

Radish

HEALTHY THE GROUND UP

— The Creative Woodworking of —

MORTEN DESIGNS

radishmagazine.com

MARCH 2013

The Little Red Hen

Home-brewed
kombucha

Ways to recharge

THE POWER

TO ACHIEVE ENERGY
EFFICIENCY AT HOME



MidAmerican Energy Company puts the power of energy efficiency to work for our residential customers. Through our **EnergyAdvantage® programs**, the cost of becoming energy efficient is more affordable. MidAmerican Energy provides rebates on approved residential equipment such as furnaces, air conditioners and water heaters. MidAmerican Energy can help you save some green through greater energy efficiency.

Contact us to learn more about EnergyAdvantage programs.



800-894-9599
www.midamericanenergy.com/ee

See & Live Life to the Fullest!



- iLASIK – Bladeless Lasik Surgery
- Affordable Eye Glasses & Contacts
- Cataract Surgery
- Multi-Focal Lens Implantation
- Astigmatism Correction

VIRDI EYE CLINIC

LASER VISION AND CATARACT CENTER

Offering a full spectrum of general and specialty ophthalmological care for adults and children.

At the Virdi Eye Clinic and iLASIK Center, we are driven by our commitment to providing the highest quality eye-care in a compassionate and ethical environment.

Dr. Navaneet S.C. Borisuth, M.D. Ph.D.

Dr. Manpreet Chhabra, M.D.

Dr. Aimee Colander, O.D.

Dr. Stacie Setchell, O.D. | Dr. Abby Thomas, O.D.



Convenient Locations:

Rock Island **309-788-5524**
4600 30th Street

Davenport **563-359-3357**
4624 Progressive Drive Suite C

Clinton **563-219-8000**

Muscatine **563-264-3414**

VIRDI EYE CLINIC

LASER VISION AND CATARACT CENTER

The Friends
of
Radish

HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING



With over half our fleet running on clean burning compressed natural gas, **Metro** is not only a friend to the Quad Cities' environment and healthy living, but we know that our future is **right in front of us.**



METRO

Moving forward.
www.gogreenmetro.com

The Friends
of
Radish

HELPING TO SPREAD THE WORD
ABOUT HEALTHY LIVING



Enjoy a Winter Getaway at
STARVED ROCK LODGE

BOUNCE BACK SPECIAL OFFER
from January 1 - April 30, 2013.
Stay two nights and the third is
FREE!
Some restrictions apply.
Visit our website for details.

www.starvedrocklodge.com
815-667-4211

TRILLIUM DELL TIMBERWORKS
INSPIRATION. CRAFTSMANSHIP. SUSTAINABILITY.

THE FINEST LOCAL TIMBERFRAMES AVAILABLE
309 289 7921 TRILLIUMDELL.COM

from the editor



Harrison Kiel, 5, practices his photo skills with Radish photographer Paul Colletti. (Photos by Sarah J. Gardner / Radish)



March, as the saying goes, comes in like a lion and goes out like a lamb. I sometimes feel the same could be said of Radish when we visit someone's home to take photos for the magazine. There's the initial bustle of introductions and equipment being hauled in from the car, after which lights get positioned and test photos taken. Then the real work begins. It can take up to an hour — sometimes more — to get just the right photo, but when it pops up on screen, it's like a breath of spring air. We can't help but grin to see it and think, "Ah, there it is!"

I always feel it is a great privilege to get to visit the homes and businesses that appear in Radish, and I'm very grateful to the people who allow us to do so. Whether it's a grower who takes time out of his or her busy day to walk us through the carefully planted rows of crops, or a yoga instructor who patiently holds one pose after another while we try different photo angles, or, as in this month's Radish, a mother who brews kombucha tea at home for her family and allows us to come into her kitchen to see how she goes about it (read more on page 16), I never leave the experience without feeling touched by the generosity of the people we've just met. Just to get this small glimpse into their day to day lives feels deeply enriching.

Of course, I hope the same can be said from the opposite perspective, that the people we've photographed feel like they have gotten something out of the experience, too. When young Harrison Kiel picked up his camera to practice taking pictures alongside our photographer Paul Colletti, I couldn't help but feel like this was the magazine at its best — something that reached beyond the printed page, a moment of shared experiences.

Novelist Aleksander Hemon points out that the world is made up of far, far more people than we can ever hope to meet. "All the people we will never know ... they are everywhere. That is what the world is," he writes. On a planet inhabited by seven billion people and growing, it is absolutely true. And yet, what we at Radish experience each month meeting members of our community and getting a peek into so many different pursuits fills me with a wonderful sense of possibility, whether I read about them in the pages of the magazine or get to meet them myself. All the different lives being lived, all around us, everyday. Isn't it exciting?

— Sarah J. Gardner
editor@radishmagazine.com
[Facebook.com/EditorSarahJGardner](https://www.facebook.com/EditorSarahJGardner)

Radish

HEALTHY LIVING FROM THE GROUND UP

Number 3, Volume 9
March 2013

Gerald J. Taylor
PUBLISHER

Sarah J. Gardner
EDITOR
(309) 757-4905
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Terry Wilson
NICHE PUBLICATIONS MANAGER
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

George Rashid
ADVERTISING EXECUTIVE
(309) 757-4926

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for \$19.95 for one year (\$29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. No part of this publication may be reprinted or otherwise reproduced without written permission. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines, visit www.radishmagazine.com.



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

the grapevine

From our readers

Home and away (radishmagazine.com, Feb. 2013): "Talk about UNIQUE. This cafe has breakfast and lunch choices that you won't find anywhere else! I'll drive all the way from Chicago just to get one of those deliciously spread bagels, sweet or savory. Their self-created frappes and flavored coffees are also the best I've had. Also, the people working there always bring a smile to my face; remarkable service! Wish we had a Dewey's Copper Cafe around here!"

— *Nada Gomaa, Chicago, Ill.*

Oh so sweet (Feb. 2013): "I very much enjoyed this article, both the history and the little known aspects of how bees create honey. I have always enjoyed honey, and I used to substitute it for sugar as well. However, when I became acquainted with the Indian health science of Ayurveda I learned a caveat regarding honey that I have since observed, cooking instead with natural brown sugars, like coconut sugar, date sugar, and organic cane sugars.

"According to Ayurveda, cooked honey creates a negative influence in the body. When heated, the honey molecules become a nonhomogenized glue, that adheres to mucus membranes and blocks the fine channels and conduits of the body's many communication systems. Raw, unheated honey, however, is considered nectar, and is highly prized in the Ayurvedic literature. However, one should not even put raw honey in your hot tea. ...

"Well, live and learn, and, ultimately, make your choice for your own health and well-being. And best of luck in avoiding conventional sugars. ... Amen to that!"

— *Joe, Fairfield, Iowa*

Beyond the banquet (Dec. 2012): "Leslie, this article is simply beautiful. Now that I've read something of yours, I'll remember to have tissue by me for your next read!"

— *Leslie Kay, Kailua, Hawaii*

On the Road with Radish

Want more Radish? Thanks to Friends of Radish, you can find the magazine this month from 11:30 a.m. to 5:30 p.m. Saturday, March 23, at the **Environmental Film Festival** sponsored by the Eagle View Group of the Sierra Club in the Olin Center for Informational Technology at

Augustana College, 733 35th St., Rock Island. More information on this event can be found on page 14 or online at augustana.edu/x12049.xml.

To discover more upcoming events of interest, see the events calendar at radishmagazine.com.

Like us on Facebook

Become a fan of Radish on Facebook and get updates on your favorite articles plus sneak peeks at issues before they hit the stands. 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 visit facebook.com/radishmagazine, then click the "Like" button at the top of the page.



Elegant Easter Hams

Old Fashion Curing

GEEST FARMS
Blue Grass

Berkshire Pork
Hormone-Free
Antibiotic-Free

ORDER NOW!
Call about Delivery

(563)381-3761 (563)349-2829



Spring Fling

Fri., Sat. & Sun.
March 22 ~ 9am-6pm
March 23 & 24 ~ 10am-5pm
Register for Door Prizes

Hawthorne Centre **Hawthorne Centre**
Craft Mall and Antique Mall

March is National Craft Month **Craft Booth Space** **Great Easter Gifts!**
1st month rent FREE!
(1st time exhibitors only. Offer ends 3/31/13)

2188 Veterans Drive, Galesburg, IL 61401 • 309-344-2818 M-F 9am-6pm; Sat. 10am-5pm; Sun. 11am-4pm



To be the Best Me.

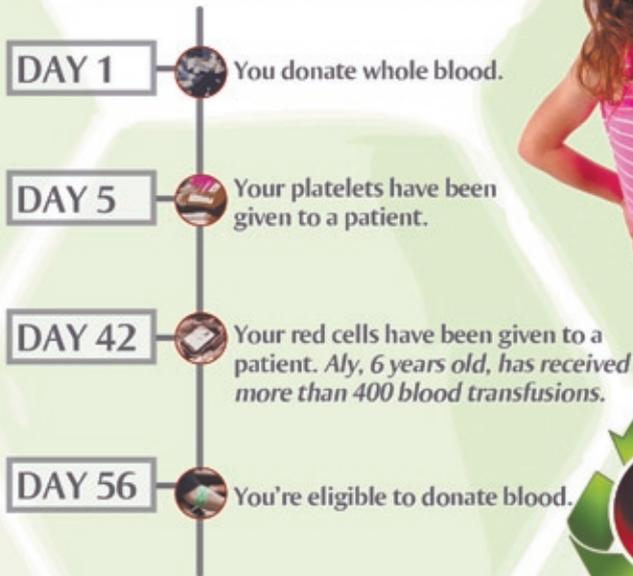
RIFAC
ROCK ISLAND FITNESS & ACTIVITY CENTER

FOR ALL REASONS

rigov.org/RIFAC (309) 732-7275

Give the Gift of Life!

Blood is a natural resource that helps save lives.
Did you know? The shelf life of your donation:



Will you give? Contact us!
(563) 359-5401 | www.bloodcenter.org

MISSISSIPPI VALLEY
REGIONAL BLOOD CENTER

CORNUCOPIA
natural food and fine cheese

UNCLE
BILLY'S
BAKERY

Order Your Easter Cookies and Bread Now!



We bake to order with all natural ingredients using organic flour, Grade A butter & fresh milk and eggs.

COUPON
**BUY 12 COOKIES,
GET
6 FREE**
Coupon Valid March 2013. Limit one coupon/person



COUPON
STOP IN Fresh Baked Goods... Vegetarian Entrees...
Shop our Grocery, Bakery, Deli, Gluten-Free Section & Supplements!
WE BAKE WITH CERTIFIED ORGANIC FLOUR AND GRAINS
83-89 S. Seminary Street • Galesburg, IL 61401
(309) 342-3111 • Hours: Mon-Sat 7-6 • Sun 7-4

Our COMMITMENT to the COMMUNITY is BLOSSOMING.

Through the use of compressed natural gas vehicles and green building projects, we are committed to a sustainable Quad Cities.
www.gogreenmetro.com

healthy living from the ground up

features



12

6 Sow, reap, mill, bake

From field to table, the making of Little Red Hen bread.

8 Time to recharge

Gray days have you down? We've got just the getaway.

10 Morten Designs

Q-C shop specializes in custom furniture and restoration.

12 Peek into the past

Web project allows readers to uncover culinary history.

in every issue

2 from the editor

3 the grapevine

on the cover



Morten Wa byaombe seated with tools of his trade in his Rock Island furniture shop. (Photo by Paul Colletti)

departments

14 environment

Ice in decline: Researcher probes causes of arctic ice melt.

16 food

Kombucha: An ancient elixir that can be brewed at home.

18 health & medicine

A help or harm? Risks of fluoride in tap water are subject to debate.

20 eating well

Simply delicious: Local, organic, vegan meals at Trumpet Blossom Café.

22 outdoors

Gone fishin': Gardening isn't the only local food hobby.

24 gardens

Growing 101: What you need to know to start veggies from seed.

26 environment

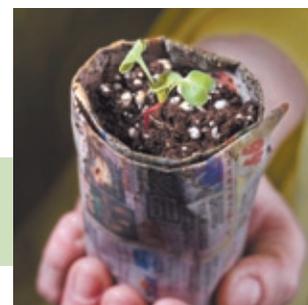
Green Dubuque: Group successfully advocates for eco-friendly city policies.

30 food

Fabulous flapjacks: Try going beyond basic mixes for pancake perfection.

32 food for thought

After the diagnosis: Knowledge is power, even when it's news you dread.



radishmagazine.com

'Tis the season to be sneezin', but how do you know when to tough it out at home and when to see your doc? We asked two Q-C physicians to weigh in and then gathered home remedies readers say are tried and true. Learn what to do the next time a cold catches up with you at radishmagazine.com.

healthy living

Sow, reap, mill, bake

From field to table, the making of Little Red Hen bread

By Jean Eggemeyer

On summer Saturday mornings Kathy Smith enjoys sharing her love of fresh, wholesome bread with customers at the farmers' market in Geneseo, Ill.

Smith had been a sweet corn vendor at the market for several years before she decided to bring a few loaves of her homemade bread as well. The bread was an instant hit, and the past two years she has focused on growing her baked goods business, The Little Red Hen.

"Bread is more than a staple food; it's a wonderful comfort food," says Smith.

"I remember baking in the spring one year with the windows open," she relates. "My kids smelled the bread as they walked down the lane, home from school. They came in, deeply inhaled and just said, 'Mmmmmm.'"

"That kind of experience brings joy to your heart ... to know your kids enjoy and appreciate what you're making for them."

Smith sells about a dozen varieties of bread, as well as other homemade goodies, and has earned a loyal following. "My kids love her Hallelujah Bread," says Ann Burke, a Little Red Hen customer. "Her loaves are always fresh, and I appreciate that she uses wholesome ingredients."

Smith, the mother of five children and grandmother of one, started baking her own bread on a regular basis a few years ago in order to help one of her sons manage chronic stomach problems. "I noticed his problems cleared up after he began eating whole, unprocessed foods," she says.

She tries not to buy packaged bread at all, which, she explained, is generally made from grain that is depleted of some of its nutrients and treated with pesticides before it's stored. Says Smith, "I like knowing what's in the food my family eats."

It's not unusual to see bread bakers at farmers' markets, but what makes Smith and her Little Red Hen bakery unique is that she also grows, harvests,



A loaf of cinnamon raisin bread baked by Kathy Smith. (Photo by Gary Krambeck / Radish)

cleans and grinds her own wheat for her breads, much like the Little Red Hen of the classic children's story. Her husband Bill, who farms grains, provides assistance.

Finding the right wheat

Developing the business has been a learning process, says Smith. "I bought a grinder and started grinding wheat for my breads. Then I decided to grow my own wheat, which meant I had to learn how to clean it."

She has put her sleuthing skills, in addition to her baking skills, to work as well. Last year, the couple planted hard-white winter wheat on the farm they rent outside of Erie, Ill., after Kathy spent hours tracking down seed. "I had heard that variety of wheat made milder, better-tasting bread so I searched locally for seed," she says.

She was told by various sources that the grain couldn't be grown in the region and she quickly found that seed wasn't available from seed mills in the area. Undeterred, Smith followed leads out to the western United States and eventually tracked down

a source for hard-white winter wheat seed in South Dakota.

Winter wheat is planted in the fall, grows partially, becomes dormant during the cold winter months and then resumes growth as the weather warms. She and Bill planted two bags of the new seed on two acres in October of 2011 and harvested 7,000 pounds of the grain last July.

Switching to the hard-white winter wheat from the previous variety she used meant her recipes had to be adjusted to achieve the right texture and consistency. "It was a long process," laughs Smith. "But people really like the new wheat and the breads I make with it."

In addition to the wheat, many of the other ingredients for her breads come from the farm, including eggs, fruits and vegetables. "If I can't produce it myself, I try to buy ingredients from local growers and other vendors of the farmers' market," she says. "It's important to me to keep my products as chemical free and whole as possible."

In addition to the breads she bakes, Smith also sells scones, ground wheat, wheat berries (whole kernels), jams and jellies.

Smith finds most of her bread recipes in cookbooks but often tailors them for use with her fresh ingredients. Her sister, who owns a "farm to table" restaurant in Minnesota, has also passed on popular recipes.

"Bread is not hard to make; it's just a little messy and takes time," she says. "That's why I generally bake all at once, one or two days a week."

"The hardest part for me lately has been trying to find a good, 100-percent wheat flour bread recipe," she adds. "Because wheat is so heavy, some of the recipes I've tested don't want to rise well."

There is an excellent chance the sleuth baker will develop a recipe that works and soon she, her family, and her customers will be enjoying the delicious reward.

Jean Eggemeyer is a regular Radish contributor. For more information about The Little Red Hen breads, visit facebook.com/SFandTheLittleRedHen.

Farm Fresh Bread

For those who think bread only comes in two varieties, white and wheat, The Little Red Hen has a tantalizing variety of loaves to love. Customer favorites include:

■ **Hallelujah Bread:** A nutrient-rich, seven-grain bread lightly sweetened with honey and molasses.

■ **Cinnamon Cranberry Walnut Bread:** A round wheat loaf with chewy dried cranberries, crunchy walnut pieces and a hint of cinnamon and brown sugar.

■ **Farm Style Whole Wheat Bread:** A hearty bread made with fresh eggs, organic or raw milk, real butter and fresh ground wheat flour.

■ **Cinnamon Raisin Bread:** A classic soft, white flour bread with sweetened cinnamon. Also available in a multigrain version.

■ **Jalapeño Cheddar Bread:** A seasonal light wheat bread with the added kick of jalapeños and cheddar cheese.

■ **Glory Bread:** A seasonal, yeasty wheat bread full of apples, raisins, coconut and carrots.

■ **Golden Squash Bread:** A light, flavorful bread in which the added squash acts as a preservative.

A Holistic Approach to Healthcare.



Offering:

- Chiropractic
- Acupuncture
- Functional Blood Nutrition
- Myofascial Release
- Organic Skincare

Chad Hagen DC
Sarah Rothgeb DC
Nicole Hagen LE

2395 Tech Drive, Suite 3
Bettendorf, IA 52722
(563) 449-8153

ROTHGEB
Chiropractic

www.hagenclinic.net

www.rothgebchiropractic.com

Visit Our New Healing Center

Please Come and Experience our Peaceful, Healing Environment and Expand Your Growth!

Enjoy these services at our NEW LOCATION!

- Play & adolescent therapy
- Family & individual therapy
- Couple & group therapy
- Reiki
- Aromatherapy
- Chakra classes
- Massage therapy
- Shamanic healing
- Cranio-Sacral therapy
- Immigration Services
- Hypnotherapy
- Sound healing
- Life coaching & workshops
- Reflexology
- Commitment & Wedding Celebrant
- Spiritual Direction

Call today and feel the healing power
563.370.7995

Now located at:

**2135 Mississippi Blvd.
Bettendorf, IA**

(Next to the Bettendorf Community Center)



The Healing Heart Center

Center Director, Candice Kundert, LISW
Counselor, Therapist, Officiate
25 yrs. experience serving our community

Reason's Meats & Catering

Buffalo Prairie, IL • 309-537-3424 or 1-800-772-4740

LOCAL MEATS

- Elk • Pork • Hickory Smoked Bacon
- Local Buffalo • Smoked Chops
- Summer Sausage & more

M.T.T.H.F. 8am-4pm / WED 8am-6pm / SAT 8am-Noon / SUN Closed



Reason's Prairie Creek

20807 183rd Ave. W., Buffalo Prairie, IL • 309-537-9122

MARKET & DELI

We have a variety of LOCAL Food Choices!

- Fresh made-to-order SUBS • Homemade SOUP – SALADS
- Homemade PIE • COOKIES • and MORE

Eat-in or Carry-out, Call-in Orders Welcome

Catering Available: we can deliver to large or small parties or have food prepared for pick-up.

Located on the West side of Town on the County Line in Buffalo Prairie, IL

OPEN 7 Days a Week! M-F 10am-6pm / SAT 10am-4pm / SUN 11am-4pm

Reason's College Ave. Deli

101 N. College Ave., Aledo • 309-582-8226

DELI

Delicious Fresh Subs, Soups, Salads, Pie & Reason's Meat Case

Open 6-days a week M-F 11-6 / SAT 11-4 / SUN Closed



healthy living

Time to recharge

Gray days have you down? We've got just the getaway

By Radish staff

The official start of spring may be March 20, but veteran Midwesterners know that doesn't mean we've seen the last of dreary days. In fact, the final, sodden slog to better weather can tax even the sunniest dispositions. Hoping to overcome the winter blahs? We asked Radish writers to offer their favorite ways to recharge.



A cattleya orchid in bloom at the Quad City Botanical Center. (John Greenwood / Radish)

Spend an hour in the tropics

For a getaway that's close to home, I recommend heading to the Quad City Botanical Center in downtown Rock Island. On a recent day when the weather outside was frightful, I made a visit to the center's Tropical Sun Garden and sat on a bench surrounded by exotic plants, soothed by the sound of the 14-foot waterfall that circulates water through the 6,444-square-foot atrium. It truly was delightful.

The flora is beautiful, but don't forget to check out the fauna, too. You can buy fish food in the gift shop to toss to the shimmering koi, and if you look closely, you might spot the garden's resident two turtles and three frogs.

Winter hours at the Quad City Botanical Center are 10 a.m. to 4 p.m. Mondays through Saturdays, noon to 4 p.m. Sundays. Admission is \$6 for adults, \$5 for seniors, \$4 for ages 6 to 15, \$2 for ages 2 to 5, and free for children younger than 2. For more information, call (309) 794-0991 or visit qcgardens.com.

— *Laura Fraembs*

Come into the quiet

Dropping a line off the dock with the sun on your back, gliding across the lake in a canoe, enjoying a family picnic ... these are some of the warm weather delights offered at Loud Thunder Forest Preserve in Illinois City, Ill. A visit to the preserve during the more blustery months, however, offers an entirely different — and extremely peaceful — experience.

There is something so serene about the stark, often snow-covered landscape of Loud Thunder when the mercury drops. Without the lush green forest canopy, you get a wide open view of the clear winter sky. The hush of the woods feels almost church-like without the constant summertime hum of insects and frogs. If you stay still, you can hear instead the small sounds of animals foraging for a winter meal — maybe a squirrel scurrying through the remains of autumn's dried leaves or a nuthatch hopping up the bark of a towering oak. You're not alone in this place, but you are being left alone — a rare and welcome experience.

In a world that pushes us to work harder, move faster and achieve more, this quiet brings me back to the basics of me. I am reminded of the young girl who loved to sit in the quiet of the woods and experience nature happening around her. As a grown woman, I sometimes need to connect with that girl and just BE. Open from 6 a.m. to dusk, this woodland retreat offers the perfect venue to do just that.

— Chris Greene

Take a yoga field trip

When faced with a case of the doldrums, I often find a change of scenery combined with a little yoga to be just the mini-adventure I need. A quick Internet search is all it takes to locate a place to practice that you don't regularly attend — Radishland is full of great studios. Then you just grab your mat and go.

An hour spent with a new instructor is a chance to hear familiar poses described in different ways and recognize your hidden habits. Maybe there is a muscle group you haven't been giving attention in Tree; maybe there is a way of visualizing Cobra that is going to help you deepen your back bend. If nothing else, going to a studio where you are a stranger is a powerful chance to focus on the poses without distraction.

On a recent drizzly Sunday I decided to try a 90-minute "Tantric Hatha" class taught by Fannie Hungerford at Heartland Yoga, 221 E. College St., Suite 213, Iowa City. The walk-in fee was \$15. Right away I felt rewarded for the trip. Hungerford placed greater emphasis on breathing exercises than in my usual yoga class, and I enjoyed the way she sequenced poses.

But the real benefit came at the end. When I opened my eyes after the final relaxation and looked out the large studio windows, what I noticed instead of the gray clouds were all the flecks of light held in the raindrops on the glass. That's a fairly wondrous change of perspective!

— Sarah J. Gardner



Yoga instructor Fannie Hungerford at Heartland Yoga. (Sarah J. Gardner / Radish)



MORNING EDITION®

from NPR® NEWS

wvik

AUGUSTANA PUBLIC RADIO

90.3fm

Like us on Facebook
[www.facebook.com/WVikfm]
wvik.org

npr®

Spring Into Wellness & Bloom!

Offering:

- Yoga • Hot Yoga • Massage
- Retail • and More!

Indigo-Fitness & Wellness
1621 5th Avenue,
Moline, IL

Hot Yoga Studio
5161 Utica Ridge Rd.
Davenport, IA

309.764.YOGA (9642)
www.indigowellness.info



Homemade Soups
Handcrafted Décor
Specialty Gifts
Wine & Beer

Lattés
Espressos
Paninis
Croissants

2200 IL Route 84 Thomson, IL 61285 Phone: 815-259-0125

www.TheHeirloomMarket.com

healthy living

Morten Designs

Q-C shop specializes in custom furniture and restoration

By Sharon Wren

If you really want to get Morten Wa byaombe going, mention furniture. His store, Morten Designs, at 2125 3rd Ave., Rock Island, is full of wood, machinery and furniture-in-progress.

One display shows a table typically found in big box stores, but with a cross section cut out so you can see the layers of particle board. Nearby is a piece he made, cut to show that it's made from solid wood. Several chairs in progress are lined up against the wall.

Wa byaombe has a degree in furniture design and technology, and he ran a successful business

making custom furniture in Uvira, Congo. He had lucrative government contracts building furniture for schools, hospitals and the like, and was able to build a comfortable life for himself, his wife and his young daughter.

Then, in 1996, the Congolese government seized his business and bank accounts. His wife was taken away, and he was arrested for defying a government mandate to leave his wife because she was from another tribe.

Wa byaombe never saw his wife again. Unable to return to his home for fear of death, he fled to refugee camps in southern Africa. His daughter, who was about three at the time, was placed with

his parents. He has not seen her in more than a decade. Because the Congolese government won't allow him to return, he only is able to speak with her by telephone.

Wa byaombe received assistance and came to the United States in 1999, first settling in Arizona and then moving to Texas before coming to Rock Island, where he has an uncle. "I'm glad to come to Rock Island. San Antonio is big, and it's not easy to talk to the mayor or business development people if you're not a big business," he says. "Here, they have programs to improve the city. It was easy to approach the officials and get things moving. Officials are accessible; you can meet anybody when you feel like you need them. I hope that isn't going to change."

'What I make dictates what kind of material I use.'

It was in San Antonio that he added another skill to his woodworking pursuits. He began doing antique furniture restoration and continues to offer this service today at his Rock Island store.

"I've been studying in the European system," Wa byaombe says. "Most of the antiques come from Europe, but I can do them better than they do around here. The pieces left by their grandparents that nobody can fix, I can do that, too. I don't know what piece I can't fix."

One common furniture restoration method he refuses to use, however. "I'm not going to strip pieces," he explains. "It's not that I can't, but I don't agree with that procedure. ... I can see what finish was originally used and use that. Instead of stripping it, I'll just sand it a bit and add another bit of the same material. If there's damage, like a dent on the finish, I have a way of building up just the area that



Morten Wa byaombe at work in his Rock Island shop. (Photos by Paul Colletti / Radish)

was damaged and match it to the rest.”

Wa byaombe doesn't object to stripping because of its environmental effects, although he does try to use green methods. "When people strip a piece that's been in the family for years, all the antiquity is gone. You've lost all the value you had. If your grandpa came from Europe with a piece and you strip it, everything from Europe is gone. The finishes they use in Europe are different from what they use here. They want finishes to dry faster, so they use lacquer," he says.

Wa byaombe is a firm believer in buying local. Much of the wood he uses in his furniture projects he sources from Native Woods in Rock Island.

"What I make dictates what kind of material I use," he says, pointing to a bed he has designed and is now constructing. Like many of his own projects, it incorporates several different kinds of wood: zebra wood, rosewood and burl walnut, to name a few. Hung on the walls of his shop are sketches of several other furniture pieces he has designed. Although he enjoys restoring furniture, he hopes to expand the custom-built aspect of his business.

"America is very developed, but there's few people interested in investing in that kind of skill (building furniture). Why is there no place where you can walk in and have someone build it in the Quad-Cities? We shouldn't be ignoring some demands. Everyone needs something to sit on; you need furniture. Why rely on other countries?" he wonders.

He hopes his business will encourage others to craft furniture. "It's not bad for me. Business-wise, I have the market to myself, but I hope that changes. I'll be teaching (others) so there are lots of people who can do this." He had been working previously with Black Hawk College to teach furniture building there, and hopes there is enough interest to resume the class in the future.

The goal of Morten Designs is not simply to make a profit, but to empower others, as well as himself. Wa byaombe hopes to attract sponsors who can help him set up a training program for other area members of the refugee community. Some have already visited the shop to learn about woodworking, but Morten says there has been more interest in his other creative pursuit: music.

He points to an array of keyboards and recording equipment along one wall of his shop. "I do African music myself. After hours I'll be working on my music, so if somebody wants to walk in, I can still talk to them. If the lights are on, I'm here, and they can come in and talk."

"I love working with furniture, and I love interacting with people," Wa byaombe says. "If they never had that chance of talking to someone who can give them answers on furniture, this is the time. There aren't any questions I can't answer. ... They can walk in and say, 'Can you make this happen?' and I can."

Sharon Wren is a frequent Radish contributor. For more information about Morten Designs, contact Morten Wa byaombe at (309) 786-0500.



HyVee®

Meet the Mango

- The sweet flavor of mangos goes well as a fresh side dish with any meal or as a topping for fish or chicken.
 - One cup of mangos provides 100% of your daily vitamin C and 35% of your vitamin A.
 - A ripe mango will give slightly when you give it a gentle squeeze. Color is not a good indicator of ripeness.
 - Keep unripe mangos at room temperature. Once ripe, move mangos to the refrigerator for up to five days.
 - Go to www.mango.org or ask your Hy-Vee dietitian for simple instructions on how to cut a mango.
- Mangos will be one of your new favorite fruits!**



Services include:

- Individual nutrition counseling
- Personal shopping assistance
- Group nutrition classes and workshops
- Supermarket tours
- Monthly nutrition newsletter



Brittany Fowler, RD
4218 Ave. of the Cities, Moline
309.762.0200



Heather R. Wright, RD, LD
2351 W. Locust St., Davenport
563.324.9948



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



Dawn Blocklinger, RD, LDN
750 42nd Ave., Moline
309.757.1085



Chrissy Watters, MS, RD, LD/N
2930 18th Ave., Rock Island
309.793.0684



Marie Ludgate, RD, LD
2900 Devils Glen Rd., Bettendorf
563.332.8496



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



Kristen Decker, RD, LD
4064 E. 53rd St., Davenport
563.355.5540



Lillian Goldman Visitors Center OPENING MARCH 1

Seeds, Plants, Garden Tools,
Books, Gifts & more

VISITORS CENTER HOURS:
Mon-Fri 9-5 • Sat & Sun 10-5

Learn a new skill. Register for Spring Workshops.

Spring Kick-off
March 23

Seed Starting, Planning your Garden for
Seed Saving, and Heirloom Gardening

Apple Grafting
April 6 & 13

Learn the ancient art of grafting.
Go home with 3 heritage apple trees.

SEED SAVERS EXCHANGE

seedsavers.org • 3074 North Winn Road, Decorah, IA • 563-382-5990

health living

Peek into the past

Web project allows readers to uncover to culinary history

By Annie L. Scholl

Kathrine Moermond doesn't equivocate. "I love food," she says. "I love researching the history of different foods and cooking methods. I love trying old recipes to see if I can get a glimpse of what types of food and types of tastes might have been eaten and enjoyed 50, 80 or 100 or more years ago. For me it is a gateway to history and I love that."

Moermond, education and outreach coordinator at the University of Iowa's Old Capitol Museum, found an outlet for her passion after the University of Iowa Libraries acquired more than 20,000 cookbooks

donated by the late Chef Louis Szathmary of Chicago — some of which date back to the 17th century — and came up with a 21st century method of making them accessible to the public.

To create a searchable database of recipes, the special collections staff at the library has been scanning the cookbook pages and posting them online, where members of the public can help transcribe the recipes written or printed on each page.

Like many others, Moermond logged on to the university's DIY History site (diyhistory.lib.uiowa.edu), went to the page containing the Szathmary Culinary Manuscripts, and started typing. Motivated

by the recipes she was helping transcribe, Moermond also helped start the Historic Foodies Group.

When she reads a recipe dating back hundreds of years, Moermond says she's "inspired" by the variety of ingredients, the handwriting, the "curious" titles, and the occasional notes about "an ingredient, someone or something." That often leads Moermond to do additional research about ingredients in the recipes — ingredients that are known to promote good health, aid digestion or prevent ailments.

"I think that our ancestors had a special knowledge about cooking, preparing and raising food, and how food affects our bodies therapeutically, that had

Logging history

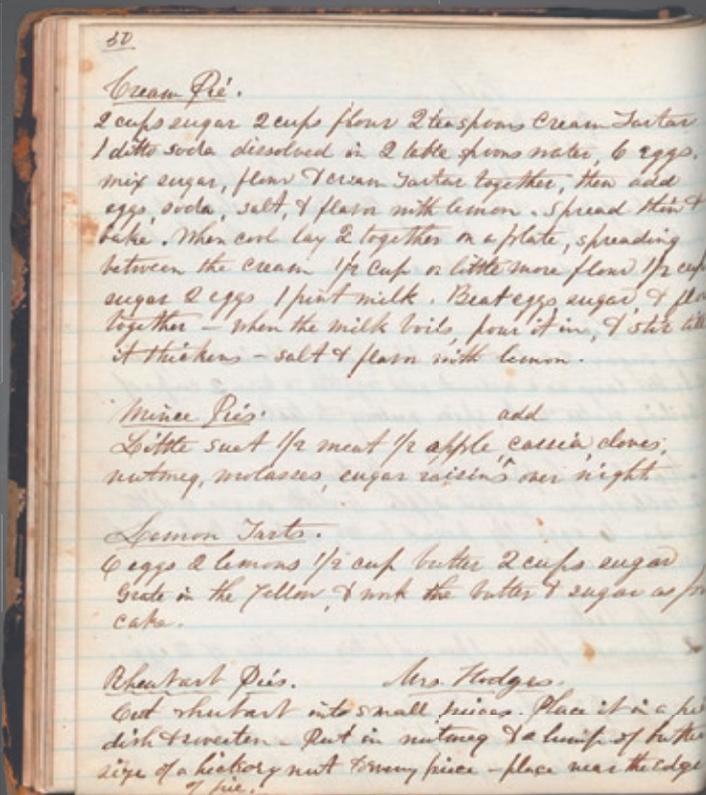
Want a taste of the past? It might not be as easy as simply deciphering some old-fashioned handwriting. Take these pie recipes from a cookbook named *Alice Elektra Picard*, for example. They show how the shorthand language of recipes has evolved over time.

Mince Pies

Little suet, ½ meat, ½ apple, add cassia, cloves, nutmeg, molasses, sugar raisins overnight.

Rhubarb Pie

Cut rhubarb into small pieces. Place it on a pie dish & sweeten. Put in nutmeg & a lump of butter size of a hickory nut to every piece. Place near the edge of pie.



Cream Pie

2 cups sugar, 2 cups flour, 2 teaspoons cream (of) tartar, 1 ditto soda dissolved in 2 table spoons water, 6 eggs, mix sugar, flour & cream (of) tartar together, then add eggs, soda, salt & flour with lemon. Spread thin & bake. When cool, lay 2 together on a plate, spreading between the cream ½ cup or (a) little more flour, ½ cup sugar, 2 eggs, 1 pint milk. Beat eggs, sugar & flour together — when the milk boils, pour it in & stir till it thickens — salt and flour with lemon.

Lemon Tarts

6 eggs, 2 lemons, ½ cup butter, 2 cups sugar. Grate in the lemon & work the butter and sugar as for cake.

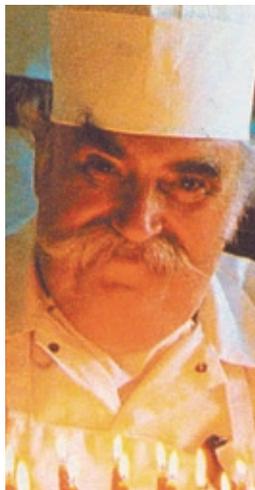
been handed down from each generation to the next," she says. "I feel as though our society today, because of the amount of processed food that is consumed, is suffering from a sort of cultural amnesia, and much of this knowledge has been forgotten or ignored."

The Szathmary Collection has items spanning four centuries. It includes more than 150 handwritten cookbooks as well as many of Szathmary's recipe boxes, all collected by a man described in a 1996 Chicago Tribune article as "a larger-than-life chef, teacher, writer and philanthropist" who ran The Bakery, a Chicago restaurant, from 1963 to 1989.

Szathmary was also notable as a "bibliophile in the truest sense," according to Colleen Theisen, outreach and instruction librarian in special collections at the U of I. "He loved books and amassed a warehouse full of them, particularly those representing culinary history."

For the most part, crowdsourcing works for transcribing the cookbooks, says Jen Wolfe, digital scholarship librarian at the U of I, who notes the library lacks the staff to complete the work on their own. "There will always be inaccuracies, but with the help of our volunteers we can at least provide some access for full-text searching, where before we had none at all," Wolfe adds. "Aside from enhancing access, the largest pro with crowdsourcing has been reaching new audiences who actively engage with the materials."

According to Theisen, 30,000 pages of documents have been transcribed so far. The earliest cookbook online is from 1665. One dated "1600" has been scanned but not yet uploaded.



Chef Louis Szathmary. (Images courtesy of the University of Iowa Special Collections)

Get involved

Anyone can browse the digitized cookbook pages and help transcribe recipes or review previously transcribed pages to help ensure accuracy. Volunteers can simply pick a cookbook from a number of options displayed on the page (diyhistory.lib.uiowa.edu/transcribe/collections/show/7), choose a page and get started. A bar displayed beneath each cookbook shows how much of that collection has already been transcribed.

There is no special training required, and volunteers do not need to register before accessing the cookbooks, although there is an option to create an account that allows volunteers to keep track of their projects and set up a watch list of favorite pages. The cookbooks can be accessed from any computer with an Internet connection, and volunteers can choose to transcribe as many or as few pages as they would like.

For Moermond, the benefits of contributing to the project are clear. The project, and especially the Historic Foodies Group it inspired, has shown her that there are other "historic foodies" like her who also want to try old recipes and are interested in food history. That, she says, "gives me hope that maybe that 'cultural amnesia' could turn itself around."

Annie L. Scholl is a frequent Radish contributor. A longer version of this story can be found at radishmagazine.com.

2013 CSA Memberships Available - sign-Up Now!

a 2013 community supported agricultural (csa) membership from oak hills acres organic farm, atalissa, ia, will provide fresh, organic and heirloom produce throughout the 2013 season.

all produce grown on our organic family farm. members pick up their shares at pre-arranged sites in the quad-cities, iowa city, cedar rapids, muscatine and surrounding areas. 2013 organic csa memberships are limited, order now.



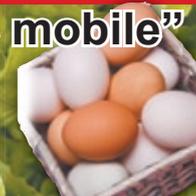
Fresh Organic Veggies This Winter!

visit the oak hill acres "veggie mobile" every saturday 8am-1pm

outside the davenport freight house farmers market 421 w. river dr

certified organic potatoes, leaf lettuces, fresh eggs, spinach, popcorn, oatmeal and more...

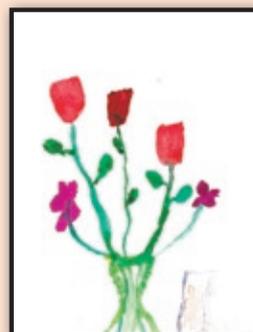
oak hills acres
certified organic farm



319-560-4826 • 563-946-2304 • www.oakhillacres.com

Memories in the Making®

Art Show & Auction Benefiting the Alzheimer's Association®



SAVE THE DATE

Friday, May 3, 2013 — 5:30-9 p.m.
Figge Art Museum, Davenport, IA

Memories in the Making, an art program enriching the lives of individuals with Alzheimer's disease and related disorders.



Intouch Adult Day & Home Care Services of LSSI

Connecting with you... Caring for you

Tickets:

\$30 in advance / \$35 at the door

To reserve your tickets today,

contact Bill Horrell at

bhorrell@alz.org or 563.324.1022



Lutheran Social Services of Illinois
www.LSSI.org

environment

Ice in decline

Researcher probes causes of arctic ice melt

By Sarah J. Gardner

You could say Dr. Jason Box began his research on glaciers at an early age. While growing up in Colorado, he says, his first report in elementary school was on glaciers. To write it, he used the Encyclopedia Britannica. These days, the Nobel laureate takes a more hands-on approach to his research, having logged 19 trips to Greenland since 1994 and spent more than a year camping on the ice sheet.

Box appeared at Augustana College in Rock Island last month to deliver a talk ahead of the screening of “Chasing Ice,” a film that will be shown at the college on March 23 as part of the annual Environmental Film Festival put together by the Eagle View Group of the Sierra Club. Box was a key contributor to the Greenland portion of the film, which uses time-lapse videos to capture the decline of glaciers over the course of several years. A trailer for the film can be seen at chasingice.com.

“I’ve seen audiences react to the film, and I know it’s connecting with people in ways that pure science doesn’t connect, because it has art and it has communication,” says Box. “That’s valuable, because of the urgency of climate change.”

Part of that urgency is spurred by realization among scientists that the effects of climate change are taking place faster than previously predicted. Greenland is a good example of this, says Box, because the “models don’t predict the extent of melting that we’ve observed in recent years.” In the summer of 2012, for example, NASA satellites showed virtually the entire surface of the Greenland ice sheet was melting — to the astonishment of many observers.

“Climate models often surprise us in how conservative they are,” says Box, who explains this is because all the different factors have not yet been articulated by scientists or then encoded as mathematical formulas in the models. “It takes a long time to develop that code.”

Currently, Box is embarking upon a research

project he hopes will identify one of these as-yet unaccounted factors. As climate change causes an increase in wildfires such as those seen in Colorado last summer, could the soot they produce be settling on the Greenland ice sheet and causing it to melt at an accelerated rate?

He describes the expedition as an “experiment in citizen science crowd funding” because, rather than relying on a grant from a science foundation, the project has set up a website (DarkSnowProject.org) that seeks funding from ordinary citizens. It is the first major scientific research project to use social media and Internet crowd funding to cover its costs.

“Supporters are part of the expedition,” says Box. “We communicate back to them our progress

and findings, and so they can feel some ownership of the project.” It’s a good way for those who see the film “Chasing Ice” and want to help further Arctic research to do so, he says.

Ultimately, the effects of climate change that we are observing merit our response, says Box. There is no one silver bullet to reverse current trends, he explains, but there are a number of things we can do that add up to “silver buckshot.” “We can take the edge off of it for sure,” he says. “We want to because we’re flirting with carbon catastrophe. For the sake of our kids we have no choice but to start taking this more seriously.”

Sarah J. Gardner is the editor of Radish magazine.



Geographer Dr. Jason Box on a research expedition in Greenland. (Submitted)

8th Annual Environmental Film Fest

The 2013 Environmental Film Festival will take place from 11:30 a.m. to 5:30 p.m. March 23 in Olin Auditorium at Augustana College, 639 38th St., Rock Island. As in years past, the event will be free and open to the public. Healthy snacks will be served between films.

In addition to “Chasing Ice,” two other full-length feature films (“Last Call at the Oasis” and “The Clean Bridge Project”) will be screened at the festival. For more information on the event, visit augustana.edu/x12049.xml.

T'AI CHI'UAN

BEGINNER LEVEL CLASS **Wednesday**, 6-7 p.m.
Institute for Therapeutic Massage, 1730 Wilkes, Davenport | \$30/month

BEGINNER LEVEL CLASS **Saturday**, 10-11 a.m.
St. John's Lutheran Church, 4501-7th Ave, Rock Island | \$30/month



Great River T'ai Chi Ch'uan

Your first class is free! Join our community of t'ai chi players, taught by 39-year practitioner and diploma-certified teacher Scott Caulpetzer.

To register, or for more information, contact Scott at 563-322-4002 or scaulpetzer@gmail.com

Growlers
1/2 Gallon

FRONT STREET
BREWERY

TAP ROOM
@ The Freight House!
Sun-Fri, 4pm-10pm
Sat, 10am-10pm

Finely Handcrafted Beer to enjoy here or to go.

Visit Our Original Downtown Location:
208 East River Drive, Davenport • (563) 322-1569 • FrontStreetBrew.com
Hours: Mon.-Thurs. 11am-11pm / Fri.-Sat. 11am-Midnight / Sun. 11am-9pm

Casual Fine Dining Enjoy Our Relaxing Beer Garden

• Homemade Soups • Angus Beef • Homemade Desserts

Yoga: Feel Fit, Be More Energetic, Happier & Peaceful.

*Yoga is not an exercise class...
It is much, much more!*

Just show up!

THE DAVENPORT SCHOOL OF YOGA

Teacher Training
We offer **ALL** levels of classes!
The Quad Cities Largest & Original Yoga Studio
Davenport & Bettendorf Locations

The Davenport School of Yoga
421 Brady Street, Davenport, Iowa • 563-322-5354
www.DavenportSchoolOfYoga.com

LOCALLY-OWNED

We Care About the Health of Our Community!

WEIGHT LOSS Products in STOCK!

Dr. Oz Recommended

**WEIGHT LOSS
PRODUCTS in STOCK!**

- ☛ Green Coffee Bean Extract
- ☛ Brown Seaweed
- ☛ Raspberry Ketones
- ☛ Garcinia Cambogia (HCA)

RAW Concentrated Fucosanthin PLUS RAW Green Coffee Bean Extract

fucoTHIN[®] GREEN

• Clinically Studied Ingredients and Potency
• Naturally Boosts Metabolism - no jitters
• Powerfully Supports Healthy Blood Sugar Levels
• Maximizes Fat Storage
• Increases Lean Body Mass

90 VEGAN CAPSULES

fücoTHIN[®] GREEN

by Garden of Life
with ingredients
**Green Coffee Bean Extract
& Brown Seaweed**

recommended by Dr. Oz for WEIGHT LOSS!

Boosts metabolism up to 18% with no jitters.

On Sale Now! \$25.00 Reg \$50.00 limited time, while supplies last.

March Specials!

<p>Cliff Bars .99 Lara Bars 4/\$5.00 Zevia \$4.19</p>	<p>We Now Carry Sami's products: Millet & Flax Crackers and Bread.</p>
<p>Aura Cacia Essential Oils</p> <ul style="list-style-type: none"> <li style="margin-right: 10px;">• Lavender <li style="margin-right: 10px;">• Eucalyptus, <li style="margin-right: 10px;">• Peppermint <li style="margin-right: 10px;">• Grapefruit <li style="margin-right: 10px;">• Tea Tree <p style="font-size: 1.2em;">32% OFF</p>	<ul style="list-style-type: none"> • Annie's Homegrown • Back to Nature • Traditional Medicinals • RW Knudsen <p style="font-size: 1.2em;">20% OFF</p> <p><i>Select Items</i></p>

HERITAGE

N A T U R A L F O O D S

We have the solution... "naturally!"

<p>1317 6th Ave., Moline 309-764-1912 Monday-Friday 10am-6pm • Saturday 9am-5pm</p>	<p>3875 Elmore, Davenport 563-344-2100 Monday-Friday 10am-7pm • Saturday 9am-5pm</p>
--	---

food

Kombucha

An ancient elixir that can be brewed at home

By Leslie Klipsch

It's an overcast Monday afternoon when I sit down to tea with Eleanor Kiel. This is not the kind of tea with a friend that I'm accustomed to — Earl Grey is nowhere in sight. Instead, what I'm offered as I cozy up to Eleanor's dining room table is a homemade rendering of kombucha: a fermented, sweetened tea with ancient Eastern origins and a lore of immortality. Eleanor, a musician and fitness instructor, pours the amber liquid into a small cup and awaits my response.

It's cold. Bubbly. There's a slight twinge of vinegar, an underlying sweetness, and a subtle tang that is reminiscent of a hard apple cider. It's pleasant, I decide, as I settle in for congenial conversation.

Several years ago, Eleanor learned about kombucha from a friend who shares her interest in natural foods and home remedies. The curious drink her friend was brewing at home offered health benefits, he told her, such as an obvious surge in energy, increased focus and a regulated digestive system. Eleanor, who was already making her own yogurt, was intrigued and began the preparations necessary to add kombucha to her kitchen repertoire.

Kombucha (sometimes referred to as “mushroom tea”) is made of tea, sugar, bacteria and yeast. Though there are variations on the process, it begins with boiled distilled water and several tea bags (black, green and white all work well). After the tea has steeped, sugar is added, and, when the sweet tea cools, so is the starter (taken from either a previous batch or a bottle of kombucha purchased at the store) and the “SCOBY.” The SCOBY, an acronym for “symbiotic colony of bacteria and yeast,” looks like a flat, white mushroom or slippery pancake.

After a clean towel is secured over the glass jar containing the starter, SCOBY, sugar and tea, it is placed in a warm, dark environment so that it can ferment. The whole process takes seven to

14 days, but once the initial batch is made, it keeps producing indefinitely with minimal effort.

Since learning the process, Eleanor says she has experienced the same subtle health benefits that her friend saw. “I can tell when I haven't been in the kombucha making and drinking phase,” she confides. “I feel sluggish. When I start it drinking again, I feel cleansed.”

Though many enthusiasts maintain that drinking kombucha offers a host of health benefits — including detoxifying the liver and colon, stimulating the immune system, and more — others are dubious. The Mayo Clinic, for instance, notes that health

benefits have not yet been scientifically proven and cautions against potential adverse effects on the stomach and allergic reactions.

Despite that, kombucha is an enticing option for many who thirst for the sweetness and effervescence of soda without the artificial sweeteners or caloric intake. For Eleanor, kombucha offers an attractive, probiotic option for the afternoon lull when she craves a candy bar or a cup of coffee. “Instead of reaching for either of those,” she says, “I sit down and have a drink that is good for me and good for my health. It gives me a little lift ... a pick-me-up. Plus, I love the ritual of afternoon tea,” she adds.

For those who don't feel daring enough to cultivate a live culture at home, store-bought kombucha can be a refreshing alternative. It is even available in a variety of different flavors. Since sipping Eleanor's homemade infusion, I've enjoyed both cherry cassis and Asian pear with ginger from a local health-food market.

However, making your own is cost effective — and interesting, especially for those who have a scientific bent. “I'm a person who is all about bang for the buck, and kombucha is not cheap at the store. I could buy a bottle for \$4 or \$5, or I could make an entire gallon,” says Eleanor, noting that the mysterious SCOBY and curious growth process fascinates her young son.

Brewing kombucha at home requires both patience and prudence. Just as if you were making wine or beer, yogurt or even sourdough, conditions must be sterile, and you must take proper precautions in order to avoid unwanted contamination. But for many, the results are worth the effort. After pouring her cold kombucha into a small cup, Eleanor closes her eyes and takes a sip. “Oh my ... this is a good batch. I love it when it's this fizzy,” she sighs, enjoying the flavor and anticipating the cleanse.

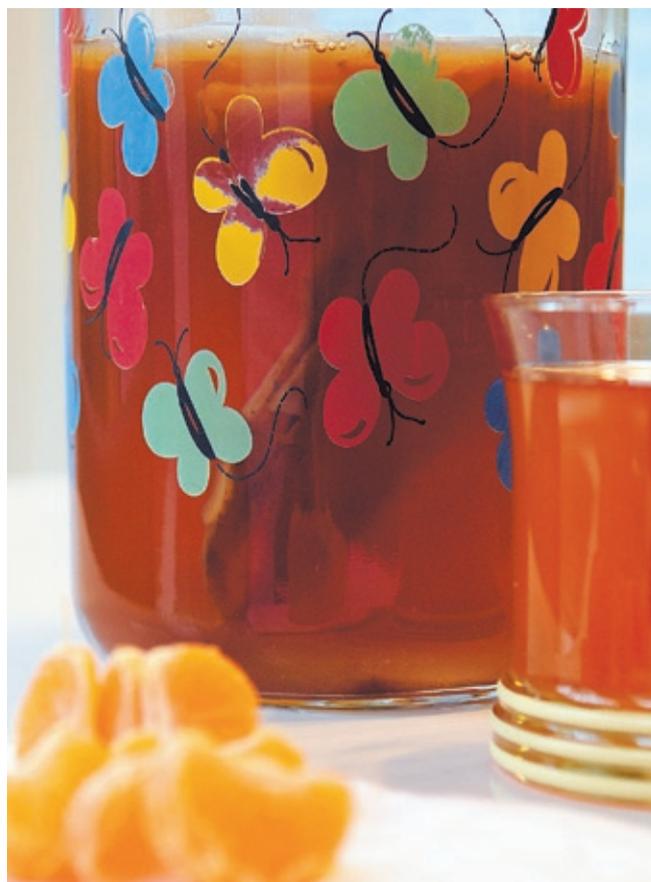


Photo by Paul Colletti / Radish

Leslie Klipsch is a frequent Radish contributor.



Shop FAIRTRADE




Lily and Laura Bracelets



SIS FAIR TRADE GIFTS

A Fair Trade Shop in the Quad Cities!



**108 E. Second St.
Downtown Davenport
(Across from the Radisson)**

563.424.2012







Weddings

- Bridesmaid Jewelry & Scarves
- We now offer a Gift Registry!
- Wedding Gifts & Cards
- Flower Girl Headbands
- Gift Cards

Fair Trade Wedding & Bridal Items Available!! Put your Heart into Weddings with Unique & Meaningful Fair Trade Items



Medical Associates

Main Campus
 Multispecialty Group Practice
 915 13th Avenue North
 Clinton, Iowa 52732
(563) 243-2511

DeWitt Family Health Clinic
 1021 11th Street
 DeWitt, Iowa 52742
 (563) 659-9294

Fulton Family Health Clinic
 1705 16th Avenue
 Fulton, Illinois 61252
 (815) 589-2121

Morrison Family Health Clinic
 635 E. Lincolnway
 Morrison, Illinois 61270
 (815) 772-7491

Ancillary Services
 Audiology • Laboratory
 Bone Densitometry
 Mammography
 Cancer Center • MRI • Cardio Testing
 Nutrition Counseling • CT
 Optical Shop • Diabetic Education
 Pulmonary/Sleep
 Capsule Endoscopy • Ultrasound
 Heart Center • X-Ray

Prescription Refill Line
563-243-2511
 Mon. – Friday from 8a-5p



GATEWAY SURGERY CENTER

841 Springdale Drive
 Clinton, Iowa 52732
 (563) 244-9955

The Eighth Annual Environmental Film Fest
 11:30 a.m.-5:30 p.m., Saturday, March 23

In the Olin Center for Informational Technology at Augustana College, 733 35th St. Rock Island, Ill.

Admission is free. Doors open at 11 a.m. Movies roll at 11:30 a.m. Healthy snacks and drinks will be provided. There will be fun and inspirational 5-minute short films before the feature films. Parking is available along 38th St. and 7th Ave. and in lots on the campus map (Olin Center is no. 60 on map).

Visit the Film Festival Website
www.augustana.edu/environmentalfilmfest

For more information about the Eagle View Group, Sierra Club go to
<http://illinois.sierraclub.org/eagleview>
 or contact Kathryn Allen at kasavelie@aol.com

8th environmental film fest

MARCH 23, 2013






FREE ADMISSION

MOVIES SHOWING:

Last Call at the Oasis 11:30 a.m. (105 min.)
 “Last Call at the Oasis” was produced by Participant Media, the company responsible for “An Inconvenient Truth,” “Food, Inc.” and “Waiting for Superman.” The company says the film “presents a powerful argument for why the global water crisis will be the central issue facing our world this century.”

“Illuminating the vital role water plays in our lives, exposing the defects in the current system and depicting communities already struggling with its ill-effects, the film features activist Erin Brockovich and such experts as Peter Gleick, Alex Prud’homme, Jay Famiglietti and Robert Glennon.

The Clean Bin Project 2:00 p.m. (53 min.)
 “Is it possible to live completely waste free? In this multi-award winning festival favorite, partners Jen and Grant go head to head in a competition to see who can swear off consumerism and produce the least garbage. Their light-hearted competition is set against a darker examination of the problem of waste.” Described as “An Inconvenient Truth” meets “Super Size Me,” “The Clean Bin Project” features laugh out loud moments, stop-motion animations, and unforgettable imagery. This film is a fun and inspiring call to individual action that speaks to crowds of all ages.”

“One of those rare documentaries that make you feel like you can do something about the problems in our world.” — *Vail Daily*

Chasing Ice 3:30 p.m. (76 min.)
 “Chasing Ice is the story of one man’s mission to change the tide of history by gathering undeniable evidence of our changing planet.” “Within months of that first trip to Iceland, the photographer Jason Balog conceived the boldest expedition of his life: The Extreme Ice Survey. With a band of young adventurers in tow, Balog began deploying revolutionary time-lapse cameras across the Arctic to capture a multi-year record of the world’s changing glaciers.” “Chasing Ice” has won many awards and received much media attention; from these recent ABC News and NPR stories, to rave reviews from Chicago Tribune, New York Times, Los Angeles Times, and Boston Globe.

“Stunning... Timely... A solitary quest with global implications.” [A Critics’ Pick] — *Neil Genzlinger, The New York Times*

A help or harm?

Risks of fluoride in tap water are subject to debate

By Jeff Dick

Whether or not to fluoridate municipal water supplies is the question many communities around the country have been asking, prompted in part by rising criticism of the widespread practice.

Water fluoridation, a process regulating the amount of fluoride in drinking water, was introduced in Grand Rapids, Michigan, in 1945. A decade later, incidents of tooth decay had declined by more than one-half in children raised on fluoridated water. As a result, other major cities opted for fluoridation during the '50s and '60s — today, roughly 70 percent of American communities fluoridate.

The U.S. Centers for Disease Control and Prevention, the American Dental Association, the World Health Organization, and other major groups promote fluoridation, citing studies showing 15 percent to 40 percent fewer incidents of tooth decay, especially in kids forming their adult teeth.

Fluoride protects teeth by reacting with minerals, bolstering them against the acidic corrosion caused by sugar-fueled bacteria, and remineralizing damaged enamel. The vast majority of dentists favor fluoridation because it ensures that virtually everyone gets protection regardless of access to dental care or personal dental hygiene.

In January, one of the leaders in the movement against fluoridation, Dr. Paul Connett, a retired chemistry professor, environmental toxicologist, and co-author of “The Case Against Fluoride,” presented his argument against the long-standing practice in two Quad-Cities appearances.

Connett cited studies linking fluoride to bone cancer, lower child IQs, arthritis, osteoporosis, thyroid deficiencies and other maladies. Moreover, he maintained cavity rates were not significantly lower in communities with fluoridated water. And he claimed most cities use industrial — not pharmaceutical — grade fluoride containing arsenic, lead, cadmium and barium.

Other professionals see things differently, though, including a prominent New York dentist quoted in the journal “Prevention”: “Although individual studies have linked exposure to high levels of fluoride with certain medical conditions, several large scientific reviews have failed to conclusively link any major disease to drinking water that contains the recommended concentration of 1 milligram per liter of fluoride.”

Stephen Levy, a researcher at the University of Iowa College of Dentistry, has been working on a long-running study of the public health effects of fluoride. He concluded that fluoridation remains beneficial but not to the degree when it was introduced, owing to a combination of other fluoride sources and better dental hygiene.

Not in dispute is that too much fluoride causes dental fluorosis, a cosmetic condition marked by stained and, in serious cases, pitted teeth in kids younger than 8-years-old. Skeletal fluorosis is a less common problem typified by brittle bones and joint pain.



iStockphoto

Both of these problems occur primarily in untreated areas with high natural fluoride levels, particularly in countries like India with its deep wells, not in fluoridated communities that maintain a controlled fluoride level of 0.7 to 1.2 milligrams per liter (or parts per million).

On his Fluoride Action Network (fluoridealert.org), Connett cites more than a dozen major international cities — including Berlin, Frankfurt, London, and Montreal — which do not practice fluoridation. But other than Wichita, Albuquerque and Fairbanks, not many prominent American cities are listed.

Households in fluoridated communities, including the Quad-Cities, do not have many options to remove fluoride from their drinking water. None are as simple or as economical as installing a faucet-mounted filter. Reverse-osmosis filtration systems remove 90 percent of fluoride but are pricey. Two alternative processes — distillation and activated alumina filters — are effective, too, and somewhat more practical.

Harder to filter out is the dissonance in conflicting viewpoints in the ongoing fluoridation debate. It mostly depends on one's belief in established medical authority over contrarians acting as if there must be something in the water.

Jeff Dick is a regular contributor, often writing on consumer issues.



Larry Hanus, D.D.S.
Family Dentistry

- Safe Removal of Mercury Fillings
 - Metal-free Composite Restorations
 - Integrating Dental Health With Whole Body Health
- Accepting New Patients*

1040 William St., Iowa City, IA 319-512-5655
 Call for information about "holistic, biological, or alternative" dentistry.
 Dr. Hanus encourages you to take an active part and educate yourself about dentistry and its impact on your total health.

www.IowaMercuryFreeDentistry.com

Reserve Your CSA Share Today

Local Organic Veggies Available May – December !



CSA is a great way to support local agriculture.
 View our archived weekly newsletter on our website to see if our CSA would be a good fit for you.



Register Online - www.GrinnellHeritageFarm.com

Delivery to Iowa City, Grinnell, Cedar Rapids, Ames and Des Moines

**NECK AND ARM PAIN?
 GET HELP TODAY!**

We Also Treat:

Sports injuries, sciatica, herniated discs, chronic pain and more!

**Now Accepting
 New
 Patients**



Dr. Dan Neises

Former Team Chiropractor
 For The Madison Mustangs
 (Semi-Pro Football)
 & Madison Mallards
 (College Baseball)
 Over 10 Years Experience

**2512 18th Ave.
 Rock Island, IL
 309-786-3012**
(next to Whitey's)

Neises
Chiropractic Clinic

Most Insurances Accepted



VICTORINOX
SWISS ARMY

*Our passion is human understanding
 Our art is beautiful function*

*Genuine Swiss Army
 Timepieces and
 Multi-tools.*



*They are
 born of
 human hands
 and minds for
 human needs.*

*They have heart
 and intelligence.*

*They are made
 like you.*



expressions

JEWELERS

**1913 E. Locust St., Davenport, IA
 563-326-1509**

Tues.-Fri. 9 to 5 • Sat. 9 to 2 • Closed Sun. & Mon.

eating well

Simply delicious

Local, organic, vegan meals at Trumpet Blossom Café

By Mary Blackwood

Simple. It could be a synonym for organic. While the rules for getting certified by the U.S. Department of Agriculture as “organic” aren’t simple, the concept certainly is. Nothing added. Nothing taken away. No chemicals, hormones, pesticides, fertilizers or genetic modifications as part of the growing process. The seed goes in the ground and nature provides the nurture — soil, sunshine and rain.

“I want to have as much food in my food as possible,” is how Katy Meyer puts it. She’s the chef and owner of the Trumpet Blossom Café, a vegan restaurant located at 310 E. Prentiss St. in Iowa City. Her most important goal is to use as much organic food as possible in every meal. Even the stevia in packets for sweetening the house espresso is organic. She uses as much local produce as possible, building relationships with Iowa farmers.

The Trumpet Blossom Café is named for the flowering trumpet vines that once festooned the patio of the Red Avocado, another popular Iowa City eatery, where Katy began her culinary career nearly a decade ago, first as an employee and then as a co-owner and chef. The closing of Red Avocado last year saddened many to whom the birth of the Trumpet Blossom Café in April 2012 was welcome news.

The cafe is not only for vegan diners. Everyone can find something to his or her taste. Meyer’s goal is to create comfort food in new combinations that incorporate vegan choices while enticing nonvegans to take a chance. Her recipes embrace texture, color and taste, and everything comes out of the kitchen arranged with modest elegance. In addition to the meals served at the Trumpet Blossom Café, a full bar is available with cocktails, carefully chosen wines and several Iowa-made brews.

At the Trumpet Blossom Café, things are simple but never plain. The menu changes seasonally, but highlights have included a Florentine breakfast with dill potatoes; buckwheat corncakes; black-bean falafels on a bed of kale; sautéed vegetables with ginger peanut sauce; salads with orange-rosemary dressing; and a chipotle quesadilla. There’s also freshly squeezed juice — a blend of orange, pear and carrot — that is wonderful, and handmade ice cream, dark chocolate, with a hint of mint as fresh as if it had just been picked from the garden.

The food isn’t the only comforting thing about the Trumpet Blossom Café. The space itself is both wide-open and intimate. A few steps from the heart of downtown Iowa City, the restaurant is open six days a week, serving lunch, brunch and dinner, as well as offering take-away and catering. Once warmer weather arrives, the outdoor seating area will reopen. Until then, the indoor space is large and sunlit during the day, cozy and welcoming at night.

The building itself, with its big, open dining area and high ceiling, was previously a tractor showroom. The evolution from displaying farm implements to serving food from the local farms feels appropriate to Meyer. “I like the idea that a tractor used to sit right here,” she says as she stands in the center of her restaurant.



An entree from the Trumpet Blossom Café featuring red wine-marinated shiitakes, grilled polenta wedges, and a basil pesto-dressed salad of cucumber, radish, pickled cabbage and microgreens — all grown locally. (Courtesy of Trumpet Blossom Café)

Turning the space into the Trumpet Blossom Café was the work of many people. The logo was designed by a friend. A vintage dining table came from the home of Meyer’s grandmother, who also sewed the cloth napkins. An uncle’s paintings adorn the walls. Tchotchkes from Meyer’s childhood embellish the window embrasures, revealing her love of things with the patina of age. The massive antique bar mirror and the deep maroon wall color were left by the previous tenant. A small stage is used for music and readings.

Customers are developing their own ideas of how to make use of the space. A group of retirees regularly comes for lunch and stays to play bridge. Others read while sitting on the comfortable couch near a window. A local book club holds meetings at the restaurant. Home Ec, the craft boutique, is sponsoring Knit Nite. The space can even be rented for parties, wedding receptions and other events.

Back in the kitchen, Meyer and her staff pickle and preserve as much local produce as possible so that regional food can be used year-round. Specials are available daily since Meyer loves to experiment with recipes, using sweet and savory ingredients in new and unexpected ways.

Mary Blackwood resides in Iowa City and is a regular Radish contributor. For more information, visit trumpetblossom.com.

You are **Unique**

That's why Metro MRI offers a variety of MRI scanners, locations and innovative technologies.

Not all MRIs are created equal.

- 1.5T and 3T Open Bore and traditional MR scanners
- Locations in Iowa & Illinois
- Inpatient and outpatient facilities
- Evening & weekend appointments



Ask your Doctor to call **Metro MRI Center**.



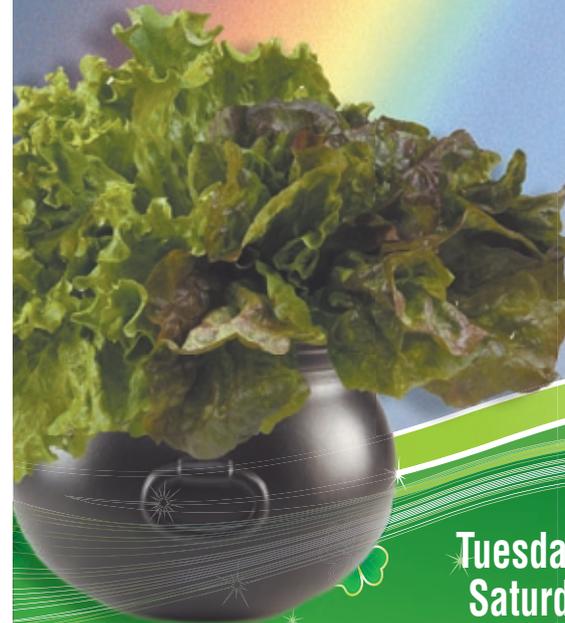
VALLEY VIEW PLACE	MOLINE, IL	309.762.7227
TRINITY	ROCK ISLAND, IL	309.779.3470
TRINITY	BETTENDORF, IA	563.359.0277

www.metromri.com

FREIGHT HOUSE **FARMERS' MARKET**

Open Year Round
Indoor Market

Come to the
Freight House
Farmers' Market
& Get Your
Greens On!



Look for our
Float at the
Saint Patrick's Day
Parade!

**Tuesday 3pm to 6pm &
Saturday 8am to 1pm**

**421 W. River Drive
by Modern Woodmen Park**

— Downtown Davenport Along the Scenic Mississippi River —

www.freighthousefarmersmarket.com



Like us on

facebook

Every young lady dreams about her prom
and special dress... but sometimes she
can't afford one.

YOU
can make a
dream come true!

DONATE
your gently used
prom dress.
(Accessories also welcome)

PROJECT

Prom

Helping make every girl's prom dream come true!

Please call
563-888-3200
no later than **March 18th**
to arrange for drop-off of
your donations.

These dresses will be offered **FREE** to girls who
plan to attend prom at a Davenport high school.

— **SPECIAL ONE-DAY EVENT!** —

Saturday, March 30th • NorthPark Mall ~ Davenport • 2-4 pm

Presented by: Davenport Volunteer Connection and Global Youth Service Day
City of Davenport • AmeriCorps • Riverboat Development Authority

www.volunteerdavenport.com

outdoors

Gone fishin'

Gardening isn't the only local food hobby

By Laura Anderson Shaw

There's a wonderful simplicity in knowing that all you need to fly fish is a rod and maybe a pair of waders. Well, and a few more things. But just the rod once it's all assembled!

You can learn the basics about fly fishing later this month during an introduction to fly fishing program at the Bettendorf (Iowa) Public Library, with members of the Hawkeye Fly Fishing Association.

Fly fishing is the "lazy man's way of fishing," says Larry Thompson, of Davenport, president of the HFFA — Quad Cities Chapter. "It's a nice, slow-paced" activity, he says, adding that it moves "at the same pace that nature moves."

Plus, it proves that eating locally isn't limited to what can be grown in a garden, according to event organizers at the Bettendorf library. It's "good eating," Thompson says.

Thompson says he has been fly fishing for about 35 years, ever since he saw a farmer catch a gunny sack's worth of fish while he was waiting for bites with his spin fishing pole.

Thompson takes a fiberglass and graphite rod out of a dark green carrying case to explain its parts. The rod of the pole looks like a typical fishing pole — a straight rod with eyelets for the line to pass through. The handle and reel, though? Not so much. Unlike spin-cast fishing, where you push down on the button as you cast so it will release line, "all a reel does for us is store the line," Thompson says.

To practice casting, Thompson and HFFA — Quad Cities Chapter secretary, Del Nelson, of Cordova, suggest going to a local park.

With fly fishing, you let out the line before you cast. Then, you've got to make sure you have as much room behind you as you want to reach out in front of you. If you have obstacles behind you, such as trees, you may end up feeding your flies "to the tree gods," Thompson says.

The fishing line ends up being made up of four parts. First on the reel is a line called backing, which essentially helps to fill up the reel and give you a little more line. Tied to that and then wound on top of it is the actual fly fishing line, then a piece of line called a tapered leader. This is sort of just like it sounds: larger at one end and gradually tapered to the other, which helps the line to unfurl. Tied to the very end of that is a light-weight piece called tippet, which "allows the fly to lay out on the water," Thompson says. "You want that fly to just lay out there as though it were natural."

From about springtime through August, Thompson and Nelson say fly fishing is the most productive way of fishing. "I can out-fish anybody with any kind of bait," Thompson says.

If you'd like to start fly fishing, Thompson says you can get a "whole kit" for under \$100, including the rod, reel, line, backing, "everything." Just like any sport, Thompson says, "you can invest as much as (your) wallet will stand."

The type of lure you'll use will typically depend on what type of fish you are fishing for. Thompson says he has about 900 to 1,000 lures, but only uses about five or six. He's "learned to work those flies," he says.

You can fly fish for any type of fish "that's legal," Thompson says, from crappie and bluegill to smallmouth bass, trout and carp. Fly fishing is "very relaxing," Thompson says. It's a "pleasant way to spend an evening."

The Introduction to Fly Fishing session will be held at 7 p.m. March 28, at the Bettendorf Public Library, 2950 Learning Campus Drive, Bettendorf.

The session is part of the library's Hometown Harvest programming geared toward "highlighting ways for Quad-Citians to eat locally, whether it's from a farmers' market, the grocery store, their own garden, fishing, or through hitting up great foraging spots," says Courtney Walters, an information librarian at the Bettendorf Library's information center.

Walters says this is the second year for the Hometown Harvest events. This year, in addition to the fly fishing program, Walters says the library also will host two garden-centered classes, one about building Leopold benches and another on building conduit garden trellises as well as a program on edible wild plants.

Laura Anderson Shaw regularly writes for Radish magazine, The Moline Dispatch and The Rock Island Argus.



iStockphoto

FREE Detoxification Program FREE
Wednesday, March 6, 2013 6:30-8:00pm

REBALANCE RESTORE REVITALIZE

Don't just diet, reboot your body.

21 Day Purification- Detoxification Program

You can eliminate the sludge that has been building up in your body and enjoy the side effect of **weight loss!**



Purification is merely the internal cleansing and detoxification of your body. Your body collects "junk" from the food you eat, the water you drink, and the air you breathe. It's the job of your liver, lymphatic system, kidneys, lungs, intestines, blood, and skin to filter these toxins from your body. When overloaded your body becomes inefficient. If these toxins aren't eliminated, your well-being is compromised.

YOU DON'T WANT TO MISS THIS FREE EYE-OPENING PRESENTATION

Sponsored by: NutritionWorks Wellness Center
 Lori Sullivan, R.N.
 1900 State St., Bettendorf, IA

Seating is limited
 Call today and reserve your space!
 563-355-4864

coming in March...



Workshops for Yoga Teachers

tapas yoga shala.com

**Full Teacher Training
Begins July 2013**

Greatest Grains

"We are health minded, with your health in mind!"

The Quad Cities Largest & Most Complete

Natural Products Market

We are the go to store for your special product requests!



Deli Bakery Catering



**Bulk Foods | Vitamins & Supplements
Health & Beauty Aids**

Produce & Cheese | Housewares & Gifts

Sit Down Deli – Lunch & Dinner

Grab-N-Go Quick Meals, Breads & Sweet Treats
 Catering Homemade Delicious & Healthy Dishes

***Daily Meal Deal Special \$7.99**

*Monthly Smoothie Specials

Vitamins & Supplements

• Weight Loss • Immune Support • Wellness
 Our supplement department carries complete lines of major supplement companies along with specialty items. We are very proactive in keeping up with supplement industry trends. Our supplement clerks provide many educational resources to help our customers choose products that best fit their needs.



Bakery

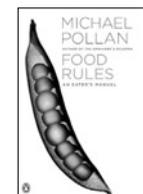


The Greatest Grains Bakery offers delicious bread and baked goods, made-from-scratch in our in-house bakery.

•Whole Wheat •8-Grain •Rye •French
 •Coffee Cakes •Brownies •Apple Slices
 and More!

Books

Browse and shop our Large Selection of Books pertaining to Natural Food and Products, Vitamins and Supplements, and Healthy Living.



1600 N. Harrison St.
 Davenport, Iowa 52803 563-323-7521



www.greatestgrains.com

Store Hours: M-F 9am-8pm; Sat. 9am-7pm; Sun. 10am-7pm

gardens

Growing 101

What you need to know to start veggies from seed

By Jen and Ted Knights

Perhaps you've had success with growing tomatoes, peppers or other vegetables from transplants you've purchased at your local garden center or farmers' market. Have you walked past the beckoning displays of seed packets, thinking that growing veggies from seed seems complicated — an endeavor reserved for the experienced gardener? Not so.

If you've been tempted to try seeds yourself, this is your year. These tips will help you understand how to make the most of the instructions on those packets of seeds, so that you can experience the tremendous satisfaction (not to mention money savings) of growing your own vegetables from seed.

Choose wisely. The easiest way to get started is to grow crops that are sown directly into the ground — peas, beans, lettuce, kale, beets, carrots, cucumbers, squash and pumpkins, for example. The packets of seeds will tell you if sowing outdoors — or “direct sowing” — is advised, and when to do it.

Sow early, sow often. In our area, spring's last frost usually comes around May 15 — a date referred to as the “average last frost” date on seed packets. It's important to know, because every seed packet specifies when to plant based on that date. Spring crops like peas and spinach can be planted as soon as the soil is workable (or four to six weeks before last frost), while seeds for summer crops like pumpkin and zucchini shouldn't go in the ground until June, or two to four weeks after last frost. You also can do “successive plantings” with many crops, which means staggering subsequent plantings by a week or two apart to extend your harvest time. The seed packet will tell you if it's a good idea, and how many weeks to wait between plantings.

Give them room to grow. Pay attention to seed spacing recommendations on each seed packet. Each packet will tell you how far apart to plant seeds within a row (2 inches apart for peas, 4 to 6 inches for spinach and beans) and how much room is needed between rows (18 inches between pea rows and 12 inches between

spinach rows). When planting two different crops next to each other, follow the row-spacing guidelines for the plant that needs more space between rows (18 inches between a row of peas and a row of spinach). You don't need to take your tape measure out to the garden, though — it's completely fine to eyeball it.

Kill your darlings. This may be the hardest part of growing anything from seed. Often, planting instructions will suggest putting a couple of seeds — or even several — in each spot. And some seeds are so small, human fingers can't help but overplant. Once the seeds have germinated and seedlings emerge from bare soil, you will be elated to see each precious, tender sprout. But you must thin them. That means selecting the strongest, most lovely among them, and plucking (or snipping) the rest so that they will not compete with one another for water, nutrients and sunlight. Take heart, though. Many thinned seedlings (lettuce, spinach, beets, carrots, sunflower sprouts, and bean sprouts, for example) can be rinsed and tossed together to make an exquisite salad!

Level up. Starting seeds indoors is not recommended for many veggie crops — but you can do it if you have a good source of sunlight and a supply of seed-starting potting mix. Planting instructions on seed packets will tell you if it can be done, and when the time is right — usually a certain number of weeks before the average last frost date. Grow seedlings in pulp pots or other containers that can be planted directly in the ground when the plants are ready to be moved outdoors.

Do your best to follow instructions on the seed packet, but don't be paralyzed by fear of failure. Growing plants from seed is a natural process, and even the most primitive humans did it 10,000 years ago. Think of all those seeds, nestled in their little envelopes in the display rack at the garden center. They WANT to grow — so put some in the ground and help them realize their potential ... on your plate.

Ted is staff horticulturist and garden center manager at Forever Green in Coralville, Iowa, and Jen works for the University of Iowa Foundation and serves on the board of directors at New Pioneer Food Co-op. They garden and write together in Iowa City.



ENVIRONMENTAL SUMMIT

FREE - OPEN TO THE PUBLIC!

"Making Peace with the Planet"

WIU-Quad Cities Tuesday, April 2
Sustainability Share Fair Noon - 6 pm
Riverfront Campus

Guest Presentation 3:30 - 5:15 pm
Cliff Thompson, Habitat for Humanity of Iowa
Riverfront Campus

Keynote Presentation 4:30 - 5:30 pm
Riverfront Campus

April 2 & 3, 2013



WESTERN ILLINOIS UNIVERSITY
ENVIRONMENTAL
SUMMIT

WIU-Macomb Wednesday, April 3
Green Expo and Presentations 9 am - 3 pm
University Union Grand Ballroom

Guest Presentation 11 am
Cliff Thompson, Habitat for Humanity of Iowa

Keynote Presentation Noon
University Union Grand Ballroom

Panel Discussion 1 - 2 pm
University Union Grand Ballroom

Student Summit 4 pm
Horn Field Campus

Reception & Sustainability Student Awards Recognition 6 - 8 pm
West Central Illinois Regional Arts Center, Macomb Square

Jean Harman presents "Sustainable Food Security in a Peaceful 21st Century"






wiu.edu/summit 

For more information, please contact Mindy Pfeiffer at WIU Horn Field Campus, MJ-Pfeiffer@wiu.edu or call 309-833-5798

Flower & Garden Show

March 22-24, 2013

Advanced Adult tickets: \$5
 Adults tickets at door: \$7
 Kids 6-16: \$1
 Kids under 6 FREE!

Senior Day: Friday noon-4pm

FRI. 10 am-8 pm
 SAT. 10 am-8 pm
 SUN. 10 am-4 pm

For more information visit
www.QCCAExpoCenter.com

environment

Green Dubuque

Group successfully advocates for eco-friendly city policies

By Will Hoyer

Dubuque has received many accolades in recent years for its green initiatives, but without a doubt many of those projects would not have been possible if it were not for the dedication and hard work of the community's primary environmental advocacy group — Green Dubuque.

Jason Schatz and Raki Giannakouros have been friends since high school. Since graduating, both have chosen “green” fields for their career paths. Schatz is currently pursuing a Ph.D. in energy and climate science, and Giannakouros is working in the solar industry. Together, with the help and support of Giannakouros' wife, Katie (who has herself been instrumental in the push for a food co-op planned to open later this year in Dubuque), they founded Green Dubuque in 2007.

What was the impetus for them? “There was a need,” Giannakouros explains. “We had each experienced things that had shown us what was important in the world and made us want to do something meaningful with our lives.”

This has included authoring a comprehensive greenhouse gas reduction strategy and generating two complete community emission inventories that were used to convince city council members to cut Dubuque's greenhouse gas emissions in half by 2030.

Green Dubuque also has successfully advocated for the conversion of the city's wastewater treatment plant from using incineration to anaerobic digestion. Other projects have included introducing city staff to the concept of “complete streets” (a design principle that allows for safe use of streets by pedestrians, bicyclists, motorists and transit riders) and advocating for their adoption, as well as pushing for expanded curbside food-scrap composting programs.

Why all this focus on public initiatives?

Giannakouros says he believes that the little things that show up in every list of things people can do for the planet like turning off lights and conserving water, while nice, have very little impact, and the big impacts come from working to change policies in city halls and state capitals.

All of that advocacy requires a lot of legwork on the part of Schatz and Giannakouros. Schatz says he

suspects “that over the past five years no one (who is not paid to be there) has spent more time in City Hall than Raki.”

When asked what he believes the key is to being effective advocates and getting things accomplished, Giannakouros says, “Break the rules. There is a protocol that people are expected to follow, but sometimes being creative and thinking outside the box can get a lot more done.”

Both Schatz and Giannakouros are quick to credit Paul Schultz, resource coordinator for the city, for helping mentor them over the years. Without his sage guidance and wisdom, they say, the group wouldn't have been nearly as successful at shaping city projects and priorities.

As for what's next, Green Dubuque's founders aim to get more people involved and to engage more people in energy, climate and other ecological issues. The more people involved, they believe, the stronger the organization and the community will be.

Will Hoyer is a regular Radish contributor. For more information, visit greendubuque.org.



Green Dubuque members and other area climate advocates at a 2011 day of action sponsored by 350.org. (Cori Burbach)

Wagner's
CLEANERS

15% OFF

We Offer Wet Cleaning

Any Dry Cleaning Order

Wet cleaning is the safest method in garment cleaning, using water-based and biodegradable cleaning solutions. Our systems get your clothes clean, fresh & odor free in a way that is *healthier for you and the planet!*

Must present coupon with incoming order. Not valid with any other discount. With coupon only. Coupon void if altered. Expires 04/15/2013

2525 18th Street, Bettendorf, IA • (563) 355-5659

ANTIQUÉ SPECTACULAR

MARCH 1-3

QCCA EXPO CENTER

2621 4th Ave., Rock Island

Bring this ad & receive

\$1 off
\$7 Admission

AntiqueSpectacular.com

FRIDAY 5PM-9PM; SATURDAY 10AM-6PM; SUNDAY 11AM-4PM

302 N. Salina St. | McCausland, Iowa
Wed-Sat 10am-5pm | Sun 11am-4pm
563.225.2100

FEATURED ARTIST
• Cathy Carton •
Gallery Night • March 21 • 4-7pm

Cathy is an avid crafter and gifted seamstress whose ideas often come from a passion to decorate her home in unique ways.



Peaceful River
TRADING CO.
Ageless Treasures of the Heart

We showcase the BEST local artists who produce wonderfully unique creations. The store has been completely redecorated and is ready for Easter and Spring. Come see what's new!

Shop online: www.PeacefulRiverTradingCo.com

"Iowa's Biggest Indoor Show!"

ANTIQUÉ & COLLECTIBLES SHOW

UNI-DOME™

MARCH 22-24

2401 Hudson Rd, Cedar Falls, IA

SAVE \$1 on admission with this Ad

FRIDAY 4-9; SATURDAY 10-6; SUNDAY 10-4

AntiqueSpectacular.com | Adm \$7

Area Businesses
REACH New Customers

Place your information in our
welcome packets.



Making Friends

Welcome Service, Inc.

Since 1989

WELCOME

Newcomers – Newlyweds – New Babies

We have a **FREE** gift packet
from area businesses!

Call Bonnie
309-796-1145

www.makingfriendsqca.com



Quad City **FamilyCAREGIVER**

Conference

SPEAKERS EXHIBITORS

REFRESHMENTS

ATTENDANCE PRIZES **AND MORE!**



FREE

GET CONNECTED WITH INFORMATION & RESOURCES.

SAT. MARCH 9, 8 AM-NOON

Waterfront Convention Center, 2021 State St, Bettendorf, IA

No registration necessary. Come and enjoy the morning.

- Learn about products, services and programs from local service providers, businesses, organizations and agencies who are ready to help you or the person you are caring for.
- Exhibitors 8am-Noon. Speaker panel 9am to 10:30am
Topics: Elder Law, Medicare and Coping with Change

563-324-9085 or 1-800-892-9085

Sponsors: Generations Agency on Aging, Alternatives for the Older Adult,
Western Illinois Agency on Aging and the Alzheimer's Association

Learn more online at:
wqpt.org/stopbullying

STOP BULLYING

WITH DR. JENNIFER CAUDLE



Tune in for an eye-opening dialogue that sheds light on the important topic of bullying.

Taped last month by WQPT, this special presentation features renowned anti-bullying expert, Dr. Jennifer Caudle and a panel of experts. Topics include personal experiences, both legal and psychological ramifications, as well as practical resources available to identify and combat bullying.

Monday, March 18 at 8:00 p.m.

FREE Interactive Survey for Teens & Adults, plus Anti-Bullying Resources are available online at wqpt.org/stopbullying.

BALLET
QUAD CITIES

WQPT
QUAD CITIES PBS

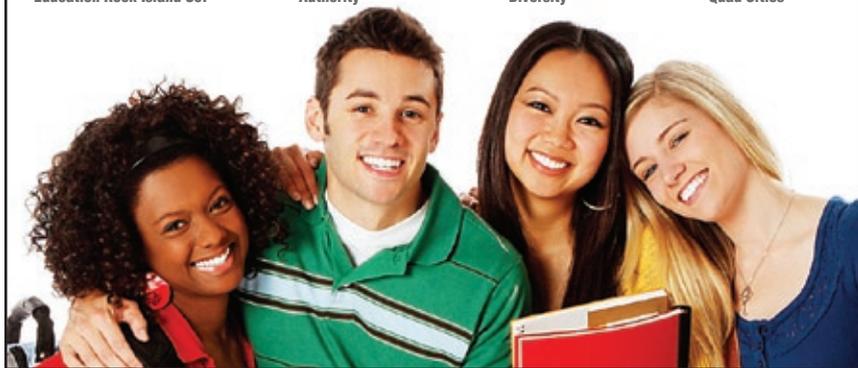
JUNYER'S
TRINITY
LIFE HEALTH

Davenport Community
Schools
Regional Office of
Education Rock Island Co.

Martin Luther King Jr.
Community Center
Riverboat Development
Authority

Moline Public
Library
Quad Citizens Affirming
Diversity

Jill Myers,
Western Illinois University
Western Illinois University
Quad Cities



Lost Nation Parts 1, 2 & 3

Local filmmakers Tammy and Kelly Rundle tell the dramatic true story of two loway brothers' struggle to save their people from inevitable American conquest, and the loway's current fight to reclaim and maintain their unique history and culture.

Airs three consecutive nights on WQPT.

Part 1: Tuesday, March 26 7:00 p.m.

Part 2: Wednesday, March 27 7:00 p.m.

Part 3: Thursday, March 28 7:00 p.m.

wqpt.org

WQPT
QUAD CITIES PBS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING BREAK ACTION

WE'VE GOT THE FUN!

Need a safe place for your child to have a great time over spring break? Let our experienced staff provide well-supervised child care. We'll keep 'em busy with swimming, sports, games, arts and crafts, movies and more!



Just need a place for you and the kids to have some fun together? We've got that, too! Come out and play at the Y!

quadcitiesymca.org

thank you
for making
KWQC-TV6



The Quad Cities
NEWS LEADER

Nielsen, November 2012

food

Fabulous flapjacks

Try going beyond basic mixes for pancake perfection

By Jackie Burrell,
San Jose Mercury News (MCT)

There's a reason for that phrase "selling like hotcakes."

On a lazy Sunday morning, the fragrant flapjack makes a perfect vehicle for maple syrup, fruit compotes, yogurt, sliced berries or a simple dusting of powdered sugar. It's enough to make you get up early.

But why not up your game? The Krusteaz and Bisquick crowd may think those mixes are easier routes to pancake heaven, but the reality is making flapjacks from scratch takes barely more time than a mix — and it gives you the freedom to tweak flavors to your heart's content.

For Heidi Swanson, food blogger and cookbook author whose "Super Natural Every Day" (Ten Speed Press, \$23, 250 pages) won a James Beard award, it's a matter of making that carb load more healthful by using a mixture of oat flour, rye flour and whole wheat pastry flour instead of the generic white stuff.

"Oat flour is incredibly fragrant," she says. "Rye flour brings a bit of spicy depth, and whole wheat pastry flour is perfect for pancakes, muffins and quick breads."

Whole wheat pastry flour makes for a tender, light crumb, she says. As for the convenience of a mix, Swanson has an answer for that, too.

"If you premix the dry ingredients — a day before, a week before — and keep it in a jar," Swanson says, "you're just a couple wet ingredients

and a few minutes away from a great homemade pancake batter — weekdays, weekends, either way."

Swanson suggests trying more creative ways to enhance flavor and texture by stirring in lemon zest and poppy seeds, for example, or a splash of vanilla and chopped strawberries.

Homemade toppings and syrups also are wonderful ways to add seasonal twists. Swanson tops her hotcakes with a deeply purple, blackberry-maple compote, or roasts strawberries with maple syrup, olive oil and a splash of port wine for a topping that's "outrageously delicious."

Jackie Burrell is food editor for the Oakland Tribune, San Jose Mercury News and Contra Costa Times. Follow her at twitter.com/BayAreaFoodEd.



Multigrain Pancakes

1 cup whole wheat pastry flour
½ cup oat flour
½ cup rye flour
1½ tablespoons natural cane sugar
(or brown sugar)
1 tablespoon baking powder

Scant ½ teaspoon fine-grain sea salt
2 cups buttermilk
3 large eggs, lightly beaten
⅓ cup butter, melted and cooled a
bit, plus more for the skillet

Combine the flours, sugar, baking powder and salt in a large mixing bowl. Whisk buttermilk and eggs together, add butter and whisk again.

Heat a griddle until medium-hot, and brush with a bit of butter. If a drop of water dances across the surface, you're in the ballpark. Pour wet ingredients over dry, and stir until just combined.

For silver-dollar pancakes, pour the batter 2 tablespoons at a time into small puddles on the griddle. For larger pancakes, pour ¼ to ⅓ cup at a time onto the griddle. Cook until the bottoms are deep golden and the tops have set a bit, then use a spatula to flip the pancakes. Cook the other side until golden and cooked through. Repeat with remaining batter.

Serve warm, topped with butter and your favorite fruit compote. Makes 24-26 silver-dollar pancakes. Note: This batter, which keeps for days, works well in a waffle iron too.

— Recipe source: Heidi Swanson, "Super Natural Every Day"

• The General Store •

Cloth Diaper Cleaning & Delivery



**Soggy Bottom
Diaper Service**

www.soggybottomdiapers.com

Serving the Quad Cities, Iowa City,
Muscatine & the surrounding areas.

- Save Time • Save Money
- Clean Healthy Baby
- Baby Registry • Eco-Friendly

New customers - mention that you saw us in Radish & have your setup fee waived!

563-272-9377

Naturally Better CARPET CLEANING

natural • safe • gentle
fast drying • stays clean longer



GALESBURG | MONMOUTH | QUAD CITIES

309-343-3042

www.cleanimagecarpetcare.com

Shop QC Collective~ Over 60 LOCAL Artisans & Crafters



@ The Shoppes on 2nd
1700 2nd Avenue
Suite 3, Rock Island
309-269-8705
Winter Hours:
T-F 11-6, Sat 10-4

FREE GIFT w/purchase
in March with this ad

www.qccollective.com

Sharing the Good in Our Communities

NOW PURCHASING ALL GRADES OF SCRAP METAL

Bring In This Ad and Receive
\$10 Extra per ton scrap metal
3¢ Extra on nonferrous
3¢ Extra per lb Aluminum Cans



3301 4th Ave.
Moline, IL
309-764-6723

www.midlanddavis.com

OPEN: Mon-Fri. 8am-4pm, Sat. 7:30am-11:30am

NutritionWorks Wellness Center

Offering...

Nutrition Response Testing
Designed Clinical Nutrition

Lori Sullivan, RN
Advanced Clinical Nutrition
Response Testing Practitioner

Cell: 563-249-9989 Office: 563-355-4864

info@nutritionworkswellness.com

www.nutritionworkswellness.com

1900 State Street, Ste. 4, Bettendorf, IA

Healthcare the Way Mother Nature Intended!



THE BETTER BODY COMPANY

All-Natural, Optimal Health Products

www.BetterBodyLife.com

danielles@goyoli.com | 563.505.2881

WEIGHTLOSS | ENERGY | ALKALIZE



It's Healthy. It's Delicious. It's Fun.

* Mention Radish ad for
10% OFF
your order!

* Locally Owned * Free Wi-Fi

3431 Devils Glen Rd., Bettendorf, IA • 332-4006

(Next to Healthy Habits Bike Shop)

Cloth Diapers



- Baby Registry
- In-home Consultations Available

Good for Baby, Planet and You!

563-940-0723

www.GreenBottoms.com

Imagine changing your life
in just 90 days...

LOSE WEIGHT

THE BODY BY VI™ 90-DAY CHALLENGE

#1 Weight-Loss & Fitness Challenge

Simple • Rewarding • Fun • Fits into Any Lifestyle

Call Melissa — 309-292-8403

Or visit our website to learn about:

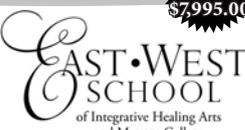
3 FOR FREE

GET YOUR BODY BY VI™ CHALLENGE KIT FREE

MelissaSadler.BodyByVi.com

Have A #1 Career Helping People!

Award Winning
Massage Therapy School



www.East-WestSchool.com

North Liberty, Iowa

319-351-3262

Honey Creek Gems

Crystals

Metaphysical Stones

Custom Jewelry

Lapidary Supplies



1228 Washington St., Davenport, IA

Hours: Tues-Fri 10am-5pm | Sat 9am-3pm

Honeycreekgems.com | 563-324-6032



Peace of mind

Earn Income At Home
Safe, Sensible, Simple & Solid Business

I am a Mom who left the corporate world to
Work From Home! I now earn a secure residual
income with a car bonus & a **weekly paycheck.**
Looking for 2-3 motivated individuals that
want the same.

www.midwestparents.biz
641.919.3722

Mississippi Valley

Poetry Contest

Celebrating 40 Years

Win CASH and other prizes for
your poetry, plus an
opportunity for publication!

Contest entry guidelines at

midwestwritingcenter.org.

Seed Savers Exchange

at the new

Quad Cities Food Hub Market

In the Davenport Freight House
421 W. River Dr., Davenport

Browse & Buy
Seed Packets

Save Shipping When You Buy Local!
Hundreds of Seeds & Varieties

www.qcfoodhub.com

(563) 265-2455



Looking for new customers?

We connect newcomers
to your business!



Call Teri

(563) 332-6498

www.qcgreetings.com

food for thought

After the diagnosis

Knowledge is power, even when it's news you dread

By Tiana Washington

I was anxious. She was tall, stately even, and kind of pretty; too pretty to be a stomach doctor, I felt. In fact, she was much more than a “stomach” doctor, but when your pain is anywhere or in any way related to your insides, you just keep it simple and say my “stomach” hurts — and she is the doctor you consult when something fishy is happening in your gastrointestinal system.

She came in the room, introduced herself and got right down to business. She got in close, directed my eyes toward the wall poster of the human digestive system, and said (while tracing along with her finger), “Basically, as you know from Dr. Heart, your colon is over full, impacted with waste and toxins, which accounts for the bloating, constipation, discomfort ... but the part we are really concerned about is the overflow in to here.” She pointed at the image labeled “small intestine.”

After that I cannot recall much of what she said, until the part where she stated very casually, a pressing, disconcerted look on her face, chewing on her pencil tip, “I think, rather, I feel from the history ... yeah, it's sprue, celiac sprue, I'm certain, but I'll have to run tests to be sure.”

I felt hot like someone had spiked the heater in my room. I leaned back, then slumped down in my chair, like a disappointed kid, crossed my arms and just listened, nodding my head like one of those bobblehead toys, agreeing with her every assumption and assertion. Basically, she was arranging the puzzle of my health life piece by piece, while I was in shock. My teeth problems, stunted growth, miscarriages, seizures, mood swings, irregularity, thyroid concerns, asthma attacks, never-ending rash, blisters, lack of focus and memory fog — all symptoms and side effects of celiac disease!

What I had been experiencing had a name. It was real, I wasn't a nut job, I hadn't failed, I wasn't



Tiana Washington gets some help from her daughter Nehemiah preparing a celiac-friendly smoothie made from spinach and bananas in their home kitchen. (Photo by John Greenwood / Radish)

cursed. I was really sick and tired for a reason. For two decades of my young life I had wondered, and now I finally had an answer to my lifelong question, “What is wrong with me?”

The days following the diagnosis, even without confirmation from the tests, were emotional, to say the least. I had raised a celiac for nearly four years — my daughter was diagnosed with the disease in 2009 — but now I had to live as one for the rest of my life, too. Ironically, I was relieved. Living gluten-

free was a small exchange for regaining my life and having a handle on things that perplexed me at night when I couldn't find sleep. It's not just eating different, it's thinking different: You eat to live, not live to eat.

I already knew what I would need to do, but the emotional transition would be an ongoing work in progress. The emotions you feel are hard to share with those who have not had this struggle; it's like a weird isolation that goes on every time you have to think about the next meal. I forged on, buying more of the same items I had grown accustomed to feeding my celiac toddler. Avoiding the temptation to eat wheat items was easy. Feeling hungry — almost ravenous at times — as result of limited food options was and is a huge challenge.

Being a celiac is difficult, but dying slowly is not a reasonable alternative. I remember my mom always saying “anything good is worth working for.” She had a great point.

Now, I just have to forgive myself for thinking I somehow asked God for too much, and I have to let go of the idea that being sick forever was a step above being ridiculed for my unexplained issues. It's hard to grasp. I still have to stop as I reflect on my past, shaking my head at the simplicity of this new-found truth and the complexity of life when we are ill and cannot find an answer. I went from the edge of death to a second chance at life in one fell swoop.

Today is a new day. I'm not alone. Three million people in these great United States are living with celiac disease, and unlike me, 97 percent of them don't yet have the benefit of diagnosis. I will be their voice. I am a celiac.

Tiana Washington is a Quad-Cities native, mother of two, and founder of Soultree Living, a health-conscious, food-based initiative that provides information about nutrition and food allergies.

The Crossover That's Designed for All

THE NEWLY REDESIGNED
2013 OUTLANDER SPORT

lease for
\$189 per mo

UPTO
31
HWY
MPG

Now available at
Lujack



Just South of Northpark Mall
866-917-2123
LujackMitsubishiDavenport.com



36 MONTH, 36K MILE LEASE. PLUS TAX, TITLE, LICENSE AND DOC FEE. DOWN PAYMENT OF \$2768 AND FIRST MONTH DUE AT DELIVERY.

Who takes care of you?

Accidents can happen. When there is an injury to the head or neck consider chiropractic care to minimize symptoms and ensure a safe return to an active and healthy lifestyle.

Featured Doctor: **Todd Hubbard, D.C., C.C.S.P., M.S.**



- Faculty of the Year 2012
- Certified Chiropractic Sports Physician trained in concussion management
- Palmer techniques, Blair Upper Cervical, Thompson, Flexion Distraction
- Chiropractic school physicals
- 16 years of clinical experience

Davenport Clinic
(563) 884-5801

Call for an
appointment today.

www.palmerclinics.com/qc



PALMER
Chiropractic Clinics



Experience you can trust.



When the diagnosis is cancer, count on us.

We fight your cancer with sophisticated technology and compassion. Great River Cancer Center has brought together a remarkable team of experienced physicians, certified oncology nurses, technicians, and radiation therapists with advanced training and expertise. You'll be treated in a comfortable, warm setting by professionals who will support you every step of the way.

That's world-class cancer care, and it's our commitment to you.

- Chemotherapy and hematology
- Full-time pharmacist
- In-house laboratory
- In-house physicist and certified medical dosimetrist
- Look Good, Feel Better® program
- Partnership with University of Iowa physicians Mark Karwal, M.D., and William McGinnis, M.D.
- Private treatment suites
- Radiation therapy



Left to right: Howard Fellows, M.D., Mark Karwal, M.D.,
Mustafa Khalife, M.D., and William McGinnis, M.D.

Not just good medicine ...
great medicine



**Great River
Cancer Center**

A service of Great River Health Systems