



Radish

HEALTHY LIVING • THE GROUND UP

Generating
hope
at the
**Earth Charter
Summit**

The
21 day
cleanse

No Impact Man

Taming your nightmares

Hallow-green
your costume

Eastern Iowa • Western Illinois • OCTOBER 2008 • radishmagazine.com

Wallace's Garden Center



20% OFF
FALL & HALLOWEEN DECORATIONS
Hang a Welcome Sign and Place a Cornucopia for All to Enjoy

20% OFF
HOME DÉCOR & ACCENTS
Distinctive Pieces
Décor that Lifts the Spirit and Enhances the Home



PLANT
SPRING BULBS
NOW
For Early Spring Colors
Planting bulbs in the fall demonstrates faith in nature that spring will come again and flowers will bloom.



ECO-FRIENDLY
HOUSE PLANTS
Bring Green into Your Home
Plants are an easy way to create a clean and inviting atmosphere. Indoor air pollution is a common problem in today's home. As indoor plants breathe, they take in pollutants, filtering it through their roots, leaving a clean and healthy living space!



25 years of growing!



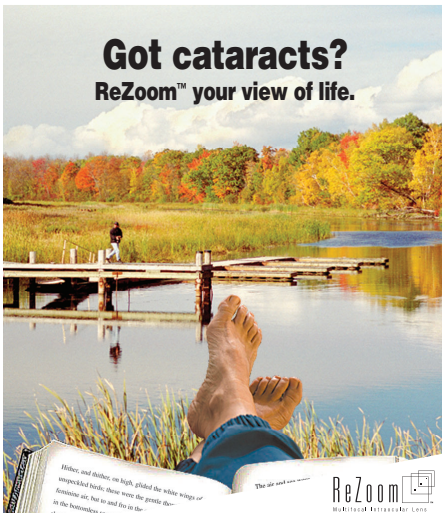
FALL FAMILY FESTIVAL
Visit our website for details!

Sat. & Sun. Oct. 4th & 5th
Music • Food • Fun
15,000 MUMS!
A great time for young and old!

BETTENDORF 2605 Devils Glen 563-332-4711
DAYTONPORT 6927 Northwest Blvd 563-445-2458
Mon.-Fri. 9 a.m.-8 p.m.; Sat. 9 a.m.-6 p.m. & Sun. 9 a.m.-5 p.m.
Sign up for our online newsletter!

www.wallacesgardencenter.com

Got cataracts?
ReZoom™ your view of life.



"Before, and after, on high, placed the white wings of unopened buds; these were the gentle down in the autumnal sun."

ReZoom
Medical Refractive Lens

Experience independence from glasses in most daily situations.

If you or someone you know has been diagnosed with cataracts and is considering treatment, consider the ReZoom™ Multifocal lens. The ReZoom™ lens is the latest lens implant advancement that not only treats the cataract, but also turns back the clock to restore your ability to see up close and at a distance. In fact, 92 percent of people who receive a ReZoom™ lens report wearing glasses either "never" or "occasionally."

Resume Life with a ReZoom™.

We are driven by our commitment to providing the highest quality eye-care in a compassionate and ethical environment.



www.virdiyeclinic.com

Toll Free: 877-846-5762 • 309-788-5524

Prem S. Virdi, M.D.
and
Navaneet S.C. Borisuth, M.D. Ph.D.
Board Certified
American Board of Ophthalmology

Four Convenient Locations:
Muscatine • Geneseo • Clinton
NEW Rock Island Location:
4600 30th Street • Rock Island

The Friends of Radish
HELPING TO SPREAD THE WORD ABOUT HEALTHY LIVING



MetroLINK is a member of the Friends of Radish, a special group of community-minded businesses that are helping to spread the word about healthy living from the ground up.

Kathy Riley, MetroLINK
Kathy Riley, or known to many as "Kat" is the Senior Office Assistant at the MetroLINK. Kathy enjoys using her creativity and organizational skills to help people. Kathy loves spending time in her garden where she can let go of the daily stresses and be one with nature. She maintains her garden with no pesticides. At the office, Kathy plays the role of the "plant lady" nurturing the indoor plants to sustain a healthy working environment.

The Friends of Radish
HELPING TO SPREAD THE WORD ABOUT HEALTHY LIVING

TRINITY IOWA HEALTH SYSTEM
A better experience.

Zimmerman Honda
We know... we will do anything to help a car!

GLAD CITY NEWS
WGAD

ADVERTORIAL

"A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

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

Ten years ago something happened that changed my life forever.

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

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

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

Amazing Offer – When you bring in this article, you'll receive our entire new patient exam, with x-rays for just **\$27.** That's it, no kidding.

Great care at a great fee – Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. **I just have that low fee to help more people who need care.**

My assistants are Tacía and Amy, and they're both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **SCRANTON CLINIC** and it is at 2512 18th Avenue, Rock Island, IL (We are "next to, but not in Whitey's"). Our phone number is 309-786-3012. Call Tacía, Amy or myself today for an appointment. We can help you. Thank you.

– Dr. Rob Scranton, D.C.

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

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

from the editor



It's October, which means time has all but run out for the farmers' markets. By the end of the month the locally grown foods of the harvest will have been celebrated and consumed, and the stalls at the markets will go dormant again until next spring.

Bummer. Once again, I wish I had eaten more fresh tomatoes, corn, green beans, onions — you name it. I ate my share, but it never ever seems like enough once all is said and done. Like they say, you don't know what you've got till it's gone.

Those of us who partake in the fruits of the labors of our great and industrious local growers owe them another big round of applause and thanks for bringing us yet another season of bounty and good food. It was a difficult season for many growers, to say the least, due to the rains, floods, gas prices and overall economy — you name it, they had to find a way to grow in spite of it. And grow they did, and buy and eat we did. Despite this year's many challenges, the local grower-consumer relationship thrived.

This month I plan to get to as many markets as possible before it's all gone, to get in on all the goodness I can before the season comes to a close. I know this is preaching to the choir, but I urge you, Radish reader, to do the same. Get thee to the markets this month, enjoy the harvest, support your local growers, thank them for another job well done and urge them to get some much-needed rest before they start in on their many off-season duties.

While we begin our wait until next season, don't forget to buy local whenever possible throughout the fall and winter. There will be another season of Harvest of Hope Winter Farmers' Markets throughout the Radish region (check out cdpmidwest.org for dates and locations). In addition, the Freight House Farmers' Market in Davenport, Iowa, will be open every Saturday this winter and the Twin Cities Farmers' Market in Sterling, Ill., is open year-round.

Other opportunities to buy local certainly will crop up throughout the off-season, and we'll be sure to let you know about them. (Note to growers: Let us know of any events you'd like us to share!)

Finally, I'd be remiss if I didn't congratulate Metro, a Friend of Radish, for its new "Save Something Green" initiative. The Illinois Quad-Cities' mass transit system has rolled out major changes to encourage more Quad-Citians to reduce their carbon footprints. (For more information visit gogreenmetro.com.)

Metro — a Friend indeed!

— Joe Payne
editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

Number 10, Volume 4
October 2008

Gerald J. Taylor
PUBLISHER

Joe Payne
EDITOR
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Nancy Renkes
ADVERTISING MANAGER

Rachel Griffiths (309) 721-3204
Paula Parrella (309) 269-7997
ADVERTISING EXECUTIVES

Brandy Welvaert
Laura Anderson
STAFF WRITERS

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaye
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) 786-1904. 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, 1724 4th Ave., Rock Island, IL, 61201, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines and distribution sites, visit www.radishmagazine.com.



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

contributors



Dave Searl of East Moline, Ill., is the head gardener for the Quad City Botanical Center in Rock Island. His lifelong interest in plants and nature led to his career in horticulture. He enjoys sharing his love for growing things with school tours and other visitors at the Botanical Center, as well as with its volunteers. Read his tips for putting your garden to bed on page 18.



Chef Donna Duvall of Spragueville, Iowa, is a personal chef serving eastern Iowa and western Illinois, providing home meal replacement services and cooking demonstrations. She has been cooking since the age of 8 and has developed a large and eclectic repertoire of recipes. She is an avid organic gardener who teaches cooking classes around the region. Read her story about fall apples on page 10.



Jason Peters is a Michigan native whose work has appeared in the *Seaweed Review*, the *South Atlantic Quarterly*, *English Language Notes*, *Explicator*, *American Notes and Queries*, *Christianity and Literature*, *Orion Magazine*, and the *Journal of Religion and Society*. He also is the editor of "Wendell Berry: Life and Work" (University Press of Kentucky, 2007). He teaches English at Augustana College and lives in Rock Island, Ill., with his wife and three children. He likes gardening, fly-fishing, home-brewing and joke-telling. Read his story about Wendell Berry on page 24.



Regular contributor Elizabeth Janicek of Kenosha, Wis., grew up in Morrison, Ill. She studied English and music at Augustana College in Rock Island. A former Radish intern, Elizabeth currently works as a freelance writer. She enjoys long walks and farmers' markets and has a soft spot for coffee, adjectives, live music and bare feet. Read her stories on No Impact Man and the Quad City Earth Charter Summit on pages 6 and 22.

Also appearing in Radish this month are Sherry Middlemis-Brown ("Peace on the prairie," page 26); Nicole Harris ("Weaving old into bold," page 33); Ann Scholl Rinehart ("21-day cleanse," page 30); and Sharon Wren ("Feel-good fuel," page 8).

THE NEXT FRONTIER

Saturday, November 1 at 8 PM

ADLER THEATRE, DAVENPORT

Sunday, November 2 at 2 PM

CENTENNIAL HALL, ROCK ISLAND

PETER TCHAIKOVSKY

Polonaise from
Eugene Onegin

IGOR STRAVINSKY

Divertimento from
Fairy's Kiss

PETER TCHAIKOVSKY

Symphony No. 5

QUAD CITY
SYMPHONY
ORCHESTRA



These concerts are dedicated
in Memory of Katherine
Stafford, by her family.

Media Sponsor

Dispatch
Argus
Leader

Tickets are available at (563) 322-QCSO
or www.QCSymphony.com

the grapevine

'Living Here on Earth' hitches a fossil-fuel-free ride

Find out how one man converted his 1988 Mazda B2200 pickup into an all-electric vehicle on the Oct. 28 episode of "Living Here on Earth," which will air during the 10 p.m. newscast of WQAD NewsChannel 8.

Host Matt Hammill will talk to Bud Wren of East Moline, Ill., featured on page 8, who earlier this year converted a pickup truck to run on golf cart batteries. The truck goes 25 miles on a charge from its 12 6-volt batteries.

For other regional environmental reports, watch "Living Here on Earth" each Tuesday at 10 p.m. on WQAD NewsChannel 8.



Sharon, Tyler, Logan and Bud Wren (Photo by John Greenwood / Radish)

Radish does out the green goods

Radish Earth Day Challenge winners Trista and Jason Michel and their 4-year-old daughter, Kady, check out the recycling bin full of green goods they won for their eco-friendly efforts. (Photo at left: not pictured are sons Ayden and Seth). Radish presented the family with a big blue recycling box filled to the brim with environmentally

friendly goods, including reusable tote bags, biodegradable all-purpose cleaner, concentrated laundry detergent, day planners and mouse pads made from recycled rubber, notebooks made from recycled paper, compact fluorescent light bulbs and reusable water bottles.

Visit the Radish booth at the following events, get a free Radish tattoo and color a Radish-o'-lantern. Sign up for a Radish subscription and receive a free Radish canvas bag!

- Quad City Earth Charter Summit, 8 a.m.-4 p.m. Oct. 11, River Center, 136 E. 3rd St., Davenport, Iowa. (See stories on pages 6 and 22.)
- Harvest Festival, 8 a.m.-1 p.m. Oct. 4, Freight House Farmers' Market, 421 W. River Drive, Davenport, Iowa. (For details, turn to Rooting Around, page 34.)
- October Garden Festival, 11 a.m.-4 p.m., Quad City Botanical Center, 2525 4th Ave., Rock Island, Ill. (Learn more at qcgardens.com.)
- Trinity Farmers' Market, 8 a.m.-noon Oct. 18, 500 John Deere Road, Moline, Ill.

On the Road
with
Radish

From our readers

Mad about farming (September 2008): "Loved reading about what the boys are doing. The Mad Gardeners are the future of fresh food for our nation. It's so inspiring and wonderful to hear that hard work and the American spirit is still alive today. I tip my hats to you young men and pray you never lose sight of your dream. May God bless you both!"

— Sherry, WI

"Yeah! Cool article! Way to go son (and Andrew too)!"

— Mom, Rock Island, IL

Driving ZENN (September 2008): "Dennis Osborne is to be commended for his environmental efforts and his concern for our environment. If more Americans followed his example, we would all be more energy independent and the U.S. transfer of wealth to unfriendly countries would diminish."

— Gary, Las Cruces, NM

"Way to go! We need more people like Dennis who care enough to act."

— Kathi, Burlington, IA

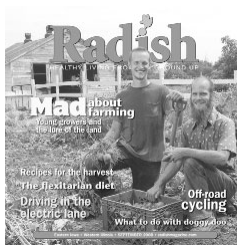
Bag a little berry bling (June 2008):

"Radish magazine is great! The June 2008 issue contained a recipe for French-Style Yogurt Cake with Strawberries that I recently made for my mother's birthday. It was a beautiful-looking cake, but I'm thinking there may have been an error in the recipe. We had plenty of strawberries from our garden this past summer, and I'd like to give it another try."

— Lisa Nelson, Bettendorf

Lisa: You're right. We omitted eggs as an ingredient in the recipe, and you wouldn't believe how many readers have contacted us because they want to make this cake. To clarify, the cake needs three eggs. You can find the complete recipe at radishmagazine.com and print a copy for your recipe box. Click on "stories," then scroll down to "Berry bling." — Brandy Welvaert, Radish

Send your comments about Radish magazine to editor@radishmagazine.com or write to Radish, 1720 5th Ave., Moline, IL 61265.



healthy living from the ground up

features



6 No Impact Man
Blogger to headline Quad City Earth Charter Summit.

8 Feel-good fuel
Battery-powered truck uses no gasoline or oil.

10 Fall for apples
Versatile fruits add pizzazz to sweet and savory dishes.

20 Pumpkin pursuit
Select your squash in the country.

in every issue

- 2 from the editor
- 3 contributors
- 4 the grapevine
- 34 rooting around
- 35 calendar
- 38 resources
- 39 farmers' markets

on the cover



Lisa Bellomy reminds us to "think global" and attend the Quad City Earth Charter Summit. (Photo by John Greenwood)

departments

12 growers
Tanners Orchard: Fifth-generation farm stands for all things apple.

14 food
Heady challenge: Radish staffers taste and compare organic beers.

16 how to
Hallow-green: Say 'boo' to disposables and make your own costume.

18 gardens
Good night, garden: Preparing your plants for a long winter's nap.

22 environment
Think global: Quad City Earth Charter Summit will focus on climate change.

24 community
Hand labor: Farmer and writer Wendell Berry to read from his work at Augustana College.

25 eating well
ColorKING: Allan Borushek feeds you 'inside' nutrition information.

26 great places
Peace on the prairie: Walk through history at Herbert Hoover National Historic Site.

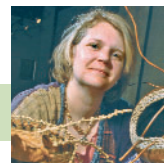
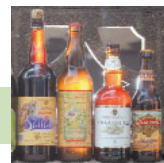
28 environment
Going to extremes: World-class skier Alison Gannett to speak at the Tallgrass Bioneers Conference.

30 health & fitness
21-day cleanse: A transforming experience from the inside out.

32 body, mind & soul
Nightmares: Don't let bad dreams steal your sleep.

33 arts
Weaving old into bold: Unconventional handmade baskets defy expectations.

40 food for thought
Green guilt: Do your best, but don't burn out on shame.



healthy living

No Impact Man

Blogger to headline Quad City Earth Charter Summit

By Elizabeth Janicek

Perhaps the best way to introduce Colin Beavan, aka "No Impact Man," is in his own words: "A Guilty Liberal Finally Snaps, Swears off Plastic, Goes Organic, Becomes a Bicycle Nut, Turns off His Power, Composts His Poop and, While Living in New York City, Generally Turns into a Tree-Hugging Lunatic Who Tries to Save the Polar Bears and the Rest of the Planet from Environmental Catastrophe While Dragging His Baby Daughter and Prada-Wearing, Four Seasons-Loving Wife Along for the Ride."

Quite the introduction, yes, but one that certainly befits a Manhattan-dwelling writer who undertook the project that Beavan did. Starting in late November of 2006, he and his family (wife Michelle and daughter Isabella, who was two years old at the time) vowed to spend a year making as close to "no impact" as possible on the environment. In other words:

$$\begin{array}{c} \text{(lower negative impact)} \\ + \\ \text{(higher positive impact)} \\ = \\ \text{no net impact} \end{array}$$

Beavan acknowledges that this is hardly a scientific equation, "but it was meant to make rational-sounding a more philosophical question. Could I and my family, for at least this one year, do more good than harm?"

To achieve the first part of that equation, the family set out to minimize, to the greatest extent possible, their negative impact on the environment. This meant assessing everything from their use of electricity and fossil fuels to the waste (both commercial and, well, natural) that they created. With so many bases to cover, they decided to tackle the project in stages, as Beavan described in his blog during the third month of the experiment:

"Stage one was figuring out how to live without making garbage: no disposable products, no packaging, etc. Stage two was figuring out how to cause the least environmental impact with our food choices. Stage three is figuring out how to reduce our consumption to only what is necessary and how to do that sustainably. The whole thing gets harder as we add each stage."

Transportation is one thing that makes everyone aware of his carbon footprint, so it made a good starting point. For their part, the No Impact Family rode bikes, used a push scooter for the baby and walked whenever possible. This was one advantage of living in a place like New York City, Beavan reported: As much as the Big Apple is known for consumerism, it also has a good public transportation system. Also, many necessities are within walking distance. Plus, he says, not driving forced the family to slow down and get a lot more fresh air as they traveled.

Reducing their use of electricity, however, required a much more drastic adjustment. Blogged Beavan: "We survived with one lamp provided by a single solar panel, a lot of beeswax candles, no fridge and no laundry machine." Ouch. Of the modern conveniences foregone, the laundry machine proved to be the most precious. He calls it "the one appliance I believe makes the difference between a life of drudgery and not. If cars are the Devil, as I think they are, then laundry machines are God." While off the grid, laundry was soaked in the tub and then stomped, "grape-crushing style" before being hung around the apartment to dry.

For food, the No Impact year was one of local, seasonal, unprocessed, unfrozen, organic or near-organic food, including little or no beef or dairy. In addition to putting money into the local food economy and minimizing a carbon footprint, Beavan found that, "Surprise, surprise! Eating a diet that is healthy for



Submitted

the planet also turns out to be pretty much what nutritionists have wanted us to eat all along." Without the fridge, food did spoil quickly in the summer, but No Impact Man likens it to camping and says it wasn't that bad.

Daily tasks involved sharing bathwater, brushing teeth with baking soda, and walking up as many flights of stairs as were necessary rather than indulging in an elevator ride. But despite these inconveniences, or perhaps because of many of them, the year spent living by the No Impact rules ultimately made the whole family happier.

Beavan noticed that he was a better dad when he wasn't watching TV. His wife found a sense of peace — yes, in Manhattan — while biking to and from work each day. Beavan reflects that the changes "improved every aspect of life."

Throughout the entire process, Beavan blogged about his experiences during that year and afterward: the challenges, the creative solutions, and some of the more surprising rewards. When No Impact finally reached the 365-day mark, Colin and Michelle set about assessing all that they had experienced.

Having pushed themselves to the farthest extreme of responsible living, the couple was faced with a challenge: finding a healthy balance between the values they had doggedly pursued for twelve months and the culture that was such an important part of their lives and identities. "Saving this planet depends on finding a middle path that is neither unconsciously consumerist nor self-consciously anti-materialist."

That middle path can exist, says Beavan, if we are more intentional about how we do what we do. He calls it "eco-effective," as opposed to eco-efficient. "The philosophy is based not only on restricting consumption but on changing what is consumed so that it actually helps or at least does not hinder the world," he writes.

"If bees had the idea that they wanted to save the planet, they would not go on crash diets ... They would continue to live their lives abundantly, because their lives are already eco-effective."

And this is what "no impact" comes down to. Again and again, Beavan's blog voices a simple question: "As a writer, there is nothing, to me, more satisfying than being able to take part in a wide-ranging discussion of this, the most fundamental of questions: how shall we live?"

The blog has gotten the attention of readers worldwide who are asking that same question. Among them, the planning committee of the second annual Quad City Earth Charter Summit, to be held Oct. 11, where Beavan will give a presentation titled, "Does our happiness have to cost the planet?"

For more information on the Quad City Earth Charter Summit, turn to page 22 or visit qcearthcharter.org.

No Impact Man's blog is online at noimpactman.typepad.com.

Looking forward to heating bills?

You have options.



EcoPower, LLC presents a
**Free Educational Seminar on
Geothermal Heating and Cooling**

**Thursday, Oct. 23rd, 6:30 pm
Moline, IL**

The guest speaker will be Mr. Michael Dilling of Hoosier Energy Associates. Learn about the economic and environmental benefits of heating and cooling your home or business with Geothermal.

For more info and to RSVP please call
309-764-8000 or brad@ecopowerllc.com



healthy living

Feel-good fuel

Battery-powered truck uses no gasoline or oil



Bud Wren shows off his electric truck. (Photo by John Greenwood / Radish)

By Sharon Wren

When gas cruised over the \$4-a-gallon mark this summer, we did what most people did. We cut back on driving and consolidated trips. But then we went one step further: my husband Bud converted a 1988 Mazda B2200 pickup into an all-electric vehicle.

The decision was part environmental and part economical. Neither of us like being at the mercy of the big oil companies to get around. Telecommuting, riding bikes and carpooling wouldn't work with our jobs and schedules. Electric was the fuel alternative of choice for us.

"I had access to an electric motor and motor controller, and it was a project I'd wanted to do for a while," says Bud. "I first wanted to do it a couple of years ago, but gas prices were lower and it wasn't as economical then as it is now. With gas prices the way they are now, it'll pay for itself sooner."

With a background as an electric fork truck mechanic, the conversion process wasn't as difficult for him as it might be for others.

"There are lots of advantages to running all electric: no gasoline, no oil, no antifreeze, no hoses, no belts and a lot less maintenance. And you can recharge it at home for 50 cents to a dollar, depending on how low the batteries are," he says.

Perhaps the most important step was finding the right vehicle. He bought the Mazda from a friend, and it was a good choice for conversion. "Pickup trucks have a full frame and a suspension capable of holding the weight of all the batteries. The advantage of a truck is that the full frame is easier to weld to and has more room to build boxes to hold the batteries. If you have the batteries outside the driver compartment, you can use wet cell batteries, which are cheaper. You have to use gel cell batteries if you plan to install them in the driver's compartment because of the fumes. You can't mix wet cell and gel cell batteries because they use different charging methods. Unfortunately, you lose run time, or 'mileage' because of the weight."

After finding the right vehicle, all the unnecessary parts were removed.

Obviously, the gas tank and the engine were among the first to go. A motor from an electric E50XM2 Hyster fork truck, which is nearly half the size of its fossil-fuel burning cousin, and an electric motor controller replaced the gas engine. The radiator and 12-volt battery were removed, and all salvageable parts were sold for scrap to help offset costs.

One advantage of using the electric motor controller came in the form of improved braking. "It has regenerative braking, which means that when you slow down, you actually reverse the direction of the motor. That charges the batteries by turning the kinetic energy into an electrical charge while stopping the vehicle. In addition, the brakes last longer. Some motor controllers don't have regenerative brakes, but the one I used did," Bud says.

"The truck goes 25 miles on a charge and has 12 6-volt golf cart batteries. It runs on 72 volts because the controller is limited to a maximum of 80 volts. Its top

speed is about 48 miles per hour, but if I were using a newer technology AC motor and motor controller with 20 batteries, it probably would have a maximum range of 35 to 45 miles with a maximum speed of near 80 mph. I can get the newer technology, but it's expensive. I wanted to see what I could do with materials that I could get easily and cheaply."

Four of the 12 batteries are installed in the engine compartment, where the radiator used to be. The other eight are in specially made boxes located under the truck bed. The entire bed was removed and reinstalled on hinges, so it can swing up and allow access to the batteries for maintenance and replacement.

Bud worked on the project in his spare time for about a month and a half, and I joked about it being "the other woman." If he'd been able to work on it full time, the conversion probably would have happened in a couple of weeks.

"It was easier than I thought it'd be to convert. Knowing how to wire everything is the hardest part," Bud says. "Anybody who's ever replaced their own engine before and wired a car stereo could do this. The only downside is that it's very expensive to buy the components, like the electric motor, motor controller and batteries."

The truck is amazingly quiet. There's no motor-turning-over noise, so when it starts, it doesn't sound like a regular car when you turn the key on. You don't realize the engine has started until you put it into gear and start moving. The truck accelerates quickly and runs smoothly. It's a lot of fun to drive past gas stations and think, "I don't need you anymore." There's enough energy to run the stereo and windshield wipers, but extras like power windows and air conditioning would require more batteries.

"Anybody who's ever replaced their own engine and wired a car stereo could do this."

These extras may be included in his next project: converting a car to electric for me to drive to work. The truck was a test to see if he could get the necessary components easily. After the truck has been fine-tuned, he plans to sell it and buy a car for conversion. My commute is too long for the truck. I take the interstate to work, so it's not fast enough, either. Bud would like to start a business converting cars and trucks to electric within the next couple of years — something he plans to do after he finishes construction of his dream garage. He says, "It's not like gas prices are going to go down."

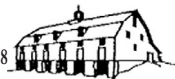
For more information about electric vehicles, turn to Resources page 38.

Walnut Grove Farm

Knoxville, IL

The Knox County Scenic Drive at the Farm

The First Two Full
Weekends of October
October 4 & 5 and October 11 & 12, 2008
9 AM to 5 PM



The farm, an official stop on the Knox County Scenic Drive, is located ½ mile north of Knoxville on Carr Street.

- Artisans in old time clothing make and sell their wares.
- Horses pull wagonloads of visitors through the walnut grove.
- Children dig potatoes and gather walnuts.
- Timber framers, wood carvers, potters, a basket maker, weavers, spinners, jewelers, herbalists and a broom squire demonstrate how they can turn their age-old skills into items that have significance today.
- Sample earlier life by watching cow milking, cream separating and butter churning.
- Taste open kettle stew while listening to traditional string band music.

Stay at the Guest House year round!

309-289-4770

www.walnutgrovefarm.com

NOW OPEN!

TOTAL Detailing
AUTO SPA

3245 Urica Ridge Rd. Bettendorf, Iowa
(Across from the Lodge)
(563) 355-7232 Fax (563) 355-7292
Mon.-Fri., 8 am-6 pm; Sat., 8 am-5 pm; Sun., 9 am-4 pm

FULL SERVICE CAR WASH
No Oversize Charge • 6th Wash FREE • Fleet Discounts

COMPLETE DETAIL SERVICES

Fall for apples

Versatile fruits add pizzazz to sweet and savory dishes



By Chef Donna Duvall

Leaves are beginning to color the Maquoketa River valley and beyond; there's a hint of frost in the air; and my thoughts turn to apples. We grow several varieties here on our Jackson County farm, but each year I visit a local orchard to pick up a few bags of different varieties for fun and flavor. The perfume of the apples is heady, and the bags and bins full of reds and golds are a feast for the eyes. As the weather cools, baking regains its allure, and the prospect of more hearty meals draws me to the kitchen.

Versatile apples are a staple for fall baking and are perfect in breads, muffins, cakes and, of course, pie. But don't limit the use of apples to desserts or quick snacks. There are multitudes of quick apple applications to curb your craving for the luscious fruit.

Concoct a quick breakfast or snack by putting a dab of peanut butter on a sliced apple and topping with a bit of granola. To make a simple apple salad, add sliced apples (dipped in lemon juice to prevent discoloring), toasted pumpkin seeds (or other toasted nuts) and goat cheese to your favorite salad greens, and toss with your favorite vinaigrette. In an afternoon, you can whip up enough apple butter or apple jelly to last the whole winter, with enough left to give away with a loaf of homemade bread, as a special gift.

Happy, healthy apples

Apples are fat, cholesterol and sodium free, and they provide a modest amount of vitamin C. But the best news is that apples are loaded with soluble and non-soluble fiber and flavonoids, all in a package containing only 80 calories. No wonder humans have been enjoying apples for thousands of years.

Organic apples?

In recent years, we've seen the welcome move to certified organic produce at the grocery store as well as farmers' market vendors offering produce grown without the use of chemical fertilizers, pesticides and herbicides. Organically grown apples, however, still may be difficult to find. Apples are subject to a number of pests and diseases that are difficult to control using strictly organic measures in a commercial setting.

Apples, apples everywhere

Even though there are 7,500 varieties of apples grown worldwide, with 2,500 varieties grown in the U.S., only about 100 varieties are grown commercially. The five most commonly eaten apples in the U.S. are Red Delicious, Golden Delicious, Granny Smith, Gala and Fuji, with many supermarket apples

coming from Washington, New York, Michigan, Pennsylvania and California, the major apple producing states.

Local apples

Locally the apple season extends from late August through November, but with the storage abilities of many apples, the season can be extended to keep you in apple pie for the holidays and apples for eating fresh well in to January and beyond.

In addition to the commonly available apples, local producers offer lesser known apples, including heritage varieties, as well as two new favorites, Honeycrisp and Pink Lady. Vendors often will cut into a juicy beauty to give customers a taste of unknown varieties. As you peruse the bags and bins of crimson goodness, look for these heritage varieties to add flavor and variety to your autumn feasts.

Baldwin: Originated in Wilmington, Delaware in 1740, it is medium-sized with a yellow base and striped red. It is firm, juicy and sweet. Use for pies, fresh eating and cider.

Cortland: This relative of the McIntosh was developed in 1915. Harvested in late August, it has white crisp flesh, and is one of the best apples for salad because it doesn't brown quickly.

Duchess: A heritage variety originating in Russia

in 1700, it is harvested in August, but keeps only a few weeks. A good cooking apple.

Grimes Golden: Originated in West Virginia in 1832. Harvested in October, it has multiple uses. It is a very good eating apple, is used in cider and keeps well. It has a rich, aromatic, spicy flavor.

Jonathan: Originated in New York, in 1862. Harvested in October, a good eating and keeping apple. The flesh is juicy and crisp. Eat fresh or cook.

McIntosh: Originated in Ontario, Canada in 1798. Harvested in September, it is tender with firm white flesh, very juicy and aromatic. It is good for eating fresh and for applesauce and salad.

Snow Apple (Fameuse): Dates from Quebec about 1600, it is the parent of the McIntosh. Harvested in late September, the fruits are small with pure white flesh, occasionally streaked with red. The flesh is soft with a distinctive flavor. Eat it fresh or use for cider or pies.

Stayman Winesap: Originating in Kansas in 1875, these large, dull red colored apples are harvested in October. They are firm, tender and juicy, with a wine-like flavor. They store well and resist bruising. Eat fresh or use in salads, sauce and pies.

Walthy: Descended from the Duchess apple, and discovered in Minnesota in 1861. Harvested in September, it is a multi-use apple, but is especially good for desserts. It is crisp, and juicy with a flavor reminiscent of wine.

Yellow Transparent: This native of Russia was introduced to the U. S. in 1870. Harvested in July, it is good for drying, freezing, applesauce, juice and wine. It has pale yellow skin, and sweet juicy flesh. It does not keep well.

Himmel und Erde (Heaven and Earth)



Brandy Welvoort

- 4 medium red or Yukon Gold potatoes — cut into 1 inch cubes
- 2 large tart apples — unpeeled and sliced
- 1 tablespoon sugar
- 4 slices bacon — cut into 1 inch pieces
- 1 medium onion — sliced
- 1 tablespoon butter
- ½ teaspoon nutmeg

Heat 1 inch water to boiling; add potatoes, apples and sugar, bring to a boil, reduce heat, cover and cook until tender, about 10 to 15 minutes; drain.

Fry bacon until crisp; drain on paper and cook until soft and lightly caramelized.

Place potatoes and apples in serving bowl; dot with butter, salt and pepper to taste and sprinkle with nutmeg; top with bacon and onion and serve.

Alternatively, boil the potatoes and apples, brown them in a little bit of butter, then mix with the other ingredients.

Makes 4 servings.

Adapted from "Taste of Home." Turn to Resources, page 38, for more recipes.

Heritage Natural Foods invites you to

Healthy, Exciting Seasonal & Holiday Cooking Events

Saturdays: 1-3 p.m.

at our newly remodeled downtown Moline store

■ October 25th ■ November 22nd ■ December 6th

Savory Soups, Holiday Fare, Great Healthy Gift Ideas, Samples, Giveaways, Recipes And More...

Join Us for Great Holiday and Seasonal Healthy Living Ideas.

FREE and open to the public. Call for details and to reserve a seat.



We have the solution... "naturally!"

1317 6th Ave. • Moline
309-764-1912
m-t 9-5:30, w-t 9-6:30, sat. 9-5

3875 Elmore • Davenport
563-344-2100
m-t 10-7, sat. 9-5

growers

Tanners Orchard

Fifth-generation farm stands for all things apple

By Radish staff

You can pick your own apples this fall at Tanners Orchard in Speer, Ill., a family-owned, fifth-generation orchard that also has a market, a corn maze and plenty of fun stuff for the kids. Radish recently conversed with Marilyn Tanner about what's happening at the orchard.

Radish: Tell us a little bit about Tanners Orchard.

Marilyn Tanner: Tanners Orchard is a family-owned apple orchard located approximately 20 miles north of Peoria, Ill., on state Route 40. This year marks our 61st anniversary. What started out as a small, roadside market — with apple cider, pumpkins and squash — has evolved into a popular destination for generations of customers.

The fifth generation of apple growers now is working full time at the orchard. There are five family members involved in management and a full-time bakery manager.

R: How's the crop look?

MT: This year, there's a bumper crop of apples. The weather has been great with plenty of rain and sunshine.

R: Which varieties of apples do you grow?

MT: Our varieties of apples include Gala, Honeycrisp, Jonathan, Red and Golden Delicious, Fuji, McIntosh and many more.

R: What's the best kind of apple for pies? For eating fresh?

MT: We feel that the best apple for baking is the Jonathan or Cortland, and the best for just eating fresh would be Gala or Red Delicious.

R: What do you have besides apples?

MT: The main market consists of a large retail area, which includes gifts, gourmet foods, a full bakery and seasonal fresh fruits and vegetables. We serve a delicious lunch at our bakery Mondays through Fridays.

On weekends, grilled sandwiches are served at our Old Market Eatery.

Fresh-made cider is available, with a free sample as you walk in the door. As you walk the aisles of our market, you can sample many of our gourmet foods, such as dips, salsas, dressings and jams.

R: What's there for the kids to do?

MT: Outside the children can play on our large playground, and Cider Barrel



The Tanner family, left to right, is Craig Tanner, Marilyn Tanner, Richard Tanner, Jennifer Tanner Beaver and Ben Beaver. (Submitted)

Train rides — in blue barrels traveling on a circular track — always are a hit. Children also can visit the barn and watch the goats climb up to the Billy Goat Bridge to their very own treehouse.

On weekends, kids can go for pony rides, and the 7-acre corn maze is a challenge for all ages. New this year, kids can pan for "gems."

Near the playground is Tanners Snack Shack, where you can find fresh-squeezed lemon shake-ups, popcorn, apple "dazzle" and cider.

R: When can we visit?

MT: We'll be open through Nov. 29. Hours are 8 a.m. to 8 p.m. daily in September and October and 8 a.m. to 5 p.m. in November. You can pick your own apples now through Oct. 20, and visitors can ride the covered wagon out to the orchard on weekends or drive their cars there during the week.

For more information, visit tannersorchard.com or call (309) 493-5442.

"What started out as a small, roadside market has evolved into a popular destination for generations of customers."

Radish 12



ReStore

The Quad Cities' source for new and used building materials!

Fall Festival
Saturday, Oct. 25th
10 am-3 pm

Hourly give-a-ways, demonstrations,
refreshments, kids' activities, in-store specials

Store Hours: 10-7 Wed.; 10-5 Thurs. & Fri.; 10-3 Sat.
3629 Mississippi Ave. Davenport — www.restoreqc.org

Hy-Vee

A Healthy Smile in Every Aisle.

The Hy-Vee dietitians can answer your questions about products, nutrition and health.

October is Celiac Sprue Awareness Month.

Stop by your Hy-Vee HealthMarket for a variety of gluten-free products! Go to www.hy-vee.com/health/gluten-free_product_list.asp for a listing of Hy-Vee products.

Gluten-Free Peanut Butter Chocolate Chip Cookies
Serves 63 (1 cookie each) Source: Hy-Vee Test Kitchen

All you need:


- 1 c. Hy-Vee butter, softened
- 1 c. Hy-Vee creamy peanut butter
- 1 c. Hy-Vee granulated sugar
- 1 c. Hy-Vee packed brown sugar
- 3 Hy-Vee eggs
- 2 tsp. Hy-Vee baking soda
- 2 tsp. Hy-Vee vanilla
- 4 c. Bob's Red Mill™ gluten-free all-purpose baking flour
- 1 package (12 oz) Hy-Vee real chocolate chips

All you do:


1. Cream butter, peanut butter, white sugar and brown sugar.
2. Add eggs and mix.
3. Add baking soda, vanilla and flour. Mix well.
4. Mix in chocolate chips.
5. Drop by spoonfuls onto ungreased cookie sheet.
6. Bake at 350 degrees for 14 minutes.
7. Remove to wire racks to cool.

Services include:


- Individual nutrition counseling
- Personal shopping assistance
- Supermarket tours
- Group nutrition class and workshops
- Monthly nutrition newsletter
- Recipe demos
- Cooking classes




Stacy Mitchell, RD, LD
2900 Davis Glen Rd., Bettendorf
563-332-8496




Janet Macon, MS, RD, LD
2351 W Locust St., Davenport
563-324-6946




Allison Yoder, RD, LD
2201 W Kimberly Rd., Davenport
563-391-0213



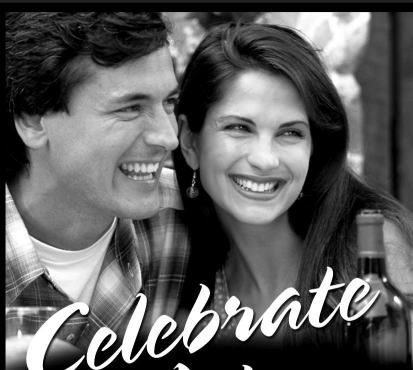
Beth A. Freehill
901 South 6th Street, Clinton
563-243-6162



Valerie Wheatley, RD, LDN
201 10th Ave. W., Milan
309-787-0273




Christina Mitzel, MS, RD, LDN
2930 18th Ave., Rock Island
309-793-0684




Celebrate Life...

- Gift Cards
- Corporate Gifts
- Holiday Parties and Wine Tastings
- Wine Baskets and Boxes
- Wine Merchandise
- And Award-Winning Wines from Around the World!



New!
Yellow & Blue Malbec
100% Organic Wine in an Eco-Friendly Package



the Grape Life

Wine Store & Lounge

By the taste | By the glass | Buy the bottle

On the corner of Kimberly & Elmore
(next to Panera Bread)
Davenport

563-355-7070
www.mygrapelife.com

food

Heady challenge

Radish staffers taste, compare organic beers

By Radish staff, with Doug Alberhasky

When you imagine the activities that occupy the leisure time of the health-minded, tasting beers probably doesn't come to mind. Yet that's just what a group of Radish staffers did one recent evening. Yes, beers. So let's qualify this.

The beers were certified organic and so meet the criteria of the USDA's National Organic Program. Organic foods and ingredients (such as barley, hops and yeasts) may not be irradiated, contain genetically engineered organisms (GEOs), or be grown with sewage-sludge fertilizer. Synthetic fertilizers, chemical pesticides, growth hormones and antibiotics are not used, either.

Following are our tasting notes. Additional details are provided by Doug Alberhasky, resident beer guru at John's Grocery, 401 E. Market St., Iowa City (johnsgrocery.com).

Duchy Originals Organic English Ale

By Wychwood Brewery, England (5 percent alcohol by volume)

Alberhasky: Traditionally brewed using a blend of the finest aroma hops and malt made from Plumage Archer barley harvested from selected organic farms in Britain. This traditional ale has a ruby color, rich in body and a balanced bitter flavor. The Prince of Wales created Duchy Originals in 1990 because he believes in organic farming.

Radish: "It's got a little bite to it." "Not overly hoppy. A nice, smooth finish."

George Schneider's Weissen Edel-Weisse

By G. Schneider & Sohn, Germany (6.25 percent a.b.v.)

A: This hefe was brought to the U.S. in 2000. It has a complex citrus character and is the strongest of the hefe-weizens. It has a huge malt body and a big hop character to balance it out.

R: "Almost tastes like licorice." "No, it has a root-beer taste and smell."

Mothership Wit

Organic wheat beer brewed with spices. By New Belgium Brewing, Fort Collins, Colo. (4.8 percent a.b.v.)

A: New Belgium's first venture into organic beer, this is brewed with wheat and barley malt as well as coriander and orange peel, which results in balanced citrus and sour flavors find in suspension by a bright burst of carbonation.

R: "I can taste the spice." "I like the fruity, carbonated beers. ... Those who are not hard-core beer drinkers will like this one."

Sara Buckwheat Ale

By Brasserie Silenieux, Belgium (6 percent a.b.v.)

A: Buckwheat is a rare brewing ingredient, and it makes up one-fourth of the



Radish staffers tasted several organic beers. (Photo by Todd Mizener / Radish)

total grain used here. (The rest is regular barley malt.) This beer has a dark golden color and is well hopped and spicy. It has a dense head.

R: "This one's wine-ish." "Smells kind of grape-y. Has a really weird aftertaste that you don't associate with beer. ... I think it's disingenuous to call it 'buckwheat ale.' I taste neither buckwheat nor ale in this."

Scarecrow Organic Golden Pale Ale

By Wychwood Brewery, England (4.7 percent a.b.v.)

A: This beer uses a unique blend of organic Plumage Archer Barley Malt and whole leaf Target hops, which are naturally grown in a single garden in Kent. It has a wonderful citrus character and earthy malt flavor and ends with a somewhat spicy finish.

R: "There's nothing exceptional about it." "It's good 'food beer.'"

St. Peter's English Ale

By St. Peter's Brewery, U.K. (4.5 percent a.b.v.)

A: Water from the brewery's 300-foot borehole combines with U.K. Soil Association-accredited light-malted barley from Norfolk, organic Hallertau hops from New Zealand and St. Peter's own single-strand yeast. The result is a delicate, clean, crisp, lightly carbonated, traditional English ale with a citrus hop aftertaste.

R: "Tastes a little skunky." "Kind of tastes like Heineken."

Read a longer version of this story online at radishmagazine.com.

eco-friendly choices for your floor covering

**CARPET – HARDWOOD – LAMINATE
CERAMIC TILE – AREA RUGS**

**Come to our showroom and learn about our line of
Earth Friendly products
for your Home & Office – Family & Planet**

Floorcrafters
Celebrating 60 Years
of Service
in the Quad Cities

1305 Fifth Avenue • Moline, IL • 309-762-9423

**Celebrate the Harvest at the
Davenport Freight House Farmers Market!**

Harvest Festival
Saturday, October 4, 2008
A FUN Time for ALL Ages!

- Pumpkin Growing Contest (Largest, Over 100 Lbs.)
- Apple Pie Baking Contest • Scarecrows
- Demonstrations, Kids' Games and Activities

Visit us every Saturday and Wednesday
from 8:00am to 1:00pm.
Davenport Freight House

Farmers Market
421 W. River Dr. • Downtown Davenport

Visit our website @ www.localharvest.org
to see the many family activities going on
at the market throughout the season.

Honda – Creating Environmentally Responsible Mobility

*As an automotive leader in clean technology,
our commitment to being environmentally responsible is
second to none. Equally important is our desire to help
keep drivers and passenger safe.*



2008 Honda CR-V EX-L

Zimmerman Honda
the BIG Z... an eaZier way to buy a car!

1740 5TH AVENUE ROCK ISLAND, ILLINOIS
NEW (309) 788-9304 USED (309) 788-0648
BUDGET (309) 788-0649

how to Hallow-green

Say 'boo' to disposables and make your costume

By Green Living

The average Halloween costume can cost anywhere from \$25 to \$40 and usually is made from petroleum-based vinyl and fabric filled with dioxins and phthalates. Both chemicals are considered hormone disruptors and major pollutants. You can save money and the environment by returning to the old-fashioned costume made from recyclables.

Explore the closet

Look around in your closet, and you're sure to find something just hanging around waiting to be reborn. (What boomer doesn't have some old hippie-style or ghastly outfit from the 70s?) If you possess only tasteful designer clothes, then head to the nearest secondhand shop like Goodwill. Goodwill even has an online store locator and many stores have a special Halloween section.

The Costume Idea Zone (costumeideazone.com) has lots of simple suggestions ranging from traditional witches and goblins to animals and storybook characters. All these costumes can be made with existing clothing and just a few accessories.

For example, here's how to make a dog costume: Wear all white. Cut spots



(iStockphoto)

out of black felt and stick them all over your body. Make black felt ears and attach them to a headband. Make a tail by braiding some black fabric. Make a collar out of fake leather and attach some dog tags. Carry a dog bone.

Fly with your costume

Accessories can help make your costume come alive. Even if your child wants to dress as a popular character, you still don't need to buy a ready-made costume. By adding the necessary accessories, you can use recyclables you find around the house.

Fairies, bumblebees and other flying objects always are popular costumes with wee ones. Make your own simple wings using wire coat hangers, stockings and a bit of glitter. The craft Web site DLTK Kids (dltk-kids.com) has a free pattern for Halloween wings that even the most craft-impaired parent will be able to follow.

Unmask your imagination

Most premade Halloween costumes come with plastic or latex masks that block peripheral vision and also are filled with toxic chemicals like PVC. Most pediatricians recommend using face paints instead.

Like most conventional makeup, Halloween makeup contains some chemicals that can irritate young skin. The cheaper Halloween makeup also may contain lead and petroleum jelly, both of which cause allergies and illness in large enough doses. Natural products from the brands Burt's Bees, Earth's Beauty and Kiss My Face make great substitutes.

Pink Quartz Minerals (pinkquartzminerals.com) has created a Halloween kit with natural, pure mineral makeup that includes a large pot of white base and a choice of two pots of color from the 18 available hues. These colors wash off easily and are hypoallergenic.

Amanda Formaro, an entrepreneurial mother of four children and owner of Family Corner magazine has created several homemade makeup recipes you can make from common ingredients found in the kitchen and bathroom. You can see her recipes at familycorner.com/family/kids/crafts/makeup_halloween.shtml.

Put safety first

Whichever costume you choose, store bought or homemade, make sure it's safe. Make sure costumes are short enough so that kids will not trip. Costumes that limit movement should be avoided. As a final precaution, add some reflective material or tape to make sure your little witch or goblin is visible to cars. A flashlight to help them navigate also is a good idea.

For more stories like this one, visit greenlivingonline.com.



Things to do:

German American Heritage Center:
Scherenschnitt paper art
John Deere Pavilion: Kids Crafts
Camp McClellan Cellars:
Beer making demos
Crandall Farms:
Bee hives and honey
Cast Iron Cooking
Dairy Calf
Antique Tractors
Double W Dancers
Programs:
12:00 Native American Program
1:00 Double W Dancers
2:00-4:00 Barn Dancers with Joe Nobeling

The HOLIDAYS...

Plan to spend festive, relaxing time in the Botanical Center's Beautiful Tropical Gardens with family and friends over the HOLIDAYS. Listen to the waterfall, smell exquisite tropical scents and relax with friends and family. A QC Botanical Center Gift membership and Our UNIQUE Gift Shop items are perfect for holiday gift giving.



QUAD CITY
BOTANICAL
CENTER

2525 4th Avenue, Rock Island, IL
(309) 794-0991
www.qcgardens.com

LOOK GREAT, FEEL GREAT through Wellness...

We are offering for the month of October,
\$5.00 off an Indian Head Massage.

Indian head massage is an ancient Ayurvedic therapy that improves circulation, relief from tension headaches and eye strain, promotes hair growth and a healthy scalp and a general feeling of relaxation and much more. So call today for an appointment @ 309-757-7100. Exp. Nov. 1st, 2008.

Southpark Chiropactic Wellness Center

can help you:

- ✓ Increase your energy
- ✓ Reduce Stress
- ✓ Boost immune function
- ✓ Plan Healthy Meals
- ✓ Lose unwanted body fat
- ✓ Avoid taking drugs
- ✓ Increase restful sleep
- ✓ Choose helpful supplements
- ✓ Improve athletic performance
- ✓ Feel and look your best

we offer:

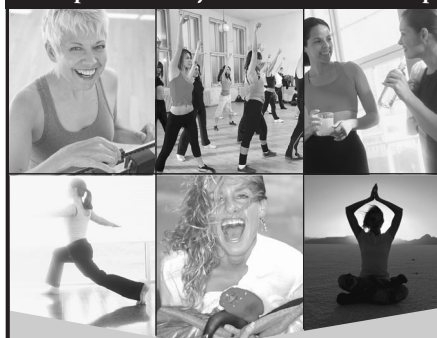
- ✓ Chiropractic
- ✓ Massage
- ✓ Cranial Release Technique
- ✓ Nutritional Counseling
- ✓ Reflexology
- ✓ State-of-the-Art Diagnostics
- ✓ Physiotherapy
- ✓ Indian Head Massage
- ✓ Aromatherapy
- ✓ Russian Medical Massage



Southpark Chiropactic
Wellness Center

Call 757-7100 Today
1529 46th Ave., Moline
www.southparkchiropractic.com

Oct. Special – 5 Day FREE Trial Membership



What makes us so special?

A Health Equation for Feeling Good Inside & Out
Fitness • Nutrition • Wellness • Relaxation

- **Women's Club** – warm, inviting and nurturing atmosphere
- **Friendly Trainers** – to help you achieve your fitness goals
- **Nutritional support** – tailored to help you hit your target weight
- **Infrared Sauna** – revolutionary dry heat sauna technology
- **Women's Exercise Equipment** – proprietary, six-level, adjustable hydraulic, exercise equipment specifically designed for women

- **Massage Therapy**
- **Detoxification**
- **Acupuncture**
- **Yoga Classes**
- **Nutritional Supplements**
- **30 Min. Core Program**
- **Ab Classes**
- **Metabolic Testing**
- **Tanning Bed**
- **Akashic Readings**

TAKE ACTION  *"HITTING THE TARGET"*

Old Town Mall
901 E. Kimberly Road
Davenport, Iowa 52807

It's YOUR Choice ~
Take Action Today
Call: 563-445-6640

gardens

Good night, garden

Preparing your plants for a long winter's nap

By Dave Searl

Fall is here. Sunsets are sneaking up on us, and the cooler night temperatures slow the chirp of the crickets. Gardeners are intertwined with the cycle of the seasons, and with each season come garden chores. Here's some advice to help you with your fall chores.

For each gardener, personal preference is the rule for cutting back perennial beds. Some prefer to cut back everything, while others leave it standing and cut in spring. Still others cut some plants and leave some standing. Keep in mind that if you had disease or insect problems during the growing season, you should cut back those plants and dispose of the trimmings. Never place diseased or insect-infected cuttings in your compost pile.

Perennials left standing can provide food and cover for wildlife during a harsh winter. You can leave plants such as coneflower, black-eyed Susan and ornamental grasses in place. These plants also provide wonderful winter interest and cast beautiful shadows in fresh snow.

If you cut back perennials, however, you need to understand how they grow. If a plant is herbaceous, then it turns brown and dies back to the ground after the first frost. Good examples of herbaceous perennials are hostas, daylilies and peonies. Once this occurs, the plant goes into dormancy, and you can prune off the dead stems and leaves. If your plant is semi-herbaceous—as are black-eyed Susans, Shasta daisies and penstemons—the upper stems die back, leaving the lower green foliage. In this case, only trim the dead material above the foliage.

Coralbells, dianthus and creeping phlox, on the other hand, fall under the evergreen category. Only prune old flower stalks or leggy growth, then wait until spring to trim off winter damaged foliage.

Perennials with woody stems are called subshrubs. They include artemisias, butterfly bush, lavender and Russian sage. These plants have leaf buds all along their stems. Wait until spring after the new leaves emerge to trim back to a desired shape. With a little experience and knowledge, the more confident you will become as you prune your plants.

If you have chrysanthemums, mulch them for winter and wait until spring to cut them back.

Gardeners often wonder what plants they should protect over the winter months. I like to protect anything planted after Aug. 1 because these plants haven't had time to establish root systems. I add several inches of compost or shredded leaves around those plants after the ground starts to freeze. Most perennials require well drained soil, so stay away from using whole leaves because they mat down and collect moisture, which can cause rot. I also protect my hibiscus and butterfly bush. I mound mulch or compost over the crown after the ground starts to freeze.

Roses, too, can benefit from winter protection, but a common mistake gardeners make is to cover their plants too early. Cover roses after we get several days



Head gardener Dave Searl prunes black-eyed Susans at the Quad City Botanical Center in Rock Island. (Photo by Paul Colletti / Radish)

with temperatures below 20 degrees (usually in November). Then begin mounding 12 to 16 inches of soil, mulch or shredded leaves over the rose. All roses except climbers and shrub roses may be pruned down to knee height at this time. If you are using cones, punch holes in them to allow for proper air circulation. Remember, the goal is to protect your plants from temperature swings.

Watering is another important factor for your plants' survival. Plants should not go into the winter season under dry conditions. If we haven't had adequate rainfall, try to water until the ground freezes. In order for this to be successful, you need good soil drainage. Plants don't like cold, waterlogged soil. In fact, it can cause roots and crowns to rot and die.

Trees and shrubs, too, can benefit from a little extra care this time of year. Branches can be pruned using proper sawing techniques so the wound heals quickly. Prune oak trees between November and March, as cold weather seems to slow the spread of Oak Wilt disease.

If you have dahlias, cannas or similar plants, wait for a killing frost to lift and store the bulbs and tubers.

Finally, clean and store your pots, containers, tools and lawn equipment. You'll want it to be ready to go after winter is through.

Read a longer version of this story online at radishmagazine.com.

Moline Park & Recreation:
Offering you
education
and fun!

GREENHOUSE CLASSES at the Moline Garden Center Greenhouse

Think Spring-Plant Bulbs
Learn the success of planting fall bulbs. Sat., Oct. 18, 10am-12pm, Fee: \$10

Gourd Bird Houses
Learn the technique of making bird houses out of garden gourds. Leave them natural or apply an artistic flair to your own home. Sat., Nov. 8, 10am-12pm, Fee: \$15

COOKING CLASSES

Grandma's Farmhouse Dinner:
October 21st

Holiday Appetizers:
November 18th

Cooking with Chili Peppers:
January 20th

Winter Soups:
February 17th

Southwest Celebration:
March 24th



Holiday Wreath
Decorate for Christmas with a fresh evergreen wreath designed by you! Sat., Dec. 6, 10am-12pm, Fee: \$18

Paint a Garden Chair
Come to the green house to put your creative skills to work. No painting experience necessary. You'll be amazed at what you can do! Sat., Jan. 10 & 17, Fee: \$15

Planning the Garden
Including Catalog Research and Ordering. Come and gather 'round with a cup of tea and let's learn and plan. Sat., Feb. 28, Fee: \$5

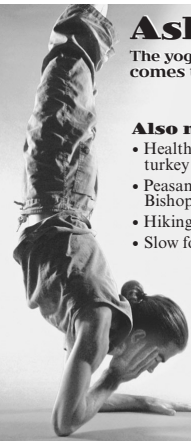
Propagation & Seeds
It's time to get started. Let's dig in. Sat., March 14, Fee: \$10

All Cooking Classes 6-8pm
at the Moline Activity Center
620 18th St., Moline — Fee: \$20.00

Presented by Pam Hunt / Cooking classes mix a blend of Culinary Inspiration's culinary techniques, insights and expertise. The attendees participate, ask questions and taste the finished dishes. Beautiful Full-Color Recipe Cards are provided so that you can recreate the menu at home. Register online or by phone:

www.moline.il.us • (309) 736-5714

Coming in November...



Ashtanga
The yoga of the stars
comes to the Quad-Cities.

Also next month:

- Healthy Thanksgiving turkey from farm to table
- Peasant Works barn in Bishop Hill
- Hiking Effigy Mounds
- Slow food in the Quad-Cities

Radish
HEALTHY LIVING FROM THE GROUND UP

Ancient Wisdom
Acupuncture Clinic
Health and Wellness Tea

Presents

October Tea Tasting
Saturday October 11th
1 to 4 p.m.
Dewey's Cafe in
Bettendorf library

In celebration of National Herb Day
(563) 332-1891



100% Natural
EPICOR®
Be healthy.
Balance your
immune system.

More than 100 health conditions have been linked to compromised immune function such as: joint health, autoimmune conditions, cellular health, colds & flu and cardiovascular health. Taken daily, EpiCor helps balance and support your immune system to maintain good health.*

Available at these Hy-Vee locations

901 S. 4th Street, Clinton, IA
2351 West Locust Street, Davenport, IA
2395 NW Arterial, Dubuque, IA
812 S. First Avenue, Iowa City, IA
1720 Waterfront Drive, Iowa City, IA
All Cedar Rapids area Hy-Vee stores
or online at www.4GreatHealth.com

PROActive
HealthProducts

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, or prevent any disease. EpiCor® is a registered trademark of Eubio Health Sciences, LLC.

healthy living

Pumpkin pursuit

Select your squash in the country

By Brandy Welvaert

You seek the great pumpkin — not the random grocery-store gourd. You visit the local farmers' market or open-air stand to find piles of uniquely colored heirloom fruits, orange orbs suited for carving and those cute little pie pumpkins that transition from decor to dessert. You swoop them up, content with lugging home many more than intended. And yet the pumpkin hunt very well could include a stretch of highway on a day that begins with an October-blue sky, leads you among acres of vines, and closes with a sun-warmed pumpkin snuggled in your lap. Here are several good spots to spend such a day in the Radish region — and beyond.

Buffalo Pumpkin Patch, 1 mile west of Buffalo, Iowa. With between 5 and 7 acres of pumpkins each year, owner Bob Kautz sometimes buys pumpkins from other people and scatters them throughout his fields to increase the fun for kids. Also on the 200-acre farm, kids can take a ride in a goat-pulled chariot, learn to milk a goat, feed the farm animals, ride a hayrack, play in the 20-foot moonbounce, explore the sorghum maze and more. Hours are 10 a.m.-6 p.m. weekdays and 9 a.m.-6 p.m. weekends, Sept. 20-Oct. 31. (563) 381-1098 or buffalopumpkinpatch.com.

Country Corner, 2 miles north of Alpha, Ill. You can wade through more than 20 acres of pumpkins — some of them orange, but others red, pink and even blue — at Country Corner, a real fall destination. The owner, Bruce "O'Lantern" Curry, has been in the pumpkin business for more than 30 years, and his farm market offers more than just squash: There are seasonal fruits and veggies and country canned goods, too. On weekdays, admission is free to visit the barnyard zoo, 7-acre corn maze and kids' maze and more. On weekends, admission is \$10,

which includes extras like a hayrack ride to the pumpkin patch and inflatables for kids. Country Corner is open 9 a.m.-7 p.m. Mondays through Saturdays and 10 a.m.-6 p.m. Sundays. (309) 629-2359 or country-corner.com.

The Great Pumpkin Patch, ½ mile west of Arthur, Ill. This 63-acre pumpkin patch is a bit of a drive from the Radish region, but it was featured in Martha Stewart Living and specializes in heirloom and other specialty pumpkins, squash and gourds. You can pick your own from more than 300 varieties. In fact, the patch is billed as "the destination for diversity," according to Mac Condill, who runs it and owns the all-homemade Homestead Bakehouse on the property. The venue also has a straw-bale maze, a one-room historic schoolhouse, farm animals, a picnic area, wagon rides, children's garden and learning exhibits. Hours are 9 a.m.-6 p.m. every day through Oct. 31. Admission is \$5 for ages 13 and up, \$3 for seniors 60 and older, \$2 for ages 6-12, and free for ages 5 and younger. (217) 543-2394 or the200acres.com.



The Great Pumpkin Patch in Arthur, Ill. (Submitted)

Kathy's Pumpkin Patch, 1 mile east of Donnellson, Iowa. Kathy's grows and harvests more than 175 varieties of pumpkins, squash, gourds and ornamentals for its open-air market. There's a 10-acre pick-your-own patch for purists; and for kids with energy to burn, there's a 10-acre corn maze (good for adults with energy to burn, too), a "Harvestville" play area, a corn pool, rubber ducky races, obstacle courses, tricycle tracks and horse-drawn wagon rides. Mom and Dad can find respite in the gift shop — and get a little early holiday shopping done, too. Kathy's is open 9 a.m.-7 p.m. Mondays through Saturdays and 11 a.m.-7 p.m. Sundays through Halloween. (319) 470-1558 or kathyspumpkinpatch.com.

Rogers Pumpkin Patch, 1½ miles east of Lomax, Ill., on state Highway 96. Jim and Kathy Rogers promise you'll find heirloom pumpkins and squash and gourds in every variety, as well as Indian corn, broom corn and garden mums. On weekends, there's a bounce house for the kids and hayrack rides. Oct. 11 is Family Day. For a fee, kids can ride the train, jump around the bounce house, visit the petting zoo, and gather as a visiting storyteller from Western Illinois University (Macomb, Ill.) entertains. Hours are 8 a.m. to dusk now through Oct. 31. (217) 449-3486 or geocities.com/rogerspumpkin.

Tri-State Market Pumpkin Barn, 1887 Highway 35 N., East Dubuque, Ill. This open-air market has pumpkins, apples and other local produce, as well as hay rides, inflatables for kids, apple cider and a corn maze. Hours are 9 a.m.-6 p.m. every day, late September through October. (815) 747-6832.

White's Berry Farm, 1729 N. Blackjack Road, Galena, Ill. While you can't actually pick your own anymore at White's, you can take in the fields and shop for solid, striped and spotted pumpkins in colors like white, pink and regular orange. The farmstand "is a little bit of the country," says owner Tim White, who also sells jams, jellies and other goods. Hours are 10 a.m.-6 p.m. daily. (815) 777-3106.

It's a beautiful day for a
bike ride...

Did you know that all our buses have
bike racks?



MetroLINK
www.qcmetrolink.com
309-788-3360

environment Think global

Q-C summit will focus on climate change

By Elizabeth Janicek

When Colin Beavan, aka No Impact Man, was asked to speak at this year's Quad City Earth Charter Summit in Davenport, Iowa, he eagerly agreed — on a few low-impact conditions: He wanted to be picked up from the train station in a hybrid car and stay in the greenest hotel available. He also asked that The Congregation of the Humility of Mary (CHM), which organizes the summit, purchase carbon offsets to balance out his two-day train trip from New York. (Read more about No Impact Man on page 6.)

The sisters were more than happy to comply. In fact, the Earth Charter Summit is all about inspiring people to make simple changes in their everyday lives. The charter itself outlines a plan for living in a way that embodies ecological integrity, social and economic justice, democracy, nonviolence and peace.

The Quad City Earth Charter Summit will be held from 8 a.m. to 4 p.m. Oct. 11 at the RiverCenter, 136 E. 3rd St., Davenport. Registration is \$20 and

includes lunch. Late-registering and same-day attendees are welcome for a reduced rate and should bring their own lunches.

The theme for the event is "Global Climate Change: Generating Hope and Energy."

"The title says it all," says Lisa Bellomy, CHM communications director. "We want to educate people about what is literally going on to create new energy, and we want to generate hope in people, to energize them to go out and make a difference, even in small ways."

No Impact Man and Dr. Jerald Schnoor, a leading environmental research scientist, will be keynote speakers for the event, which also will feature community organizer Cathy Bolkcom, environmental ethicist Father Bud Grant, and world peace activist Dr. Lisa Zaynab Killinger, D.C. Dozens of local organizations will be on hand to offer information and resources, and guests will enjoy an organic, local-as-possible catered lunch.

A kickoff concert will be held at 7 p.m. Friday,



Lisa Bellomy hugs the Earth on the grounds of The Congregation of the Humility of Mary, Davenport. (Photo by John Greenwood / Radish)

Oct. 10, at the River Music Experience, 131 W. 2nd St., Davenport. Admission is a \$2 donation.

For more information or to register, call (563) 323-9466 or visit qcearthcharter.org.

Five questions with Dr. Jerald Schnoor



By Laura Andersen

Radish recently tracked down Dr. Jerald Schnoor, who will speak at the Quad City Earth Charter Summit. Dr. Schnoor isn't your average environmental research scientist. He's personable beyond belief, and he took the time to patiently answer our questions about climate change and more.

Radish: How serious is global warming?

Jerald Schnoor: I think it's the largest problem humanity will face in the coming decades. We must act soon. There's up to a 100-year delay in the system, and the warming that we've observed so far is a function of gases that we emitted from burning fossil fuels. ... We need to cut our emissions now if we want to avoid dangerous interference with a future climate.

R: You and your students have been working with phytoremediation. What is that?

JS: Phytoremediation is the use of plants to help clean the environment. By planting trees and plants around bodies of contaminated water, the plants will soak up the contaminants. Then we try to stabilize the contaminants such that bacteria in the plants' roots can degrade through rhizoremediation, or breaking down contaminants while they are in the plants' roots.

R: Which plants do you use?

JS: We use a variety of plants depending on the hydrogeologic setting [the kind of water and soil] where they are located. And it also depends on the contaminant itself. Usually we use grasses and a mixture of trees.

R: How do these plants clean up the water?

JS: Some contaminants can be degraded in the rhizosphere [the soil around the roots of the

plant]. Metal doesn't degrade, but it can be changed through phytostabilization [reducing the mobility of heavy metals in soil]; by trying to chemically precipitate it so it changes its chemical form and becomes less available; or by using hydraulic control [making sure water moves up rather than downward into ground water].

R: How do you explain to others what you do?

JS: Usually I say "teacher" first of all. I really enjoy teaching; very few of us get to make a difference in the world, and by virtue of all the students I'm able to interact with, it's the clearest path to really making a difference and improving the environment. I'm also a researcher trying to find novel ways to clean up contaminated sites, and phytoremediation fits well into that category.

Local, Sustainable, Beautiful



TRILLIUM DELL
TIMBERWORKS
Knoxville, Illinois 309.289.7921
www.trilliumdell.com • info@trilliumdell.com



Timber Frame Homes & Structures
• framework for energy efficient green buildings
• offering environmentally conscious forest products

**FOOT
OCTOBER^FEST**
del Sole Barefoot Spa • Two Rivers Massage
1411 Sixth Avenue • Downtown Moline • (309) 79-RELAX
SAVE \$10.00 on any Foot Spa Package
or book a spa party of 5 or more* and your "Joy" is FREE!!
(*at regular price) Offer good thru 10.31.08 One special per person

www.delsolebarefootspa.com www.tworiversmassage.com

Enjoy a couple's foot fest!
CALL 79-RELAX
for your appt.
309.797.3529
Pamela Fisher, Owner
2006 Athena Award Winner

**Extraordinary
Coverage of
Today's News**

QUAD CITIES
NEWS 8 WQAD
CHANNEL 8 WQAD.COM

community

Hand labor

Writing, farming and Wendell Berry

By Jason Peters

When Wendell Berry resigned his teaching position at New York University to return to his native county in Kentucky, he was told by almost everyone he knew that he would never become much of a writer.

The accepted literary dogma in 1964 was (and still is) that big-city life is the only life worth living and writing about.

But the 40-some books that Berry has written since that time, and the numerous literary awards he has won along the way, suggest that there was a slight flaw in the prophecy.

In nine novels and numerous shorter works he tells the story, sometimes hilarious but often heartbreaking, of the people in a small farming community, Port William, as they struggle to protect themselves from internal disaffection and external predation.

In more than a dozen volumes of poetry he celebrates "the world of nature despite its mortal / dangers" in a "language that can pay just thanks / and honor for those gifts."

In more than 20 collections of essays he diagnoses our many ills: among them an educational system inimical to the health of all places, especially rural ones, a

blind faith in science and "progress," an addiction to frivolous devices, and dependence on an extractive economy that moves from "exhaustion to pollution."

Perhaps the most astonishing feature of all this — at least to the busy set of health-clubbing movie-goers whose daily supper consists of a Bacon Double Bypass in the driver's seat of the family Navigator as it roars from day-care to soccer — is that Berry has done all this while farming, not with a tractor but with horses, his hillside land in Port Royal, Ky.

And it is the relationship between farming and writing that most characterizes Berry's life and work.

"What I have learned as a farmer I have learned as a writer, and vice versa," he says. "I have farmed as a writer and written as a farmer. This is an experience that is resistant to any kind of simplification. I will go ahead and call it complexification."

"When I am called, as to my astonishment I sometimes am, a devotee of 'simplicity' (since I live supposedly as a 'simple farmer'), I am obliged to reply that I gave up the simple life when I left New York City. ... In New York, I lived as a passive consumer, supplying nearly all my needs by purchase, whereas here I supply many of my needs from this place by my work (and pleasure) and am responsible besides for the care of the place."

Reconciling oneself to hand labor, being willing to stay in a place long enough to care for and live from it — these have been concerns of Berry's ever since he chose complexification over the simple life at age 29. But he also has consistently railed against violence of all sorts, whether military, economic or agricultural.

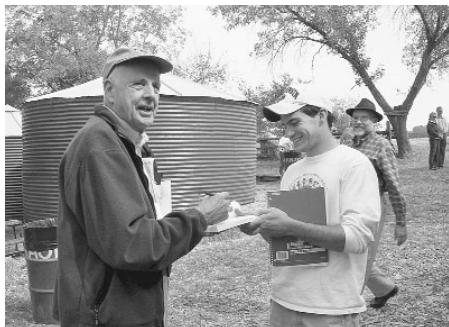
He wonders, quite sensibly, how it is we can consent to practices that destroy the sources we live from, practices that look upon top-soil erosion, water depletion and pollution as acceptable trade-offs for doing business.

He asks how we willingly can enact "the plot of a murderous paradox: an 'economy' that leads to extravagance." He entrusts us to "achieve the character and acquire the skills to live much poorer than we do."

At a time when even the nation's commander in chief equates normalcy with shopping, Berry offers an entirely different and much saner notion of what "normal" is. The question is whether we are good enough and wise enough to make the changes that, sooner or later, catastrophe will require us to make.

Meet Wendell Berry

Wendell Berry will read from his work at 7 p.m. Oct. 6 in Centennial Hall on the campus of Augustana College at 3703 7th Ave., Rock Island, Ill. The event is free, and the public is invited to attend.



Wendell Berry signs a book for a student at the Land Institute in Salina, Kan. (Submitted)

eating well

CalorieKing feeds you 'inside' nutrition information

By Brandy Welvaert

Do you know what you're eating? Allan Borushek, the dietitian and health educator who created CalorieKing.com, hopes so.

At CalorieKing.com, you can build a fast-food meal and find its total calories and fat with the click of a mouse. The database even includes nutrition information that chain restaurants don't provide on their own.

We recently caught up with Borushek for a Q&A. Here's part of the exchange:

Radish: How do you get nutrition information for restaurant foods?

Allan Borushek: Where nutritional data is not available for popular chain-restaurant foods ... our researchers will purchase menu items, weigh the various components and then estimate nutritional data.

When you see some high-fat or gargantuan-sized menu items calculate out at 1,500 or 2,000 calories ... you can see why the restaurant prefers not to disclose its own estimates.

R: Do you ever run into problems getting nutrition data?

AB: Some chains refuse to provide data, although we hope this will be less problematic in the future as they begin to appreciate the customers' right to know the nutritional content of the food they are paying to eat — particularly in light of the obesity and diabetes epidemics.

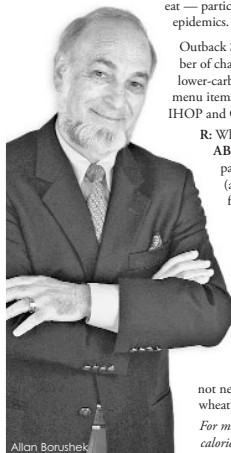
Outback Steakhouse provides no data, and a number of chains provide for just the lower-calorie or lower-carb menu items and not popular, standard menu items. Examples of such chains: Applebee's, IHOP and Olive Garden.

R: Why are food labels confusing?

AB: It's the promotional claims on food packaging that easily can confuse shoppers (and even dietitians at times). Here are a few examples:

"Low-fat" is meaningless if the product is naturally low in fat, and it still can be high in calories if the serving size is large. "Low-carb" still can be high in fat. "No artificial colors or flavoring" implies that it must be healthy, but the product still can be high in fat, sugar and/or calories. "Baked" cookies or snacks imply lower fat content, but these products are not necessarily lower in fat. Also, "100 percent wheat" does not mean "whole grain."

For more restaurant nutrition information, visit calorieking.com.



Great family moments deserve great desserts.

Treat your family to good health! Find the perfect ending to this season's holiday dinners in the **fresh bakery department** of your local grocery store.

Proud Sponsor: WALK TO FIGHT DIABETES

Sunday, October 5, 2008
LeClaire Park, Davenport, IA
Registration 12 Noon • Start Time: 1PM

Call or go online today to request information or register.
diabetes.org/stepout • 1-888-DIABETES

WE HAVE A VARIETY OF HEALTHY FOOD CHOICES!

NATURAL BEEF

Locally Raised
Hormone Free
Antibiotic Free

BUFFALO MEAT

High Protein, Low Fat, Low in Cholesterol and Calories
Try our homemade **Buffalo Hot Dogs**
Only 8 grams of fat and extra lean Brats! Locally Raised & State Inspected.

LOCAL MEATS

Try our very lean Elk products
We trim our Pork Products to be leaner
We use less water in our Hams
WE SHIP DIRECT

HOMEMADE PIES – Year Round

Made from scratch on site, using our own rendered lard.
Apple, Cherry, Blueberry and a **Seasonal Pie** Fresh frozen Michigan fruits, no filling. Order a pie: baked fresh or vacuum-pack frozen.
CALL TO ORDER!

Improve Your Health and Reduce Your Pain With **100% Natural Montmorency Tart Cherry Juice Concentrate**
SPECIAL
32 Oz. Cherry Concentrate **\$26.95**
(Shipping Cost Included)

Great Selection of Seafood!

order online at www.reasonsprairiepride.com

Reason's Locker Service
Buffalo Prairie, IL • 309-537-3424 or 1-800-772-4740

great places

Peace on the prairie

Walk through history at Herbert Hoover Historic Site

By Sherry Middlemis-Brown

Wind swishes through tall grasses, flowers gaily bob in the breeze and butterflies dance lightly from one flower to the next. This scene greets you as you walk into the Herbert Hoover National Historic Site's reconstructed prairie in West Branch, Iowa. Over 81 acres of native grasses and wildflowers add serenity and natural beauty to a place dedicated to commemorating our 31st president.

Herbert Hoover loved the outdoors. His memoirs recount boyhood days filled with swimming, fishing, playing in the woods and even breaking in a prairie farm. He wrote of one summer spent living with an uncle in a sod house and riding the lead horse of the team that was opening the virgin soil — soil created by tallgrass prairie.

Iowa's climate supported a vast tallgrass prairie edged by fingers of intruding woodlands in the east. Native people, beginning with the Woodland Indians 2,000 years ago, cultivated plants in these rich Iowa soils. This cultivation did little to change the face of the landscape, but they, and those tribes that followed them, used fire to maintain and nurture the expanses of open prairie, where game flourished.

European-American settlers saw potential in the land, and by 1837, when John Deere introduced the first steel plow, the supremacy of the tallgrass prairie had ended. Within 77 years, 70 percent of Iowa's land became cropland, with 97 percent of the prairie converted to agriculture.

More recently, Iowans have recognized remnant tallgrass prairies as jewels of the landscape. Prairie restoration has become popular and provides answers to some environmental problems.

In 1971 the construction of prairie at Herbert Hoover National Historic Site provided an answer to an erosion problem. Rain eroded soil from a crop field, depositing mud at the entrance to the Herbert Hoover Presidential Library and Museum. Planting the field in prairie eliminated the problem. The tall grasses with their massive root structures — reaching down 12 feet — locked the soil in place.

A visit to the Herbert Hoover National Historic Site really should include a walk through the prairie. No matter the season, the prairie offers a rich gallery of color — and a glimpse of Iowa as it once was.

Starting at the National Park Service Visitor Center, you can ask a ranger for information on the prairie and on the prairie garden. During the growing season, the garden will orient you to the plants that you will see.

As you enter the prairie in autumn, you will see that some wildflowers still wear purple or yellow blooms, but most of the prairie has passed its prime for the year. Still, tall grasses — some with slender seed heads and some broadly plumed — and wildflowers with knobs, spikes, tendrils of sticky seed pods and other shapes, create texture in the scene. The sun warms your back, and the wind cools your skin, with no trees to interfere with the elements.

Winter on the prairie is cold, but a visit is worth the chill. The trails offer cross-country skiing or walking. The big bluestem grass stands tall with ruddy stems in contrast to the snow. Evidence of wildlife appears in the form of tracks and droppings — and sometimes, even sightings across the snowy fields.

Spring brings an awakening and the most common time for prescribed fire use. Managers use fire as the principle tool in maintaining the prairie natives while controlling invasive plants. Summer offers the bright colors of wildflowers turning their heads to the hot sun. Grasses capture the humidity from the air to feed their roots when rain does not come. A misty morning paints a canvas of colors muted by droplets of water that cling to plants and the fabric of spider webs.

Rangers welcome you to visit the prairie. They also invite you to help manage the prairie as a volunteer. You can learn more about volunteering and get general information about the Herbert Hoover National Historic Site online at nps.gov/heho.



TALLGRASS BIONEERS CONFERENCE

OCTOBER 31 - NOVEMBER 2, 2008
GRINNELL, IOWA

FRIDAY KEYNOTE SPEAKER
Founder & President of Living Lands & Waters
CHAD PREGRACKE

SATURDAY KEYNOTE SPEAKER
World Champion Skier ALISON GANNETT
speaks out on Climate Change

Special Guest: Dallas Artist TRACY HICKS
Workshops on regional
environmental and social justice issues

Local food banquet, prairie walking tour,
hands-on workshops on water quality,
environmental artwork and more!

Highlights from the BIONEERS CONFERENCE
in San Rafael, California including: Ray Anderson,
Janine Benyus, Naomi Klein, Alexandra Cousteau
and David Orr

www.gotoplanb.net/bioneersconference

WELCOME

Newcomers – Newlyweds – New Babies
Making Friends has a free gift packet
from area businesses worth over \$500!

Call Bonnie 309-796-1145

Making Friends Welcome Service, Inc.

www.makingfriendsqca.com

Since 1989



 **HELFTER**
FEEDS, INC.[®]
Organics and Applied Common Sense

Certified Organic Processor/Handler #027-50038
Certified by Indiana Certified Organic, Inc.

The key to healthy meat and milk
begins with a healthy animal.
Helfter Feeds, Inc.[®] provides certified
organic complete livestock feeds
no matter how large or small your operation.
For a Free Catalog or for more information,
call **866-435-3837**

Helfter Feeds, Inc.[®]

135 N. Railroad Street / P.O. Box 266 / Osco, IL 61274-0266

(Toll Free) 866-435-3837

(Local) 309-522-5024 (Fax) 309-522-5021

www.helfterfeeds.com



At Helfter Feeds, Inc.[®] no order is too small!

Feel Your Best

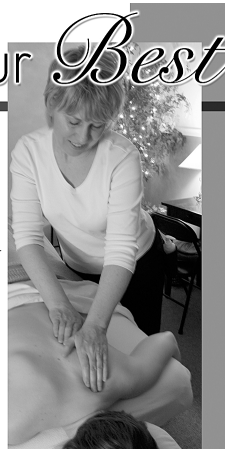
Donita's Caring Hands Therapeutic Massage

means you are in the hands of an
experienced, compassionate
Massage Therapist who strives to
understand your specific needs whether
it be relaxation or relief from pain.

Swedish, Craniosacral,
Lymphatic Drainage,
Prenatal & Deep Tissue Massage

Located near the
Bettendorf Library

2395 Tech Drive Suite #9
Bettendorf 563-210-7198
donitascaringshands.com



environment

Going to extremes

World-class skier Alison Gannett champions the Earth

By Brandy Welvaert

Alison Gannett soared 70 feet into the air, then landed in the upside of her next jump. In that moment, the world-champion extreme free-skier wrecked her knees and had an epiphany: It was time to marry her environmental and athletic careers.

Since that day at the 1999 X Games, Gannett's gotten serious about global weirding: climate change and the environmental oddities it causes. She has founded six nonprofit organizations to battle climate change and travels frequently to talk to groups about solutions, both as a consultant and with Al Gore's Climate Project (theclimateproject.org).

"Al Gore is the theory. I'm the action part," the 43-year-old says.

Gannett will bring the action Nov. 1 to this year's satellite Tallgrass Bioneers Conference, being held Oct. 31 to Nov. 2 in Grinnell, Iowa. This year for the first time, Grinnell will "beam" parts of its local gathering to other sites across the U.S. holding similar, concurrent events. Grinnell also will feature several pre-recorded presentations from the 2008 Headwaters Bioneers Conference in San Rafael, Calif., where the Bioneers event originates.

As a keynote speaker in Grinnell, Gannett will discuss global weirding as well as CROP — her framework for reducing carbon emissions. The other keynote speaker will be Chad Pregracke, founder and president of Living Lands & Waters, East Moline, Ill. Also presenting during the conference will be Tracy Hicks, an artist from Dallas; Francis Thicke, an organic dairy farmer from Fairfield, Iowa; and chef Kamal Hammouda, owner of The Phoenix Cafe in Grinnell.

The event also will include workshops on topics like local food and energy, water quality, arts and diversity. Different venues around Grinnell will host individual events. For locations and more information, visit gotoplanb.net/bioneersconference/tallhome.html.

While Gannett spends her working hours traveling, speaking and teaching businesses like Wal-Mart and UPS how to reduce their carbon footprints, she still finds time to hit the slopes and has led ski expeditions in places like Bhutan and Bolivia to document global warming. But not all of her time outdoors is work-focused; she seeks retreat in nature, too.

"My love of the outdoors and playing in the outdoors keeps my life in balance. If I spent all my time saving the planet, I would eventually burn out or get too depressed. Playing keeps me happy and my body happy," she says.

For Gannett, it's rest well deserved because educating others about climate change sometimes feels like an uphill battle. "My biggest challenge right now is educating politicians. Policy can really make the biggest effect on reducing greenhouse emissions, but there is a very low level of understanding, especially debunking myths that green is expensive," she says.

And while the businesses who hire her to present "How to Green Your



Alison Gannett and her solar-powered plug-in SUV. (Submitted)

Business and Save Money" care about the environment, she insists that she rarely finds herself preaching to the choir.

Most of them "are pretty in the dark about how to go green, or they have an overwhelming list of action items and don't know ... which to do first," she says. "Many experts have little knowledge on how to reduce individual, business and government emissions. ... It is much more difficult to actually reduce emissions in the field than it is to just enact goals. That's where I fit in."

Gannett is a graduate of the University of Vermont and earned a graduate degree from Solar Energy International in Carbondale, Colo. She currently lives in Crested Butte, Colo., in a straw-bale home she built 11 years ago in a historic neighborhood, and she drives the world's first PHEV SUV — a plug-in hybrid Ford Escape that runs on the power of the sun. The car regularly gets 100 miles per gallon.

"I'm not married to one type of technology, like PHEVs, but the fact is that we need many types of alternative vehicles running on local fuel sources to solve our problems," she says.

"Politicians hear from automakers that it can't be done, when in fact 300 mpg is very possible, and 100 mpg is quite easy."

Find Alison Gannett's eco-friendly tips online at radishmagazine.com; learn more about the Tallgrass Bioneers conference at gotoplanb.net/bioneersconference/tallhome.html.

Doing our part, Cart by Cart.

Affordable, attractive, reusable canvas bags

Made in the USA of 100% cotton, a renewable resource

Several designs are available or you can customize

Minimum order of 50 bags (Min. 100 for custom bags)



cart by cart

To order our bags, or for more information, contact Joan Burns: (319) 331-9432 or joan@cartbycart.com.

Cart by Cart, LLC
An Iowa-based company

To view our bags, visit CartByCart.com

You're invited to join us at the...

Networking to Success Charity Business Show

Professional Networking to Help Local Children

Thursday, Oct. 30th, 2008
at the Clarion Hotel and Conference Center
5202 Brady St., Davenport
Hours: 8:00 am to 6:00 pm

Proceeds to benefit the Children's Therapy Center of the Quad Cities

Join us at this premiere event featuring Quad City area businesses with products and solutions for your home and business.

FREE Admission • FREE Blood Pressure Screenings provided by Genesis Health Systems • Prize Drawings • Raffle

Show your support for a great local children's charity by attending this FREE event

For more information, call Event Coordinator Collette Lilly at 309-796-1178
Sponsored in part by Neighborhood Greetings and Creative Imprints



From flat & lifeless, to full & bouncy
perms to give you the look you seek...

October Special: Cut, Perm & Style Only \$27

Radish readers bonus: 50% Off
Any Item's Retail Price

CAPRI
COLLEGE

• hair
• skin
• massage
• nails

All work performed by students under the supervision of licensed instructors.

2540 53rd Street, Davenport
563-388-6642

Must bring in this ad to redeem special prices. Expires 10-31-08

Someone to Talk to ...



Larry Barsh, M.S. C.H.T.
Nationally Certified
30+ Years Experience
Psychology Today verified

A Supportive Way to Work Things Out
When You Can't Talk to Family or
Friends... or There Is No One to Talk to...

- Confidential
- Affordable
- Respectful
- In-Office or Telephone Meetings

Problem-Solving Help for:
personal situations, relationships, family
concerns, health, motivation, confidence,
and business

For Appointment Call: 319-358-0479
Or email: lbarsh@mchsi.com

health & fitness

21-day cleanse

A transforming experience from the inside out

By Ann Scholl Rinehart

There's the Buddhist proverb that says, "When the student is ready, the teacher will appear." In this case, the teacher said, "Try this," and it resonated to the tips of my plump little toes.

"This" was Oprah's 21-day cleanse, inspired by best-selling author and spiritual counselor Kathy Freston's book, "Quantum Wellness." In it, Freston suggests eliminating caffeine, sugar, alcohol, gluten and animal products for 21 days as a way to jumpstart an inner transformation.

It sounds drastic, but when I stumbled onto the cleanse on Oprah's Web site last May, drastic is what I needed.

After bunion surgery on Halloween in 2007, it was a good three to four months before my doctor cleared me to exercise. By then, I felt too sluggish to do much of anything. The bitter winter did nothing

to motivate me to exercise. Even knowing that I'd be sporting a swimsuit during a February trip to Florida didn't move me to take action.

My 5-foot-2 frame ballooned to 158 pounds — just five pounds off my heaviest post-pregnancy weight.

At the end of April, I went to Taos, N.M., with two friends. Each day we woke up early and walked. Those easy, 30-minute strolls triggered a memory of how good it felt to be active. When I returned home, my two German shepherd-mixes helped me keep walking. When I discovered the cleanse, I was ready to take the next step.

"I'm thinking of doing this cleanse," I told my friend and coworker, Kelly. Much to my delight, she decided to join me. We set a start date of June 1.

"What are you going to eat?" nearly everyone asked when I shared my plan. Here's what I discovered: there is plenty to eat that doesn't contain caffeine, sugar, alcohol, gluten and animal products. Yes,

it's harder to find. Yes, you have to read labels. But it's out there — and it's delicious.

Before the cleanse, most nights I would whine to my husband about how hungry I was, and he would bring home Chinese food or some other prepared dinner. I often ate lunch in restaurants, and hazelnut lattes helped kick start boring mornings.

The cleanse reminded me of how much I love to cook — and how good I am at it, really. I rediscovered how satisfying an apple or carrot can be, how easy it is to pack a lunch and how coffee had provided few positives for me. I discovered quinoa and cooking with tofu and beans. I found tasty vegetarian and vegan recipes on the Internet and wonderful cookbooks, such as "Vegan with a Vengeance," by Isa Chandra Moskowitz.

In the end, I continued the cleanse for 27 days, despite 46 hours in the car with my two teens as we drove to and from Florida in June.

While most "diets" ended with me binging on all the things I deprived myself of, that wasn't the case this time. First, I didn't consider it a diet. And, oddly enough, I hadn't felt deprived. I felt satiated. I felt wonderful. I had energy, clear skin, clothes that fit and a scale that said I was down 10 pounds since that late April trip to Taos, thanks, too, to hour-long daily walks with my mutts. I looked at what I hadn't been eating and asked, "What can I permanently do without?" The answer: coffee and meat. Moderation is my mantra for the rest of it.

The cleanse transformed me from the inside out. I pay attention now to my body and what I put in it. And, as I've become more conscious about myself, I've become more conscious about the environment, too. I steer away from pre-packaged foods and buy organic more often than not.

I've already marked my calendar for another 21-day cleanse in December. What a wonderful way, I know now, to bring in the New Year.

Find Oprah's 21-day cleanse online at oprah.com; search for "21-day cleanse."



Author Ann Scholl Rinehart does the wheel pose on a Florida beach. (Photo by Jess Lorraine Boyer)

"I need a long term reversible birth control method that works for me."

"Providing outstanding healthcare for women of all ages, incomes and lifestyles."

Edgerton Women's Health Center

1510 E. Rusholme, Davenport
563-359-6633

(Inside Friendly House)
1221 Myrtle St., Davenport
563-322-1185

www.qcwomenshealth.org
WIC Program Available at Both Locations
Call 563-359-6635 or 563-322-1185
Ask if you qualify for free services

Giant Pumpkin Festival – Oct. 4-5

- Giant pumpkins on display (weighing 100s of lbs)
- U-Pick Pumpkins & Corn Maze
- Hayrack Rides, Jump House, Corn Cannons
- Mining for Gems, Cow Train Rides
- Live Entertainment and Concessions

Pumpkin Cannon – Oct. 11-12

- Pumpkins Flying 1000s of ft in the Air
- U-Pick Pumpkins
- Hayrack Rides, Jump House, Corn Cannons
- Mining for Gems, Cow Train Rides
- Live Entertainment and Concessions

Haunted Corn Maze and Flashlight Corn Maze

Oct. 11, 17-18, 24-25, 31 – 7pm-11pm

- Bonfire and Concession Available
- A Great Outing for Groups

Country Corner

Open Daily
September & October
Monday-Saturday 9-7 • Sunday 10-7
(309) 629-2359

Visit our website for event details and a complete listing of our Fall Festivals

www.country-corner.com

From Market and English Patch
Between the Quad Cities & Galesburg 2 miles N. of Alpha, IL on US Hwy 150

Quad Cities YMCA



Fall Sports

Have a ball at the Quad Cities YMCAs. Football, basketball, volleyball - youth and adult fall sports leagues forming now. Get your game on!

Two Rivers YMCA
2040 53rd Street
Moline, IL 61265
309.797.3945

Davenport Family YMCA
606 W. Second Street
Davenport, IA 52801
563.322.7171

Bettendorf Family YMCA
3800 Tanglefoot Lane
Bettendorf, IA 52722
563.359.9622

North Family YMCA
624 W. 53rd Street
Davenport, IA 52806
563.391.7771

West Family YMCA
3503 W. Locust Street
Davenport, IA 52804
563.386.4414



www.quadcitiesymca.org

body, mind & soul

Nightmares

Don't let bad dreams steal your sleep

By Laura Anderson

If you suffer from nightmares, you aren't alone. Between 4 and 8 percent of the adult population is affected by bad dreams, says Dr. Barry Krakow, medical director of Maimonides Sleep Arts & Sciences, Ltd., and Sleep & Human Health Institute, both in Albuquerque, N.M.

Of that 4 to 8 percent, very few actually attempt to treat their nightmares, Dr. Krakow says. "Actual treatment of nightmares is vastly underutilized in medicine in psychology. People don't think that you can treat them."

Distressing dreams can occur for numerous reasons, but most people say that they're the result of something difficult or stressful, Dr. Krakow explains. Oftentimes, finding the root of the problem is the first step toward banishing these nighttime pests.

At the same time, saying that all nightmares stem from stressful experiences might be too easy, and the real problem could go overlooked. "If you have nightmares for 30 years, you don't go back and think what started them," Dr. Krakow says.

Instead, he suggests Imagery Rehearsal Therapy (IRT), a treatment that can help.

The main idea behind IRT is to think of your nightmare in a waking state, change it any way that you'd like, then rehearse the new dream a few times a day, Dr. Krakow says. Sometimes "the nightmare takes on a life of its own, and we have to treat the nightmares directly."

IRT successfully has helped to reduce nightmares in rape victims — and when nightmares go away, anxiety and depression decrease, too.

Especially with Post Traumatic Stress Disorder (PTSD) patients, Dr. Krakow suggests that IRT be used with the support of a therapist.

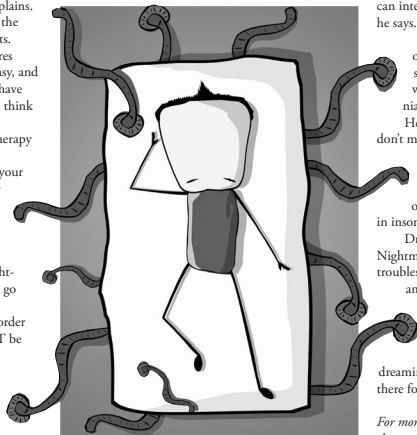
"Treatment takes anywhere from one to four hours of coaching, counseling and instruction to help the person recognize that perhaps the nightmares are really a learned behavior," he says. "When a person reaches

that point, they're ready to attempt IRT. The concept of changing, then, is to rehearse the new dream."

With more severe conditions, however, trying IRT on your own might not help. Dr. Krakow recognizes that nightmares and severe nightmares are troubling conditions. Those who suffer should understand that simply giving IRT a try on their own won't necessarily work. The condition may be more complex than that.

"At our nightmare clinic at our center, we have a program that teaches people step-by-step to work on IRT," he says.

The steps also are explained in an audio series, "Turning Nightmares into Dreams." The 100-page



istockphoto

workbook contains "a number of self-help instructions, practices and exercises. It's divided into 20 lessons, so there are 20 audio lessons and 20 lessons in the workbook," Dr. Krakow says.

If left untreated, nightmares can do more than keep you up at night. "I think (nightmares) affect (health) in many different ways that people aren't paying attention to," Dr. Krakow says. People tend to reflect on nightmares during the day, which greatly can interfere with life.

"People tend to reflect on (their nightmares) during the day, not because they want to, but because sometimes an image can come back — and it's distressing. It increases anxiety, and people lose their concentration," he says. This loss of concentration can interfere with work, school and relationships, he says.

Nightmares also might be connected with other sleep disorders such as insomnia and sleep apnea. About 80 to 90 percent of people who have nightmares also suffer from insomnia," he says.

He explains that some people with nightmares don't make the connection that the reason they can't sleep is that they're afraid of having a nightmare. For some people, not sleeping becomes a learned behavior. After treatment of nightmares, "most people report a reduction in insomnia," he says.

Dr. Krakow is confident that IRT and "Turning Nightmares into Dreams" will banish even the most troublesome nightmares. Yet "if you go over the steps and it still doesn't work, which is very, very rare, you could try a psychiatrist," he says, because the root of your nightmares may be deeper.

You "could also try things like lucid dreaming or hypnotherapy. ... There are options out there for sure."

For more information, visit Dr. Krakow's Web sites: sleeptreatment.com or nightmaretrement.com.

arts

Weaving old into bold

Unconventional handmade baskets defy expectations

By Nicole Harris

Ellonyia Yenney has no interest in adding to the world's stock of square, brown baskets. Incorporating her weavings with unlikely materials — such as an old pair of boots — is more her style.

One of Yenney's atypical creations is a basket she calls "These Are My High Heels" (at right), which she made for the 2007 Venus Envy festival of women's artwork at Bucktown Center for the Arts in Davenport.

She says that the idea tied in well with the empowerment-themed show and reflects her own personal style: "I'm known for wearing big, clunky boots."

Yenney, 32, of Bettendorf, Iowa, said she didn't share one bit of her mother's passion for baskets when she was younger. But about the time her son was born, her office job made her yearn for something different.

"At the end of the day, when I turned off the computer, I didn't really see what I had done," she says. "Personally, I just missed making stuff, knowing at the end of the day this is what I made."

In the five years she's been a weaver, she has made more than 1,000 baskets.

Her passion first was sparked at a Quad Cities Basketry Guild meeting. She then bought supplies and books, attended some classes and taught herself a style of weaving that involves unusual materials and shapes. "I like it to be different. I never know if someone's going to buy what I weave," she says. "If I sell it, great. If I don't, I like to have fun with it and do new and interesting things."

She weaves with leather, wire, wool and anything else fun or unexpected. She often incorporates reclaimed materials: items she finds at Goodwill that still have some life in them.



Submitted

"I use a lot of gourds when I weave," she says with a laugh. "It sounds totally dorky — weaving on dried vegetables!"

Yenney does much of the work in her home studio. She uses a variety of methods and says she likes a coiled-method of weaving. She can do it with few tools, and it doesn't require water for soaking reed. "I can sit on the porch and watch my son play around the neighborhood," she says.

She gets much of her reed from Basketwerks, a company in Long Grove, Iowa, and buys some online. She also uses long pine needles from the East Coast as well as indigenous grasses and plant materials in her baskets. "You can use willow that grows locally," she says. "For the most part, people happily hack it out of their yards for me."

Yenney spends a couple hours making a standard piece and up to a week making large items. Prices range from \$10 to \$500. Customers can request a special order or choose from her collection, some of which is on display at Left Bank Art Gallery, 1629 2nd Ave., Rock Island, Ill., where she is the gallery director.

She also teaches her craft to all ages and has presented at conventions, for park districts and for small groups from Chicago to St. Paul, Minn. Her classes usually cost \$20 to \$150 per person.

Yenney also is an account manager for Edgetech Industries in Davenport, a contract manufacturer of electronic and electro-mechanical assemblies. Both her co-workers and other artists usually are surprised by her "other life," she says, but she wouldn't have it any other way. "It basically keeps both sides of my brain happy and busy."

To view more of Ellonyia Yenney's work, visit home.mchsi.com/~ellonyia/index.htm.

rooting around

Jack-o'-lanterns and scarecrows! See 'em at Harvest Fest

Vendors will deck their stalls for fall and bring out their best goodies for the Harvest Festival, from 8 a.m. to 1 p.m. Saturday, Oct. 4, at the Davenport (Iowa) Freight House Farmers Market, 421 W. River Drive. Vendors will go head-to-head in several contests for pumpkin-growing, jack-o'-lanterns and apple pie baking. Cash prizes will be awarded to winning vendors, and ribbons will hang on the best-decorated booth. Shoppers will get the chance to vote for their favorite scarecrow decoration, ask gardening questions of the Davenport Horticulture Association and see wood carvings and quilt- and basket-making demonstrations. Beekeeper Phil Drandall will display an observation beehive, and there will be activities for kids. For more information about Harvest Fest, call Beth Roelens at (309) 944-8124.



Liquid Library

Howlin' in the Park invites your pups to play

You and your dog can join the Human Society of Scott County Oct. 4 in Garfield Park, 1224 E. 29th St., Davenport, for Howlin' in the Park, a fundraiser for the Humane Society. The day kicks off at 9 a.m. with a 2-mile run. A 1-mile fun walk starts at 10 a.m. Registration is from 8 to 8:50 a.m. and costs \$25. New this year, a Pet Fair will be held from 9 a.m. to 4 p.m. at the park. The event will feature raffles, prizes, vendors, a singing hound contest, costume contest, face painting and carnival games for kids. For more information, visit hussc. To participate or volunteer, e-mail adoptapet@hotmail.com or call (563) 388-6655.

Learn about holistic parenting in new class

Black Hawk College is offering a new holistic parenting class this fall. Holistic parenting is rooted in raising children who are balanced in mind, body and spirit with conscious care to the physical, emotional, mental and spiritual needs of the child. The class will explore holistic parenting methods including natural childbirth, doulas, midwives, breastfeeding, whole-foods nutrition, the vaccination/non-vaccination controversy, attached parenting, baby weaning, co-sleeping, child development, gentle discipline, child and family fitness, chiropractic, homeopathy, child-friendly and safe products and more. The class will meet from 7 to 9 p.m. Wednesdays, Oct. 1-29, at the college's Quad-Cities Campus, 6600 34th Ave., Moline, Ill. Cost is \$70. To register, call (309) 796-4823.



McClatchy

Hot for geothermal? Learn more Oct. 23

EcoPower of Moline will host a free, educational seminar on geothermal heating and cooling at 6:30 p.m. Oct. 23 in Moline. Presenting at this event will be Michael G. Dilling of Hoosier Energy Associates in Warsaw, Ind. Dilling has worked in geothermal since 1978 and is a considered a pioneer in the industry. The event will answer questions on the benefits of heating and cooling with geothermal systems, and topics for discussion will include how geothermal works and its economic and environmental benefits. Location will be provided upon registration. To register, or for more information, call (309) 764-8000.

Tour Knox County and visit Walnut Grove Farm

Historic Walnut Grove Farm and seven other stops will host visitors on a rural fall foliage tour in Knox County, Ill., the first two full weekends in October. There will be a juried art show, horse-drawn wagon rides, local produce and farm animals. Open kettle stew will be available. Walnut Grove Farm is a National Register farmstead in Knoxville, Ill. It will be open from 9 a.m. to 5 p.m. Oct. 4, 5, 11 and 12. For more information and directions to the farm, visit walnugrovefarm.com.

Xstream, Wapsi volunteers remove over 79 tons of trash

Volunteers at the fifth annual Xstream Cleanup on Aug. 16 removed 142,566 pounds of debris from area waterways, illegal dumping sites and flood-ridden areas around the Quad-Cities. Cleanups were held at 39 locations in Bettendorf, Davenport and LeClaire, Iowa; and in Colona, East Moline, Milan, Moline, Rock Island and Silvis, Ill. During the third annual Lower Wapsipicon River Cleanup Project Aug. 22-24, volunteers gleaned eight tons of trash from a stretch of the Wapsi River in Clinton and Scott counties in Iowa. For complete statistics from the events, visit xstreamcleanup.org or lowerwapsicleanup.org.



Gary Kronmbeck / Radish

Free seminars from the National Alliance for the Mentally Ill

Does someone you love have a mental illness? You can learn to better understand and cope with the challenges that mental illness causes at a free course through the National Alliance for the Mentally Ill. NAMI Scott County will offer its Family-to-Family course on nine consecutive Thursday evenings beginning Oct. 16. Classes will be held at NAMI's new offices, 1706 Brady St., Suite 200, Davenport. To sign up, call Caroline Vernon at (563) 322-8870 or stop by the NAMI office. For more information, visit namiscottcounty.org.

calendar

BODY, MIND & SOUL

Acupuncture and Chinese medicine discussion, 6:30 p.m. Oct. 1, Healing Heart Center, 1035 Lincoln Road, Suite 202, Davenport, IA; (563) 650-6747.

Writing as Healing: Women's Group, 7 p.m. Oct. 8 and 22; men's group, 7 p.m. Oct. 15, Bettendorf Public Library, 2950 Learning Campus Drive, Bettendorf, IA; (563) 324-1410. Dr. Jenna Hobbins facilitates groups based on "Writing as a Way of Healing," by Louise DeSalvo.

Living Simply in a Complex World, 7-8:30 p.m. Oct. 9, Sisters of St. Benedict at St. Mary Monastery, Benet Retreat Center, 2200 88th Ave. W., Rock Island, IL; (309) 283-2100. Learn to live simply and make connections with others who do.

Bucket List Writers' Meeting, 7 p.m. Oct. 15, Bettendorf Library, 2950 Learning Campus Drive, Bettendorf, IA; (563) 324-1410. Dr. Jenna Hobbins will facilitate the all-ages group in writing dreams, goals and desires.

FOOD

Nutrition Cooking Class, noon-1 p.m. or 5:30-6:30 p.m. Oct. 1, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-8496. \$10.

Come Cook with Me, 6:30 p.m. Oct. 2-3, 9-10, 16-17, 23-24 and 30-31, The Great Galena Cookery, 412 Spring St., Suite B, Galena, IL; (815) 777-1556. \$60.

Pep It up with Pork!, 6:30 p.m. Oct. 2, Hy-Vee Club Room, 2930 18th Ave., Rock Island, IL; (309) 793-0684. \$13. Call to register.

Pizza from Scratch, 6-8 p.m. Oct. 14, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville, IA; (319) 338-9441, ext. 36. \$15.

Lunch & Learn: Positively Pumpkin, noon-1 p.m. Oct. 24, Hy-Vee Club Room, 2930 18th Ave., Rock Island, IL; (309) 793-0684. \$7. Call to register.

Hands-On: Pasta with a Rolling Pin, 6-8 p.m. Oct. 28, 30, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville, IA; (319) 338-9441, ext. 36. \$15/person.

Kids' Club Halloween Party, 5 p.m. Oct. 28, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-8496. \$5. All ages. Call to register.

HOME & GARDEN

First Annual Harvest Festival, 8 a.m.-1 p.m. Oct. 4, Freight House Farmers' Market, 421 W. River Drive, Davenport, and in the east end of the Modern Woodmen Park lot, Davenport, IA; (563) 940-0634. Pumpkin growing contest, pie baking contest, children's activities and more.

Go Wild: Put A Little Prairie in Your Yard!, 1-4 p.m. Oct. 4, Indian Creek Nature Center, 6665 Otis Road S.E., Cedar Rapids, IA; (319) 362-0664. Members, \$8; non-members, \$10.

Building a Leopold Bench, 10 a.m.-noon Oct. 18, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, IA; (563) 242-4771. \$35.

Garden Harvest Festival, 11 a.m.-4 p.m. Oct. 19, Quad City Botanical Center, 2525 4th Ave., Rock Island, IL; (309) 794-0991. Live folk, rock and country music; open-air garden and craft market, and more. Free with admission (\$5; \$4 for ages 60 and up; \$3 for ages 5-12; \$1 for ages 2-4).

Mother Goose
Media

Selmi's
for the women of your life

Fall Family Tradition
1206 Dixon Ave.
Rock Falls, IL
Open daily in October
9am to 6pm
www.selmi.com

Illingsworth Natural Health Improvement Center

IMPROVE YOUR QUALITY OF LIFE!

Nutrition Response Testing is a non-invasive system of analyzing the body to determine the underlying causes of non-optimum health. As a patient you will receive an individualized program, from your analysis to match the exact needs of your body!

Given the proper nutrients your body has amazing capabilities of healing itself.

"Prior to MR Testing I had chronic fatigue. Now I have more energy I have lost 20 lbs. and I don't need as many medications." - D.K.

Dr. Theresa Illingsworth
2315 Cumberland Sq. Dr. Bettendorf, IA 52722
563-332-2345

Center on Sustainable Communities
COSC / NONPROFIT EDUCATIONAL RESOURCE CENTER

November 10-15, 2008
— Cedar Falls, IA —
Mon, Nov. 10-Tues, Nov. 11
— Ankeny, IA —
Wed, Nov. 12-Thurs, Nov. 13
— Fairfield, IA —
Fri, Nov. 14-Sat, Nov. 15
For more information visit www.icosc.com

4th Annual BUILDING A SUSTAINABLE IOWA Residential Professional Training Workshop
with Marc Richmond

Hosted by Center on Sustainable Communities (COSC)

Scattergood FRIENDS SCHOOL

- ★ College Prep Curriculum
- ★ Experiential Learning
- ★ Healthy Peer Culture
- ★ Diverse Community
- ★ Environmental Stewardship
- ★ Working Organic Farm

1951 Delta Ave, West Branch, IA 52358
Please call us at (319)643-7600 or visit us at www.scattergood.org

BLIND TASTING
WINE

**10.26.08
3:30PM**

*brought to you by
Rosetti WineShop.com*

THE FAITHFUL PILOT
café & spirits

563.355.4139

Food Fancies offers a full range of in-home chef services for time-starved folks who want to eat well.

Contact Chef Donna for affordable:

- ~ weekly or monthly meal preparation
 - ~ Holiday Parties
 - ~ Cooking Parties and Classes
- a personal chef service*



(563) 357-2964
foodfancies@yahoo.com

THE DAVENPORT SCHOOL OF YOGA

New at Davenport School of Yoga

Intro to Yoga: 6-week Beginners Course with DSY founder Jeami Mackenzie
Saturdays, 11a-12p
\$70 includes six classes, yoga mat, and two weeks free classes after course completion
Next session begins **Saturday, 10/25, 11a-12p**
Space is limited, reservation required.
Contact: 563-322-5354 or info@davenportyogaschool.com

Yoga Happy Hour
Unwind and start off your weekend with some free yoga!! DSY instructors will take turns leading this 100% FREE Hatha I class each Friday, 5:30-6:30 beginning 10/17
Come meet our instructors and try out a class on us!
No reservations required, just show up!

The Davenport School of Yoga
421 Brady St., Davenport
563-322-5354
www.davenportyogaschool.com

MAX MUSCLE SPORTS NUTRITION

WHEN ONLY THE BEST WILL DO

**Increase Energy
Build Lean Muscle
Lose Inches**

NUTRITION EDUCATION
Come in and let us provide education on proper nutrition to GET RESULTS!

- Protein Powders • Bars
- Weight Loss Products
- Meal Replacement • Anabolic Optimizers
- Max Muscle Supplements
- Energy & Endurance

Owned & Operated by Certified Sports Nutritionists Scott & Karen Herkes

852 Middle Road, Bettendorf, IA
Duck Creek Plaza (Next to Home Depot)
563-355-4444
www.qcmaxmuscle.com

calendar

HEALTH & FITNESS

An Alternative to Hysterectomy: Office Endometrial Cryoablation, 6 p.m. Oct. 1, Genesis Medical Center, Larson Center, lower level 855 Illini Drive, Silvis, IL; (309) 792-4385. Learn about a minimally invasive alternative to hysterectomy.

Cardiology Update, 6 p.m. Oct. 6, Genesis Medical Center, Illini Campus, Larson Center, lower level classrooms, 855 Illini Drive, Silvis, IL; (309) 792-4385. Presentation about new cardiac procedures. Refreshments will be served.

Diabetes support group, 9-10 a.m. Oct. 7, Genesis Medical Center, Illini Campus, Larson Center, lower level classrooms, 855 Illini Drive, Silvis, IL; (309) 792-4385.

A Prescription for Safety: Get the Facts on Your Medication, 5-6 p.m. Oct. 9, Trinity Regional Health System, Quad Cities; (309) 779-2000, (877) 242-8899. Bring in your prescription and non-prescription medications and discuss taking it safely with a Trinity pharmacist.

Work-out with Deena, 5:30-6:30 p.m. Thursdays, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA; (563) 332-8496, \$10.

RIDES, RUNS & WALKS

Pie Ride, 10-30 a.m.-2:30 p.m. Oct. 3, 10, 17 and 24, Fever River Outfitters, 525 S. Main St., Galena, IL; (815) 776-9425, 24 miles round-trip.

Tau Beta Pi's Pi Mile Run, a.m. Oct. 4, Brookside Park, Ames, IA; (641) 330-8022.

12.1 Run, a.m. Oct. 4, Harmony Bible Church, Danville, IA; (319) 392-4152.

5K, 10K run/walk, kids races.

Fulton Fall Festival, 8 a.m., Fulton, IL; (563) 242-2457. 5K run/walk.

Howlin' in the Park, a.m. Oct. 4, Garfield Park, Davenport, IA; (563) 323-8976. 2-mile run, 1-mile walk.

Dr. Trevor MDH Memorial Race/Run, Walk or Roll for Breast Cancer, 7:30 a.m. registration Oct. 4, Macomb, IL; (309) 837-4855.

Step out to Fight Diabetes, 1 p.m. Oct. 5, LeClaire Park, S. Ripley Street and Beiderbeck Drive, Davenport, IA; (888) DIABETES. Registration begins at noon.

Autumn on Parade 5K, 8 a.m. Oct. 5, Oregon, IL; (815) 732-7602. 5K.

Run for the Schools 2008, 8 a.m., Iowa City, IA; (319) 330-4587. 1/2-mile, 1-mile, 5K, 10K, 1/2 marathon.

Moonlight Hikes, 7:30-11:45 p.m. Oct. 11, Effigy Mounds National Monument, 151 Hwy. 76, Harpers Ferry, IA; (563) 873-3491.

Indian Summer Distance Classic, 9 a.m. Oct. 11, Lake Macbride Park, Solon, IA; (319) 363-7138. 4-mile, 10-mile.

Nancy Kapheim Memorial Classic, 8 a.m. Oct. 12, Sunset Park, Rock Island, IL; (309) 764-8201. 5K run/walk, 10K.

YWCA Run for EveryWoman, 8 a.m. Oct. 18, Lake View Park, Peoria, IL; (309) 685-7655. All women's 5K.

CBRC Pumpkin Dash, 9 a.m. Oct. 26, Credit Island, Davenport, IA; (563) 332-9051. 8K run, 4K run/walk, 1-mile children's race.

OUTDOORS

Mississippi Adventure Day, 7:30 a.m.-3 p.m. Oct. 4, Fever River Outfitters, 525 S. Main St., Galena, IL; (815) 776-9425. 7-mile kayak, 3-mile hike and 16-mile bike ride. Equipment and lunch provided. Registration is \$85.

Annual Hawk Watch Weekend, 10 a.m.-4 p.m. Oct. 4, Effigy Mounds National Monument, 151 Hwy. 76, Harpers Ferry, IA; (563) 873-3491.

Knox County Scenic Drive at the Farm, 9 a.m.-5 p.m. Oct. 4, 5, 11 and 12, Walnut Grove Farm, 1455 Knox Station Road, Knoxville, IL; (309) 289-4770. Farm animals and milking demonstrations, music, open kettle stew and more.

Spider Safari, 9:30-10:30 a.m. Oct. 14, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA; (319) 362-0664. \$4/members or \$5/non-members.

Halloween Hike - Friend or Foe, 6-8 p.m. Oct. 18, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA; (563) 652-3783. \$2/person or \$5/family. Wear a costume for the contest; crafts, snacks and a trail hike. Register by Oct. 14.

What Goes Bump in the Night? 7 p.m. Oct. 24, Indian Creek Nature Center, 6665 Otis Road S.E., Cedar Rapids, IA; (319) 362-0664. \$3/adult member, \$4/adult non-member or \$1/ages 3-12. Not scary; appropriate for young children.

EVENTS

Autumn Days Craft and Fine Art Show, 9 a.m.-5 p.m. Oct. 4 and 10 a.m.-4 p.m. Oct. 5, Amana Colonies RV Park and Event Center, 622 46th Ave., Amana, IA; (319) 377-7660.

Greater Cedar Rapids Environmental Film Festival, Oct. 4-26, various venues, Cedar Rapids, IA; (319) 395-6700. Complete schedule at prairiewoods.org.

125th Anniversary of the Secrest 1883 Octagonal Barn, 1-6 p.m. Oct. 5, 1 mile west of Downey, IA; (319) 337-2544.

Jo Daviess County Birds and Fall Migration Field Trip, 9-11:30 a.m. Oct. 4 and 18, Old Train Depot Visitor Information Center parking lot, 101 Bouthillier St., Galena, IL; (815) 777-0621. \$10/person, \$15/couple and free for kids. Self-driven tour and view of fall-migrating birds. Bring binoculars; reservations required.

Second Annual C.R. Area Environmental Film Festival: The Silence of the Bees, 7 p.m. Oct. 7, Indian Creek Nature Center, 6665 Otis Road S.E., Cedar Rapids, IA; (319) 362-0664. Documentary covers the natural history of honeybees and addresses recent colony die-offs.

Scarecrow Row Fall Festival and Art Show, Oct. 10-12, Kuhl's Under the Sun, 1850 S. 1st St., Eldridge, IA; (563) 343-2765.

Quad City Earth Charter Summit, 8 a.m.-4 p.m., Oct. 11, RiverCenter, 136 E. 3rd St., Davenport, IA; (563) 323-9466 or qearthcharter.org. \$20.

Gourds From Beginning to End, 9-10 a.m. Oct. 18, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, IA; (563) 242-4771.

Open house, 4-8 p.m. Oct. 20, Healing Heart Center, 1035 Lincoln Road (in Georgian Square), Bettendorf, IA; (563) 370-7995.

EcoPower Fall Geothermal Educational Seminar, 6:30 p.m. Oct. 23, Moline, IL. (309) 764-8000; brad@ecopowerllc.com. Call to register and for location information.

Build a Bat House Workshop, 1 p.m. Oct. 26, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA; (563) 652-3783. Cost includes materials and instruction. Register by Oct. 20.

Tallgrass Bioneers Conference, Oct. 31-Nov. 2, various venues, Grinnell, IA; gotoplanb.net/bioneersconference/tallhome.html.

Submit your events to Radish. Send an e-mail to editor@radishmagazine.com.

Where Can I Turn?

Caring for someone with mental illness is scary, lonely and expensive...
NAMI Scott County offers a
FREE Family-to-Family Course
to Educate, Support and Enlighten.
Classes Begin in October. Register Now

Call Caroline 563-322-8870 www.namiscottcounty.org
NAMI Scott County • 1706 Brady Street • Suite 200 • Davenport, IA • 52803

The Healing Heart Center

Open House - 4-8 PM • Mon. Oct. 20th
Refreshments • Demonstrations • Meet Our Staff
Feel the healing power in our space

Georgian Square, 1035 Lincoln Road, Suites 201-202, Bettendorf, IA
563.370.7995

Women's Health Services

2635 Hwy 30 West in Clinton
229 South Main St. in Maquoketa

Call:
800.664.1413 or 563.243.1413
www.womenshealthservices.org

Offering the newest and most complete medical services.
Also new in this area...in-office Essure sterilization!

Steven Breaux, MD
Mary Drury, ARNP
Elsie Buehler, ARNP

Iowa Naturals Made in Davenport
Real Natural. Truly Unique.

Lotion Sticks
Superior moisture, natural oils, long-lasting, easy to use & carry!

The Soap Box

Soap Bars • Shave Sticks • Body Polish

The Soap Box • 2033 E. 11th St. • 563-322-4096
Mon. - Sat. 10:00 a.m. to 5:00 p.m.
Open Sun., Sept. 21 for RIVERSANCE Art Fair

**October is
"Breast Cancer Awareness" month.
OPEN HOUSE**
October 1st, 9am to 5pm
with **ABC's Linda LeMaire**
Receive a rose and purse compact **FREE**
with purchase of an **ABC** breast form.



After Breast Surgery
Ultra Light Breast Forms
exclusively by
American Breast Care
• 50% lighter than standard silicone.
• 25% lighter than our lightweight silicone.

ALWAYS A WOMAN
WOMEN'S SPECIALTY BOUTIQUE
435 17th Street • Moline 309-764-2888
Hours: Mon-Thurs. 9am-3pm or by appointment.

IT only TAKES -
- days to change the chemistry of your **BLOOD**
- weeks to change the composition of your **CELLS**
- months to make major changes in **BODY ORGANS**
- years = a **WHOLE NEW YOU**
start building healthy cells **NOW**

CONTACT BONNIE.
www.shoklee.net/hach
712-213-3351
order
VIVIX + VITALIZER + Soy Protein
(save 15% or more)



BlueCrush
TANNING
Ask for the Radish Special
15% Off
Any Regular-Priced
Service or Product

- Tanning • Nail Services • Lotions
- Jewelry • Mineral Cosmetics
- Handbags

"Now offering Pedicure & Manicures"



2323 Cumberland Square Drive • Bettendorf, IA • 563.355.5717

Income Opportunity
I AM A MOM who left the corporate world to **WORK FROM HOME!** I am now earning a six figure residual income with **CAR BONUS and PROFIT SHARING**. Looking for 2-3 motivated individuals who want the same.



www.MidwestParents.biz
877-472-6187
Working locally. Promoting wellness

resources

FEEL-GOOD FUEL

(Story on page 8)

Converting gas burning vehicles to electric is nothing new. Mother Earth News magazine has published articles on this topic since the 1970s. Before that, there were people designing vehicles that could run on a variety of fuels. Rudolph Diesel, inventor of the engine that bears his name, designed it to run on vegetable oil and invented a solar powered air engine. The Stanley Steamer, built in the early 20th century, could use gasoline, raw petroleum, coal, charcoal, oil or wood for fuel. Perhaps the most unusual alternative fuel is hemp biodiesel, which powered a car on a trip across the U.S. and Canada in 2001.

FALL FOR APPLES

(Story on page 10)

Here are a couple more recipes for enjoying apples this season.

Baked Apple Slices

8 cups apples, core and sliced 1/4 teaspoon nutmeg
1 cup sugar 1/4 cup butter
1/2 teaspoon cinnamon

Place apples in 9x13x2-inch pan. In small bowl, stir together sugar, cinnamon and nutmeg. Sprinkle sugar mixture over apples. Dot with butter. Bake covered for 30 to 40 minutes at 350 degrees. Makes 6 servings.

Apple Butter

6 pounds apples, quartered 1/2 teaspoon cloves
2 cups apple cider 1/2 teaspoon allspice
3 cups sugar 1/2 teaspoon nutmeg
2 teaspoons cinnamon

Cook apples in cider until tender. Press through a sieve or food mill. Measure three quarts of apple pulp. Cook pulp until it rounds on a spoon. As the pulp thickens, stir frequently to prevent burning. Add sugar and spices and cook over low heat, stirring frequently, until desired consistency. Pour into hot jars, leaving 1/4-inch headspace. Adjust lids. Process pints for 10 minutes in a boiling water bath. Yields 3 pints.

Source: Adapted from "Ball Blue Book"

Apple orchards

Looking for local apples this year? Here are a few places to find them. Growers always encourage visitors to call ahead before visiting.

- Czupar's Orchard, four miles south of Dubuque, Iowa, on U.S. 52. (563) 582-7476.
- Faeth Orchards, 2469 Hwy. 2, Donnellson, Iowa. (319) 372-1307.
- Jefferies Orchard, 1010 Jefferies Road, Springfield, Ill. (217) 487-7582.
- Pleasant Row Orchard, 21649 N. State Route 97, Cuba, Ill. (309) 785-5098.
- Stone's Apple Barn, 16115 Hubbard Road, East Moline, Ill. (309) 496-2318.
- Tanner's Orchard, 740 Illinois 40, Speer, Ill. (309) 493-5442. (See story on page 12.)
- Turkey Valley Organic Apple Orchard, 50350 Turkey Ridge Road, Gays Mills, Wis. (608) 735-4660.

farmers' markets

ILLINOIS

BUREAU COUNTY

Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 8:30 a.m.-2 p.m. Tuesdays and Saturdays, through October. (815) 875-6468

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 7 a.m.-noon Saturdays, through October. (815) 244-2171

HENRY COUNTY

Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, through October. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 8 a.m.-noon Wednesdays, through October. (809) 852-2175

JO DAVIES COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Cadiz; 3-6 p.m. Fridays, through October. (815) 598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through October. (815) 777-1838

Stockton Farmers' Market, next to Casey's on South Main Street (Tuesdays) or Stockton High School, 500 N. Rush St. (Saturdays); 3-6 p.m. Tuesdays, 8 a.m.-1 p.m. Saturdays, through October. (815) 598-3220

KNOX COUNTY

Junction Farmers' Market, Junction Gas Station, U.S. 150 and County Highway 10; 3-6 p.m. Tuesdays. (309) 289-4317

Oncida Farmers' Market, DT Sales parking lot, U.S. 34, Oncida; 4-8 p.m. Thursdays. (309) 483-6467

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-noon Wednesdays and Saturdays, through October. (815) 288-5043

MCDONOUGH COUNTY

Macomb Farmers' Market, courthouse square; 6 a.m.-noon Thursdays, 7 a.m.-1 p.m. Saturdays, through Oct. 18. (309) 837-4855

OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, through October.



PEORIA COUNTY

Shoppes at Grand Prairie Farmers' Market, 5201 W. War Memorial Drive, Peoria; 4-8 p.m. Wednesdays, through early October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY

East Moline Farmers' Market (Quad Cities Fruit and Vegetable Growers Association), 1112 42nd Ave.; 8 a.m.-noon Saturdays and Saturdays, through October. (309) 787-4286

Milan Farmers' Market, 900 W. 4th St.; 2:30-5:30 p.m. Wednesdays, through October. (309) 787-4286

Port Byron Farmers' Market, Main Street near the pavilion; 3-7 p.m. Tuesdays, through October. (309) 269-8705

Trinity 7th Street Market (Quad Cities Fruit and Vegetable Growers Association), 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through October. (309) 936-7792

WARREN COUNTY

Monmouth Farmers' Market, corner parking lot at N. Main and W. Boston streets; 7 a.m.-noon Fridays, through October. (309) 734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Stelling; 8 a.m.-noon Saturdays, year-round (indoors). (815) 535-0509; www.rcmarket.org

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of courthouse, Tipton; 7:30-11 a.m. Saturdays, through October. (563) 886-2076

CLINTON COUNTY

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays, 8-11 a.m. Saturdays, through October. (563) 577-2216

DUBUQUE COUNTY

Dubuque's Farmers' Market, near City Hall on Iowa and 13th streets, down Iowa Street to 11th Street; 7 a.m.-noon Saturdays, through Oct. 28. (563) 588-4400

HENRY COUNTY

Mount Pleasant Farmers' Market, Old Thresher's Food Court, 405 E. Threshers Road (use Walnut Street entrance); 4:30-6:30 p.m. Wednesdays; 8:30-11:30 a.m. Saturdays, through Oct. 11. (319) 931-1458

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park (at Main & Grimes streets); 3:30-7 p.m. Wednesdays, 8 a.m.-1 p.m. Saturdays, through October. (641) 472-2449

JOHNSON COUNTY

Coralville Farmers' Market, Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Oct. 2. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 7:30-7:30 p.m. Wednesdays, 7:30-11:30 a.m. Saturdays, through Oct. 29. (319) 356-5110

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6:30 p.m. Tuesdays, through Oct. 28. (319) 338-6111

LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and Thursdays, 7:30 a.m.-noon, Saturdays, through October. (319) 286-5699

Downtown Market, Downtown Cedar Rapids (2nd Street SE); 7:30 a.m.-noon, first Saturday of the month, through October. (319) 398-0449

Noelridge Farmer's Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through October. (319) 286-5699

MUSCATINE COUNTY

Muscatine Farmers' Market, Wilson's True Value Hardware store, 1420 Park Ave. on Tuesdays, Mississippi Drive and Sycamore Street on Saturdays; 3-6 p.m. Tuesdays, 7:30-11:30 a.m. Saturdays, through Oct. 28. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY

Trinity Farmers' Market (Mississippi Valley Growers' Association), corner of 21st and State streets; 2-6 p.m. Thursdays, through October. (563) 332-5529

Bettendorf Farmers' Market (Mississippi Valley Growers' Association), corner of 21st and State streets; 2-6 p.m. Thursdays, through October. (563) 332-5529

Davenport Farmers' Market (Mississippi Valley Growers' Association), North Park Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 8 a.m.-1 p.m. Wednesdays and Saturdays, through October. (563) 940-0634

Davenport RiverCity Farmers' Market (RiverCity Market Association), North Park Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 299-3333

West Kimberly Market, 4004 W. Kimberly Road, Davenport; 9 a.m.-5 p.m. Wednesdays and 11 a.m.-4 p.m. Sundays, year-round (indoors). (563) 391-1616; westkimberlymarket@aol.com

Blue Grass Farmers' Market, Paul Barnes farm, 4304 Mayne St.; 4:30-7 p.m. Thursdays, through October. (563) 381-3761

food for thought

Green guilt

Do your best, but don't burn out on shame

By Joseph Hart, Utne Reader

Guilt. The conscience's unbidden response to failures of will, it's the emotion with which well-intentioned citizens most struggle. Especially these days, as the chasm between the "haves" and everyone else widens and everything from melting ice caps to parched croplands threaten an all but certain apocalypse — on our watch.

Exhibit A is a recent poll done in England and analyzed in the November 2007 issue of the New Internationalist. More than half the Britons surveyed consider "unethical living" to be as socially unacceptable as drinking and driving. So what do they do about it? Lie. Nine out of 10 surveyed admitted they fib about how green they are. Not what your shrink is likely to call a healthy coping mechanism.

Toss a little social stigma in with the guilt, and it's not hard to understand the temptation to fudge a few details. A visibly ethical lifestyle is the new way of "keeping up with the Joneses," say 70 percent of respondents. Since 90 percent say guilt compels them to live more ethically, it stands to reason that a chunk of them are actually doing it by recycling, turning down the heat, and so on.

So, you might ask: a healthy spoonful of guilt and a handful of "little green lies" in exchange for tons of garbage out of the waste stream or carbon out of the atmosphere? What's the problem?

The problem, to borrow a term from the environmental movement, is sustainability.

When people are motivated by guilt, they fail to make long-term change. Among activists, this takes the form of burnout.

Mary E. Gomes, a psychologist whose study of activist burnout is also cited in the New Internationalist, concluded that personal guilt is often the drug of choice that fuels activists' long hours of rabble rousing. They feel guilty because they can't solve the world's problems, so they work harder, which makes them feel even more guilty ... ad infinitum.

Sound familiar? If you've ever been involved in movement politics, it should. If not, surf over to TrueGreenConfessions.com. Ostensibly, this is a Web site for greenies to assuage their guilt with public confessions of private sins. But you can't hear the rending of garments for the drum of the browbeating. A typical example: "It's so easy to be green. ... People who think it's too hard are just lazy."

Perhaps it's not fair to judge an entire movement on the strength of a few anonymous Web postings. Still, it's at least worth considering whether the green movement's reputation of being smug and humorless is not, in fact, a vast conspiracy, but simply the accurate description of a group of people with a lousy relationship to their own guilt.

What's really lacking in public discourse is a very real notion of forgiveness and humility. Merely by being born, the greenest among us consume resources and



©iStockphoto

exhale carbon dioxide. We also have to work, eat and sleep, which, depending on our individual circumstances, take various tolls on the world around us. And then there's what we do or want to do for fun, to make life joyful — to some, the ultimate sin.

None of these realities should cause us to wallow in shame or shrug fatalistically. Instead, as in all things, we must be humble and firm in our resolve to do what we can.

Excerpted from Utne Reader, a national magazine combining the best of the independent media with original writing to create diverse, meaningful conversation about wide-ranging social, cultural and political issues. To read more articles from Utne Reader magazine, please visit Utne.com or call (800) 736-8863 to subscribe. Copyright 2008 by Ogden Publications Inc.

Surgery is getting easier ... on you.

Trinity Center for
Advanced Surgery

The Trinity Center for Advanced Surgery is committed to providing you and your family the latest technology, treatments and surgery support. Trinity is pioneering the use of robotic-assisted surgery in our community. Our highly skilled surgeons use their hands to guide tiny robotic arms and 3-D camera eye to perform minimally invasive procedures, resulting in smaller incisions and faster recovery times.

To learn more about the Trinity Center for Advanced Surgery visit our Web site at www.TrinityQC.com/RoboticSurgery.



A better experience.





We're in touch with your healthcare needs.

The Davenport Clinic inside Palmer's Academic Health Center offers the latest chiropractic care in a virtually paperless office environment for faster service. Of course, providing the best care requires more than leading-edge technology. That's why, after more than a century, we continue to provide the hands-on attention you've come to expect.

To see how we're setting standards in health care and receive a free consultation, visit us or call for an appointment at (563) 884-5801.



PALMER
Chiropractic Clinics

Because Palmer
is Chiropractic

www.palmer.edu