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Dear Friend:

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

Ten years ago something happened that changed my life forever.

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

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

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

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– **Dr. Rob Scranton, D.C.**

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

**Medicare exclusions apply*

from the editor



Photo by Paul Colletti / Radish

By the time this issue of Radish goes to print, Nina Ruetnik, who is gracing our cover, will have celebrated her fifth birthday. There are many things to like about Nina. She has an enterprising sense of fashion and can talk at length about the plots of recent “Scooby Doo” episodes. She’s also thoughtful and observant. If I didn’t know her, I wouldn’t know that naked mole rats are vegetarians.

One of the things I find most inspiring about Nina, though, is that every year on her birthday she chooses a new favorite color. Her mother, Bridget Fahey, tells me this year Nina has settled on purple. I appreciate the spirit of adventure and open-mindedness behind her birthday ritual. With so many wonderful colors in the world, why stick with just one?

In my work for Radish, I often find myself reading environmental news that can be rather overwhelming. There is little question that we have hefty challenges to meet if we are to secure a healthy future for ourselves and the generations that follow us. Sometimes the news is grim enough to make me want to weep. It seems all too likely that in Nina’s lifetime, for example, both polar bears and glaciers will disappear from this planet. Big changes will be needed to prevent that; sometimes I feel discouraged we will ever make them.

When I think about someone like Nina, however, I am reminded that resignation is a mind-set we learn, not one we are born with. Over the course of our youth, the way we live our lives often changes dramatically from year to year. Think, for instance, of how your world transforms the first time you go to school or learn to ride a bike. Kids take it for granted that life is full of big changes, and as Nina demonstrates with her new favorite colors, making those changes can even be exciting.

The Bengali poet Rabindranath Tagore writes that, “Every child born comes with a message that God has not yet despaired of humankind.” I am reminded that we should not yet despair, either. Every child is a living, breathing reason to begin work now for a better future. With their creativity and keen interest in the world around them, children are also some of our best allies in the cause.

— Sarah J. Gardner
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

Number 9, Volume 7
September 2011

Gerald J. Taylor
PUBLISHER

Joe Payne
MANAGING EDITOR

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

Val Yazbec
ADVERTISING DIRECTOR

Terry Wilson
NICHE PUBLICATIONS MANAGER
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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



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contributors



Jane VanVooran Rogers is a freelance editor, writer and stay-at-home mom with 11 years of professional writing experience. She edited the revised, updated edition of "Flax Your Way to Better Health" by dietician Jane Reinhardt-Martin and the memoir, "When Cancer Strikes: A Personal Story of Hope," by Tara M. Case. A lifelong Quad-Cities resident, Jane enjoys spending time outdoors with her husband and two children. Jane makes her Radish debut this month with an article on re:form. Read it on page 14.



Also new to Radish this month is Rachel Warmke. Originally from Janesville, Wis., Rachel is a senior at Augustana College studying English and journalism. She is the features editor for the campus newspaper, The Observer, and has served as the photo-journalist for a number of study-abroad programs in Latin America. She enjoys witty banter, jazz music, Henry David Thoreau and looking for needles in haystacks. Read her article on Masala Bhangra on page 12.



Susan McPeters has had what she calls a lifelong love affair with the outdoors. Hiking, cycling, kayaking, snowshoeing and cross-country skiing are among her favorite activities. This month she previews the upcoming Mega Hike at Starved Rock State Park near Utica, Ill., which you can read on page 30. It comes as no surprise that she has already registered for the event.



Frequent contributor Leslie Klipsch returns to Radish this month with an article on muffin-tin meals. Leslie Klipsch is a writer, editor and mother of three who enjoys cooking, eating, reading, crafting and spending time with her family. She spent a year contributing a parenting column to pregnancy.org and chronicles her adventures in food, parenting, DIY and healthy living on her blog, farm-raised.blogspot.com. Read her story on page 24.



Pam Berenger is a former Argus/Dispatch farm writer who left in 2001 to pursue another professional goal in the health field. Berenger is a graduate of Black Hawk College's nursing program and currently works as community liaison for Intouch Adult Day Services of Lutheran Social Services of Illinois. Read her article about the upcoming North Scott Farm Crawl on page 10.

Also appearing in Radish this month are contributors Ann Scholl Rinehart ("A voice for trees," page 20); Ann Ring ("Serenity in 3, 2, 1 ..." page 8); Barbara Mahany ("Winged ministers," page 32); Julie Barton ("Across the globe," page 16); Becky Langdon ("Little landscapes," page 18); Laura Anderson Shaw ("The delight of kites," page 28); and Margaret Adamek ("Hooked on sugar," page 40).

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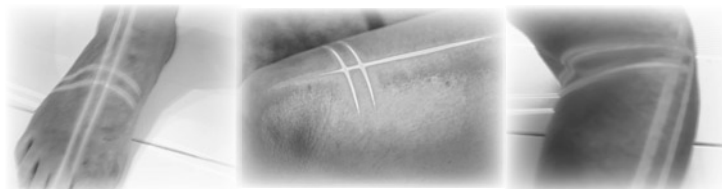
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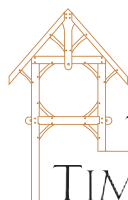
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From our readers

Aug. 2011: "This may be the best issue I've read yet! Well done."

— *Becky Nystrom*

Lucie's dogma (Aug. 2011): "There is absolutely nothing to compare to the unconditional love you get from a pet. We have three dogs and a cat, and each one gives and receives exceptional love! Great article! I thoroughly enjoyed it!"

— *Karen, Chardon, OH*

Meatless Mondays (July 2011): "Just finished reading the Meatless Mondays piece by Sharon Wren. As an alumn of Trinity, Rock Island, where I underwent multiple bypass surgery in 2005, I appreciate culinary option opportunities. My post-op menu selections did not include red meat of any sort and only three ounces of fish or chicken if I so chose. And no dark meat chicken, either. So, to read about appetizing alternatives sensibly proposed whether on a once-a-week basis or forever is encouraging. What a great opportunity to put down your knife so your surgeon can do the same! Thanks."

— *David Grimes, Monmouth, IL*

We need your nominations

Know someone who is making a positive impact on local foods or agriculture, the environment or your community? Let us know about them! We are on the lookout for the next 10 recipients of the Radish awards, and you can help. Send an email to editor@radishmagazine.com with the words "Radish award nomination" in the subject line and tell us what your nominee is doing to promote healthy living from the ground up.



Can't get enough of Radish? You can find Radish representatives at the following community events. Come say hello, pick up an extra copy and tell us what you'd like to see in future issues.

- **Unity Festival**, noon to 5 p.m. Sunday, Sept. 25, at the Putnam Museum, 1717 W. 12th St., Davenport.
- **Family Fun and Kite Festival**, 10:30 a.m. to 4 p.m. Saturday, Sept. 24, at Centennial Park, 315 S. Marquette St., Davenport. Read more about this event on page 28.
- **Quad Cities Fruit & Vegetable Growers Farmers' Market**, 8 to 10 a.m. Saturday, Sept. 10, at Trinity Medical Center, 500 John Deere Road, Moline.

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Nina Ruetnik, daughter of Bridget Fahey and Tadd Ruetnik of Davenport, takes a peek at a muffin tin meal. (Photo by Paul Colletti)

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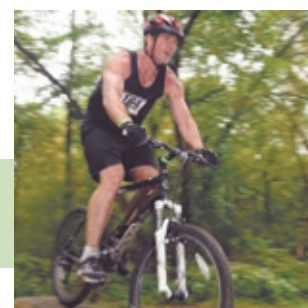
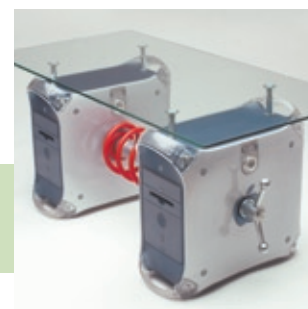
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healthy living

Five tons an acre

Understanding soil loss and what it means for our health

By Sarah J. Gardner

Picture this. It's July, white hot, and I am at my desk with a stack of environmental reports on soil erosion, slowly making my way through the charts and figures to try to understand what they convey. The only sound is the drowsy hum of a vent overhead.

At the same moment, half a continent away, legislators in Washington are deadlocked in a debate about how to handle our nation's debt. We are all sweating, for a variety of reasons, and as I look up to see another news story about the debates in Washington on my computer, it strikes me: While legislators are grappling with the implications of a monetary debt, I am trying to make sense of a debt rooted in our very soil.

By the numbers

"Seventy percent of American soil is in private hands," says Paul Johnson, a farmer in Decorah, Iowa, and former head of the Natural Resources Conservation Service for the U.S. Department of Agriculture. "The great challenge of our times is figuring out how to encourage private landowners to be good stewards of our resources for the generations to come. It's the farmer who holds the whole world in his hands."

From reading the reports, I have learned that even for farmers whose aim is to do exactly that, measuring success can be a tricky matter. This is due in part to our evolving understanding of soil science.

For the last several decades American cropland has been farmed under the assumption that there is a certain amount of soil that is "safe" to lose. Agronomists rate fields on a scale of one to five, corresponding to number of tons of soil per acre per year that can be lost. The maximum allowable erosion rate, five tons per acre, is assigned to the deepest soils that can afford to lose the most. It's the rating given to much of the farmland in Iowa and Illinois.

There are two ways of looking at those five tons, both of which illuminate difficulties farmers are facing. The first is to consider rates of soil formation, which have been revised as scientists have gained greater understanding of the processes involved. One estimate published by the American Society of Agronomy suggests new topsoil is formed at a rate of less than 0.2 tons per acre per year. This means, at five tons per acre, we potentially have allowed soil to be lost at a rate 25 times greater than it can be replaced.

Scientists have also been revising our understanding of how much topsoil is being lost on an annual basis, using more detailed measurement techniques that take into account "ephemeral gullies," rifts that form in fields during rainstorms but then later are plowed under. "We've always had this issue in measuring soil erosion. We measure sheet and rill erosion, but until now we haven't had a good



Photo by Stephanie Makosky / Radish

way of measuring the little gullies,” says Johnson.

In some places in Iowa, the new measurement tools have revealed losses of as much as 64 tons of soil per acre, according to a report issued by the Environmental Working Group. That’s 12 times more than the “safe” rate. In other words, five tons per acre quite possibly underestimates the amount at which we are losing topsoil. Perversely, it also overestimates the rate at which it can be replenished. Talk about a debt problem.

As our mathematical modeling improves, the challenge is to adjust our farming practices to reflect what we know — and to reward the farmers who do so.

Soil as a commodity

“You’ll never hear me say a farmer doesn’t care about conservation. Most do. It’s just that conservation is usually concern number two. First, a wheat farmer cares about growing wheat, a corn farmer about corn,” says Johnson.

That makes sense, he says. After all, it’s the commodity crops that pay the bills. “There is no market on the Chicago Board of Trade for protecting bluebells or meadowlarks or soil. If the American public values these things — and I think they do — then we have to figure out a way to make conservation a commodity.”

We can keep soil in place and improve soil structure if we put our minds to it, says Johnson, pointing to the other successes in American agricultural practices. The same science that reveals our shortcomings can also validate the practices that work. Johnson argues we need to consistently reward landowners for good practices shown to reduce erosion like maintaining tracts of grasses and other plants between our fields and waterways.

“I am sure we can figure out how to grow 200 bushels (per acre) of corn and have clean air and good water and biodiversity if we put our minds to it. We’ve already gotten good at the 200 bushels part of it,” says Johnson.

Loss of topsoil isn’t just an ecological issue, it can also be a nutritional issue. A 2004 study by researchers at the University of Texas compared USDA nutritional data recorded in 1950 and 1999 for 43 different fruits and vegetables. They discovered a decline in the amount of protein, calcium, phosphorus, iron and vitamins B2 and C among the various foods.

In this case it wasn’t better math that led to the difference in numbers. It was a change in farming practices. Researchers attributed the nutritional decline to breeding fruits and vegetables to grow faster, larger and be more pest resistant — but also to a diminished ability in those fruits and vegetables to extract nutrients from the soil. The findings of the researchers were duplicated in several other studies. A key to healthier produce, it turns out, is healthier soil.

Erosion impacts our health in other ways, too. According to the Environmental Working Group, between 1998 and 2008 the number of drinking water violations resulting from nitrate contamination doubled. The cause? Runoff from farm fields entering the water system. Runoff also increasingly has carried with it higher concentrations of the bacteria *E. coli*, linked to outbreaks of illness. Steps taken to keep soil in place also can help contain and filter agricultural runoff, reducing these threats to our health.

At the close of our conversation, Johnson mentions he is in the process of handing his farm on to his son. “I think this is becoming for me the best definition of conservation, being able to see the land in the hands of the next generation. We have to remember land is more than sands, soils and clay. It’s also water, air, animals — and human beings. The land serves many functions. Reducing soil loss is just one part of (protecting) it.”

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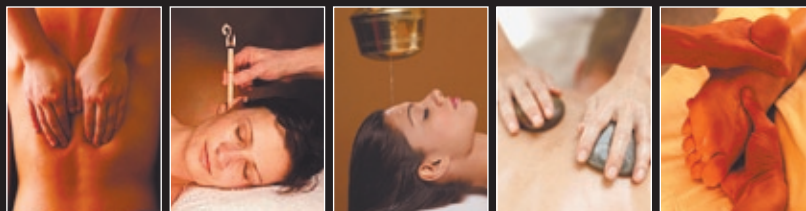
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healthy living

Serenity in 3, 2, 1...

Relaxation exercises that take only minutes to practice

By Ann Ring

Generally speaking, myself included, Americans can't relax. From the time our alarms pop on to when we click off the bedside lamp, our days, even on weekends, are filled with hundreds of decisions, distractions and demands.

If we don't regularly manage ourselves or what comes our way physically, mentally or emotionally on an everyday basis — most likely stress will take its toll. In fact, the American Institute of Stress (stress.org) lists numerous emotional and physical disorders that have been linked to stress. These include headaches, canker sores, frequent colds, chest pain, palpitations, increased or decreased appetite, insomnia, and impulse buying.

Before you think, "Great. Just one more thing to add to my to-do list," the good news is even with full calendars, it's possible to find time to relax and rejuvenate — no further scheduling required. The trick is to recognize short periods of downtime, like waiting to pick up kids from a lesson or standing in line at the store, as opportunities to come back to center. Curious what can be done in 15 minutes or less? Read on.

Breathe in, breathe out

Jim Earles, certified Kundalini Yoga teacher in Dubuque, has a breathing exercise that can produce results in simply 12 seconds. Breathing only through the nose, take a smooth, relaxed breath for three seconds, hold it comfortably for three seconds, exhale smoothly and fully over three seconds, then hold the breath out of your body for three seconds before you start the process over again. "The practice may certainly be continued for 15 minutes or even longer," he says, "but most people will experience significant relaxation in only a couple of minutes."

Similarly, Sylvia Kroeger, counseling clinical hypnotherapist with The Healing Heart Center in Bettendorf, says, "When you have a moment of



Sylvia Kroeger takes a moment to practice a breathing exercise. (Photo by John Greenwood / Radish)

waiting, instead of focusing on the delay, focus on your breath. If you can, close your eyes for a second ... take a nice, deep breath through your nose and into your belly, thinking only of the breath. Hold that breath for a moment and then let it all out. While you are exhaling, once again, think only of the exhaling breath. Pull your belly in as you exhale so that you get rid of all the tension you can." She says if you do this, and only this, periodically throughout the day, you will be amazed at how much energy you still have at the end of it.

Alter your expectations

Steve Spring of Quad City Meditation says, "Hurrying to an appointment, I am often caught by

a red traffic light or three. I can obsess about how many minutes I am from arrival and the lethargic change in the signal. Or I can choose to remember to enjoy this moment of stopping. Locating the breath and taking it deep into the abdomen, I observe the conditions in the body the breath touches. I invite calmness with the in-breath and allow release of stress with the out-breath. Then a little miracle occurs. The traffic moves in unison and clears a path to my destination. I arrive refreshed and available for listening."

Meditation and Reiki master and teacher Karen Fox, of Spiral of Light in Coralville, Iowa, suggests adopting "an attitude of gratitude. Think about what objects you're grateful for," says Fox. "For example, when we eat a bowl of oatmeal, relax and realize how interdependent we are on the air and water and

people involved just for you to eat that one bowl. Be grateful for the mill workers, packagers, drivers for transportation, the grocery store clerks and people who keep the store clean."

Aikido practitioner Joe Gadzik of Rock Island shares his philosophy on busyness: "Find that balance between 'I should get this done' and being realistic on what you can get done. Be disciplined in your actions enough to where you can relax. Find a harmony, a realistic appraisal of what you can get done, then don't feel guilty about what you can't."

Change your posture

Gretchen Little, LMT, Reiki master, and intuitive artist of Indigo Earth Healing Arts in West Liberty, Iowa, says that, in addition to drinking water and laughing, she has a little technique of her own she likes. Place your hands over midchest, or you can cross your wrists, with your hands on your collarbone. Then do anything — talk, read, watch TV. After 15 minutes, you should feel calmer.

Karen Fox has a second relaxation technique she recommends. Sit in a chair with both feet flat. Lean forward with your head toward your knees, allowing your chest to rest on your thighs and your palms to touch the floor. If you need privacy, slip into the bathroom at work, and find a seat there. As you bend forward, take slow, deliberate breaths.

Practice makes perfect

Although we can use these tips to our immediate benefit, relaxation techniques are a learned skill that can improve over time. It may take a little while to find what works best, and this article is not meant to be an exhaustive list of how to relieve stress quickly. In fact, other tips include listening to music, taking a moment outdoors, saying no, getting enough sleep, and stretching. Eating fresh fruits, vegetables, and foods rich in vitamin B like almonds, broccoli, lentils, and quinoa can also help. Or, as Lynn Carstens, licensed acupuncturist with the Sacred Lotus Acupuncture and Natural Health in Bettendorf, suggests, "For Pete's sake, turn off electronic gadgets for a while."

'Find a harmony, a realistic appraisal of what you can get done then don't feel guilty about what you can't.'

Sometimes the intention to relax is what makes the difference, regardless of how you go about it. Barry Ferm, who has practiced with Quad City Meditation for four years, observes, "Anything can be meditative: a long bike ride, walking. Just be in the moment; try to focus on what you're doing at that time."

Even something as simple as imagining yourself in a relaxed state can help achieve it. Close your eyes and call to mind how you feel when you are relaxed. Is your breathing deeper, are your shoulders less tense? You might be surprised to find the more detailed you imagine it, the closer to relaxed you become.

With practice, we can reap the ultimate benefits of taking action in the first place — improving our mental, emotional, physical, and spiritual state of being.

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healthy living

Down on the farm

Farm Crawl offers visitors a glimpse into niche agriculture

By Pam Berenger

According to the Iowa Farm Bureau, 85 percent of Iowa's land is farmland, yet 90 percent of all Iowans have never been on a farm. On Sept. 11, residents of the Quad-Cities and surrounding communities will have the chance to put themselves among the elite 10 percent of farm visitors by participating in the first annual North Scott Farm Crawl.

From 11 a.m. to 4 p.m., four farms — Sawyer Beef, Miss Effie's Country Flowers and Garden Stuff, Behnke Poultry, and Triple Creek Dairy — will offer guided tours that explain the practices behind each farming operation. This will include what kind of animals live on the farm, how they are cared for and what products the farms produce.

"Sonny and I participate in Ag in the Classroom for the Farm Bureau and we see firsthand how far removed people are from the farm and agriculture," says Brenda Kempf of Triple Creek Dairy in Long Grove, Iowa. She says the farm crawl is the perfect opportunity for people to visit the country and see where and how their food is produced.

Kempf's own adventure in food production began with her son's adverse reaction to cow milk in the 1970s. Her search for a solution turned into a profession. Back then it was difficult to find a formula that wasn't derived from cow milk, Kempf says. So, after doing some research she talked with her pediatrician about goat milk and decided to give it a try. It fit nicely into what she refers to as the "1976 back to the land movement."

Ultimately her son did fine on the goat milk, once she found the goats. "I had a terrible time finding goats at first," Kempf says. "I heard all the negatives about them, but they are really clean and personable animals."

"The only problem I had was what to do with the excess milk," says Kempf. "I wasn't close enough to have my milk picked up by dairy, so I looked into making cheese. It turned out I was a little ahead of my time when it came to being a licensed micro dairy. I checked with the U.S. Department of Agriculture, who told me 'If it meets our standards we'll license you.' But no standards were given. Things have changed and today much more information is available."

While raising her children and goats, and perfecting her skills at making feta and chevre cheese, she and her husband, Sonny, put their heads together and dreamed of something bigger, Kempf says. Every time they visited a micro dairy they made note of what they liked and tweaked their plans.

Eventually the Kempfs broke ground on a small cheese-processing plant on their farm, completing the structure in December 2009. It took until April 2010 to get the micro-dairy license and final go-ahead to start because the equipment was damaged when the truck delivering it was involved in an accident.

"Honestly, I never thought we'd make it past the drawing board," Kempf says. "It was a dream, but something I didn't think would ever really happen. Like any business it takes awhile to build."

Today Triple Creek Dairy offers award-winning feta and a variety of chevre cheeses including cracked black pepper and chive and garlic. Her cheese is offered in the Health Mart of the Hy-Vee store at 4064 E. 53rd St., Davenport, and in the deli section of the Hy-Vee at 3301 W. Kimberly Road, Davenport. John's Grocery and the Hy-Vee stores in Iowa City also carry her goat cheese, and the Kempfs peddle their cheese at the Freight House Farmers' Market in Davenport.

Now that her micro dairy is built, Kempf is hoping people will come and enjoy all the offerings



Triple Creek Dairy owner Brenda Kempf with her goats. (Photo by Gary Krambeck / Radish)

at the farm crawl. At Triple Creek Dairy, visitors will see the LaMancha, Nubian, Alpine and Saanen goats as well as the processing room where Kempf turns 20 gallons of raw goat milk into 25 pounds of chevre cheese. Visitors will also tour the milking parlor and the “working girls” living quarters as well as where the kid goats romp and play.

Like the other farms on the crawl, Triple Creek will also host specialty vendors on site that will offer a variety of goods, products and tips to visitors. Marcy Blanchard from Charlotte, Iowa, who is well known for delicious cookies and breads, will be the specialty vendor at Triple Creek.

Other specialty vendors participating in the farm crawl will include Corinne Rasso, a registered Shetland sheep breeder who runs Crosswind Farm in Eldridge, Iowa. She will be selling hand-spun, naturally-colored Shetland yarn; clay figurines; and cookies and jams at the farm crawl. Rasso will be joined by Cassie Moon, who will also have hand-spun yarn from her Farm Genevieve in rural Nichols, Iowa, and by basket weaver Tracy Welch.

Miss Effie’s, owned by Cathy LaFrenz, will also host spinning demonstrations given by Abi Hutchinson of High Prairie Fibers, who will be at her spinning wheel turning wool roving into yarn. In addition to touring the farm and speaking with the specialty vendors, visitors to Miss Effie’s will also have the opportunity to climb aboard a hay rack pulled by an antique John Deere tractor and go for a ride.

“We try to be very, very green,” says LaFrenz, who worked with Kempf to organize the farm crawl. “It should be a great time and should give people a sense of what ag is all about in Iowa.”

Behnke Poultry and Sawyer Beef, the other two farms giving tours as part of the farm crawl, will show visitors how the animals they raise are cared for. Both farms raise livestock using methods that give their cattle and poultry plenty of fresh air and room to move around in. The chickens at Behnke Poultry and the cattle at Sawyer Beef enjoy a rotational grazing system that moves them daily to new areas for fresh forage. None are given routine antibiotics or growth hormones.

Each of the farms participating in the North Scott Farm Crawl have appeared in an issue of Radish. To learn more about them and see a map depicting the location of each, visit radishmagazine.com.

Where to start? Pick a farm!

The only cost to visit any of the farms in the North Scott Farm Crawl is the time it takes to drive out to them. The event is free. Visitors can use any one of the locations as a starting point. Signs with directions and mileage to the other farms will be posted at each.

- **Triple Creek Dairy Farm:** 20437 290th St. (St. Ann’s Road), Long Grove, Iowa
- **Miss Effie’s Country Flowers and Garden Stuff:** 27387 130th Ave., Donahue, Iowa
- **Behnke Poultry:** 29158 162nd Ave., Long Grove, Iowa
- **Sawyer Beef:** 26960 264th St., Princeton, Iowa

Updates on the farm crawl and information on specialty vendors can be found at northscottfarmcrawl.blogspot.com.

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health & fitness

Masala Bhangra

Sweating and smiling in a Bollywood-style dance class

By Rachel Warmke

Dancing was never in the cards for me. I discovered early on (from an unfortunate bout of two-left-feet syndrome) that there would be no “Dancing with the Stars” debut in my future. No Juilliard. No leotards. And then I was asked to take a Masala Bhangra class.

Based on a style of dance from northern India, Masala Bhangra is the creation of international fitness instructor Sarina Jain. Recently, Quad-Cities’ YMCAs have begun offering the dance class. It is taught by Neeru Dadhwal, a local Zumba enthusiast certified in Masala Bhangra by Sarina Jain herself.

“I was very excited. I was not nervous because I just love to dance — it just comes natural to me — and I knew people would be open to it,” Neeru said of her first class in January. “(The participants) said they couldn’t walk for the next two days, and their arms were so sore, so that was good news for me,” she said.

This, however, was anything but good news for me. Two weeks and many rounds of deep breaths later, I found myself at the Bettendorf YMCA on a Saturday, suited up in yoga pants and kicking my legs out to the side for warm-ups. I began quietly praying there would be no bloodshed.

As the music began, I snuck a glance around. Women of all ages, from teens through late 60s, were following in perfect time to the rhythm. Clearly they had all been here before. At least, that’s what I convinced myself as I attempted to move my hands “sexily,” looking like a lame duck attempting to initiate flight.

Beside me, Sara Newman of Davenport dropped into lunges with the grace of a gazelle. Sara had been coming to classes for three months with her mom, Susan, aunt Linda and sister Amanda, all whom had been prior Zumba participants.

Suited up in yoga pants and kicking my legs out to the side for warm-ups, I began quietly praying there would be no bloodshed.

“We’ve been hooked on this as well ever since,” Sara said. “It’s definitely the music, and the choreography, and the fact that there’s not a lot of jumping” — meaning there’s no negative impact on your knees, she explained, citing an example of an elderly couple in their 70s who attend the class.

The hip moves were Susan’s favorite part. She whipped out a belly dancing skirt midway through the class to lend a little extra flair to the lesson. Although participants wear workout clothing, traditional Masala Bhangra dances are



Neeru Dadhwal leads a Masala Bhangra class. (Photo by Paul Colletti / Radish)

performed at Indian weddings and parties in a salwar kameez, a unisex tunic-style dress worn with long, flowing scarves.

The dancing continued as we wove, spun and dove through the next set of songs. We clasped hands behind our backs, swinging legs in time to the beat, followed by a move similar to pulling on overalls — one leg in, then the other, pull the arms up. Traditionally a men’s dance, performed to celebrate the harvest, Neeru had added her own feminine twists. “While driving, while eating, while sleeping — my head is always making up new moves,” Neeru said.

Participants burn anywhere between 700 to 1,100 calories in a single one-hour dance session. Often, Neeru said, sessions last longer because participants don’t want to quit. They weren’t the only ones. As class continued, there I was, shimmying with the others.

When I arrived back home, my roommates asked for a recount of my adventures, but first I had an important item of business to attend to. Logging onto the Internet, I searched for a salwar kameez in my size. I’m not saying Bollywood producers will be calling me quite yet, but just in case, it just never hurts to have the outfit ready.

For a schedule of classes, visit scottcountfamilyy.org.



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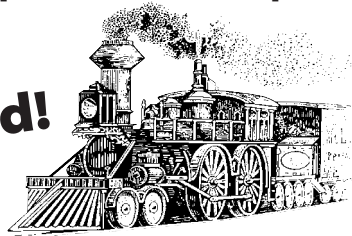


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Admission:	
Admission for children 7 years and under supported by Moline Community Foundation	
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Office to den

Re:form turns e-waste into hip living room decor



Submitted



By Jane VanVooran Rogers

What do you get when you combine two old Mac towers, two cranks, a pane of reclaimed glass and a coil spring from a pickup truck? A smooth coffee table from a new company called re:form that blends material reuse with contemporary style.

The goal of re:form is to create a stylish second life for commonly discarded technology, such as computers, satellite dishes, plasma screens and more. The company fuses material reuse and environmental responsibility with artistic design and function.

"I'm visually minded," says re:form creator Ryan Orr of Davenport. "I want to develop things that make people's eyes get big or their jaws drop. And they say, 'I want that' or 'Wow, I never knew you could do this with that.' That makes me feel good as a designer because people enjoy it."

Launched in 2011, re:form arose from Orr's tinkering mind-set combined with the volume of computers Orr cycled through in his work as a video editor.

"When a computer died at work, we'd think, 'What are we going to do with it? Make it a cappuccino machine? A fish tank? Add to the junk upstairs?'" Orr says. "There has to be something more inventive and useful."

By day, Orr is a senior editor at dphilms, a video production company in Rock Island, producing commercials, corporate promos and short films for clients. By night, he works in his basement, experimenting by hand with discarded electronic materials and exploring ideas bouncing around in his head.

"This is a different way to be creative. It's an extension of what I do, but I get to step away from the computer and work with physical products," he says. "It's neat to play with things that already have a sleek style and that would otherwise be thrown away."

Working with a computer rather than on a computer poses its own challenges. "One thing I can do at work is hit the 'undo' button. I can't do that here," Orr says. "If I misdrill a hole or mispaint something, then I have to start over."

"I also discovered that the plastic computer cases are very sensitive to certain chemicals! The limitations of the materials mean that whatever I do I have to get absolutely right on the first shot."

In trying to get things right, Orr went through about six machines to develop the coffee tables, known as Crunching Numbers G3 and G4.

While finding a creative way to use reclaimed materials, Orr tries not to create more waste, using reused or reclaimed materials from junkyards, landfills or recycling centers. The glass he uses is reclaimed and reused. He also recycles the unused parts of the computers as well.

He avoids overusing typical fasteners, like nails or adhesives, which is challenging but "good because it helps you think outside of the box to make something work." His coffee tables are held together by tension; the cranks, which Orr found online, act as clamps.

"Construction is easier in one sense," Orr explains. "And fewer adhesives make the products more environmentally friendly."

Although Orr has created two coffee tables with re:form, he's not limiting himself to furniture. His next piece may be wall art, outdoor sculptures, or something else.

For example, heat sinks that keep PCs cool have porcupine- or skyline-like jagged shapes and a variety of colors that seem well-suited for sculptures.

Orr waits to hear from people who have defunct PCs or other technology, and he acts fast to snap them up. He'd like to establish relationships with individuals and organizations that could supply him with more e-waste materials.

"When the TV goes bad or the Xbox quits working, people usually just put it at the curb. And once it's gone, it's gone," Orr says. "I want to keep it in the loop and transform it into something new, something that they'll never want to get rid of."

To learn more, visit reform-designs.com. To donate technology items for the one-of-a-kind pieces, email Orr at reformdesigns@yahoo.com.

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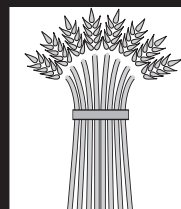
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environment

Across the globe

Iowa company partners with organic farmers far afield

By Julie Barton

Nearly 9,000 miles away from the Midwest, in the mountains of Sri Lanka, Mahinda Karunarathna is tending to his family farm. In addition to a rice paddy and some chickens, his farm also grows pepper, cinnamon, cloves, nutmeg, ginger and other spices for Frontier Natural Products Co-op based in Norway, Iowa.

Although his farm and family life are enough to keep him busy, Karunarathna is a member of the Small Organic Farmers Association (SOFA), whose organization was the recipient of a \$25,000 donation from Frontier for an organic training center in his region. Completed in late 2010, the training center has already conducted more than a dozen training classes, educating more than 120 farmers on sustainable cropping techniques such as composting, erosion control, rain harvesting and natural pest management.

As a member of SOFA, Karunarathna shares his experience and expertise in sustainable farming methods with other local growers and helps with training at the facility. He is just one of the people Kai Stark, purchasing manager for Frontier, works with on his sourcing trips.

"By helping to provide training on organic and sustainable agriculture practices, we are enabling the farmers to more efficiently and effectively grow their crops and to increase their incomes," explains Stark.

During 2010, SOFA earned \$150,000 in fair trade social premiums, money paid in addition to the cost of fair trade goods to be invested in economic and social development. For communities where farmers typically earn \$900 to \$1,200 annually, these premiums have funded scholarships and education programs, as well as the construction of clean water sources and schools. And while the premiums made these programs financially viable, volunteers like Mahinda Karunarathna have ultimately made them work.

It's obvious why small farmers in countries with smaller economies would be interested in participating in these types of programs, but why is a company like Frontier interested? Looking at prices directly, it might not seem as though groups like SOFA impact the bottom line for a company in a beneficial way: Working with 2,000 small-scale farmers is more expensive than buying the same amount of material from 20 large scale farmers. However, Stark explains that working with smaller farmers allows Frontier to have the highest quality material, which translates into fewer rejections of shipments, competitive advantages and strong partnerships. It also guarantees first access to material during times of scarcity and good communication between the company and the grower.

"When a shipment hits our door, we run tests to guarantee the purity, quality and safety of the product to our customer. So, while we can guarantee that bad product never gets to our customers, testing the product cannot change the fact that we are out of product if a shipment gets rejected," explains Stark.



Prasad Rathnayake describes the tools and resources used at the organic training center in Sri Lanka. (Submitted)

"We cannot make the herb greener or put more oil or constituents into it. The only way to control those factors is at the farm level. To guarantee the highest quality, it's absolutely necessary to be involved at the grower level, understand what our farmers are doing, and make sure they have access to all the resources needed to produce the best plants possible," says Stark.

Sustainability is also a large factor in a company's involvement with groups like SOFA. If farmers aren't being paid a fair price for their crops or taking care of their land, the soil will become weak and may no longer support agriculture. A farmer practicing mono-culture cropping in India could create an imbalance in the soil, which could result in a devastating fungus taking over and killing his crop, leaving a company without product. Taking care of people and the land helps companies forge bonds with farmers that create longer, more successful partnerships.

"When I travel, I always ask farmers why they started practicing organic agriculture," says Stark. "So often the answer is 'because I could earn more for my product and provide a better life for my family.' However, nearly every time they follow it with 'but since I have switched to organics, I see the soil getting better. It used to be tired, but it is getting rich again and the yields are increasing. I'm making my land better for my children.' They start for the money, but it becomes something much deeper for them."

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Dr. Sambandam is now practicing cardiology full time at Galesburg Cottage Hospital.

gardens

Little landscapes

A beginner's guide to assembling your own terrarium

By Becky Langdon

As fall approaches and we look forward to shades of red, orange and gold outside, terrariums provide a fun and creative way to bring greenery indoors. You may have seen them on design shows or for sale at craft fairs, but the good news is you don't need the greenest of thumbs to create a beautiful miniature landscape in a terrarium yourself.

Sarah Cutler, owner of Seeded Earth Growers in Muscatine, Iowa, has a few simple tips for success. She says to start with a glass container with a lid that has a large enough opening for placing plants inside. "I find a lot at the Salvation Army, Goodwill, and sometimes at Hobby Lobby when they're on sale," Cutler says.

Most trailing plants, including philodendrons and wandering Jew plants, root well in a terrarium. If you pull the leaf off its node and plant that node in the dirt, you can usually get growth. "For most of my terrariums, I am able to take small cuttings from my houseplants and let them root right in the terrarium," says Cutler.

Small ferns are another great terrarium plant, and adding moss can make your terrarium look like a miniature landscape. Cutler often goes walking in the woods

to find her own moss, but you can also find it at garden centers or online. Keep in mind that moss goes dormant during the warmer months of the year, so you may want to discard it in the summer and add a different plant to keep your terrarium green year-round.

Once you have gathered your materials, the fun part of assembling your terrarium begins. First, place a thin layer of crushed charcoal or fish tank charcoal in the bottom of your glass container, about a quarter-inch to a half-inch deep. The charcoal will act as a filter preventing a musty smell or mildew from developing.

Next, add your potting soil. The level of depth depends on the type of plant, but Cutler says for most of her cuttings she adds 2 to 3 inches. The plants go in next, starting with your cuttings, ferns or other plants. Then if you're using moss, place soil and moss around the other plants. Finish with decorations, from rocks to twigs to quirky figurines or whatever strikes your fancy. Add a little water and your terrarium is complete.

When it comes to caring for your miniature creation, Cutler says the most important thing is not to over-water it, which is the most common mistake terrarium owners will make.

"I gave my brother one, and he called me up and said, 'Uh, Sarah, my terrarium is brown. What do I do?'" she says with a laugh. "I think some people love them a little too much."

Keep your terrarium just slightly moist because too much water will cause your plants and moss to rot. When you look through the glass, the bottom portion of the soil should be pretty dry.

Choose your terrarium's location carefully. Unless you're creating a cactus terrarium, most plants prefer a cooler, low-light area of your home or office. If you need one for a sunny area, choose plants that prefer sun, water more frequently and leave the lid off more often. For plants that prefer low-light areas, you can leave the lid on most of the time, especially in the winter when the air is drier.

Cutler says, "I take the lid off mine probably about once or twice a week to get the condensation off the glass and let it air out. It helps keep it fresh."

While her main business is cut flowers, Cutler enjoys making terrariums during the late fall, winter and very early spring when business slows down. "I try my hand at a lot of different projects, but terrariums are especially fun because they incorporate my love for plants and creativity," she says.

Her terrariums appeared at Handmade City's art and craft show in April, and she has received positive feedback from her customers. "Most people are buying them for their offices to have something living and green," she says. "I think people like the idea of a miniature world."

You can find terrariums for sale at farmers' markets, craft shows or online, but if you're in the mood to get creative, experiment with designing your own using Cutler's simple guidelines. You just may find your green thumb well suited for a miniature world.



A terrarium assembled by Sarah Cutler. (Photo by John Greenwood / Radish)

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A voice for trees

Trees Forever connects volunteers with natural areas



Volunteers of all ages work together at a tree planting in Des Moines. (Submitted)

By Ann Scholl Rinehart

Recently, Shannon Ramsay and her 32-year-old daughter Anne visited the Iowa state capital in Des Moines. One reason for the outing: to take in the walnut trees that Anne helped plant with her brother some 20 years ago when she was just 10 years old.

Not only were the 40-foot trees significant for her daughter, they were also noteworthy for Ramsay. The trees were the first large-scale project for Trees Forever, the nonprofit organization that Ramsay, 57, co-founded in 1989. The organization's goal: to connect people to the environment through the planting and caring of trees, prairie and other natural areas.

Since its inception, Trees Forever has spearheaded more than 4,000 planting projects involving more than 160,000 volunteers who have helped to plant more than 2.8 million trees and shrubs throughout Iowa and Illinois.

Ramsay, who is CEO of Trees Forever, started the organization with a friend. "We started as volunteers," recalls Ramsay, from her Marion, Iowa, office, located on the upper level of a bank. "We started it because there really wasn't a voice for trees and forests."

They had immediate support in the way of donations and volunteers. "People wanted to get involved," she says. So did communities and utility companies, like Alliant Energy, Black Hills Energy, and Muscatine Power & Water.

Within two years of starting the organization, Ramsay was receiving a small stipend. Like the trees the organization has planted, Ramsay has seen Trees Forever grow and change over time. So has her role. As a volunteer, she was busy helping with programs out in the communities, coordinating local efforts and supporting volunteers. Now as chief executive officer, her role is more focused on managing a staff of 22 and working with donors and the board of directors.

"It's very rewarding," she says. "Sometimes I have to stop and remind myself how far we've come. It's been a collective, positive experience — many people and organizations working together. If I get discouraged or cynical, sometimes I go back through media clippings and look at all the wonderful things local communities have accomplished with help from Trees Forever."

She could also get in her car and drive just a short distance to see reminders of the good that Trees Forever has done over the years. She speaks of Anamosa, Iowa, where her children went to school. She recalls Future Farmers of America students helping to plant a large windbreak at the high school there. The effort also included planting trees at the community center, along streets and at the ball-park in town.

"Empowering volunteers" is Ramsay's passion. "If volunteers have funding and tools, they can do so much," she says.

She pulls out a faded organizational chart that was created at Trees Forever's inception. "A lot of key people have helped grow this organization. It's a worthy

cause and it's a needed cause. People get behind that kind of need and vision," she says.

Her interest in the environment was sparked in her youth surrounded by live oak and longleaf pine savannas on the Gulf Coast of Mississippi. She recalls climbing mimosa trees — and loving the feeling of the trees moving with the wind. Her mother, Mae Helen, was a nature lover who taught her to appreciate trees and plants of all type. Her activist roots come from her father, Claude Ramsay, who served as president of Mississippi's AFL-CIO from 1959 to 1981 and was a leader in the civil rights movement. From him she learned "tenacity to values."

Those early roots "definitely gave me that deep understanding of our amazing natural resources and how we're taking them for granted and losing them slowly. It's insidious. You don't realize how much you've lost and how much paved-over and altered surfaces we now have in place of trees or natural areas."

At the University of Mississippi, Ramsay studied creative writing and philosophy. She soon realized that writing for a living was "unrealistic" for her. Instead, she found herself better suited to be a "social entrepreneur." Still, she does plenty of writing in her Trees Forever position. She's also writing a book about the making of "Spirit of the Trees," an award-winning documentary, for which she was executive producer.

While much has been accomplished in the past 22 years, Ramsay says she still has goals for the organization. For one, she wants to involve more farmers in conservation efforts. Another goal is to have a national headquarters that reflects the organization's mission.

Still, she recognizes the "enormous footprint" of the organization she helped found.

"It's fantastic that I've been able to do something I believe in," she says. "It was important to me that I had a job that aligned with my beliefs and values. It's been a great joy to come to work every day. I have lots of energy and I put most of that energy into Trees Forever."

Seeding new ideas

Trees Forever will sponsor the "Trees & Water Quality Symposium," 8:30 a.m. to 3 p.m. Sept. 9, at the Stoney Creek Inn, 101 18th St., Moline.

"It's a great way to bring in new thinking and cutting-edge approaches," says Trees Forever founding president and CEO Shannon Ramsay.

Keynote speakers at the symposium will be Dr. Richard Schultz, professor of natural resources ecology and management at Iowa State University, and Dr. Les Werner, professor of urban forestry at University of Wisconsin-Stevens Point.


"They're both very engaging and exciting speakers," Ramsay says.

The symposium attracts a variety of people, from private landowners to public works officials. Workshops focus on both urban and rural tree projects.

For more information or to register for the symposium, contact Ashley Dye at bsmith@treesforever.org or (319) 373-0650, ext. 25, or visit treesforever.org.



Shannon Ramsay (Photo by Ann Scholl Rinehart / Radish)



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health & fitness

Run, run, run

Team effort adds to the excitement of a marathon

By Joe Payne

Say you want to run the Quad Cities Marathon this month and would indeed do so were it not for one thing: you can't run 26.2 miles. No sweat — there are many ways to be part of the marathon short of doing the whole shebang.

Those who are half the runner the marathoners are can do the half marathon. Those who are one-eighth the runner can do the 5K. Not up to either? There's also a 1-mile walk as well as a race for the kids.

From my way of thinking, however, the best way to be part of the marathon is the five-person relay. All you need is the ability to run anywhere from 3.3 miles (the shortest leg) to 6.6 miles (the longest) and have a group of four other similarly able and willing friends.

In fact, your relay team members don't even have to know each other to pull it off. True, it's easier if they do, but I know from past experience that it can be done even when complete strangers are involved.

For several years a group of friends and I participated in the relay. We got better each year, placed each year, and one year even won our division (the "masters," i.e., 40 and over).

Getting to the top wasn't easy. But it was fun. And the first year it was a downright miracle we finished at all. Just ask our wives, who prior to the event openly ridiculed our ability to perform a key part of the relay: the relay.

Their skepticism was based on the fact that one member of our relay team, Scott, did not know any of the other teammates except for me. Conventional wisdom dictated that Scott — who was to run the first leg — should thus have relayed to me. But that was not our plan, because Randy wanted the second leg.

To make a 26.2-mile-long story short, on the morning of the race I called Randy and Scott and told each of them what the other was wearing and looked like. "You'll just have to pick each other out at the relay point," I told them.

They did, in fact, make the relay, the only kink being that Randy was looking down and fiddling with his watch as Scott arrived. Fortunately — and we had failed to seize upon this helpful fact in advance — each of us wore the same number on our running bib, and so Scott eventually found Randy by number.

Randy then relayed to Tom who relayed to Tim who relayed to me.

The actual running, however, is only part of the fun of the relay. Our team, like others, met a few times (minus Scott) prior to the race to talk strategy, have a few beers (carbs, you know) and solve world problems. The camaraderie continued with our post-race celebration dinner.

There is also the fun of running with the marathoners — and the knowledge that some of the spectators along the route think you're one of them (relay runners, however, wear their bibs on their backs to identify themselves to the marathoners and therefore not demoralize them should they be passed).

My only regret is that prior to our team disbanding I failed to reach my goal of running each leg of the relay, which would have allowed me to say I ran the entire marathon, albeit in five years. Don't count me out yet, though. Maybe one of these years I'll be the "Scott" on someone else's team.

The 2011 Quad Cities Marathon will begin at 7:30 a.m. Sunday, Sept. 25, at 1201 River Drive, Moline. Registration is available through Sept. 22, with early registration discounts available through Sept. 9. For more information and to register online, visit qcmarathon.org.



Photo by Stephanie Makosky / Radish

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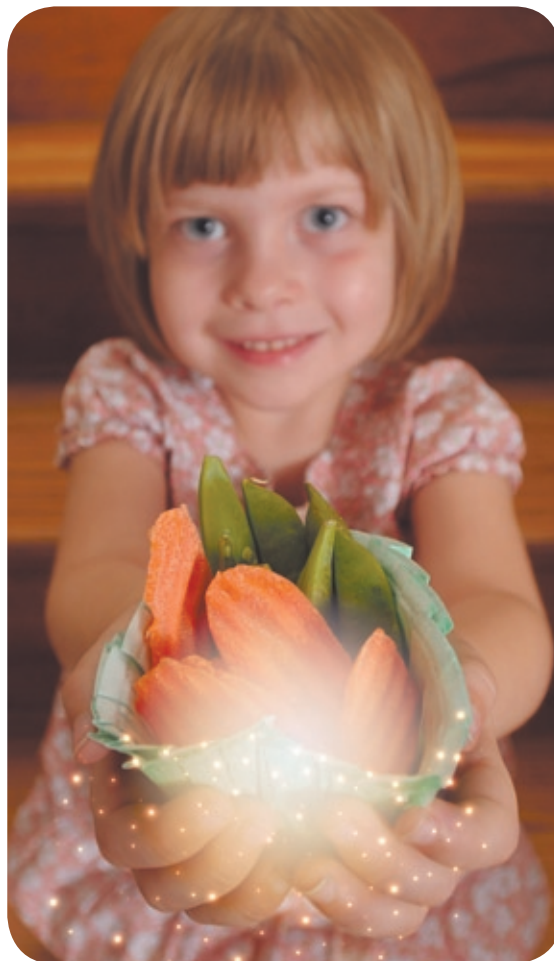
By Leslie Klipsch

Convincing young children to eat their fruits and veggies can be a challenging task — no matter how fresh the fruit or just-picked the peas. Fortunately, there is an abundance of articulate parents who offer novel ideas to fellow peers via the Internet. One standout blogger, the Muffin Tin Mom (who has more than 1,500 followers and twice as many Facebook friends), devotes time and space to promoting healthful eating and mealtime fun.

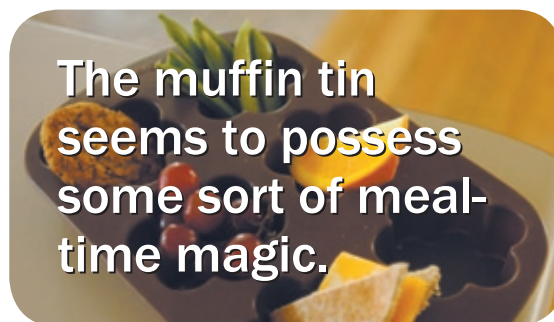
Muffin tin meals, the dinner innovation of blogger Michelle Sybert, are simply meals, snacks, treats or desserts served to children in a muffin tin. Each Monday's blog post includes a picture of the writer's most recent muffin-tin masterpiece, a short explanation, and links to dozens of other bloggers who have contributed a photo of the muffin tin meals served in their homes. Throughout the rest of the week the blog is sprinkled with recipes, parenting tips and ideas for kid-centered projects and activities. In other words, the blog offers what the tagline promises: "Tips and Ideas for all of Life's Little Compartments."

I came across the Muffin Tin Mom blog when my children were 2 and 4 years old. Although they were not extraordinarily fussy eaters, the site appealed to me because the muffin tin approach was something new and different. We used the method on and off for a few years with generally positive response.

About once a week (I didn't want it to lose its novelty by using the unique mealtime method daily), I would pull two six-cup muffin tins out of the cupboard at lunchtime and fill the compartments with several vegetables (a few carrot sticks, a handful of cherry tomatoes, several slices of cucumber, for instance), hummus for dipping, a fruit and a couple quarters of a sandwich. The kids got a kick out of the break in routine and I appreciated the variety that I was able to offer within the appealing spread. In fact, I believe this variety helped to set the stage nicely for later habits. The muffin tin seems to possess some



Nina Ruetnik holds a cup of peas and carrots. (Photos by Paul Colletti / Radish)



sort of mealtime magic. The kids would try just about anything that was tucked into it — things that they now are happy to eat in larger portions on a plate.

I also began to notice that carefully prepared food (read: veggies) left untouched on the average dinner plate was gobbled up when nestled into a muffin tin. Broccoli carefully selected, cut into perfect bite-size pieces, cooked to tenderness with just the right squeeze of lemon and served on 10-inch Corelle? Forget about it. Tucked into the tin? Gone in no time.

Eventually I used the muffin-tin method to encourage independence and choice while still controlling quality and portion. I would fill one up for each child in the morning and, depending on the spread, either leave it on a table accessible to my children or place it in the refrigerator on an easy-to-reach shelf. When the kids were hungry, they knew where to find their snack.

Muffin tins in our home have always been kept quite simple, but a more ambitious parent or one with a child that might take extra convincing may enjoy dressing things up a bit. Muffin tins come in all sorts of shapes and you can be creative with themes: an alphabet theme using food all beginning with one letter (cheese, carrots, crackers, etc.), shapes (use cookie cutters to cut food into interesting shapes), or colors (perfect for the picky eater who prefers a monochromatic meal). Holidays might also prompt creative presentation. The Muffin Tin Mom blog and Facebook page are resources for help and inspiration in taking your tins to a new level.

If the muffin-tin strategy doesn't appeal to your young diner, be assured that there are other pockets of ingenuity lurking around in cyberspace. Besides The Muffin Tin Mom blog, there are hundreds of other bloggers who are generous with their food-prep ideas. Ever hear of a Bento Box? How about a Mason Jar Meal? Small bites of wisdom are everywhere.

For more mealtime ideas to fill your muffin tins, visit muffintinmom.com.



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food

Packing light

Spring rolls are a healthy lunch anyone can make

By Sarah J. Gardner

When it comes to packing lunches, I realize I'm a bit of a finicky eater. I don't want to do a lot of elaborate planning, but I do want variety in my noon-time meals. I also want lunches that taste good but are healthy, food that is light yet also filling. Oh, and not messy. That's a big one for me. If I had to choose a drawing to appear in the dictionary next to the word "unappetizing," an oozing sandwich being pulled from a plastic bag would be my pick, hands down.

All this makes for a tall order, one that would seem to spell a brown bag impasse, but this is where Thai spring rolls come in. Spring rolls are a fairly simple affair: fresh veggies, a little bit of protein, some cold noodles, all bundled up in a rice-paper wrapper. They're like an egg roll that hasn't been fried.

"You don't have to feel guilty eating them because they are so light," says Eng Kongkousonh, co-owner and cook at Kong's Thai Bistro in Davenport. He grew up eating spring rolls prepared by his mother, Khamvay Kongkousonh, who also helps in the kitchen at Kong's.

When I asked Eng if a lifetime of eating spring rolls — and now a business built on making dozens daily — ever dampened his appetite for them, he laughed. "Oh no, they're the freshest thing you can eat, and you can fill them with whatever you like, some sliced omelet one day, crab meat the next," he explained.

Clearly, we were on to something. Spring rolls are versatile, healthy, portable — but easy? Was this something I could learn to make? Eng assured me that

anyone could. In fact, he said, his children — the youngest of whom is 6 years old — all enjoy making their own spring rolls.

The trick, says Eng, is to wrap the spring roll tightly. He begins with a rice-paper wrapper that he dips briefly in warm water, then lays it out on a damp cutting board. In the center of the wrapper he piles the vegetables, meat and noodles. Then, he folds the bottom edge of the wrapper over the filling, followed by the sides, which get tucked in snugly. Finally, Eng rolls the bundle towards the top edge of the rice paper until it seals itself. Tightly rolled, says Eng, the spring roll will hold its shape and the fillings won't spill out as you eat it.

But what about tearing the wrapper? When I have attempted this at home, that has been a challenge. Eng offers two tips. First, don't get the wrapper too wet. It should be pliable and sticky rather than limp and soaking. And, says Eng, "You can use two wrappers for one spring roll. They stick together, no tearing!" Just get the wrappers wet, lay one on top of the other, and proceed with your fillings.

All that remains is to pack a good dipping sauce for the spring rolls. I keep a small jar of sauce in the fridge at work for just that purpose. The sauces at Kong's are a closely guarded (and delectable) family secret, but Eng says sweet chili sauce or hoisin sauce are easy to find at any Asian grocer and work well.

"If you buy sauce from a store, you don't have to cook," says his mother, Khamvay, with a grin. Sounds like the voice of experience to me!

For step-by-step photos of assembling spring rolls, visit radishmagazine.com.



Photos by Paul Colletti / Radish

Have fun with the fillings!

When it comes to spring rolls, you are only limited by your imagination and tastes. Just remember — the thinner you slice your fillings, the more you'll get in. Here are a few ideas to mix and match:

- Baked tofu, shredded carrot, cucumber spears, mint leaves and cellophane noodles.
- Sliced chicken breast, chopped cilantro, bell pepper slices, slivers of mango and soba noodles.
- Shrimp, bean sprouts, snow peas, scallions, grated ginger and vermicelli noodles.
- Lump crab meat, basil leaves, avocado slices and udon noodles.



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The delight of kites

Amusement and creativity combine at family kite festival

By Laura Anderson Shaw

If you're anything like me, you tend to think of kites as primary-colored, four-sided, bottom-heavy diamonds that are trailed by long tails covered in bows. But if you're anything like Quad Cities Kite Club organizer James Patten, the sky is the limit.

These days, kites can be shaped like anything from the basic diamond design to that of a more complicated, geometric structure. Sometimes, they're shaped like enormous animals more akin to Macy's Thanksgiving Day Parade balloons than anything resembling a "kite."

Patten says the history of kites dates back roughly 4,000 to 5,000 years, adding that they have been a large part of a variety of cultures, especially in Asia in countries such as China and India. In fact, some of the first pictures taken after the 2010 earthquake in Haiti were of children flying kites they built with trash, Patten says.

Over the course of time, Patten says designs have shifted and changed from sticks-and-paper diamond kites to inflatable-like shapes and animals. Years ago, Patten says, kite makers would build them to mimic the birds they saw. But now, even billowing sea creatures take flight in the form of kites shaped like manta rays and jellyfish.

Patten says he fell into the "serious, slippery slope" of kites about seven years ago through aerial photography. To take these shots, kites carry a camera into the air while the flyer controls its position and shutter via remote control from the ground, offering a "crazy perspective," Patten says. Prior to that, though, he says he's "always loved flying kites and the interaction with nature."

Patten builds his own kites with special ripstop nylon fabric and a sewing machine, and he also has held a variety of kite-building workshops at the Family Museum in Bettendorf as well as with school and camp groups. "It doesn't take a whole lot to build a kite and then to have the wind catch it and fly it," says Patten.

He also helped launch the Quad Cities Kite Club in 2009, which has eight local members and another 20 who live outside of the immediate Quad-Cities area, he says. "I wanted to help put (the club) together to get to know other kite fliers in the area," Patten says. Currently, the club gathers to fly kites once a month.

Putting together the club also was the perfect vehicle through which to host kite festivals, Patten says, like the upcoming third annual Quad Cities Family Fun & Kite Festival, Sept. 24-25.

To understand what kite flying is like, Patten says you just have to do it. "There is something amazing about it, and the only way that you can get a feel for it is to experience it," he says. The festival is a chance to do just that.

Patten says the fest will offer entertainment and a number of family-friendly activities, including free kite building and kite flying for kids by the Scott County



Photo by Gary Krambeck / Radish

Family YMCA, giant show kites, stunt kites, kite battles, games, contests, prizes and the Davenport Parks and Recreation mobile playground.

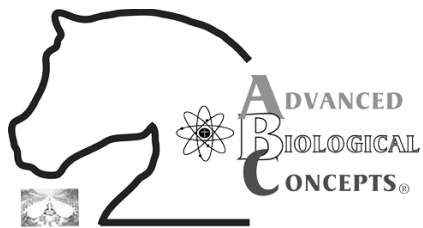
Throughout his life, Patten says he has visited kite festivals across the country, including sites in Michigan, Wisconsin, Iowa and Chicago. Among the events, kite building with kids has really stuck with him.

"Families would come in, cut here, tape here and put string here," and they really wouldn't understand what was going on, he says. "But the second they take it out in the field and they get it flying, something happens. You can see it on the kid's face, the parent's face. Like, 'Oh this is so cool; this is amazing.'"

Patten has studied the spread of activities at other festivals across the country, and has recorded what he liked and didn't like, formulating the Quad-Cities festival accordingly. He wanted the free event to be a collaborative community project; the perfect place for families to "come down and do something active, do something different and connect with nature."

The festival was named the "Quad Cities Family Fun & Kite Festival," he says, because "our biggest goal is to have this be the best family-friendly, fun event."

The Quad Cities Family Fun & Kite Festival is scheduled for 10:30 a.m.-4 p.m. Sept. 24-25 at Centennial Park, between Marquette Street and Centennial Bridge along River Drive, Davenport. For more information, or to sign up to volunteer at the festival, visit qckiteclub.com.



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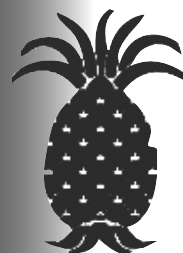
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outdoors

Mega Hike

Tackle all the trails at Starved Rock State Park in one day

By Susan McPeters

Each year more than 2 million people visit Starved Rock State Park near Utica, Ill. That works out to be just shy of 5,500 people a day — nearly 230 visitors an hour! When you drive along the winding forested roads, it's easy to see why the Illinois Bureau of Tourism named Starved Rock one of the seven wonders of Illinois. Its canyons lure hikers, the Illinois River attracts boaters and anglers, and the sandstone bluff that gave the park its name draws sightseers from across the Midwest.

The park boasts more than 2,700 acres containing 13-plus miles of hiking trails that, combined, feature 18 canyons or views of the bluffs. With so much ground to cover, it might seem almost impossible to see all of the park in one trip. But is it? The upcoming Mega Hike at Starved Rock, a biannual event, is organized to help ambitious nature lovers hike all 13 miles of trails in a single day. In addition to providing transportation from one trailhead to the next, the Mega Hike also supplies hungry hikers with boxed lunches and guides on the trails.

Edna Daugherty is activity director at the Starved Rock Lodge and the organizing force behind the Mega Hike. She has worked at the park for 10 years, though her personal history with Starved Rock goes even further back than that. “I was born and raised in nearby Peru, and my family frequently camped and hiked at Starved Rock,” she explains. Years later, Daugherty and her future husband Randy would go on their first date, hiking at Starved Rock. “Our two children enjoyed camping and hiking at the park,” says Daugherty, “but not as much as I did growing up.”

Daugherty's eventual position as activity director seems almost serendipitous. She was working at a local grocery store when a friend mentioned that Starved Rock had purchased a trolley and was looking for someone to organize tours. “My friend felt I had good organizational skills in addition to having an in-depth knowledge of the park and suggested I apply for the job,” recalls Daugherty. “I wasn't so sure I was qualified but I applied, had an interview and got it.” Daugherty organized a trolley tour that was so successful the park acquired a second trolley.

Prior to budget cuts, state park personnel guided several interpretive hikes a week. In response to continued requests from hikers, Daugherty formed a group of volunteers into the Starved Rock Walkers Club. Every Thursday morning at 9 a.m., club members take visitors on hikes either at Starved Rock or the nearby Matthiessen State Park along the I & M Canal State Trail.

The Mega Hike came about by popular demand. It first was held in September of 2010. While some hikers prefer a spring hike because the canyon waterfalls are at their peak, Daugherty says, “It can be muddy and messy and I spend a lot of time looking at where my feet are instead of looking up at the canyons. That's why I like the fall hike the best.”



LaSalle Canyon, one of several waterfalls in Starved Rock State Park. (Submitted)

Hikers are transported by trolley to the east end of the park to begin the Mega Hike. They complete about nine miles before stopping for lunch at the historic park lodge, then they trek the final four miles in the afternoon. Daugherty explains, “This also gives those who are tired an option to leave.”

Daugherty has hiked portions of the Appalachian Trail, the River-to-River Trail, and makes an annual pilgrimage to the remote Isle Royale, her favorite national park. But Starved Rock, with its rich history and surprising scenery, holds a special place in her heart. “Many first time visitors think Illinois is flat, and they are surprised to see the bluffs, the canyons and the waterfalls,” she says. “I think people have a tendency to overlook the natural wonders in their own backyards.”

Still time to sign up

The next Mega Hike will take place Sept. 24 and 25, with trolleys departing for the trailheads at 8:30 and 9 a.m. both days. Cost to participate is \$35 per hiker, which includes transportation, trail guides, boxed lunch and a T-shirt. Hikers should wear comfortable shoes with good tread and bring a refillable container for water. To reserve a spot, call (800) 868-7625.

More information about the park is available at starvedrockstatepark.org.

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From butterflies, some lessons about life and death

By Barbara Mahany, McClatchy Newspapers

If you were to catch Loretta Downs loping through the shoulder-high milkweed along her alley fence mid-summer, you might not realize she was searching for something so sacred it leaves her speechless. On the underside of those tongue-like leaves is something smaller than a pinhead, and what emerges from that itty-bitty white dot would surely drown in a raindrop. She's searching for monarch eggs.

Downs' milkweed meadow — planted hard against the pocked asphalt and trash cans of an unnamed alley — and the once-dirt lot that sidles up to Downs' two-flat is an essential way station for the uncanny butterfly with so much wisdom tucked deep inside its jade-green chrysalis, the transformation chamber that dangles from a leaf, where striped caterpillar unfolds into winged beauty, catching drifts of wind.

"It's a mystery, and we don't get so close to these kinds of mysteries," says Downs, who has been raising and releasing monarchs since 2002. "To watch this unfolding, it's a miracle. There is no better symbol for transformation, for the mystery of death."

When the jade of the chrysalis gives way to the orange- and black-winged butterfly, as it somersaults from upside-down cocoon to something altogether new, "my heartbeat speeds up," she says. "I'm watching this rebirth."



A monarch rests on the finger of Loretta Downs in her basement butterfly nursery. (Photo by McClatchy Newspapers)

With the release of each and every monarch, as she allows that newly hatched pair of wings to take to the wind, "I think about what that first flight must feel like," she says. "I really think that's what the moment of death must feel like, when at last we are free of our bodies, which very often at the end have become hard to be in."

Downs, who is 61 and a certified end-of-life care practitioner, talks easily about death, intermingling freely the metaphors of monarchs and life after death. In the 1980s and '90s, as the AIDS epidemic took so many of the ones she loved, she never shied from those friendships — or those hard goodbyes.

'It's a miracle. There is no better symbol for transformation, for the mystery of death.'

But it wasn't till she spotted a windowsill filled with glass jars at a friend's house that she realized how the migrating butterfly might deepen and propel her understanding of the mystery of all those deaths. When Downs asked her friend what was with all the old mustard and pickle jars, she got her first lesson in monarchs. And before she packed up for home that day, she had in her keep a couple caterpillars and a stalk of milkweed, a must-have ingredient for monarch caterpillars.

"I fed them, and they grew up. They went into their chrysalis right here on the kitchen counter," she said. "I was sitting here having coffee as I watched it, right before my eyes. They were my pets. Every day I watched. It is such a sacred meditation."

She was hooked. She started scouring empty lots near her house, gathering up all the milkweed leaves with the telltale white pin dots — the monarch's egg — and carrying them to her kitchen nursery. Back in 2002, she hatched only two. Every year since, her crop has multiplied; last year she raised and released 270 monarchs.

Along the way, she has planted her own stand of milkweed and with it, a side yard filled with buddleia, purple coneflower, black-eyed Susan and bee balm.

Downs began bringing boxes of chrysalises and butterflies to the Fairmont HealthCare and Rehabilitation Centre, the Chicago nursing home where her mother died in 2006. Believing deeply that nursing home residents deserve to die in the serenity of a hushed and tranquil room, surrounded by ones they love, she worked to create such a room at the Fairmont. It opened five months before her mother died, and Downs named it The Chrysalis Room.

Now president of the Chicago End-of-Life Care Coalition, she is leading an effort to open Chrysalis Rooms in nursing homes across the country.

For more information, visit endoflifeinspirations.com/chrysalis_room.htm.

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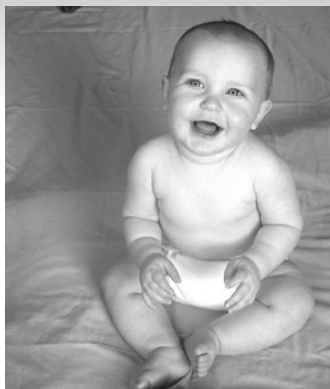
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Davenport
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309.762.0200



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health & fitness

Grit and glory: Taming of the Slough a unique experience

By Sarah J. Gardner

What comes to mind for most competitors when they hear the words “adventure race” is a chance to pit their skills against steep terrain, turbid waters and dense forest. Taming of the Slough, the annual race hosted by River Action, has all that. But it also has something no other adventure race does: downtown Moline.

“You don’t get a lot of urban adventure racing, so for many first-time participants, this is a new and unique experience,” says Jeff Cornelius, organizer for the event.

This year the race, to be held Sept. 17, features an extended boating leg in Sylvan Slough that will have competitors paddling beneath the I-74 bridge. Being on the water in a canoe or kayak with interstate traffic passing overhead, says Cornelius, is one of the things that will “bring more urban elements into the race.”

The boating portion is followed by an off-road biking leg that will take competitors on three laps around Sylvan Island, past industrial ruins and over trails Cornelius describes as “very intricate.” The race ends with a running leg through Moline’s streets that includes a steep climb through Velie Park.

Participants can tackle all that paddling, pedaling and running on their own, or they can compete as part of a two- or three-person team. Many racers begin as part of a team, says Cornelius, but then “people who do the relay come back the next year to do the whole race on their own. We see that a lot.”

In the weeks leading up to the race, River Action hosts Tune Up for Taming sessions at 5 p.m., which begin in August and include two dates this month, Sept. 1 and 8. During Tune Ups, kayaks and canoes are available for free to use on the paddling portion of the course, though priority reservations on the boats are given to participants already signed up for the race.

The Tune Ups and Taming of the Slough are a great way for people interested in adventure racing to try it out, but the course also has enough challenges to make it interesting for those who are already more practiced adventure racers, says Cornelius. Each year the event has grown larger, and this year River Action expects more than 300 competitors on the day of the race.

Of course, part of that growing popularity may have to do with the festivities that follow Taming of the Slough. At the end of the race, participants all get to enjoy free pizza and beer, and spectators can join in the feast for \$5 a person. It’s an urban race, after all. The granola and gorp can wait for a wilderness adventure.

Registration through Sept. 9 is \$35 per individual; \$60 per two-person team; \$75 per three-person and corporate challenge teams. All fees go up \$10 from Sept. 9 to Sept. 15, after which online registration closes. A limited number of canoes and kayaks are available to rent for the day of the race. For more information, visit riveraction.org/taming or call (563) 322-2969.



Photo by Paul Colletti / Radish

rooting around

Send them on their way: Workshop lets you tag and release monarch butterflies

An upcoming workshop hosted by the University of Illinois Extension will let participants get hands-on experience tagging and releasing monarch butterflies. The workshop, to be held 10 a.m. to noon Sept. 8, will discuss the 3,000-mile migration made by the butterflies and how to protect these delicate creatures. It will take place at the extension office, 321 W. 2nd Ave., Milan, Ill. Cost to participate is \$20 (\$16 for Master Gardeners). Preregistration is required. For more information, call (309) 756-9978.

Travel the world without packing a bag at Unity Fest International

What is life like in Vietnam, China and Japan? What about in Mexico or Africa? Want to know about India? Experience the customs of far-off lands and learn about life in various countries throughout the world through Unity Fest International, an annual event organized by QC United that takes place this year on Sept. 24 and 25 at the Putnam Museum, 1717 W. 12th St., Davenport. Featuring games, crafts and activities for all ages, the event also includes a market-place where attendees can purchase jewelry, clothing, pottery, baskets, specialty soaps and seasonings from all parts of the world. The event is free to attend. For more information, visit qcunited.org/unityfest.



The splendor of nature: Botanical art on display at St. Ambrose gallery

From the grasses and wildflowers of the prairie to the remains of the garden, an exhibition at the Catich Gallery at St. Ambrose University in Davenport explores the beauty and complexity of botanicals. Working in the tradition of flora illustration, regional artists contributing to the show — including Timothy Frerichs, Louise Kames, Katie Kiley, George Olson and Lee Emma Running — highlight various plant forms in ink washes, pastels, intaglios, water-colors and installations. The exhibition is free and open to the public. Catich Gallery hours are 9 a.m. to 5 p.m. Mondays through Fridays or by appointment. For more information, contact Heather Lovewell at (563) 333-6444 or LovewellHeatherL@sau.edu.

Have fun and build healthy habits as a family at free YMCA event

Looking for a little extra motivation to eat healthy, play every day and make time for family? At the second annual Healthy Families Day, held Sept. 17, you may find just that. Held from 11 a.m. to 3 p.m. at Browning Field/Wharton Field House, 1800 20th Ave., Moline, the event will feature a variety of fun, free activities for families including a Punt, Pass and Kick contest. More information is available by contacting Christy Filby at (309) 797-3946 or rheald@tworiversymca.org.

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rooting around

When your fitness routine involves tossing telephone poles, you might be Celtic

On Sept. 17, the Celtic Cultures Alliance of the Quad Cities will host the 13th annual Celtic Fest, a celebration of the rich cultures and contributions of Celtic peoples in the Midwest and around the world. The free event will take place in Davenport's Centennial Park, 315 S. Marquette St., and will feature bagpipes, Scottish and Irish dance, traditional foods, kids activities and the popular "heavy events." Also called Games of Brawn or Games of Strength, the heavy events include caber tossing, a competition in which participants try to tumble long wooden poles end over end. New this year will be a rugby match played by the QC Irish Rugby team at 1 p.m. More information, including a schedule of events, can be found at celtichighlandgames.org.

A bike to ride, a bite to eat: Culinary ride scheduled for Sept. 18

On Sept. 18, several niche farms and wineries dotting the Iowa countryside will host cyclists as part of the first Culinary Ride of Johnson and Cedar counties. Each farm will feature their food products and will be paired with a chef from a local establishment to prepare samples for participants to nibble. Cyclists can choose to ride either a 60- or 20-mile route to visit the farms. A support vehicle will be provided to assist broken-down bikes, and participants will be encouraged to go at their own pace, taking in all that each farm has to offer. For more information, including a list of participating farms, visit culinaryride.com.

Piecing peacefully: The history and significance of quilt patterns

More than 30 quilts will be on display — and the stories behind them shared — at an upcoming event to be held from 9:30 a.m. to 3:30 p.m. Sept. 14. Quilters Garry and Donna Lanman will talk about the role quilting has played historically, including in the underground railroad and during the Civil War. The event will take place at Our Lady of the Prairie Retreat, a 200-acre property located near Wheatland, Iowa, on the Wapsipinicon River. Cost to attend is \$15, which includes lunch. For more information or to make reservations, call (563) 336-8414 or email olpretreat@gmail.com.

The original K-8: Moline library to screen documentary on one-room schools

Most of the time when people talk about early education, they are referring to preschool and kindergarten classes. Award-winning filmmakers Tammy and Kelly Rundle had a different kind of early education in mind, though, when they set out to film *Country School: One Room — One Nation*. The documentary, which will be screened at 2:30 p.m. on Sept. 24 at the Moline Public Library, 3210 41st St., explores the history of one-room school houses from immigration issues in early schools to the controversial demise of their widespread use in the 1950s and 1960s. For more information, contact Doug Bond by calling (309) 524-2440.



Western Illinois Area Agency on Aging's 2010 Annual Conference

September 15, 2011

8:00 am to 3:30 pm • i-wireless Center Moline, Illinois

Cost: \$40.00 includes continental breakfast & lunch

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For more information or to register call (309) 793-6800 or visit www.wiaaa.org.

Open invitation to all seniors to attend afternoon sessions for free: 1:15 pm – 3:30 pm.

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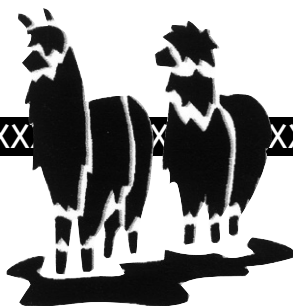
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rooting around

Macomb Food Co-op one of 14 to receive development grant

In response to the shuttering of independent grocery stores throughout rural communities and growing interest in food co-ops, the Food Co-op Initiative has awarded seed grants to several aspiring community co-ops, including one in Macomb, Ill. The Macomb Food Co-op organizers are required to raise \$10,000 in their community to match the grant funds and will collaborate with FCI throughout their development process. The funds will be used to help pay for professional business development, market studies and membership recruitment. Food co-ops ensure stable access to healthy food by allowing communities to own and control their own grocery store, says Stuart Reid, executive director for FCI. For more information about membership in the Macomb Food Co-op, email info@macombfoodcoop.net.

Recycling flexes its muscles in softened economy

Across the nation, recycling centers have seen a definite trend upwards as more people come to cash in on paper, plastic, glass and aluminum. In some places the increase is dramatic: Eight years ago little more than half of bottles and cans in California were recycled, now four out of five recyclable containers are being diverted from the landfill. The trend is driven in part by the redemption value of the containers, which fetch 5 cents apiece in California and other states (including Iowa). In addition to bolstering household economies, recycling has come to factor into the national economy, providing a significant proportion of materials for automotive, container and paper manufacturing.

Chill out: Washing clothes in cold water saves a heap of energy, money

You've heard that washing clothes in cold water can save energy and money, but do you know how much? Thanks to Seventh Generation, now you can find out. Their "Get Out of Hot Water" page, available at seventhgeneration.com/get-out-of-hot-water, breaks the savings down to how much energy, money and CO₂ can be saved by skipping hot water. For example, someone who washes 10 loads a week on cold, with a standard (non-Energy Star) washer and a gas hot-water heater can save 87.88 thm of energy, \$107.04 in cash and 1,037 pounds of CO₂ in a year.

Lights out for incandescent bulbs at home furnishings giant IKEA

Swedish-based IKEA has become the first major retailer to stop selling incandescent light bulbs. The Energy Independence Act of 2007 calls for phasing out all incandescent bulbs in the U.S. between 2012 and 2014. The company has a comprehensive variety of energy-saving bulbs available, including CFLs as well as LED lamps that are 70 percent more efficient and halogen lamps that use 30 percent less energy. They also stock halogen refit bulbs that fit in standard light socket and solar powered lamps. IKEA has more than 300 stores in 37 countries.

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farmers' markets

ILLINOIS

BUREAU COUNTY

Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 3:30-6:30 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, through Oct. 29. (815) 875-6468

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 8 a.m.-noon Saturdays, through Oct. 29. (800) 244-9594

HENRY COUNTY

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

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, through Sept. 28. (309) 852-2175

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, through Oct. 28. (815) 598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through Oct. 15. (815) 777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. Sept. 4, 11, 25; and Oct. 9. (815) 777-2000

Stockton Farmers' Market, 3-6 p.m. Tuesdays next to Casey's on S. Main Street, and 8 a.m.-noon Saturdays, Stockton High School, 500 N. Rush St., through October. (815) 947-3197

KNOX COUNTY

The Fairgrounds Farmers' Market, Knox County Fairgrounds, 1392 Knox Highway 9, Knoxville; 8:30 a.m.-12:30 p.m. Saturdays, through Sept. 24 and 3:30-6:30 p.m. Wednesdays, through Sept. 21. (309) 289-2714 or knoxfair.com

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Oct. 29. (309) 368-9844

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, through Sept. 29. (309) 483-6467

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-6 p.m. Wednesdays and 7 a.m.-noon Saturdays, through Oct. 29. (815) 284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, through Oct. 22. (309) 837-4855

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, through Oct. 13. (309) 582-2751

OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, through Sept. 29. (815) 946-3131

PEORIA COUNTY

RiverFront Market, on the corner of Water and Liberty Street, Peoria; 8 a.m.-noon Saturdays, through Sept. 4. (309) 671-5555

ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 29. (815) 778-4483

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2-5 p.m. Wednesdays, through October. (309) 756-9978 ext. 10

Main Street Market, 700 block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, through Sept. 15. (309) 236-4751

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 29. (309) 936-7792 or (309) 944-7980

WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, N. Main and W. Boston streets; 7 a.m.-noon Fridays, through Oct. 28. (309) 734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round. (815) 626-8610 or tcmarket.org

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, through Oct. 1. (563) 886-2076

CLINTON COUNTY

DeWitt Farmers' Market, 5th Avenue and 10th Street (Lincoln Park), downtown DeWitt; 3:30-6:30 p.m. Mondays and Thursdays, through Oct. 13. (563) 676-3689

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, through Nov. 1. (563) 577-2216
Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, through Sept. 24. (563) 577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, through Oct. 27 (Sept. 15 at Crapo Park). (319) 752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa, 12th-13th streets; 7 a.m.-noon Saturdays, through Oct. 29. (563) 588-4400

Fountain Park Farmers' Market, Fountain Park Plaza, 2728 Asbury Road, Dubuque; 3-6 p.m. Thursdays, through Sept. 29. (563) 588-2700

HENRY COUNTY

Mount Pleasant Farmers' Market, Wright Family Pavilion at McMillan Park, Walnut Street; 4-6 p.m. Wednesdays and 8:30-11 a.m. Saturdays, through Oct. 15. (319) 931-1458 or mpfarmmarket.org

IOWA COUNTY

Amana Colonies Farmers' Market, Henry's Village Market, V Street, Homestead; 4-7 p.m. Fridays, through Sept. 23. (319) 622-3931 or henrysvillagemarket.com

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, through Sept. 24. (563) 872-4170

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, through Oct. 29. (641) 472-6177

JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Oct. 6. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30-noon Saturdays, through Oct. 29. (319) 356-5210

Lone Tree Farmers' Market, North Park, 402 N. Devoe, Lone Tree; 4-6:30 p.m. Tuesdays, through Oct. 25. (319) 629-4299

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6 p.m. Tuesdays, through Oct. 25. (319) 338-6111

LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th and Avenue B; 4:30-6:30 p.m. Thursdays, through Sept. 29. (319) 372-5471

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 7-11 a.m. Saturdays, through Oct. 8. (319) 524-3985

LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, through Oct. 22, except for Sept. 3, 17. (319) 286-5699

Downtown Farmers' Market, 3rd and 4th Avenues SE, 2nd to 5th Streets, downtown Cedar Rapids; 7:30 a.m.-noon Sept. 3, 17. (319) 398-0449 or downtowncr.org

Mount Vernon Farmers' Market, Memorial Park, 1st St. W., Mount Vernon; 4-6 p.m. Thursdays, through Oct. 13. (319) 310-6399

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through Oct. 21. (319) 286-5699

LOUISA COUNTY

Louisa County Farmers' Market, American Legion parking lot, 99 2nd St., Columbus Junction; 4:30-6:30 p.m. Fridays, through Oct. 14. (319) 728-7971

SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, through Oct. 27. (563) 332-5529

Blue Grass Farmers' Market, Paul Barnes' farm, 430 Mayne St.; 4-7 p.m. Thursdays, through September. (563) 381-3761

Davenport Farmers' Market, parking lot of NorthPark Mall, Davenport; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 29. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, year-round. Outdoor market through Oct. 29. (563) 322-6009

Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 31. (563) 332-5529

food for thought

Hooked on sugar

What kids eat is powerful medicine — for good and for ill

By Margaret Adamek

The statistics aren't new, and they aren't pretty. Nearly one-third of American children are overweight. Forty percent of girls and a third of boys born in 2000 will acquire Type 2 diabetes by the time they turn 50. At the same time, increasing numbers of children are diagnosed with attention deficit disorder, depression and generalized anxiety disorder.

While many schools focus on diet in combating childhood obesity and diabetes, few pay attention to how diets affect student behavior and academic performance. Most often, the interventions for these problems are pharmacological — the Drug Enforcement Administration reports that 85 percent of all amphetamine prescriptions are administered to children, and doctors now prescribe 30 times more legal amphetamines to children than they did in 1990.

As schools and communities consider the importance of food in the lives of our children, it is critical to acknowledge how what we eat — in particular, the glut of refined carbohydrates in our diets — affects our brains, behavior and health. Since 1970, American consumption of high-fructose corn syrup has increased by 40 times, and we eat 300 calories more per day. One-third of American children eat fast food every day.

An array of evidence suggests that obesity, diabetes, depression, anxiety, attention deficit disorder and assorted addictions share neurochemical roots that are seriously influenced by this high-carbohydrate diet. According to Dr. Kathleen DesMaisons, author of *"Potatoes Not Prozac,"* sugar-sensitive people are born with low levels of the brain chemicals serotonin (a condition tied to depression, aggression, and poor attention and impulse control) and dopamine (drug and alcohol addiction, low self-esteem, violence and anger). They also have volatile blood sugar (associated with diabetes, fatigue, moodiness, feeble concentration and emotional outbursts).

As with any addict looking for a fix, sugar-sensitive people with these traits seek substances that alleviate the symptoms, if only temporarily. And, as with any addiction, the short-lived relief compounds the problem — people grow helpless to the pull of refined carbohydrates and low-protein foods (the template of the contemporary American diet), which only deepens their despair. Research suggests that a dependency on refined carbohydrates that begins



early in life also creates a higher risk of addiction to drugs and alcohol as adults.

"The good news about biochemically based behavior is that it can change, and it can change rapidly," DesMaisons says. "You do not have to pursue years of psychotherapy to get results."

DesMaisons has developed a food plan that stabilizes the biochemical conditions behind sugar sensitivity and improves the body's regulation of blood

sugar. The diet is highlighted by the steady removal of refined carbohydrates and processed foods.

DesMaisons champions quality protein and complex carbohydrates, fresh fruits and vegetables, essential fatty acids, and consistent mealtimes. For children, sweetened and caffeinated drinks are out.

I have partnered with DesMaisons to found the Sugar Project. A key part of our strategy is offering local, sensible tools for transformation in family diets, school meals, alcoholism treatment and public health interventions. We have seen powerful results in thousands of people from these low-cost, food-based solutions.

After a recent workshop I gave to high school biology teachers, a teacher told me, "My rural school district is worried about methamphetamine and our kids. This is true for maybe 10 students. But the behavior and psychological issues associated with teenage diet that you describe fit every single one of my 130 students. This is a huge epidemic happening right under our noses."


A public alternative high school for at-risk students in Appleton, Wis., responded to the same issues by changing student diets. Students were required to eat breakfasts and lunches at school that contained omega-3 fatty acids, dense protein, fresh vegetables and fruit, complex carbohydrates and freely available water. Truancy and dropout rates, school violence, classroom disruptions and academic underachievement evaporated.

"Even though it may seem obvious and simple, the foods in this plan actually create profound physical and emotional change," DesMaisons says. "Don't be deceived by the simplicity. This is powerful medicine."

"Hooked on Sugar" by Margaret Adamek was originally published by the Center for Ecoliteracy. Copyright 2004-2011 Center for Ecoliteracy. Reprinted with permission. All rights reserved. For more information, visit www.ecoliteracy.org.

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