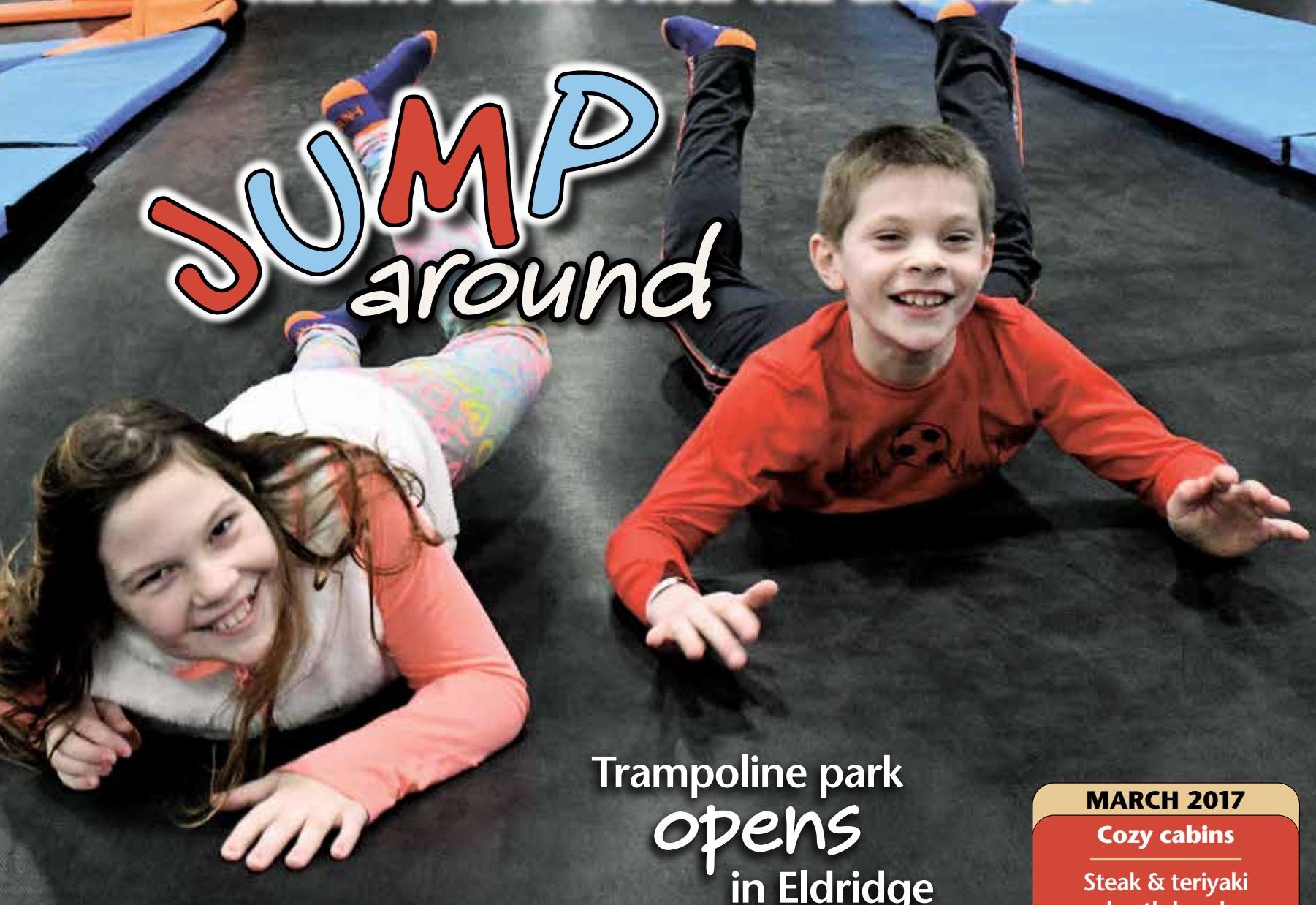


Radish

HEALTHY LIVING FROM THE GROUND UP

JUMP
around



Trampoline park
opens
in Eldridge

radishmagazine.com

MARCH 2017

Cozy cabins

Steak & teriyaki
broth bowl

**Lion Bridge
Brewing Co.**

The 12th Annual Environmental Film Fest
11:00 a.m.-5:00 p.m., Saturday, March 11

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

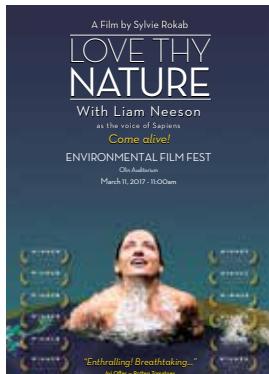
Admission is **FREE**. Doors open at 10:30 a.m. Movies roll at 11:00 a.m. Healthy snacks and drinks will be provided. There will be fun and inspirational 5-minute short films before the feature films. Parking is available along 38th St. and 7th Ave. and in visitor lots on the campus map.

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



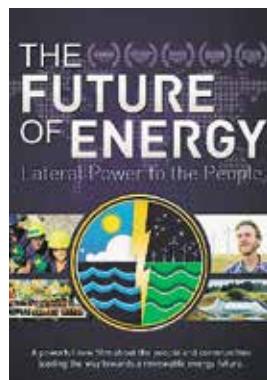
Schedule of Award-Winning Films & Environmental Speaker Ken Brower



Love Thy Nature

11:00 a.m. (25 min.)

"Our welcome this year will include an update on the Dakota Access Pipeline by the Sage Sisters of Solidarity followed by the short film **Mni Wiconi - "The Stand at Standing Rock"**. Our first feature film "Love Thy Nature" follows. "Love Thy Nature" is an award winning film narrated by Liam Neeson, which shows how deeply we've lost touch with nature and takes viewers on a cinematic journey through the beauty and intimacy of our relationship with the natural world. "Love Thy Nature" shows that a renewed connection with nature is key not only to our well being, but also to solving our environmental and climate crises." (LoveThyNature.com) "Breathtaking... Enthralling! One of the most potent documentaries since An Inconvenient Truth. It will replenish your hope in mankind and Nature." — Avi Offer, Rotten Tomatoes

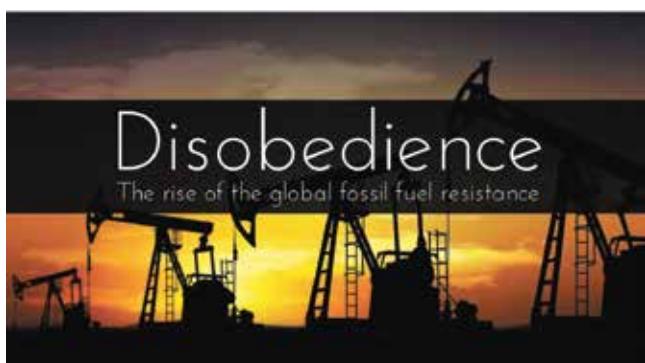


Future of Energy

12:40 p.m. (64 min.)

"The Future of Energy" is a revolutionary film that captures the movement across the U.S. to transition to 100% renewable energy and to bring positive solutions to the ecological crisis. Featuring some of America's top energy specialists and ecological visionaries, this film presents a clear path towards a new energy paradigm, and how each of us can participate in creating this exciting future." (thefutureofenergy.org)

"It's a positive film about the renewable energy revolution, and a love story about the countless individuals and communities that are reimagining their relationship with the planet and with each other." — John Christensen, MeaningfulMovies

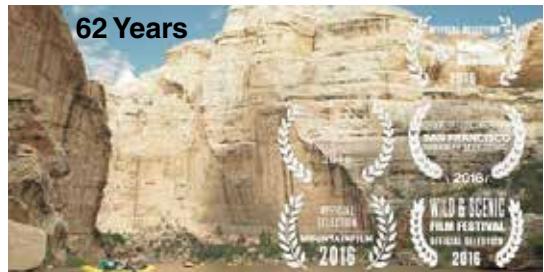


Disobedience

2:15 p.m. (45 min.)

"Disobedience" is the story of the struggle to save the world. The film tells the David vs Goliath tales of front line leaders around the world risking life and limb in the fight for a liveable climate. Interwoven with this riveting verité footage are the most renowned voices in the global conversation around social movements and climate justice for a series that is personal, passionate and powerful. The stakes could not be higher, nor the missions more critical."

"A fast-paced film on the courageous history of civil disobedience for the climate across the globe, and the future of the movement to defend our planet from fossil fuels and climate change." (watchdisobedience.com)



Environmental Author Ken Brower and the Short Film "62 Years"

3:15 p.m. (90 min.)

Ken Brower is the oldest son of David Brower, known as the father of the modern environmental movement and the first executive director of the Sierra Club. Ken's earliest memories are of the Sierra Nevada and the wild country of the American West. A writer specializing in natural history and environmental issues, Ken is the author of many books and has written for The Atlantic, Audubon, National Geographic, Smithsonian, and many other magazines. At the Sierra Club, for his father, he wrote or edited 14 volumes in the "Exhibit Format Series." His work has taken him to all the continents. He lives in Berkeley, California. As part of Ken's presentation, the short film "**62 Years**" chronicling his father's fight and victory against a pair of proposed dams on the Green River of Colorado which would have inundated the heart of Dinosaur National Monument will be shown. After the film, Ken will speak about the dramatic and crucial story of what happened after the events of "**62 Years**" concluded. Followed by Q and A."

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ABOUT HEALTHY LIVING



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what would you
write about?



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Stories must be received by Friday, March 31, 2017. Stories may be mailed or delivered to WQPT, 3300 River Drive, Moline, Illinois. Winners are typically notified the end of April.

Get all the details

Find the Official Entry Form, Guidelines, Activity Sheets and more online at wqpt.org/storycontest

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Thursday, March 16 | 6 p.m.
Tuesday, March 21 | 6 p.m.
Thursday, March 30 | 6 p.m.

Iowa Residents:

Genesis West Campus
Pavillion 2, Sunderbruch
1401 W. Central Park
Davenport, IA

Wednesday, March 22 | 10 a.m.

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from the editor



Gary Krambeck / Radish

Sometimes, it can feel like the world just won't let up.

Maybe you had a rough morning at work, and lunchtime rolls around just in time for you to remember you left yours sitting at home on the counter. Maybe you had a long day at the office, and you get to the parking lot only to see that you've got a flat tire, and it's freezing cold and dark, as one of my co-workers recently experienced.

And then, no matter what side of the political aisle you're on, there's the storm cloud of fear and anger hanging over us all, coming to life in our news feeds, in our conversations, in our newspapers and on our TVs.

No matter what got us into our funk, there is plenty in this month's Radish to help us find that silver lining. On page 34, Julie Stamper writes a charming Food for Thought that at its heart says that it's OK to ask for help, even if what you need is help cleaning your house (and then, just don't tell her dad!).

Similarly, on page 24, Annie Scholl writes about how she has rid herself of clutter in her house and office by tossing out what no longer served her needs or made her happy.

If some time for yourself is what you need, learn more about Float Quad Cities on page 12, a business that recently opened in Moline, or whip up a quick and warm meal for yourself, your friends or family. (We're partial to the steak and teriyaki broth bowl you'll find on page 20.)

Sometimes getting out and about might do the trick — away from responsibilities, your cellphone, your TV. Check out Helium Trampoline Park in Eldridge, and the story we've written about it on page 16. Or, get out and reconnect with nature by staying in an area cabin. See some of what our region has to offer on page 18.

No matter where you find yourself this month, be it cloud nine or at the end of your rope, take solace in the fact that we're all in this together. And we've got this!

— *Laura Anderson Shaw*
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

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March 2017

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

the grapevine

From our readers

"Love all the recipes and ideas you have every month!" — *Barb Esp, Milan*

"It is so encouraging to read about positive things. I do so enjoy your magazine."
— *Tom Harper, Moline*

"Always pick Radish up at Hy-Vee HealthMarket. Enjoy your segments on Paula Sands (Live). Like the variety of your articles, often pointing to resources in the community" — *Judy Boland, Davenport*



We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the following events:

- 12th annual Environmental Film Fest, presented by Sierra Club-Eagle View Group, 11 a.m.-5 p.m.

Saturday, March 11, Augustana College

Olin Center, 733 35th St., Rock Island. Free and open to the public. For more information, visit augustana.edu/environmentalfilmfest.

• Family Caregiver Conference, presented by the Quad City Family Caregiver Collaboration, 8 a.m.-noon Saturday, March 4, Waterfront Convention Center, 2021 State St., Bettendorf. Free and open to the public. For more information, call 563-324-9085.

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

Radish Reads: Check out these free titles!

It's that time again — we're rolling out another batch of books! We have a few titles waiting to be reviewed, and the quick summary you write could be published right here in The Grapevine.

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

- "Sylvan Slough," by Chuck Oestreich (CreateSpace Independent Publishing Platform, 2015)
- "Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls and More," by Robin Asbell (The Countryman Press, 2016)
- "Healing the Vegan Way: Plant-Based Eating for Optimal Health and Wellness," by Mark Reinfeld (Da Capo Press, 2016)
- "Protein Ninja: Power Through Your Day with 100 Hearty Plant-Based Recipes that Pack a Protein Punch," by Terry Hope Romero (Da Capo Press, 2015)
- "Soupelina's Soup Cleanse: Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life," by Elina Fuhrman (Da Capo Press, 2016)

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- Prevent falls
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- Enhance mind & body coordination

Kristine Moyer, L.Ac. & LMT is also a Certified Instructor through Dr. Paul Lam's Tai Chi for Health Institute, based in Australia.

This evidence based program is recommended by the CDC, the Arthritis Foundation, and the Administration on Aging.

Contact us for more information. 309.517.3010

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healthy living from the ground up

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Jump around at the new trampoline park in Eldridge.
(Photo by Meg McLaughlin / Radish)

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It's OK to ask for help: (Just don't tell my dad!)

radishmagazine.com

When it comes to exercising, especially in cold weather, the brain doesn't always cooperate with the body's needs, which is why sometimes we must trick it into doing what's best for us — even when the couch, DVR and pint of ice cream are calling. Loudly.

Visit radishmagazine.com for some help from CTW Features to quiet the excuses and turn up the motivation.

food

Pretzels for Lent

Event sheds light on pretzel's spiritual background

By Natalie Dal Pra

Everyone knows that pretzels are delicious, but there's a twist to the origin of this salty treat.

The pretzel was thought to have been invented by monks in the Middle Ages to resemble a child folding their arms in prayer. Early Christians also ate pretzels, as they were not supposed to consume meat or dairy products during Lent.

Catholics of today are asked to refrain from eating meat products on Ash Wednesday, Good Friday, and every Friday during Lent, so the simple ingredients of the pretzel make it an appealing snack.

It seems there has always been a spiritual significance to the pretzel, which is why one local monastery is observing the Lenten season with an event centered around the snack and its meaning to Christians.

The Sisters of St. Benedict at St. Mary Monastery in Rock Island will host Pretzels for Lent on April 4, at the Benet House Retreat Center. Organizers Steve and Kathy McDonald, of Dubuque, have a strong connection to the monastery — their daughter, Stefanie McDonald, is a Benedictine sister there. The couple also have taught at Catholic grade schools.

"I enjoy baking, and over the years, I have made pretzels with my own daughters and grandsons. During Lent, I started making pretzels for my students in second grade as well," Kathy says.

"One very old prayer tradition is to cross one's arms over one's chest while praying, thus making a pretzel shape. Our younger students, before they receive their First Communion, cross their arms in the shape of a pretzel to receive a blessing, so it was easy to teach the students this gesture for prayer."

Kathy also has written a children's book, "Pretzel," to help share the story with a new generation. She and Steve hope the Pretzels for Lent event does the same.

"Seasons play an important role in almost all religious traditions. Lent falls in late winter,

the time when we all long for the warmth and new life of spring. The same is true of our spiritual and behavioral life; we sometimes get caught in February and March, so to speak," Steve says.

"Lent gives us a time to take stock of our lives, our relationships with each other and our relationship with God, and move from the winter doldrums into the bright light of spring; to move from betrayal, conflict and crucifixion to joy, new life and Easter. This is a path we all should take, children and adults alike, and Lent gives us this opportunity."

Steve says pretzels are an easy way for kids to connect to the Lenten season because they are something every child is familiar with. "Children can understand the pretzel. It is a visible, tactile, eatable symbol of prayer, of connecting ourselves with what is greater than ourselves — of connecting ourselves with the needs of humanity and with God," he says.

"These are complex concepts to teach children, but the pretzel helps these topics take on reality."

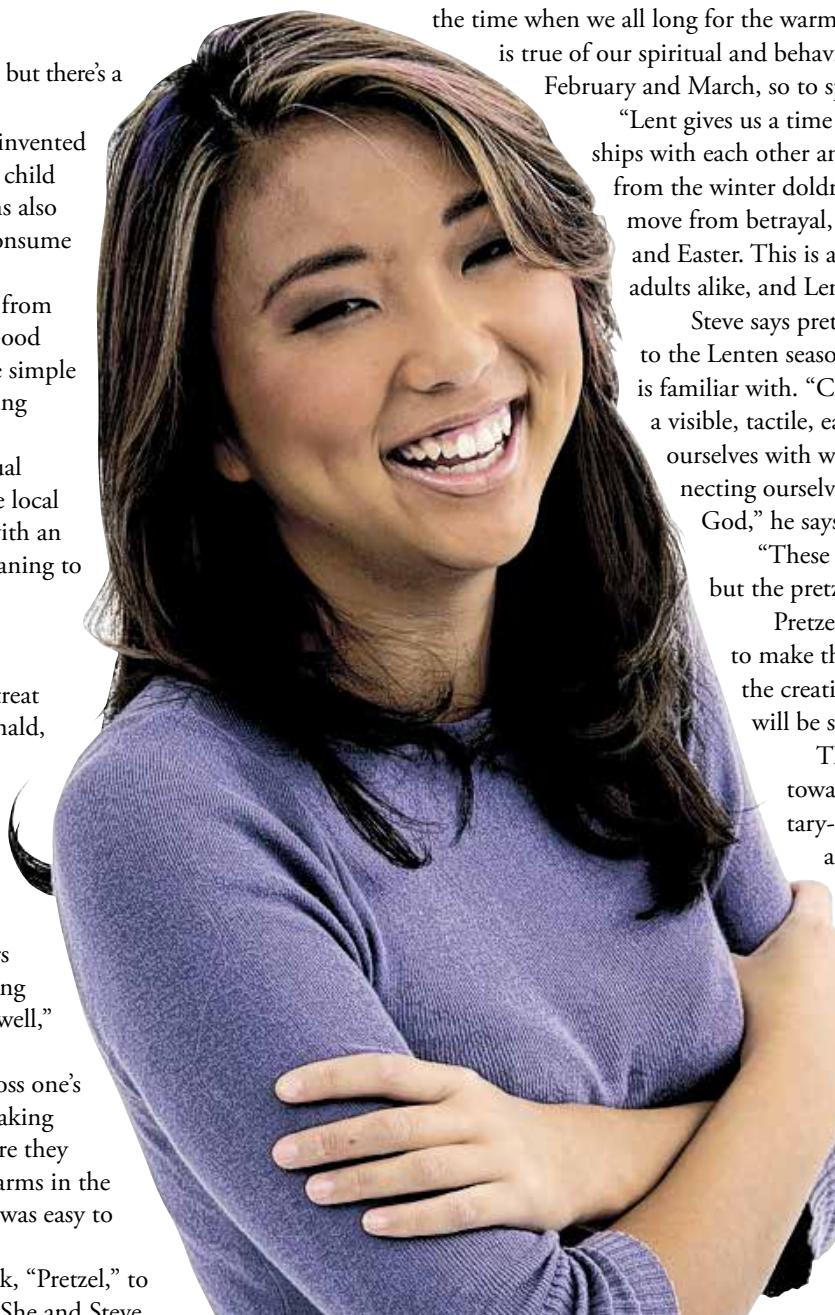
Pretzels for Lent will offer a chance for families to make their own pretzels, as well as a story about the creation of the first pretzel. Treats and drinks will be served.

The McDonalds say the event is aimed toward families with preschool- and elementary-age children, but all are welcome to attend.

Pretzels for Lent will take place from 5:30 to 8 p.m. April 4, at the Benet House Retreat Center, St. Mary Monastery, 2200 88th Ave. W., Rock Island. Admission is \$15 for families of two to three people, and \$20 for families of four or more.

For more information, contact Sister Roberta Bussan at 309-283-2019.

For those who are unable to attend the event, the McDonalds have shared a pretzel recipe.



Metro Creative Graphics

One very old prayer tradition is to cross one's arms over one's chest while praying, thus making a pretzel shape.

Natalie Dal Pra is a regular Radish contributor.



Natalie Dal Pra / Radish

Homemade pretzels.

Homemade pretzels

Makes 16 pretzels (or 8 thicker pretzels, as pictured)

1½ cups warm water
3 tablespoons vegetable oil
1 package quick dry yeast
1 tablespoon brown sugar
4 cups all-purpose flour
1 teaspoon salt
1 large egg
1½ teaspoons kosher salt
Shortening, to grease a mixing bowl

Combine warm water, oil, yeast and brown sugar in a large mixing bowl. Stir with wooden spoon until sugar and yeast are dissolved. Watch as the mixture turns foamy, about 5 minutes.

Add flour and salt to the yeast mixture. Stir well until the mixture is smooth. (Add the last part of the flour about a tablespoon at a time) You can always add more but you can't take any away.)

Place dough on a surface covered with flour, knead until dough is smooth, about 3-5 minutes. Add additional flour until the dough doesn't stick and you can form a soft ball.

Grease a large mixing bowl with shortening. Put the dough into this bowl, turning it over so the dough is covered with the shortening.

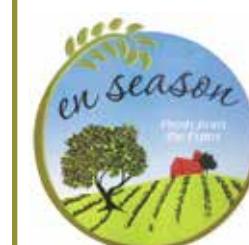
Cover the bowl with a slightly dampened kitchen towel and let rise until doubled in size, about 1 hour.

Punch the dough down and turn out onto a floured surface. Separate the dough into 16 pieces. Roll each piece into a long thin rope, then form a U shape with the rope. Take each end of the U, cross over and press down into the U to form the traditional pretzel shape.

Place each pretzel on a parchment sheet-covered baking sheet. Make sure the pretzels are about an inch apart. Preheat oven to 425 degrees.

Beat the egg and brush each pretzel with beaten egg and sprinkle with salt.

Bake for 20 minutes. Remove from baking sheet and place on wire rack to cool.



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- **Small Farms Webinars** Thursdays @ 12 pm, March 2 – 30
- **I on Diabetes Workshop** March 1 & 8, 1:00 pm
- **Moth Orchids Webinar** March 7/1:30 pm & March 9/6:30 pm
- **Modern Food Trends Lunch & Learn** March 15, 12:00 pm
- **Chicago Flower Show Bus Trip** March 19
- **Healthy Lifestyles: Plant Based Diets** March 22, 5:30 pm

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 309.792.1507



Lauren Furgiuele, RD, LD
 4064 E. 53rd St., Davenport
 563.355.5540



Fresh Avocado Boats

Serves: 4

Total Time: 10 minutes

All you need:

2 ripe avocados from Mexico, halved and seeded
 2 Tbsp. fresh lime juice

½ cup loosely packed arugula

¼ cup chopped pineapple

2 Tbsp. finely chopped red onion

1 jalapeno pepper seeded and finely chopped, optional

Hy-Vee sea salt

Lime wedges

All you do:

1. Sprinkle avocado halves with lime juice. Top with arugula, red onion, pineapple, and if desired, jalapeno pepper. Sprinkle with sea salt.
 2. Serve immediately with lime wedges on the side.

Nutrition per serving:

170 calories, 15g fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 10mg sodium, 11g carbohydrate, 7g fiber, 2g sugars, 2g protein. Daily Values: 6% vitamin A, 35% vitamin C, 2% calcium, 4% iron.

Source: Hy-Vee Balance

environment



File / Paul Colletti / Radish
In this 2015 file photo, Maggie Markham fills her trash bag with garbage that had been dumped in Lincoln Park in Rock Island, during the Xstream Cleanup. Ms. Markham was part of a group of volunteers clearing the creek bed of a variety of illegally dumped materials.

Xstream Cleanup provides fun year-round

By Brandy Welvaert

Want to make a difference in the community and environment? Xstream Cleanup invites you to join the ranks to volunteer, improve water quality and have a blast.

"Xstream Cleanup has an amazing, fun vibe. Volunteers come out because they really care about where we live. They like to get dirty and work hard, and it all adds up to cleaner water and a healthier community. That's what Xstream has always been about," says Kurt Liske, communication specialist for Waste Commission of Scott County and iLivehere, which help organize Xstream Cleanup.

This spring, volunteers will convene to clean up litter in Davenport's gateways; wrap young trees with not-for-profit Living Lands & Waters; maintain trails in Milan with Big Island Soil and Water Preservation Association and more. They will do so under the umbrella of Xstream Cleanup, formerly a one-day event in August that changed its format last year. No longer limited to a single day, Xstream now promotes a diverse array of water quality-focused stewardship opportunities spring through fall.

The first event this year is the city of Davenport's Corridor Cleanup on March 25.

"The spring thaw usually leaves behind gateways littered with debris once covered by snow. Not only does the litter impact our waterways, but it leaves our community looking less than inviting," says Robbin Dunn, communications and preparedness manager for the

city of Davenport and Xstream Cleanup organizer.

"Our volunteers have a blast cleaning up and take pride in what they are able to accomplish. Knowing what it looked like before and then after is pretty awesome feeling."

Keeping track of "before and after" always has been a big part of Xstream. Through the years, volunteers have removed close to 1 million pounds of debris from natural areas in and around the Quad-Cities — debris that would have ended up in waterways.

Get involved!

- **What:** Xstream Cleanup Year-Round
- **When:** Spring through fall
- **Learn more:** xstreamcleanup.org

In 2016, under its new format, Xstream engaged more than 2,000 volunteers to work 4,419 hours on 30 projects. Volunteers cleaned up 12,440 pounds of trash; planted 1,300 trees and 150,000 acorns; cleared invasive plant species from more than three acres and planted a wildlife garden, to name a handful of their accomplishments. (You can read more on the website, xstreamcleanup.org, by clicking "2016 Snapshot of Success.")

Getting involved is simple. New events are regularly posted on the website, and volunteers also may sign up to receive quarterly e-newsletters with opportunities inside. Another way to stay informed is to "like" Xstream Cleanup on Facebook. (To make sure you don't miss events, select "See First" from the "Following" drop-down on the Xstream Cleanup Facebook page.)

Xstream Cleanup is organized by a group of community partners from diverse organizations, and its activities are funded by sponsors that have a stake in the health of the Quad-Cities community and environment, such as Regional Development Authority (formerly Riverboat Development Authority), Arconic (formerly Alcoa) and Triumph Community Bank.

"Our sponsors understand the value of what our volunteers accomplish year in and year out," says Curtis Lundy, longtime Xstream Cleanup chair. "Their support means that we can keep on teaming up to clean up as we have since 2004."

Xstream Cleanup started with a small-scale cleanup of Duck Creek in 2004 and grew from there.

In previous years, volunteers for the one-day event had cleaned up more than 40 sites. But over time, organizers say, many of the regular cleanup sites no longer needed annual maintenance. That's when the group began looking for other ways to engage volunteers in water quality, and to remove invasive species, harmful plants that can choke out native plants.

The group switched to a year-round format in 2016. The results "are impressive, and we'll continue to evolve," says Lundy.

"We're working hard to meet the needs of the community, and to keep our volunteers rocking and rolling."

Brandy Welvaert is a former editor of Radish and currently is communication coordinator for Waste Commission of Scott County and iLivehere, which are Xstream Cleanup partner organizations.

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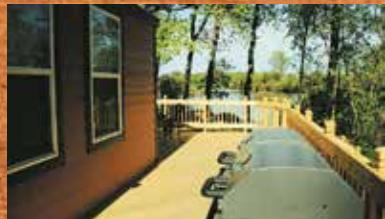
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body, mind and soul

Free your mind and float

Gary Krambeck / Radish
Molly Price owner of Float Quad Cities inside the float room.



Moline business helps you de-stress, relax

By Ivy Hillman

It was pitch black. I couldn't hear a thing. I slowly became aware of a whooshing sound, which I realized was my breath. I let myself relax.

I lost all sense of time, sense of my body, sense of myself.

And I was floating.

In a room filled with a mixture of 1,100 pounds of Epsom salt and 200 gallons of water, my mind drifted, but I felt stationary as the water and Epsom salt effortlessly held me above the surface. I was able to relax and de-stress, which was my goal.

This is what anyone who visits Float Quad Cities — at 911 16th Ave., Moline — can experience.

The two float rooms sound small, at 8-feet-long and 4 ½-feet-deep, but in person, they are good-sized rooms. Even I can get a little panicky in tight spaces at times, but the key is to remember "you're always in control of your environment, and you quickly lose track of the walls around you," according to Float Quad Cities' beginner's guide pamphlet.

"Your mind is free to mull things over without distraction, your brain pumps out dopamine and endorphins and your body gets to rest, de-stress and heal," it says.

Floating also can be a method of fighting addiction and chronic pain. Creativity levels can spike during a float — imagine what your mind can come up with when you have absolutely zero distractions. For instance, I wrote part of this story in my head during a one-hour float, and that was just on my very first try.

According to the Float Quad Cities Facebook page, floating benefits include deeper meditation; faster muscle recovery; better sleep; stress reduction; chronic pain relief; inflammation relief; replenished magnesium and improved mental clarity.

Molly Price owns Float Quad Cities and lives on the second floor of the building, which allows some flexibility with its hours. Float is open 8 a.m. to midnight every day, by appointment. A 60-minute float is \$69. If you're new to floating, Price offers a buy-two-get-one free offer, which makes each float about \$46. There also is a Frequent Floater Club for \$55 per month, which may be shared with family or friends, and extra floats may be purchased for \$45 each.

Price decided she wanted to open a float center in the Q-C before even floating

herself. "My friend lives in Naperville, and she invited me to go floating at the Anicca Float Club there," she says. "On the drive up there, I was thinking how awesome it was going to be and that we needed one locally so I could float more frequently. Then, I thought, well, I'll just start one."

Price already was planning to quit her job, so a spur-of-the-moment float trip opened up an amazing opportunity for her.

"I just knew it was going to be something so helpful to people," Price says.

Her goal is to first get people to float, and then get them to float again. Everyone's experience will be different, and your first float can be weird.

"Because it is so different, your brain and body

will take some time to get used to it. People don't learn to play the piano in one day. You don't typically go to a chiropractor once and expect all your pain to go away," she says. "Float therapy is the same way. It might take people a couple tries before they can completely relax and get to the point of being without light and sound."

There's no need to be concerned about cleanliness when you float. Soaps and towels are provided so floaters can shower before they hop in. The shower is in the same room as the float tank, so there's also no running around without clothes. You also will shower once you are done to rinse the salt off of your skin.

Each float tank has a 1 micron filter to clean the water after every float. You'll hear the filtration system start while you take your post-float shower.

"Because of the high salt content, the water is naturally inhospitable to bacteria. However, the water is also treated with UV light and ozone, as well as dosed with hydrogen peroxide. The water is much cleaner than any public pool or hot tub," according to the Float Quad Cities Facebook page.

Your mind is free to mull things over without distraction, your brain pumps out dopamine and endorphins and your body gets to rest, de-stress and heal.

Four days after my first float, I tried it again and my experience was a bit different; I took the most relaxing, silent, revitalizing nap I've ever experienced. I'm not a person who can shut her mind off to go to sleep, but I easily did during my second float.

My post-float shower this time was equally relaxing. Once I got out of the tank, the sensation of floating stayed with me; it took me a minute to realize my body and legs were back underneath me.

Since my first float, I've been able to relax more easily. I take six extra-strength Tylenol every day for chronic shoulder pain, and I made it 10 days without a single pill after I floated. But my ability to let my mind wander for a silent 60 minutes might be my favorite benefit.

"Just be gentle with your body and allow it to just be," Price says. "That's the whole point — to just be there and get in touch with you."

Yes, I'll be floating more.

Ivy Hillman is a page designer for the Dispatch•Argus•QCOnline.

After my first shower, I was eager to get into the tank.

After I closed the float door and shut off the lights, I lost track of the walls. I began to feel like I was spinning, though I don't think I was moving. If I bumped a wall and pushed myself off, it felt as though I was floating quickly down a river.

Trippy? Definitely.

I thought of the boat tunnel scene in "Willy Wonka and the Chocolate Factory."

"Faster, faster, faster, faster; there's no earthly way of knowing which direction we are going. There's no knowing where we're rowing or which way the river's flowing."

Gene Wilder's voice rang true in my head, but once I was able to relax

my neck and shoulders, everything seemed to stop and I was able to just be.

Four days after my first float, I tried it again and my experience was a bit different; I took the most

relaxing, silent, revitalizing nap I've ever experienced. I'm not a person who can shut her mind off to go to sleep, but I easily did during my second float.

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healthy living

Brewing a sustainable future

Lion Bridge works to make great beer — and great decisions

By Cindy Hadish

Operating a brewery is energy intensive, but the owners of Lion Bridge Brewing Company in Cedar Rapids have forged a sustainable future based on their environmental beliefs.

"It's definitely at the forefront of our business ideals — how can we be more efficient and greener," says Ana McClain, who owns Lion Bridge with her husband, Quinton. "It's the triple bottom line: people, planet, profit."

Customers have flocked to the 10-barrel brewery since it opened three years ago in a re-purposed building at 59 16th Ave. SW, in Czech Village. The building itself, constructed in 1938 as a grocery store, was in line with the couple's environmental philosophy.

Rather than build, the couple chose to renovate the former Fritz's Food Market, which also had been used as a longtime flooring business.

Renovation work included removing layers of paint from the walls to expose fire-glazed brick, and taking out drop ceilings to restore rooms to their original 12-foot height. The brick walls and concrete floor make the 7,000-square-foot building ideal for the brewery and offer a rustic charm for the taproom, with indoor and outdoor seating.

Furnishings, including bright yellow chairs recovered from Quinton's high school, and tabletops hewn from a fallen tree reverberate their commitment to sustainability.

Day-to-day operations offer challenges, however, especially related to the brewing process, which uses a high amount of water, energy and other resources. Each week, thousands of pounds of spent grain such as barley, wheat and rye, left over from the brewing process, goes to a local farmer who feeds it to his chickens and other livestock.

Many breweries have similar arrangements with farmers, McClain says, but Lion Bridge has taken steps beyond that measure. They hired a new business that collects paper napkins, food scraps and more for composting. "Pretty much everything goes in the compost," McClain says, including special compostable straws.

While composting doesn't save the business money, "it's doing the right thing," she says.

Lion Bridge also offsets 100 percent of the electricity it uses with wind-powered Renewable Energy Certificates. Because the site doesn't have room for a wind turbine, McClain says, they purchased the certificates to help support renewable energy in Iowa.

Lion Bridge sources as much of its food — and even some beer ingredients — from local businesses, too. Honey from the Indian Creek Nature Center in Cedar Rapids, for example, was used last fall in Lion Bridge's Honey Kolsch beer; syrup from Great River Maple near Garnavillo is used in the Russian imperial stout "GAZPROM!" and 140 pounds of peeled organic cucumbers from Bass Farms in Mount Vernon were used in a brew, as well as sweet corn from the farm in menu items such as Mexican street corn, or elote.

Lion Bridge also serves as Bass Farms' pick-up location for its Community Supported Agriculture program.

Other foods — including pretzels, mushrooms, tortillas, sausages and more



Cindy Hadish / Radish

Quinton and Ana McClain opened Lion Bridge Brewing Company in Cedar Rapids three years ago.

— also are locally sourced.

The feeling of community is important to the McClains, who received plenty of help from volunteers during a flood last fall. Berms and other flood protection kept the Cedar River at bay, but some businesses permanently closed shop.

Lion Bridge reopened, with the McClains' resolute to stay in Czech Village.

"I feel like this is the heart and soul of Cedar Rapids," McClain says. "It needs to keep beating."

The brewery keeps that heartbeat going with several initiatives, including live music and an evening farmers market that started last year.

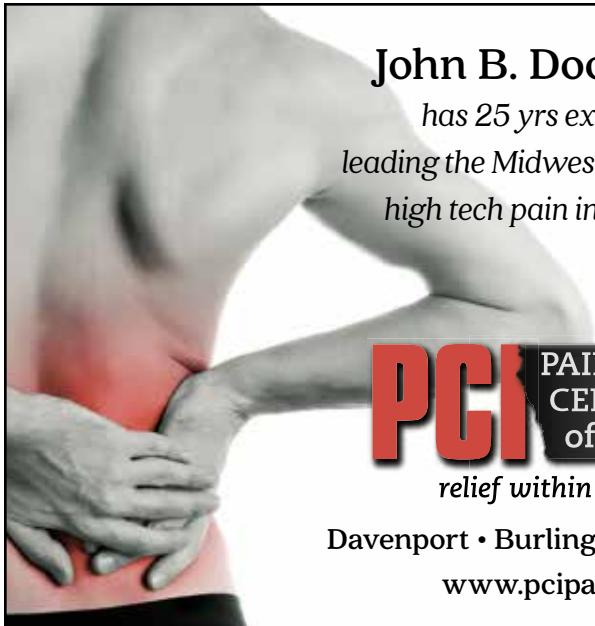
Farmers sold fresh produce, honey, mushrooms and more outdoors, accompanied by a backdrop of music and a "bouncy house" for children. McClain says the concept will continue in the coming season.

Megan Bartos, Lion Bridge's taproom manager, says the market nights helped spotlight local producers and added another reason for customers to come to the brewery.

"It's definitely a testament to what we try to do every day," she says, adding that the McClains' environmental philosophy was one of the reasons she wanted to work there.

"Sometimes, doing the right thing requires some extra steps, but the rewards pay off in other ways," McClain says. "As long as we can reduce the impact we have on our planet, it's important to us."

Cindy Hadish writes about local foods, farmers markets and the environment at homegrowniowan.com. For more information about Lion Bridge Brewing Company, visit lionbridgebrewing.com.



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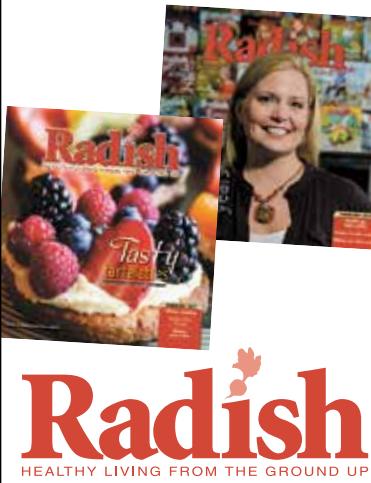
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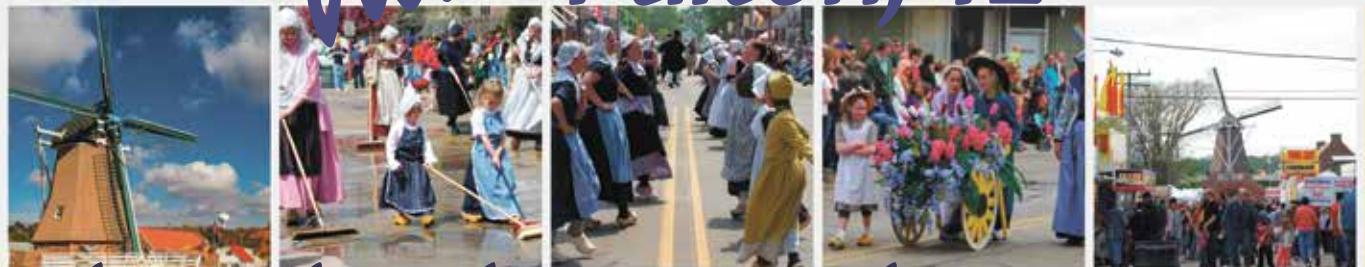
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Meg McLaughlin / Radish
Brianna Hughes,
15, of Long Grove,
Rachel Drechsler,
15, of Eldridge,
Lexi Soedt, 16,
of Eldridge, and
Logan Soedt, 12,
of Eldridge, jump
around at Helium
Trampoline Park in
Eldridge.

Trampoline park opens in Eldridge

By Chris Cashion

If the weeks leading up to spring have left your family a little stir crazy, maybe it's time to go somewhere you literally can bounce off the walls.

Helium Trampoline Park opened last fall in Eldridge at 400 S. 14th Ave., offering folks a chance to jump on a form of entertainment and fitness that's new to the Quad-Cities area.

Helium is made up of more than 100 interconnected trampolines of various sizes and shapes. Some of the trampolines are sloped or curved; some are long so jumpers may run along them — and possibly perform a few tumbling moves along the way — and others make up features such as a slam-dunk basketball area and a gladiator beam.

The park lends the opportunity for kids to be kids — and adults to pretend they are.

Helium offers a "tot time" for children who are walking through age 5; jump time for all ages; a once-a-month jump for those with special needs; and a fitness class dubbed AIRobics.

There also are token games, a cafe and a party room.

So far, the community has embraced Helium wholeheartedly, says Tammy Lorentz, the park's general manager.

"Eldridge has given us an incredibly warm welcome, and we've had a high level of repeat visitors already. I think there was a need for this kind of activity here," she says.

Lorentz knows a thing or two about a community's response to a trampoline park — she also manages Helium Trampoline & Climbing Park in New Berlin, Wis., which has been open since May 2013.

Lorentz says the Eldridge location employs about 120 people, and she feels the community appreciates the jobs.

Those who enjoy new types of fitness classes will appreciate the AIRobics class.

The park's website teases, "If fitness is fun, does it still count?" Company president Randy Seffren assures it does.

He likened the workout class provides to that of the rebounding craze that was popular a few years ago, where fitness enthusiasts jumped on tiny trampolines.

The AIRobics class, though, allows for more options and bigger movements because you are on larger trampolines.

"Even the most fit person can be exhausted," Seffren says, "but you can work at your own pace."

I had to check it out for myself. The price is \$10 for the hourlong class, and it's recommended that you purchase your time (to reserve your spot) and sign the waiver online ahead of time.

I donned the required Grip & Go socks and got ready to jump. (You may use the socks each time you jump, and the \$3 purchase price helps support Helium's donations to community not-for-profit organizations.)

My takeaway? AIRobics is a blast! My other takeaway? I am not 8 years old anymore; jumping on a trampoline is hard work!

After a brief warmup, we were led through a series of motions — jumping jacks, push-ups, jumping in the shape of a star, hopping on one foot — all things that didn't seem too tough. We were performing them on a trampoline, however, and that added a new level of difficulty and challenge to the core (and my balance) that I hadn't expected. My face got a workout too, as I found it nearly impossible not to smile.

Before I knew it, the hour was over — something I surely can't say for all fitness classes.

I definitely could feel my workout the next day — my calves, my core and my arms (how did THAT happen?) had a few things to say about the activities. I suppose that answered the question on the website for me — yes, fitness still counts when it's fun!

It also didn't hurt knowing you can burn up to 1,000 calories per hour in one of these classes, Seffren says.

These benefits aren't limited to the AIRobics class. "A sixth-grader who is jumping during open jump is getting these same benefits without thinking about it," Seffren says.

He adds that not only is jumping great cardio, it's also low impact, good for building strength and stability, and every time you brace yourself to land, you are strengthening your core.

Another benefit the park offers is the opportunity to strengthen families. Lorentz says although parents are welcome to come for free to watch their kids jump, children appreciate having their parents out there with them.

"Of course kids love to have their parents watch them, and that's great, but any time you can get the parents out there with them, the kids light up," she says.

Helium also offers sensory-friendly nights once per month. While the park is usually a jumble of noise, it has fewer distractions and is devoid of music on these nights for those with special needs and their families.

Seffren says it's heartwarming to see children who otherwise might be overwhelmed by the setting instead enjoy the experience. He says staffers typically clamor to work these nights because everyone enjoys them so much.

While the Eldridge location is relatively new, there already are plans for expansion. There are at least four or five more attractions slated for the park, including a climbing wall and 9-foot-tall inflatable "hamster-style" balls.

For more information, including pricing, a jump schedule, a safety video and a waiver, visit heliumparkqc.com.



Meg McLaughlin / Radish
Claire McBride, 9, jumps around at Helium Trampoline Park.

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Chris Cashion is a writer on staff with Radish.

outdoors



Submitted

Scott County Park, in Eldridge, offers two year-round Pine Grove Cabins for those looking to get away. The Pine Grove Cabins feature full kitchens with a dishwasher stocked with all the essentials.

Camp cozy

Enjoy the outdoors inside a cabin

By Nicole Lauer

Seeing the first day of spring roll around on the calendar may not mean much around these parts. That summer getaway and flip-flop weather might still feel a long way off. Families, friends and others looking to shake off the winter and get back outside should consider a visit to one of the local cabin in the area for relaxation, fun and a reconnection with nature.

For some, spring break plans might include traveling to sunny climes, but Dave Murcia, director of the Wapsi River Environmental Education Center, says many people find a welcome respite at the center's Kestrel Cabin all year long. Murcia says the cabin, owned by Scott County Conservation, is booked frequently, with at least half the weekends of every month booked year-round.

"This winter and going into the fall is our busier time; the bugs are gone, and the camp fire feels good," Murcia says.

Located two miles northwest of Dixon, the cabin on the bluffs overlooking the Wapsipinicon River offers everything you need for a comfortable getaway, no matter the season or weather. It complies with the federal Americans with Disabilities Act access guidelines, with a bathroom and shower, queen-size bed with twin-size bunks and a fold-out queen-size sofa bed.

Other amenities — including a full kitchen with dishes, cookware and a dishwasher; heating and central air, and wireless internet access — should make even those less experienced with the outdoors feel at home.

The rental fee is \$70 per night, with a \$50 refundable damage deposit due at check-in.

The guest book found inside the Kestrel cabin tells of guests who woke up

in the cozy cabin Christmas morning, and those who enjoyed rainy retreats filled with peace and quiet.

"We regularly do get feedback from people on the guest book... regulars who come out, families who just want to get away, get away from technology, to spend quality time."

Murcia says some people book a cabin stay and register for programs offered at the Wapsi Center. Others come out to watch deer and wild birds. He says every season offers something different, from free snowshoe and cross-country skiing equipment in the winter, to the many beautiful spring flowers that bloom in the prairies, forest and bottomlands.

Murcia says springtime also offers opportunities for birding, hiking and paddling programs on the Wapsi River as early as April.

"It is nice; it isn't a heavily used park. It's more of a preserved environmental center, so the clientele/customers you see out here are having a peaceful outing, reconnecting and regrounding to nature," Murcia says.

Murcia says there is a dormitory and lodge at the site, but those staying at the cabin largely have the area to themselves to enjoy relaxing and the still of the night outside of the city.

Scott County Park, in Eldridge, also offers two year-round cabins for those looking to get away. Ranger Rick Rouse says the park's two Pine Grove Cabins, which sleep a maximum of six people each, are booked well in advance and are used by a wide range of people.

"A lot of times, it's families renting through the summer time, using them more as a camping cabin and using some of the other facilities in the park," he



Submitted

The Wapsi River Environmental Education Center's Kestrel Cabin, two miles northwest of Dixon, Iowa, complies with the federal Americans with Disabilities Act access guidelines, with a bathroom and shower, queen-size bed with twin-size bunks, and a fold-out queen-size sofa bed. The full kitchen come with dishes, cookware and a dishwasher.

says. "We also have young married couples looking for a relatively inexpensive, quick getaway, just as a couples' way of getting out."

Billed as "luxury cabins," each 864-square-foot structure has two bedrooms, a full bathroom, living room and a fireplace. They also have large decks with a table and grill, and a picnic table and fire ring available.

With heating and air, internet access, a full kitchen with a dishwasher that's stocked with all the essentials, the cabins are much more than just bare-bones camping cabins. They rent for \$130 per night, with a two-night minimum and a three-night minimum for holiday weekends. A cleaning deposit also is required, but will be returned if the cabin is left in good condition.

Rouse says guest feedback is always good to hear.

"The cabins are beautiful; they are in a nice setting and they are fairly secluded the way they are set up," he says. "There's not a lot of commotion going on around it."

In addition to the two cabins, Scott County Park also offers tent camping and shelters for rent. Rouse says summer is a popular time, with guests using the swimming pool, 18-hole golf course, bike and hiking trails. There also is a small lake for fishing.

Rouse says there are a few restrictions to using the cabin, including no pets and no smoking. Another stipulation that sometimes can trip people up, he says, is that access to the cabins is restricted to park hours, so in the summer, guests can come and go from the cabin from 6 a.m. to 10:30 p.m., but winter park hours shortens access to 7 a.m. until about 4 p.m. or sundown.

Another option for cabins in the region is the cabins at the Geneseo Campground, located four miles north of Interstate 80 at Exit 19. The campground offers RV, tent and cabin options — and even a yurt — April 1 through Oct. 31.

At this location, guests can meander from the campground on a short path

to the Hennepin Canal recreational trail, which covers 72 miles for biking, hiking, fishing, or canoeing and kayaking. It also is just a short trip to Geneseo proper, which offers shopping and dining options.

The camping cabins sleep four, and rent for \$60 daily or \$360 weekly. Each cabin has a bunk bed and queen bed, window air conditioner and a table. There are a string of three side-by-side cabins near the RV portion of the campground, and a fourth cabin closer to the campground's playground, spray park and camp store.

The cabins are basic with no bathrooms, kitchens or other modern conveniences, which may please those looking for a happy medium between sleeping on the ground and a full amenity cabin that may feel more like a hotel.

The yurt, a round structure that sleeps eight, rents for \$100 daily or \$600 weekly. The yurt includes one queen, two full and two twin beds, and sits in the rear of the campground.

Options for cabins in the region are only expanding with the introduction of two new cabins at West Lake Park, west of I-280 off of US 61 in Davenport. Finishing construction for the two modular buildings that sleep eight each continued through winter and spring.

Scott County Conservation Board executive director Roger Kean says completion work included hooking up plumbing and electrical, paint and finish work, as well as parking lots and roadways for access to the sites.

Kean says some of that work, particularly the outdoor concrete work, was weather dependent, so pegging down an opening date was difficult. In the end, the 620-acre park that offers fishing, swimming, boating, camping, playground and picnicking fun also will offer a place for families and friends to rest their heads.

Each cabin there is expected to rent for \$130 per night, with a two-night minimum.

Nicole Lauer is an occasional Radish contributor

"The cabins are beautiful; they are in a nice setting and they are fairly secluded the way they are set up. There's not a lot of commotion going on around it."

— Scott County Park Ranger Rick Rouse

Steak teriyaki broth bowl

Have your steak, and sneak in veggies, too!

By Laura Anderson Shaw

When the sun is out and the weather is warm, I have no problem eating my veggies. Giant salad? I'm in. Asparagus on the grill? I can't wait. But when there's a dusting of snow on the ground and a blanket over my lap, all I want is something hot — with a side of carbs.

While I maintain that I could live off of dinner rolls and potatoes, my blood work might not always agree, so I have to sneak in the vegetables, swap out my white potatoes for sweet, and add something exciting — steak.

Luckily, there is the steak and teriyaki broth bowl, which is becoming increasingly popular in my house. It's easy to make, it packs plenty of flavor that you can tweak easily, and you can swap out nearly any of the ingredients for whatever you prefer or simply what you've got on hand — all pros for me, as I'm known for forgetting a thing or two at the store, waiting until the last minute and spending as little time as possible in the kitchen.

The recipe we enjoy is a slight adaptation of one I found on the Food Network's website. There, it is coined "sirloin with teriyaki broth," but our name sounds a little fancier.

The original recipe calls for ginger (which I'm not a fan of); sirloin steak (we tend to buy whatever is on sale) — you get the point. So with this dish, if you're not a meat eater, skip the steak. If you're not a fan of sweet potatoes, swap them for carrots. Like it spicy? Leave out the sugar and add hot sauce. Need to bulk it up? Add some rice or udon noodles — you really can't go wrong.

No matter how you play with the recipe, the end result will be the same — you'll have a warm tummy, plenty of time for other evening activities, and maybe, if you're lucky, leftovers so you may enjoy some more the next day.

Laura Anderson Shaw is the editor of Radish.



Todd Mizener / Radish

Steak and teriyaki broth bowl

Yields 4 servings

1 bunch radishes (with greens)

5 tablespoons teriyaki sauce

3 tablespoons oyster sauce

Ground pepper

1½ pounds boneless sirloin steak (we use four good-sized steaks)

Vegetable oil, for the pan

2 tablespoons unseasoned rice vinegar

1 tablespoon packed brown sugar

2 small sweet potatoes, peeled and cut into 1/4-inch-thick rounds

1 bunch scallions, white and green parts separated, cut into 1½-inch pieces

Toasted sesame oil, for drizzling

Roughly chop the radish greens. Cut the radishes into eighths. Heat a grill pan over medium-high heat. Mix 2 tablespoons teriyaki sauce, 2 tablespoons oyster sauce and 1/2 teaspoon pepper in a bowl, then spread over the steak. Lightly oil the grill pan, then cook the steak about 5 minutes per side for medium rare (and longer if desired). Transfer to a cutting board and let rest 5 minutes, then thinly slice.

Meanwhile, bring the remaining 3 tablespoons teriyaki sauce and 1 tablespoon oyster sauce, vinegar, brown sugar and 2½ cups water to a simmer in a saucepan, stirring to dissolve the sugar. Add the sweet potatoes, radish wedges and scallion whites and cook, covered, stirring occasionally, until just tender, about 10 minutes.

Add the radish and scallion greens and cook until crisp-tender, about 5 minutes. Divide the vegetables, broth and steak among shallow bowls. Drizzle with sesame oil.

Recipe source: Slightly adapted from [foodnetwork.com](http://www.foodnetwork.com)

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healthy living

Check it out

Film festival aims to inform, entertain

By Dylan Davis

In 2005, Sierra Club Eagle View Group members Kathryn Allen and Kristen Bergren were inspired to create an environmental film festival in the Quad-Cities after attending the national Sierra Summit in San Francisco.

At the conference, they heard speeches from Al Gore and Bobby Kennedy Jr. (among others), saw environmental films, and returned home to the Q-C hoping to establish a similar tradition in our community.

And they did.

For the first few years, the festival was held at the Unitarian Church in Davenport. As the festival grew, a larger and more suitable venue was necessary.

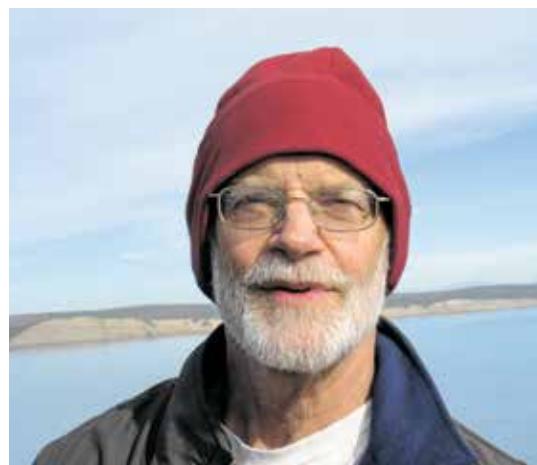
"We were lucky enough to have Augustana College become a co-sponsor, and now have a great theater setting in Olin Hall," Bergren says. "Along with the new venue came a new format for us. ... one movie at a time!"

The Eagle View Group of the Sierra Club, in association with Augustana College and Radish magazine, will host the 12th annual Environmental Film Fest on March 11 at the college, 733 35th St., Rock Island. Doors will open at 10:30 a.m., with films beginning at 11 a.m. Admission is free, and healthy snacks and beverages will be provided.

The goal of the festival is to help educate group members and the community about the challenges of global warming, sustainability, clean air and water, food and agriculture, and environmental justice.

Allen, Bergren, and friends and fellow committee members Susan Wolf and Sue Ratkiewicz meet at least six or seven times a year to organize the festival and select the featured films. The group attends and monitors major environmental film festivals and views films online to gather a selection of the year's most important productions, and a lineup is finalized each January.

Festival organizers are particularly proud of the years when prominent filmmakers attended the festival and spoke about their films and their work in the field. For instance, Deia Schlosberg, whose film "Backyard" drew attention to effects of hydraulic



Submitted

Kenneth Brower, son of the late David Brower, who was the first executive director of the Sierra Club, will be the guest speaker at the 12th annual Environmental Film Festival later this month in Rock Island.

fracturing (or fracking), spoke at the 2015 festival. In 2016, "Mysteries of the Driftless" executive producer Tim Jacobson attended. The film highlights a unique part of the Midwest that mostly was unaffected by the last glacial retreat.

This year, Bergren is especially excited that the festival will feature guest speaker Kenneth Brower, son of the late David Brower, who was the first executive director of the Sierra Club, the founder of Friends of the Earth and the Earth Island Institute, and a co-founder of the League of Conservation Voters.

With more than 10 published books, most of which focus on the environment, Kenneth Brower is a notable environmentalist in his own right, and has helped to increase public awareness about the need to protect our natural treasures, and to recruit new members to the Sierra Club and the environmental movement as a whole.

Bergren says the best part about organizing the festival is that she gets to do so with her friends while "discovering that there are many passionate, intelligent, creative and brave people who are working to save our beautiful planet ... and bringing their stories and efforts

This year's films:

"Mni Wiconi" — Created by Divided Films with support from the WK Kellogg Foundation, "Mni Wiconi" (Lakota for water is life) highlights the efforts to stop the Dakota Access Pipeline, according to its YouTube summary.

FILM: [youtube.com/watch?v=4FDuqYld8C8](https://www.youtube.com/watch?v=4FDuqYld8C8)

"Love Thy Nature" — An award-winning film narrated by Liam Neeson, this film takes viewers on a cinematic journey through our relationship with the natural world, according to lovethynature.com.

TRAILER: [youtube.com/watch?v=e7yljPRMZJA](https://www.youtube.com/watch?v=e7yljPRMZJA)

"The Future of Energy" — Directed by Brett Mazurek, this film captures the movement across the U.S. to transition to 100-percent renewable energy, according to thefutureofenergy.org.

TRAILER: www.youtube.com/watch?v=2fM9zvRZoFs

"Disobedience" — This film shows the action taking place on the front lines of the climate crisis, led by regular people fed up with the power and pollution of the fossil-fuel industry, according to watchdisobedience.com.

TRAILER: [youtube.com/watch?v=lmynS5zkbQM](https://www.youtube.com/watch?v=lmynS5zkbQM)

"62 Years" — Sixty-two years after the Sierra Club won the fight against a pair of proposed dams on the Green River, Kenneth Brower revisits the Yampa and Green rivers to reflect on his father's work, the 1952 river trip and how we will confront the looming water crisis in the American West, according to 62yearsfilm.com.

FILM: [youtube.com/watch?v=rTTnli5bGFc](https://www.youtube.com/watch?v=rTTnli5bGFc)

to those who attend our film festival.

"It inspires and educates folks who come together for a few hours and hopefully leave with the knowledge that they can help make a difference, and that there are organizations to support their efforts, and that the organizations need to be supported."

Dylan Davis is a regular Radish contributor.

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healthy living

Spring cleaning

Decluttering your space unclutters your mind

By Annie L. Scholl

Years ago I read a book about how clearing the clutter in your home would promote better Feng Shui. At the time I knew nothing about Feng Shui, the Asian philosophy that our surroundings — specifically where and how we place our stuff — affects our health, our relationships and our success.

I no longer remember the exact title of that book, but I do remember reading it and applying the principles. The author encouraged you to pick up each item in your home. If you loved it, you kept it. If you didn't, you got rid of it — or at least didn't display it.

I started with the bookshelves in my living room. I held each book and each item. If I loved it, it stayed. If I didn't, out it went. Before long I had cleared dozens of books and tchotchkes off my shelves.

Next up were the living room walls. I looked at each painting, each picture, and made the decision to keep them or get rid of them. One big decision: Taking down the wooden clock that hung in a prominent place in the room. The clock had been a wedding gift. I hung it on the wall because I loved the gift giver. But when I looked at it, I felt rushed — even if I wasn't running behind. I took it down and felt instant relief.

From room to room I went, slowly, methodically ridding each room of stuff I didn't love. In the end, I felt lighter, freer. It made a difference. I was



Feng Shui is the Asian philosophy of how our surroundings — specifically where and how we place our stuff — affects our health, our relationships and our success.

so excited about the process that I gave the book to my mom, who was most definitely a pack rat. Ironically I found it after she died, deep in a stack of stuff on her kitchen table.

When I divorced and moved in 2011, I gave away many things — so many that one of my sisters was concerned. "You might need that," she said again and again. "You might want that," she'd say, even though I assured her I wouldn't.

It was tremendously freeing to give away things that anchored me to my past — to give away things I thought I could never part with. It gave me joy to see them in the hands of people who could really use them or who really wanted them.

I took with me only the things I dearly loved or knew I needed in my new home. Occasionally, like when I went looking for the book on clearing the clutter, I've missed what I gave away, but mostly, I haven't.

Recently, I was reminded of my decluttering experiences after a friend told me about, "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing."

Marie Kondo, a Japanese organizing consultant, wrote this gem of a book, which was published in 2014. Kondo developed an approach to decluttering that she calls the KonMari Method, so named by combining her first and last names.

The book outlines the method of gathering everything you own by



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Marie Kondo's book, "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing" goes beyond just a "how-to" declutter; she encourages us to cherish the things we have that bring us true joy.

category and then keeping only those things that "spark joy." Kondo walks you through how to simplify, organize and store your stuff, but she goes beyond just a "how-to" declutter; she encourages us to cherish the things we have that bring us true joy.

The process, she promises, inspires a calm and motivated mindset.

I wish I could tell you I jumped right to work using Kondo's method, but I haven't yet. I'm sitting at my desk, looking out over my home office, and mostly all I see is mess — a stack of papers from an all-consuming work project from last week. A too-small bookshelf that has books stacked this way and that. Journals piled on a plastic tub filled with props for my photography business. Even a sports bra and shirt for the day I want to get on the treadmill first thing in the morning.

While I haven't yet gone to work on my clutter, Kondo's book reminds me of what's possible if I do. I know the method works. I remember how wonderful it felt all those years ago to purge my home and keep only the things I loved. I remember, too, taking that approach at my then-office at a marketing firm, and creating a peaceful space that kept me calm in a stressful job — one that my co-workers loved visiting because it helped them feel calmer, too.

Not long after revamping my office, I realized that job no longer served me and I went out on my own as a freelance writer. That was nearly seven years ago.

Tidying and decluttering really can change our thinking — and the way we approach life. It's not easy — it takes time — but as Kondo writes, "When you put your house in order, you put your affairs and your past in order, too."

Annie L. Scholl is a frequent Radish contributor.

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healthy living

Rescuing food waste

Q-C partnership finds homes for leftovers

By Ann Ring

Do you ever wonder what happens to the leftover food at your local grocery store or favorite restaurant? Have you ever thought that something ought to be done about it?

The Food Rescue Partnership, a group of individuals and organizations that have come together in the Quad-Cities, is making that happen.

The movement stems from a Centers for Disease Control and Prevention (CDC) Community Transformation Grant, which the Scott County Health Department received through the Iowa Department of Public Health. Community transformation consultant and FRP board secretary Christine McDonough says that food systems were one of three areas of the grant.

The Food Rescue Partnership's mission is to rescue food "throughout the Quad-Cities that would otherwise be thrown away by informing and engaging the public, and by fostering partnerships among food establishments, the (River Bend) Foodbank, food pantries, meal sites and shelters," according to its website, foodrescueqc.org.

After receiving the grant in 2013, a few individuals were assigned to collect data on food waste. This meant collecting and recording food waste from the largest available single source — the Scott County Landfill. Next, in 2014, a group of stakeholders formed to carry out the Food Rescue Partnership's mission.

As FRP's board chair, Pete Vogel believes its strength lies in these stakeholders and partners, including Radish magazine, and River Bend Foodbank and its partners, such as Augustana College, Family Resources, the Salvation Army and Quad City Bank and Trust, to name a few.

Vogel perhaps has a genetic predisposition in food rescuing and redistribution — his father, Bud Vogel, founded the River Bend Foodbank and served as its board chairman for more than 30 years.

To collect its data, the FRP looked at all the steps involved in feeding its community — how food is grown or produced, how food gets to stores, where the grocery stores are in our community, what gets sold and where all of the waste goes. In 2015, the FRP



Submitted
Food Rescue Partnership board chair Pete Vogel and Marilyn DeMay staff an FRP booth at the Figge Art Museum in Davenport, during an event last summer.

hosted a workshop that offered food donation starter kits and taught food establishments how to get started in food rescue, develop policies and procedures. The FRP also shared ideas on how to motivate staff and inform leaders where to donate.

Vogel also stresses the importance of the 1996 Federal Bill Emerson Good Samaritan Food Donation Act, which protects you from liability when you donate to a nonprofit organization; protects you from civil and criminal liability should the product donated in good faith later cause harm to the recipient and more.

The FRP is proud of its stakeholders, partners and area restaurants who are willing to make small changes to feed just a few more, Vogel says, such as Ross' Restaurant in Bettendorf and Outback Steakhouse in Davenport.

For instance, one of the shelters Ross' donates to is Cafe on Vine in Davenport, according to the restaurant's general manager, Melissa Freidhof-Rodgers.

"Tomorrow, in fact, we're dropping off 40 pounds

Here are some tips to reduce food waste in your own home:

- ◆ Cook or eat what you already have before buying more.
- ◆ Plan your menu before you go shopping, and stick to your list.
- ◆ Buy only what you realistically need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.
- ◆ Use the "first in, first out" rule by rotating food in the refrigerator when you come home from the grocery store.
- ◆ Treat expiration and sell-by dates as a guide. Foods such as bread and yogurt will last a few days longer than the date listed.
- ◆ Pare down your servings if you find yourself throwing away food regularly.
- ◆ Save and eat leftovers.
- ◆ Freeze, preserve or can surplus fruits and vegetables — especially abundant seasonal produce.
- ◆ Start a compost pile, and compost food scraps rather than throw them away.

of sausage links, and we also donate our meat and turkey products. They really like and appreciate our protein," she says. "We also donate our leftover ground beef that we use on our Magic Mountain."

Other food partners, such as Panera Bread and Jewel, quietly donate behind the scenes to area shelters, too, Vogel says.

"We encourage partnerships."

Ann Ring is a frequent Radish contributor. For more information on the Food Rescue Partnership, visit its website page foodrescueqc.org or its Facebook page, facebook.com/foodrescueqc.



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Can you be ‘fat’ — and fit?

Body mass index might not be an accurate indication

CTW Features

The Centers for Disease Control and Prevention reports that by the commonly used body mass index (BMI) measurement, roughly 70 percent of Americans are overweight. Yet there's growing debate about whether all people numerically classified as "overweight" or "obese" are unnecessarily unfit or unhealthy.

For at least a decade, medical professionals have questioned whether or not a person can be both fit and healthy while being overweight. While many say that BMI is one of the easiest ways to get a quick picture of a person's health, some studies have indicated that simply measuring a person's body mass index can be misleading. Some individuals with higher BMIs can in fact have a higher level of fitness. Most research acknowledges that it's possible for people to have the same BMI but drastically different bodies and fitness measurements.

According to the U.S. Department of Health and Human Services, a person with a BMI of 25 or greater is overweight, while a person with a BMI of 30 or greater is obese. For a male that's 5 feet 10 inches tall, that's roughly 180 to 210 pounds to be "overweight," and more than 210 pounds to be "obese." Consider that a 5-foot-10-inch, 215-pound muscle-bound athlete with perfect blood pressure, low cholesterol and low body fat measurements could have the same BMI as an unhealthy prediabetic coach potato.

A recent study from UCLA found that nearly 54 million Americans may currently be labeled overweight or obese when they are in fact "healthy" by other measures. The CDC even found in its 2015 National Health and Nutrition Examination Survey that when measuring body fat percentage for 5,000 patients, BMI proved to be an incorrect indicator for roughly 18 percent of people. The survey revealed that 11 percent of those that were numerically overweight had normal body fat, known as "healthy obese," and that 31 percent of people with a normal BMI actually had excess body fat, known as "skinny fat."



CTW Features

Does a body mass index that falls in the overweight category necessarily mean a person is unhealthy?

Janet Tomiyama, lead author of a UCLA study, called the findings a “final nail in the coffin for BMI,” and that it is a “deeply flawed” measure of health.

"The public is used to hearing 'obesity' and they mistakenly see it as a death sentence. But obesity is just a number based on BMI, and we think BMI is just a really crude and terrible indicator of someone's health," says A. Janet Tomiyama, lead author of the UCLA study.

Tomiyama called the findings a "final nail in the coffin for BMI," and that it is a "deeply flawed" measure of health.

The simple BMI formula may very well be outdated considering it was devised by a Belgian mathematician in the 1830s, and has remain unchanged in nearly 200 years. New proposals have called for a "waist to height" ratio, saying it's a more accurate representation than BMI. Margaraet Ashwell, independent consultant and former science director of the British Nutrition Foundation, says that in general, keeping a waist circumference in inches to less than half of your height can increase life expectancy. Because BMI does not take into consideration the distribution of fat around the body, it also could be giving unhealthy people the perception that they're in good shape simple because their weight is within "normal" parameters. By a waist-to-height measurement, a 6-foot person should aim to

have a waistline of not more than 36 inches.

The health implications of abdominal fat are well documented. Abdominal fat affects organs like the kidney, liver and heart, more than fat in other areas of the body. Most medical professionals say that regardless of weight or BMI, patients can improve their health by eating a proper diet, engaging in regular exercise and monitoring things like blood pressure, resting heart rate and cholesterol. Dr. Eduardo Grunvald, director of UC San Diego Weight Management Program, says that both patients and doctors should focus on improving health as much as shedding pounds.

"If one individual is only 20 pounds overweight but is metabolically unhealthy (for example, type 2 diabetes), and another is 40 pounds overweight but has no underlying health problems, the former may benefit much more from weight reduction," Grunvald says.



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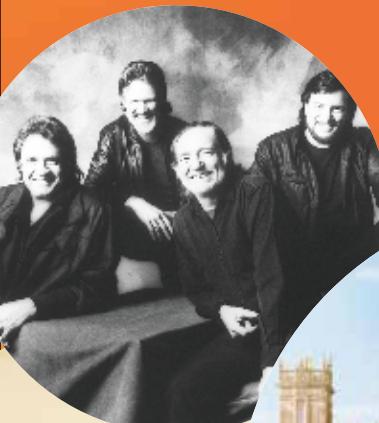
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Never mind the lungs

Air pollution can scramble your brain

Miami Herald (TNS)

The air you breathe does more than affect your lungs.

A new study published last month found that older women exposed to air polluted by vehicle exhaust and other damaging particles are almost twice as likely to develop dementia. Others who carried a specific gene were almost four times likelier to develop loss of memory and reasoning skills.

"Although the link between air pollution and Alzheimer's disease is a new scientific frontier, we now have evidence that air pollution, like tobacco, is dangerous to the aging brain," study co-senior author Caleb Finch said in a statement. Finch works at the University of Southern California's Leonard Davis School of Gerontology.

Specifically, USC researchers found that older women living in areas where air pollution particles exceed federal safety standards may face an 81 percent higher risk for cognitive decline. They also have a 92 percent greater likelihood of developing dementia, including Alzheimer's disease.

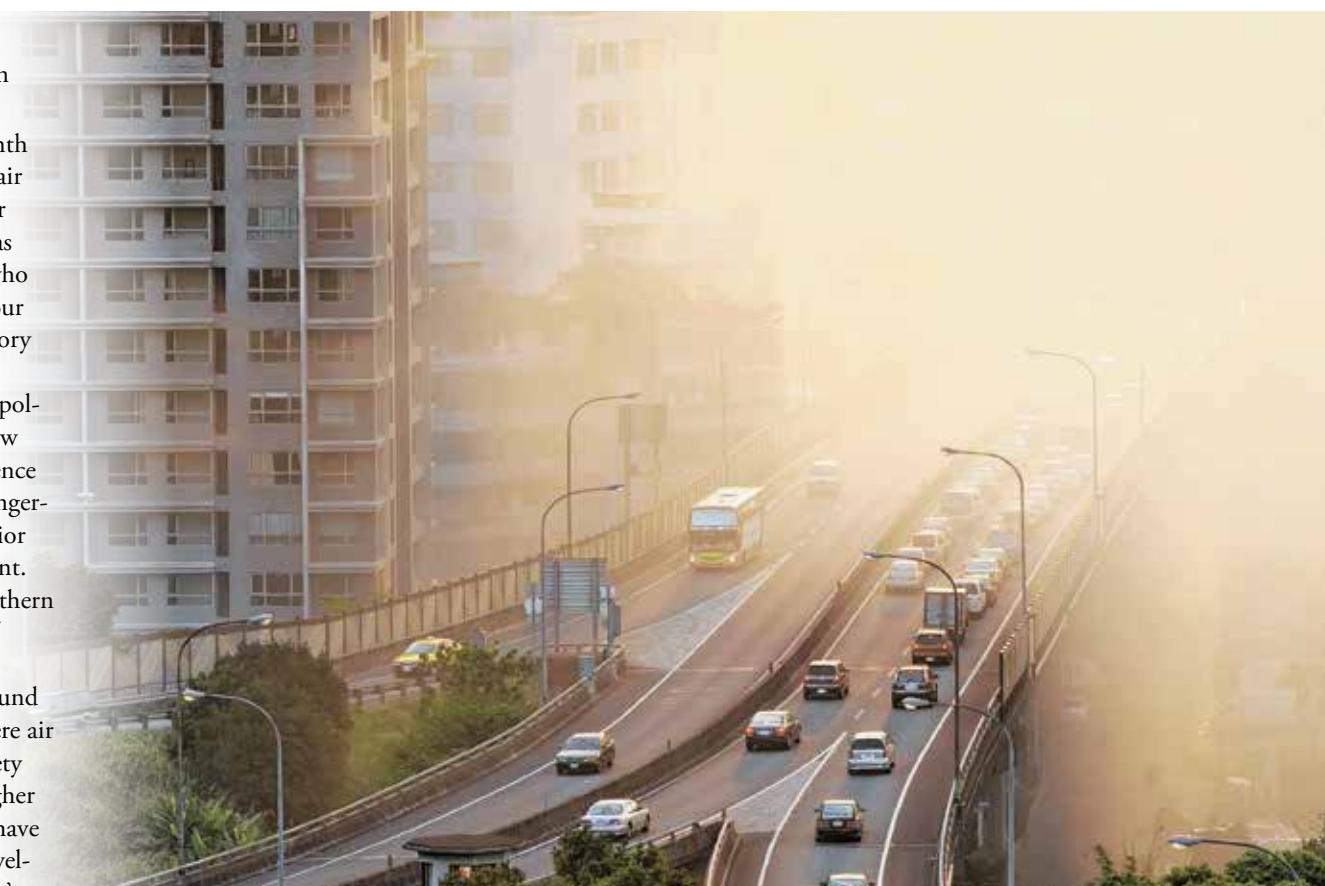
The detrimental effects of air pollution — which includes tiny particles emitted by motor vehicles, power plants and the burning of biomass products such as wood — also were worse in women who carry APE-e4, a gene variant that increases their risk of developing Alzheimer's.

The nationwide study, published in the journal *Translational Psychiatry*, examined 3,600 women between the ages of 65 and 79. None of them had dementia at the beginning of the study. Researchers also looked at female lab mice and at brain tissue in petri dishes.

In comparing those who breathed clean air

A study published recently found that older women exposed to polluted air are nearly twice as likely to develop dementia.

Dreamstime/TNS



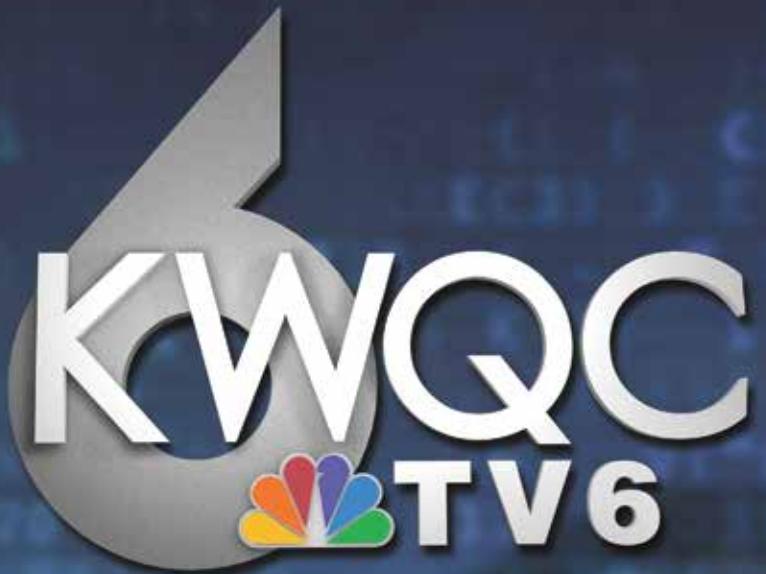
and those exposed to unsafe pollution levels, results for all three groups suggested that exposure to air pollutants increased disorientation and memory loss as well as amyloid beta protein clumps in the brain. Researchers used air pollution standards set by the U.S. Environmental Protection Agency.

Applying their findings to the general population, the USC researchers calculated that air pollution might be to blame for about 21 percent of all cases of dementia.

But they also cautioned that the study does not prove definitively that air pollution causes the risk of dementia to rise. What's more, results from

animals don't always produce similar results in humans.

Past research already has shown the effects of air pollution on lung disease and cardiovascular disease, but this most recent study provides more insight into how it may affect the aging brain. A study published in 2011 also found that people who lived close to densely trafficked roads were at a far higher risk of stroke and dementia than those who lived farther away. A year later, a team at Mount Sinai in New York first established that air pollutants induced inflammation, cell death and the buildup of amyloid protein in the brains of mice.



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Being green

Deere developing first battery-powered tractor

By Jonathan Turner

John Deere is working on the industry's first electric-powered tractor, a prototype of which is being displayed at the SIMA 2017 Paris International Agribusiness Show, one of the world's biggest trade fairs for agricultural machinery.

The Sustainable Energy Supply for Agricultural Machinery tractor is "an elementary component of John Deere's vision of future energy autonomous farms," the Moline-based ag equipment giant says, in a news release from its European headquarters and tractor factory in Mannheim, Germany.

Besides an overall outstanding efficiency, benefits from the SESAM tractor are potential use of on-farm produced renewable energy and enabling new business models for farms through grid-plug-in and bi-directional charging technology," the release says. "This enables farms for future services for electric power grids in rural areas."

The prototype, designed on the chassis of 6R tractors from Mannheim, develops a power of 130 kilowatts with two independent electric motors, according to the company.

"In standard operation, a motor is used for driving, the other for the PTO (power take-off) shaft and the hydraulic system," according to Deere's French website, deere.fr. "If necessary, the two electric motors may be combined to provide the power either to traction, or to the PTO shaft or the hydraulic system. In addition, the combination of an electrical drive with gearing provides similar driving experience to that of a continuously variable transmission."

When the tractor is stationary, there is no energy loss, the company says. "It produces no emissions and virtually no noise, a significant advantage during night work or close to residential areas," the website says.

A full-battery charge can work for about four hours in normal use, or drive about 34 miles on the road, and the charging time is about three hours, Deere says. The lifetime of the battery is designed for 3,100 charging cycles, according to the company.



Submitted
John Deere's prototype SESAM tractor is the Moline-based ag equipment maker's first electric-powered tractor.

"The SESAM tractor for John Deere is another step toward a neutral carbon agriculture," the Deere website says. It is in the same vein as the Multifuel tractor, which won a SIMA Innovation Award in 2013, and uses pure vegetable oil as fuel instead of diesel; and the BatteryBoost, a hybrid traction tractor based on a battery exchange design, which won a SIMA Innovation Award in 2015.

An article at newatlas.com notes that the electric tractor will be powered by a lithium battery pack under the hood. "In some ways, tractors seem like an ideal candidate for electrification," the article says.

"Electric motors are great for generating the kinds of huge torque figures tractors require, and tractors are generally fairly short-range vehicles that live in the same shed every night, making for convenient recharging," it says. "They're also very low-maintenance in comparison with diesel gear."

Hybridcars.com wrote that while Deere has shown a variety of alternative-fuel sources in the past, the SESAM concept is the first fully powered solely by a lithium-ion battery pack. It will provide power to two motors with a total output of 402 horsepower.

The SESAM tractor is one of three Deere displays that is honored by SIMA for innovation. The others are an intelligent tractor and tool greasing system and an intelligent nozzle body. SIMA 2017 was held Feb. 26 to March 2, Deere's release says.

Ken Golden, Deere's director of global media relations, says that the electric tractor is in research and development at Mannheim, and not ready for manufacturing. It would have no impact on employment in the U.S. or anywhere else while it is in the prototype stage, he adds.

[Theverge.com](http://theverge.com/2016/12/7/13874576/john-deere-sesam-electric-tractor-150kw-battery) included a link to a Deere-produced video about the tractor, in French: theverge.com/2016/12/7/13874576/john-deere-sesam-electric-tractor-150kw-battery.

Contributor Jonathan Turner is a writer on staff with the Dispatch•Argus•QConline.

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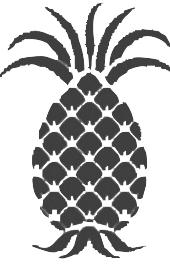
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food for thought

It's OK to ask for help (Just don't tell my dad!)

By Julie Stamper

I'd like to go on the record to say that 2016 was not my favorite year.

Nearly every person in our five-member family had a major medical issue, my husband and I both had job changes that brought additional stress, and the house we bought in 2015 had four separate major water issues, bringing the total to six since our purchase.

Because of these added stressors, I've been looking for ways to save time, which has become my greatest commodity. While I was recovering from breast cancer last year, my friends rallied together and hired a cleaning person for our family. It took a long time for me to pick up the phone to schedule her.

Why? I grew up in a family where you do your own work and clean up your own messes. My grandma would regularly walk in the yard, grab a chicken, break its neck, pluck it and then gather vegetables for a side dish while it roasted. Every few months, my dad would spend an afternoon changing the oil in our cars, usually while I was out mowing the lawn despite my grass allergy. My people do NOT hire out work we can do ourselves. My husband's family is the same way.

Eventually, I scheduled the cleaning service, and after the gift time was up, I booked her for a regular time every other week. I'm hooked. Everyone in my family gets excited for cleaning day. We come home and the floors are clean, the bathrooms seem less likely to spread rotavirus, and our normal home fragrance of "Wet Dog Chewing on Gross Toy" is eradicated. I found myself wondering how many people have their houses professionally cleaned. Who has been in on this magical secret?

According to a study by investment bank Scott-Macon, Americans spend approximately \$4.2 billion dollars per year on residential cleaning, with an annual increase of nearly 2 percent a year. Why are people willing to spend this money to have strangers clean their bathrooms? A Nielsen Company global survey of more than 30,000 respondents determined that the choice is shaped by various forces, including cultural

tradition, product availability, innovation and financial considerations.

Who decides to hire the service? Globally, 44 percent of women say they do the majority of the cleaning in the house, while 17 percent of men globally say they do the majority, and the rest consider it a shared task. In North America, 32 percent of men say they do the majority of cleaning, nearly double the global average.

I would argue that this survey shows men in North America are completely delusional. They don't do as much as they think they do. My husband is a rock star, and cleans a mean bathroom and irons way better than I do. But if you ask him how much cleaning he does, he'd say it's probably 50/50. I will tell you without hesitation that it's closer to 75/25, because I do a lot of things that he doesn't even think about. It's true, honey. You know in your heart that it is.

With our new job roles, my husband and I both work more hours per week, including work from home at night. I'm getting my master's degree by taking night classes. Our kids are busy with extracurricular activities and hours of homework at night. And HGTV isn't going to watch itself, so when I have any free time I tune in to "Fixer Upper," like a shiplap junkie instead of deep-cleaning my shower.

Just the smell of the house alone is worth the expense, but there is still the inexplicable guilt. Who, exactly, do I think I am? Too good to scrub my own sinks? Too lazy to vacuum? I think it's more along the lines of too tired to lift the broom, and too aware of my kids starting to leave the nest that I want to spend every minute I can with them. And here's the thing — it's spring cleaning season, but in the past I wouldn't have done my summer, fall, or winter cleaning yet. I still have tomato plants in my backyard, dead, with a glimmer of the Roma tomatoes they used to be, in shriveled red ovals hanging from gray branches.

Every two weeks, my house will be clean. My children are less likely to contract Ebola. I have more time. Just please don't tell my dad.

Julie Stamper is a regular Radish contributor.

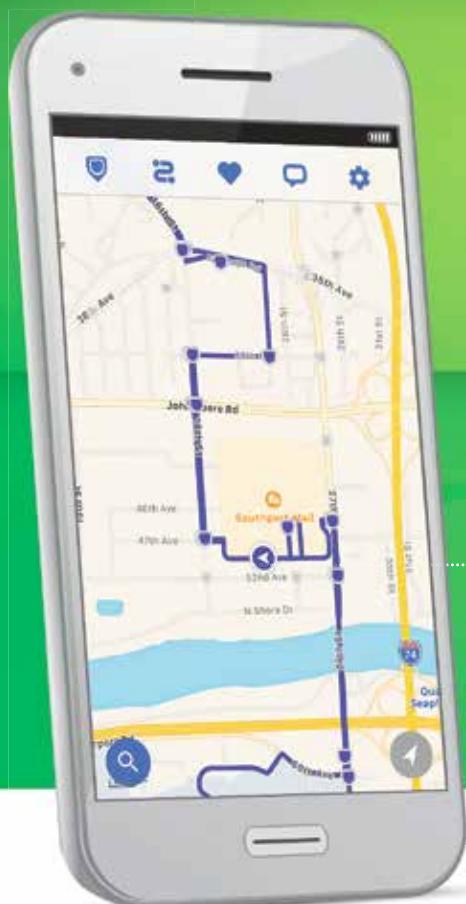
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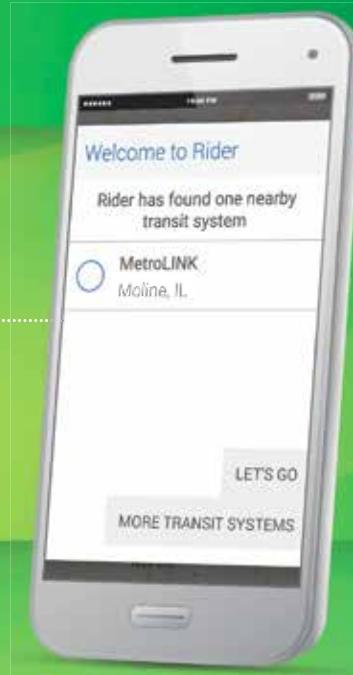
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