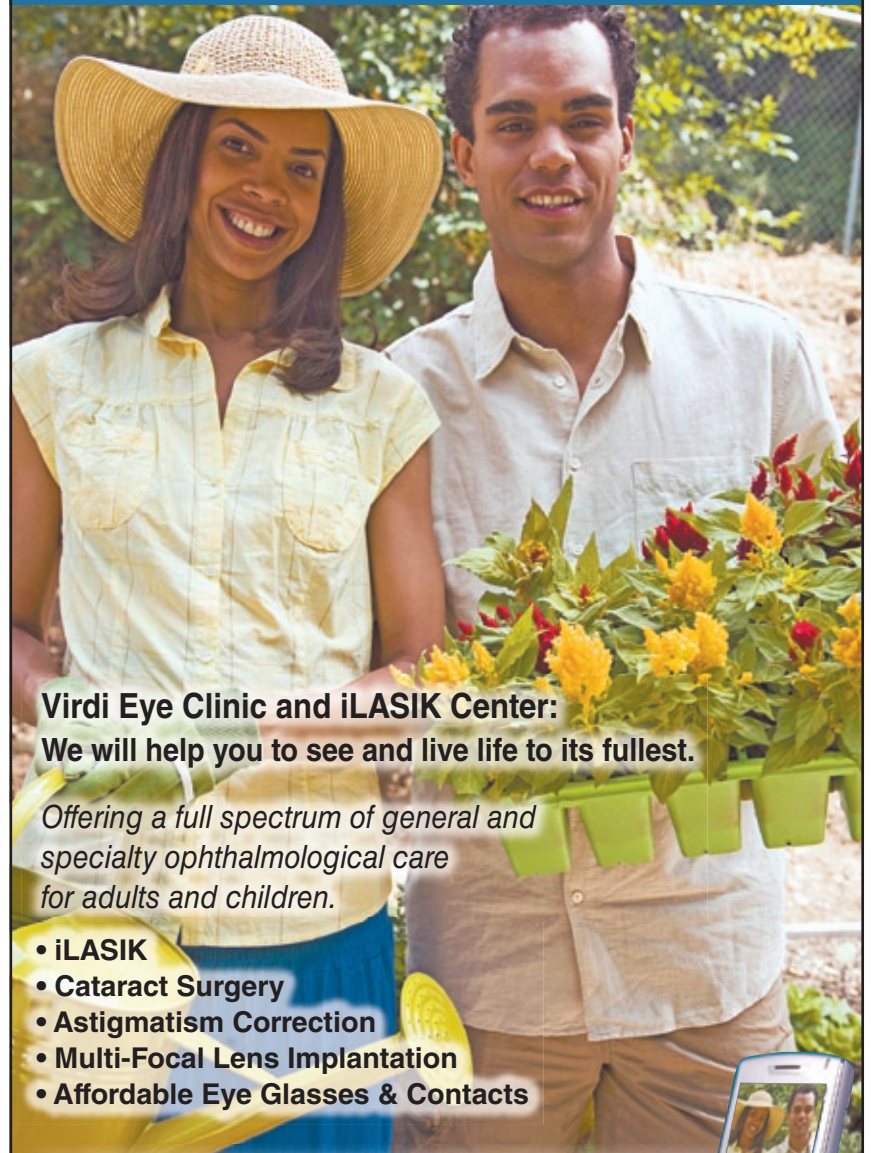


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(And Why I Still Do What I Do)

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.

Several times a day, patients thank me for helping them with their health problems. But I can’t really take the credit. **My confession is that I’ve never healed anyone of anything.** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by **healing itself.** We get tremendous results. It’s as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

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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.

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from the editor



Photo by Paul Colletti / Radish

In his March entry for “A Sand County Almanac,” conservationist Aldo Leopold writes, “One swallow does not make a summer, but one skein of geese, cleaving the murk of a March thaw, is the spring.

“A cardinal, whistling spring to a thaw but later finding himself mistaken, can retrieve his error by resuming his winter silence. A chipmunk, emerging for a sunbath but finding a blizzard, has only to go back to bed. But a migrating goose, staking two hundred miles of black night on the chance of finding a hole in the lake, has no easy chance for retreat. His arrival carries the conviction of a prophet who has burned his bridges.”

Put it that way and it’s almost enough to make you really like geese!

Whether or not they have yet arrived, signs of spring always find their way into my thoughts come March. I cannot help but feel the delicious trickle of anticipation for things ahead. Plenty of praises exist for the tender, twin-leafed shoots, the birds that preen and twitter on branches knobbed with buds, the first flush of warmer breezes — I won’t contradict them. But far more enticing for me is an even earlier harbinger of spring: the smell of wet earth. I could sit on my stoop all day breathing it in, my heart astir with the promise of renewal. I love the thaw.

Of course, in every month and season new things arise. As some of you have already discovered, while the winter winds were still blustering, Radish launched a fan page on Facebook. We hope it will be a place for readers to ask questions, suggest stories and get updates on the latest articles. Local nonprofits, community groups and growers are also invited to post upcoming events and tips on what’s in season, so if your group has an event you’d like Radish readers to know about, or if you have a special bushel of Lina Sisco’s Bird Egg Bean to bring to market, tell us about it on Facebook.

Naturally, that’s not all we’ve been up to these last few chilly months — we’ve also been hard at work putting together the issue you now hold in your hands. You’ll find our writers have asked some probing questions about the floods of recent years, wondered about the role smart phones should play in our day-to-day lives, and dug up tips on everything from hosting planet-friendly, kid-friendly celebrations, to eating well in colder climates and getting started in the garden. Even if spring is still several more weeks away, there is plenty in this issue to find invigorating.

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

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contributors



Ann Scholl Rinehart is a freelance writer and photographer living in Bertram, Iowa. Her writing career spans 25 years, much of that with newspapers in Iowa and Wisconsin. Ann and her daughter own and operate 2 Chicks & a Camera Affordable Photography (2chicksphotography.com). She is also an advanced Reiki practitioner who gives talks and workshops about accessing your inner wisdom (steeredbyspirit.com). You can find her article about the Wapsipinicon Almanac on page 18.



Frequent contributor **Jeff Dick** of Davenport is a freelance writer who covers film, video, consumer and library-related issues. His feature articles and reviews have appeared in Library Journal since 1986. In his free time, Jeff tries to break bogey on the golf course; goes to movies, plays and concerts; gets his money's worth from Netflix; and attempts to catch up on his reading. This month, he gives us the lowdown on bamboo flooring on page 26.



Chris Greene is the coordinator of the Grapevine news for the business section of The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. (She also appeared on the first Radish cover in 2005.) In her free time she enjoys cooking, gardening, running, volunteering and reading. Read about what Greene learned about building sustainable fishing ponds on page 32.



A graduate of St. Ambrose University with degrees in English and philosophy, **Sarah Ford** works at Big Brothers Big Sisters of the Mississippi Valley, where she makes matches between volunteers and children. Sarah lives in Port Byron, Ill., with her 10-year-old boy Isaiah. This month she has written about a mother-daughter duo keeping the craft of weaving alive in the Quad-Cities. Read more about them on page 16.



Lindsay Hocker is a reporter for The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. She earned her bachelor's degree in journalism and religious studies and a certificate in nonprofit management at The University of Iowa. Lindsay lives in Rock Island and enjoys spending her free time helping animal shelters, reading, and exploring natural sites and quiet towns. This month she wrote our cover story on Stroller Strides. You can find it on page 22.

Also appearing in Radish this month are contributors **Pam Berenger** ("The new normal?" page 8); **Sharon Wren** ("Ready, set, sprout!" page 14, "The Nordic diet," page 30, "The green screen," page 29); **Julie Barton** ("Buy smaller, live larger," page 6); **Erin Phillips** ("Mudras and the mind," page 24); **Laura Anderson** ("Think outside the gym," page 12); and **Leslie Klipsch** ("Party on!" page 20).

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hath come great knowledge." Ancient Hermetic Teaching,
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the grapevine

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Radish now has a Facebook page. Become a fan and get updates on your favorite articles, plus learn more about what is going on in Radishland! Discuss the stories you like with other readers, suggest future articles and post upcoming events for your community group or nonprofit. Becoming a fan is easy; just search for "Radish magazine" in Facebook, then click the "Like" button at the top of the page.



Make a date with Radish this month! Radish representatives will be at the following events, where you can say hello and pick up an extra copy.

- A presentation on "The Akashic Record" by Stephanie Ryan, sponsored by the Quad Cities Institute of Noetic Sciences, 6:30 p.m. Thursday, March 10,

at the Bettendorf Public Library, 2950 Learning Campus Drive, Bettendorf.

- The Sierra Club Film Festival, 10 a.m. to 6 p.m. Saturday, March 19, in Olin Auditorium at Augustana College, 733 35th St., Rock Island. Read more about the films to be screened at this festival on page 29.

- The 2011 Flower & Garden Show, 10 a.m. to 8 p.m. Friday and Saturday, March 25 and 26, 10 a.m. to 4 p.m. Sunday, March 27, at the QCCA Expo Center, 2621 4th Ave., Rock Island. Read more about one of the presentations at this event on page 28.

From our readers

"I love Radish! And more, I want to complement you on ... the most recent edition regarding (the from-the-editor column) 'Simply to be here makes us lucky beyond belief.' Amen to that!

"The fact that we are what we are, and the way we are biologically, is just amazing, and we take it so much for granted. And then when one realizes that it is so sad that the human condition sociologically is so desperate in so many ways, and yet I don't think under the best of circumstances that it would have to be the way it is. Many live their lives to make the condition better for all.

"Radish represents the effort to make our lives better. And you have to feel good about that aspect of Radish."

— Bill, Cambridge, IL

Cold Iron Creek (Feb. 2011): "I plan on putting together a small, grass-fed beef and goat herd starting this summer. This article gave me some new ideas."

— Rich, New Ulm, MN

"After reading 'Cold Iron Creek' and seeing pictures of those beautiful goats (which will become food), it made my desire to eat an old cold potato with a veggie more of a reality. We each have a choice of what to eat. As for me, those goats would be pets and live to an old age. I choose no meat, no time, no how. Just put them back into weed control and go happily on their way. They're too cute!"

— Shirley Barratt, Moline, IL

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Sara Baker of Stroller Strides of the Quad Cities jogs with her daughter Greta. (Photo by Paul Colletti)

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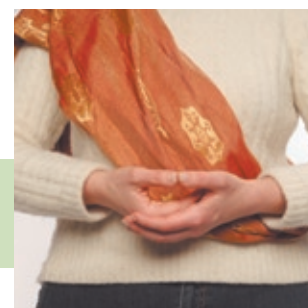
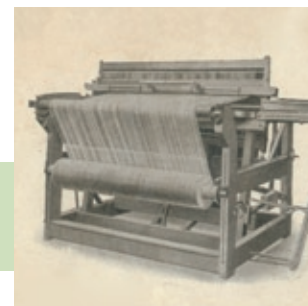
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healthy living

Buy smaller, live larger

The challenges and rewards of choosing to downsize



Julie Barton relaxes in her new home, which utilizes many design elements to help make small rooms feel spacious and inviting: loft-style beds in kids' rooms, decorative nooks, shelving for storage and glass-fronted cabinets. (Photos by John Greenwood / Radish)



By Julie Barton

Nationally syndicated columnist Ellen Goodman once wrote, “Normal is getting dressed in clothes that you buy for work, driving through traffic in a car that you are still paying for, in order to get to the job that you need so you can pay for the clothes, car, and the house that you leave empty all day in order to afford to live in it.” Last year, my husband and I decided we wanted to be free of all that. We were at a crossroads in our old house — with an outdated boiler, no air conditioning, and a deteriorating garage, we could either invest our next \$50,000 or more in the property, or we could move to a smaller home that would save us time, money and could be paid off more quickly. The choice was simple. We decided to downsize.

The move to downsize has been on the rise in recent years. First brought into the national spotlight by architect Sarah Susanka through her “Not So Big House” series of books, the downsizing trend gained momentum with the green movement and became a practical solution for many in the aftermath of the economic downturn. The U.S. Census Bureau shows a decline in the size of new construction

in single-family homes, which peaked in 2006 at 2,268 square feet and has been steadily declining ever since, with an average of about 2,100 square feet last year. In a recent survey by Trulia.com, a real estate search site, only 9 percent of people surveyed said their desired home was over 3,000 square feet, while more than 33 percent said their ideal home was under 2,000 square feet.

Our previous home was around 2,500 square feet. It had four bedrooms to house our three children (and large dog) and a corner lot that was about a third of an acre. My requirements to make the move were that the house was in our same neighborhood with the same elementary school, and that the house was built before 1960, because I am a sucker for hardwood floors, phone nooks and arched doorways. The house we found is four blocks from our previous home, has four bedrooms, was built in 1941 with the personality quirks common to that time period, and has a newer furnace, central air, roof, windows, kitchen, and garage. It’s about 900 square feet smaller, but \$50,000 less than our previous house. I thought I would be sad to let my brick cottage go, but when it was said and done I was only sad we hadn’t moved sooner.

Why would we move out of our larger lovely brick cottage on a corner lot?

There are many reasons for downsizing, but our top three are the most common:

- **Economic.** It is simply much cheaper to live in a smaller house. Not only did we not have to invest \$50,000 in needed updates our old house, we saved \$50,000 by selling a more expensive home and buying a less expensive one. We immediately saved more than \$300 a month in house payments, \$50 a month in property taxes, and \$100 a month in utilities.

- **Lifestyle.** With 30 percent less house, we have 30 percent less maintenance. There is less lawn to mow, less sidewalk to shovel, less floor to clean, and less space to furnish. We're able to focus less on the upkeep of our things and more on experiences with our family and friends.

- **It's greener.** We are now taking up a little less space, and using the space we inhabit more efficiently. We use less water and heat, and with the money we save we are able to look at greener options in the updates we do choose to make.

There are challenges inherent in going to a not-so-big house. For one, the house is — well — smaller. When you downsize by nearly 1,000 square feet, you're going to need to get rid of some things, and some hard decisions had to be made as to what was truly important and what was just taking up space. (The upside of those decisions was the benefit to Goodwill, and our donations are tax deductible.) There is also less space for entertaining. We've joked that we're going to have a "downsizing party" where we serve mini-muffins and little smokies and tell guests they can only stay for a half hour at a time to make room for the next 10 people.

One unexpected issue with downsizing was explaining our decision to friends and family. In a "keeping up with the Joneses" society, many of our friends and acquaintances weren't sure what to do with the news we were moving to a smaller house. They didn't know if they should bring us casseroles, used clothing, or in some cases, stop inviting us to their club. However, when they come to the new house, the difference is obvious. We are living in a space that is warm and intimate, surrounded only by the things we love and have meaning to us. Suddenly, the move makes sense. We're happier, and it's reflected in our surroundings.

If you're thinking about being a part of the downsizing trend, consider what is important to you. Is it location, number of bedrooms, style of house? If you're going to go smaller, you have to love the house you'll be living in. Sarah Susanka of "Not So Big House" says each room should be used every day, embrace a few well-worn concepts from the past while embracing the future, and should be in a house that expresses your values and personalities. In other words, a home with more bang for the buck.

Even in downsizing, one needs to maintain flexibility to change the plan. In the old house, we had a finished basement as run-off space for the kids to play and take their friends. The new house has an unfinished basement, and we've found that we miss that "kid space." We're now making plans to finish most of the basement, which will bring back another 500 square feet, and will be usable space that adds to the value of the property. We're also able to look at eco-friendly solutions such as bamboo flooring, energy-efficient lighting, and low-flow fixtures in the bathroom.

When choosing the home that's right for you, a one-size-fits-all solution doesn't exist. For some, a larger home makes sense with a larger lifestyle. For others, an 800-square-foot build-it-yourself cabin is the solution. For my family, it was somewhere in between. I recommend a Goldilocks approach; outline your needs, picture yourself in different homes and different scenarios, and determine which one is just right.

For a reading list of books on downsizing a home, visit www.radishmagazine.com.



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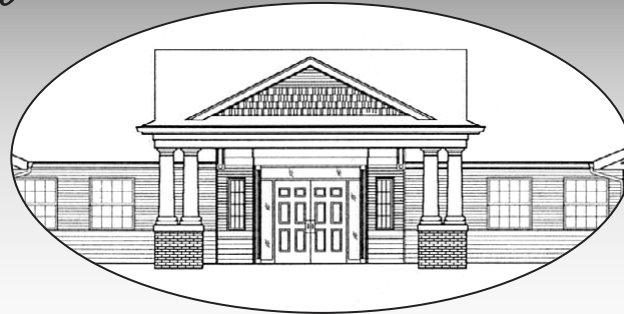
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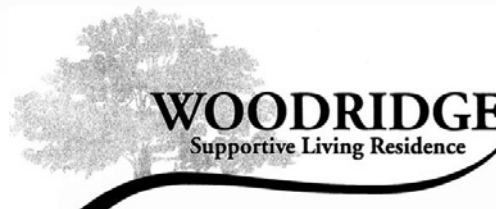
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healthy living

The new normal?

More frequent flooding may be a sign of things to come

By Pamela Berenger

Heavy rains and saturated soil is the recipe for floods. Over the last several years, an increase in such conditions has resulted in flooding in Illinois and Iowa that is more frequent and costly. As researchers for the National Oceanic and Atmospheric Administration predict the Midwest to continue to have more rain in greater intensity, we have to wonder, are major floods the new normal?

"We are definitely seeing flooding with more frequency as evidenced by what has happened in Cedar Rapids and Iowa City," says Mark Jackson, project coordinator with Interstate Resource Conservation and Development in Moline. "The 500-year flood used to occur every 500 years. Now with the level of intense storms, we're seeing those levels of significant loss more frequently."

Whether it's the new normal, though, is hard to say, Jackson says. Certainly Illinois and Iowa are experiencing more floods and at different times of the year than what baby boomers are accustomed to seeing.

Without question there's plenty of discussion about what is causing the unprecedented events. The green-house effect, urban sprawl, soil replaced by nonporous surfaces, and natural as well as man-made changes in flow patterns are being looked at as possible causes.

"I don't know if we can point the finger at just one thing," Jackson says. "There are many pieces to the puzzle. Without doubt we've seen more intense flooding at different times of the year."

Flood warnings already have been issued for 2011. The National Weather Service, in a report released in early January, warned residents along the Mississippi River from Dubuque to Gregory Landing in Missouri that they are likely to see moderate to major flooding this spring due to above normal snowpack and high soil moisture. The amount of flooding will depend on the precipitation that occurs at the same time.



Randi Forholtz of Rock Island wades through floodwaters in June 2008. (Photo by Radish staff)

The magnitude of precipitation may be at the heart of the issue, according to Jim Angel, Ph.D., state climatologist at the University of Illinois Institute of Natural Resource Sustainability Illinois State Water Survey.

"It used to be in Illinois that flooding occurred in the spring especially after a heavy rain," Angel says. "Seasonality has changed. It's not just about rain events and snow melt. It's about saturation and the intensity of the rain events. When you get a heavy rainfall, 4 to 6 inches of rain in a 24-hour period, in already wet conditions, you will have flooding."

Angel is reluctant to say the change is new or unprecedented. Looking back at Illinois' climate in the 1800s shows very wet conditions, he says. As the century progressed the state became drier. Illinois

experienced eight statewide droughts from 1895 to 1965. Since 1965 there has been only one statewide drought and that was in 1988. A drought in 2005 affected northern but not southern Illinois.

"If we step back and take a look we can see the similarities from then to today," Angel says. "We can't say it's unprecedented because the 1800s were just as wet as today. We can't address the old 1800s records in intensity, but we can say that in the last 10 to 20 years there has been a shift to bigger rain events and an increase in events over a fairly large area, which could be similar. Knowing what we know about gradual increases in precipitation, I would say it's not a sudden jump from one pattern to another."

Overall, Angel says there has been a 10 percent increase in precipitation, which translates to about

4 inches of rain annually. According to the Illinois State Water Survey, a 10 percent change in precipitation produces a 20 percent to 25 percent change in stream flow, increasing the probability of flooding.

Steve Higgins, resource soil scientist with the U.S. Department of Agriculture Natural Resource Conservation Service in Moline, says he would call the weather pattern consistent.

"What I've noticed is wet areas have become wetter for longer periods of time," says Higgins. That trend can be attributed to heavier rainfalls which could be called "normal," he adds.

"Honestly I hate to call anything normal," Higgins says. "Over the course of a thousand years, what is normal? To call anything normal or natural we have to link it to a period of time that you call normal. The human life span is short, relatively speaking, so it's difficult to pinpoint a time. The weather, the climate, and the terrain have changed. The earth has cooled and warmed up and it will again. I think it's foolish for us to attempt to predict what is going to be 100 years from now."

While future weather and climate changes may be impossible to predict, the men agree measures need to be taken to preserve the soil and the environment. Floodwater not only damages homes and businesses, it damages infrastructure, and

'It's not just about rain events and snow melt. It's about saturation and the intensity of the rain events.'

carves away rivers and stream banks, carrying heavy loads of sediment along with it and impacting water quality.

"Without a doubt if soil is managed properly the effects of heavy rains are reduced," Higgins says. "Everything we do has a contributing effect on increased runoff and decreased saturation. We first must be aware that wet-prone areas, if flooded in the past, will flood again. It's basic: more soaks in than runs off."

Both states have abundant water resources — Illinois' 55,875 square miles has 10 river basins drained by more than 26,000 miles of flowing waters; Iowa's 56,276 square miles has over 19,000 miles of interior rivers and streams. These systems of streams, rivers, and creeks supply humans with drinking water, recreation, transportation, industrial process, and cooling water, and supply habitat to other living creatures.

Damage to both natural and man-made systems is costly to the environment and taxpayers. According to a report of the National Conference of State Legislatures and the University of Maryland's Center for Integrative Environmental Research, in Illinois there has been more than \$287 million in annual flood damage. The cost of Iowa's 2008 flood ran into the billions.

It's agreed that floods cannot be avoided, only minimized. With so much at stake, more attention and energy needs to be put into reducing the damage caused by flooding, Jackson says.

"There is not one easy solution," he says. "Each community or area prone to disaster will need to be addressed individually and creatively. Whether it is building flood walls, reservoirs, retention basins, creating wetland space or changing the drainage or flow pattern in hard surfaces, something has to be done to minimize the loss."

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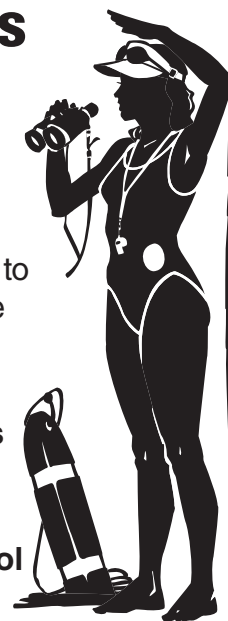
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Sylvia Soliz maintains quality control, removing imperfectly shaped tortilla chips from the line and dropping them back in the masa mixture to be recut. (Photo by Paul Colletti / Radish)

By Sarah J. Gardner

It's 10 a.m. on a Monday in early winter. I am standing next to a clattering metal conveyor belt on which corn tortillas speed by like small, flat flecks of sun. Viewed through the heat rising from the 300-degree oven in the middle of the room, the last few leaves on a tree outside a far window appear to rustle gently in the windless day.

I'm in the production room at the back of Tony's Grocery in Silvis, where, twice a week, seven workers gather to produce 1,500 packages of Tony's Tortillas and 160 bags of Tony's Tortilla Chips.

It's a process that Sylvia Soliz, owner of Tony's Grocery and Tony's Tortillas, knows well. She began working in the tortillaria when she was 12 years old under her father, Anthony "Tony" Saucedo, the original owner. Her job was to wrap the tortillas in paper by the dozens to be sold.

"I was mostly unpaid; we all were," says Sylvia, describing the work she and her five siblings did to help their father. But they learned a lot about tortillas.

"My father used to tell me, 'People are going to come to you and want to put a preservative in them. You don't need it,'" says Sylvia. When she took ownership of the business, she found his words rang true. She stuck to the original recipe: corn, water, a little lime and salt.

"Everyone loves the fresh corn taste. That really comes through without the preservatives," says Sylvia. Because she grinds the corn on site and does not ship the tortillas more than 60 miles, there is no need for chemical additives.

In fact, Sylvia has come up with an experiment in which she has set packages of her tortillas on a shelf next to packages of tortillas made with preservatives. More often than not, her tortillas last as long if not longer than the others.

It's not just customers who enjoy the taste of corn in Tony's Tortillas. Ken Brummel, a farmer from Sheffield, Ill., has been the exclusive grower of corn for

Tony's Tortillas for nearly 10 years. He makes a trip every other week to deliver 57 bushels of corn to fill a small silo outside the production room.

Brummel says there is something particularly special about the taste to him. "You'll meet farmers who have tasted the beef from the cows they have raised or pork from their pigs, but it's very seldom in this part of the nation that a farmer has eaten the grain he has raised," says Brummel.

Unlike most chips on the shelf in which "you can taste the salt, taste the ranch dressing, taste the chili seasoning, but can't taste the grain," says Brummel, the chips Tony's Tortillas makes have a pure taste of corn.

Although there have been a few changes in machinery over the years, the way tortillas are made at Tony's Tortillas has remained largely unchanged. The kernels of corn are still sorted by hand to remove any imperfections. They are still ground using a special volcanic stone. And the masa mixture used to make the tortillas still follows the family recipe.

It's a recipe Sylvia's grandfather traveled back to Mexico to learn. "When my father bought the first machine, he thought the recipe would come with it. He was shocked when they told him no," Sylvia says with a laugh.

So her grandfather, who had fled the Mexican Revolution more than 30 years prior and had settled in East Moline, returned to his home in Leon, Mexico, to learn tortilla making from his aunts. Once he had the recipe down, he worked out how much of each ingredient he would need to make thousands, rather than dozens, of tortillas.

"He was a smart man and hard working. When he first came here, he worked as a flagman on the Rock Island Line. He would travel to Chicago on his days off to bring back groceries for the other workers, but he always wanted to be able to sell fresh tortillas," explains Sylvia.

When her father opened his grocery and bought the machine to make tortillas, he was fulfilling her grandfather's dream. Now the business has passed on to Sylvia, who continues the family tradition.

She isn't alone. Near where I am standing, Sylvia's son, Zachary Soliz, moves back and forth among the workers to help keep the process running smoothly. He adds water to the cooked corn and stirs it. Zachary works as a firefighter in Davenport, though he and his wife help his mother with her business and look to continue operating it into the future.

"One thing if you work here, you gotta like the oldies," he says with a grin, tilting his head toward a radio on the shelf. The last strains of "American Pie" can just be heard over the clanging of the machinery.

Sylvia plucks a tortilla from the belt for me to try, as nimbly as turning the page in a book. Still warm, it has a deep, roasted corn taste and a pleasingly pliable texture. Rather than melt away, these tortillas will hold up even when wrapped around stewed meats such as carne guisada.

Although most people in the Quad-Cities buy Tony's Tortillas at grocery stores — they're sold in Quad-Cities Hy-Vee Food Stores, Country Market in Rock Island and Save-A-Lot in Milan — Zachary and his wife are helping his mother update their own store to include a deli counter where patrons will be able to eat dishes made with the tortillas fresh from the ovens. They hope to open the deli counter by the end of 2011.

They also are helping Sylvia track cooking time and weather conditions on a computer to help make the process more efficient. Wet weather can affect the time it takes to cook the tortillas, Sylvia explains, "and even two minutes can make a big difference." It's the kind of insight that comes with 60 years of experience in the corn tortilla business.



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health & medicine

Think outside the gym

Holistic trainer helps clients connect fitness with wellness

By Laura Anderson

Personal trainer Neal Turner counts out the repetitions as Jim Thomson pulls himself up on the equipment. “Eight, good. Nine. Last one, and 10,” Turner says, and walks to his notebook to write the completion.

But Turner isn’t like the average personal trainer. Sure, he helps clients reach fitness goals, whether simply getting off the couch or competing in triathlons, but he also looks at wellness in the bigger picture by incorporating holistic nutrition.

His interest in holistic methods began when he was a pre-teen and teenager, he says. He had eczema, and his dermatologist prescribed topical steroids. Rather than continue that route, he says he decided to start investigating another way. He found many natural ways to treat eczema as well as other common ailments like sinusitis.

“I whipped my own allergies into shape,” he says, by learning what foods were his triggers, as well as adding some herbs and supplements to his daily intake. This was sort of the pre-Internet era, Turner says, so he did most of his research by reading books.

The wellness approach Turner developed can also increase energy and decrease stress, he says. Exercise is one outlet to help relieve stress, but fueling and supplementing the body in a natural way aids in the progression. In turn, psychological wellness and physical wellness go hand-in-hand, Turner says, adding, “It’s all linked.”

But his desire to support the body in a natural way does not mean he’s against Western medicine. His life vision actually is to see a marriage of Western and complementary medicine. There’s more to helping people than handing them medication, he says, suggesting that perhaps in the future, medical doctors could work with trainers and nutritionists like himself to create a treatment or lifestyle regimen of the best of both worlds.

Still breathing heavily and working hard, Thomson shakes out his arms. As owner of e2 Fitness

in Davenport, where Turner was working on this day, Thomson keeps active and is in pretty good shape, according to Turner.

Thomson says Turner pays attention to detail and form throughout the entirety of his workouts.



Neal Turner (Photo by Gary Krambeck / Radish)

“He tells me to move my elbows up a little more,” he says, gesturing with his arms. “You have no idea how much harder it becomes,” Thomson says, laughing and shaking his head.

“We know when we come here, we want to do it right,” Turner says.

He has been a personal trainer for about five

years now, but his desire to train came years ago when he was working at a gym selling memberships and the trainer on staff was overloaded. “It was my opportunity to jump in,” he says, adding that he then started the process to become certified.

As Turner progressed, he says he noticed a huge disconnect from trying to stay fit and trying to stay well. After he became a certified personal trainer, he went back to school at American College of Healthcare Sciences and became a certified holistic nutritional consultant.

He trains and consults under the business name Synergy Fitness & Wellness as an independent contractor at e2 Fitness and Fitness First Plus in East Moline. He also teaches a fitness class for John Deere. “I enjoy every minute of it,” he says.

When someone comes to him for services, he’ll first begin by determining the fitness goals of the client and if they have anything nagging at their bodies, be it lack of energy, allergies or digestive problems. Then he’ll start with the basic principles of fitness, like balance, flexibility, muscle strength and endurance, and basic wellness, he says.

Next he’ll educate his client about how to support their body naturally, framing up “a total snapshot of fitness and wellness.”

For example, he says he’d make sure his client was properly hydrated. Then he’d ask that they eliminate refined sugars and pre-packaged foods from their diets, and then find a basic nutritional protocol including green tea and possibly herbal supplements, he says.

Turner says he really likes to drive home that it’s really about a lifestyle — “not just a program that lasts 90 days.” The changes don’t have to come overnight, he says. Success can come by making small changes over time, “but being consistent,” he says, is the key.

For more information about Neal Turner’s approach to wellness, call him at (309) 721-9956 or e-mail him at evolutionfitness3@yahoo.com.

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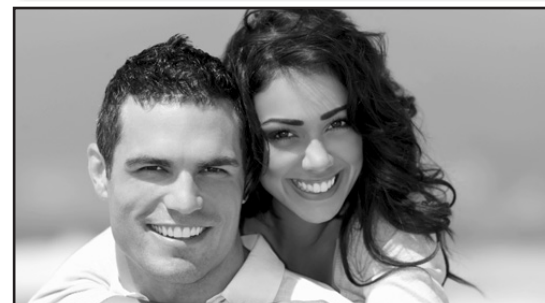
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gardens

Ready, set, sprout!

Get ahead in the garden by planning your plantings

By Sharon Wren

Now is the time when savvy gardeners start seeds indoors, but for some, the process can be intimidating. Why go through all the bother of finding small containers, dumping in potting soil and seeds and finding a sunny place to put them? Couldn't you just pick up a few pots of plants from the garden center?

For one thing, there are more varieties of seeds than there are of plants at the store. Burpee's website alone has nearly 100 varieties. Cost is another factor — a packet of 30 seeds of Heritage Hybrid tomatoes from Burpee costs \$4.95, while three plants of the same variety are \$12.95. If you save seeds every year, you'll never have to buy them again.

Horticulturist Michelle Campbell of Bettendorf, a dedicated seed starter, has been gardening since her mother got her started in kindergarten. "My gardening philosophy is this: Do as little work as possible, plant only what you love and your family will eat, include flowers, use little or no chemicals and leave room in the garden for faeries," says Campbell. "I am always amazed at how little time I put in and how much I get back out."

The key to starting seeds is to remember that some need to be started indoors well before it's time to plant outside. "You can start anything indoors to get a jump on the season," says Campbell. "Also consider planting twice — first your

transplanted seedlings, then at the same time plant some more seeds in the ground for a succession of spinach, lettuce, peas and radishes."

"Swiss chard, lettuce, tomatoes, peppers, squash can all be started indoors with simple equipment, such as egg cartons with a hole poked in the bottom. You can also reuse last year's annual flower containers if you saved them, or buy seed starting trays with liners at local garden centers," Campbell explains. You don't need fancy, expensive supplies to start your seedlings.

Sometimes that packet of seeds you buy has many more than you can use at one time. Burpee carrot seeds have between 500 and 2,000 seeds per packet — even Bugs Bunny couldn't go through that many! But how can you store the extras to save them for future gardening? Campbell has an idea: Store the seeds you don't plant in plastic Easter eggs. You can write the names of the plants on the eggs and store them in the egg cartons you get from the grocery store.

The different colored eggs come in handy. Campbell uses them to color code her seeds. "Greens like spinach, Swiss chard, beans and herbs get the green and blue eggs, squash and tomatoes are yellow and orange, while flowers are stored in the pink and purple eggs," she explains. "It's a fun way for me to stay organized and keep my favorite seeds in stock. Since I like to use heirloom veggies that I can't find at the store, I can often save my own seeds, which go back into the eggs at the end of the season for next year."

While you're planting your seeds, why not put in a few extras for a good cause? Plant a Row is a program from the Garden Writers of America that encourages people to plant extra fruits and vegetables and then deliver them to food pantries, meal sites and other groups that feed the needy. It took the nationwide program five years to reach the first million pounds of donated produce. The second million pounds took only two years, and in each of the next eight years, more than a million pounds were donated. Since 1995, more than 14 million pounds of home-grown produce has been donated.

Local food pantries can definitely use any extra produce you can grow. Caren Laughlin, marketing director at the River Bend Foodbank, says a new program by the Foodbank can put the fresh produce into the hands of area residents who need it. "With our mobile food pantries, which we have about three times a month, we can take unlimited amounts of fresh food. We just put it out there and people take it immediately."

Laughlin says anything would be appreciated but some produce is easier to manage than others. Consider planting vegetables to donate that have a longer storage life, like potatoes and carrots, versus those that bruise easily, like tomatoes.

To find a local food pantry, Caren Laughlin suggests visiting the River Bend FoodBank website at riverbendfoodbank.org/donatefood.htm. You also can check with local churches or foodpantries.org for information on area food pantries and shelters that can take your donations.



Seeds sorted and stored to plant later. (Photo by Gary Krambeck / Radish)

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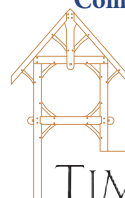
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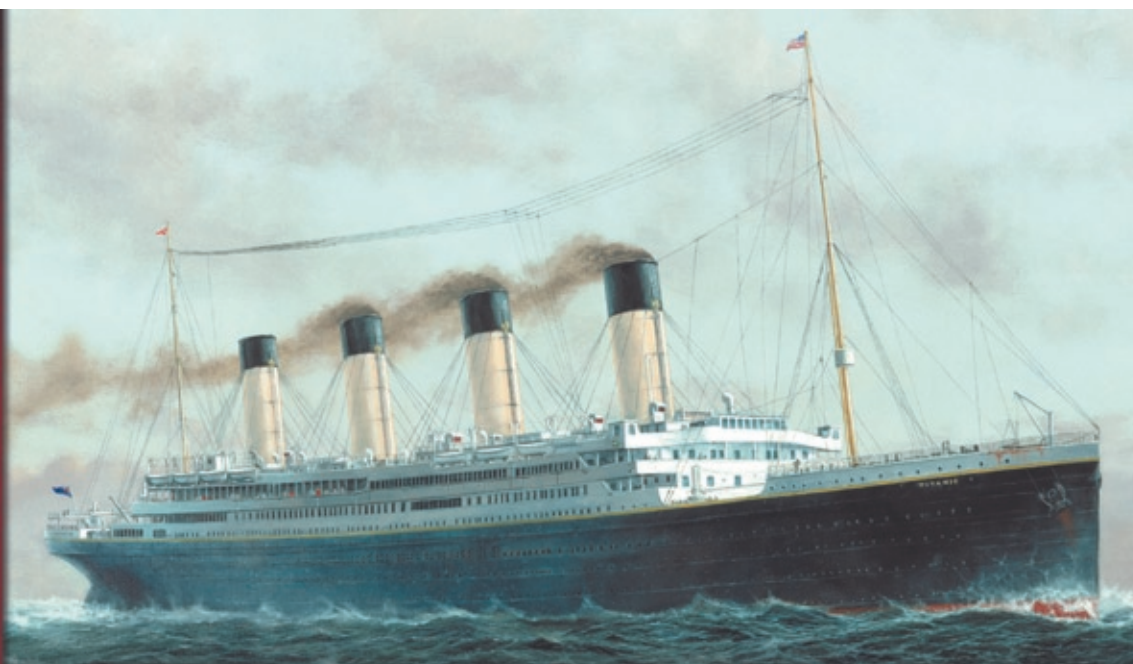
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Looming large

Giving new life to old jeans, weavers keep a craft alive

By Sarah Ford

All summer in the bustling Saturday mornings at the Freight House Farmers' Market in downtown Davenport, a mother-and-daughter team come prepared with a wintertime's worth of loom-woven workmanship. Carol Boblit and Betty Urmie are the dedicated weavers behind Heritage Style Quality Woven Rugs. Locally made, their creations have traveled far: Boblit and Urmie believe their work has come to reside in homes in every state of the nation and across the Atlantic as well. What started as gift-giving efforts for family and friends continues as an endeavor sustained by a love of their craft, and an eagerness to "bring weaving and rugs into people's lives."

So their multicolored rugs, stair runners, place mats and table runners, all fashioned by repurposed fabrics, bring character to the market through remnants of an art form fading fast from the American landscape. Their creations stem from a family tradition of loom-weaving, combined with a twist of 21st century ideals of reusing and recycling fabrics, all to make one-of-a-kind products available May through October. Theirs is a system they have figured out after 13 years as seasonal vendors.

"Winter's for weaving, summer's for market," said Boblit, the daughter in the mother-daughter team. Her mother, who plans to retire sooner rather than later from the business aspect of the operation, still manages to add 25 or 30 rugs to the inventory each season. Boblit tries to "make a rug a day to catch up" for market time, where more than 100 rugs and other items are available for purchase by the time spring rolls around.

The weaving material of choice is denim, though occasional corduroy, flannel, or fake fur is incorporated into a rug. Jeans are the most abundant material, however, especially as Boblit's brother is a farmer — "he goes through them fast." Neighbors of the women also contribute old jeans, regular market visitors donate faded pairs for the weavers to utilize, and thrift store finds add to the abundance of textiles to be reused.

"We're getting it out of the landfill, and we're keeping it going," said Boblit, noting that it typically takes five pairs of jeans to make a 37-inch durable rug.

Not only have the women maintained and shared a family tradition using repurposed fabrics, they're weaving on antique looms manufactured in Iowa. Five of the six looms between them are products of Newcomb Loom Company, founded in 1889 in Davenport by Charles Newcomb, an inventor of four styles of looms himself. The business, located across from the Oscar Meyer plant, was the distribution center until closing in 1969. The building eventually hosted a few other businesses — most notably Rockin' Ham's Bar and Grill — until it was demolished in 2010 to make a parking lot.

One of the looms the duo uses is a Union Loom passed down from Urmie's mother. The others have ended up in their households by word of mouth. One



One of the looms used by Carol Boblit to repurpose fabric into rugs. (Submitted)

came from the Village of East Davenport, another from an old house in Osborne, Ill., and another from LeClaire, Iowa. The previous loom owners heard of the women's passion for the craft, and wanted to make sure they'd go somewhere special. Even now, both women would find it hard to say no to the prospect of another loom offer.

"We always had a loom in the house," recalled Boblit while reminiscing about cotton dresses made by her mother and crafting her first rug when she was 10 years old. She said that operating her loom is "a simple process" involving "warps and strings and a shuttle," while also joking that she's a rookie, and her mother is a pro.

But it's a fading craft, so Boblit and Urmie must go to greater lengths to get the weaving supplies nowadays. Local suppliers of warp, or thread, have long been gone, so they now rely on an Ohio company for the spools of warp. But it hasn't dampened their enthusiasm for their craft. "It's a hobby to me — I just weave, and use it as an outlet for my own happiness," Boblit said.

As for the family tradition continuing on, Boblit and Urmie have reason to hope that it continues with their grandchildren and great-grandchildren, as a few have taken an interest in the wooden contraptions in their households. Both women agreed that they're happy to be a part of keeping an early American craft going, and offering others ownership of this heritage.

"As long as people keep coming, we'll be there," said Boblit. "We can't let these looms sit idle."

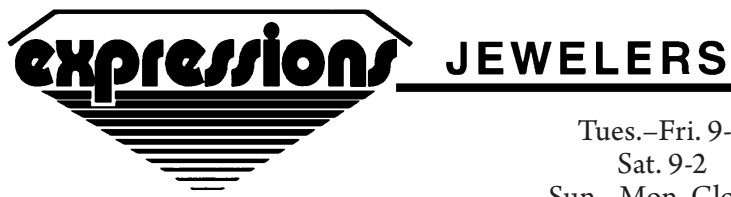
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Wapsipinicon Almanac

An eclectic journal printed once a year in rural Iowa

By Ann Scholl Rinehart

Tim Fay's modest rural Anamosa, Iowa, home reflects what is important to him. Outside his home, which is built into the earth on land his family has owned since the Civil War, hangs a peace sign fashioned out of twigs. Inside, mounted bookshelves accent nearly every wall — one shelf in particular is made from native elm boards from a neighbor's property. Many of his books are by Iowa authors; many are about subjects specific to the Midwest. His floor is of local limestone; the paneling from local oak.

It is his shop, attached to the north end of his house, however, that perhaps says the most about what is central to Fay's life. It's there that he houses the tools of his trade: letterpress and Linotype equipment, some dating back to the turn of the 20th century. He does small-job printing, like raffle tickets and business envelopes, and prints books for authors such as Mary Swander, Iowa's 2009 Poet Laureate. He is perhaps best known, however, for the Wapsipinicon Almanac, which he publishes each year around Thanksgiving. Fay, 57, also serves as the distributor, delivering copies for bookstores large and small and in places such as small-town grocery stores and shops.

Fay, a 1971 graduate of what was then Regis High School in Cedar Rapids, earned a journalism degree from the University of Montana in 1975. Shortly after, he began collecting the printing equipment. Since it was obsolete by then, he could often acquire it for the cost of hauling it away. His first find: a 1904 hand-fed platen press that he obtained from New Melleray, a Cistercian (Trappist) monastery located south of Dubuque.

"I could tell it was built and designed to last forever," he says of his motivation to collect the equipment. "It had an aura I really liked."

In the 1980s, he did printing for Frontier Natural Products Co-op in Norway, Iowa. But with the company's explosive growth came the desire for bigger print jobs and four-color printing. When the company went elsewhere for its printing needs, Fay decided to

focus on producing his own publication. The Wapsipinicon Almanac was born. The first copy came out in spring 1988.

Fay saw the publication as a way to provide a forum, not just for area writers, but for small businesses — potters, weavers and people selling organic items.

In the early days, the almanac, which debuted at the tail end of the 1980's farm crisis, focused primarily on the demise of family farms, environmental concerns, and Wal-Mart's impact on small-town America.

"You can only hammer those themes so many times, then it's time to find new material," Fay says. Issue No. 17, which came out in fall 2010, included essays on Iowa culture, politics, the state's corrections system and the weather.

People often think because of the old-fashioned look to the almanac that it is a nostalgia magazine. Not so, Fay says. Instead, he wants writers who will "tell it like it is" — essays that "lay it all out." His hope for the almanac: "that it's relevant and that it's going to interest intelligent people."

Fay knows some of what he learned about printing from his late uncle, who was a printer in Anamosa. Since 1978, he's relied on the expertise of Eldon Meeks, a Linotype operator who is now 85 and still helps Fay with the almanac.

Someday, Fay knows, he may have to forego the old equipment. Why doesn't he make the change now? "I don't see a great reason to modernize," he says. "I still have a desire to learn more about this all the time, from the design end, the mechanical end and soliciting good material (for the almanac). That's a lifelong learning thing. That's more than enough for one person's plate."

Covers courtesy of The Wapsipinicon Almanac. See more at wapsialmanac.com.





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Free Admission

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Doors Open at 10am – Movies roll at 10:30

10:30 Carbon Nation (82 min.) Carbon Nation is an optimistic, solutions-based, documentary that illustrates, with a cast of engaging characters, why it's incredibly smart to be a part of the new, low-carbon economy: it's good business, it emboldens national and energy security, and it improves health and the environment.

12:15 Living Downstream (55 min.) Based on the acclaimed book by ecologist and cancer survivor Sandra Steingraber; this movie follows toxic chemicals as they migrate through some of the most beautiful places in North America, how they enter our bodies, and how they may be working to cause cancer. Steingraber's story begins in a nearby watershed, along the Illinois River in Pekin, IL, where she grew up.

1:50 Bag It (65 min.) Jeb Berrier, an average American guy who is admittedly not a tree hugger, makes a pledge to stop using plastic bags. This simple action gets him thinking about all kinds of plastic we use. Bag It focuses on plastic as it relates to our society's culture of convenience and our throw away mentality when there really is no more "away".

3:20 Tapped (54 min.) Stephanie Soechtig's debut feature is an unflinching examination of the big business of bottled water, from the production of plastic, to the communities where water is being pumped, to the oceans in which so many bottles end up.

4:50 Truck Farm (48 min.) The makers of the movie King Corn, Ian Cheney and Curt Ellis turn an '86 Dodge truck into an urban vegetable garden. Interested neighbors pull weeds, add water, and sneak in some toy cows and chickens that graze contentedly among the nasturtiums. The truck creates high quality produce that can travel less than 50 feet from farm to table, and supplies the food system with a healthy dose of fun.

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For more information about Eagle View Group, Sierra Club go to: <http://illinois.sierraclub.org/eagleview>

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March is National Nutrition Month® and the 2011 theme is "Eat right with color"!



According to research quoted in the 2010 Dietary Guidelines for Americans, we are only eating a portion of the recommended intake level for two very important food groups: vegetables (eating only 59% of the recommended amount) and fruit (only 42%). Why not make it a personal goal this March to strive to consume a variety of colors at your meals and snacks? Not only will these bright colors make your meals more appealing, but they'll also give you a nutrition boost!

Here are 5 tips from your Hy-Vee dietitians to add more "color" to your meals and snacks:

- Make a fruit sauce or purée to drizzle over oatmeal or pancakes, stir into plain yogurt or serve on top of grilled seafood or poultry.
- Sneak in vegetables at breakfast by adding them to your scrambled eggs, omelet or breakfast sandwich.
- The opportunities are endless when using vegetables as pizza toppings or sandwich fillers. Kick up the nutrition by adding bell peppers, tomatoes, broccoli or zucchini.
- Turn your afternoon snack into yet another chance to fit in fruits and veggies. Heat up a cup of tomato or vegetable soup or eat a piece of fresh fruit with low-fat string cheese.
- Got a picky eater at home? Here's a sneaky tip: Grate, shred or chop vegetables and stir them into baked dishes (casseroles, meatloaf and pasta) or sauces.

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healthy living

Party on!

How to host a kid-friendly, earth-friendly birthday bash

By Leslie Klipsch

Never one to shy away from special attention, I have always been a birthday person. My mother threw memorable backyard birthday bashes when I was a child, and as an adult I have been known to stun people with a sort of all-or-nothing birthday cake fervor. Since becoming a parent and watching my own family grow, I have realized that hosting kids' birthday parties multiple times per year comes with a great opportunity to flex our family's "go-green" muscles and endeavor to party responsibly. Here are a few things I've learned along the way.



Binyam Klipsch, Ethan Gardner, Tariku Klipsch, Dailah Klipsch and Eli Klipsch celebrate in front of a reusable birthday banner. (Photos by Stephanie Makosky / Radish)

Earth-friendly invites

A good, green gathering always begins with paperless invites. Sit down at the computer with your birthday boy or girl and let them design their own Evite (evite.com) or, for the more design-savvy kid, Pingg (pingg.com). Older kids might set up a Facebook page to invite their peers, again resulting in zero paper waste. If you prefer to send invitations through the post, opt for those made out of recycled paper. Especially appropriate for a younger child's party, simply pick up the phone to call the parent of each guest — this is both a reassuring and eco-friendly gesture.

D-I-Y decoration

Several years ago I purchased a handmade "Happy Birthday" banner from an independent crafter on Etsy.com. Made with bright and festive fabric, the banner has been hung happily dozens of times for various birthday celebrations, and it has quickly become a special tradition in its own right as my children anticipate its arrival during their respective birthday week. By reusing this simple banner year after year, we are saving cash and landfill space.

Decorating for the big event is a great way to involve kids in the party-planning process and can easily be turned into a lesson in the Three R's

(reduce, recycle, reuse). Use recycled papers like brown grocery bags, newspapers and magazines to create paper chains to hang from the ceiling and talk about the importance of reusing items that might seem like trash. Consider replacing balloons with Chinese paper lanterns as these add an air of celebration, can be used for occasion after occasion and don't consume diminishing helium resources.



Dailah Klipsch works on a party craft, gluing shapes onto her cape.

Eco-conscious kid crafts

A great way to entertain and the perfect opportunity to up-cycle, kids' crafts make a great birthday party activity. Scour closets and thrift stores for old T-shirts, cut off the front (leaving the ring around the neck) and help kids decorate the back, fashioning a personalized super-hero cape. Decoupage old yogurt containers and glue on ribbon or fabric scraps to create a windsock or reuse glass jam jars and tiny toys to create snow globes. (Online tutorials are abundant.) One event our family attended encouraged the preschool set to decorate thrifted frames and later sent a photo that they had taken of the children in attendance. The finished product can go home with party-goers and you can consider the "goody-bag" green.

Green games and venerable venues

Do you have a laundry basket or an old box lying around? Cover the top with a large piece of paper or scrap cardboard, cut a hole in the center, roll up some socks and host a sock toss. A personalized rendition of "Pin the Blank on the Blank" has fantastic party-potential. (Think "Pin the Mask on Batman" or "Pin the Hat on the Cowboy" or "Pin the Pepperoni on the Pizza," whatever matches your child's interest and your own artistic capability.) Bring back classics like musical chairs or charades — both are innocent in terms of content and carbon.

In lieu of a game, warm-weather party-goers will enjoy a nature walk. Or consider car pooling to an organic farm or orchard for a tour. And what preschooler wouldn't love to visit the local police or fire station? All of these options are ripe for learning about the local community and larger world, and fun, too!

An eco-savvy spread

Let's face it, along with lots of great memories, parties traditionally end with a heaping bag of trash. However, this doesn't have to be so. Scrap the plastic serveware and use glass place settings instead. If you're worried about little fingers breaking something of value, invest in kid-friendly, BPA-free tableware that you'll be able to use, worry-free, time and again. If you'd rather not deal with cleanup, you can find compostable utensils and biodegradable tableware. Make your pint-size guests feel fancy for the day with cloth napkins and consider purchasing or making a custom tablecloth or runner, an item that could become a birthday tradition as well.

For a longer version of this article with more tips, visit www.radishmagazine.com.

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Stroller Strides makes exercise accessible for busy moms

By Lindsay Hocker

Sara Baker has worn many hats. She has previously worked as a personal trainer, coach and high school teacher. When her daughter Greta was born, she planned on being a stay-at-home mom, but then realized she wanted to do something in addition to that, which is how she came to start Stroller Strides of the Quad Cities.

The purpose of the group is to help busy moms get a full-body workout, but it's about more than fitness and efficiency. Baker, who moved back to the Quad-Cities from Chicago in 2007 when her daughter was born, saw a huge need for “mom and baby” activities in the community. Stroller Strides allows moms to “get everything done in an hour, plus they can bring their kids with them,” Baker says.

Baker started the Quad-Cities franchise in September 2008. Her 3-year-old daughter has been going to Stroller Strides classes with her since the franchise opened, and Baker says it's been good for her to observe positive interactions between women and “seeing health and fitness is important on a day-to-day basis.”

Originally, Stroller Strides started in San Diego. Baker says the concept “spread like wildfire” on the West Coast, and now it can be found in many major cities. “It's really, really big in Chicago,” she says.

Buffy Kaplan, of Davenport, joined Stroller Strides when it opened. Her oldest daughter was about 3 months old then. Kaplan was initially a little nervous about bringing her with, but says her fears were quickly put to rest. “I got a good workout and she got a nap in the stroller,” she says.

When the group workouts are outside, April through October, members meet at Veterans Memorial Park in Bettendorf, and the kids are pushed in strollers. Stroller Strides meets at Beyond the Baseline in Davenport during the winter months, where the kids can run around and play during the class.

Baker says both the moms and kids have made many friends through Stroller Strides, and the moms get the kids involved during the workouts by doing things like blowing bubbles and singing songs, which she says is fun for everyone.

Each Stroller Strides class lasts one hour, and involves cardio, flexibility, toning muscle groups, and abs exercises. “It's a total-body workout; we work on every major muscle group,” she says.

All of the exercises can be modified to fit anyone from a beginner to someone who is very athletic, she says, and women in the classes range from people new to exercising to those who lift weights and run marathons.

Kaplan says Baker always makes people feel welcome and gets to know the women individually, making sure the exercises work for all involved. “She makes sure everybody there gets a good workout, and that's different for everybody,” Kaplan says.

The cost of being a part of the group depends on how many classes someone wants to attend. The fee is \$25 a month for a weekly Saturday class, \$40 per



Sara Baker demonstrates a lunge while her daughter pretends to take pictures from her nearby stroller. (Photo by Paul Colletti / Radish)

month for two classes a week (Monday through Saturday), and \$49 a month for unlimited classes.

Before signing up, women can take a class for free to see if it's right for them. Another free aspect of Strollers Strides is the LUNA Moms Club, which has weekly play dates and monthly nights out for the moms.

Baker says she's heard many tell her Stroller Strides has been life changing for them, giving them a fun place to work out and really enjoy themselves.

Kaplan says she believes it's really important for moms to work out, because in addition to being healthy, it's a great stress reliever. She adds that many times, moms get so busy taking care of their children, “they just kind of sacrifice that time for themselves.”

Kaplan says she jokes to her husband that her Stroller Strides membership pays for more than just the workouts. “It's paying for my sanity, too,” she says.

To learn more, search Facebook for Stroller Strides — Quad Cities, or go to strollerstrides.com.



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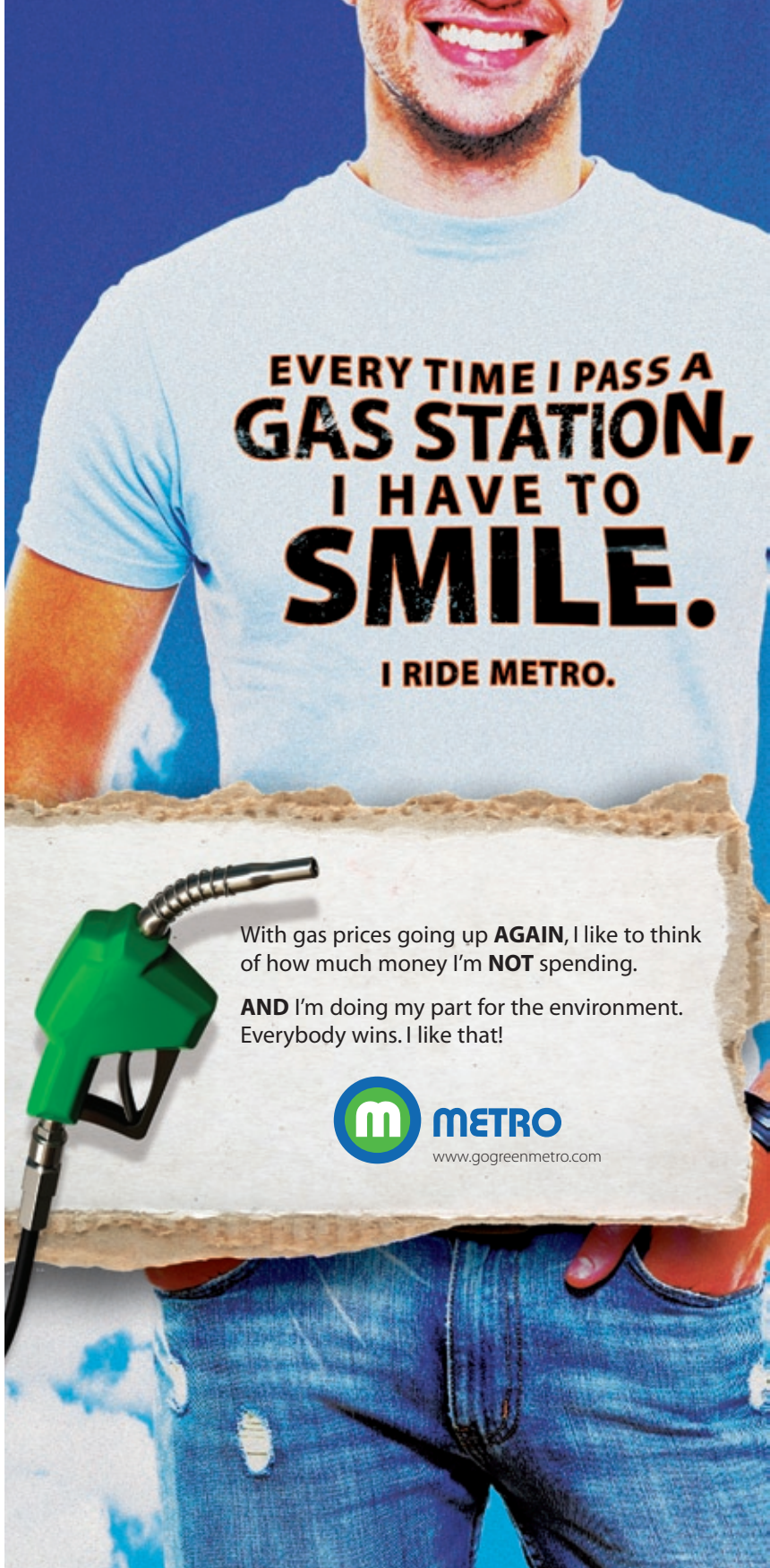
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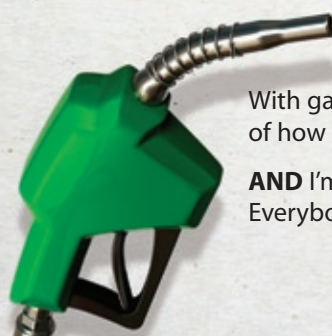
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From left to right, the surahi, dharmadhatu and gyan mudras. For descriptions of other mudras, turn to Resources, page 39. (Photos by Paul Colletti / Radish)

By Erin Phillips

Hands are the eyes for those who cannot see, the words for those who cannot hear, and the tools by which we sustain our lives. — Maureen Moylan Syler

As an occupational therapist I have studied the intricacies of hand anatomy and marveled at these tools. Our hands are truly miraculous in design and function. They are a unique balance of strength and finesse. But it is obvious that they act as much more than tools. We recognize the power of a firm handshake to convey trust, the invitation of a soft touch on the shoulder to say, “I understand and am here for you,” and the intimacy of walking hand in hand.

In yoga, hand mudras are used in conjunction with the body posture to intensify the effect. Mudras are ways of positioning the hands, either with an open palm, fingers interlaced, or with the thumb resting against one or more fingertips. The different gestures are thought to call to mind specific qualities such as patience or peacefulness. For example, Chin mudra, bringing index to thumb, represents our longing to be one with our “cosmic unconsciousness or the Divine.”

Gertha Mirschi, in her book “Mudras: Yoga in Your Hands,” writes that “mudras engage certain areas

of the brain and/or soul and exercise a corresponding influence on them.” Hatha yoga expresses state of mind through gestures and postures. The reverse is also true. Certain gestures can influence the psyche.

Western medicine also reveals a connection between the mind and the hands. The human brain devotes a great deal of space and energy to the movement and sensation of the hands. The hands are filled with nerve endings that originate in the motor and sensory cortex. The brain and central nervous system branch from the spinal cord to reach the extremities. This hard-wired connection from mind to hand makes it understandable that the posture of the hand may have healing effects all over the body.

My favorite example of how East meets West in the hand mudras is the mind-body connection represented by the simple postures of an open hand, either palm up (the mudra for giving and receiving) or palm down (the mudra for abiding and calm).

When the palms turn up, the shoulders rotate outward and the chest opens. The cervical spine, in response, raises upward and the eyes are directed forward. This represents a healthy, upright posture with muscular and skeletal balance. When used in meditation, the upward palms up positions both the mind and body in an open posture that enhances listening. Our body and sensory organs are positioned to

receive information from the outside world. It is little wonder that Eastern practices call this the “giving and receiving mudra.”

When the palms turn down, the shoulders rotate inward and the chest seems to collapse. The head slopes down and the eyes follow. This is a slumped posture that softens the spine and makes us more aware of the breath. For meditation, this closes out the world and the noise. It allows inward focus for a time of discernment. This is the “calm-abiding mudra,” believed to quiet the mind.

Simply sitting at our desk or table and turning our palms up or down, we can feel the subtle differences it makes in our body posture and breathing. The mind responds in kind. So when we seek to listen and be more open in our decision making, perhaps it helps to turn the palms to the heavens. And when we feel the stress and noise of a busy week, perhaps we can turn our palms to the earth and once again find ourselves grounded.

Aware of this body-mind connection in our world of technology, we can also ask ourselves about the effects on our posture and our psyche of keeping our palms turned downward on our keyboards all day or curled around a cell phone. To reconnect with the people and environment around us, maybe we can begin with repositioning our hands.

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Bamboo 411

Touted as eco-friendly, does bamboo measure up?

By Jeff Dick

What to do with bamboo? Thanks to its glossy, less-knotty-than-wood appearance, bamboo has become an increasingly popular choice in contemporary home design, particularly as flooring. Bamboo is as hard as maple and harder than red oak, but just how green is it?

Capable of thriving without fertilizers, pesticides or irrigation, bamboo is a renewable resource that reaches maturity in a fraction of the time it takes for a tree. A type of grass, bamboo plants grow rapidly. If harvested correctly, the plant doesn't need reseeding; it just regenerates.

As flooring, bamboo can exhibit a range of qualities depending on when the stalks are harvested. Bamboo can be overly soft if reaped too soon; whereas harvesting it too late leaves it brittle and susceptible to damage.

To make bamboo flooring, the outer portion of the bamboo is cut into long, narrow strips which are planed, dried and glued together to form planks. The strips are assembled one of two ways — vertically or horizontally — with each approach creating a discrete grain pattern.

Horizontal grain results from taking strips that are about an inch wide and laying them side by side, sort of like a miniature wood floor. Layers of these miniature floors are glued together to form a plank. Vertical grain results from skinnier strips

joined so they're standing on their narrow edges, like a stack of paint stirrers bundled together, with the bundle on its side so the edges face up.

Like most woods, bamboo can differ in quality, depending on the manufacturer and the finishing technique. Solid bamboo floors, which are the most durable, tend to be more expensive —

Bamboo has become an increasingly popular choice in contemporary home design.

running as much as \$9 a square foot. The average cost is about \$5 to \$7 per square foot. At the low end, engineered bamboo floors, which have multiple layers, go for as little as \$3 a square foot; quality, however, tends not to be as good.

Consumers may wonder if bamboo imported from China is really “greener” than domestic hardwood, given the carbon emissions involved in shipping. Flooring shoppers can't assume bamboo is the default green choice. Sometimes low bamboo prices are because of over-processing with too many chemicals. Early harvesting, which doesn't give bamboo time to harden, has been cited as another

reason behind cheap prices. Meanwhile, the boom in demand for bamboo in the last few years has been blamed for over-harvesting, which is akin to clear-cutting trees. It is worth doing your homework before you buy.

In the August 2010 issue of *Consumer Reports*, the magazine looked at several types of flooring and found that the bamboo brands tested performed better than in last year's test. Shredding bamboo into fibers and compressing them for strength helped EcoTimber Woven Honey (\$5.75 per square foot) and Teragren Synergy (\$6 per square foot) earn top ratings for solid and engineered flooring. Both use adhesives with lower off-gassing emissions.

Still, if bamboo doesn't feel like the right fit for your home, other green alternatives exist. Locally sourced hardwood that has been Forestry Stewardship Council certified may be preferable. Purchasing reclaimed hardwood for flooring is another green option. Or consider cork, which is cut from the bark of oak trees once per decade for a species that lives for centuries. Durable and resilient, cork comes in many tile shapes, or planks.

For more information on bamboo and other eco-friendly products, Consumers Union offers an online tool at GreenerChoices.org allowing searching by label, product category, and certifier for quick evaluations as well more detailed reviews.

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gardens

Go native

Plants that take the frustrations out of gardening

By Sarah J. Gardner

When it comes time to choose greenery for your lawn or garden, what is the appeal of native plants? Is it knowing you have done right by the landscape, putting something there that was meant to be? Is it helping to preserve the original plant species of the area?

Maybe. But for Kathy Hale-Johnson of Simply Native Nursery in Alexis, Ill., her interest in native plants began pragmatically. “I hate to water,” she says with a laugh. “I’m in the nursery business, but I hate to water.”

The search for plants that would do well in the dry, shady conditions of her yard led her to a nursery in Minnesota specializing in native species. She took a few home, put them in the ground, and was hooked. Now she runs such a business herself, and will speak on native plants at the Flower and Garden Show to be held March 25-27 at the QCCA Expo Center in Rock Island.

Hale-Johnson says the secret that makes native species easy, low-maintenance plants to grow is the very fact that they are indigenous to the area. “They evolved to tolerate the weather patterns we have here. So they can take drought, they can take cold, they can take the wild swings in weather we have here,” she explains.

In her presentation at the Flower and Garden Show, Hale-Johnson will talk about several “notable native” species that give you what she describes as “the most bang for your buck. Flowers that bloom for three, four, five weeks or longer and grasses that look good all year long.”

Some perennials, even though they come up each year, only bloom for two weeks, she explains. “That’s pretty good, but then you need something to take their place,” says Hale-Johnson. The native species she plans to present stay showy much longer, eliminating the need for multiple species.

These include the marsh phlox, a flower Hale-Johnson has recently become fond of in her own yard. Where she has planted the phlox in shade, it has survived, she says. And where she has planted it in sun, “it just blooms all summer through, nice pink and magenta flowers.”

As to which native plant is her favorite, that depends on the day, says Hale-Johnson. But one thing she loves about all of them is that they are “pretty much maintenance free.”

“Everybody is cramped for time right now,” she says. By planting native species, you can spend fewer hours in your week tending your lawn and garden and spend more time enjoying the plants around you.



Kathy Hale-Johnson in her greenhouse in 2009. (Photo by Paul Colletti / Radish)

More bang for your buck

Among the plants Kathy Hale-Johnson considers “notable natives:”

- **Marsh Phlox.** Grows approximately 18 to 24 inches tall and blooms from June to September, if consistent moisture is available.
- **Smooth Penstemon.** Sports a bloom stalk 2 to 3 feet tall with flowers that last approximately one month. Also forms a rosette of green foliage that colors red in fall.
- **Wild Bleeding Heart.** Grows up to 1 foot tall. Blooms pink, heart-shaped flowers for two to three weeks in the spring and can rebloom in the fall if moisture is adequate.
- **Prairie Dropseed.** A clumping grass that grows 1 to 2 feet tall. Blooms from August into the fall and fits well in formal and informal settings as well as a variety of soil conditions.
- **Aromatic Aster.** Grows 1 to 2 feet tall. Undeterred by frost, the aster blooms for several weeks in the fall.

The Flower and Garden Show will be held March 25-27 at the QCCA Expo Center, 2621 4th Ave., Rock Island. Hours are 10 a.m. to 8 p.m. Friday and Saturday, and 10 a.m. to 4 p.m. Sunday. Admission is \$7 for adults, \$1 for ages 6-16, and free for ages 5 and under. Parking at the event is free.

environment

The green screen: Sierra Club Eagle View Group to host sixth annual film festival

By Sharon Wren

Plastic bags, bottled water and an interesting truck makeover are a few of the highlights of the Sierra Club's Environmental Film Festival, to be held from 10:30 a.m. to 6 p.m. on Saturday, March 19, at the Olin Center on the Augustana College campus in Rock Island.

The films at the festival were chosen specifically for their local appeal, says event organizer Kathryn Allen. "We tried to choose ones that bring the message 'close to home' — either in that the movies are about our region or our part of the world, such as with 'Living Downstream,' or a topic that touches our lives frequently, maybe even daily, like the use of plastic bags in 'Bag It' and plastic bottles in 'Tapped.'"

Allen says there also will be films that are more light-hearted. "We will be showing some short movies that give the serious message of environmental change a lighter touch; including a couple of movies from The Story of Stuff project. There are also some shorts from Fun Theory, and a series on the Brower Awards featuring five young people who have done some extraordinary things for the earth."

The public is welcome to attend any or all of the films being screened at the festival. There is no charge for admission, although donations are accepted. Refreshments also will be available. For more information on films and directions, visit www.augustana.edu/x12049.xml.

Just what can you expect to see? Films to be shown at the Environmental Film Festival include:

- **"Bag It."** This film focuses on an average person and the amount of plastic and disposable items in his life.
- **"Living Downstream."** Based on the book of the same name, the film follows Dr. Sandra Steingraber as she delivers speeches across the country on cancer and environmental links — until she gets bad medical news of her own.
- **"Tapped."** A movie that asks whether safe drinking water is an inalienable right, or just another commodity that can be bought and sold.
- **"Truck Farm."** You've seen gardens grown in topsoil bags and trash cans. What about in a 1986 Dodge Ram truck? This is a film about urban agriculture on wheels.
- **"Carbon Nation."** The filmmakers describe it as "an entertaining, informed and pragmatic primer about why it's incredibly smart to be a part of the new, low-carbon economy: It's good business."



A scene from 'Carbon Nation.' (Submitted)

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Edible Landscapes with Todd Wiebenga, Aunt Rhodie's Landscaping & Design Studio.
Cooking from the garden and eating fresh can be easy, healthy, and inexpensive. Edible landscaping is the practical integration of food plants within an ornamental or decorative setting. Edible landscaping is a mixture of beauty and utility. **First 50 attendees will receive a bag of compost and will be entered into a drawing for a home consultation about incorporating edible plants into their landscape.**



The Carbon Paw Print of Your Pet with Radish magazine.
Are you a green, eco-friendly, pet owner? Increasingly, pet owners are finding they can make environmentally friendly choices that go beyond the food bowl. Learn ways you and your pet can Go Green! **First 50 attendees receive an all natural, locally-made pet treat and are entered to win a shopping bag filled with eco-friendly pet items.**

www.qcearthweek.org

The Nordic diet

Kitchen wisdom and healthy eats for colder climates

By Sharon Wren

A couple of years ago the Mediterranean diet was all the rage. Olive oil, fish, tomatoes ... what's not to like when you're a foodie? It generated enough buzz to make people wonder about cuisines from other parts of Europe.

Enter the Nordic diet. Author Trina Hahnemann, who recently released a book of the same name, says recipes for the diet are "based around the indigenous produce of countries in the northern latitudes: whole grains, root and green vegetables, cold water fish and seafood, poultry and wild game, berries and herbs. With only a few additions from other countries, these are all you need to provide a super-healthy balanced diet."

The fundamentals of the diet include balanced meals based on home cooking with fresh ingredients, eating less, eating fish twice a week, eating vegetarian meals twice a week, eating game, chicken and meat only three times a week at most, and eating with friends and family on a daily basis.

Nikki Putnam, a dietitian at the Silvis, Ill., Hy-Vee, agrees there can be health benefits to the diet. "The staple foods of the Nordic Diet, like those of the Mediterranean, are rich in heart-healthy omega-3 fatty acids, fiber, lean protein and antioxidants. They are also low in saturated fat. These dietary factors meet most nutrition experts' recommendations for weight management, cardiovascular health, diabetes prevention and cancer prevention."

Rye grain is used in several recipes in the book and there's a reason for that, says Hahnemann. "Rye bread is full of fiber, has more fiber than wheat and is therefore more healthy. It contains antioxidants and is a good source of manganese, but it also has blood cholesterol lowering effects. So, all in all, it's one of the grains Americans should put emphasis on in the future."

Putnam sees the diet as a way to eat locally when it's too cold to get the staples of the Mediterranean diet. "Instead of the Mediterranean bell peppers and tomatoes, Nordic crops usually consist of cauliflower, brussels sprouts, cabbage, potatoes, turnips, radishes, kale and blueberries. The Nordic Diet's answer to olive oil is canola oil, a healthy source of unsaturated fat. Instead of the Mediterranean wheat, the Nordic Diet includes barley, spelt, oats and rye — all of which can be found in whole grain form. In regard to protein, Nordic countries have plenty of heart-healthy cold-water fish, such as salmon, herring and cod. And often times, wild game."

Using locally sourced ingredients is a big part of the diet, according to Hahnemann. "It is very important to connect people to the farmland and tell the story about where the food comes from, how it grows and when it is best to eat. People need to know what to do when it reaches your kitchen, how to prepare and not waste any of it. I really believe understanding and knowledge about (food) from soil to fork is crucial."



Mussel Soup with Potatoes and Leeks

2¼ pounds mussels
1 tablespoon canola oil
1 onion, minced
2 garlic cloves, chopped
3 leeks, cut into slices

1 tablespoon tarragon leaves
salt and freshly ground pepper
4 large potatoes, peeled and diced
spelt baguettes, to serve

Scrub the mussels thoroughly in water, discarding any with broken shells or shells that remain open when tapped.

Heat the oil in a big pan. Add the onion, garlic and leeks, and cook for 3 minutes. Add the mussels with the tarragon, 4 cups of water and salt and pepper. Bring to a simmer and let simmer for 15 minutes.

Take out the mussels with a slotted spoon. Remove the flesh and discard the shells. Take out a generous ¾ cup of the soup and place in another pan. Add 2 of the diced potatoes to that and let it simmer for 15 minutes.

To the large pot with the soup add the shelled mussels with the juice and the leeks that came out with the mussels. Add the rest of the potatoes and let simmer for 15 minutes.

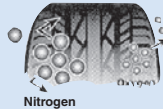
Blend the potato soup in the small pan with a hand blender until it is a smooth, heavy soup, then add it back to the main soup and heat it up. Season to taste with salt and pepper. Serve the soup very hot with spelt baguettes.

Turn to Resources on page 39 to find the recipe for Spelt Baguettes.

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outdoors

The new fishin' hole

How to build a sustainable backyard watery oasis

By Chris Greene

A place to skate in the winter, cool off in the summer and listen to spring peepers: a backyard fishing pond can offer many benefits. According to Jeff Kopaska, fisheries research biologist from the Iowa Department of Natural Resources, these benefits can be monetary as well, increasing your property value. "There will also be wildlife viewing opportunities, as water draws in many different animal species," he adds.

If your backyard consists of a small acreage or farm with adequate soil conditions, it's possible to build a sustainable pond on your property. Dave Shiley, extension educator from the Natural Resources Management — Champaign Extension Center, says the local soil and water conservation district staff in each county can assist landowners in determining the suitability of their property for a pond. "They can do this by looking at soils maps and by determining the size of the potential watershed for their proposed pond. The rule of thumb is for every surface acre of pond, a watershed acreage of 10 to 20 acres is recommended," Shiley explains.

According to information provided on the Illinois Department of Natural Resources website, ponds should be between 7 and 10 feet deep depending on the area of the state in which you live, though depths up to 15 feet are preferable. It is also recommended that the depth along the shoreline be about 3 feet deep to deter the growth of shallow water plants. The site also says that the pond should be at least one acre in size when full.

Shiley says constructing a pond is not an inexpensive investment, so be prepared before beginning your project. "The cost of constructing a pond varies depending on the type of pond and whether the soil can stay on site, as hauling costs increase the price of the project. Generally speaking, pond construction is expensive," Shiley says.

Once a pond has been completed, it's time for stocking. "In terms of stocking a pond, there are a number of factors to consider," says Shiley. "One of the main considerations is fertility of the pond, based on the surrounding soil type. In the (Illinois) DNR pond management publication (available on the website), stocking rates are discussed and recommended based on soil type."

Shiley says that landowners will be best served by contacting the experts when stocking their ponds. "The best approach is to involve a fisheries biologist in the decision. There are private fish dealers where fish for supplemental stockings can be purchased. Also, in many counties, the Soil and Water Conservation District has an annual fish sale for supplemental stocking efforts," he says.

Species of fish to be included in the pond vary. "For small ponds, a simple common stocking recommendation in terms of species is bluegill, largemouth bass, and if desired, channel catfish," Shiley says. "Species that are not well suited for small ponds include crappie, walleye, green sunfish and bullhead catfish."



Ponds can add aesthetic value to a property. (McClatchy Newspapers)

When first stocking a pond, it is recommended that fingerling fish are used. Fingerling fish are about 1 to 3 inches in length. Also, no fish life should exist in the pond prior to the initial stocking. This project will be an investment of time, as it is not recommended to fish the pond for the first two years after stocking to allow for growth and reproduction. The harvest of bass is not recommended until the middle of July the third year after stocking.

As with any capital investment, maintenance is required and there may be some stumbling blocks along the way, according to Kopaska. "The pond will likely not be a clear, blue mountain lake. It will require work to maintain the dam, maintain good water quality and manage the vegetation in the lake. Ponds draw wildlife, and animals such as muskrats, beavers and otters can be potentially damaging to the dam, shoreline and fish community in the pond."

Shiley adds that there may be other challenges as well. "Challenges for pond owners include aquatic weed management, maintaining a balanced fish population, and sometimes trespass concerns, which might include concerns regarding safety and liability," Shiley says.

Properly constructed and maintained, however, a pond can provide enjoyment and educational opportunities for generations to come.

For a list of websites containing additional information, turn to Resources, page 39.

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eco-thrift

Five tips for getting more miles out of your shoes

By Allecia Vermillion, GateHouse News Service

With all the attention paid to the fundamentals of reducing, reusing and recycling, it's easy to overlook one of the simplest ways to maximize our resources. Getting every last bit of use out of our purchases is a frugal move but also an environmental one.

Don Rinaldi recalls growing up with three pairs of shoes — a black pair, a brown pair and sneakers, “which you only wore to play baseball.”

That habit of buying fewer shoes and keeping them in good repair faded as Americans discovered mass-produced merchandise. However, Rinaldi, now president of the Shoe Service Institute of America and owner of New Jersey-based Petronio Shoe Products, says a little care and a good shoe repair shop can add years to a shoe's life. Here are a few simple measures:

1. Resole. According to the SSIA, men's shoes can be resoled seven to 10 times, and women's three to five times, at a fraction of the cost of new shoes. Even brand-new shoes can benefit from a new sole, says Rinaldi. A thin layer of rubber on the bottoms repels water and helps them last longer. Heel guards also help absorb wear.

2. Rotate. Give shoes a day off in between wear to help dry out the previous day's perspiration, says Rinaldi. Plus, “it makes the shoe last longer if you don't wear it every day.”

3. Repair. Women's shoes especially are prone to issues, like broken straps and rubber tips getting worn down on high heels. A simple fix, usually for \$5 or less, can make shoes like new. The SSIA advises repairing shoes at the first sign of a problem, before they suffer permanent damage.

4. Repel. Water and wintertime salt will eat away at a shoe's leather upper, says Rinaldi, creating cracks and lines. Use a weatherproofing product and make sure to wipe shoes down thoroughly if you walk in snowy areas that have been treated with salt. Regular maintenance makes a big difference too, he says. “Even just shining your shoes, oiling them, cleaning them and polishing them — that will also prolong the life of the leather.” Natural product enthusiasts say buffing olive oil onto clean, dry shoes also works in place of polish.

5. Rework. A shoe repair shop has a huge arsenal of tricks to revive shoes that seem to be on their last legs, says Rinaldi. “Most people don't realize that when you get a shoe repaired, they'll stretch it, they'll shrink it, reshape it, resole the heel, clean the leather, redye it and make it look like new.”



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- **Opportunities in Agroforestry** — March 15th from 6:30-9pm
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- **Intro to Nature Photography** — April 16th from 9am-3:30pm

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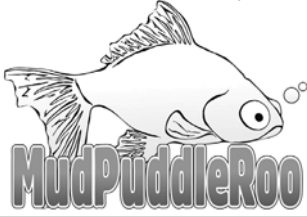
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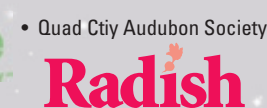
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with Todd Wiebenga Aunt Rhodie's Landscaping & Design Studio. – First 50 attendees will receive a bag of compost and will be entered into a drawing for a home consultation about incorporating edible plants into their landscape.

2:00pm The Carbon Paw Print of Your Pet: Earth Friendly Pet Care Ideas!
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rooting around

A million trees need your two hands

As part of its MillionTrees Project, Living Lands & Waters is looking for volunteers to help prepare oak tree saplings for distribution. The project, which aims to improve the health of rivers in the Midwest by re-establishing hardwoods that have been depleted by over-harvesting, flooding and disease, has 100,000 oak tree saplings to give away — but first they need to be wrapped. Volunteers, including families with children, are invited to take part in wrapping events being held throughout March where they can bundle trees in newspaper, place them in bags or help tie, tag and organize the saplings to be distributed to individuals, families, agencies, business and organizations throughout the Midwest. The events will be held at the QCCA Expo Center, 2621 4th Ave., Rock Island, and at the Living Lands & Waters Headquarters, 17624 Route 84 N., East Moline. Contact Ashley Stover of Living Lands & Waters for exact times of wrapping events for each location by writing ashley@livinglandsandwaters.org or calling (309) 737-5913. Volunteers, who can stay for an hour or work all day, are asked to wear warm and comfortable clothes that can get dirty.

Learn to save green by going green at Smart Energy Design Workshop

Businesses and local governments seeking ways to cut their energy bills and become more energy efficient can find answers at the Smart Energy Design Assistance Center Workshop to be held from 8:30 a.m. to noon at the Quad City Botanical Center, 2525 4th Ave., Rock Island. Experts from SEDAC, MidAmerican Energy and the Department of Commerce and Economic Opportunity will be present to lead the workshop. Participants will learn how to reduce energy costs through energy efficiency designs for both business and public entities. Programs will cover the challenges of sustainability in energy efficiency, energy efficiency in public or private buildings and funding opportunities. The cost to attend the program is \$5. To register for the workshop, visit the Rock Island County Extension website, extension.uiuc.edu/rockisland, or call (309) 756-9978, ext. 10.

A land ethic for his time and ours: The life of Aldo Leopold depicted in the film 'Green Fire'

For the past three years, the Aldo Leopold Foundation has been at work creating a documentary that explores the legacy of Aldo Leopold's life and work. Now, those interested in the mid-century environmentalist can see the resulting film, "Green Fire," at two free events in Ames, Iowa. The film will be screened at 1 p.m. on March 6 at the Ames Public Library, 515 Douglas Ave., and again at 5 p.m. on March 7 in the Benton Auditorium of the Iowa State University Scheman Building as part of the Iowa Water Conference. The conference event will be preceded by a discussion with Leopold biographer Curt Meine. Both events are sponsored by the Leopold Center for Sustainable Agriculture. To learn more about the film, view a trailer, and find other screenings, visit the Aldo Leopold Foundation website at aldoleopold.org.



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rooting around

While waiting to dig in, a lecture series to help plan your lawn and garden projects

Interested in herb gardening, saving seeds, home preservation? These are just some of the topics to be featured in this year's Spring Series Gardening Lectures, organized by the Rock Island County Extension Master Gardeners and scheduled to begin March 14. From 7 to 9 p.m. on six consecutive Mondays, novice gardeners and old hands alike can gather together to hear a line-up of speakers at the Extension office, 321 W. 2nd Ave., Milan, Ill. The cost for the public to attend is \$5 per program or \$20 for all six. Rock Island County Master Gardeners can attend for \$3 per program or \$12 for the series. Registration is encouraged. For a schedule of speakers and topics or to register, call (309) 756-9978, ext. 10.

'Greenovation' youth summit to focus on environmental issues

Inspired by a recent trip to the Aspen Ideas Festival in Colorado, Jonathon O'Leary, a senior at Davenport Central High School, has organized an environmental youth summit, "Greenovation." The event will be held from 8 a.m. to 3 p.m. March 2 at the Rogalski Center at St. Ambrose University, Davenport. It is designed to give Quad-Cities students and teachers an opportunity to discuss environmental challenges faced by the community and develop possible solutions to these problems. Keynote speakers at the event will include Chad Pregracke, founder of Living Lands & Waters, and Sue Smith, the national director of education for Keep America Beautiful.

Money grown on trees: Learn more about opportunities in agroforestry

By integrating trees and shrubs into farmland, a grower can increase the productivity and profitability of his or her acreage while also reaping ecological benefits. Learn more from a farmer who has done just that, Tom Wahl of Red Fern Farms, at a presentation at the Nahant Marsh Education Center in Davenport, from 6:30 to 9 p.m. March 15. Topics will include site selection, planting, after-planting care and maintenance, pests and diseases, harvesting, economic potential, markets and cost-sharing programs. Cost to attend is \$12. For more information, call the center at (563) 323-5196 or send an e-mail to nahantmarsh@eicc.edu.

Calling all community advocates

Proponents of bicycle and pedestrian transportation face unique challenges. To help overcome those hurdles, the Iowa Bicycle Coalition will be hosting a three-day training session developed by the Alliance for Bicycling and Walking on April 1-3 in Davenport. The workshop, titled Winning Campaigns, equips advocates with key organizing tactics in strategizing, funding and conducting campaigns. Any potential campaign leader interested in gaining the tools to craft and manage an organization's advocacy campaigns can benefit from the training. More information can be found at peoplepoweredmovement.org or by contacting Mark Wyatt of the Iowa Bicycle Coalition at mark@iowabicyclecoalition.org.

resources

MUDRAS AND THE MIND

(Story on page 24)

Common mudras:

- **Guyan mudra (knowledge and ability):** Tip of the thumb touches the tip of the index finger.
- **Shuni mudra (patience):** Tip of the thumb touches the tip of the middle finger.
- **Prana mudra (health and vitality):** Tip of the thumb touches the tips of the ring and pinky fingers.
- **Anjali mudra (balance and centeredness):** Palms pressed together and held over the heart, thumbs resting against the chest.
- **Ganesh mudra (concentration):** Fingers curled and hooked together, right thumb resting on top, left thumb resting on bottom.
- **Dharmadhatu mudra (intuition, insight and awareness):** One hand rests atop the other in a cupped position, thumbs touching at the tips.
- **Surahi mudra (intellectual perception):** One palm faces the body while the other palm faces out, with the fingertips of the pinkies overlapping the fingertips of the opposite ring fingers.

THE NORDIC DIET

(Story on page 30)

Spelt Baguettes (makes 3 baguettes)

½ ounce yeast	3½ cups spelt flour
generous 2 cups lukewarm water	1 tablespoon salt
generous 1¾ cups all-purpose flour	1 beaten egg, for brushing

In a large mixing bowl, mix the yeast with 4 tablespoons of the lukewarm water. Add 2 tablespoons of the all-purpose flour and stir into a paste. Let rest under a dish towel at room temperature for 20 minutes. After the 20 minutes add the rest of the water and stir into the paste. Then add the remaining all-purpose flour and the spelt flour and the salt. Knead the dough well on a floured counter. Place in a big bowl and let rise under a dish towel for 1 hour. Divide the risen dough into 3 pieces and knead each lightly again. Form into 3 long baguettes, place on a greased cookie sheet, and let them rise again under a dish towel for 20 minutes. Preheat the oven to 425 degrees and place a little ovenproof bowl filled with water in the oven (this helps ensure a crunchy crust on the baguettes). Cut some small grooves on the surface of the dough, brush with egg and bake in the preheated oven for 15 minutes. Lower the oven setting to 400 degrees and bake for 10 minutes more. Take them from the oven and let them cool on a wire rack. Serve the baguettes with soup, salad, lunch, or just as a snack with some cheese.

THE NEW FISHIN' HOLE

(Story on page 32)

Further information can be found online at the following websites:

- ifishillinois.org
- ifishillinois.org/programs/Urban/Lake_Plant_Mgmt.html
- dnr.state.il.us/fish/PrivateDealers03.htm
- www.in.nrcs.usda.gov/pdf%20files/PONDS.PDF
- iowadnr.gov/fish/programs/farmpond.html

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food for thought

Dialing back

When and how to use a smart phone smartly

By Joe Payne

I've always tried to position myself halfway between being a Luddite and a geek. I believe it's healthy to have one foot firmly planted in the slower, simpler ways of the past while the other steps gingerly into the future.

So as I write about the insidious intrusion of cell phones into our lives, it does not seem completely ironic to me that my BlackBerry sits on my desk, its LED blinking, a signal that some form of electronic communication or application update awaits my attention.

Nevertheless, wait it will.

I have charged myself with not becoming a slave to my cell phone. More specifically, I have vowed to not let its smartness make me stupid — to not become so wrapped up in the ability to connect with the world that I disconnect with my little corner of it.

At one end of the stupidity spectrum is texting while driving, which could leave me dead, or at least facing a fine. At the other end is texting while walking, which could leave me facing the bottom of a fountain — precisely where a cell phone-wielding, texting-entranced woman in a Pennsylvania mall ended up in January. According to the Washington Post, a video of the incident posted on YouTube had been seen by more than 3 million people within a week of the splash.

Between the extremes of dying at the wheel and suffering global embarrassment, stupid smart-phone use also could cause me to miss out on the enormously important little things that fill my days and which define me as a human being. To me, that's where the real danger exists.

I must control the siren of the smart phone — its Weather Channel, Pandora radio, Internet browser, YouTube, Facebook and other apps constantly calling for my attention.

OK, I'm being a bit dramatic. But what if even a portion of our society becomes a smart-phone-addicted, head-bent-down group which not only requires extensive chiropractic care but also loses the skill of making small talk among strangers or, worse yet, loses the interest and ability to pass the time of day talking with their spouses, children or friends?

Conversation of any sort is an art; without practice we will become bad at it at the least, incapable of it at the worst. Those of us who grew up without cell phones may not be at risk, but what about our children and our children's children? So many of them already don't know how to go outside and play. Casual conversation could be next.

Losing the art of conversation wouldn't just result in an eerily quieter life; it would make for a duller, lonelier one as well. We would reduce our access to such basic human needs as nurturing, understanding, acceptance, camaraderie — all of which are given and received largely through face-to-face communication.

Ought I ditch my smart phone? No — it really is an amazing tool, says the geek half of me. I just need to control my use of it, says my Luddite half.

I will take the calls and texts when I must, but I'll limit the time I "play" with my smart phone.

When I have the option of toying around with it or being in a face-to-face conversation, I will choose the conversation.

Especially when I am at home — my wife and sons also have smart phones — I will not touch mine unless no one else is in the room or unless they are doing something which requires their complete concentration, i.e., reading, homework, trimming the Chihuahua's nails, etc.

Fortunately my family has not lost the art of communication, and we realize that an evening with meaningful conversation is exponentially more fulfilling than an evening without.

Talking face to face — we can do it anywhere, anytime, with anyone. And you don't even need an app for that.



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