

# Radish

HEALTHY LIVING FROM UP

**Mastering  
the simple brunch**

**Living abundantly  
in times of change**

**Naturally dyed  
Easter eggs**

**10 great  
native  
plants**



**New at Lifestyles Furniture...  
BDI Home Theater System**

*'Top of the Line' for today's Home Theater Enthusiasts.*



ODEON 9940

ODEON's minimal design is an elegant solution for a flat screen TV. The low cabinet is engineered with grey tinted glass and rich espresso wood, and the IR-friendly glass door flips down for easy access to stored components. ODEON's innovative TV support conceals all cables within a brushed stainless steel column. The universal TV mount features an integrated swivel, allowing the TV to be adjusted across a 30 degree range with the touch of a finger. Now any seat can be the best seat in the house.

**Recommended TV Size:**  
37"-55" Flat Panel TV

**many styles are available**

The home theater takes on a whole new shape with the curved lines of the uniquely engineered **REVO collection**. Available in two models, the REVO collection has a unique elliptical footprint and is versatile enough for any room of the house. Components are concealed behind IR-friendly curved glass doors. The upper compartment can be used for a center channel speaker, media and/or additional components. REVO rotates on its swivel base, providing a great view from anywhere in the room.

**Recommended TV Size:** up to a 52" Flat Panel TV



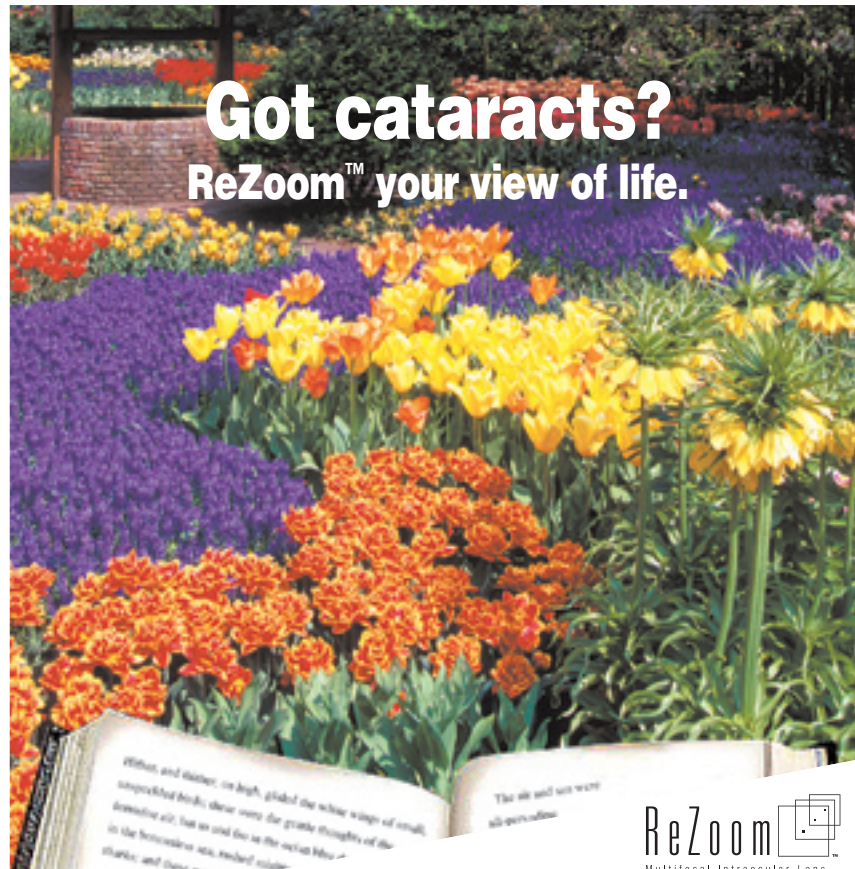
REVO 9981

**LifeStyles™  
FURNITURE**  
Really cool furniture.

*If you want leather, you want Lifestyles.™*

3735 Avenue of the Cities • Moline, IL 61265 • (309) 764-1068

www.lifestylesfurniture.com



**Got cataracts?  
ReZoom™ your view of life.**



**Experience independence from glasses in most daily situations.**

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

**Resume Life with a ReZoom™.**

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



**VIRDI EYE  
CLINIC**

www.virdiyeemd.com

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

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

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

**The Friends  
of  
Radish**

HELPING TO SPREAD THE WORD  
ABOUT HEALTHY LIVING



Tricia Thodos, RN, is a 20-year veteran in the nursing professional who currently works in the Ambulatory Surgery department at Trinity Regional Health System. She is one of nearly 3,000 Trinity associates committed to providing quality care for patients and improving the health of the communities Trinity serves.

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

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

**TRINITY**  
IOWA HEALTH SYSTEM  
A better experience.

**METROLINK**

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

**WQPT**  
QUAD CITIES PBS

*Exquisite  
Springtime  
Taste*



**Tantra Asian Bistro**  
*Bring home the flavor*

*The key to pleasing the palate is a passion and commitment to excellent food and service.*



**Known for innovative and exotic dishes, our diverse and flavorful menu has something for everyone, mild or hot, vegetarian or not, our menu includes:**

- ~ Crispy Lettuce Wraps
- ~ Tempura Green Beans
- ~ Mandarin Sesame Chicken Salad
- ~ Malaysian Peanut Salad
- ~ Spicy Basil Noodles
- ~ Drunken Noodles
- ~ Asparagus Shitake Mushroom
- ~ Crying Tiger Steak
- ~ Siam Curry
- ~ Pineapple Fried Rice
- ~ Teriyaki Mango Chicken

589 East 53rd Street • Davenport, IA • 563.445.8898  
101 W. Mississippi Dr. • Downtown Muscatine IA • 563.263.2345

**Dine in, catering, lunch (express available), carry out**  
Reservations for Dinner Recommended • Gift Certificates Available



## from the editor



It's been a long wait, but spring finally has sprung. It's time for open windows, sunshine and lots of fresh air. Feels amazing, doesn't it?

In this month's issue, Radish offers plenty for you and your family to do to help shake off any remaining winter cobwebs and celebrate the season with your total health in mind.

To get you moving, there are plenty of events happening this month to mark Earth Day, which is April 22. (Turn to Resources, page 38, for details.)

You can visit with Radish at the Quad Cities Earth Week Fair, which is open to the public from 10 a.m. to 4 p.m. Saturday, April 18, at the QCCA Expo Center, 2621 4th Ave., Rock Island. We'll be handing out snazzy temporary tattoos — in the shape of a radish, of course! — along with copies of the magazine.

At the fair, you also can sign up for the Radish Food Challenge — Radish's way of encouraging you to find ways to eat healthily and locally this spring and summer. (Get the details on page 18.)

Believe it or not, the outdoor farmers' market season is just around the corner, too. A brand-new market will kick off its first season April 30 in downtown East Moline, Ill. (See the story on page 19.) Radish will be there to help celebrate, so be sure to stop by and say hello.

We look forward to seeing you out and about this month!

— Brandy Welvaert  
editor@radishmagazine.com

*P.S. Mark your calendars: The annual Healthy Living Fair will be held from 8 a.m. to 3 p.m. June 20 next to the Freight House, 421 W. River Drive, Davenport. Visit [radishmagazine.com](http://radishmagazine.com) for more details as the date draws closer.*

# Radish

HEALTHY LIVING FROM THE GROUND UP

Number 4, Volume 5  
April 2009

Gerald J. Taylor  
PUBLISHER

Joe Payne  
MANAGING EDITOR

Brandy Welvaert  
EDITOR  
(309) 757-4905  
editor@radishmagazine.com

Val Yazbec  
ADVERTISING DIRECTOR

Nancy Renkes  
ADVERTISING MANAGER

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](mailto:editor@radishmagazine.com). For a list of editorial submission guidelines and distribution sites, visit [www.radishmagazine.com](http://www.radishmagazine.com).



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

## contributors



**Jonathan Turner** of Bettendorf, Iowa, is the entertainment reporter for The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. He is also piano accompanist at Zion Lutheran Church, Davenport and enjoys playing piano for several organizations and social occasions. In this issue, Jonathan writes about doulas (page 32) and The Climate Change Show (page 22).



**Shane Brown** is an out-of-shape and socially awkward guy whose mother can't believe he's been published in a magazine devoted to healthy living — twice! A 1992 graduate of Augustana College, Shane's humor column runs every weekend in the The Dispatch and The Rock Island Argus. Originally from Galesburg, Ill., he now lives in Rock Island with his two cats. Read his story about the return of Breitbach's Country Dining on page 17.



**Brian Krans** of Davenport is a reporter for The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. When not playing in the kitchen, he's also a book and food columnist for ONE Magazine, a staff writer for The Iowa Connection and an avid collector of broken bones and scars via stunt rollerblading. His first novel, "A Constant Suicide," was published in May 2007. Read his story on doggy day spas on page 16.



**Marion and Rich Patterson** of Cedar Rapids enjoy camping, canoeing, birding and hiking. They have been active freelance writers for more than 25 years. Marion teaches in the Cedar Rapids School District. Rich is director of the Indian Creek Nature Center, Cedar Rapids. Read their story about Stone City, Iowa, on page 24.



**Sharon Astyk** is a writer, teacher, blogger and small farmer. A former academic, her unfinished doctoral dissertation focused on the ecological and demographic catastrophes explored in Early Modern literature. Abandoning Shakespeare to work on these catastrophes in the 21st century, she began by running a small CSA. She lives with her children and husband in upstate New York. Read an excerpt from her new book, "Depletion and Abundance: Life on the New Home Front," on page 40.

Also contributing to this month's issue are **Sarah Gardner** ("Barefoot basics," page 28), **Darcy Maulsby** ("Return of the natives," page 10), **Ann Scholl Rinehart** ("Living downstream," page 6) and **Sharon Wren** ("Office ergonomics," page 14).



It's not just asking  
**THE QUESTIONS.**

It's exploring  
**THE ANSWERS?**

Substance. Independence. Curiosity. Depth.

It's radio with a human voice.

Tune your radio to 90.3 FM every day to hear  
the latest from WVIK and NPR News.

npr  
news

wvik  
AUGUSTANA PUBLIC RADIO 90.3fm

Radish is an editorial affiliate of **ENN ENVIRONMENTAL NEWS NETWORK**

# the grapevine

Stop by the Radish booth at the following events, pick up back issues of the magazine and get your free, temporary radish tattoo. Here's where to find Radish this month:



- The sixth annual Western Illinois University Environmental Summit, "Healthy Planet, Healthy People," will feature author Sandra Steingraber, Ph.D., who will speak about cancer and the environment at 7 p.m. April 8 at the Figge Art Museum, 225 W. 2nd St., Davenport. The event is free. For more information, read the sidebar on page 7.
- The Quad Cities Earth Week Fair will be held from 10 a.m. to 4 p.m. Saturday, April 18, at the QCCA Expo Center, 2621 4th Ave., Rock Island. The event is free. At the Radish booth, you can sign up for the Radish Food Challenge. For more information, turn to Resources page 38 or read the story on page 18.
- The third annual Green Solutions Expo will be held from 11 a.m. to 3 p.m. April 22 at the Knox College Field House on the campus of Knox College in Galesburg, Ill. The event is free. For more information, visit [midwestgreensolutions.org](http://midwestgreensolutions.org).
- The Main Street Market will kick off its inaugural season from 2 to 6 p.m. April 30 at the 700th block of 15th Avenue in downtown East Moline, Ill. Read the story on page 19 for more information about the market.

*On the Road with Radish is made possible by The Friends of Radish: Trinity Regional Health System, Metro, Zimmerman Honda and WQPT.*



## Healthy Living Fair moves to the Davenport Freight House June 20

The third annual Healthy Living Fair will be held from 8 a.m. to 3 p.m. Saturday, June 20, next to the Freight House, 421 W. River Drive, Davenport. The event is presented by Radish magazine.

This year, the Healthy Living Fair will take place during the DFH Farmers' Market. In addition to the variety of health-related goods, services and products that the fair is known for every year, visitors also can shop the largest farmers' market in the Quad-Cities from 8 a.m. to 1 p.m.

For information on how to become a vendor at the fair, see page 25 or call Radish account executive Rachel Griffiths at (309) 721-3204.

Watch this space and visit [radishmagazine.com](http://radishmagazine.com) for more information as the fair approaches.

## From our readers

"It was very exciting to read that Radish magazine won a national award for journalistic excellence. Bravo! While I am not surprised that Radish would receive national acclaim, still, it was great to hear about it. It just proves that Radish had a vision and pursued it with passion and perseverance from day one. Again, my congratulations for an award well deserved!"

— Donna Gulley, Milan, Ill.

### Nurturing the body (March 2009):

"Iowa is so fortunate to have such a knowledgeable, compassionate and capable herbalist. There are many paths to wellness, and it is important to acknowledge, respect and preserve this ancient wisdom. Thank you, Trilby, for keeping it alive and well in Cedar Rapids."

— Carol S., Urbandale, Iowa

"What a tremendous resource for the people of Cedar Rapids. How wonderful to have choices to use on the path of wellness and to have access to such a great teacher."

— Larry, Des Moines

**Oven spoonful:** "Wonderful article, and I hope to head to Tampico. I love old barns and food, so you did a wonderful job of presenting both. Thanks."

— Betty Goff, Cambridge, Ill.



Paul Colletti / Radish

## Coming in May ...

- First foods at the farmers' market
- Alternate Transportation Week
- Strawberry love: Recipes from one smitten chef
- Family hikes at Starved Rock
- Safe, sustainable jewelry for mom
- Tae kwon do: One killer workout



# healthy living from the ground up

## features



**6 living downstream**  
Author speaks out about cancer and the environment.

**8 True Easter hues**  
Skip the fizzy tablets and make your own dye.

**10 Return of the natives**  
10 great prairie plants to grow in your garden this year.

**20 Bright and early**  
Mastering the simple, delectable brunch.

## in every issue

- 2 from the editor
- 3 contributors
- 4 the grapevine
- 34 roofing around
- 38 resources
- 39 for your family

## on the cover



Kathy Hale-Johnson at Simply Native Plant Nursery in Alexis, Ill. (Photo by Paul Colletti / Radish)

## departments

**12 environment**  
Pull, then eat: Garlic mustard is one tasty invasive species. Page 13: Slash, burn and graze: Prairie Conference comes to Rock Island.

**14 health & fitness**  
Office ergonomics: If your desk chair is older than dirt, it's time to speak up.

**16 pets**  
Spoiled at the spa: Massage, organic treats and social hour go to the dogs.

**17 good business**  
Ham steaks all around: Breitbart's Country Dining will rise from the ashes — again.

**18 food**  
Eat better in '09: In honor of Earth Day, take the Radish Food Challenge! Page 19: Main Street Market to kick off its inaugural season April 30 in East Moline, Ill.

**22 environment**  
Climate Change Show: Sheep says humans use too much energy.

**24 great places**  
Goin' to Stone City: Visit for the history, stay for the tackle box of onion rings.

**26 homes**  
Thinking renewable?: Here's what you need to know about green energy. Page 27: Permeable and pervious pavement are appealing and eco-friendly.

**28 body, mind & soul**  
Barefoot basics: Prep your feet for sandal season with a little pampering.

**30 growers**  
Tiny but mighty: Tough little Shetland sheep produce fine fleece.

**32 health & medicine**  
Dialing for doulas: Birth professionals support new moms and dads.

**40 food for thought**  
Living abundantly: When times change, what matters most doesn't.





healthy living

# Living downstream

## Author speaks out about cancer and the environment

By Ann Scholl Rinehart

Sandra Steingraber, the keynote speaker for the Sixth Annual Western Illinois University Environmental Summit in Moline and Macomb, Ill., won't rant and rave and pound the podium or dictate how people should behave in order to combat global climate change.

It's not that this ecologist, author and internationally recognized expert on environmental links to cancer isn't passionate about solving what she calls "the most pressing problem of our generation." It's just not her way.

"I bring a totally different approach, which is to describe the problem and then stop," says Steingraber, a scholar in residence in the Division of Interdisciplinary and International Studies at Ithaca College in Ithaca, N.Y.

"I don't profess to share solutions. Instead I follow Martin Luther King Jr., who saw his job to make people uncomfortable and leave them there so they're in a crisis of their own soul and forced to think it through and come up with their own solutions."

Her approach, she says, is also a reflection of her Midwestern upbringing.

"I would never presume to tell people what to do in their lives," says Steingraber, who grew up in Pekin, Ill.

She takes the same tack when she's talking with her cousin, who farms in Illinois. Rather than berating him for his use of chemicals in his farming practice, she listens, shares what she knows, then "prays with him on his porch."

In her talk at the Summit, she'll focus on the "evidence for harm" caused by current agricultural practices, especially when it comes to pesticide contamination in drinking water.

"I assemble jigsaw puzzles for people where each study is not absolute proof of anything but you assemble all these studies together and a kind of startling picture emerges."

Steingraber, who turns 50 this year, also will share her story of being diagnosed with bladder cancer at age 20. Bladder cancer, she says, is considered a "quintessential environmental cancer."

There was evidence of bladder carcinogens in the drinking water in her hometown wells. In "Living Downstream," the book she is perhaps best known for, Steingraber writes about returning home, living in her sister's basement and, thanks to a postdoctoral fellowship from Harvard, becoming "a real environmental detective in that community." She calls the book a "love story" about her hometown, but adds that it also chronicles her story about her diagnosis and the stories of other cancer patients living in the area she dubs a "cancer cluster."

Her life's work has been shaped by her mother's diagnosis of cancer when Steingraber was a teenager. Her mother was a biology major who made sure her daughter had a microscope by the age of 9. Mother and daughter ended up going through cancer treatment together after Steingraber's own diagnosis.



Author Sandra Steingraber is the keynote speaker for the Sixth Annual Western Illinois University Environmental Summit. (Submitted)

In addition to her passion for biology, Steingraber always has loved creative writing. That's why she decided to earn a master's degree in poetry. She believes her ability to blend scientific data with "human life" in "plainspoken English" helps create a bridge between environmental activists and the science community — and bring "science to people."

She hopes that by taking the storytelling approach, listeners will "have the realization that people are dying from the way we grow our food, from the way we deliver goods and services (and) the way we practice industry."

"These deaths," she adds, "need to be made visible. They are needless because, in fact, we know how to grow food without poisoning ourselves. It's called organic agriculture."

Steingraber and her husband, sculptor Jeff de Castro, buy all organic food for their family, which includes 10-year-old Faith and 7-year-old Elijah. To do so, they live as frugally as possible.

"I'm supporting the kind of farming that's enriching the soil, is a friend to frogs and wildlife, and is not producing food where there are pesticide residues my kids are going to be consuming," she says. "It's a spiritual statement, and it's a political statement."

But again, Steingraber doesn't advocate that others follow in her family's footsteps, yet she will "testify" in her writing and her other work about her family's choice to buy organic. Her current work is about the environmental life of children. She explores the evolution of her own children's food preferences.

"We don't buy food at a supermarket, and we don't have television — so they don't get advertised to by the food industry," she explains. The family instead belongs to a nearby CSA. They buy the rest of their food at a co-op. Her children's food choices "are mediated by their direct experience of eating the food," she says.

"They have very different food choices as opposed to most 7- and 10-year-olds. They really do ask for sweet potatoes for a bedtime snack, and they love bright red bell peppers. They make good, healthy food choices."

Steingraber sees the proliferation of organic farms springing up in places like Iowa as a "partial solution to global climate change."

"Redirecting our food dollars to local organic farmers is definitely part of that solution," she says.

Steingraber works not only with organic farmers, but also with colleges who want organic playing fields for their football teams; professional golfers who want organic golf courses; teenage girls who are concerned about toxic chemicals in cosmetics; Vietnamese immigrant women who are concerned about toxins in the products they use in their work at nail salons; and people in the fashion industry who want to partner with growers who can provide organic textiles.

"I'm interested in partnering with groups who want change. I'm interested in people who haven't gotten to that point yet, waking them up a little bit and saying this is the human rights problem of our time."

"My dad had to go off and fight Hitler at age 18. That was his big human rights problem. He had to fight global fascism. That was really hard, and this is going to be really hard. You either can be a good German and pretend you don't see what's going on, or you can be part of the French Resistance. You need to look in the mirror and decide what role you want to play here."

### Environmental Summit

**What:** The Sixth Annual Western Illinois University Environmental Summit, "Healthy Planet, Healthy People"

**When:** 9 a.m. to 3 p.m. Wednesday, April 8

**Where:** The University Union Grand Ballroom on the WIU campus in Macomb, Ill. Keynote speaker Sandra Steingraber, author of "Living Downstream: An Ecologist Looks at Cancer and the Environment," "Having Faith: An Ecologist's Journey to Motherhood" and "Post-Diagnosis," will speak at noon in the University Grand Ballroom and 7 p.m. at the Figge Art Museum, 225 W. 2nd St., Davenport. Both presentations are free and open to everyone.



*Spring allergies are here!  
Acupuncture & Chinese  
herbs can help!  
Call us for information.*

*Ancient Wisdom Acupuncture Clinic  
2395 Tech Drive, Suite 7,  
Bettendorf, Iowa  
563-332-1891*

 **Habitat for Humanity**  
QUAD CITIES

# ReStore

## Buy a Bargain ~ Build a Home

Your source for new and gently used building supplies

*"Celebrate Earth Day at the ReStore"*

**25% off sale on  
Friday, April 24th – One day only**

Drawings, raffles, green product demonstrations  
and refreshments **April 22-April 25.**

**Store Hours Wed 10-7 • Thurs & Fri 10-5 • Sat 10-3  
3629 Mississippi Ave., Davenport, IA  
Donations accepted Wednesday-Saturday • (563) 391-4949 • www.restoreqc.org**



healthy living

# True Easter hues

## Skip the fizzy tablets and make your own dye

By Brandy Welvaert

Easter's just around the corner, and a spring-like rainbow of colored eggs is yours for the making. This year, why not try making your own dye?

To get started, head to the kitchen for inspiration. Save the easy, fizzy tablets for the kiddies. Tweens, teens and adults can exercise their inner artists when they experiment with foods that stain.

Boil spinach leaves to make green eggs. Boil berries for pink, purple or blue dyes. Have old canned goods or frozen veggies you don't want to eat? Rubbery carrots in the crisper drawer? Chop 'em up, boil 'em, add a little vinegar to the pot to intensify the color, add eggs, and voila! Instant Easter.

In most cases, natural dye probably won't save you any money, and it certainly won't save time.

Packaged food dyes in the grocery store's baking aisle and the Easter-egg-

decorating packages in the store's seasonal section will satisfy the urge to create with less fuss, while the following method promises to be a project that could eat up the good part of an afternoon. If that sounds like fun to you, hop aboard.

### What you need

White or brown eggs (brown will alter or mute the resulting colors); vinegar; boiling water; and veggies, fruits or beverages capable of staining eggs.

Which foods will stain an egg? More than you might think. A rule of thumb is this: The more intense the color of the food, the more likely it will make a good stain for your eggs. For suggested foods and colors they produce, see the list accompanying this story, at right.

We used a package of chopped, frozen spinach for green; a can of beets for taupe (nope, beets didn't turn our eggs red); two carrots for orange; and a small package of fresh blackberries for indigo. (We chose blackberries only because they

were on sale for less than any other berries — fresh or frozen — at the supermarket that day.)

### What you do

First, hard-boil as many eggs as you want to dye. Place eggs in a single layer in the bottom of a pot with a lid. Add just enough water to cover the eggs completely and heat over a medium flame until the water boils rapidly (large bubbles break at the surface). Cover the pan, turn off the heat, and allow the eggs to sit for 15 minutes. Then immerse the eggs in cold water to stop the cooking process.

Next, place the food item you'll use as "dyestuff" in a pan on the stove. Add as many eggs as you want to dye that color, then add just enough water to cover. Add two tablespoons of white vinegar. Bring to a boil, then cool. At this point, the eggs need to steep in the dye solution for a couple of hours or as long as overnight.

If you don't want speckled eggs, then strain the chunky stuff from the solution before steeping them. If you don't mind speckles or other marks on your dyed eggs, leave the material in the water as we did. (See photo.)

You should refrigerate the eggs in the solution if you plan to eat them. If you won't eat them, they may steep at room temperature.

Check the eggs every now and then to see how the color is developing. Once you like the color you see, remove the eggs from the solution and place them back in the egg carton to dry. Leave it open.

Keep in mind that our eggs dried a little bit darker than they appeared when we first pulled them from the dye.

### What you get

Eggs in interesting, beautiful, natural shades that look almost as though they might have come from birds other than chickens.

### Natural dyestuffs

- Lavender: purple grape juice, smashed berries, violet blossoms.
- Violet blue: red onion skins, smashed berries, violet blossoms.
- Blue: canned blueberries, red cabbage leaves, purple grape juice.
- Green: spinach leaves or other dark, leafy greens.
- Yellow: Orange or lemon peels, grated carrots, ground turmeric.
- Brown: Strong coffee, instant coffee, black-walnut shells.
- Orange: Yellow onion skins, grated carrots.
- Pink: Beets (don't steep too long), cranberries or their juice, raspberries, beet juice.

Sources: Whole Foods Market, [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com), and Natural Easter Egg Dyes at About.com.



These eggs were dyed with natural dyestuffs, including berries and beets. (Photo by John Greenwood / Radish)

Southpark Chiropractic Wellness Center



## Weight Loss & Health Through Nutrition

Come in or call us today to set up an appointment and receive

**\$5<sup>00</sup> off**

Your first visit.

Have you tried diets before where you lost 5, 10 or maybe even 20 pounds, but now you have **plateaued**? We can help!

**Dr. Bethel** can create a **"just for you"** nutrition plan to not only help you lose those unwanted pounds, but it will help you become a **healthier** you!

## LOOK GREAT, FEEL GREAT IN 2009 through Wellness...

Indian head massage is an ancient Ayurvedic therapy that improves circulation, relief from tension, headaches and eye strain, promotes hair growth and a healthy scalp and a general feeling of relaxation and much more.

Studies show massage can help to lower blood pressure and increase the immune system

We are offering  
**\$5.00 off**  
an Indian Head Massage  
For an appointment call  
**309-757-7100**  
Exp. May 15, 2009

 Southpark Chiropractic  
Wellness Center

Call 757-7100 Today  
1529 46th Ave., Moline  
[www.southparkchiropractic.com](http://www.southparkchiropractic.com)



## Relax and Stay Healthy

We Offer:

- \* Massage
- \* Reflexology
- \* Indian Head Massage
- \* Nutritional Counseling & Supplements



healthy living

# Return of the natives

## 10 great prairie plants to grow in your garden this year

By Darcy Maulsby

Native prairie plants, once disparaged as weeds, have become the stars of many environmentally-friendly Midwest gardens. Known for their low maintenance, tolerance to drought and cold, erosion control and natural pest resistance, many native plants also boast colorful blooms and striking forms that provide a smorgasbord of nectar, pollen and seed to attract bees, butterflies and birds.

"With the current green movement, attitudes towards native plants are beginning to change, and that's great for the wildlife and insects," says Kathy Hale-Johnson who runs Simply Native Nursery near Alexis, Ill., and has grown native plants for more than six years. "No matter what trouble spots you have in your landscape, there's a native plant for every garden."

She will speak about native plants at 2 p.m. April 18 at the 2009 Earth Week Fair at the QCCA Expo Center, 2621 4th Ave., Rock Island. For details about the fair, turn to Resources at the back of the magazine.

If this is your first year to grow native plants, be patient, advised Hale-Johnson. "Prairie plants require several years to reach their mature height. Every year, however, you'll be pleasantly surprised by how hardy and attractive natives can be."

If you'd like to add native plants to your garden in 2009, Kathy suggests her top 10 favorites:

**1** New Jersey tea. This extremely tough, compact, rounded shrub features white blooms in the late spring. Although it's a very slow grower that eventually reaches 2 to 3 feet tall, this small, deciduous shrub can work well in the middle of a border or as an anchor on the ends of a flower bed. The New Jersey tea shrub is easily grown in a variety of soils in full sun to part shade. "We have clay soil, and our New Jersey tea is in the sun all day," says Hale-Johnson, who notes that hummingbirds feed off the insects that pollinate this shrub. "It even survives browsing from rabbits and deer."

**2** Prairie smoke. A member of the rose family, this perennial is distinguished by its wispy seed-heads. The plant, which blooms in late spring through early summer, needs good drainage, such as sandy loam. "I'm not sure if prairie smoke is prettier when it's blooming or after it is done blooming," says Hale-Johnson, who keeps the plant in the front of her borders. As an added bonus, the foliage turns red in the fall.

**3** Little bluestem. From its bluish-green foliage and silvery seed-heads to its rusty fall color, little bluestem is a striking ornamental grass that delights the senses. "I like the sound it makes when the wind blows through it," says Hale-Johnson. "Because it stands straight up, I leave it up over the winter not only for visual interest, but to provide seeds and cover for wildlife and pheasants." Little bluestem, which

grows 2 to 2½ feet tall, can be planted at the front of a border and pairs well with daylilies.

**4** Royal catchfly. Although red is an uncommon color among prairie plants, crimson adorns the bountiful flowers of the royal catchfly, which attracts hummingbirds and butterflies. Once the royal catchfly starts blooming in mid- to late summer, it keeps blooming for weeks. These hardy plants grow best in full to partial sun, reaching a height of 2 to 3 feet.

**5** Smooth beardtongue. This hummingbird magnet easily self-seeds and provides a good pollen source for bees. A relative of the penstemon family, smooth beardtongue boasts white, tubular flowers with a pink blush that bloom during the end of May into early June. "It's one of my favorite natives, and I have it

along my walkway," says Hale-Johnson. It also can be planted at the back or middle of the border.

**6** Fragrant false indigo. This rounded shrub is distinguished by small, purple, bottlebrush-like flowers that bloom in the late spring and early summer. Fragrant false indigo, which is very drought tolerant and prefers good drainage, grows approximately 1 to 2 feet tall. Unfortunately, rabbits love false indigo, so you may need to place cages around the plants to protect them from damage.

**7** Kansas blue star willow. With its dark green foliage, the Kansas blue star willow looks like a shrub but is a perennial that grows 2½ feet tall. Known for its light, sky-blue flowers that bloom in the spring, the plant can tolerate full sun to partial shade. Kansas blue star willow, which exhibits a straw color after the first killing frost in the fall, stands up through the winter, adding an attractive element to the garden year-round. "Also, you won't have to worry about insects harming the Kansas blue star willow during the growing season," says Hale-Johnson.

**8** Black snakeroot. This versatile plant grows well in dry to damp soil conditions. The black snake-root plants on Hale-Johnson's property thrive near a dry, shady area along a windbreak of pine trees. Although it typically grows 4 feet tall, black snake-root can reach 6 feet tall in wetter conditions. The fern-like foliage of black snakeroot grows in attractive clumps, and the pristine, white, bottlebrush-like flowers can light up the shady spots of your garden.

**9** Summersweet. This shade-tolerant shrub provides a sweet fragrance when the white flowers are in bloom. Summersweet, which can grow in wet soils, offers several noteworthy varieties. Shrubs with white flowers typically grow 3 feet tall, while pink-flowering cultivars can grow 4 to 6 feet or taller. Summersweet is generally free of insect and disease problems, says Hale-Johnson.

**10** Upland white aster. The white flowers on this vigorous bloomer, which look like a cross between a daisy and an aster, debut in late summer and continue into October. Upland white asters, which grow 1 to 2 feet tall, can grow in a variety of conditions, from dry to moist soils.

For details about the 2009 Earth Week Fair, turn to Resources, page 38.



Native plants offer a variety of benefits, including the following:

Drought tolerance once the plants are established.

Cold tolerance, even in years with little snow cover.

Exceptional erosion and runoff control, due to the plants' extensive root systems.

Natural resistance to many pests and diseases.

A source of nectar, pollen and seed for bees, butterflies and birds.

Low maintenance.

Options for the toughest garden conditions, including dry shade, wet soils, very dry soils and heavy clay.



Kathy Hale-Johnson tends native plants in her greenhouse in Alexis, Ill. (Photos by Paul Colletti / Radish)

# The CORE of Good Health



**Buy 1, GET ONE 1/2 OFF**  
**Heritage Natural Foods**  
**Fish Oil & CoQ10 Private Label**

You are invited to an  
**Essential Oil Class**  
**Saturday April 25th 1-2pm**

Dr. Pam Taylor, ND will discuss the benefits of essential oils and demonstrate how to use them. Samples, discounts and educational information will be available.  
**Free and Open to the public at the Heritage Moline Store**  
**Call to Reserve a Seat**



We have the solution...  
**"naturally!"**

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

**3875 Elmore**  
**Davenport**  
**563-344-2100**  
m-f 10-7, sat. 9-5



environment

# Pull, then eat

## Garlic mustard is one tasty invasive species

By Brandy Welvaert

In early spring, when the soil begins to warm, so does the garlic mustard plant. Its ruffled green leaves begin to grow, and by May, it starts producing seed.

“Garlic mustard has become a very serious problem in many wooded locations in our area. It stays green all winter long. As soon as it begins to warm up in the spring, it begins to grow and reproduce rapidly,” says Brian Ritter, facilitator of Nahant Marsh in Davenport, the largest urban marsh in Iowa.

That’s why Nahant Marsh will sponsor The Great Garlic Mustard Pull-Off from 9 a.m. to noon Saturday, April 25, in locations around the Quad-Cities. Volunteers are needed to help pull the invasive plant from natural areas, including parks, and high school and college environmental clubs will compete at various sites to win the title of Champion Garlic Mustard Pullers.

Why pull garlic mustard? The problem with the plant, from the standpoint of biodiversity, is that it’s just too efficient. It spreads quickly, drinking up moisture, soil nutrients and sunlight, thereby crowding and choking out other, less aggressive plants. In turn, wildlife that depend on those less aggressive plants for their foliage, pollen, nectar, fruits, seeds

and roots are deprived of food, according to Nahant Marsh’s fall 2008 newsletter.

After spending the first half of its two-year life cycle as a rosette of leaves, the garlic mustard plant rapidly matures the following spring into a stalk that flowers, produces seed and dies by late June. A single garlic mustard plant can produce thousands of seeds that may scatter several yards from the parent plant. Furthermore, garlic mustard seeds may remain viable in the soil for longer than five years. This means that eradicating the plant from an area once it’s established is a tough job, to say the least.

But garlic mustard hasn’t always been a problem. In fact, most scientists think that Europeans purposely brought the plant to the United States as an easy-to-grow culinary and medicinal herb. And those who eat it say its name is a pretty good indicator of its taste.

If you find garlic mustard in your yard — and you just might — you should pull it immediately. Then you have a choice: You can either bag it as trash, or you can eat it.

Garlic mustard can’t be composted because even young plants pulled from the soil may continue to live in the pile and set seed. Garlic mustard seed will thrive in a compost pile, despite high temperatures, and then grow wherever the compost is used in the

landscape, thus spreading the plant.

After the pull-off events on April 25, all plants will be bagged and sent to the landfill.

“There is the concern that if we sent it to be composted, some of the seeds would not be killed and the problem would be distributed even more,” Ritter says.

If eating garlic mustard sounds better to you than tossing it, you’re not alone. The plant’s leaves may be used in any recipe calling for mustard greens, and its younger, rounder leaves, especially, have a mild flavor that adds oomph to salads and soups.

“I have eaten garlic mustard, Ritter says. “The name describes the flavor — it’s a spicy, garlicky flavor. I think it would make an excellent addition to Italian or Asian dishes.”

*To volunteer for The Great Garlic Mustard Pull-Off from 9 a.m. to noon April 25 around the Quad-Cities, call (563) 323-5196 or send an e-mail to Brian Ritter at [britter@icc.edu](mailto:britter@icc.edu).*



Brian Ritter (File)



### Garlic Mustard Pesto

3 cups firmly packed fresh garlic mustard leaves  
3-4 cloves garlic  
1/3 cup olive oil  
1/3 cup grated Parmesan cheese  
1/3 cup pine nuts (optional)  
3/4 to 1 teaspoon salt

Place all ingredients in a food processor. Run at high speed until the mixture resembles a dark green paste. Taste, and add a little more salt if necessary. Add to hot cooked pasta or soup.

### Cooking with garlic mustard

If you plan to eat garlic mustard, be sure that the leaves you harvest have not been sprayed with herbicide — and don’t assume you’ll be able to tell by looking. Garlic mustard is so resilient, sometimes even Roundup won’t kill it.

Add garlic mustard to salads and soups and use its leaves as a garnish. Use it to spice up regular mashed potatoes, or follow the recipe for pesto at left. Then boil some whole-wheat pasta, mix in the pesto, and let the good, green flavor of garlic mustard dominate the whole meal!

environment

## Slash, burn and graze: Illinois Hill Prairie Conference covers it all May 1-2 at Augustana College

By Brandy Welvaert

If you’ve never heard of a hill prairie, it’s no wonder. “Because hill prairies are disappearing — they are being covered by woody growth, or trees — we are losing the diversity of plants and animals that thrive there. And when you lose one thing, what do you lose next?”



George Olson

So says Marilyn Andress, education coordinator for the Rock Island Soil and Water Conservation District and a member of the Quad Cities Natural Area Guardians, two of the entities hosting the second annual Illinois Hill Prairie Conference May 1-2 at Augustana College, Rock Island.

The conference will cover “restoration and maintenance techniques, particularly as it pertains to slashing, which is cutting out the woody, invasive species; burning, which is critical because the prairie is fire dependent; and grazing, which is a relatively new exploration that the experts are doing,” says Andress.

After a burn, the prairie is flush with green shoots. When grazing animals eat them, “nutrients are forced back into the roots,” thereby strengthening them, she explains, adding that humans have removed fire and grazing animals (bison) from ecosystems, making reintroduction necessary.

Yet the importance of hill prairies, known as “goat prairies” because of their dry and seemingly inhospitable climate, can’t be underestimated, she says.

“These south-facing, dry ecosystems harbor particular species of plants and insects because of the dryness,” she says. These species may not thrive elsewhere.

The Illinois Hill Prairie Conference is open to anyone interested in hill prairie restoration and maintenance, from landowners to members of the academic community. Cost to register is \$55 per person, which includes a social at 5 p.m. Friday, a breakfast social on Saturday morning, presentations, plenary sessions and a panel discussion.

On the evening of May 1, keynote speaker Dennis Schlicht, co-author of “The Butterflies of Iowa” (University of Iowa Press, 2007), will present “Why are Hill Prairies So Special?” During lunch on May 2, George Olson, a Quad-Cities artist and author of “The Elemental Prairie: The Creative Process in the Artistic Portrayal of Prairie Plants,” will speak.

The event also will include booths from commercial vendors, prairie artists, nonprofits and more.

*For more information about the Illinois Hill Prairie Conference or to sign up, visit [augustana.edu/hillprairieconference/index.html](http://augustana.edu/hillprairieconference/index.html). With questions, e-mail Marilyn Andress, [Marilyn.Andress@il.nacdn.net](mailto:Marilyn.Andress@il.nacdn.net); Bohdan Dziadyk, [BohdanDziadyk@augustana.edu](mailto:BohdanDziadyk@augustana.edu); or Angella Moorehouse, [Angella.Moorehouse@Illinois.gov](mailto:Angella.Moorehouse@Illinois.gov).*



**HELFTER FEEDS, INC.®**

Organics and Applied Common Sense

Certified Organic Processor/Handler #0207-0031N  
Certified by: Indiana Certified Organic, Inc.

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

**Helfter Feeds, Inc.®**  
135 N. Railroad Street / P.O. Box 266 / Osco, IL 61274-0266  
(Toll Free) 866-435-3837  
(Local) 309-522-5024 (Fax) 309-522-5021  
[www.helfterfeeds.com](http://www.helfterfeeds.com)



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

### Rock Island County Extension Programs & Events



## Release your Potential!



UNIVERSITY OF ILLINOIS  
EXTENSION  
ROCK ISLAND COUNTY

### Home Horticulture Spring Series

**Mondays, 7:00 p.m., Quad City Botanical Center, \$5 per class**  
**March 30** - Miniature Landscapes - create mini-landscape vignettes  
**April 6** - Cooking with Homegrown Herbs  
**April 13** - How to Start a Cutting Flower Garden  
**April 20** - Plants & Flowers to Enhance the Aromas in Your Garden  
**April 27** - Permeable Paving and Stormwater Conservation

*Learn to Grow More of your Own Food at Home!*

### Home Grown Challenge Purposeful Gardening Series

**6:00 p.m., Tuesdays, April 7 - August 25. FREE.**  
**April 7** - Dare to Dig in; **April 14** - Seed Starting for Beginners to Experts  
**April 21** - How to Make Instant No-Dig Gardening Beds (at Riverside)  
**April 28** - Plan Your Garden and Know When to Plant What (at Riverside)

*Learn how to preserve your home grown produce!*

### Home Food Preservation Classes

**Thursdays, 5:30 - 6:30 p.m., Rock Island County Extension; \$5 per class/\$25 series**  
**April 2** - Freezing; **April 9** - Jams and Jellies; **April 16** - Hot Water Bath Canning;  
**April 23** - Pressure Canning; **April 30** - Pickling; **May 7** - Salsa Making

University of Illinois Extension, 321 W. 2nd Ave., Milan, IL 61264  
(309) 756-9978 Register online at [www.extension.uiuc.edu/rockisland](http://www.extension.uiuc.edu/rockisland)



# Office ergonomics

## If your desk chair is older than dirt, it's time to speak up

By Sharon Wren

Look in any office and you'll see them — employees hunched over computers eight hours a day, twisting to get a fax from the machine behind them, reaching over stacks of paper and coffee cups to grab a file and wondering why they're sore. Ann Grimm, a systems engineer in Cedar Rapids, is one of them. "My work station is a desk that looks like it's from the 50s and the same chair I got when I started working there 11 years ago."

Dr. C.J. Callahan at Bobb Chiropractic Center in Silvis, Ill., sees this all the time in his practice.

"Performing any repetitious task — 8 hours a day, 40 hours a week — such as office or clerical work, secretarial, data entry, drafting and (other) computer work places an individual in the confines of their work station. I call these people 'industrial athletes,' and their 'playing field' is a desk that was most likely designed for aesthetics rather than performance — a chair that was developed with more time being put into the color and fabric choices than the ergonomics needed for its user, and technology, such as a phone and computer, that have been placed for convenience rather than fruitful productivity."

"When I educate companies on ergonomics and workstation design, they often say, 'in order for us to do this, it will cost \$100 to 200.' My immediate response is, 'You're already paying this at least three and four times over with

decreased efficiency, absenteeism, workers' comp, injuries and increased insurance premiums.'

"Nobody denies that a professional football player needs the necessary equipment to perform his job, and teams will spend without limits to get the best. Why don't we give our industrial athletes the same equipment and education so they can perform at their best?"

Callahan believes that people who spend a great deal of their time on the phone are even more at risk for physical problems.

"The telephone is so far out of reach that people have to flex, rotate and extend to use it. The phone should be placed so that you can extend your arm while maintaining a flexed position at the elbow and be able to key the numbers without strain. Those whose phones are their primary tools should have a hands-free receiver."

If your workstation is less than body-friendly, one way to take a break is to do a few stretches during the day. You don't even need to change your work clothes.

"Office Yoga" by Darrin Zeer (Chronicle Books, 2000), offers several suggestions, such as "Afternoon Meltdown" (that's Viparita Karani for yogis). Zeer instructs: "Lie on your back, with your backside next to a wall or chair. Place your legs up on the wall or chair, relax your arms and rest for about five minutes." This won't work if you're wearing a skirt unless you have an office with a locking door.

"Keyboard calisthenics" make sore wrists feel great. "With hands in a prayer position, move in all directions and stretch. Squeeze fists tight. Stretch fingers wide. Interlace fingers and rotate hand," Zeer writes.

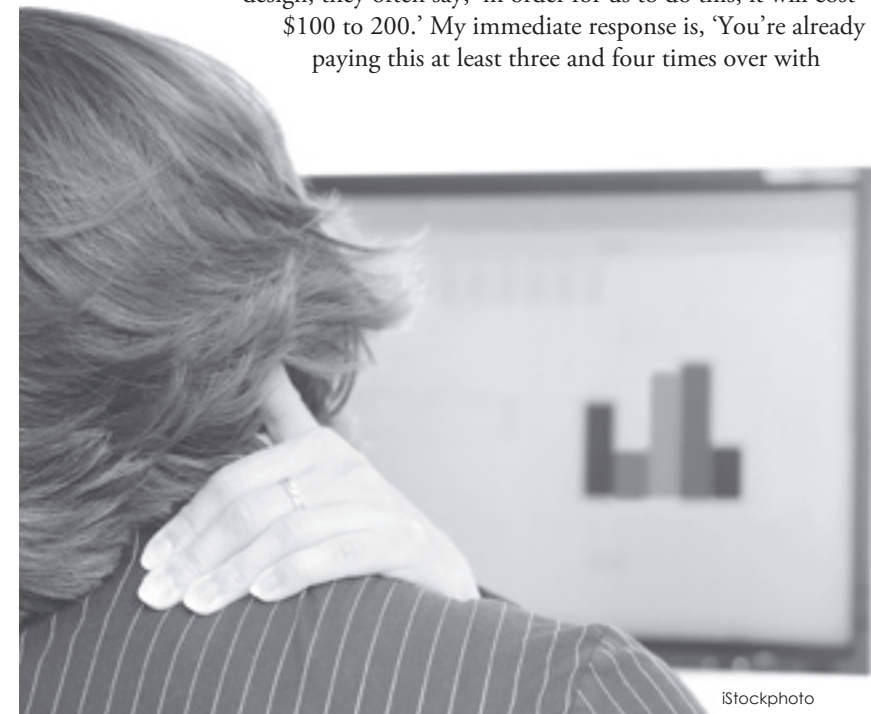
Another of Zeer's books, "Everyday Calm" (Chronicle Books, 2003), has a plan for fingers tired from typing or texting: "Squeeze your fingers into a firm animal claw. Then make fists and roll your hands in wide circles, both directions."

If you have a bit more time, the University of Alberta offers several 12-minute yoga workouts at its Web site, [www.hrs.ualberta.ca/HealthPromotion/OfficeYoga/Routines.aspx](http://www.hrs.ualberta.ca/HealthPromotion/OfficeYoga/Routines.aspx).

Grimm, the engineer, makes time for stretching breaks. "I do make it a point to get up every hour or so and walk around the office. It helps me to stretch a little. Also, you never know who you'll run into, what little tidbit of information you'll pick up, or when the solution to a problem you've been working on will finally come to you."

Remember, the next time you're feeling achy at work, it might not be the flu or the previous day's workout. Adjust your monitor and get the phone off your shoulder before you try the cold medicine — and feel free to schedule a massage or a hot bath!

*Turn to Resources, page 38, for tips from OSHA for making your work station healthier and more comfortable.*



iStockphoto

## CELEBRATE SPRING at the Davenport Freight House INDOOR FARMERS' MARKET

Proud to provide year-round access to healthy, local, sustainable foods.

Fresh Produce, Delicious Baked Goods, Eggs, Honey & Jams, Meats, Wines, Cheese as well as quality hand-crafted local items, massage, plants, monthly events and more!



### Special Event Saturday April 11th

Come down and celebrate spring at The Davenport Freight House Farmers Market with the First Annual Easter Egg Hunt-Easter Bonnet Parade. Children are invited to create and decorate their own special Easter Bonnet or Hat at home and bring them along to market to participate in our parade through the market. We will have an Easter egg hunt and kids can exchange their finds for treats from vendors. There will also be a coloring project and a special visit from a few adorable baby bunnies and chicks.

Saturdays Year-Round from 8:00am to 1:00pm  
421 W. River Dr. Downtown Davenport

[www.freighthousefarmersmarket.com](http://www.freighthousefarmersmarket.com)



**NURSERY, LLC**  
**Growing Gardeners Since 1972**  
**YOUR COMPLETE GARDEN CENTER**  
Hwy 150 / Near Indian Bluff Road, Coal Valley, IL 61240  
Just 5 minutes from SouthPark Mall  
**309/799-3745**

Sign Up to Receive our e-newsletter @  
[www.corncribnursery.com](http://www.corncribnursery.com)

#### WE GROW OUR OWN:

- GERANIUMS
- PERENNIALS
- HANGING BASKETS
- BEDDING PLANTS

**WE HAVE THOUSANDS!**

#### • LET US CREATE YOUR CUSTOM CONTAINER GARDENS!

- GARDEN GIFTS
- BULK SEED & STATUARY
- ORGANIC SEEDS & NATURAL LAWN & GARDEN PRODUCTS

**HUGE SELECTION OF TREES, SHRUBS & SPECIALTY ANNUALS.**

Full Design & Landscape Service



## Summer Camp!

**Do those two words bring back memories?**

Fond memories of summer fun with friends. Your Quad Cities YMCAs have lots of opportunities for your child to have fun and create some great memories and lifelong friendships.

Whether your child attends day camp a few times a week or takes part in one of the week-long residential camps, they will build character, learn new skills and have fun in a safe, supervised environment.

Check out all the options at your nearest YMCA branch.  
Moline • Bettendorf • Davenport • Maquoketa  
Camp Abe Lincoln



[www.quadcitiesymca.org](http://www.quadcitiesymca.org)



pets

# Spoiled at the spa

## Massage, organic treats, social hour go to the dogs

By Brian Krans

Dogs might not have the hardest lives — no job, sleeping when they want, being fed on command — but they still deserve pampering. Allison Bolduc, owner of Happy Dog Bakery in Moline knows this, considering she's got dogs of her own. When she opened her new location at 1628 15th St. Place, more than just freshly-baked, organic dog treats awaited customers. There's doggy day care and full-scale grooming, too. It's a doggy day spa, as Bolduc calls it. Furry visitors can stay and "do dog stuff all day," she says. Enter the 5,800-square-foot spa and you — and your pooch — will smell something cooking. It's not human food, although it smells almost that good. It's dog treats.

Beyond the front counter is a 2,000-square-foot indoor day care area, which gives even the biggest dogs room to run and play inside. Outside, there's a 5,000-square-foot fenced in area where dogs can romp.

While some facilities billed as doggy day spas offer little more than cleverly marketed grooming services, your pooch can have a true spa experience in the Radish region.

Five years ago, Bev Paulus of Linden, Iowa, opened a doggy spa in her basement after working for Petco. Bev's Pet Spa and Grooming provides pets with all the regular stuff, like shampoos and clips, but she incorporates a 10-minute massage into each treatment, too. The massage is especially good for large breeds and older dogs.

"The massage stimulates blood flow," she says. "Big dogs have a lot of pressure on their shoulders and their hips." After the massage, "they have more mobility. The ones that have a hard time getting up the stairs, they find the ability to do that. A lot of the older dogs sit or lie down a lot, so the massage takes away some of the stiffness in their joints."

For the groomer, massage provides a way to bond with the dog and earn trust, Paulus says. It also gives her a chance to start pampering. "I always tell my clients that I won't be held responsible for spoiling their dogs rotten!" she says with a laugh.

Think your dog could use a spoiling?

Groomer Linda Shropshire at Happy Dog says that pups can get everything from the nitty-gritty to the pretty. That includes a bath with blueberry-scented face wash, teeth brushing, a trim and even some glitzy extras. Recently, a Doberman mix had his toenails painted gold.

"A lot of customers don't want it, but if they do, we'll do it," Shropshire says of the painted nails.

Depending on the breed, a full day of day care and grooming can cost between \$40 to \$60 at Happy Dog. Day care alone is \$20 a day, and \$15 for a half day.

"And there's always fresh treats," Shropshire says.



Chase Blazer, a golden retriever, gets groomed by Ann Wheeler at Happy Dog Bakery, Moline. (Photo by Patrick Traylor / Radish)

After Spot gets groomed, he (or she) can spend some time playing with other dogs.

"They can drop them off before work and pick them up after," Bolduc says. "We'll take care of them all day."

Happy Dog also offers obedience classes, and agility training is coming soon. "Socialization is huge," she says. "They're not in the kennel all day and (the) benefit is that they'll be around other dogs all day. And by the end of the day, they'll be tired out and well-adjusted."

But successful dog socializing doesn't mean having the dogs run around in packs all day. Bolduc limits the number of dogs she has at one time to about 10.

Paulus also provides socialization. "I own a fourth of a block that's fenced in, so they can go out and associate with the other dogs because that's part of being healthy. ... Some of the shy ones finally come out of their shyness," she says.

### Places to pamper your pet

- Bev's Pet Spa & Grooming, 107 S. Polk St., Linden, Iowa (641) 744-2407.
- Happy Dog Bakery, 1628 15th St. Place, Moline (309) 764-0990.
- Peavine Lane Pet Spa, 2198 Peavine Lane, Fort Madison, Iowa (319) 372-5360.
- Soothing Paws Pet Spa, 321 Maiden St., Center Point, Iowa (319) 849-1092.

good business

## Ham steaks all around: Breitbach's Country Dining will rise from the ashes — again

By Shane Brown

It's official: The smell of ham steaks soon will be wafting down from the bluffs of Balltown, Iowa, once again. The phoenix is rising from the ashes — Breitbach's Country Dining is coming back.

Nested upriver from Dubuque on a road that only recently discovered pavement, Breitbach's holds the title of Iowa's oldest bar and restaurant and has been making mouths water since the 1850s. Featuring a menu of down-home Midwest cuisine rivaled only in your grandmother's kitchen, its legendary buffet will make you understand why some clientele drive for hours for a meal.

But in the wee hours of Christmas Eve 2007, the tiny community of Balltown was rocked by an explosion from the basement of its cherished restaurant. By the time the sun rose, Breitbach's was little more than a smoldering pile of rubble.

Faced with the difficult decision to rebuild, current owners Mike and Cindy Breitbach leaned towards closure — until the community rallied. Volunteers poured in from around the state. Amish carpenters built the framework. Fans of the restaurant from states away drove to lend a hand.

After just 69 days of construction, the new Breitbach's opened to much fanfare last June. The new building was modernized and upscale — just not any less fireproof.

Mike Breitbach's phone started ringing at 3 a.m. on Oct. 24. He arrived to the scene just in time to see the new roof collapse in flames. Once again, a mysterious fire had claimed Breitbach's. An investigation still is pending.

If the first decision to rebuild was tough, you might think that the second would have been much harder. But you don't know Balltown.

"This wasn't a family decision," explains Breitbach. "It was a community decision. We had to reopen."

"When the second fire hit, it wasn't just disbelief; it was anger. And the best way to work off that anger is to rebuild," says Balltown resident Ron Schmidt.

The family hopes to break ground on the new restaurant in mid-March. "With the good Lord willing," Breitbach says, "pies will be baking by mid-June."

In the interim, a makeshift tent office on the construction site, dubbed The Gathering Place, fills every morning with Balltown residents eager for a cup of joe and an update on construction. A local architect has offered his services for free. More than 40 volunteers already have signed up.

"America's lost its sense of community and its touch," says Breitbach. "But I'm here to tell you that we haven't lost the touch. Not here in Balltown, Iowa, population 49."



This 2005 photo shows the original Breitbach's Country Dining restaurant. (Photo by Joe Schallan)

**WE HAVE A VARIETY OF HEALTHY FOOD CHOICES!**

<p><b>NATURAL BEEF</b></p> <p>Locally Raised Hormone Free Antibiotic Free</p>	<p style="text-align: center;"><b>BUFFALO MEAT</b></p> <p style="text-align: center;"><i>High Protein, Low Fat, Low in Cholesterol and Calories</i></p> <div style="display: flex; align-items: center;"> <p style="font-size: small;">Try our homemade <b>Buffalo Hot Dogs</b> Only 8 grams of fat and extra lean <b>Brats!</b> Locally Raised &amp; State Inspected.</p> </div>
<p style="text-align: center;"><b>LOCAL MEATS</b></p> <p style="text-align: center;"><b>Try our very lean Elk products</b></p> <p style="text-align: center;"><b>We trim our Pork Products to be leaner</b></p> <p style="text-align: center;"><b>We use less water in our Hams</b></p>	<p style="text-align: center;"><i>Improve Your Health and Reduce Your Pain With</i></p> <p style="text-align: center;"><b>100% Natural</b></p> <p style="text-align: center;"><b>Montmorency Tart Cherry Juice Concentrate</b></p> <p style="text-align: center;"><b>SPECIAL</b></p> <p style="text-align: center;"><b>32 Oz. Cherry Concentrate</b></p> <p style="text-align: center;"><b>\$26.95</b></p> <p style="text-align: center;">(Shipping Cost Included)</p>
<p style="text-align: center;"><b>WE SHIP DIRECT</b></p> <p style="text-align: center;"><b>HOMEMADE PIES – Year Round</b></p> <p style="font-size: x-small;">Made from scratch on site, using our own rendered lard.</p> <div style="display: flex; align-items: center;"> <p style="font-size: x-small;"><b>Apple, Cherry, Blueberry and a Seasonal Pie</b> Fresh frozen Michigan fruits, no filling. Order a pie: baked fresh or vacuum-pack frozen. <b>CALL TO ORDER!</b></p> </div>	<p><b>Great Selection of Seafood!</b></p>
<p>order online at <a href="http://www.reasonsprairiepride.com">www.reasonsprairiepride.com</a></p> <p><b>Reason's Locker Service</b></p> <p><b>Buffalo Prairie, IL • 309-537-3424 or 1-800-772-4740</b></p>	

# 5 Million Pounds and Growing!

Since March of 2008, Moline has collected five million pounds of recyclables through its curbside program. **That's 2,500 tons!**

The curbside program, together with the drop-off recycling site, is approaching the City's goal of removing over 25% of waste formerly taken to area landfills.

Through recycling, we've saved an additional:

- 30,000 trees
- 12 million gallons of water
- 15,600 cubic ft. of landfill space

To volunteer for the "Great American Clean-up" in Moline on April 18, call Moline Public Works at 309-797-0780

An Affiliate of  
"Keep America Beautiful"  
[www.moline.il.us](http://www.moline.il.us)



# Eat better in '09

## In honor of Earth Day, take the Radish Food Challenge!

By Radish staff

This Earth Day, help your family and yourself eat healthier and more responsibly with the Radish Food Challenge! Follow the five suggestions at right for eating well and keep track of your progress for 60 days. Then send an e-mail with your name and day-time phone number to [editor@radishmagazine.com](mailto:editor@radishmagazine.com) to let us know how you did.

You also can sign up for the Food Challenge in person at the Radish booth at the Earth Week Fair from 10 a.m. to 4 p.m. Saturday, April 18. For details, visit [qcearthweek.org](http://qcearthweek.org). The individual or family who makes the biggest changes to eat better will be featured in an upcoming issue of Radish and will receive a reusable shopping bag filled with healthy foods, recipes and more. To get started, check out the ideas to the right.

Turn to Resources, page 38, for a list of Earth Day events.



istockphoto

**1 Plant for your plate.** Not only is vegetable gardening a low-cost way to get fresh foods in season, but there is no better way to become acquainted with your food than by raising it yourself. Start with a good tomato plant, such as an Early Girl, a Roma or a cherry tomato. Other easy plants to grow are broccoli, cucumbers and bell peppers. And you don't have to rely on better-known varieties. Seek out baby heirloom vegetable plants for sale at farmers' markets in the beginning of May. Learn about vegetable gardening from the University of Illinois Extension at [urbanext.illinois.edu/veggies/index.html](http://urbanext.illinois.edu/veggies/index.html).

**2 Eat local.** Come May, shopping the farmers' market for all your groceries becomes a viable option in many parts of the Radish region. Markets offer cheeses, meats, wines, baked goods and more. Buying local foods not only keeps dollars in the local economy, but these foods also travel a shorter distance — burning less fuel and creating less pollution — from the farm to table, according to Food Routes, the parent organization for Buy Fresh, Buy Local. (The average grocery item in stores travels about 1,500 miles!) Perhaps the best reason to eat local foods, however, is quality. Before anyone knew what a carbon footprint was, foodies flocked to farmers' markets looking for fresh foods grown and crafted with care. Find a list of regional farmers' markets at [radishmagazine.com/markets](http://radishmagazine.com/markets).

**3 When you can't eat local, eat organic.** Why doesn't organic come first? Federal laws about organic food regulate how the food can be grown: in what soil and with what additives. Organics laws, however, do not regulate where the food is grown, who grows it or how they are paid for the work. Many times, organics are grown in places where workers are not paid fairly; these foods then are shipped long distances to stores, using excess fuel and creating pollution. Because fresh foods don't travel well, quality is lost as well. As long as you're shopping the farmers' market, you can ask the farmer how he or she grew the tomato in your hand. To learn more about organics, visit [ams.usda.gov](http://ams.usda.gov) and search for "organic."

**4 Cook more often.** It goes without saying that when you're growing your own food and shopping the farmers' market, you won't be munching on frozen meals and entrees pulled from boxes. After you plant your garden, you'll want to research recipes for the vegetables you're growing. More good news? Fresh, high-quality foods usually don't need much tweaking (just ask a farmer). Rely on fresh, in-season ingredients for dishes that offer maximum flavor for minimum effort, and feel free to ask your favorite farmers for recipe ideas. For more recipes to use with local foods, visit [radishmagazine.com/recipes](http://radishmagazine.com/recipes).

**5 Compost food scraps.** Leftover fruits, veggies, eggshells and coffee grounds (no meat or dairy products) may be composted in your backyard along with your grass clippings and other yard waste. To begin, all you need is space for a 3-cubic-foot pile. Toss both living waste (stuff that's still green) together with dead waste (brown stuff), mix it up and keep it watered to aid the breakdown process. Flip the pile every week or so. Learn all about composting at the University of Illinois Extension Web site, [urbanext.illinois.edu/compost](http://urbanext.illinois.edu/compost).

## Main Street Market to kick off its inaugural season April 30 in downtown East Moline, Ill.

By Brandy Welvaert

The gods of fresh fruits and veggies are smiling on downtown East Moline, Ill.

On April 30, a new farmers' market will kick off its inaugural season downtown. Main Street Market will be held from 2 to 6 p.m. Mondays and Thursdays, April 30 through Oct. 29, at the 700th block of 15th Avenue.

The market will offer ready-to-eat foods, drinks, farm-fresh local produce and crafts. On Thursdays, experts will be on hand to provide education. Musical entertainment also will be presented on Thursdays, says Marcia Lintz, business and events coordinator for downtown East Moline.

On certain days throughout the season, the University of Illinois Extension-Rock Island County will be at the market to provide information about its Home Grown Challenge, a program that teaches people how to garden for food. Topics covered will include preparing soil, planting, herb gardening and composting.

Wanna get on board? It's not too late to sign up as a vendor, Lintz says. Cost is \$120 for seasonal vendors and \$20 per day for daily vendors.

"We still need more vendors along the lines of produce," she says. "And I'm still looking for people to entertain."

More information for prospective vendors, including market guidelines and applications, can be found online at [eastmoline.com/farmersmarket.cfm](http://eastmoline.com/farmersmarket.cfm). Questions may be directed to Lintz by calling (309) 755-7922 or (309) 236-4751.

Main Street Market organizers hope that people embrace the market as more than just a place to buy fresh foods and crafts.

"We want everybody to come down," Lintz says. "We want people to come down and bring a chair and stay for the educational programming and entertainment."

On opening day April 30, there will be plenty of both. From 2 to 4 p.m., staff from the East Moline Public Library will read to children. The extension will be on hand, too, to showcase fruits and vegetables and offer samples of recipes prepared with them. Right now, plans are underway to display old-fashioned tractors during the event. Music, too, is in the works.

"The idea is to get more people to the downtown East Moline area. There are businesses down here — up and coming businesses," she says. "This is the real wave of the future to have a farmers' market around the downtown area. We feel like there will be a big draw of traffic to the downtown. ... We want people to enjoy it."



Jeff Guthrie, Marcia Lintz and Stephen Andrews are part of the new Main Street Market in East Moline, Ill. (Photo by Paul Colletti / Radish)

### Avocado Couscous Salad

**All you need:**

- 1 (6.6 oz) package whole wheat garlic and basil couscous
- 1 cucumber, peeled, seeded, chopped
- 1 large tomato, seeded, diced
- ¼ c. diced red onion
- 2 tbsp chopped cilantro
- 2 tbsp lime juice
- 1 medium avocado, skin and pit removed, chopped

Serves 12 (about ½ cup each) Source: Hy-Vee Test Kitchen  
Nutrition information per serving: Calories: 100 Carbohydrates: 16g Cholesterol: 0mg Dietary Fiber: 3g Fat: 4g Protein: 3g Saturated Fat: 0g Sodium: 170mg Sugar: 1g Trans fats: 0g

**All you do:**








1. Prepare couscous according to package directions; set aside and cool to room temperature.
2. Combine cooled couscous and remaining ingredients, toss gently to mix.

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

## Hy-Vee

**Be Healthy. Be Fit. Be Happy.**

**Services include:** Individual nutrition counseling • Personal shopping assistance • Group nutrition class and workshops • Supermarket tours • Monthly nutrition newsletter • Recipe demos • Cooking classes

						
Janet Macon MS, RD, LD 2351 W. Locust St., Davenport 563.324.9948	Chrissy Mitzel MS, RD, LDN 2930 18th Ave., Rock Island 309.793.0684	Valerie Wheatley RD, LDN 201 W. 10th Ave., Milan 309.787.0273	Beth Freehill RD, LD 901 S. 4th St., Clinton 563.243.6162	Dawn Blockinger RD, LD 750 42nd Ave., Moline 309.757.1085	Allison Yoder RD, LD 2200 W. Kimberly Rd., Davenport 563.391.0213	Stacy Mitchell RD, LD 2900 Devils Glen Rd., Bettendorf 563.332.8496

## General dentistry with a caring touch



**Dr. Krista L. Kukarans, D.D.S.**

Dr. Kukarans and her staff provide excellence in dentistry with kind and gentle hands.

The unique relaxing atmosphere and caring touch strive to make each dental visit a pleasant experience.

Our approach to Dentistry promotes health and wellness. We support and inform our patients so they can make educated, healthy choices.

Now accepting new patients —  
Call to learn more about our exceptional dentistry.

**2305 Jersey Ridge Road, Davenport, Iowa**

### 563.355.0258



healthy living

# Bright and early

## Mastering the simple, delectable spring brunch

By Brandy Welvaert

Want to host a spring brunch? Even if the idea's new to you, hosting brunch can be easy, breezy and fun.

To help you out, Diane DeBord, a well-known Moline caterer, has shared some of her best ideas for creating a delicious menu that's as fun to eat as it is simple to make.

"One thing about brunch is that once someone hosts one, they learn it's one of the simplest parties you can have. For one thing, you're not baby-sitting hors d'oeuvres all night," says DeBord, who has been in business since 1981.

Her first food tip? Take cues from the spring season. Think lively, fresh and green.

"Asparagus and lemons are really fresh — they're light. You would fix lighter foods now

than if you were going to do a brunch in winter," DeBord says.

Other spring foods include spinach — a cool-season crop that's ready now — and strawberries, which will be popping up fresh in farmers' markets come late May.

One of DeBord's favorite brunch dishes is spinach quiche, a light and savory dish that can be prepared the day before and popped into the oven before guests arrive. It's meatless, so it's a good option if the guest list includes a vegetarian or two.

To keep the meat-eaters happy, sausage links can be served on the side. In fact, serving meat on the side of a meatless dish is popular now, DeBord says.

Another of her favorites is lemon tea bread, with lemon extract, pecans and an easy glaze, which can be baked ahead of time.

No matter what you serve, make sure it's something you, as the host or hostess, can enjoy with your guests. Leave on-the-spot food preparation for another time. Set up the food buffet-style.

Make-ahead foods "are what you want to do. You don't want to be flipping pancakes for 30 people that morning. That would be tough. (You) need to do a little planning, and then you can enjoy the party with everyone else," the caterer says.

Not sure how to know when you've provided enough variety? Think about the buffet. On it, in something close to this order, should be fruit or salad (or fruit salad), followed by baked goods, and then the main course (egg dish, casserole and/or meat).

Juice, water, coffee and tea are basic brunch beverages.

Have a favorite dish you'd like to serve? As long as it's on the lighter side — "You wouldn't be serving a beef stew or anything else that's too heavy," DeBord says — go ahead and add it to the lineup. With brunch, just about anything goes.

"Around 11 to 2, you're really free," she says.

As far as plates, napkins and cups, keeping things simple remains the way to go.

Make it easy on your guests and roll silverware in napkins. If you're not sure if you have enough dishes for everyone, head to a secondhand shop for an extra set — or opt for a few mismatched pieces for a whimsical look that's eco-friendly. (Whatever you do, try to avoid disposables.)

Decor questions? Go for food or flowers — "whatever's easy that you can get your hands on," DeBord says.

Check out dried flowers at an indoor farmers' market or pull a few daffodils from your backyard. Another option is to force a few branches from a spring-flowering tree. If you have a forsythia, you can clip a few branches and stick them in warm water ahead of time for early blooms.

Or fill a bowl with eye-opening lemons or gem-like strawberries. Food used as decor truly is green: It doesn't go to waste because you can eat it later.



### Crustless Spinach Quiche

6 tablespoons flour  
6 eggs  
2 cups small-curd cottage cheese  
2 cups grated cheddar cheese  
3 tablespoons Parmesan cheese  
2 tablespoons softened butter  
1 teaspoon salt  
½ teaspoon pepper  
1 teaspoon garlic powder  
1 small jar pimento, drained  
1 package (10 ounces) frozen spinach, thawed and squeezed to remove excess moisture

Beat the eggs and flour, then fold in the rest of the ingredients, adding the spinach last. Pour into a greased, deep-dish, 9-inch pie plate. Bake in a 350-degree oven for 40-45 minutes, or until a knife inserted in the center comes out clean. Let sit for 10 minutes before cutting into serving pieces.

Can be made a day in advance.

### Lemon Tea Bread

#### Bread:

½ cup buttermilk  
2 eggs  
1 cup sugar  
⅓ cup butter, softened  
2 teaspoons grated lemon peel  
½ teaspoon lemon extract  
1½ cups flour  
1 teaspoon baking powder  
1 teaspoon salt  
½ cup chopped pecans, optional

#### Glaze:

¼ cup sugar  
3 tablespoons fresh lemon juice

Grease and flour an 8½x4½-inch loaf pan. Preheat oven to 350 degrees. Mix buttermilk, eggs, 1 cup sugar, butter, lemon peel and extract until well blended. Add dry ingredients; mix until just combined and batter is smooth. Fold in nuts.

Pour into pan and bake 45 to 50 minutes, or until a toothpick inserted in the center comes out clean. Mix glaze while bread is baking.

As soon as you remove the bread from the oven, slowly pour the glaze on the hot bread. Let stand 10 minutes in the pan, then remove and cool on a rack.

Recipes courtesy of Diane DeBord Catering LTD, [debordcatering.com](http://debordcatering.com).



# WHY RIDE METRO?

Half of Metro's fleet runs on Compressed Natural Gas (CNG) buses which reduce exhaust pollutants by 70 to 85 percent.

Converting one diesel bus to CNG saves about 145 barrels of petroleum annually.

A solo commuter switching their commute from a private vehicle can reduce CO<sup>2</sup> emissions by 20 pounds per day — more than 4,800 pounds in a year.

Public transportation is estimated to reduce CO<sup>2</sup> emissions by 37 million metric tons annually.





environment

# Climate Change Show

## Sheep: 'You humans use a heck of a lot of energy'

By Jonathan Turner

Surviving the winter we've had so far, it's hard to believe that the globe is warming. But a fun, family-friendly exhibit on climate change shows that it's real and what you can do to change it.

"The Climate Change Show," a 3,000-square-foot multimedia exhibit, is open at the Putnam Museum, 1717 12th St., Davenport. It explores positive ways to protect our planet by reducing the amount of greenhouse gases we release into the air.

Environmental effects and climate changes are recreated inside the exhibit's "object theatre" during a 17-minute film whose content is delivered in a kid-friendly format. Yep, with animated sheep.

"You humans have developed some pretty peculiar habits that just might spoil things for the rest of us," the sheep narrator says in the movie. "You humans use a heck of a lot of energy."

The 1990s were the warmest decade (in average Earth temperature) over the last 140 years, the film notes, and that has been caused in part by increasing vehicle emissions, building heating and cooling, and the use of energy-guzzling lights and appliances.

The average American is responsible for five tons of carbon dioxide and other greenhouse gases being released into the atmosphere a year, and the movie and exhibit challenge us to reduce that by one ton each. Among simple steps you can take are the following:

- Choosing a more fuel-efficient car.
- Using your car less by carpooling, riding a bike or walking.
- Cutting back by five gallons of gas every month.
- Lowering your thermostat when you are asleep or not home.
- Buying energy-efficient appliances.
- Turning off lights and unplugging appliances when not needed.

"We're very excited to be bringing this exhibit to the Quad-Cities," says Eunice Schlichting, chief curator of the Putnam Museum. "It presents the complicated issue of global climate change in a very non-threatening manner. It's a way for people, especially children, to become better informed about the issue and learn how to take positive action."

The new exhibit fulfills the Putnam's mission to "present current and topical issues for the public's discussion to raise the issue and get people to talk about their thoughts and viewpoints," Schlichting says.

Putnam president and CEO Kim Findlay says she knows that climate change is a controversial subject with some people disputing scientific findings, or taking issue with humans' role in the gradual warming of atmospheric temperatures over



Kids check out 'The Climate Change Show' multimedia exhibit at The Putnam Museum and IMAX Theatre, Davenport. (Photo by John Greenwood / Radish)

time. The Putnam will put out a box and index cards where people can leave their own comments on the issue.

"We invite people to tell us what they think," Findlay says. The exhibit itself doesn't say that all climate change is bad, she notes. An interactive quiz and display boards show that global warming has positive and negative impacts.

For example, climate change is claiming parts of the Arctic ice shelf and removing polar bear habitats, and increasing droughts in other parts of the world. But in other regions, it helps agriculture by extending the growing season, and conditions for certain crops improve, the exhibit says.

The exhibit shows how consumers can save money as well as be energy-efficient, in this hard economy, Findlay says. Because the show is kid-friendly show — the theater can hold up to 50 children at a time — Findlay also hopes that it inspires kids to ask their parents to take the "one-ton challenge" and reduce the family's carbon footprint.

*The Putnam Museum and IMAX Theatre is open from 10 a.m. to 5 p.m. Mondays through Saturdays and from noon to 5 p.m. Sundays. Admission is \$6 for adults, \$5 for ages 60 and over, \$4 for ages 3-12 and free for members and children under 2. For more information, call (563) 324-1933 or visit [putnam.org](http://putnam.org).*

## 2009 EARTH WEEK FAIR

Saturday, April 18 | 10 am - 4 pm

**QCCA Expo Center**  
2621 4th Avenue, Rock Island

**First 500 attendees receive a free metal water bottle!**

### FREE ADMISSION & OPEN TO PUBLIC

#### FAMILY FUN!

- 60+ educational booths
- Hands-on Activities
- Make and Take Crafts
- Games
- Demonstrations
- Environmental Professionals
- Boy Scouts & Girl Scouts Activities and Geology Workshops

#### LIVING GREENER WORKSHOPS

**11:00 am: "Energy and Your Home"** with Kevin Klute of Energy Doctor, Inc. First 50 attendees receive a CFL bulb and are entered to win a home energy efficiency kit.

**12:30 pm: "Local, Sustainable Food in Your Kitchen"** with Terry Tygrett from Oak Hill Acres Certified Organic Farm. First 50 attendees receive a bag of organic sprout seeds and instructions for a D-I-Y Sprout Grower, and are entered to win a "Kitchen-Size Sprout Farm."

**2:00 pm: "Native Plants: Not just for Prairies!"** with Kathy Hale-Johnson of Simply Native Nursery. First 50 attendees receive a native prairie plant and are entered to win a "Prairie in a Pot" plant collection.



Fair Hosted By  
**QUAD CITIES earthweek COALITION**  
[www.qcearthweek.org](http://www.qcearthweek.org)



great places

# Goin' to Stone City

## Visit for the history, stay for the tackle box of onion rings

By Rich and Marion Patterson

“Let’s see. You like cream in your coffee,” the young woman said as we entered the cozy General Store and Pub in Stone City, Iowa.

Far from regulars, we were astounded that she remembered our coffee order of a week earlier. We now know that an appeal of the Stone City General Store and Pub is the homey atmosphere that Kati Brown and her co-workers provide.

Stepping into the old building feels like coming home. In winter the fireplace’s warmth mirrors the rustic charm of the building and the genuine friendliness of the staff and clientele. Come summer, visitors enjoy sitting out back, watching canoeists float by.

The tiny settlement of Stone City sits in the valley of the Wapsipinicon River, only a few miles from Anamosa and busy Highway 151. Its history centers on area limestone quarries and the families who have operated them since the 1860s.

From the mid 1880s until the turn of the 20th century, about 1,000 people lived there. Most worked in several quarries, wrestling high-quality limestone from the ground for constructing impressive buildings throughout Iowa. Quarries declined following the advent of cement, but several remain active. Today, however, only a few people live in this historic settlement but many more visit.

During quarrying’s heyday, numerous sturdy and fascinating structures were crafted from local stone. Although several structures are long gone, some remain. One is the 1897-era general store.

“It served as the local store for generations. I remember shopping here years ago, when you could buy all sorts of items — even fishing bobbers,” says manager Tris Langdon.



Stone City General Store and Pub manager Tris Langdon shows off the specialty: a food-filled tackle box. (Photo by Marion Patterson / Radish)

Following the store’s closing, the building was vacant except for the occasional tenant living in the apartments on the top floor. Langdon’s brother, Tad Larson, bought it in 1996, and a dozen years later she gave it new life as a homey place to enjoy hearty food, live music and rustic Iowa ambiance.

“We opened the business on June 5, 2008, and just a few days later, record Iowa floods swelled the Wapsipinicon, or ‘Wapsi,’ as locals call it, to within three inches of the floor. Fortunately, the water

receded, and a wide range of diners began trooping in,” she says.

The old store is now a pub, restaurant and concert hall. You can stop in to mingle with local farmers, quarry workers, canoeists, snowmobilers, pedal bikers and motorcyclists.

“This is a family place, and we’re here to have a good time and welcome folks,” says Langdon. Food includes a wide array of appetizers. We ordered a “tackle box,” which included “Earl rings” (onion rings), “river rocks” (mushrooms) and waffle fries. They came heaped in a fishing tackle box.

The Earl rings reflect the staff’s sense of humor. Last summer a friendly fox snake was spotted nearby and named “Earl” by diners. The store may be the only establishment anywhere to name a menu item after a serpent.

Stone City is an interesting place to spend a weekend. Campers will find outstanding campgrounds at Matsell Bridge Natural Area, only a few miles to the west. The area includes miles of trails, backpack campsites and even a walk-in cabin built on a ridge over the Wapsipinicon River.

Anamosa is five miles away and features the National Motorcycle Museum, the Grant Wood Art Gallery and the Anamosa State Penitentiary Museum. Daly Creek Winery and Bistro offers outstanding local wines, including Penitentiary Red, and delicious food.

Antiquing is another popular attraction, and Anamosa has several antique shops, Langdon says.

For more information about Stone City, Iowa, visit the county Web site at [jonescountytourism.com](http://jonescountytourism.com). For information about the Stone City General Store and Pub, call (319) 462-4399.

Stepping into the old building feels like coming home. ... Come summer, visitors enjoy sitting out back, watching canoeists float by.



**The Healing Heart Center**

Clinical & holistic healing offer infinite possibilities, just like life

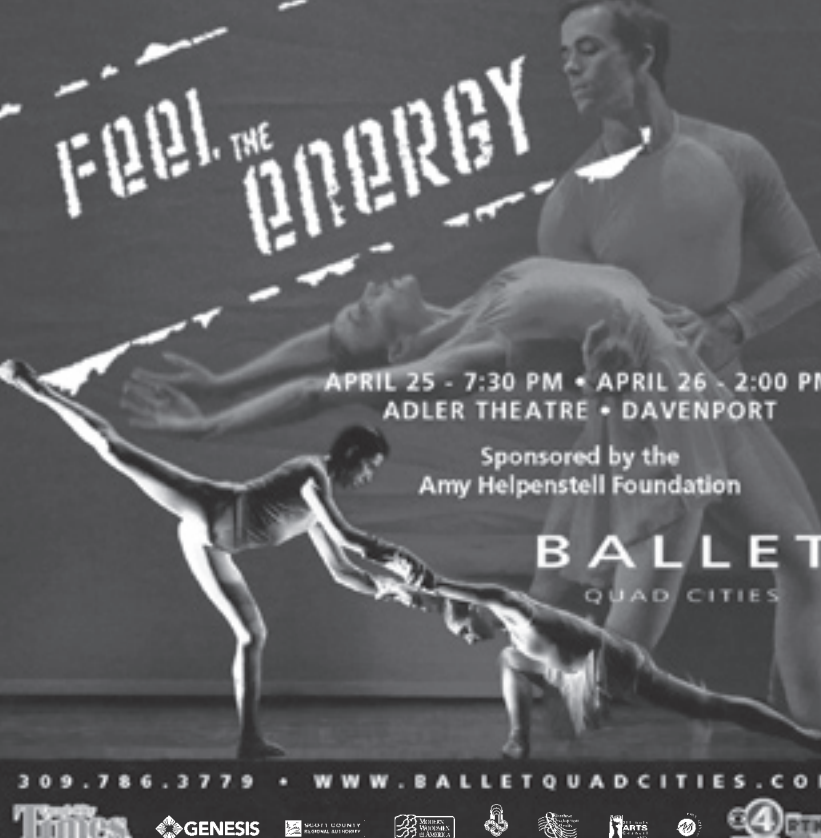
**Center Director, Candice Kundert, LISW**  
Counselor, Therapist, Officiate  
25 yrs. experience serving our community

More than 20 practitioners, services include:

- Play & adolescent therapy
- Family & individual therapy
- Couple & group therapy
- Life coaching & workshops
- Celebrant: weddings & commitment ceremonies
- Channeling & Angel readings
- Chakra classes
- Massage therapy
- Shamanic healing
- Cranio-Sacral therapy
- Cellular release hypnotherapy™
- Yoga for entire family
- Belly dancing classes
- Sound healing, Reiki
- Reflexology
- Acupuncture
- Chiropractic
- Aromatherapy

Monthly: journey drumming, meditation, seminars/talks

**Call today and feel the healing power**  
**The Healing Heart Center**  
**563.370.7995**  
Georgian Square, second floor, • 1035 Lincoln Road • Bettendorf, IA



**FEEL THE ENERGY**

APRIL 25 - 7:30 PM • APRIL 26 - 2:00 PM  
ADLER THEATRE • DAVENPORT

Sponsored by the  
Amy Helpenstell Foundation

**BALLET**  
QUAD CITIES

309.786.3779 • WWW.BALLETQUADCITIES.COM

Logos for sponsors: Theatre, GENESIS, and others.

**LIKE** what you read in  
**Radish?**  
HEALTHY LIVING FROM THE GROUND UP  
**Come experience it at the Radish**  
**HEALTHY LIVING FAIR**  
**Saturday June 20th**  
**8 AM – 3 PM**  
Next to the Freight House Farmers’ Market  
located at 421 West River Drive, Davenport



**FREE ADMISSION OPEN TO THE PUBLIC**  
**Healthy, Sustainable Living**

The Healthy Living Fair will give attendees the opportunity to see/taste/touch/experience the natural foods, products, resources and services from throughout eastern Iowa and western Illinois dedicated to improving their health, environment and world. Businesses and organizations from throughout the region are invited to showcase their products and services.

This free event will showcase healthy sustainable living ideas through natural foods, products, energy, fitness, cooking and more!

**VENDOR SPACE AVAILABLE**  
Reserve your booth space at the Healthy Living Fair NOW! We have a limited number of booths available; please contact us as soon as possible to be a part of the Healthy Living Fair.

**SPONSORSHIP PACKAGES AVAILABLE**  
Please contact Nancy Renkes (309) 721-6155

To book your booth or for more information contact:  
**Rachel Griffiths**  
**(309) 721-3204**  
[rgriffiths@radishmagazine.com](mailto:rgriffiths@radishmagazine.com)





homes

# Thinking renewable?

## Here's what you need to know about green energy

By Laurel Kallenbach, from Natural Home magazine

Considering renewable energy? Retrofitting an existing home for alternative power can be challenging and pricey, but many systems pay for themselves in savings after a few (or several) years.

More renewables are showing up in the utility mix. Wind could provide 20 percent of U.S. electricity by 2030, according to the U.S. Department of Energy, and many cities are promoting alternative energy.

However, it's a good idea to evaluate your home's efficiency before spending money on renewable components, says Ron Judkoff, director of the Buildings and Thermal Systems Center at the National Renewable Energy Laboratory (NREL). "That's the most cost-effective place to start," Judkoff says.

You can save energy by upgrading attic and wall insulation; installing a programmable thermostat, high-efficiency furnace and energy-efficient appliances; and replacing incandescent lights with

compact fluorescents. You also can reduce the need for air conditioning by restricting the amount of sunlight that enters through windows.

"Once you've installed the most cost- and energy-efficient measures, then consider renewables," Judkoff says.

*Excerpted from Natural Home magazine. To read more articles from Natural Home, visit [www.NaturalHomeMagazine.com](http://www.NaturalHomeMagazine.com) or call (800) 340-5846 to subscribe. Copyright 2008 by Ogden Publications Inc.*

### Geothermal

Geothermal systems — also called ground-source heat pumps (GHP) or GeoExchange — use the Earth's constant temperature to heat and cool a home. Geothermal systems consist of closed loops of pipe laid underground. An electrically powered system, or "pump," circulates water or an antifreeze solution through tubes. In winter, the fluid collects heat from the earth and carries it through the system and into your home. There, it's compressed to a higher temperature and released as warm air into the ducts. In summer, the system reverses.

The average cost to install this kind of system in a 2,000-square-foot home is \$18,000 to \$40,000 installed. Payback time for investment is five to 10 years.



### Biofuel

Clean-burning biodiesel, made from soybean oil or recycled restaurant grease, can be used in oil-burning furnaces for home heating. Biodiesel blends, called Bioheat, mix conventional heating oil with 5, 10 or 20 percent biodiesel. (They're known as B5, B10 or B20.) The average cost is 5 to 10 cents more per gallon than conventional oil.



### Microhydro

A small portion of a river or stream's water is diverted through a channel or pipeline to a turbine. The water rotates the turbine, which spins a shaft to generate electricity. Consult with a stream biologist and consider hiring a microhydro consultant to install the system. (Check [microhydropower.net](http://microhydropower.net) or [energybible.com](http://energybible.com) to find a specialist.)



### Wind

Residential wind turbines with propeller-like blades (15 to 25 feet long) catch the wind's energy and turn a rotor, which spins a generator to make electricity. Turbines can be mounted on rooftops or on 50- to 100-foot freestanding towers. The average cost for a 10-kW grid-connected home system is \$35,000 to \$40,000. Payback time is five to 10 years.



### Solar

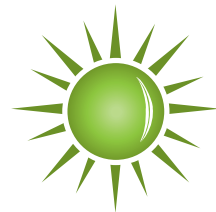
There are three ways to mechanically convert the sun's energy into home power:

**1. Solar electricity:** When the sun strikes the cells in a photovoltaic (PV) panel, electron movement creates energy. Systems tied to the utility grid feed any excess power back to the grid. Off-grid systems require large batteries to store energy for use at night and on cloudy days.

**2. Solar hot water:** Roof- or ground-mounted solar collectors contain fluid-filled tubes. The sun heats the fluid, then the warm liquid circulates to a storage tank, which supplies the home's hot-water taps.

**3. Solar hot air:** Air circulates through roof-, wall-, window- or ground-mounted solar collectors. The sun heats the air, which then circulates through the home's air ducts.

The average cost for PV is about \$30,000 to \$50,000 for a 3- to 6-kW system (without incentives). For a rough estimate of the system size you need, divide the number of kWh you use per month by 150. For a solar hot water system, prices without incentives will vary from about \$1,800 to \$8,000 for systems that will reduce hot water energy use by 50 to 70 percent. Payback should take five to 20 years depending on your area's utility rates and incentives.



homes

## Letting in the rain: Permeable and pervious pavement are appealing and eco-friendly

By Radish staff

Brick-like pavers have been part of landscape design for years, but did you know that they can make an environmental difference? To find out more about so-called permeable and pervious paving in time for spring landscaping projects, Radish caught up with Alec Schorg, a graduate of the Iowa State University horticulture and design program. Schorg is a landscape designer and project manager for Aunt Rhodie's Landscaping and Design Studio, Davenport, and he often speaks publicly about the good work that permeable pavement can do — right under our feet.

**Radish:** What's the basic difference between permeable and non-permeable paving?

**Alec Schorg:** Storm water runoff passes through spaces between permeable pavers, such as bricks, while water runs to the edges of conventional pavement. Storm water can pass right through pervious paving, such as pervious concrete or asphalt. Both pervious and permeable paving allow precipitation to be absorbed and discharged over a greater surface area, thereby reducing storm water runoff. Conversely, runoff flows across non-permeable paving and ends up at the edge of the surface. This typically causes erosion and potential buildup of pollutants, like oil or lawn chemicals.



**R:** What are the environmental reasons for choosing permeable pavers?

**AS:** Permeable and pervious paving surfaces allow for a more natural water cycle. Water is absorbed over a large area rather than concentrated in one place. Also, as water flows through the soil beneath the paving, it gets filtered naturally.

**R:** Are there other reasons?

**AS:** Permeable paving systems last longer and stand up to more force and use than conventional pavement. Permeable pavers may be formed with compression strengths of 5,000 to 8,000 pounds per square inch (psi), as compared to 3,000 to 4,000 psi for non-permeable paving.

Permeable paving systems also are repairable: If one brick is damaged, just replace it. Though these systems cost more initially, they last longer than conventional systems. In the end, the cost usually is comparable.

The other thing is, permeable paving offers greater design flexibility. And it's usually nicer to look at.

**R:** What kinds of changes could widespread use of permeable paving create?

**AS:** Single family residential homes make up more than 55 percent of all urban space. If permeable paving was utilized in just residential situations, its impact on water quality would be significant.



- Effective and affordable organic lawn care
- Pesticide free lawn, tree and shrub treatments
- Safe for people, pets and the planet

Serving the Quad Cities Area and surrounding areas since 2003.

Unlock the potential of your soil by calling  
**Toll Free: 866-582-5592**  
[www.naturesfriend.net](http://www.naturesfriend.net)

WHO NEEDS PESTICIDES!  
Join our commitment to a Safer Environment

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

A few tips to help you stay healthy during cold & flu season: Wash your hands often, get plenty of rest, get a flu shot and take EpiCor every day!

EpiCor is a nutritional supplement that works with the body's natural immune defenses to strengthen resistance and maintain wellness before health issues arise. A recent clinical study showed that EpiCor reduced the incidence of colds and flu and decreased the symptoms and severity. Learn more at: [www.4greathealth.com](http://www.4greathealth.com)

**Available at these Hy-Vee locations**  
Cedar Rapids/Marion area stores  
901 S. 4th Street, Clinton, IA  
1914 8th Street, Coralville, IA  
2351 West Locust Street, Davenport, IA  
2395 NW Arterial, Dubuque, IA  
1720 Waterfront Drive, Iowa City, IA  
or online at [www.4GreatHealth.com](http://www.4GreatHealth.com)

**PRActive HealthProducts**

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



body, mind & soul

# Barefoot basics

## Prep your feet for sandal season with a little pampering

By Sarah Gardner

Pam Fisher knows a little something about feet. Yes, feet, those humble, hard-working appendages that get us from point A to point B. They're parts of the body that most of us never give a second thought. Never, that is, until warmer weather rolls around. Suddenly the arrival of sandal season threatens to put our cracked heels on public display. Or we start running outdoors again, and the concrete soon has our feet yelping.

"Feet really are the unsung heroes of the body," says Fisher, a massage therapist who in 2007 opened del Sole Barefoot Spa in Moline. Although she already had one successful business, Two Rivers Massage, she felt a special need to open a spa that concentrated, in her words, "on everything from the knees down."

Because there are so many ways to mistreat the feet — standing on them for hours on end, wearing high heels or shoes with little arch support — Fisher recommends caring for feet in a way that makes them look and feel nice. Pedicure packages at del Sole, for example, include a mini-massage. Likewise, her most popular spa offering combines a foot soak, massage and paraffin wrap. Together these treatments soothe the feet and improve circulation and skin tone.

For people who want some benefit above the knees as well, del Sole also employs three reflexologists. Often misunderstood, reflexology is not the same as a foot massage, nor is it a diagnostic tool. A reflexologist cannot, for example, tell you about the health of your liver just by touching your big toe. Rather, it is a method that works to relieve tension throughout the body by applying pressure to specific parts of the foot.

While getting our feet ready for sandals and outdoor exercise, though, it can be easy to overlook an important factor: those shoes and sandals themselves. Not only can an improperly fitting shoe shorten the life of a pedicure by creating more friction around the feet, shoes that do not provide enough support can make our feet feel worn out faster.

Walking shoes should be replaced every 300 to 500 miles, but that can be hard for the average person to keep track of, says Matt Ostrom, owner of Active Endeavors in Davenport. Even shoes that still look good may have lost their ability to provide enough shock absorbency. If it feels like the arch of your shoe is not in contact with the arch of your foot, or if your foot seems to slide around in the shoe, it could be time for a new pair.

Your socks also can be a good indicator.

"If your socks are wearing out in the back of your heel or under the ball of your foot, that can mean your foot is moving around in the shoe more than it should," says Ostrom. He points out that a good pair of socks, such as those made of wool rather than cotton, also can help keep your feet in good shape by wicking moisture away from the foot. This allows your feet to stay cool and dry even in summer.



A client at del Sole Barefoot Spa, Moline, has sea salt sprinkled into a foot bath; stones in the bath invigorate the feet. (Photo by John Greenwood / Radish)

If spa treatments and new shoes are not in your budget this year, however, you still can provide basic care for your feet at home. The principles are the same as those for caring for skin on any other part of the body, says Jill Sidney, owner of Iowa Naturals. "Just like for the face, you want to cleanse, exfoliate and then moisturize," she explains.

When Sidney set about developing her foot care products, she thought about the kinds of treatments people receive during a pedicure. She combined ingredients like tea tree oil, which has anti-fungal and anti-microbial properties, with peppermint, which refreshes and invigorates the feet.

To cleanse, you begin by soaking your feet, which Sidney says can be done easily by plugging the drain while you shower. Next you exfoliate by softening and removing calluses. This can be done by using a pumice stone or orange stick (a file). Finally you moisturize with a lotion before pulling on socks. Iowa Naturals offers a foot soak, foot scrub, pumice soap and foot balm to help do all these things.

Iowa Naturals, based in Davenport, sells its products throughout the Midwest, including at The Soap Box in the Village of East Davenport. There, owner Connie Scott says she often tells customers, "Even if you are treating yourself to professional pedicures regularly, you still want to maintain the results by doing something yourself at home."

### Get In Eggcellent Shape For Summer

#### Come in and join our Easter Egg Hunt

Crack an egg to find our April specials and start your new lifestyle.

- Free Tanning Package
- 25% Off Weight Loss Program
- 1 Month FREE Fitness Membership
- 1 FREE Personal Training Session
- 10% Off Any Purchase
- FREE Cookbook
- 1 FREE Foot Detox

Package Only Available During Month of April



## TAKE ACTION "HITTING THE TARGET"

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

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

## WELCOME

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

Call Bonnie 309-796-1145

## Making Friends Welcome Service, Inc.

www.makingfriendsqca.com

Since 1989



Whats for dinner tonite

### Create Your Menu From Our Menu...

- A. **Environmentally Right** – Use only the amount of packaging and food you want for meals.
- B. **Nutritionally Right** – Half the menu is either less than 350 calories or less than 15 grams of fat.
- C. **Priced Right** – \$2.85 - \$3.08 per person/per meal.
- D. **Portioned and Fixed Right** – You know how much food, which ingredients are preferred, so create what you desire.
- E. **Timed Right** – Decide which entrée, thaw & serve. It's that easy!

**Clean-up Right** you create, we clean-up!

2521 18<sup>th</sup> Street • Bettendorf, Iowa 52722 • 563-355-1511

www.whatsfordinnertonite.com

Reservations: online, phone, or at location

(just north of Bettendorf Middle School, next to Dairy Queen)



Design & Construction Integrity • Locally Owned & Locally Built



## CSI Homes

Now more than ever **Trust and Quality** are critical in your home building decisions.

Call us before you make a decision.

Visit our model homes in Cambridge, IL  
Daily 9 AM-4 PM

Our homes feature:

- Modular Construction, factory built in Cambridge, IL
- Ranch, Two Story, Cape Cod
- Energy Efficient Construction
- Individual Color & Option Selections

## CSI Homes

CSI Homes, a division of CSI Manufacturing

P.O. Box 138, Cambridge, IL 61238

Call Us TOLL FREE 866-937-5544

www.csihomesonline.com



growers

# Tiny but mighty

## Tough little Shetland sheep produce fine fleece

By Radish staff

Crosswinds Farm, located about 3 miles west of Eldridge, Iowa, is home to the Rasso family and its Shetland sheep. Radish recently caught up with grower Corinne Rasso for a chat about farm life.

**Radish:** Tell us about your sheep and what makes them special.

**Corinne Rasso:** Shetland sheep belong to the northern European short-tailed group of sheep. There is little documentation about the exact origins of Shetland sheep, but they probably are descendants of sheep brought to the Shetland Islands by Vikings over 1,000 years ago. Because of isolation in an unforgiving and harsh environment, these little sheep evolved into self-sufficient, hardy creatures that survive with minimal care.

**R:** Why did you choose Shetlands?

**CR:** When I originally decided to raise sheep, I was searching for a breed that I could raise for fleece rather than for meat. One of the things that I found so appealing about Shetlands is the wide array of natural colors within the breed — 11 main colors and 30 different patterns and makings. Shetlands, of course, are famous for their soft, fine fleece that is highly sought after by hand-spinners. Another characteristic that make Shetlands unique is that, compared to commercial sheep, Shetlands are very tiny. Ewes typically range from 60 to 90 pounds, and rams weigh between 90 and 120 pounds, making them ideal for a small acreage. Shetlands also require a lot less work than some of their commercial counterparts. They make excellent mothers, almost never needing assistance during lambing. Lambs are generally very vigorous from birth and are up and nursing very quickly. Their naturally short tails don't need to be clipped. Yet one of my favorite traits is Shetlands' friendly temperament.

**R:** How do you use the wool?

**CR:** We shear once a year, usually about a month before lambing. Most of my fleece goes directly to High Prairie Fiber in Letts, Iowa. Abi Hutchison, the owner, has been spinning for over 30 years and does a fabulous job. I occasionally sell raw fleece or roving, but quite honestly, after I have spent an entire year waiting to see the fruits of my labor, I like to get the finished hand-spun yarn back so that I can see how each spun fleece looks and feels.

**R:** What's the busiest time at your farm?

**CR:** Spring. This month, we shear and get fleece processed, and lambing usually occurs in April and May, too. Even though we normally don't have lambing trouble, I am on call 24/7 just in case intervention is needed. Spring is also the time for planting the gardens and getting ready for the outdoor season at the Freight House Farmers' Market (Davenport), which starts in May.

**R:** What's your favorite time of year on the farm?

**CR:** Again, it's spring. I love to see if the lambs are what I was hoping for when I so carefully chose which ewe to breed to which ram the previous fall.

**R:** How do you raise your animals?

**CR:** I pretty much just spoil them. That's my method. I believe that sheep that are not happy, healthy and well cared for are not going to produce lovely fleece. They are not going to have healthy vigorous lambs, and ultimately they will cost more to maintain.

**R:** Are you a full-time grower?

**CR:** My sheep do occupy much of my time, but the rest of my time is divided between maintaining



Shetland lamb at Crosswinds Farm, Eldridge, Iowa. (Submitted)

our flock of 60 heritage and rare-breed laying hens, as well as our two pet llamas, three horses and various dogs and cats. During the fall and winter months, when the animals don't require as much attention, I spend a good amount of time creating handmade polymer clay figurines that I sell at craft shows. We also have two large gardens and fruit trees, and I freeze most of our produce for our own winter use. I also sell fresh produce at the farmers' market in season.

**R:** Where can we buy products from your farm?

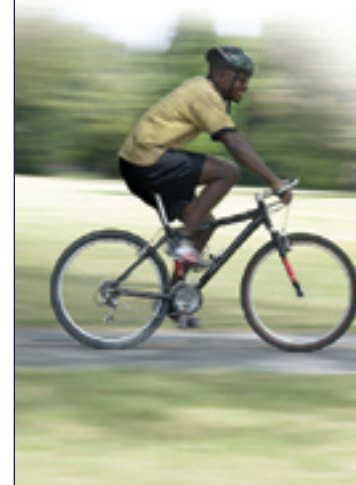
**CR:** My hand-spun yarn is available after processing at the Davenport Freight House Farmers' Market, where I also sell fresh eggs, baked goods, limited produce and my clay figurines. I also sell whatever yarn or fleece products that I have left from our home.

*The Rasso's invite groups to their farm with advance notice. To contact Crosswinds Farm, e-mail Corinne Rasso at [rasclay@netins.net](mailto:rasclay@netins.net). Read her blog online at [crosswindsfarm.blogspot.com](http://crosswindsfarm.blogspot.com).*

### Real Life. Real Health. Real Living.

If your busy life is overwhelming you and your health, we can help. At the Palmer Chiropractic Clinics in Davenport and Moline, we have more than 25 highly qualified, experienced doctors of chiropractic who are assisted by well-trained student interns.

With our natural approach to health care, we'll help you heal from the inside out so you can get back to *real* living.



Davenport  
(563) 884-5801

Moline  
(309) 764-4901



PALMER  
Chiropractic Clinics



## 3rd Annual Green Solutions Expo

Wednesday,  
April 22  
11am to 3pm  
Knox College  
Field House

### Join us on Earth Day 2009 for the 3rd annual expo! See exhibits on:

- Alternative Energy
- Recycling and Recycled Materials
- Conservation
- Environmentally Friendly Products
- Environmentally Friendly Construction
- Local and Organic Food Systems
- Environmentally Impact Mitigation
- Poster Session
- Green Schools
- Recycled Material Artwork

### FREE Admission!

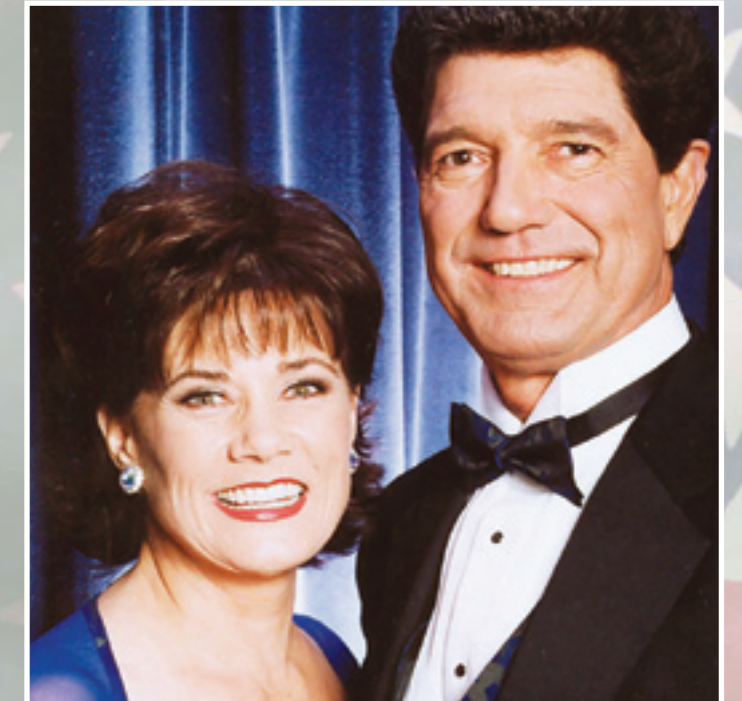
[www.MidwestGreenSolutions.org](http://www.MidwestGreenSolutions.org)

Now Accepting Booth Registrations!

To request a booth registration form or for more information, please contact the Prairie Tech Learning Center at 309-734-1068 or [llblaine@wiedp.org](mailto:llblaine@wiedp.org)



## A Salute to Our Veterans Guy & Ralna in Concert



Sunday, May 3, 2009 2:00 p.m.  
Centennial Hall Augustana College Rock Island

The show includes big band, gospel, pop and country tunes like God Bless America, Ragged Old Flag, Let the Eagle Soar, God Bless the USA, Let There Be Peace on Earth and Strike Up the Band.

Tickets On Sale Now!

\$35.00 per person  
\$25.00 per person for groups over 20

Order your today! Call 309/796-2424, 800/77-2430 or purchase online at [wqpt.org/tickets-simple](http://wqpt.org/tickets-simple), safe & secure





health & medicine

# Dialing for doulas

## Birth professionals support new moms and dads

By Jonathan Turner

When 41-year-old actress Nicole Kidman gave birth to a daughter last July, she had one as part of her health-care team. So did Jane Rogers of Orion, Ill., who had her first baby one year ago at age 30.

Doulas, who provide supportive, non-medical care, are a growing presence in the lives of expectant moms, at delivery and afterwards. The term “doula” comes from the Greek word for a woman who serves.

Rogers’ doula, Debbie Young, of Lowden, Iowa, is president of DONA (Doulas of North America) International.

“I think if more people knew about doulas, they would be inclined to use them,” says Rogers, who contacted Young after doing some research on the benefits of using a doula.

“I was really impressed when I saw all the great stats — things like shorter labors, reduced requests for pain medications, happier, more relaxed parents,” Rogers says. “Why wouldn’t you want someone there to help you?”

Young, 50, is a mother of five and has worked with 250 mothers since becoming a doula in 1993. She met with Rogers and her husband, Jasen, four times before the birth of their son, Jackson.

“The thing I was most impressed about with Debbie was, she gave me stats and information I had never heard anywhere else,” Rogers says. “We didn’t know what to expect. How great to have an expert there guide you through the process.”

“She emphasized nutrition, getting good meals and getting enough rest — both you and your husband,” she says.

Rogers wanted as natural a birth as possible, with little or no pain medication. Her labor was about 15 hours, and Young was with her for 10 of them.

“She helped me most by just being that supportive expert, that presence there to lean on — massaging my back, doing things like that,” Rogers says. “It was great having another person there, giving my husband a break.”

“It was really reassuring. I felt like we were in good hands,” she says. “I appreciated that — her encouragement.”

Young likened the pre-delivery prep to wearing a fully-stocked tool belt, Rogers says.

“Here’s things we’re going to put in there — scents, music, massage and these different elements, like visualization, breathing, an epidural,” the new mom says. “If the only thing you know about is the epidural, that’s the only thing you reach for.”

Young says one of the most common questions she gets is, “Why do you need a doula if your husband is there?”

“You need (the father) as a participant in the birth, rather than (as) the guy who has to be in charge when he’s never had experience,” she says. “It’s like watching Monday Night Football for years and then saying you’re going to be the coach of the Super Bowl.”

For the woman giving birth, “How lovely it is to have another person who’s knowledgeable stand beside you and say, ‘This is normal,’ give them comfort, rub their feet, get them water, ice chips,” Young says. “That allows her partner, the dad, to be involved at his own comfort level. He, too, is having



Jasen and Jane Rogers worked with a doula last year when they had their first child, Jackson. (Submitted)

the baby. A doula can give them a breather, a breath of fresh air.”

The Rogerses also used Young as a postpartum doula for three days during the week following birth. Their total cost was about \$750.

A doula is not a midwife. Doulas only offer non-medical care, information, and emotional and physical support. Doula services are not covered by most health-insurance providers, but DONA International is working to change that. Many of them charge on a sliding fee scale, Young says.

Doulas do not prescribe a certain kind of birth, such as drug-free or home-based, she notes.

For more information, visit [dona.org](http://dona.org).

## Feel Your Best

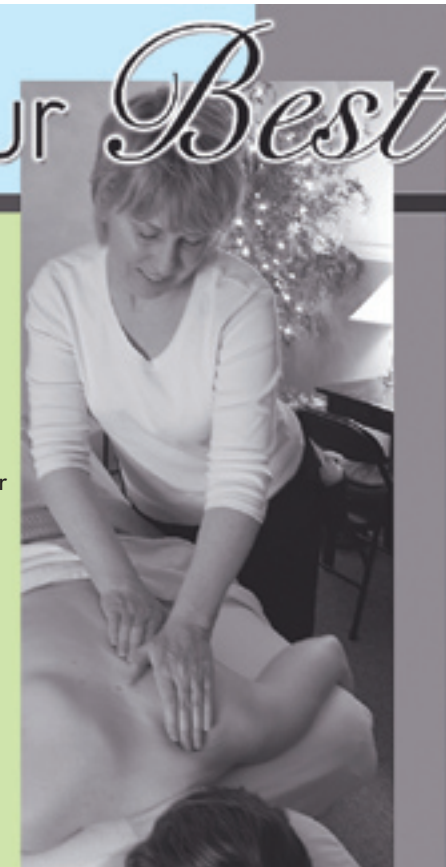
### Donita’s Caring Hands Therapeutic Massage

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

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

Located near the Bettendorf Library

2395 Tech Drive Suite #9  
Bettendorf 563-210-7198  
[donitascaringhands.com](http://donitascaringhands.com)



## Fun & Fitness

Register NOW for Spring and Summer Classes!



Registration phone number is

309-736-5714

[www.moline.il.us](http://www.moline.il.us)

MOLINE PARKS & RECREATION

## Bed & Breakfast • Conference Center • Whole House Rental • Cabin



### FOUR MOUNDS INN

### A Great Overnight Getaway!

The Four Mounds Inn is located atop a high bluff overlooking the majestic Mississippi River and is surrounded by 54 rolling acres. Native prairie, timbered bluffs, and hiking trails can be found at Four Mounds.

4900 Peru Road, Dubuque, IA 52001

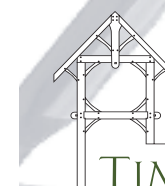
(563) 556-1908

[www.fourmounds.org](http://www.fourmounds.org)



**“You need the father as a participant in the birth rather than (as) the guy who has to be in charge when he’s never had experience.”**

## Local, Sustainable, Beautiful



TRILLIUM DELL  
TIMBERWORKS

Knoxville, Illinois 309.289.7921  
[www.trilliumdell.com](http://www.trilliumdell.com) • [info@trilliumdell.com](mailto:info@trilliumdell.com)



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



# rooting around

## Suit up your pooch for a four-legged Easter egg hunt

The Humane Society of Scott County will host an Easter Egg hunt for four-footed friends of the canine variety at 1 p.m. April 11 at Lindsay Park in the Village of East Davenport. Registration begins at 12:30 p.m. Families without pets can come, too, so long as they like dogs. The event will include an egg hunt (dogs will be divided into size categories), with treats provided by Happy Dog Bakery, Moline; bobbing for hot dogs; and a doggy Easter bonnet contest judged by Miss Scott County, Dana Rich. Entry into the bonnet contest is \$1 per dog. Entry fee for the hunt is \$10 (\$20 for registration and a T-shirt). Photos will be available for \$5. Participants will receive a doggy gift bag. Registration forms are online at [hssc.us](http://hssc.us). For more information, e-mail [adoptapet@hotmail.com](mailto:adoptapet@hotmail.com) or call (563) 388-6655.



File

## Alliant scraps coal plant proposal

Interstate Power & Light, a subsidiary of Alliant Energy, canceled plans Thursday for a 649-megawatt coal plant in Marshalltown, Iowa, citing the economy and uncertainty over state regulations. Environmental groups and Marshalltown residents who opposed the coal plant for its pollution say that the decision to pull the plug is a smart choice and a sign of the times. "Given the fact that clean coal is still a theory and that federal legislation to limit global warming pollution from power plants is inevitable, the smart money is now on clean, renewable energy," said Marian Riggs Gelb, executive director for the Iowa Environmental Council.

## Great American Cleanup slated March 1-May 31

Want to help clean up and beautify the place where you live? You can take action by participating in the Great American Cleanup from March 1 to May 31. The Great American Cleanup, organized by Keep America Beautiful, Inc., is the nation's largest annual cleanup, beautification and community improvement program. To participate in a scheduled cleanup event, you can contact your local Keep America Beautiful affiliate by visiting [kab.org](http://kab.org). Or, in Scott County, Iowa, you can visit [ilivehereqc.org](http://ilivehereqc.org) or call (563) 468-4218. In Rock Island, visit [keepribeautiful.org](http://keepribeautiful.org) or call (309) 786-1334. In addition, Keep Moline Beautiful will host a cleanup from 8 a.m. to noon April 18. To sign up, contact the Moline public works department at (309) 797-0780.



File

## Know a polluted place? Tell 'em about it!

XStream Cleanup, Living Lands and Waters' annual environmental cleanup event held at locations throughout the Quad-Cities, this year will take place on Aug. 22. In preparation for the event, residents of the Quad-Cities and surrounding areas are being asked to suggest areas that could benefit from having volunteers clean them up during the event. If you know of a place that needs a good cleaning, call Paula Mullin with the Scott County Waste Commission at (563) 468-4218.

## Learn to locate frogs by their sounds

The Jo Daviess Conservation Foundation will host a Moonlight Frog Walk April 17 in Galena, Ill. The walk will step off at 8 p.m. from the Meeker Street Footbridge. Event-goers will learn to identify frogs and toads by sight and sound as they walk along the Galena River levee looking and listening for the different species of frogs and toads. Conservationists Debbie Pausz and Christie Trifone will lead the free walk. Participants should bring a flashlight and wear weather-appropriate clothes. For more information, call (815) 858-9100 or visit [jdcf.org](http://jdcf.org).



Northern Leopard frog (iStockphoto)

## Runs and walks

- 5K Run/Walk for the homeless, 8 a.m. April 4, Clarke Kehl Center, 1550 Clarke Drive, Dubuque, Iowa. (563) 582-7480.
- Carl Sandburg College Run, 9 a.m. April 11, Carl Sandburg College, Galesburg, Ill. 4-mile, 2-mile. (309) 342-1964.
- Run for Renewal, 8:30 a.m. April 18, Davenport. 5K, 1/2-mile. (563) 324-0800.
- Hayes Hustle, 9 a.m. April 18, Muscatine, Iowa. (563) 263-5538.
- Gilda's Run, 8 a.m. April 19, Waterfront Convention Center, Bettendorf, Iowa. 5K, 1-mile. (563) 326-7504.
- Steve's Old Time Tap Spring Chaser, 9 a.m. April 25, Rock Island. 5K, competitive walk. (309) 269-2141.
- Swedish Stomp, 9 a.m. April 25, Bishop Hill, Ill. 5K. (309) 927-3833.
- Cornbelt Running Club 24-hour run, 7 a.m. May 2-3, Eldridge, Iowa. (563) 324-2250.
- Palmer College n8K Charity Run, 8 a.m. May 2, Davenport. 8K, 1-mile walk. (563) 210-7550.
- Steve Klooster Memorial Run, 8 a.m. May 2, Fulton, Ill. 5K, 1/2-mile. Kids at 7:45 a.m. (815) 589-4945.
- ALS 5K Race, 9 a.m. May 2, Galesburg, Ill. 5K run/walk. [tt13@grics.net](mailto:tt13@grics.net) or [gustafson@grics.net](mailto:gustafson@grics.net).

## New Pi to give reusable bags

New Pioneer Food Co-ops in Coralville and Iowa City will give away a free reusable tote bag to each customer who shops at one of the stores on Earth Day, April 22. The giveaway will kick off New Pi's new policy to charge 5 cents per plastic or paper bag with handles. The money brought in from bag sales will be donated to the Iowa City Crisis Center. The stores are making the change because customers suggested it. For more, visit [newpi.com](http://newpi.com).

## Bicycles recycled into art

Careful, kids. If you don't put away your bike at night like you've been told, someone might nab it and turn it into a piece of art! In all seriousness, Davenport artist Jack Wilhoit, known as "The Door Guy" for his paintings of doors around the world, has been recycling old bicycles — ones people throw away or sell at yard sales — into frames for wall-hangings. Some of these works of art will be displayed through the month of April in the RiverWinds Gallery, Beacon, N.Y. Other works are on display in his gallery at the Bucktown Center for the Arts, 225 E. 2nd St., Suite 203, Davenport. For more information, visit [worldlyviews.com](http://worldlyviews.com).



Submitted

## Seven Genesis nurses among 100 Great Iowa Nurses

Seven nurses from Genesis Health System in the Quad-Cities are among the 100 Great Iowa Nurses for 2009. The award recognizes nurses who have made a meaningful and lasting contribution to humanity and their profession and act as mentors to others. The nurses are Judith Chapman, training center coordinator; Julie Cutler, lactation consultant, Genesis BirthCenter; Lucia Dryanski, behavioral health; Kathleen Lenaghan, patient services administration; Kelly Schmidt, nursing clinical support staff; Jennifer Stender, program liaison, Genesis Regional Rehabilitation Center; and Jill Weber, orthopaedics. The Iowa Nurses Association, Iowa Nurses Foundation and the University of Iowa College of Nursing partner each year to create the list. Nominations are submitted by colleagues, patients, doctors, friends and family members.

## Davenport School of Yoga offers 'happy hour'

A free yoga "happy hour" is being offered from 5:30 to 6:30 p.m. on Fridays, April 3 and 10, at the Davenport School of Yoga, 421 Brady St., Davenport. The Hatha I-style class is suitable for beginners and advanced practitioners who want to get back to the basics. For more information about the class, call (563) 322-5354 or visit [davenportschoolofyoga.com](http://davenportschoolofyoga.com).

## How "Green" is your Congregation?

Please join with us as we exchange ideas to "green" our congregations

Please contact us at:

[www.trinitylutheranmoline.org/earth](http://www.trinitylutheranmoline.org/earth)

Add your place of worship to the list of "green" congregations:

St. John's Lutheran Church, 4501 7th Ave., Rock Island

Trinity Lutheran Church, 1330 13th St., Moline



Earth Keepers

## WANT TO EAT HEALTHY ALL SUMMER & FALL?



### CSA Memberships Available!

Buy a share in our C.S.A. program. Pick-ups at Wednesday East Moline & Monday Bettendorf (Trinity Terrace Park) Farmer's Markets. Will deliver to Geneseo area & Kewanee. Full & half shares available.

Open Mid May - October  
Call For Hours

**Teresa's Tasty Produce**  
12420 Cty. Hwy. 5, Atkinson, IL  
**(309) 936-7792**  
[ftp@geneseo.net](mailto:ftp@geneseo.net)



**Women's Health Services**  
2635 Hwy 30 West In Clinton  
229 South Main St. in Maquoketa

Call:  
800.664.1413 or 563.243.1413  
[www.womenshealthservices.org](http://www.womenshealthservices.org)

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

Steven Breaux, MD  
Kellie Schultz, ARNP, FNP

**WIN \$1,000  
IN BUSINESS BUCKS  
ON OPENING DAY**  
IF REGISTERED ON OPENING DAY

**OPEN APRIL 30TH**

[www.eastmoline.com/farmersmarket.cfm](http://www.eastmoline.com/farmersmarket.cfm)

**MAIN STREET  
MARKET**



DOWNTOWN EAST MOLINE

Mon/Thurs - 2-6PM  
April 30th - Oct 29th



**Plan for the future of our environment.**



Last year Midland-Davis Corporation saved 650,000 trees and 252 million gallons of water through recycling. Join the thousands of Quad City area curb-side recyclers and recycle today for a better tomorrow!

East Moline residents! You can start curb-side recycling in April!



309-764-6723 3301 4th Ave., Moline  
www.midlanddavis.com

**The FoodBooks are coming!**

FoodBooks shipping **April 16th:**  
Asparagus, Bison, Herbs, Lettuce, Tomatoes.

**FoodBooks \$2.45**  
(plus \$1.00 SGH)

**Sample Pack of five books For \$10.95**  
(plus \$2.00 SGH)



learngreatfoods.com/foodbooks  
Call for pricing on bulk orders for resale:



**815.244.5602**  
P.O. Box 182  
Mount Carroll, IL 61053  
www.learngreatfoods.com

## rooting around

### You can visit Chicagoland greenhouses with the Quad City Botanical Center

Just in time for spring planting, the Quad City Botanical Center (QCBC) will host a bus trip May 14 to three garden centers in the Chicago area. Cost for the bus trip, which includes breakfast, snacks and all meals, is \$110 or \$95 for members. QCBC head gardener Dave Searl will ride along to answer gardening questions. The day begins at 7:30 a.m. at the botanical center, 2525 4th Ave., Rock Island. The bus will stop at The Natural Garden in Saint Charles, Ill.; The Planters Palette, Winfield, Ill.; and Shady Hill Gardens, Elburn, Ill. Dinner will be at Fisherman's Inn, also in Elburn. The bus trip is a fundraiser for the botanical center's educational programs. For reservations, call Beth at (309) 794-0991, extension 30, or e-mail her at vs@qcgardens.com.

### PFI Farmer receives 2009 MOSES farmer of the year award

The Midwest Organic and Sustainable Education Service (MOSES) board of directors has announced that Tom and Irene Frantzen of New Hampton, Iowa, are receiving the 2009 MOSES Organic Farmer of the Year award. Tom Frantzen consistently has been an innovator in organic hog production and marketing. He pioneered successful grazing strategies and practices pasture farrowing. Frantzen also utilizes hoop-houses with deep straw bedding and worked with animal ethics groups to set humane treatment protocol for hog production. In addition, the family started a certified organic feed business, Frantzen Farm Feeds LLC, in 2001. They now supply certified organic hog, poultry and dairy feeds to organic farmers in the Midwest. For more information about MOSES or the award, visit [mosesorganic.org](http://mosesorganic.org).



Tom Frantzen, front left, sits with his family. (Submitted)

### U of I to offer certificate in sustainability

The University of Iowa will begin offering a new certificate in sustainability in fall 2009. The certificate requires 24 semester hours of course work to include three introductory core courses, four electives from a designated list and one project course. "The need for sustainable practices, awareness and ingenuity is going to grow exponentially in the coming years as the world manages diminishing resources and humanity learns how to better live within its means," said Sally Mason, U of I president. "Energy, society, culture, economics, construction and public policy all will be impacted. That's why I'm thrilled that the University of Iowa has taken this important step toward providing our students with the tools and academic framework to couple sustainability with whatever fields of study they choose." For more information, visit [energy.uiowa.edu](http://energy.uiowa.edu).

### Kids can wear their bonnets, hunt for eggs

The first annual Easter Egg Hunt and Easter Bonnet Parade will be held at the Davenport Freight House Farmers Market, 8 a.m. to 1 p.m., Saturday, April 11. The market is located at the Freight House, 421 W. River Drive, Davenport. Children are invited to create and decorate Easter bonnets and hats at home and bring them to the market. They'll wear their hats and parade through the market. During the Easter egg hunt, kids will be able to exchange their finds for special treats from vendors. There also will be a coloring project and a visit from a few adorable baby bunnies and chicks. For more information about the Freight House Farmers' Market, visit [freighthousefarmersmarket.com](http://freighthousefarmersmarket.com).

### 'Killer at Large:' Obesity is America's No. 1 threat

Anyone wondering about the greatest threat facing our nation need not look any further than our waistlines. Obesity fast is becoming the single greatest killer of Americans, causing some experts to claim that we are on the cusp of an evolutionary disaster. That's information from "Killer at Large," a new, feature-length documentary released March 31 by The Disinformation Company. The film features interviews and footage of former President Bill Clinton, Ralph Nader, Arnold Schwarzenegger, former Surgeon General Richard Carmona and author Michael Pollan. The DVD is \$19.95 and may be purchased in stores and online at various retailers, such as [amazon.com](http://amazon.com). For more information about the film, visit [killeratlarge.com](http://killeratlarge.com).



Submitted

### Free essential oil class in Moline

Ever wondered about essential oils — and the best way to put them to work for you? Pam Taylor will discuss the benefits of essential oils and demonstrate how to use them from 1 to 2 p.m. Saturday, April 25, at Heritage Natural Foods, 1317 6th Ave., Moline. The class is free and will include simple recipes for facial care products. Samples, discounts and educational information will be available, too. For details, call (309) 764-1912.

### Country tunes to salute veterans

Guy & Ralna, a singing act that appeared on television's The Lawrence Welk Show from 1970 to 1982, will appear at 2 p.m. May 3 at Centennial Hall, 3703 7th Ave., Rock Island. The show will include big band, gospel, pop and country tunes such as like God Bless America, Ragged Old Flag, Let the Eagle Soar, God Bless the USA, Let There Be Peace on Earth, Strike Up the Band and many other favorites. Tickets to the show are \$35 each or \$25 per person for groups over 20. The show is a fundraiser for WQPT Quad-Cities public television. Sponsors are Friendship Manor in Rock Island and Stoney Creek Inn, Moline. For more information or to purchase tickets, visit [wqpt.org](http://wqpt.org).

**VENDOR SPACE AVAILABLE**  
AT THE  
Moline • East Moline  
Milan Farmers' Market  
**309-936-7792**

**May-October**  
**Wednesday & Saturday**  
8am-noon  
1112 Ave. of the Cities  
East Moline  
(Skate City parking lot)  
**Saturday**  
8am-noon  
Trinity 7th St. Market  
Moline  
(Parking Lot of Trinity 7th St. & John Deere Rd.)  
**Wednesday**  
2:30pm-5:30pm  
900 W. 4th St.,  
Milan  
(Old HyVee parking lot)

**For vendor info, contact**  
**Steve Krause (309) 936-7792**  
Quad Cities Fruit and Vegetable  
Growers Association




**YOGA**  
**Spring Retreat**  
**April 11th**

Now more than ever it is important to find a way to reduce stress.  
**Yoga can help.**

"In times of economic crisis, people turn to yoga"  
*Reuters 11/12/09*

No flexibility required  
Beginners welcome

**The Davenport School of Yoga**  
421 Brady St.  
Davenport  
**563-322-5354**



[www.davenportschoolofyoga.com](http://www.davenportschoolofyoga.com)

**APRIL EVENTS**  
*Rosetti WineShop.com*

**R**

**Easter Brunch**  
Sunday, April 12th  
9:30 am - 1:30 pm

**Half-Priced Wine Wednesdays**  
all bottles from our wine list 1/2 price appetizer specials

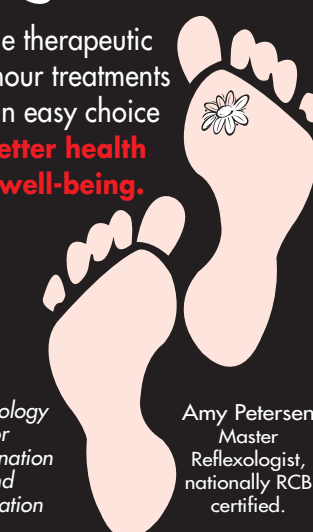
**Biodynamic Wine Tasting**  
Sunday, April 26th 3:30 pm-5:00 pm



at the Faithful Pilot Café & Spirits  
117 N CODY RD. LECLAIRE, IA  
**563.289.4156**  
www.FaithfulPilotCafe.com  
www.RosettiWineShop.com

**Relax**

Gentle therapeutic one hour treatments are an easy choice for **better health and well-being.**



Reflexology for Rejuvenation and Relaxation

Amy Petersen  
Master Reflexologist,  
nationally RCB certified.

**The Foot Bridge**

**563-343-6821**

**New In Town? WELCOME!**

Neighborhood Greetings has a **FREE** packet for you with coupons and gifts from area merchants worth over \$500




**Call Teri At (563) 332-6498**  
In Geneseo call Kellee (309) 944-5973



**NEIGHBORHOOD GREETINGS LLC**


[www.qcgreetings.com](http://www.qcgreetings.com)





The QCs premiere yoga studio  
**Anusara  
 Yoga Workshop**  
 with Sara Strother  
 April 10 & 11

tapas yoga shala



<http://tapasyogashala.com>



**Scattergood**  
 FRIENDS SCHOOL

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

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

**Income Opportunity**

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



[www.MidwestParents.biz](http://www.MidwestParents.biz)  
**877-472-6187**  
 Working locally. Promoting wellness

**Country Corner CSA**  
 Hwy 150  
 2 mi. North  
 Alpha, IL

**OUR FARM IS YOUR FARM!**  
 Fresh locally grown fruits & vegetables  
 16 weeks of fresh farm produce  
 June 2 - September 20  
 variety of shares available  
 including work shares

Pick up sites in the Quad Cities, Galesburg, or visit us on the farm for a real 'country farm' experience  
 Timber Park - Petting Zoo - Picnic Area - Playground

Contact us now for a 2009 CSA Membership  
 Andrea @309-236-1993  
 Bruce @309-337-6714  
 countrycornr@winco.net

**FARM FRESH FUN** visit our website @ [www.country-corner.com](http://www.country-corner.com)

## resources

### RETURN OF THE NATIVES / EAT BETTER IN '09

(Stories on pages 10 and 18)

- Earth Day is April 22 this year. Here's a list of Earth Day-related events in the region.
- **The Earth Week Fair** will be held April 17-18 at the QCCA Expo Center, 2621 4th Ave., Rock Island. School day, for students only, is Friday, April 17. Fair hours for the public are 10 a.m. to 4 p.m. Saturday, April 18. Several adult workshops will be held throughout the day. At 11 a.m., Kevin Klute of Energy Doctor, Inc., will present "Energy and Your Home;" at 12:30 p.m., Terry Tygrett of Oak Hill Acres certified organic farm in Atalissa, Iowa, will present "Local, Sustainable Food in Your Kitchen;" and at 2 p.m., Kathy Hale-Johnson of Simply Native Nursery in Alexis, Ill., will present "Native Plants: Perfect for any Living Space." Free admission. (563) 386-9575 or [qcearthweek.org](http://qcearthweek.org).
  - **Earth Day Fest**, 7:30 a.m.-4:30 p.m. April 21, Turner Hall, 105 S. Bench St., Galena, Ill. Educational booths and free canvas bags and trees. Music and food available. Free admission. (815) 275-4881.
  - **Augustana College Earth Day**, featuring a performance by folk duo Patchouli (soon to be known as The Woodlands), 4:30 p.m. April 22, on the quad by the slough, 38th Street and 7th Avenue, Rock Island.
  - **Earth Day 2009**, 5-7 p.m. April 25, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, Iowa. Crafts, Native American dancing demonstrations, games, face painting, posters, food and seed-packet birdhouses. Free. (563) 242-4771 or [bickarb.org](http://bickarb.org).
  - **Port Byron Earth Day Fest**, 1-5 p.m. April 26, downtown Port Byron, Ill. Educational booths, electric car rides, eco-friendly parade, music and more. Free.

### OFFICE ERGONOMICS

(Story on page 14)

- The Occupational Safety & Health Administration (OSHA) provides guidelines for desk workers at its Web site. Here are its suggestions for sitting comfortably and correctly:
1. Your head and neck should be upright, or in line with the torso, not bent down or back.
  2. Your body should face forward without twisting.
  3. Your body's trunk should be perpendicular to floor. It's OK to lean back into a back rest, but don't lean forward.
  4. Your shoulders and upper arms should be in line with your torso, generally about perpendicular to the floor and relaxed — not elevated or stretched forward.
  5. Upper arms and elbows should be close to the body, not extended outward.
  6. Forearms, wrists and hands should be straight and in line, with the forearm at about 90 degrees to the upper arm.
  7. Wrists and hands should be straight, not bent up, down or sideways toward the little finger.
  8. Thighs should parallel to the floor, and lower legs should be perpendicular to floor. (Thighs may be slightly elevated above knees.)
  9. Feet should rest flat on the floor or be supported by a stable footrest.

Source: [osha.gov/SLTC/etools/computerworkstations/checklist.html](http://osha.gov/SLTC/etools/computerworkstations/checklist.html).

## for your family



Gary Krambeck / Radish

### Elephants, tigers and giraffes! See 'em when Niabi opens April 13

When Niabi Zoo in Coal Valley, Ill., opens for the season on April 13, you and your family can visit to see 900 animals. The zoo houses not only reticulated giraffes, Asian elephants, African lions, Bengal tigers and dromedary camels, but also more than 150 other species. The zoo grounds cover 40 acres, and an additional 200 acres has been set aside for native flora and fauna preservation, according to the zoo's Web site, [niabizoo.com](http://niabizoo.com).

**Fun stuff:** Walking the zoo and visiting all the animals is just part of the fun at Niabi Zoo. The zoo's staff also provides educational programs throughout the week for specific age groups.

Every kid who visits Niabi wants to ride the Mel McKay Express, a miniature replica of a steam engine train. It leaves the station every 15 minutes, and tickets are \$1.50 per person.

The zoo also has a carousel (\$1.50/ride), real ponies (\$4/ride), gift shop and concessions stand.

Visitors are allowed to bring their own food and beverages to the zoo, and picnic grounds are available.

**Good to know:** You can get a behind-the-scenes peek at how the zookeepers care for the animals during the popular Breakfast with the Animals morning events by calling (309) 799-3482, extension 235.

During Breakfast with the Animals, guests get a light continental breakfast and watch the morning routines of either the giraffes or the elephants.

**Good to go:** Niabi Zoo is open from 9:30 a.m. to 5 p.m. daily from April 13 through Sept. 7 (Labor Day). Admission is \$5 for adults, \$4.50 for ages 62 and over, \$4 for ages 3-17 and free for ages 2 and under. Admission

is half price for all zoo visitors over age 3 every Tuesday. Admission is free to members of the Niabi Zoological Society and on free days: April 13-17

(opening week), April 26, May 10, June 21, July 5, and Sept. 4, 11, 18 and 25.

### Encourage young eco-friendly artists with safe paints

All children are artists — no one has told them they're not — and you can encourage older children to delve more deeply into art with a nice set of art supplies from Progressive Kid ([progressivekid.com](http://progressivekid.com)).

**What it is:** Progressive Kid's eco art sets include organic pigments and dyes, recycled wood pencils, brushes with handles made of recycled woods and metals, VOC- and solvent-free paints and recycled papers. Sets come in organic cotton totes.

**What it costs:** Kits are affordable: They're between \$12 and \$16 on the Web site.

**Who can use it:** The manufacturer recommends eco art sets for

ages 9 and up.

**Where to get it:** Eco art sets are available online at Progressive Kid ([progressivekid.com](http://progressivekid.com)). Shipping applies. If you're sending the art set as a gift, you can have the company wrap it for you for an additional \$4.

Progressive Kid is a trusted purveyor of green merchandise for kids. It's been featured in The National Geographic Green Guide, Plenty, the San Francisco Chronicle and Green Living.



Submitted



food for thought

# Living abundantly

## When times change, what matters most doesn't

*Editor's note: Sharon Astyk is a farmer and a prolific blogger on the topics of peak oil and climate change. The following is a condensed excerpt from her book, "Depletion and Abundance: Life on the New Home Front" (New Society Publishers, 2008).*

By Sharon Astyk

What I want to tell you is this: We are past the time at which we could hope to go on more or less as we have. For good or ill — and probably some of both — we have to make real changes in our lives. Most of us living in rich nations are going to have to learn to live simpler lives, using much less energy. We will build some windmills, and we will do some things with renewable power. But a life that can go

on for generations, a life that is truly sustainable, is going to be very, very different from the one we live now, and much more like the way our grandparents and great-grandparents lived.

Yet for all the changes that peak oil and climate change will bring, for me, the central issue remains protecting my family and other families — the ones who live next door and the ones who live around the world.

It seems to me that the only way to give the next generation a decent shot at life is for those of us who care most about them to take things into our own hands and prepare for the changes ahead. That's why I wrote this book — because I suspect that if enough of us can focus our eyes on the future, we can at least mediate some of the worst coming harm for our own families and for others, and perhaps, just perhaps, make our voices heard in a world where that seems increasingly difficult.

So where do we put our energies and resources? It turns out that the things that we have to care about most in response to the present crises are the same things we cared about all along — health care, education and security for the poor, the vulnerable, children, the elderly and the disabled. It really is as simple as that. If we've got time later on, great, let's build a network of electrified rail lines.

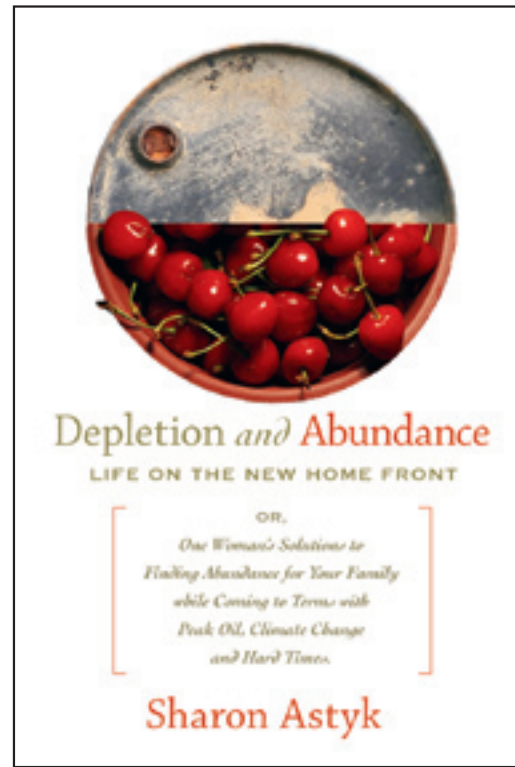
But in the meantime, make sure your mom can get her heart medication, that the kids are learning to be real, engaged citizens, and that there's food in the pantry for all your neighbors. It turns out that crisis hasn't really changed us at all — the simple stuff is still what matters most.

**For all the changes that peak oil and climate change will bring, the central issue remains protecting my family and other families.**

### 15 simple ways to live simply and abundantly this year

1. Plant a garden and grow some of your own food.
2. Get a good plant identification book and see what food is growing around you. Eat dandelions, day lily shoots and green tips of nettles.
3. Start baking your own bread.
4. Trade cuttings and plant divisions with your neighbors.
5. Go fishing and eat what you catch so long as you have access to safe waters.
6. Get to know local farmers and ask them to grow things you'd like to buy.
7. Buy a hand-pushed lawn mower and get some exercise.
8. Make your grocery, library and hardware store stops all in one trip to save gas, time and cash.
9. Pack a picnic when you travel so you're not tempted to stop for fast food.
10. Add vinegar to the wash to soften items that usually dry "crisp" on the line and avoid using the dryer.
11. If you have a diesel vehicle, consider locating a source of waste vegetable oil to power your car.
12. Put up a clothesline.
13. Have your teenager (or a neighbor's) help you clean out your closets and attic. Let them sell the stuff you find in exchange for their help.
14. Host a gardeners' potluck. Invite friends and neighbors to bring produce and enjoy a meal together.
15. Plant high-vitamin C fruits like aronia, seaberry and hip roses.

*For more ideas, visit [sharonastyk.com](http://sharonastyk.com).*



Submitted

## Starting Our 2009 Season April 15th



~ Special Events  
~ Gardenscapes



Annuals • Perennials • Herbs • Vegetables

27345 Allens Grove Rd. Donahue, IA • 563.843.2248  
[www.allensgrovegreenhouse.com](http://www.allensgrovegreenhouse.com)

**Stop In  
At Our  
Downtown  
Rock Island  
Showroom**

# Honda – Creating Environmentally Responsible Mobility

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

**Performance    Technology    Value**

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

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





# Hysterectomy on Tuesday Gardening on Friday

Trinity's *da Vinci*® surgical system – the Quad-City's first robot-assisted surgery program – allows doctors to perform gynecological and urological procedures with exquisite precision resulting in less pain and faster recovery.

Spend your time doing what you love.  
Call (877) 242-8899 or visit  
[www.trinityadvancedsurgery.com](http://www.trinityadvancedsurgery.com) to learn  
more about robot-assisted surgery  
and faster recovery.



**TRINITY**

IOWA HEALTH SYSTEM

A better experience.

Trinity Center for  
Advanced Surgery