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from the editor



Submitted
Radish editor Laura Anderson Shaw hikes at Mirror Lake State Park, her first camping experience — just before the terrifying caterpillar-like creature attack.

Ah, September — the summer's brutal heat and hectic schedules packed with ballgames, vacations and get-togethers are winding down, just in time for school, fall sports and outside chores to pick up.

I am finding a certain serenity in the outdoors, now that I can better tolerate the temperatures. I'm not as outdoorsy as my husband is, but it's growing on me. I've come a long way from my first-ever camping trip last year, where my blood-curdling screams filled a Wisconsin state park campground after a twisty, caterpillar-like creature flailed my way. I have yet to master sleeping through the night in the great outdoors, but I have been enjoying my attempts. Well, sort of.

My husband and I are planning hikes and camping trips with friends for this month and next, with hopes of spending some time at the Maquoketa Caves (I've never been!), and possibly taking a short bicycle trip along the Hennepin Canal, between Colona and Geneseo, Ill., as Radish contributor Todd Welvaert writes about on page 12. How could you not want to hop on a bike and ride after seeing the photo he shot on our cover?

John Muir writes that, "All the wild world is beautiful, and it matters but little where we go, to highlands or lowlands, woods or plains, on the sea or land or down among the crystals of waves or high in a balloon in the sky; through all the climates, hot or cold, storms and calms, everywhere and always we are in God's eternal beauty and love. So universally true is this, the spot where we chance to be always seems the best."

While I can't completely agree with him on the "hot" part, the rest rings true. This month, whether we find ourselves in our yards or gardens; at the second annual Monarch Migration Festival on Sept. 10 in Galesburg, which we've written about on page 10; on our bicycles headed toward camp, or with a kiddo at a Nahant Marsh Toddler Tales program in Davenport, which contributor Alexandra Olsen writes about on page 18, there will be plenty to take in and appreciate.

So here's to the great outdoors, far away or in our own backyards. Wherever we find ourselves this month, let's make the best of it!

— *Laura Anderson Shaw*
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Radish
HEALTHY LIVING FROM THE GROUND UP

Number 9, Volume 12
September 2016

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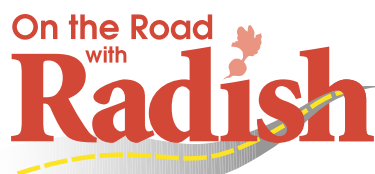
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Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309)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



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

the grapevine



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

- **The Western Illinois Area Conference on Aging**, 8 a.m.-4 p.m. Thursday, Sept. 1, iWireless Center, 1201 River Drive, Moline.

- **Mind, Body and Spirit Unite! Mental Health Wellness Conference**, 7:45 a.m.-4:15 p.m. Friday, Sept. 23, Black Hawk College, 6600 34th Ave., Moline. The conference is open to the public, but registration is required. For more information, visit bhc.edu/event/mental-health-wellness-conference-mind-body-and-spirit-unite.

Find Radish bags and issues of the magazine at:

- **Monarch Migration Festival**, 10 a.m.-2 p.m. Saturday, Sept. 10, Lakeside Nature Center, 1033 South Lake Storey Road, Galesburg. Free and open to the public. For more information, call 309-345-3683.

- **Sitka Salmon Wild Alaskan Bake**, 11 a.m.-2 p.m. Saturday, Sept. 17, Sustainable Business Center, 2900 W. Main Street, Galesburg. Tickets are \$25; \$15 for students, and free for children ages 7 and younger. For more information, check out the blog posts on sitkasalmonshares.com.

Check out the events calendar on the Radish website for more.

Radish Reads: A recent book on healthy living, as reviewed by a Radish reader

Mini review: "Eat To Stay Young: Ingredients and Recipes to Rejuvenate Your Body & Mind," by Gill Paul and Karen Sullivan. (2016, Hamlyn, 128 pages, \$9.99)



I was so happy to receive the book "Eat to Stay Young." It is laid out similarly to other books that talk about eating to age well.

The first section goes through the different "superfoods" and their benefits to the body. I learned several new things about some of these superfoods. For instance, did you know that carrots raise libido and can help fight wrinkles and dry skin? Or that sardines and dark chocolate can lift your mood? I also learned that quinoa can aid in restful sleep and reduce age spots. The list goes on and on.

The book is laid out in a very colorful, easy-to-read manner. One section in the book, titled, "What is Your Problem?" lists many common issues associated with aging and the superfoods that would address that issue.

There is an icon to go with each problem area, such as wrinkles, dry skin and more, and there are recipes in the back that use the superfoods. Above each recipe is the icon to tell which area it will help with.

I've tried one recipe so far, the On The Go Granola Bars, on page 40. Yummy. I can tell I will use this book, and not just let it sit on a shelf or go to Goodwill.

— Denise Cross, Rock Island

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- **A Harvest of Horticulture: Fall Gardening Workshops**: Topics: Spring Bulbs, Herbs & Their Uses, Sustainable Landscape Design Sat., Sept 17, 9 am - 12 pm, Aledo, IL \$10 advance/\$12 door
- **Healthy Lifestyles that Last: Preserve Your Food for a Healthy Treat** Learn about canning, freezing, drying and fermenting Wed. Sept 14, 5:30 pm, Milan, IL \$5 person
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Looking for a short, outdoor getaway? Load up your bike for a 24-hour campout. (Photo by Todd Welvaert / Radish)

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radishmagazine.com

Want to become a Master Naturalist? The Iowa Master Naturalists program will kick off Sept. 12.

The program is a nonprofit that provides adult volunteers with science-based information about the environment and natural history of Iowa, according to a news release.

Provisional certification through the Iowa Master Naturalists program requires 40 hours of basic training, including a minimum of three field trips. While this session's curriculum has not yet been finalized, past topics have included edible wild plants, prairies, woodlands, reptiles and amphibians, birds, fungi, aquatic life/wetlands and more, the release says.

Read more about the Iowa Master Naturalists program, including how to sign up, at radishmagazine.com.



Alida Selim / Submitted

Dr. Raymond Anderson, a retired research geologist with the Iowa Geological Survey in Iowa City, discusses some of the rock and fossil forms at Devonian Fossil Gorge at Coralville Lake with this summer's Iowa Master Naturalists Class.

healthy living

Eating naturally

Historic site naturalist offers cookbook

By Jonathan Turner

If you're not getting enough dandelions and acorns in your diet, Chuck Wester has a solution for you.

The friendly, 73-year-old naturalist at Black Hawk State Historic Site in Rock Island has compiled a brief new cookbook called "Cooking With Nature's Bounty." It contains 32 recipes using ingredients anyone can find in nature, such as dandelion (for bread, coffee, cookies, fries, jelly and pancakes); acorn (for flour, bread, coffee, cookies, muffins and pancakes); and pine needles for tea.

The 14 natural ingredients in the book include various berries, violets and sunflowers.

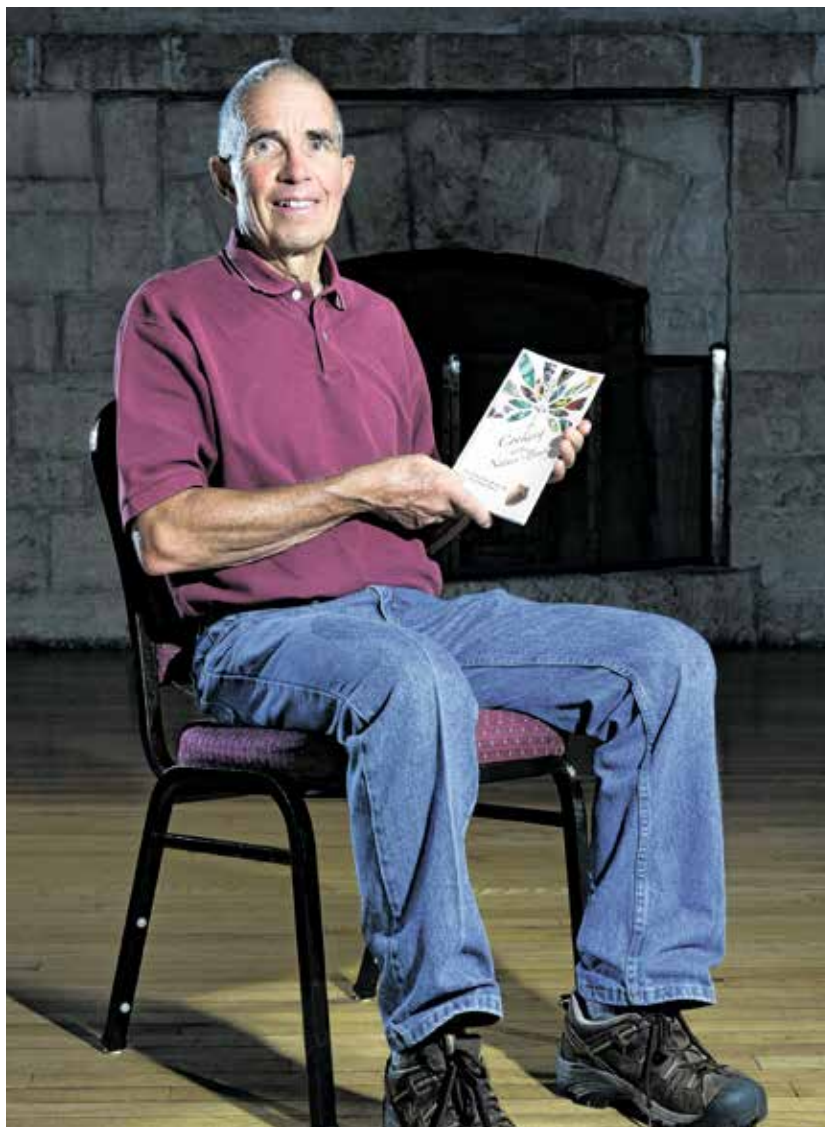
"I wanted to pick plants that everybody could recognize ... like dandelions and violets," the Bettendorf man says, noting he's been cooking with these for more than 20 years. The recipes also feature items that, "whatever you have, you're not going to destroy nature. We have plenty of dandelions," he says. "There's plenty of acorns."

His favorites are violet jelly, dandelion cookies and sunflower cookies.

Wester's book introduction says: "The natural environment is a rich cornucopia of food sources. The unique thing about these natural offerings is that they are found where there is truly a 'sunny smile' in every aisle."

He started putting recipes together five years ago. "I figured I might as well put something down, so people would have it," he says.

"Normally, I don't eat cookies. I just don't like sweets. But I cannot eat just one dandelion or sunflower cookie," Wester says. Fortunately, the dandelion cookies also include eggs, honey, whole-wheat flour, baking powder and cinnamon.



Meg McLaughlin / Radish
Chuck Wester takes a moment to pose for a photo, holding his cookbook at Watch Tower Lodge in Rock Island.

In his summary of dandelions, Wester wrote: "Even though this 'weed' is not a native plant, every part of it is beneficial. It was brought to America by European settlers to provide a longer lasting source of flowers for their bee colonies. The flowers and leaves are rich in potassium and vitamins A and C. In addition, the milky juice from the stem has been used to eradicate warts."

Why pine needles for tea? Again, for vitamins and to understand how Native Americans lived.

"One of the things I do now on my nature hikes, I show the white pine trees here. I tell kids, if they were in a hurry this morning, and didn't get their shot of vitamin C, they could do what the Native Americans did, and that's pick a handful of the pine needles, put it in hot water, drink it, and there's your vitamin C," Hester says.

"The Native Americans suffered through a lot of the same ailments that we do. One disease that the white man brought that Native Americans didn't suffer from was scurvy," he says. "They had so much vitamin C in their diet, they didn't get scurvy. Vitamin C is in dandelions; vitamin C's in violets."

Of his cookbook, Wester says Native Americans used all these native ingredients some way.

"It's just to acquaint you with the past, to acquaint you with nature and to get people to look more closely at the natural environment than just seeing a plant," he says. "That makes people

appreciate the environment more, so they won't be so anxious to destroy it. That's the way the Native Americans were."

"We think we have it rough today, but nothing compared to what they went through," he says.

Native Americans, after leaching tannic acid from acorns, used the nuts

for a variety of purposes, including grinding them into a flour for mush or brewing them into a coffee-like beverage.

About five years ago, Wester compiled a similar booklet on natural remedies, reflecting how the Indians treated ailments like colds, burns, ear aches, headaches, indigestion, insect bites and poison ivy.

"They, however, did not have access to the myriad of remedies to us today," he wrote. "They instead relied upon the natural environment as their pharmacy."

"I don't try to say this is to replace modern medicine," Wester says, noting his natural remedies and "Cooking With Nature's Bounty" are ways to save money, and "gives people a chance to connect with nature."

The medicinal book (\$2) and cookbook (\$3) are available at the Hauberg Indian Museum, 1510 46th Ave., Rock Island.

The Muscatine native — who has worked part-time at Black Hawk Park for 16 years — earned his bachelor's degree in elementary education from Missouri State Teachers College, and a master's in outdoor education from Northern Illinois University.

Wester says when he was growing up, he spent a lot of time outside. "I just grew up with a love of the outdoors — boating, biking, hiking, fishing," he says.

He taught science at Bettendorf Middle School for six years, and then for 29 years at the Mississippi Bend Area Education Agency. In the latter job, he was director of the nature center in Scott County Park, and served schools from six counties in Iowa.

At the 208-acre Black Hawk site (which borders the Rock River), he does similar work with students and families from Illinois and Iowa. "I don't consider it work; I consider it fun," Wester says. "It's something I do because I enjoy it. It's not something I have to do."

Wester says he enjoys working with students, and "I enjoy working out of doors. I enjoy working with the people at Black Hawk, and the facility is phenomenal."

Wester's salary and many of the

programs are funded by the private, non-profit Citizens to Preserve Black Hawk Park, from revenue it gets from renting Watch Tower Lodge for weddings and receptions.

Programs also are free to the schools, and if schools can't

afford transportation to get there, the Citizens board provides funds to those schools, Wester says.

"Another thing that makes my job unique is every day in nature is always changing. And one day I might be working with kindergartners, and the next I day I'm working with sixth- or seventh-graders."

Over the summer, he does programs for groups such as Scouts, YMCA campers and churches.

Wester will offer a free prairie program at 2 p.m. on Sept. 18, talking about how Illinois originally was covered with 22 million acres of prairie.

Black Hawk Park has a one-acre plot of prairie that's been restored. "I talk about plants and animals that were in the prairie," he says.

Contributor Jonathan Turner is a writer on staff with The Dispatch and Rock Island Argus newspapers.

"The natural environment is a rich cornucopia of food sources. The unique thing about these natural offerings is that they are found where there is truly a 'sunny smile' in every aisle."

— "Cooking With Nature's Bounty."



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Mad about monarchs

Festival celebrates, raises awareness for butterflies

By Annie L. Scholl

When the city of Galesburg hosts the second annual Monarch Migration Festival later this month, the celebration will be more than just a fun day that honors the orange and black butterfly; it's about raising awareness about the importance of monarch conservation.

"Monarchs are much more than beautiful," says Elizabeth Varner, recreation supervisor for Galesburg's parks and recreation department. "They are declining in population and need us to help protect their habitat, which also is beneficial to other pollinators."

Monarch populations are diminishing because of a loss of habitat, Monarch Watch director Chip Taylor shares on the organization's website, monarchwatch.org. Monarch Watch is a nonprofit educational outreach program based at the University of Kansas.

To combat the decline and ensure the future for monarchs, the organization advocates for the conservation and restoration of milkweed, the monarch caterpillar's only food. Without milkweed, the migrating monarchs do not have a place to lay their eggs.

Referred to by some as the "canary in the cornfield," the monarch's decline signals extensive problems in the insect world, including the well-publicized loss of pollinators, such as bees, which are vital to our food supply.

Through this fall, thanks to funding provided by Monsanto and the Natural Resources Defense Council (NRDC), Monarch Watch is offering free milkweed plugs for large-scale restoration projects. For more information, visit the organization's website.

Festivalgoers in Galesburg will have the opportunity to create seed balls of milkweed and native plant seed to help restore habitat. Simply Native Nursery of Alexis, Ill., also will be giving away native plants to the first 50 people at the festival.

The festival is the brainchild of Rhonda Brady, also known as "The Butterfly Lady." Since 1997, through the University of Illinois Extension Master Gardner program, Brady has been volunteering to tag monarchs and teach people about the monarch's life cycle, migration and conservation needs.

"I am primarily descended from farmers and teachers," says Brady, 64, of rural Warren County. "Being a good steward of our earth while living in it has been a part of my life since I was small."

The festival provides a time and place "to celebrate monarchs, the migration, pollinators and the habitat needs of the monarch and pollinators," and also showcases

Monarch Migration Festival

The festival will be held from 10 a.m. to 2 p.m. on Sept. 10, at the Lakeside Nature Center, 1033 South Lake Storey Rd., Galesburg. Admission is free.



Metro
Creative
Connection

the nature center, Brady says.

"More Monarch Waystations are needed in Western Illinois to provide safe habitat for our monarchs and pollinators," she says.

"When a Monarch Waystation is created, planted and cared for, all pollinators benefit, as does our food supply and, ultimately, we do as well."

A habitat garden at Lakeside is listed by Monarch Watch as a certified Monarch Waystation for providing the necessary resources for monarchs to "produce successive generations and sustain their migration."

Varner says Brady helped raise her awareness about the monarch's plight. She and the parks and recreation department "appreciate all of her enthusiasm and work" to raise awareness and protect the monarch population, Varner says.

Last year's monarch festival exceeded all expectations, the two women say. Varner estimates that more than 400 people attended the event.

During this year's festival, attendees can adopt a monarch and tag it through Monarch Watch. Tagging monarchs contributes to conservation and research efforts.

Brady's research and work in tagging "has proven to me the monarchs from Western Illinois have in fact ended up in Mexico, traveling over 1,589 miles," Brady says.

Varner says the monarch tagging and releasing was one of her favorite parts of last year's festival. "It was amazing to see the monarch being released by all the children," she says. "It was a tremendous experience and opportunity for them to be involved."

Attendees also may participate in the Symbolic Migration by creating a paper butterfly during the festival. The symbolic butterflies will be sent to Mexico to correspond with the real monarchs' journey. Students who live in the monarchs' winter sanctuary region in Mexico will protect the paper butterflies and return them north in the spring, along with messages. The Symbolic Migration is expected to attract 60,000 students across the globe.

Brady promises there will be much to see and do at the September festival. Butterflies are a "bright vivid spot in the insect world," she says, "and their migration is a 'magical part of life, helping us understand how our world works together.'"

Annie L. Scholl is a frequent Radish contributor. For more information about the Monarch Migration Festival, call 309-345-3683.

September 23 & 24



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8AM - 3PM All Exhibits Open
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outdoors

Squeeze in adventure



Todd Welvaert / Radish

Left: Looking for a short, outdoor getaway? Load up your bike for an S24O, or a Sub-24 hour camp out.

Right: You don't need much in the way of a touring bike to get out, ride and camp — anything with a rack and panniers will do.

Take in the outdoors in 24 hours or less

By Todd Welvaert

When I turned 35, I was a guy with a more than full-time job, a mortgage, two young kids who weren't quite ready for bicycle camping and a wife who wasn't too crazy about being a single parent for long periods of time.

It all kind of put a damper on extended bicycle camping trips. But it didn't put a dent in the longing and allure of them.

It was about then that I heard about the S24O, or the Sub-24 Hour Overnight camp out. Coined by Rivendell Bicycle Works head-honcho Grant Peterson, an S24O is a simple way to get that bike camping itch scratched and — for me, anyway — stay married.

It takes little in the way of time commitment, as its less than 24-hours long, and if you forget to pack something or your gear isn't quite up to snuff, it's not going to be the end of the world.

S24Os also aren't very expensive because you won't be gone long, which makes them kid-friendly, too, since you won't be covering big distances.

You don't need much in the way of a touring bike — anything with a rack and panniers will do. You won't need to carry much because you won't need much: a light-weight tent, or if you are feeling daring, a decent sleeping bag and a tarp.

Thanks to the region's great bike paths, this area is rife with potential for great S24Os. One of my all-time

favorite trips was in late October, which is kind of pushing it for the warm-weather gear I was carrying. I rode from the Hennepin Canal bike path in Colona to the excellent Geneseo Camp Ground, which is located right along the canal path.

The campground owners are fantastic people, and the facilities are top notch. There, I was able to purchase firewood, and a couple of sundry items that didn't make it in the bag.

The campground also rents kayaks for the canal, for those who are interested. They also have Yurts, the Tibetan hard-sided tents, if your idea of camping is a little more plush than others'.

Riders along the canal between Geneseo and Colona will face two bad path washouts on the way. Both are navigable, but riders should walk their bikes on both, and pay attention while they are riding as there are some jarring potholes and a place where the path abruptly ends and packed gravel begins.

Leaving late on a Friday afternoon, I was able to cover the 11-mile trek to the campground and set up my camp before dark. I spent some of the next morning exploring the canal parkway before heading home, and I got in shortly after 1 p.m., with plenty of energy and time to tackle the weekend chores.

Another great ride, albeit a bit longer, is the Great River Trail north. You can make it a short ride and camp in the Illiniwek Campground, which is an easy 8-mile ride from Moline; or go further to the

campground at the Thomson Causeway, a nearly 40-mile jaunt from Moline.

The Causeway campground sits right along the river and makes a beautiful setting. Get a campsite on the river, and there is almost a guarantee for a cool breeze.

Utilizing bike paths for your trip can keep it virtually vehicle traffic-free, which is a great way to break in younger riders, as well as friends who aren't as bicycle savvy.

When it comes to meals, my kit consists of a lightweight alcohol stove, kettle, mug and pan. The food I pack mostly includes whatever I can grab from the cupboard on the way out, or sometimes even restaurants or convenience stores along the way. I usually throw some coffee into a bag for the morning and maybe a bagel or some fruit.

For my stay, I have a light-weight backpacking tent with a summer-weight sleeping bag and a decent sleeping pad. I throw a tarp in the mix, too, in case I run into rain and I want to cover the bike. Toss in a headlamp, spare inner tube and a pump in case of a flat, and you're all set.

I love these little trips. They seem just enough to balance what I want to do with the things I have to do. Maybe one day soon, I'll have the kind of time for a bike camping trip of epic proportions, but until then, an S24O will do.

Todd Welvaert is a regular Radish contributor.

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Go for doughnuts!

Cider doughnuts bring autumn to taste buds

By Laura Anderson Shaw

There aren't many rules on sleepover nights with my niece, Marley, but there is one that must never be broken: There must always, always be a doughnut in the house for breakfast the next morning.

These doughnuts can be glazed, frosted, powdered, with or without sprinkles — it doesn't matter. So long as there is a doughnut to be had, no one gets hurt.

As we welcome fall this month, I wanted to embrace the season and add a little festive flair to our breakfast fare. I wracked my brain (and the internet) for the perfect recipe when a co-worker suggested apple cider doughnuts. All of the light bulbs went off! And so, the search for the perfect recipe began.

I wanted to find doughnuts that were easy to make in a short amount of time and didn't require a whole lot of work. (After all, you don't keep a sleepy-eyed little girl waiting for her breakfast after a night of binge-watching Netflix, making crafts, painting nails and playing games!)

Then, I had to find a doughnut pan. (I hope

I'm not the only one who didn't keep one in the cupboard!) A quick trip to Michaels crafts, some serious internet research and a baking trial run later, and ta-da! We've got baked apple cider cake doughnuts that were a breeze to prepare and a delight to eat.

The recipe I settled on calls for honey, which I substituted with agave nectar. You also could substitute the sugar for stevia or whatever sweetener of your choice. (The granules might not look the same on the outside, but they'll taste so good that it won't matter!)

Snag some apple cider from the grocery store or farmers market, and get to baking. If you're making these in the off-season, a packet of cider from the cocoa aisle will do the trick in a pinch.

Whether you're getting your little ones ready for school in the morning, or you're hosting a sleepover of your own, these doughnuts make a perfect breakfast or snack that has just the right mix of sweet and spice.

And — they're doughnuts. So everyone wins!

Laura Anderson Shaw is the editor of Radish.

Baked Apple Cider Doughnuts

Serves: About 6 regular doughnuts and 4 doughnut holes

3 tablespoons unsalted butter

1/3 cup, plus 2 tablespoons apple cider

1/2 cup white whole wheat flour

1/2 cup unbleached all-purpose flour

1 teaspoon baking powder

1/4 teaspoon sea salt

1/4 teaspoon cinnamon

1/8 teaspoon nutmeg

1/4 cup sugar

2 tablespoons honey

1 large egg

Topping

3 tablespoons butter

1/4 cup apple cider

1/3 cup fine sugar, or regular sugar

through a food processor

1 1/2 teaspoons cinnamon

Preheat oven to 400 degrees.

In a small pot, melt butter. Stir in cider, and set aside to cool.

Meanwhile, whisk together flours, baking powder, sea salt, cinnamon, and nutmeg in a medium bowl. Set aside.

Into the cooled butter mixture, whisk in sugar, honey, and egg until evenly combined. (Side note, dip honey measuring utensil in the melted butter first for easy honey removal.)

Stir together wet and dry ingredients until just combined. Over-mixing will create a tough doughnut.

Spray doughnut pan. Add batter to a piping bag and pipe evenly into the pan. (Or add



Gary Krambeck / Radish

Baked Apple Cider Doughnuts.

to a zip-close bag, and cut off a corner.) Bake for 7 minutes. Allow to cool 1 minute before removing donuts onto a cooling rack.

Meanwhile, make topping. Melt butter and stir in cider. In a flat-bottomed bowl, mix together cinnamon and fine sugar.

Quickly dip each doughnut in butter mixture and lightly coat in the cinnamon/sugar mixture. Place back on cooling rack. Best served same day, slightly warmed. If storing leftovers, lightly cover, if at all.

Source: thefauxmartha.com



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Read the label before you lather, rinse, repeat

By Chris Cashion

In another profession, if you're asked to wash your hair, you may take offense. But when you write for Radish, you know that there's probably another reason behind the request, and it has nothing to do with your hygiene.

This past month, I stepped out of my comfort zone — which is using whatever shampoo that is relatively cheap with a coupon — and tested a few shampoos and conditioners made with organic or more natural ingredients than the standard bottles you'll find on the shelves. (Sorry, Pantene, it was time for us to break up for a while!)

I used each product for about a week to give them a fair shake, and then moved on to the next. I picked up the matching conditioner for each, too, so I wasn't coating my strands with the standard drugstore fare after washing with a new concoction.

The first product I chose to test was Acure Repairing Shampoo. This particular shampoo touts its triple-action repairing ability and is made with a blend of organic argan oil, argan stem cells, CoQ10 and sea buckthorn oil. The bottle says it's also color safe, vegan, cruelty free, and free of gluten, sulfate, paraben, phthalate, petroleum, PEG, silicone and synthetic fragrance.

I'll be honest though — that's not the part of the label that lured me in. The directions say that after massaging the shampoo into your scalp and hair, you're supposed to rinse and “feel free to belt out some horrible '80s tune that you listen to when nobody's around.” Sold — because I'm probably going to do that anyway, but I like that the makers of this shampoo understand their target audience.

I liked the shampoo well enough. My hair felt squeaky-clean, and the scent was pleasant but not overwhelming. Plus, it felt really good to know I was using something that was natural and not bad for our environment. It was possibly not as emollient as I would have liked, but still, the Acure was a good, solid contender, and I was glad I had given it a try.

Next, I tried Avalon Organics' Ylang Ylang shampoo. This one boasts a combination of ylang ylang essential oil, chamomile extract, aloe and vitamins, and promises a head of shiny, revitalized hair.

The bottle is made from 100 percent recycled material, and the content is 70 percent organic — plus, it isn't tested on animals. That's a triple bonus.

The one thing I noticed immediately about this shampoo is that it doesn't lather



Radish writer Chris Cashion puts a handful of natural and organic shampoos to the test.

Todd Mizener / Radish

the way I'm used to, although I've been told this is normal when using products that contain fewer synthetic ingredients.

The scent is delightful, and I was almost disappointed when I couldn't smell it the rest of the day.

This is a shampoo that personally, I probably wouldn't use every day. Its moisturizing properties were almost too much for my sun-damaged hair, leaving it feeling a bit heavy and lifeless. I think it would be a great product to use once or twice per week, though.

Finally, I tried the Tea Tree Replenishing Shampoo from Desert Essence, which was my favorite, far and away. The bad news is that it isn't recommended for color-treated hair, which I have. Tea tree can fade color, but I couldn't resist because I loved the scent. It's a delicious mixture of tea tree and peppermint. It certainly would not be the first time I

based a buying decision largely on my olfactory sense.

This selection also is not tested on animals, and does not contain any petroleum, parabens or artificial fragrances. It's also vegetarian, cruelty free and packaged in a recyclable bottle.

I especially enjoyed the cool feeling of peppermint on my scalp — it was quite refreshing. The hint of tea tree scent was pleasant, and my hair felt well moisturized but not overly so.

The Desert Essence brand makes other formulas, and I think I will be trying them soon to avoid using the tea tree oil on my color-treated hair for an extended time.

The shampoos I tested cost about \$10 each. I purchased the Acure Repairing Shampoo from Heritage Natural Foods, which has locations in Moline and Davenport; the Avalon Organics shampoo from Greatest Grains in Davenport, and the Desert Essence shampoo from Hy-Vee. Each store also offered many other shampoos with organic and natural ingredients, too.

Sometimes all it takes is a little push to step outside of our usual box, and that's been true of the shampoo experiment for me. I think I'll be keeping the more natural, organic products in my shower routine. If you decide to do the same, feel free to belt out tunes from the decade of your choice. If you're looking for ideas, revisit the '80s — it has some fun little ditties to choose from.

Chris Cashion is a writer on staff with Radish.

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outdoors

'Toddler Tales'

Nahant Marsh welcomes tiny guests for big learning

By Alexandra Olsen

Four-year-old Henry Woodward and his mom, Kim, have made it to all but one of the Toddler Tales program at the Nahant Marsh Education Center this summer in Davenport. Even before the program, the two have visited the marsh.

"It's just a fun place for kids," she says.

"When they do the Toddler Tales, it's just the perfect thing for him to come and explore and learn about animals," the Geneseo woman says. "The staff just does a really great job teaching the kids about nature, and then taking the kids out to actually see the things they talk about. I don't think Henry gets to see these kind of things very much, so he's learned a lot."

Toddler Tales at Nahant was created to introduce young children, ages 3-5, to the wonders of the outdoors using educational activities and the center's natural surroundings. The marsh offers 513 acres of upper Mississippi wetlands and nearly 400 wildlife species, some of which are featured in the Toddler Tales programs.

The location is an ideal example of the Midwest's natural wetlands and plains.

"I think that our children these days don't get as much exposure to the outdoors," says Linda Goff, one of the volunteers who plans the lessons and teaches the Toddler Tales program. "I am always so happy to see that many parents want this for their children and are willing to bring them to these kinds of activities because I think you have to work at getting your kids outside."

Goff is a retired teacher and principal who worked in the school system for about 35 years. She says she has a "delightful" experience working with the program to bring young children closer to nature.

Behind the program are several volunteers and staff members who bring the sessions to life. Some, similar to Goff, have backgrounds in education, while others have studied biology and environmental science.

"Our natural world is our environment, and so important to learn about," Goff says. "The more that children can be exposed to the outdoors at a young



Gary Krambeck / Radish
Jenna Skopek, left, naturalist at Nahant Marsh lets Freja Wenker, 4, of Rock Island, touch a leopard frog while learning about frogs at the Toddler Tales program at the Nahant Marsh Education Center in Davenport.

"The more that children can be exposed to the outdoors at a young age, the more they will love it and care for it."

— Linda Goff, Nahant Marsh volunteer

age, the more they will love it and care for it."

Toddler Tales sessions take place once a month from March through October. Each session is an hour long and features various animals that can be found in the marsh, including birds, butterflies and frogs.

Woodward says the bird-watching session in March sparked an interest in Henry, and ever since then, "he's been pointing out birds that he knows every chance he gets."

Woodward says Henry gets excited to come to each session, and he learns something new every time.

Henry says his favorite part about Toddler Tales has been touching a frog and learning about how snakes use their tongues.

Each Toddler Tales session is broken up into several activities, including a story, crafts and games. Sometimes, the kids also have the chance to touch and hold the animals they are learning about.

Mike Tandy, of Bettendorf, brought his granddaughters, Norah, 5, and Evie, 3, to a recent Toddler Tales session,

which was all about frogs. It was the first time Norah and Evie had attended.

"They enjoy being outside; they enjoy nature, and Norah, especially, loves bugs," he says, watching Norah pet a frog at one of the learning stations. "I thought it would be a great thing to do with them."

After the children visit each station, the group goes outside to observe aspects of the marsh that relate to the session's subject. In July, when the subject was frogs, the children watched as AmeriCorps member and environmental educator Jenna Skopek released the frog they met earlier in the day back to his natural habitat.

"It's just so fun — especially being in Davenport, which is more of an urban city — for the kids to come out and get to touch frogs and see insects and truly enjoy the marsh," says Skopek, who has a bachelor's degree in environmental science from the University of Dubuque.

Continued on page 30

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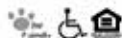
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Fall for these crafts

Three simple projects to welcome autumn

By Laura Anderson Shaw

I'm not sure if it's my obsession with crafting or my love of HGTV, but I can't get enough of handmade decorations. Big or small, fall or spring, I want to make it all. I love turning the pages of magazines packed with gorgeous, expensive decor, and thinking to myself, "I could make that!"

And most of the time, I can. That's not to say I've never had any hot glue incidents (I have the scars to prove it!), or projects I've had to scrap at the last minute and disassemble for parts. I've had a few "Pinterest fails" in my day. But that's part of the fun of it.

In the end, good or bad, you're left with something you've made. Whether the project was challenging and required your full concentration, or you looked down at it from time to time while watching a movie, it's something that you made with your hands. And when someone admires it, even years later, you get to say, "Thanks. I made it!"

Fall might just be my favorite season to craft for. I look forward to the leaves changing color, then falling; the way the trees look when their empty branches sway in the wind — perhaps that was the inspiration for a couple of these little projects. Long after the leaves return in the spring, I'll still have some fall hanging around my home.

Laura Anderson Shaw is the editor of Radish. Did you make one of these projects? Post a photo on Instagram with the hashtag #RadishCrafts, or email a photo to editor@radishmagazine.com for a chance to be featured in an upcoming issue of Radish.



Gary Krambeck / Radish
Monogrammed fall decor is simple to make and adorable on a door or window.

Make it a monogram

Materials:

- A wooden or chipboard initial from a craft store (or make your own with some scissors and an empty cereal box!)
- A couple handfuls of sticks and twigs of various thickness
- Hot glue gun and gluesticks
- A 12-inch piece of ribbon, twine or thick, sturdy yarn; two pieces if your letter has more than one peak, such as K, H, M, and so on.
- Hand pruners



1 Begin by laying your letter flat on a table. Lay a stick across one end of the letter for size, and pinch the stick to mark the length. Use the pruners to trim the stick to fit the size of the space, being careful not to snip your fingers. Run a line of hot glue along the stick, and press it into place. I found it easiest to work from one end of the S to the other, but there really is no right or wrong way to do it. You'll have to work the sticks around the curves of your chosen initial, but filling in the gaps is a cinch — if the sticks don't match up quite right, and you can see the material of the letter between them, simply go back over the area by tacking on another twig.

2 Little broken bits, bark, and your scrap twigs will work great for filling in the gaps along the the curves. It's kind of like putting together a puzzle, but with less stress! There is no right or wrong end picture.





Gary Krambeck / Radish
Light up jars covered in sticks or burlap and lace can add a warm, inviting glow to your fall decor.



3 Once your letter is fully covered, flip it over. Match the ends of your ribbon, twine or yarn, and tie a single knot. Then, place a glob of glue about 1-2 inches from the top of your letter. Lay the knot into the glue, and use a stick to press it in place. As the glue begins to harden, use a stick to sort of fold the edges of the glue over the ribbon for some extra stability.

4 Let it dry overnight, and then hang it up on your front door, or on a wall inside your home.

Light it up

Materials:

- A glass votive holder or jelly jar with the label removed
- Hot glue gun and glue sticks
- Ribbon (I used burlap and lace), or twine
- A handful of thin sticks or twigs
- Hand pruners
- Scissors



1 Begin by turning your candle holder or jar on its side, and grab a stick. Line the stick up vertically along side of the jar, pinch where you would like it to end, and use the hand pruners to carefully trim the excess. Run a line of glue down the stick, and press it into place. (Tip: If you'd like, the sticks may stand taller than your glass or jar. To do this, simply run the glue along the stick for the length of the jar and press it into place, leaving the rest of the stick to tower above. Once your glass is completely covered, hold the base of the stick tightly against the glass and trim the top to the desired length.)

2 You may place the sticks as closely or as far apart as you'd like, and follow the pattern around. I tried to vary the length of my sticks because I liked the way that it looked.

3 When you've made it all the way around, wrap ribbon or twine around the sticks, and finish it with a knot or bow. For the quicker of the two, I found burlap and lace ribbon on one of my recent trips to the craft store. If you find a similar ribbon, jump to the next step. If you would like to replicate the look on your own, simply layer any ribbon or lace and burlap ribbon. To do so, wrap the two around your jar for size, add a couple of inches for your edging and trim the excess. Lay the burlap ribbon piece flat out on a table, and run a thin line of hot glue down its center. Then, holding the lace or ribbon at either end, lay it on top of the glue, and use a stick to gently press it into place.



4 Depending upon where you would like your ribbon to run — across the top center or base of the jar — run a thin line of glue just a hair shorter than the width of your ribbon. Lay the jar or holder on its side and press the ribbon into place. Wind the ribbon about half-way around the jar and place another thin line of glue onto the glass, then press the ribbon into it. When you've reached the end, fold the ribbon over slightly to hide the edges, run a line of glue on the beginning of the ribbon, and press the edges into place.

eating well

Ready for raw



Raw-foods businesses popping up around the region

By Cindy Hadish

Calling all raw food lovers! Need a break from preparing every meal you eat? You now can find a growing number of options outside of your home.

There are a handful of new, local catering and online options available throughout the region, as well as cafes that focus on whole, unrefined, uncooked foods. Generally, raw foods are not heated above 115 degrees, which preserves natural enzymes and other nutritional benefits that could be damaged by cooking.

"The whole premise is you are what you eat," says Clay Grafft, 38, an entrepreneur and self-described health nut who opened Simple Superfood Cafe this summer, at 5345 Belle Ave., Davenport.

The cafe offers cold-pressed juice, smoothies and "Super Bowls," which are loaded with super foods such as acai berries, chia seeds, raw granola and sprouted grains.

"Voodles," or noodles made with zucchini, carrots, beets and other vegetables, are topped with sauces for another Super Bowl option.

The Davenport man's interest in raw foods began 15 years ago when his mother was diagnosed with breast cancer. His father started researching healthy diets, and he sent along the articles he found.

Grafft's mother died three years ago, but he and his father continue their interest in living healthy lifestyles.

"He's my inspiration," Grafft says of his father.

"These recipes are his and mine."

In Cedar Rapids, Jessica LaFayette is working on plans to open Rawlicious, a raw food, vegetarian and vegan cafe, in the coming year.

LaFayette, 36, says she and her husband, Tony, had heard many people travel to Iowa City to find vegan dining options, which encouraged them to bring raw foods to Cedar Rapids at the NewBo City Market, 1100 3rd St., SE.

LaFayette, of Cedar Rapids, graduated from Living Light Culinary Arts Institute in California and has been teaching raw food classes at Brightside Wellness Spa, which she operates in the Cherry Building in Cedar Rapids.

This summer, Rawlicious has been selling smoothies, collard burritos and other food at the Downtown Farmers Market in Cedar Rapids.

"It's been an overwhelming response," LaFayette says. "People are super excited."

LaFayette notes one family in particular who follows a strictly raw diet was happy to know they will be able to dine out at a place that offers raw foods, adding the preparation time for raw foods sometimes can be extensive.

LaFayette says vegans, who avoid consuming animal and dairy products, also are excited to find another dining option.

"My goal isn't to convert people to be vegan," she says, "but to make people aware of what they put in their bodies and to make conscious decisions about

what they eat."

Laurie Moritz, of Cedar Rapids, discovered raw foods after training for a marathon. After trying raw cheesecake that was shipped to Iowa from California, she began a quest to make her own raw desserts.

Moritz, 54, launched Sweet Raw Joy in July 2014, offering her desserts as a farmers market vendor at the NewBo City Market. She now creates her lemon cheesecakes, triple chocolate truffle pies and other mouth-watering treats from the kitchen of the Cedar Rapids New Pioneer Food Co-op, which carries the items at all three of its locations.

The uncooked desserts are made with whole food ingredients, such as nuts, coconut nectar and medjool dates and are gluten, dairy and soy free.

Moritz even makes her own chocolate, using it for creations such as "Baby Sea Turtles" with pecan centers.

The desserts have proven to be so popular that she started catering and also is launching an online business, called Mystic Chocolate, this month.

Moritz notes the desserts use natural, low-glycemic sweeteners and are full of whole, unprocessed, mostly organic ingredients, so the foods are nutrient-rich.

"Food is medicine, in a good way," she says.

Cindy Hadish writes about farmers markets, local foods and gardening at homegrowniowan.com. For more information, visit sweetrawjoy.com, rawlicious.us and simplesuperfoodcafe.com.

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body, mind & soul

Thai bodywork

Ancient practice makes bodies feel like new

By Chris Cashion

“We are always working toward health or illness.”

With these simple words — and a suggestion of working toward health — Maggie Murray immediately had my attention.

Murray is a retired nurse who now owns Subtle Energy Thai Yoga Bodywork in Bettendorf. She had practiced in the traditional medical field for more than 30 years, and has a lot of positive things to say about working toward health in a holistic way.

“Thai bodywork is wonderful for gaining or maintaining flexibility, relieving tension, releasing lactic acid and opening the energy meridians,” she says.

“It’s not a massage as we know it in the West,” she says. During sessions, clients remain clothed. There are no oils or kneading of the skin, Murray says.

Instead, “there is a lot of deep breathing and interacting with the poses as the body is moved.”

I decided to check out a session with Murray myself to see what it was all about. After some paperwork and a discussion of concerns and ailments, Murray had me lay on a mat on the floor in a darkened room. She uses a heated Biomat to raise body temperature, increase muscle relaxation and aid in relieving things like muscle and joint pain.

Murray then moved my body into a variety of positions that felt similar to yoga poses, but more relaxing because I wasn’t actually doing any of the work. She also applied compression, stopping and releasing blood flow. During the course of 90 minutes, my body was manipulated in a variety of ways, none of which were painful, while I was encouraged to breathe deeply.

I left feeling very relaxed and loose, very much like I had received a deep tissue massage, only more energized. With traditional massage, I tend to feel drowsy and ready to nap afterward. Instead, I felt the same kind of energy I have after leaving a particularly good yoga class.

Kelly Harris, co-owner of Tapas Yoga Shala in Rock Island, offers Thai bodywork at her studio, and says yoga and bodywork are closely related.

“Both include stretching as a method of bringing fresh blood and new awareness to the body. Through conscious and precise stretching, we can change the way



Maggie Murray, who owns Subtle Energy Thai Yoga Bodywork in Bettendorf, works on Angela Sands, of Davenport, at the Radish Magazine Yoga Fest in July.

Submitted

muscle fibers and muscle groups communicate with the brain. This, in turn, helps the body replenish itself and counter the effects of day-to-day life,” Harris says.

She says Thai bodywork has roots in East Asia. “Like many other ancient arts, it has a deep and difficult-to-pinpoint beginning in East Asia. Thai massage has been a part of family history for many hundreds of years, and is now practiced and taught all over the world. Like other bodywork practices, there’s a broad range of styles and techniques that now fall under this name,” Harris says.

Daina Lewis, owner of Shine Yoga and Bodyworks, Moline, also practices Thai bodywork. She says she fell in love with it after attending a workshop at a yoga festival a decade ago, and began her training shortly after.

Lewis emphasizes that Thai bodywork is a practice that shouldn’t be looked at as a treat, but as a necessary part of

whole-body well being. She also points out that anyone can reap its benefits, from children to athletes to seniors.

Lewis practices not only on her clients, but on her children and her mother. She said her mother, who suffers from fibromyalgia, finds that the compression therapy used in Thai bodywork doesn’t hurt the way the intense pressure of traditional massage can.

“And athletes can use this as a way to maintain their body by getting into the connective tissues and around the joints. It helps with range of movement,” Lewis says.

She adds that her teacher, Chuck Duff, refers to Thai bodywork as “lazy man’s yoga.”

“You get into yoga-like positions, but you get to relax the whole time,” Lewis says, adding that you benefit more if you let your body become loose and let the practitioner do the work.

Thai bodywork is offered in a number of locations throughout the Quad-Cities and Radish region. Murray, Harris and Lewis agree that the regularity with which to receive Thai bodywork depends on the client’s needs and budget, but that most clients come any where from once per week to once per month.

Chris Cashion is a writer on staff with Radish.

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'Farm to Table'

Unique dinners link area farmers with consumers

By Jonathan Turner

The Quad Cities Food Hub knows that many area farmers are outstanding in their fields. That's one reason it's in the second year of hosting a "Farm to Table Dinner." The next one is tentatively scheduled for Wednesday, Sept. 21.

"We're trying to bring the consciousness of healthier living, locally grown foods and providing a market for people who want to grow," says Anne Corbi, of Rock Island, a QC Food Hub board member and member of the Davenport Levee Improvement Commission, after the dinner in June. The dinners are held upstairs at the Freight House, 421 W. River Drive, Davenport.

"People believe in a healthier, more affordable economy," she says, noting much of agriculture is corporate-owned.

The QCFH dinners emphasize local foods and create a greater awareness of farming, Corbi says.

"I like that idea. It helps the local growers get noticed. We can produce some of the best quality products in the area," says Lyndall Winter, owner of Winter Bison in Blue Grass. He provided meat from his grass-fed, free-range bison raised without hormones or antibiotics in June, where chef Robin Brown prepared bone-in prime rib, among many other dishes.

"I think with that and the farmers market, it's getting the word out there, the taste of the bison," Winter says, of the weekly outdoor market at the Freight House.

June's buffet-style dinner included raspberries grown in Moline; cherries from Taylor Ridge; onions from East Moline; eggs from Davenport; goat cheese from Long Grove; bourbon (at the cash bar) from LeClaire; chicken from Preston, Iowa; and arugula, turnips, pea shoots, microgreens and carrots from Bettendorf.

Helping local business in more ways than one

Chris Gilbert and his wife, Sara, grow those vegetables (as well as beets, radishes and tomatoes) at their 26 Radish September 2016



Submitted

Tracy McGinn, Food Hub kitchen coordinator, serves bone-in prime rib of bison at the QC Food Hub Farm to Table dinner at The Freight House in June.

one-acre farm in Panorama Park, Bettendorf. June's Farm to Table dinner was the first that the couple has contributed produce to, though they've been selling (as Gilbert's Grapes) at the Freight House Farmers' Market for three years; and at the Food Hub's first-floor store at the Freight House for two years.

"There are tons of farmers here who are able to produce things as early as the second week of March, all the way to the end of November," Chris Gilbert says. "We have a long growing season to produce food."

The Gilberts came to eat at the first dinner last year. "It was really good," says Sara Gilbert, who works as a media planner for John Deere. The dinners are a way to help promote their business. "I think word-of-mouth is the biggest thing," she says.

"Sometimes, people aren't willing to spend \$3 or

\$4 on buying something that they're unfamiliar with. In this setting, it's there and you can give it a try," Chris says.

The couple's kids stay home with him during the summer, and he studies accounting at Western Illinois University during the year.

Of June's dinner, "I thought it was fantastic. I love Winter Bison," Sara says. "I had never had bison before until I had it from Cinnamon 'n' Sage (headed by Robin Brown). I just love it."

For each dinner, the chosen chef selects foods to serve from area producers. The admission price for patrons (\$30-\$45 per person) helps cover QCFH staff time, including chefs, musicians who perform at the dinners, and helps other local food-related businesses

Continued on page 32

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Pain in the heel

It's possible to be pain-free with plantar fasciitis

CTW Features

If you have heel pain when you get out of bed every morning, it could be plantar fasciitis. According to the American Academy of Orthopaedic Surgery, the condition affects about two million people per year. While it often can be successfully treated at home, it's important to respond at the first signs of pain.

Benjamin Cullen, a podiatrist affiliated with Sharp Memorial Hospital in San Diego, Calif., says although the condition is more common in middle-aged people, it can happen “to anyone at any age.”

Plantar fasciitis can affect everyone from sedentary, overweight people to athletes. Cullen says people with flat feet or hereditary foot structure problems can be more susceptible to developing the condition.

While the pain often manifests itself in the heel, the problem is rooted in the lower leg, says Bob Baravarian, a board certified podiatric foot and ankle specialist at Providence Saint John's Health Center in Santa Monica, Calif. Baravarian says in many cases, a tight calf muscle or Achilles tendon can result in “pronation” and a collapse of the arch of the foot. This pulls on and inflames the plantar fascia, a thick band of tissue that runs on the bottom of the foot between the heel bone and the toes.

Pain from plantar fasciitis typically is worse in the morning and decreases as the person walks around and it becomes more limber. The condition usually is diagnosed by physical examination. In many cases, x-rays can reveal heel spurs, which are calcium build-ups on the heel bone that are caused by strains on foot muscles and ligaments.

Baravarian says most people can remain active in the early stages of plantar fasciitis. Patients should start by ensuring they're wearing supportive shoes



Dealing with plantar fasciitis is a big pain in the foot, but sufferers can alleviate much of the suffering through stretching and massage

CTW Features

and may consider a small heel lift to decrease the pull of the Achilles. There are a number of inserts on the market specifically designed for plantar fasciitis as well as custom orthotics, which can be molded and conformed to the exact shape and size of the foot.

Baravarian says most people can manage their plantar fasciitis if they take steps early on to reduce inflammation and continued agitation of the plantar fascia.

“As it becomes chronic, it becomes harder to stay active because it won't go away after some minutes in the morning,” he says.

Dr. Ken Jung, a foot and ankle surgeon at Kerlan-Jobe Orthopaedic Clinic in Los Angeles, says it's worth considering a variety of treatments “since there is no one-size-fits-all solution for plantar fasciitis.” Doctors also can prescribe anti-inflammatory medications, steroid shots and even extracorporeal shock wave therapy. Few patients need surgery, but it is a last resort when all other options have been exhausted.

Jung says that while plantar fasciitis can be resolved 90 percent of the time, he still instructs patients to maintain a regimen of stretching to maintain flexibility.

Once pain subsides and the plantar fasciitis is resolved, patients still could be susceptible to the condition if they do not continue to stretch and manage their plantar fascia. Effective exercises include calf raises, straight leg calf stretch, calf rolls with a foam roller and moderate foot stretching. Jung says regularly massaging the heel with an ice bottle and ball also can help maintain flexibility.

“It may take a combination of therapies, but I can't emphasize enough how important stretching is,” Jung says. “Symptoms may recur if the tissues become tight.”

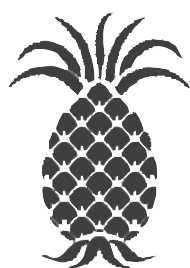
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toddler tales,
continued from page 18



Gary Krambeck / Radish

Johan Wenker, 4, of Rock Island, and Barrett Goff, 6, of Wichita, Kan., touch a Leopard frog while learning about frogs at the Toddler Tales program at the Nahant Marsh Education Center in Davenport.

Skopek has been working at Nahant Marsh since September, and says she enjoys seeing the young explorers take interest in the environment.

"Hopefully, they'll learn to enjoy nature more, and it will encourage them to explore," she says. "It's good for the kids to realize how fun — not scary — nature can be."

The next and final sessions of this year's program will be on Sept. 13 and Oct. 11 at Nahant Marsh, 4220 Wapello Ave., Davenport. Two sessions will be held each day, from 10 to 11 a.m. and 2 to 3 p.m.

September's session will focus on butterflies — monarchs, specifically, as they begin their fall migration in September. At the Toddler Tales session, children will learn about the monarchs' journey and then see how many are traveling through the marsh.

The October session will focus on how animals at the marsh prepare for winter. Children who attend will learn about the animals that fly south, hibernate and gather food before winter.

Children must be accompanied by a parent or caregiver when attending the program. Admission to each session is \$5 per child, or \$3 with a Nahant Marsh membership.

For more information, visit nahantmarsh.org.

Contributor Alexandra Olsen makes her debut this month in Radish.

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SUN SEPT 18 | 10PM & THUR SEPT 22 | 10PM

WQPT
QUAD CITIES PBS

Farm to table,
continued from page 26

get off the ground, says Liz Hogan, Food Hub operations manager.

"Very few people know that the money we raise from the Farm to Table dinners goes right back to incubating small businesses," she says, citing Cinnamon 'n' Sage and Taste of Ethiopia, the area's first Ethiopian restaurant, which doesn't have a physical location yet. Each business has rented the QCFH's shared-use community kitchen and sells at the farmers market.

Through July, five businesses used the fully-equipped kitchen for \$15 an hour, and dinner revenues make that affordable, Hogan says. With Taste of Ethiopia, she's helped them learn the rules of the farmers market, how to build a customer base, and the process for county health department licensing.

Assembling ingredients for culinary success

Davenport-based chef Chad Cushman, also known as "The Crepe Guy," was a key part of QCFH earning a \$600,000 federal grant in 2014 from the U.S. Department of Health and Human Services' center for economic development to launch the Food Hub. The kitchen equipment was purchased with grant funds from the Regional Development Authority (formerly the Riverboat Development Authority), and the Levee Improvement Commission.

Cushman also recommended the Farm to Table dinners and prepared the first four, beginning in February 2015. This year, a different chef is in charge each time, and dinners feature a variety of farmers. Hogan tries to track down new farmers for each dinner in part by checking out the farmers market.

"I had read an article about these things happening in cities like Chicago," Cushman says. "Community-shared kitchens have been in place for 10 years-plus."

The dinners are "a great way to connect the farmer with the consumer," he says. "I think people, they're not aware what's around them, what's being grown a few miles from where they live."

Out of habit, they go to their local chain grocery store, he says. "I'm surprised when people have never been to farmers market for the whole summer."

The market and meals are "connecting people with the food, an opportunity for them to taste, whether it's squash or potatoes," Cushman says. "They realize, 'Wow this is being grown here; I could buy it from local farmers.'"

The nonprofit Food Hub's mission is to support local food production, connecting producers and consumers; cultivate education and training programs; preserve and expand sustainable agriculture; foster local economic development, and promote healthy lifestyles. It aims to "pay farmers a fair and equitable price and supply affordable food to our community resident," according to qcfoodhub.com.

Its programs include an organic gardening series, cooking classes, online resources for growers, a Grower's Choice subscription program and seed exchange.

The Grower's Choice offers weekly bags of fresh local produce, available for pick-up at Genesis West and East campuses and the Food Hub, with plans for a Moline location. For more information, visit qcfoodhub.com/growers-choice.

The store at the Freight House includes a variety of local foods and ingredients, as well as healthy, pre-made meals, snacks and desserts. It features sustainable products, which means something that enriches the soil and doesn't deplete it, and farming techniques that protect the environment, public health and animal welfare.

After this month's Farm to Table dinner, Hogan is planning a new ethnic food series of dinners starting in October, including Taste of Ethiopia. Instead of buffet, they will have a set plated menu, she says.

Contributor Jonathan Turner is a writer on staff with The Dispatch and Rock Island Argus newspapers. For more information about the Farm to Table dinners and to register, visit qcfoodhub.com, or call 563-265-2455 ext. 2.

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food for thought

'You're doing it wrong'

Replace inner dialog with 'Yes, I can!'

By Annie L. Scholl

Somewhere along the line, I developed a fear of doing things wrong. Maybe it was sparked while holding a flashlight for my dad so he could work under the hood of a car. "Can't you even hold a flashlight right?" he barked in his frustration, which probably was more about what was wrong with the car than what was wrong with me.

It might have been reinforced by my mother's gentler, "Honey, just let me do it," when I was attempting to sew a dress, bake a pie or one of her other specialties. What I took from that wasn't that she didn't have time or energy to teach me (she didn't — she was raising six kids). Instead, the message I got was I was doing it wrong and couldn't possibly do it as well as she could.

For sure, I was sensitive, and I did my best to avoid being scolded or criticized. But the overriding feeling I've had well into adulthood is that surely someone else could do it better than me — so, why try?

Through the years, I've hired out clothing alterations, painting jobs and other home-improvement projects instead of doing them myself. As a young bride, I called my brother to install a new ceiling fan instead of taking a chance my then-husband would do it wrong and burn down the house.

This fear of doing things wrong didn't keep me from going to college. It hasn't hampered me (much) in my writing career. It hasn't kept me from doing what some might see as "big and brave" things, such as skydiving, hot-air ballooning or living alone in a remote cabin in Colorado.

But it has kept me from tackling the seemingly ordinary: Painting a room. Hemming a pair of pants. Baking a pie.

"What if I do it wrong?" But I didn't sit in that question long enough to see that the answer was never cataclysmic. It was, after all, just a room, a pair of pants or a pie. Instead, if it required skills or knowledge I didn't already have, I often convinced myself I couldn't do it.

Through the past six years, I've worked to change these stories

I've told myself about myself. I've painted rooms — albeit painstakingly slow — so I can no longer say I can't paint.

If I was afraid about doing something, I knew that was the thing I must attempt to do. So, I repaired window screens, thanks to training by my brother-in-law. When it was time to repaint our old mailbox and apply new house numbers, I marveled when I actually could.

Most recently, I turned to YouTube to learn how to redo a stone patio so I could put down landscape fabric and discourage weed growth. I moved out all of the stones and weeded as I went, creating a pattern in the grass so I would know where the stones went.

Once the area was clear, I cut and laid the landscape fabric and moved the rocks back just as the videos had instructed.

Up until this point, I had no fear of the project. It was hard work, but it wasn't impossible. I had even listened to the woman at the landscape center who suggested I use crushed rock instead of sand. (The latter, she said, would host weeds again and/or wash away.)

So, with my stones situated on the landscape fabric, I shoveled the crushed rock on top and planned to sweep the stones so the crushed rock went between them, not on top of them. Instead, I was left with an uneven mess. I was close to crying as that familiar voice rose up inside of me: You did this wrong. You should have hired this out.

After about a half hour of chastising myself, I calmed down. My neighbor stopped over and confirmed what I suspected: I had to remove the rocks again if I wanted it to look good and even. I watched as he cleared out and worked on a small section. Following his example, I worked into the night and again the next day.

Technically, I did this wrong, initially. But in the end, I did it right. Very right.

Now, in this beautiful space, I have a visual reminder of what can happen when I push through the fear and try something new.

Annie L. Scholl is a frequent Radish contributor.

**"What if I do it wrong?" ...
The answer was never
cataclysmic. It was, after
all, just a room, a pair of
pants or a pie.**

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