

# Radish

HEALTHY LIVING FROM THE GROUND UP

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## “A Doctor’s Confession”

(And Why I Still Do What I Do)

Dear Friend:

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

**Ten years ago something happened that changed my life forever.**

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

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

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

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

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

– **Dr. Rob Scranton, D.C.**

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

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

\*Medicare exclusions apply

# from the editor



Photo by Stephanie Makosky/Radish

**H**earthland. Flyover country. Grainbelt. The ways of referring to the Midwest are many. I have lived enough other places, though, to know how the Midwest is envisioned is nonetheless strikingly uniform: flat, covered in corn, unending. Of course, I also know it by an additional name. Home. As such, when I think of this landscape I tend not to think of it in terms of geological features but successive generations. Where other places have mountains or coasts, I tell friends, the Midwest has decades: piled one on top of another, they shape our field of vision and determine the weather to come.

I don't mean this strictly as metaphor. When I look at a field of corn, I see the landscape as it is cultivated now, but also as it was cultivated by my great-grandparents — crops planted in wider rows and smaller plots, with bigger margins separating one field from the next. And I see the ground as it was long before them, covered in timber stands and prairie land, occupied by people who built mounds along the rivers to honor their dead. I see it even further back, the slosh of an ancient shallow sea whose creatures, crushed and buried, formed the limestone that today tints springwater a pale and milky blue.

This land is only covered in corn if you see it now, it is only flat if you do not know what else it has been, and knowing what else it has been, you can see how each change leads to another — how the difference between the way the land was used long ago and the way it is used now literally helps shape the weather that comes across the plains.

This month in Radish you'll find a little of the old and new. There's an article on a festival that celebrates our quilting heritage and a story on a movement begun during World War I to forgo meat once a week. You'll also find articles on new medical applications for lasers and what you need to know about LED technology. Of course, no issue of Radish would be complete without recipes. This month we bring you a whole host of things to do with tomatoes. It's all a reflection of life in the Midwest, a vibrant blend of what once was and what is yet to come that makes this such an interesting place — and time — to live.

— Sarah J. Gardner,  
[editor@radishmagazine.com](mailto:editor@radishmagazine.com)

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# contributors



**Becky Langdon** is a writer and editor living in Davenport. In her free time she enjoys baking, reading, biking, writing fiction and spending time outdoors with her husband, son and pint-size dog, Rocket. Prior to making the move to freelance, she spent six years as a copywriter at a Minneapolis ad agency. Her writing portfolio can be found at [wix.com/beckylangdon/portfolio](http://wix.com/beckylangdon/portfolio). Becky makes her Radish debut this month with an article on Magnolia Crest. Read it on page 8.



Also making her Radish debut is **Liz Rog**, a mother, community organizer and musician who seeks always to live out the truth that "it takes a village to raise a child." Together with her husband and grown daughters, she delights in hosting guests from around the country at Fern Hollow Cabin ([fernhollowcabin.com](http://fernhollowcabin.com)), their solar-powered bed and breakfast in the lush woods of Northeastern Iowa. Read Liz's thought-provoking call to preserve our children's playtime on page 40.



**Jen Knights** is a freelance writer and senior writer/editor at The University of Iowa Foundation, and she serves on the board of directors at New Pioneer Food Co-op of Iowa City and Coralville, Iowa. Her work has been published in The Chicago Sun-Times and various publications for the Chicago Botanic Garden. She lives in Iowa City with her husband, two children and four agreeable cats. Find out what Jen dug up on compost on page 24.



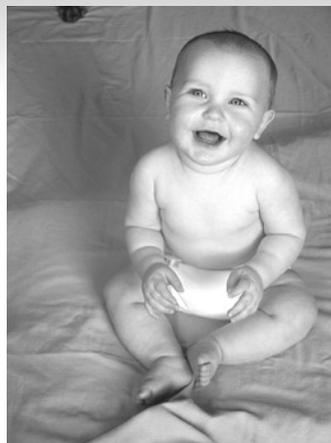
Long-time contributor **Sharon Wren** has been freelancing for 15 years, mainly writing on green, parenting and food topics. She lives with her family on Campbell's Island, where she is working on a solar-oven cookbook. Her hobbies include working in her greenhouse and cooking. Read Sharon's articles on Audubon-certified golf courses and going meatless once a week on pages 12 and 20.



Frequent contributor **Jeff Dick** of Davenport is a freelance writer who covers film, video, consumer and library-related issues. His feature articles and reviews have appeared in Library Journal since 1986. In his free time, Jeff tries to break bogey on the golf course; goes to movies, plays and concerts; gets his money's worth from Netflix; and attempts to catch up on his reading. This month, he gives us the lowdown on LED lights on page 32.

Also appearing in Radish this month are contributors **Barbra Annino** ("Yak n' Yoga," page 6); **Julie Barton** ("Give and grow," page 16); **Ann Ring** ("Light therapy" page 30); **Ann Scholl Rinehart** ("Pieced together," page 18); **Chris Greene** ("Jeepers peepers," page 14); and **Linda Bassett** ("Tomatoes galore," page 10).

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## the grapevine

Want more Radish?

Representatives of the magazine will be at the following community events where you can say hello, pick up an extra copy and tell us what you'd like to see in the pages of the magazine.

- "Truck Farm" film screening by Progressive Action for the Common Good, 7 p.m. Friday, July 15, at Cobblestone Place, 1212 W. 3rd St., Davenport.
- Watershed Festival 2011, 8 a.m. to 1 p.m. Saturday, July 16, at the Freight House Farmers' Market, 421 W. River Drive, Davenport. Read more about this event on page 28.
- Main Street Farmers' Market "Cornucopia," 3 to 6 p.m. Thursday, July 28, at the 700 block of 15th Avenue, East Moline.

On the Road  
with  
**Radish**

### From our readers

We were certainly blushing when we read all the enthusiastic comments left for us at the Healthy Living Fair. Thanks for the words of praise!

- "It is always a pleasure to read the Radish. It is THE only magazine I read cover to cover! It's the best!" — *Elizabeth, Davenport*
- "Love the magazine. Great information to support our local economy." — *Quoc Chu*
- "More informative than the Internet for local news." — *Rachel Browning*
- "Love it — never miss an issue!" — *Mel Piff*
- "So grateful to have this in the Q-C." — *Angel Lyle*
- "Love reading Radish even though I'm not from the area." — *Bernadette Cronby*
- "What a great event at the Farmers' Market today — the health fair was terrific. Every year it gets better! Congratulations for another successful year!" — *Sally Paustian, Great River Tai Chi*
- "I wanted to thank you and your staff for making our day at the Radish health fair so enjoyable. We participate in many health fairs each year and this is certainly one of our favorites. We enjoy the atmosphere at the farmers' market and the number of people that attend is astounding. We are excited to be a part of one of the Quad-Cities' best health fairs." — *Paul Black, DDS*

### Like us on Facebook

Become a fan of Radish on Facebook and get updates on your favorite articles plus sneak peeks at issues before they hit the stands. Discuss the stories you like with other readers, suggest future articles and post upcoming events for your community group or nonprofit. Becoming a fan is easy, just visit [facebook.com/RadishMagazine](http://facebook.com/RadishMagazine), then click the "Like" button at the top of the page.

### Our condolences

Radish would like to extend our sincere condolences to the friends and family of Larry Vroman. Larry, who was featured with his goats in the February issue of Radish, was generous and welcoming on the day we visited his farm. We were saddened to learn of his passing and know he will be missed.



## 2011 Calendar of Events



**July 16** 2nd Annual Yellow River Yak Fest

**July 23rd** 3 of a Kind Poker Run  
• Horseback  
• Kayaking  
• Hiking

**July 30** Cave Concert  
featuring Sawtooth Bluegrass Band

**August 19-21** 9th Annual Haybarn Rondo

**October 1st** Cave Concert – TBA  
**Annual TNG Trail Ride** – TBA

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# healthy living from the ground up

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A barn quilt on display at Eltrevoog Farm in Union, Ill., featured in the Northern Illinois Quilt Fest. (Submitted)

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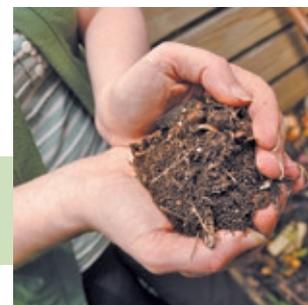
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healthy living

# Yak n' Yoga

## Two relaxing activities combine for one great river outing

By Barbra Annino

Although kayaking and yoga are not two activities we often see grouped together, both can help relieve stress and be rejuvenating. That's good enough for me. Recently I signed up for a "Yak n' Yoga" excursion through Fever River Outfitters in Galena, Ill. Sometimes a person just needs a trip back to nature with only the restful symphony of croaking toads and singing birds in the background.

First I had to choose a location. Fever River offers three different Yak n' Yoga excursions: Mines of Spain in Dubuque begins with 50 minutes of yoga (Vinyasa, Hatha or choice) at the gorgeous

recreational park, followed by a leisurely hour of kayaking down Catfish Creek. The experience lasts approximately two and a half hours and costs \$40, which includes the class and kayak rental.

Alternately, yoga and kayaking enthusiasts can sign up for the Chestnut Mountain Yak n' Yoga excursion. The warm-up is a full hour of yoga set against the breathtaking backdrop of the Mississippi River. Afterwards, the paddle tour heads along those backwaters for another hour. Altogether, this excursion lasts approximately three and a half hours and costs \$55.

I opted for the Galena location, which begins with 30 minutes of warm-up yoga along the banks

of the Galena River, then an hour of kayaking, followed by a yoga cool-down session. The skies were overcast when I met up with my diverse group. There was a couple from Iowa, a boxing and yoga instructor, and a group of women gathered for a reunion. I learned, thankfully, that I wasn't the only beginner as we chatted in the parking lot awaiting instructions.

Once everyone assembled, we were given waivers to sign and the fun began. I found a welcoming patch of grass and the instructor, Deb, led us all into relaxing, deep-breathing stretches. Then there were a few warrior poses which tone the hamstrings. Sun salutations followed for stretching out the back and



A kayaker takes it easy on the Galena River. (Submitted)

lat muscles. After 15 minutes of stretching all the muscles we were about to use, we slid into life jackets.

## Into the water

As we geared up, I learned from a tourist who was on her fourth run that the best paddle should span the length of your arm. My paddle chosen, I followed the group to where the kayaks were assembled on top of a trailer. We all pitched in to liberate the vessels and helped to carry each down near the launch area just off the river's edge.

Another instructor, Julia, joined us then as everyone snuggled into a kayak, adjusting the foot treads according to her advice: "Knees should be able to touch the sides, but not sticking out from the boat. Steady the side with your thighs." I positioned myself as recommended while Julia asked a few questions about experience level, comfort level and fit of the boat for each participant.

Next came some nitty-gritty instruction on kayaking, such as how to steer (right makes the kayak go left, left sends it to the right), how to turn (very carefully) and how not to tip over. My ears perked up for that lesson. Did you know that if you plunge your paddle in too deep, the boat could capsize? Or that if your paddle isn't vertical when it dips into the water it could reach beneath the boat and tip it? Important information for a beginner who really doesn't want to go swimming.

After everyone agreed they were ready to put in, gentle hands guided Julia into the water first as the instructor to head up the group. One by one, the rest of our boats were caressed into the water. Deb took the rear.

I carefully glided along, the paddle steady in my hands. Once I had the kayak pointed straight down the river, I was able to drift along and take in the gorgeous greenery, the birds diving at insects I couldn't see, and a view of the town from a whole new angle. It was a calm journey that wasn't as tiring on my muscles as I thought it might be. I'm a regular walker and I do some strength training but having never kayaked before, I knew I was using muscles that rarely got attention. Perhaps a more ambitious person would feel the strain; someone who paddled to get to the next bridge as fast as she could — head forward, arms locked, eyes focused. But I was content to just float along, no destination in mind, listening to the quiet lap of the waves as other boaters glided past. For me, it was liquid meditation.

A soft rain fell as we headed back, so we couldn't do the cool-down yoga. I'm happy to report that all arrived completely dry from the waist down. No injuries. No capsizing. In fact, the only scream I heard all morning was when one of the kayakers spotted a snake. Thankfully, it wasn't me.

For more information on Yak n' Yoga trips, visit [feverriveroutfitters.com](http://feverriveroutfitters.com)

### Before you go

**What to wear?** Comfortable shorts or capris, shoes or sandals (not flip flops), a shirt that's appropriate to the weather.

**What to bring?** Sunscreen, insect repellent, a hat and a bottle of water.

### What about the weather?

Sometimes the weather looks fine but the river conditions may be prohibitive. You can contact the instructor an hour and a half before the outing to make sure it is going forward.

### Is prior experience necessary?

Both the yoga and kayaking are beginner friendly. Let your instructor know you are a newbie and he or she can give you extra attention.



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healthy living

# Magnolia Crest

Veggies, flowers and herbs draw in customers 24/7



Bryce Goellnitz, Melodie Lau, Melissa Kern and Norm Lau of Magnolia Crest (center); Lilly Pierson enjoys the farm stand sweet corn (right). (Photos submitted and by Stephanie Makosky / Radish)



By Becky Langdon

A walk amid the hustle and bustle of the Freight House Farmers' Market in downtown Davenport on a summer Saturday might lead you to believe that every grower in the Quad-Cities makes an appearance there. Two growers you won't see, though, are Norm and Melodie Lau of Magnolia Crest Farm.

For the past five years, the Laus have operated a roadside farm stand off Jersey Ridge Road in Davenport, one mile north of Interstate 80, where they sell dozens of varieties of fresh, homegrown vegetables. Their stand, open 24 hours a day, seven days a week, has them so busy they simply don't have time to go to the market. The main attraction? A special variety of sweet corn that's four times more expensive to seed than your average corn.

"I'm awed every time I eat some of it — it's so good," says grower Norm Lau.

While he's not shy about voicing the merits of his corn, Norm is quick to give credit to the source of his most popular crop. The Laus taste-tested more than a dozen varieties of sweet corn before settling on this one, a type recommended to them by a horticulturist at Iowa State University. According to the Laus, their "secret" variety of corn is well worth the initial growing cost.

"It's definitely our cash crop at the stand because it sells the best," Melodie says.

Norm adds, "I'll go to Hy-Vee and hear people talking about sweet corn, so I'll inch a little closer, and then I hear they're talking about me. That's pretty neat."

While many growers may plant corn just once at the beginning of the season, the Laus plant every

seven days. They start as early as possible and continue up until the frost, averaging anywhere from 10 to 13 plantings per year. During harvest time, they and two or three helpers pick corn every two hours to keep up with the demand.

"People buy it as fast as we can pick it," says Norm.

The success of their stand continues to amaze the Laus. Melodie recalls the first year it was just a card table. Norm credits the "Buy Fresh, Buy Local" revolution for helping their business take off.

"We're about as local as you get," he says.

While they're not certified organic growers, the Laus minimize the use of chemicals as much as possible. They keep a flock of 50 to 60 sheep to help keep the weeds down and to use the manure as fertilizer. Being able to eat their vegetables raw, right off the plants, is important to the Laus.

“There are 10 to 12 grandkids running around here now,” says Norm. “We were brought up that we never really wanted to use many chemicals. The best weed control is a hoe.”

The Laus’ sweet corn is their best seller, but it’s not all they sell. Throughout the growing season, their stand is stocked with peppers, squash, cabbage, 25 to 30 varieties of tomatoes, potatoes, onions, eggplant, green beans, gourds, turnips, pumpkins, and more. They plant about half an acre of everything, except for sweet corn, which occupies 10 acres of their land. For customers who want to know what vegetables they have available at any given time, the Laus maintain a Facebook page for Magnolia Crest Farm, which they keep up to date throughout the season.

Some customers have become so regular and trusted that the Laus have begun growing vegetables by request for them. In these cases, they’ve found that people compensate beyond what they take.

“We get thanked all the time for doing this,” says Norm. “(Our customers) are so happy to get something fresh.”

In addition to the vegetables, Melodie sells a variety of flowers and herbs at the farm stand, including cut flowers, bunches of herbs, and the actual plants themselves. A former interior designer, Melodie manages the farm stand and gardens while Norm works in the fields. Each morning, you’ll find fresh bouquets Melodie has arranged, available on a first-come, first-served basis.

The flowers and plants for sale include everything from hostas to lisianthus to zinnias, snap dragons, Shasta daisies, sunflowers, and others. Some customers have even turned to Magnolia Crest Farm for wedding flowers or bouquets for other special occasions. When customers have a large flower order, they are encouraged to come out to the farm and cut their own. It’s all part of making a trip to Magnolia Crest Farm a great experience.

“We love to have people come here,” says Norm. “We try to make this a good experience for people who come out here. They want to see what’s going on, to get this close to a farm.”

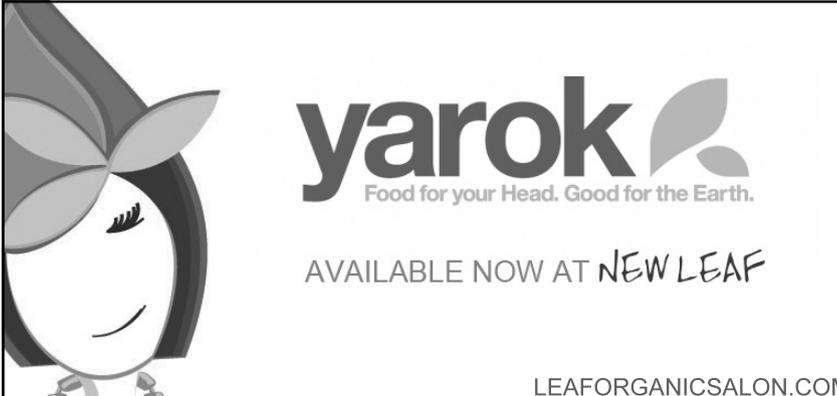
The frequent visitors put pressure on the family to make their land look like a park. One person who helps achieve that vision is Norm’s sister, Susie, who lives in the original farmhouse on the property. Susie tends to the large tree collection that helps Magnolia Crest Farm feel like “heaven,” in her words.

The tree collection began several generations ago. Norm and Susie’s great-grandfather, Charles Lau, was a scientific farmer who liked to experiment. He gathered trees from different parts of the country and planted them at the farm, starting a collection that would grow to at least 100 different varieties of trees, many uncommon for this part of the country. Among the trees are several types of Magnolia trees, from which the farm takes its name.

Throughout 150 years of farming, the family has maintained a love for trees and nature. The past four generations have upheld a tradition of planting a “birth tree” for each child. They try to choose trees such as oaks and sweet gums that will live a long time for the next generation. The 92-year-old oak tree you’ll see by the drive as you enter Magnolia Crest is Norm’s dad’s birth tree. Ultimately, it’s this passion for nature that makes life on the farm paradise for Norm.

“To me it’s about observing animals and plants,” he says. “I have a passion for both. I try to communicate that and pass it on to the next generation.”

*For those who want a more in-depth encounter with the farm, Magnolia Crest will be featured in the City of Davenport’s “Cream of the Crop” tour on July 16. Registration is available online at [cityofdavenportiowa.com](http://cityofdavenportiowa.com) through the parks and recreation department.*



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# Tomatoes galore!

Quick, simple recipes to use your vine-ripened bounty



By Linda Bassett, GateHouse News Service

There must be as many ways to eat a tomato as there are tomato varieties — maybe even more. But for me, the best way to eat fresh tomatoes is out of hand, preferably beside a fragrant basil plant in the garden, juices slowly sliding down the chin. The second best way is over the sink with freshly picked tomatoes that are still warm with sunshine. Sooner or later, though, comes the itch to make a whole dish out of tomatoes. When that happens, here is a bevy of quick, easy and versatile recipes.

## Fresh, immediate, uncooked

- **Pasta sauce:** Cut 8 to 10 large ripe tomatoes into a large dice. Toss in a bowl with olive oil, a few slivered fresh basil and arugula leaves, salt and pepper. (Minced garlic is optional.) Cook some spaghetti or linguine. Drain, toss with the tomato mixture, and eat immediately.

- **Tuscan garlic bread:** Cut a tomato in half. Toast a slice of Italian bread. Rub peeled garlic clove lightly over the bread, and then rub the sliced side of the tomato into the bread. Drizzle lightly with extra virgin olive oil and sprinkle with salt. Eat with a salad.

- **Crostini (pictured):** Cut 6 to 8 tomatoes into a small dice. Toss with olive oil, fresh basil or capers, salt and pepper. Cut a loaf of French bread into ½-inch thick rounds. Place on a baking sheet, sprinkle with olive oil and salt, toast in a 350 degree oven and turn bread once. Remove from the oven. Heap the tomato mixture on top.

- **Caprese salad:** This classic restaurant salad is easy to produce at home. Slice tomatoes in ½-inch thick rounds. Slice fresh mozzarella also into rounds about ¼-inch thick. Arrange in a circle on a platter, alternating tomatoes and mozzarella while overlapping them. Tuck fresh basil leaves between the slices, as much or as little as you like. Sprinkle with extra virgin olive oil, salt and fresh, ground black pepper.

- **Tabouli:** Soak bulgur wheat for a few hours in cold water and cover. While it soaks, coarsely chop fresh tomatoes, peeled and seeded cucumbers, and 1 teaspoon red onion. Mince a half bunch of flat Italian parsley and the same amount of fresh mint leaves. When the wheat soaks up the water, toss it with the chopped vegetables, herbs, the juice of a fresh lemon, a drizzle of olive oil, salt and pepper. Refrigerate for an hour to blend flavors.

- **Appetizers:** Hollow out cherry tomatoes with a melon scoop and salt interiors. Turn cut side down on a rack and leave them to drain for 30 minutes. Fill with tabbouleh from above.

- **Bread salad:** Cut 5 to 6 slices quality stale Italian or French bread into ½-inch cubes. Toss with ½ chopped red onion, 6 to 8 large diced ripe tomatoes, a stalk of thinly sliced celery, a dozen torn basil leaves and a drizzle of extra virgin olive oil.

- **Greek salad:** This take-out classic is easy to produce at home by tossing together 4 ripe tomatoes, cut in wedges; 1 peeled, seeded and sliced cucumber; a few rings of red onion; a handful of pitted Kalamata olives; and a bit of crumbled feta cheese. Mix with olive oil, red wine vinegar and the juice from half a lemon. Shower in some fresh oregano leaves if you have them.

- **Balsamic salad dressing:** Peel, seed and chop the largest bursting red tomato you can find. Salt and put in a colander to drain for 1 hour. Whirl in a blender with a big healthy handful of freshly chopped chives, 1 small clove of garlic, ¼ cup balsamic vinegar and ¼ cup extra virgin olive oil. Taste and season to your liking with salt and pepper. Let dressing stand for an hour to blend flavors. Whisk it again before using. Store in the refrigerator.

- **Salsa:** Seed and dice 3 large tomatoes. Place in a bowl and gently mix with ¼ cup minced red onion, a big handful of chopped cilantro, 2 tablespoons lime juice, and 1 jalapeno pepper that has been seeded and chopped. Let stand to allow flavors to blend together.

## Save some for later

- **Frozen:** Wash and dry whole tomatoes. Place in a single layer on a baking sheet and put into the freezer for 4 hours. Transfer tomatoes to a freezer bag and return to freezer to use in sauces or stews in the upcoming months. When defrosted, tomatoes are too mushy for salads or sandwiches, but the flavor stays garden fresh.

- **Roasted:** Cut tomatoes in halves crosswise or, if very large, cut into thick slices. Place on a baking sheet. Sprinkle with olive oil, balsamic vinegar, ground black pepper and chopped fresh herbs — basil, mint, oregano and thyme. Roast in a 400-degree oven until tomatoes start to blacken at the edges, 20 to 25 minutes. Store layered in containers in the refrigerator. These are great in sandwiches or as appetizers on crackers served with goat cheese.

- **Homemade ketchup:** Simmer 10 pounds very ripe tomatoes in a heavy, nonaluminum saucepan for 1 hour. Strain the tomatoes through a sieve in order to separate the skins. Return tomatoes to the pot and add 2 cloves garlic, ½ cup cider vinegar, 1 tablespoon brown sugar, 1 teaspoon ground cinnamon and ½ teaspoon ground clove. Simmer very gently for 2 hours. Let cool and then pulse in a food processor until smooth. Refrigerated, keeps for 3 weeks.

For even more tomato recipes, visit [radishmagazine.com](http://radishmagazine.com)



Photos by Paul Colletti / Radish

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# A greener green

## Audubon golf courses embrace nature on site

By Sharon Wren

Despite having eco-friendly sounding “greens,” golf courses can be anything but. They need large quantities of water to maintain those picture-perfect landscapes, and the use of pesticides and fertilizers can contaminate groundwater and harm wildlife. But golf courses also can be havens for both wildlife and people. The contact with nature can relieve golfers’ stress, and the courses provide sanctuary for wildlife and support native plants. That’s why more than 2,300 golf courses worldwide and four locally have registered in the Audubon Cooperative Sanctuary Program, sponsored by the U.S. Golf Association.

Joelle Lampman, director of Audubon Cooperative Sanctuary Programs, says for golf courses to become certified they must develop an environmental plan and then document their efforts and results. A certification handbook is available to help with the process, covering six key areas: environmental planning, wildlife and habitat management, chemical reduction and safety, water conservation, water quality management, and outreach and education.

The process does take a little time. “Most courses achieve certification within one to three years, depending on how quickly they plan, organize, implement and document their environmental practices,” Lampman says. “It is not one to three years’ worth of work; the program is integrated into the usual management schedule at a rate determined by the golf course staff.” Recertification is required every two years to maintain the designation, but there is no additional fee for recertification.

Glynns Creek Golf Course in Long Grove, Iowa, lived up to its tagline on its website — “Nature’s playground, where deer and golfers come to play” — when it became certified. Officials decided to do so to be more environmentally friendly, according to Dustin Hutcherson, course superintendent. “We worked on wildlife and habitat management to provide corridors and living areas for wildlife. We conserve and test our water, use the lowest rates possible with chemicals, and are cautious about the environment.”

Hutcherson describes the benefits of certification as “a focus on the environment and the pleasure of being able to manage wildflower, prairie areas and no-mow areas to the best of your ability and resources available to you.”

TPC Deere Run in Silvis, Ill., got a boost from their corporate bosses on getting certified, says Dustin Peterson, assistant superintendent. “We’re part of a large network of courses and the TPC network is known for having all their courses certified. That gave us a head start on getting the course paperwork done, but we just decided to be more environmentally friendly; the program is geared to the sensitivity of the environment.”

The certification process introduced course employees to their wildlife neighbors. “We did an inventory of wildlife and found 50 to 75 different birds, mammals and fish, including raccoons, squirrels, rabbits and possums,” says Peterson.



A naturalized area within TPC Deere Run. (Photo by Paul Colletti / Radish)

Doing the work to become certified isn’t a one-time thing; there is constant maintenance, according to Peterson. “You have to manage the native areas for wildlife and keep up on the projects, especially the bluebird houses. We do an inventory once a week and check on how many eggs and birds we have.”

Luckily, the process didn’t get in the way of playing a round. “It wasn’t a large process where we had to be invasive with the golfers. We have an Audubon display in the clubhouse and in the locker room that we try to keep updated with the wildlife inventory,” says Peterson.

All well and good, but what about the game? Do guests notice a difference when out playing a round of golf on the course? “Mostly they’ll see some areas we decide to let grow and not mow,” says Peterson. “We let some of the grass on the pond banks become longer to filter out anything that might seep in the pond.”

Deere Run is eager to show off the results of its work, says Peterson. “We did a bluebird seminar and we invite people to come in during off times to see the wildlife.”

Other Audubon certified golf courses in the Radish area are Short Hills Country Club in East Moline and Elmcrest Country Club in Cedar Rapids.

*For more information on ACSP programs and participants, visit [acspgolf.auduboninternational.org](http://acspgolf.auduboninternational.org).*



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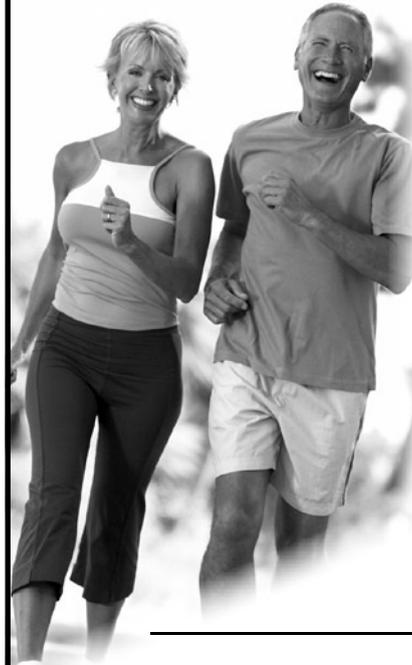
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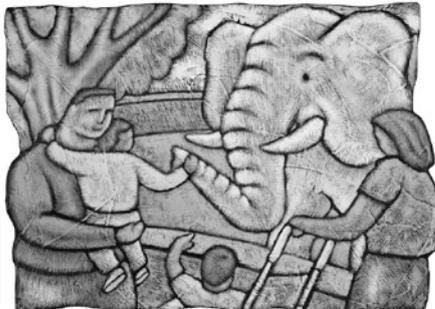
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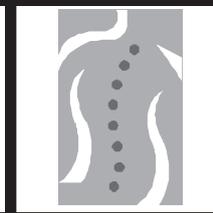
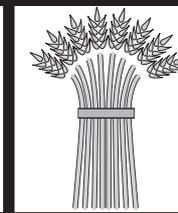
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# Jeepers peepers

## UV exposure can contribute to vision impairment

By Chris Greene

**K**eeping an eye on the damage the sun does to our skin has become old hat, but how about keeping an eye on the damage the sun can do to our ... eyes?

According to Peter Fries, M.D., of Eye Surgeons Associates in Bettendorf and Rock Island, lifelong ultraviolet light exposure may cause or worsen various eye diseases. The most common, says Fries, is “snow blindness,” a temporary sunburn of the eye. Contrary to its name, it can happen any time of year. The front surface of the eye is burned from intense UV exposure over a short time and is usually caused by a reflection of sunlight off water or snow.

Although snow blindness goes away within a day or so, other eye diseases that may be impacted by sunlight exposure do not. Among these are cataracts, macular degeneration, pterygium and eye cancers. “Cataracts are a thickening of the naturally clear

focusing lens inside the eye,” Fries says. “As the thickening increases, vision decreases and blurs.”

Cataract surgeries are increasing, and studies have suggested that UV exposure, smoking and oxidation may be more critical in the development of cataracts than aging. “A study involving fishermen on the Chesapeake Bay found that those who wore sunglasses and a hat were three times less likely to develop cataracts,” Fries says.

Macular degeneration also has been shown to be affected by UV exposure in two studies. It is possible that the UV exposure may be partly responsible for the increase seen in macular degeneration among today’s eye patients.

UV damage similar to that of skin sun damage is also observable in growths known as pterygia, which are fleshy growths of tissue found on the cornea. They can cause permanent scarring and loss of vision.

Basal cell carcinoma is a type of skin cancer that

often appears around the eyes. Nearly 10,000 eyelid and eyebrow tumors are removed in the United States each year. Long-term sun exposure is a strong risk factor for this variety of cancer.

These diseases are impacted by aging, which we cannot control, but we can protect our eyes against the sun. First and foremost, look for sunglasses with 100 percent UV protection. This will block the harmful UVA and UVB rays. Wide-brimmed hats also can play a role, reducing eye exposure to UV light by as much as 50 percent.

Although lower-priced sunglass options may seem more affordable, they may not offer protection for both types of UV exposure, and the lens quality is typically not as high as some of the higher-priced options. Sunglass lenses also can accommodate the specific needs of the wearer. For example, polarized lenses, perfect for activities such as boating and fishing, are designed to cut glare.



iStockphoto

### Give your eyes a rest

After the sun goes down, help reduce puffiness and relax tired eyes by using an eye pillow. They are as easy to make as they are to use. To do so, you need:

- ▶ 1 piece of silk, cotton or other fabric cut into a 10-inch square
- ▶ 1 cup dried lavender buds, chamomile flowers or a mix of both
- ▶ ½ cup flaxseed

Fold the cloth in half to make a 10-inch-by-5-inch rectangle, making sure the dull side of the fabric is facing outward. Sew up one short side of the rectangle, one long side, and half of the remaining short side. Turn the pillow right side out. Use a funnel to fill the pillow with the dried herbs and flaxseed, then stitch the open portion closed tightly. To use the pillow, gently squeeze it to release the scent of the herbs, then lay it across your eyes while lying prone. Keep the eye pillow in the refrigerator when not in use to heighten the cooling effect and help further alleviate eye strain.



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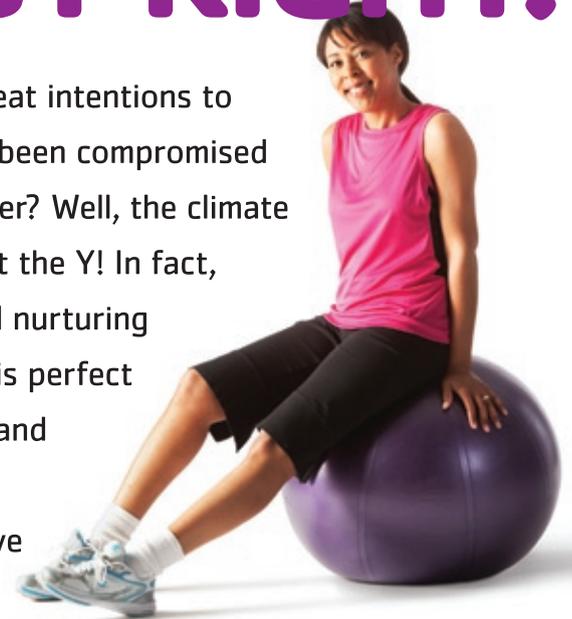
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body, mind & soul

# Give and grow

## How to help children understand their role as citizens

By Julie Barton

Summer is flag season. Memorial Day, Flag Day, Independence Day and Labor Day, we take our children to picnics or parades, and the flag flies in abundance. It doesn't take much to purchase and display a flag, but what does it take to be a citizen behind the red, white and blue? And how do we impart a sense of citizenship to the next generation?

At its heart, citizenship is about understanding your role within a larger society — how what you do affects those around you, how your unique talents and abilities can contribute to the greater whole. Those can be tough concepts to try to explain to children. Fortunately, citizenship can be learned by doing. Here are four easy ways to help children grow into good citizens by giving them the opportunity to practice being exactly that.

**Provide opportunities to give.** “What started with helping a man across the street has evolved over time into building a food bank, putting flags up in cemeteries and volunteering service hours,” explains Renee Moore, merit badge counselor for the Boy Scouts of America Illowa Council. Providing opportunities to give, Moore explains, has the capacity to help youth understand “their importance as a citizen through volunteering and giving of themselves and their time.”

Part of the duties of a Boy Scout is to “do a good turn daily.” It's something any child can do, whether or not he or she is a Scout. And helping others can be a powerful experience for children: It's a chance to see themselves, big or small, as a person who can impact the lives of others.

**Help them clean up their communities.** Jefferson Elementary in Bettendorf, Iowa, is the smallest elementary school in its district, but the second largest in terms of volunteer hours. Part of its volunteer time goes toward helping landscape the property and cleaning up the playground and surrounding areas a couple of times a year.

“Our school motto is, ‘Treat people right and do the right thing,’ and we feel that it is essential for the students to witness volunteering,” explains Melinda Foreman, volunteer coordinator at Jefferson Elementary. “It helps solidify the importance of our students to be good citizens and volunteer to continually improve our community environment for everyone. We have a small-sized school, but it feels like the biggest school in the district when we all pull together our time and efforts to help the educational and personal experiences of all the students.”

**Encourage them to contribute their talents.** Since 2003, Pleasant Valley High School students have a service-learning graduation requirement of 70 hours of community service, according to Lindy Voss, service learning coordinator.



Carter Richter of Davenport receives help sewing a book binding from Bettendorf Family Museum volunteer Kara Maxwell. (Photo by John Greenwood / Radish)

Students are encouraged to volunteer through a variety of local opportunities such as Race for the Cure water stations, pancake breakfasts to benefit local organizations, and the Pleasant Valley Sparkles Cheerleading Squad, which has gained national attention for its work with special-needs children. Eight years into the program, Pleasant Valley students have contributed 162,488 volunteer hours.

There are many opportunities to get involved in the community. Start with the United Way, professional organizations, local schools, churches or shelters. Donate books or magazines to the library. Adopt a highway. With so many volunteer opportunities available, children can find a way to “give back” that fits their unique talents and interests.

**Teach them to say thanks.** A few years ago, the social worker at my children's elementary school sent out information that help was needed to stuff bags with food for local families. All three of my children went with me to help, and they were stunned by the hundreds of bags packed to deliver to hungry families. They had no idea that so many people in our own area were living in need. When we were finished, the project manager thanked my kids for helping. The best part was when the kids said, “Thanks for letting us!” They realized that day that sometimes it is truly better to give than to receive.



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# Pieced together

## Six counties celebrate handmade heritage in quilt fest

By Ann Scholl Rinehart

You may not think of quilts and the great outdoors together, but the Northern Illinois Quilt Fest may change that. The three-month event, set to run from the beginning of July through the end of September, will feature quilt exhibits at anchor sites across six Illinois counties — Lake, McHenry, Boone, Winnebago, Stephenson and Jo Daviess.

A highlight of the festival will be driving tours of area barn quilts and garden quilts. Barn quilts are quilt patterns painted on wooden squares and mounted on buildings, such as gables and sides of barns and — in the case of Tom and Margaret Behles of rural Harvard, Ill. — silos. Quilt gardens are gardens that are created in the shape of a quilt design. A garden quilt might, for example, be an “X” created out of flowers of one color.

Both the barn quilts and the garden quilts are “a way to express quilts in a colorful way in just using the natural landscape,” says Grace Moline, exhibits curator at the McHenry County Historical Society and Museum, who is co-chairing the quilt fest with Nancy Fike. “It’s just beautifying the out-of-doors. You can stop and smell the roses and think of quilts.”

Ann Chaney of Woodstock, Ill., has always loved to quilt — and she and her husband Mike Owney have always loved what the old barns stand for and mean to their community. That’s why they decided to use their Grace Farm Studios, 2719 Franklin Road, as an anchor site for the quilt fest. They’ll also display the prescribed eight-foot-square barn quilt on the side of their 1849 dairy barn (pictured), located at one of the first Holstein dairy farms in McHenry County.

“To me, this is more than just a driving tour of pretty pictures,” the couple says. “It’s a reminder of how we all got here, how hard we worked to make a living and how much we should all be grateful for those who persevered to pass beauty along to us.”

Margaret and Tom Behles decided to get involved in the quilt fest after seeing barn quilts in Indiana, Kentucky and Tennessee while on a trip to

visit family in North Carolina. When trees blocked the view of their barn, they opted to wrap their barn quilt around a 60-degree section of a silo.

“We believe that it is important to protect our heritage,” they say. “We hope people who see it can identify with and remember that only six or seven generations ago we were involved in a civil war, had no electricity, had to make do with much of our own creation and handiwork, and took pleasure in what our own hands could accomplish.”

Beyond coming together over quilts, Moline

hopes the quilt fest will help people “find new nooks and crannies” throughout the counties they visit and “discover the little gems that are out there.

“I grew up in Chicago. I love Chicago and the museums, but I think people sometimes don’t look in their own backyards to find the treasures we have. I hope there will be thousands of people who will find the hidden places where wonderful art is going on.”

*For a longer version of this article and a link to information on the quilt fest, visit [radishmagazine.com](http://radishmagazine.com).*



### Closer to home

Enthusiasts in the Quad-Cities won't have to travel far for at least one summer quilting event: The Mississippi Valley Quilters Guild will be hosting a Ricky Tims' Super Quilt Seminar July 21-23 at the Waterfront Convention Center in Bettendorf. At the event Tims will conduct six workshops on various contemporary quilting techniques. He will be joined by Alex Anderson of the HGTV program “Simply Quilts,” who will give two presentations on selecting fabrics and quilt designs, and master quilter Libby Lehman who will speak on applique and ribbon techniques. Cost to participate in the 10 workshops is \$219 and preregistration by July 8 is required. To learn more or sign up for the seminar, visit [rickytims.com/seminars](http://rickytims.com/seminars).

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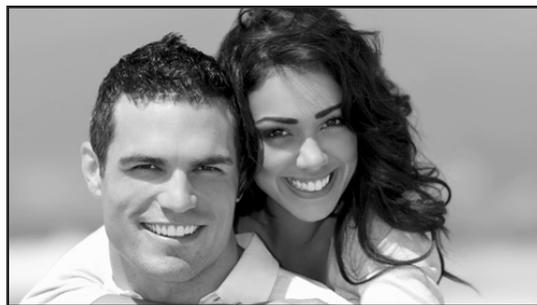
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# Give up just a little **meat**, get a lot of benefits

By Sharon Wren

For some, it's a way to reduce the carbon footprint of their dinner plate. For others, it's an opportunity to work more fruits and veggies into their diet. Meatless Mondays, the movement to forgo meat just one day a week, is a trend that's growing in popularity. And while giving up meat cold turkey may be too tall an order for many, planning just three meatless meals a week has proven manageable for those interested in some of the benefits.

In my own family of carnivores, we have embraced the Meatless Monday movement, at least in spirit. We don't observe it on Mondays, mostly because a local restaurant has a great deal on pizzas that day. I'm not organized enough to have a pre-cooked vegetarian dish that I can pull from the freezer on the inevitable Monday "today was awful, I don't even want to think about cooking" moment. So, instead, we usually go meatless on Tuesdays, when we have some kind of pasta. I leave the meat out of the sauce and throw in some extra vegetables.

It might sound like a recent development, but Meatless Mondays goes all the way back to World War I, according to the website [meatlessmonday.com](http://meatlessmonday.com). Back then the U.S. Food Administration, headed by future president Herbert Hoover, urged families to cut back on meat as a way to help the war effort. Calling it "Meatless Monday" was an easy way to help Americans remember to do so. More than 10 million families, along with 7,000 restaurants and 425,000 food dealers, vowed to take part. That shared commitment added up: In just one week in November 1917, New York City hotels saved about 116 tons of meat.

Meatless Monday resurfaced in 2003 as part of a public health awareness program from the Center for a Livable Future (part of the Johns Hopkins Bloomberg School of Public Health) as a way to help Americans cut back on saturated fat. According to CLF, the average American eats eight ounces of meat each day, or 45 percent more than the U.S.

Department of Agriculture recommends. Going meatless just once a week can help mitigate many of the health risks associated with eating too much meat. This includes diseases like cancer, diabetes, cardiovascular disease and obesity, according to a fact sheet from the CLF.

Tami O'Neill, project associate for Meatless Monday, says there are also a number of environmental benefits to curbing your meat consumption. "Meat production is also one of the leading contributors of greenhouse gas emissions, wasting precious



Going meatless just once a week can help mitigate many health risks.

resources like water and fossil fuels in the process. Going meatless even once a week can significantly improve upon current conditions; plus it's an easy task that fits into any routine," she says.

It's also a way to make a dent in the grocery bill. "When you consider how much a pound of even cheap meat costs and then look at the price of a pound of rice, beans or tofu, it's easy to see the savings. Committing once a week to preparing your own plant-based meals also can make a world of difference

if you usually opt for prepackaged convenience food. Not only will you save at the supermarket, your long-term health-care costs may improve as well," says O'Neill.

Fortunately, finding ways to observe Meatless Monday is pretty easy. Several recipes for entrees, sides and even large-quantity dishes for cafeterias can be found on [meatlessmonday.com](http://meatlessmonday.com). The group's Facebook page is another great resource for recipes. The Meatless Monday website has a page devoted to blogs with vegetarian recipes, including "Pepperoni is not a Vegetable" and "Eat Well Thymes."

Jeni Tackett, a registered dietitian at Trinity Bettendorf, notes that going meatless once a week doesn't require an extensive cookbook library. "There are plenty of websites out there that have vegetarian recipes. Try Cooking Light's site ([cookinglight.com](http://cookinglight.com)) or go to Epicurious ([epicurious.com](http://epicurious.com)) and put 'vegetarian' as part of the search," she suggests. Indeed, a search for "vegetarian recipes" at Cooking Light brings up 11,699 recipes, while Epicurious has 4,904 recipes on its site.

For all its health benefits, Tackett cautions that observing Meatless Monday isn't a quick way to lose a few pounds. She explains full-fat cheeses and salad dressings can quickly make low calorie vegetables as nutritionally bad as a fast-food value meal. "Sometimes people don't realize a vegetarian diet can be high in fat," she says.

It's a useful tip. In my house, meatless meals often take the form of grilled cheese sandwich nights because it's the one thing my 11-year-old son can cook by himself. What working mom is going to turn down her firstborn when he offers to cook dinner? Even so, Tackett says it's possible to find other easy recipes online. Branching out is just a matter of knowing what to look for. "There's a lot of easy 20- to 30-minute recipes out there, but don't get recipes that have 50 ingredients that you have to go buy," says Tackett. Instead, she suggests checking the ratings for recipes online. "Pick the ones that are tried and true."

handmade

# Wood and wheels

## Quad-Cities native designs bikes with one-of-a-kind flair

By Sarah J. Gardner

When the pack of RAGBRAI riders completes their bike ride across Iowa and wheels into Davenport later this month, one bike is sure to turn heads. Designed and ridden by Davenport-native Preston Brown, the bike is hard to miss as a hand-crafted creation. After all, it's made of wood.

Preston, who now lives in Mesa, Ariz., was inspired by the look and feel of beach cruiser bicycles to try to create one of his own. There was just one hitch. "I never learned how to work metal, so I used my years of cabinet and furniture building experience to fabricate my first frame," explains Preston.

"I started by plotting the 'riding triangle' from a metal bike on a sheet of plywood. I then changed the lines around that triangle until I had the shape I desired," says Preston. From that design idea, the first Driftwood Cruiser was born. Preston named it La Primera.

Driftwood Cruisers have since become a side business for Preston. Customers can pick from basic frame shapes, including the "classic cruiser" and the distinctive "stretch" frame, described on the company website ([driftwoodcruisers.com](http://driftwoodcruisers.com)) as "the ultimate beach crawler."

Customers also can pick from a variety of furniture-grade hardwoods from which to have their bike built, including walnut, mahogany, cherry, oak and maple.

A combination of old-world woodworking techniques and state-of-the-art technology is then used to assemble the frames, says Preston. He collaborates with West Systems Marine Epoxies to laminate the frames using materials designed to flex with the bike and move with the wood.

Preston also partners with Gary and Adam Crisp of Crisp Customs to do the final pin-striping and branding on each bike. The Crisps, who have made a name for themselves doing work on hot-rod cars, bring a design flair to the cruisers that add to the unique, customized design of each.

Start to finish, each bike takes more than 70 hours to complete. The results are comparable in weight to steel-frame bicycles but sturdier, says Preston. Because wood is able to absorb more vibration than metal can, the bikes make for a smoother ride. "The ride is much more quiet than a metal bike, too," Preston says.

No special maintenance is required for the bikes. The classic cruisers are built to perform well on a variety of terrains, while the stretch cruisers do best on flat ground. "Small hills are OK, but any serious inclines will be challenging for most people," says Preston.

That's just part of the charm, though, he says. "My ideal bike is long, low and slow. You can't be in a hurry when riding my bikes, especially the stretch cruisers. It's part of the cruiser culture to 'take it easy.'"

One positive to riding a bike that is low and slow? No need for Spandex or "butt pads," says Preston.



Submitted

When not building bikes, Preston designs and builds custom cabinets for kitchens, bathrooms and home offices through his other business, Brothers Woodworks, which he co-owns with his brother, Jeremy Brown. Preston describes the two businesses as going "hand-in-hand" with one another.

Preston says he loves doing the cabinetry and furniture work through Brothers Woodworks. Of course, you can't bring a kitchen cabinet home to cruise the Iowa countryside in RAGBRAI. He hopes to ride at least the last two days of the week-long event. "I'm really looking forward to being back in the Midwest," enthuses Preston.

"The best thing about building these bikes is getting to travel to new destinations with my family and meet tons of interesting people," Preston says, and while Iowa is not exactly a new destination for him, the easy terrain will make for ideal cruising on the bikes.

As for the future of Driftwood Cruisers, Preston is currently at work designing wood-frame children's tricycles. He is close to completing the final details. Says Preston, "This will be awesome for my daughters Audrey, age 3, and Isabelle, age 2."

*To learn more about these unique bikes, visit [driftwoodcruisers.com](http://driftwoodcruisers.com).*

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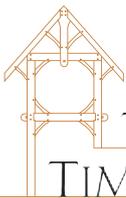
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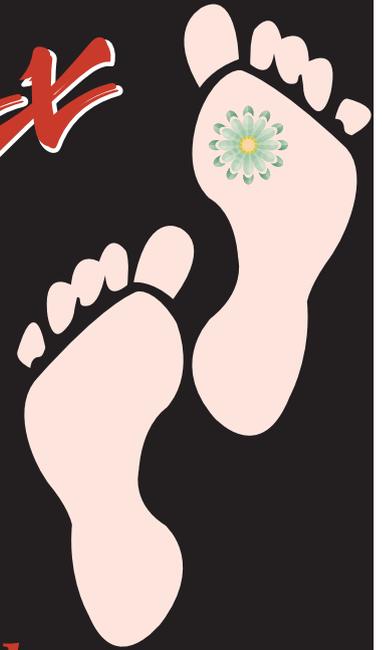
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gardens

# Compost care

## Tips for tending your heap to get the best results

By Jen Knights

So you have a compost bin. You understand the environmental and economic benefits of composting, and now you're saving all your kitchen scraps to add to the growing pile of black gold — rich organic material to help your garden grow — in your backyard. Is that all it takes?

Well, actually, it's only about 30 percent of what it takes. Composting is not rocket science, exactly, but there is a science to it. And whether you're maintaining a bin, a heap, or a pile, there certainly is a right way to cook your compost.

Luckily, when I decided to re-commission our long-idle compost bin, I knew just the person to ask for advice. I sat down with Scott Koepke, who runs a garden education service in Iowa City called Soilmates, dedicated to teaching people — from preschool to the golden years — the hows and whys of composting. I came away from the conversation with Koepke's top three tips for composting success.

*Have questions? Run into trouble? Call Soilmates at (319) 338-8426 or consult the University of Illinois Extension website: [web.extension.illinois.edu/homecompost](http://web.extension.illinois.edu/homecompost).*

### Soilmates' composting tip No. 1: Go green by using plenty of browns

The most common rookie mistake made by new composters (including me, until now) is failing to make compost with the right ratio of “greens” to “browns,” according to Koepke.

“Greens” are materials that contribute nitrogen or protein to the pile — fresh plant materials like fruit and vegetable scraps from the kitchen, grass clippings and weeds from the garden, along with eggshells, hair, and used

coffee grounds — and should make up only about 30 percent of your compost input.

“Browns” are carbon-contributing materials, generally dead stuff like brown leaves, straw and shredded newsprint, and should compose about 70 percent of your heap. Most newbie composters tend to fill up on the greens and forget to add the browns — so watch that ratio closely.

### Tip No. 3: Compost needs air and water — but mostly air

Moisture is an important element in the decomposition process, so be sure that your compost-in-progress stays moist. The kitchen scraps and other “greens” you add to the pile are usually sufficient to maintain a healthy hydration level. In fact, it's much more common for compost to get too wet, causing harmful anaerobic bacteria to proliferate.

If your compost does get dry, there's an easy remedy: sprinkle it lightly with a garden hose and turn it well with a pitchfork. Regardless of moisture content, you should turn your compost at least once every two to three weeks anyway to keep oxygen circulating (also critical to healthy decomposition) and to prevent the heap from overheating. The more often you turn it, the faster the process goes.

Finished compost is dark brown, nearly black, like the soil in our richest Midwestern farm fields. It's loose and dry in the hand — not sticky — and if you squeeze it into a ball, it will crumble easily. It should smell like very dark soil, with no rancid or sour odors.

### Tip No. 2: Compost needs a balanced, vegetarian diet

Whether it's brown or green, the more diverse your input, the better nutrients and micronutrients will be present in your compost. That means better nutrition for your garden, or as Koepke likes to say, “Food for your food!” Add as many different plant-based materials to your compost as possible — but keep out the meat and dairy and don't add bread products to the mix.



Paul Colletti / Radish

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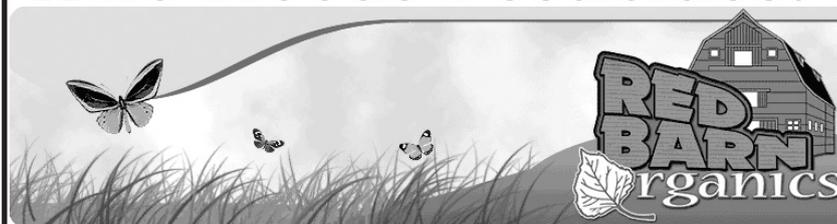


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# Keeping it reel

## How I kicked the gas habit and came to love mowing



Sarah Gardner breathes easy using a reel mower.  
(Photo by Paul Colletti / Radish)

By Sarah J. Gardner

I feel I can say unequivocally if I did not own a reel mower, I would also not have a left foot. More on that in a minute. Suffice to say I have a reel mower, and I love it, though the decision to forgo a gas- or even electric-powered mower was not one my household embraced without debate.

When my husband and I first bought our home, we congratulated ourselves on doing so in late September. This meant, we reasoned, we could wait to buy a lawnmower until the spring, giving ourselves time to weigh options and save up for the purchase.

We spent the rest of our autumn (as did our neighbors, I suspect) watching our newly acquired yard grow to resemble something closer to a pelt than a lawn. Raking leaves from its lush and lengthy blades of grass, I had the distinct recollection of brushing burrs from the manes of horses in my youth.

My husband and I had previously discussed getting a reel mower, but something about our runaway lawn struck fear in the heart of Ben. He started thinking we'd need a truly tough machine to snarl its way through the growth. As we waited for spring, we consulted websites, read books, picked favorites, debated merits and rejected compromise. It was a long winter.

Then, one day in early spring, I heard a soft thip-thip-thip sound passing the window. I looked out to see my neighbor mowing her lawn with a reel mower. In a flash I was outside asking her questions. Did she like it? Was it a lot of work? Could I try?

That evening, both Ben and I took turns pushing the reel mower around the yard. There were unexpected surprises, like discovering how mown grass smelled even more like mown grass without the exhaust fumes. That is nothing to sneeze at: Because small engines do not have the same kinds of emissions controls that larger engines do, gas-powered lawn mowers are actually worse in terms of exhaust than cars. Operate a mower for an hour and you release the equivalent emissions of driving a car 200

miles — and you do so walking behind it, huffing and puffing and breathing it all in.

But I didn't really come to love our reel mower until a week later when I took our own recently-purchased model on its first spin. On one side of our house is a steep little hill. As I was whistling along pushing the mower, I lost my footing and went tumbling down the incline. The mower came rolling after me, and when it and I came to a halt at the bottom of the hill, the mower was resting over my left foot. I thought with a chill, "If this were a gas mower ..." As it was, not even my littlest toe was nicked.

This is not to say reel mowers aren't without their drawbacks. If the grass gets too tall, it takes more effort to push the mower — not so much to be a serious impediment, but enough to notice. The mowers aren't great with crab grass, which inevitably will have a wily blade or two that evades the reel blades. Ben and I have come to respond to this two ways: with a shrug, or with a pair of garden clippers kept in the back pocket. Every so often we pause while mowing and trim the errant blade by hand.

The biggest drawback may be that the mower blades need to be sharpened every other year. We paid \$180 for our mower; the first time we got it sharpened, it cost us \$70, which felt a bit like buying it half over again. However, when I add up what we would otherwise spend in fuel and maintenance on a gas-powered model, we're still coming out ahead. We have also since found kits that allow us to sharpen the blades ourselves, bringing the cost down further.

And then there are the benefits. Our reel mower is quieter. It's cleaner. It's quicker — we don't have to wrestle a hulking machine in and out of the garage every Saturday, or spend time filling it with gas and getting it ready to run. As a machine, it is downright pleasant to walk behind, and so unobtrusive I don't worry about bothering the neighbors if we mow early in the morning or late in the evening. Safe to say it has made mowing less of a chore. Now, the only thing we disagree about is whose turn it is to mow instead of doing the dishes.

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environment

# To help or harm

## Little actions add up in our rivers and streams

By Sarah J. Gardner

To protect our watershed, all we need to understand is one simple thing, says Robbin Dunn, program coordinator for Davenport Public Works. “Water is the universal solvent. Whatever it runs over or passes by, it’s going to pick up and take with it,” she says.

Seems easy enough to grasp. We have all seen litter carelessly tossed in a river or creek go bobbing downstream, carried away by the current. But waterways are just one part of the equation, Dunn explains. We also have to be aware of things that get rained upon.

“A cigarette butt is designed to trap and filter chemicals. When that butt is left out in the rain, water carries the butt and the chemicals it contains into the storm sewers where they eventually end up in the nearest water body,” says Dunn.

A common misconception, she says, is that water that enters the storm sewers goes to the water treatment plant. Not so. Storm sewers merely channel the water off our city streets, which means the water flows through them into our streams and rivers without getting filtered. The chemicals the rainwater picks up along the way from those cigarette butts — and lawn fertilizers and detergents from washing your car — go right into the watershed with it. That spells trouble for the people and wildlife living downstream.

When many people think of chemicals entering the watershed, Dunn says, they tend to think of “run-off from big farms, but we have to look at our own homes. We all put a little bit in, a little bit of nitrates, a little bit of phosphorous. A little bit from everyone adds up, especially when it is flowing into the Mississippi.”

As a result of all those chemical contributions, we end up with dead zones downstream, places where chemical imbalances have resulted in flourishing algae that deplete oxygen from the water and make it difficult for anything else to live there.

The good news is just as we all contribute to what goes into the watershed, we can all help protect it. Simple steps help, like using phosphate-free detergents, picking up litter and keeping grass clippings out of the street.

But wait, grass clippings? Isn’t grass part of the natural world to begin with? Yes, says Dunn, but grass clippings aren’t — hundreds of years ago when this land was prairie, the grasses weren’t regularly mowed, which means grass clippings didn’t end up in the watershed. “Our rivers aren’t naturally designed to handle it,” she says.

Protecting our watershed is important, says Dunn, because “water is essential to everything, it is important to everyone.” But it is also fun. Water isn’t just something we use to cook and clean and irrigate our fields, it’s also a major source of recreation. That means when we take care of it properly, we can enjoy the benefits right away. “You can boat in it, fish in it, go for a swim. There are so many ways to enjoy water,” says Dunn.



Photo by Gary Krambeck / Radish

### Third Annual Watershed Festival

To celebrate all the ways water can be enjoyed and raise awareness of the steps we can take to protect it, Davenport Public Works will be hosting a Watershed Festival from 8 a.m. to 1 p.m. July 16 adjacent to the Freight House Farmers’ Market, 421 W. River Drive, Davenport.

Exhibitors, including representatives from River Action, Nahant Marsh, and the National Mississippi River Museum and Aquarium, will set up more than 30 booths featuring educational materials and demonstrations. Kids at the fair will have the chance to construct water toys using recycled materials from Reusable Usables and test them out at water play tables, among other activities.

New this year will be a live birds-of-prey demonstration on stage by the Wapsi River Environmental Education Center, as well as a fly-fishing demonstration and performances by the Davenport Junior Theatre and Dance Works.

*The festival is free and open to public. For more information, visit [cityofdavenportiowa.com/watershed](http://cityofdavenportiowa.com/watershed).*

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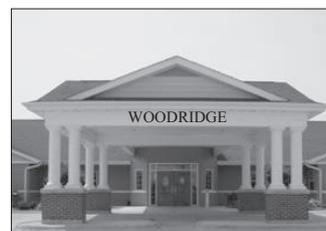


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# Light therapy

## Painless cold laser treatments can help healing

By Ann Ring

There's a simple explanation as to how a Silvis, Ill., chiropractor ended up with a distinctive tool in treating a number of injuries and pain sources for his patients: He read an article. In it, Dr. Harold Bobb learned how cold laser therapy or low-level laser therapy (LLLT) was being used to accelerate healing in burn patients at the University of Oregon. He kept reading, and admits that at first the treatment sounded almost too good to be true. A light beam can heal?

"I took a couple of seminars then got more training," says Bobb, who's been in the chiropractic business for more than 30 years. He studied cold laser therapy for eight months by reading and traveling around the U.S. attending seminars.

Bobb says that cold laser therapy isn't just for chiropractic care, but can be used toward a variety of other treatments like plantar fasciitis, bursitis, heel spurs and jaw pain from temporomandibular joint disorder (TMJ). A quick search on the Internet lists a plethora of conditions that can be addressed with this type of treatment, including neck and back pain, sprains and strains, tendonitis, bone fusion, whiplash, rotator cuff syndrome, hypertension headaches, infertility, post-operative pain, fibromyalgia, rheumatoid arthritis, Achilles tendonitis and more.

This type of laser therapy (or laser biostimulation, photomedicine, or non-thermal laser) is just the opposite of heat lasers, which have a thermal effect and are

used to destroy tissue. Bobb says the patient normally doesn't feel anything or possibly slight warmth during treatment. Rather than destroy tissue, this type of laser exposure stimulates tissue growth.

How does it do so? Similar to a scanner, during the short treatment session a light beam is aimed at the affected area to stimulate cells. This light has the ability to penetrate 2 to 4 inches below the skin. When exposed to specific wavelengths of laser light, certain reactions are triggered within the cells of the tissue. Bobb explains, "When you bombard the cells with laser light, the mitochondria is stimulated." Mitochondria are the energy producing centers of cells, and cold lasers have a profound effect on them, increasing their energy output. As a result, LLLT can reduce inflammation, reduce pain and accelerate tissue repair.

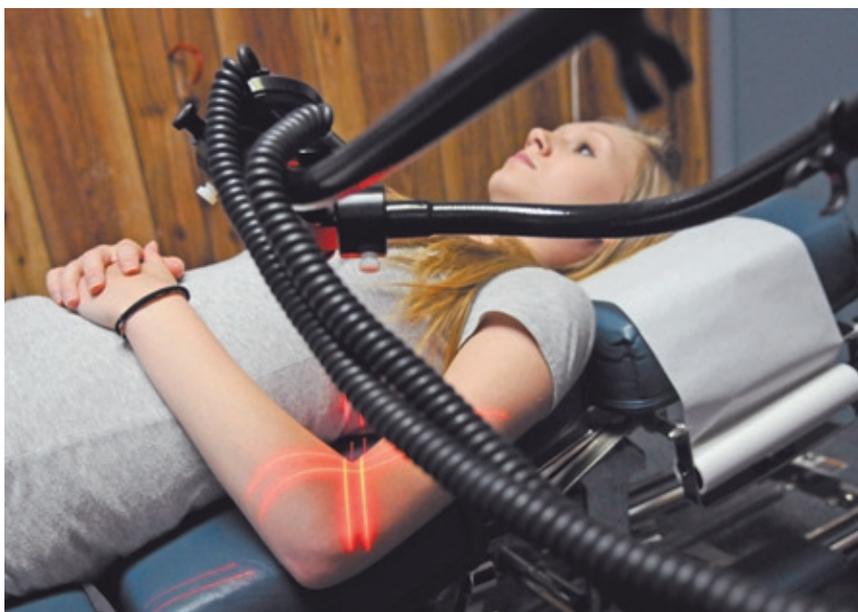
### Rather than destroy tissue, this type of laser exposure stimulates tissue growth.

Bobb believes he is one of only two or three chiropractors in the Quad-Cities who is using cold laser therapy. While the FDA has approved use of this technology, some insurance companies do not cover this modality. However, the list of insurers is growing and there are suggested billing and diagnoses codes that can be appropriately applied.

Bobb, who treats about 20 percent of his clients with low-level laser therapy, maintains he would not have purchased his two expensive laser machines had he not been convinced the treatment works. When he purchased his first laser last November, existing patients received free trial treatments, then provided feedback. The results? "It sort of sells itself," Bobb says.

Painless, noninvasive, quick, effective and cost-effective, LLLT treatments have many advantages. They are used by medical personnel at U.S. Olympic training centers, Cedars-Sinai Medical Center, Texas A&M University, and the University of Nebraska. There are some limitations, though: LLLT does not absorb as well on patients taking statin, photo-sensitive, or immunosuppressant drugs; it should not be used on women who are pregnant; be applied over tumors, cancer cells, or the thyroid; and most conditions require more than one treatment.

Bobb sees a lot of potential for cold laser therapy, especially with the aging population. "This will allow you to move away from medications," he says. "I have a lot of Medicare patients, and some are already taking 10 prescriptions and have complicated health histories. I can offer a noninvasive treatment. The more we can move people away from medications and keep costs down, the better."



Chiropractic assistant Katy Peterson demonstrates a cold laser application. (Photo by Stephanie Makosky / Radish)



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environment

# Brighten better

## Are LEDs the next 'big thing' in light bulbs?

By Jeff Dick

One hundred thirty-one years ago, Thomas Edison had a bright idea: the incandescent bulb. Emitting far more heat than light, the great inventor's 19th century technology is slowly being replaced by more energy-efficient successors.

With federal energy standards essentially mandating a gradual phase out of incandescents — beginning with 100-watt bulbs next January — the shift towards alternative technologies will turn up a notch.

Garnering the biggest share of the alternative-bulb market, the compact fluorescent lamp (CFL) has been the early heir apparent. But plenty of consumers are not happily basking in the spiral-shaped bulb's cool white glow, preferring instead the incandescent's warmer, yellowish hue.

Needing a brief but vexing warm-up time, CFLs also contain trace amounts of mercury, posing a potential health hazard that requires careful cleanup in case of breakage. They also can't be disposed of by simply tossing them into the trash.

And though their price has come down appreciably since being introduced a decade ago, CFLs still cost several times more than incandescents while not always living up to their predicted life span.

A spin-off of the incandescent bulb, tungsten halogens, emit a warm glow similar to traditional incandescents yet consume 28 percent less energy. With their conventional shape, these next-generation incandescents aim to extend the life span of Edison's invention.

Coming up fast is a third option: the light-emitting diode (LED). At a recent lighting-industry trade show, LED bulbs suitable for replacing popular 100-watt incandescents were on display, set for sale next year.

Consuming less energy (as little as one-tenth) and lasting longer (20-plus years) than either incandescents or CFLs, mercury-free LEDs are highly efficient but very expensive, with 100-watt replacements selling for \$50. Prices are expected to drop as demand increases.

Available in various sizes and degrees of brightness (or lumens), LEDs are currently used in a wide range of applications, including street lights, traffic signals, televisions, desk lamps, flashlights, customized autos and holiday light displays, where they last 10 to 20 times longer than traditional bulbs.

LEDs generally spread light more uni-directionally than incandescents. Like CFLs, they have tended to lack the warmth of incandescents. Both of these drawbacks have been minimized in the newest bulbs.

For example, Philips makes the 12-watt Ambient LED, which

substitutes for a 60-watt incandescent. The bulb provides 360-degree projection, and its yellow enclosure allows an incandescent-like hue.

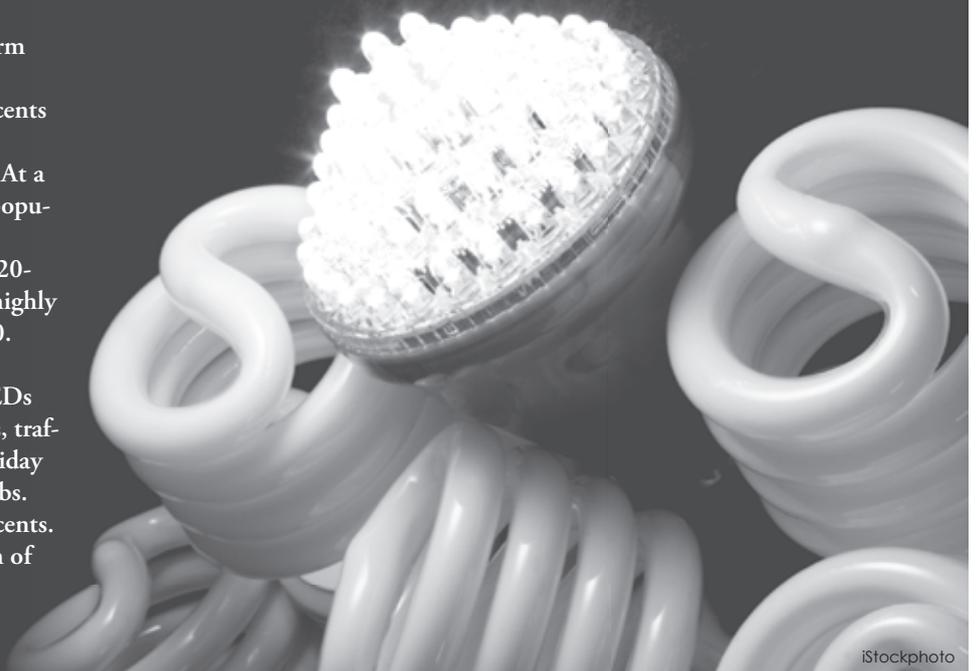
General Electric recently came out with the Energy Smart 9-watt LED bulb, the first in its category to receive an Energy Star rating. The tulip-shaped bulb has fins that direct its soft light multi-directionally.

Consumer Reports recently praised the Cree CR6, which replaces 65-watt incandescent recessed bulbs. The LED model provides accurate color with no warm-up delay, and dims about as well as an incandescent and better than the CFLs the magazine tested. At 10.5 watts, the CR6 uses 84 percent less energy than a comparable incandescent and 30 percent less than a CFL.

Unlike CFLs or incandescents, LEDs are based on the same evolving semiconductor technology found in computer chips, thus promising greater future efficiency.

Meanwhile, retail availability of LEDs has been expanding. Lowe's has been selling Sylvania's 60-watt equivalent, while Home Depot has been selling the Philips bulb and, in some stores, another 60-watt equivalent under its house brand, EcoSmart.

Somewhere Thomas Edison must be smiling.



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## gardens

## New Quad-Cities structure houses butterflies native to western Illinois and eastern Iowa

By Sarah J. Gardner

Quick question: Do you know what the largest butterfly in North America is? If you answered “giant swallowtail,” you’re correct (and if you answered with the Latin name *Papilio cresphontes*, well, then you are probably a lepidopterist). Now, second question: Do you know where in the Quad-Cities you can easily see the butterfly?



Photo by Stephanie Makosky / Radish

How about the butterfly habitat at the Quad City Botanical Center? Opened this summer, the enclosure is home to the giant swallowtail, as well as monarch, painted lady and black swallowtail butterflies. The family-sized space (built just 12 feet long by 12 feet wide) can hold two or three adults along with two or three children — and butterflies by the dozens — allowing for some up-close and intimate encounters with the winged creatures.

“We’d prefer that people not touch them, but butterflies sometimes have their own ideas and will land on guests,” says Dave Searl, head gardener for the botanical center. In fact, visitors to the butterfly enclosure are encouraged to check before exiting to make sure no butterflies are resting on their clothing or hair.

Located within the educational green house at the botanical center, the screened sides of the butterfly habitat allow visitors to view butterflies just as easily from outside the structure as from within it. In addition, a short distance from the greenhouse is an outdoor butterfly garden where giant swallowtails from the wild may visit freely. Like all the other butterflies in the enclosure, they are native to this region.

“The two areas really complement one another,” says Searl. “Inside the habitat, you can see the butterflies up close, and then you can go outside and see them in their natural habitat.” Because of this, says Searl, the addition of the butterfly habitat opens up new educational and programming opportunities for the botanical center.

The habitat was made possible through a generous donation made by Steve Petsel in memory of his late wife, Wendy, who always loved butterflies. “I get goose-pimply whenever I think of the school groups, the scouts, who are going to come to see the butterflies, the impact it will have,” says Petsel. “Wendy would be really pleased.”

Petsel and friends of the family continue to raise funds to support educational programs related to the habitat and to keep it stocked with butterflies.

*Admission to the butterfly habitat is included in the general admission price of the Quad City Botanical Center, 2525 4th Ave., Rock Island. The habitat is open for viewing during regular hours of operation. For more information on the center and upcoming events related to the butterfly habitat, visit [qcgardens.com](http://qcgardens.com).*

# rooting around

## Quad-Cities Enviro-Kids program engages youth in fun summer outings and environmental education

What do boating at West Lake Park in Davenport, stormwater activities at Wessel Park in Bettendorf, and a trip to Miss Effie's Farm near Donahue, Iowa, all have in common? They are all July activities for the Quad-Cities Enviro-Kids program. The goal of Enviro-Kids is to teach youth different ways to have fun outdoors while incorporating environment education. Children entering the third, fourth and fifth grades are invited to participate. There is a one-time fee of \$5 per child, after which the children may participate in one or all of the outings. July outings will be held from 9 a.m. to noon July 9, 23 and 30. Parents can tag along to the activities or pick their children up at the end of the morning. Registration is limited and accepted on a first-come, first-served basis. For more information, visit [ilivehereqc.org](http://ilivehereqc.org) or call (563) 468-4218.

## Annual Seed Savers conference features a wealth of workshops and activities

The Seed Savers Exchange annual conference and campout is all about seeds — growing them, harvesting them, and saving them — with plenty of workshops to show how it's done. The event, now in its 31st year, will be held July 15-17 at Heritage Farm in Decorah, Iowa. SSE board members, advisors and staff will share their expertise on garlic, gardening, apple grafting, heritage livestock and more. Guest speakers will include Woody Tasch, founder and chairman of Slow Money, and Matthew Dillon, founding director of Organic Seed Alliance. Children attending the conference can participate in forest hikes, music in the garden, fresh food preparation and a bonfire. For more information or to register for the conference, visit [seedsavers.org](http://seedsavers.org).

## Waste not, want not: Specialists develop a system to collect and reuse rainwater in high tunnels

Proper water management is an essential skill for fruit and vegetable high-tunnel growers. Because the tunnels' plastic film prevents rain water from reaching the crop, the environment underneath is virtually a desert. However, an estimated 1,800 gallons of water runs off a 30-by-96-foot high tunnel with each inch of rain. That water tends to puddle around the sides of a high tunnel or requires drainage. Rather than letting water saturate or erode the soil around the high tunnel or go unused, Iowa State University Extension specialists have developed a system to collect the rain water and store it for reuse on the crops within the high tunnel. The public can see this irrigation system firsthand at a high-tunnel field day to be held at 6:30 p.m. July 12 at the Armstrong Research and Demonstration Farm, 53020 Hitchcock Ave., Lewis, Iowa. For more information, contact Linda Naeve at (515) 294-8946 or [lnaeve@iastate.edu](mailto:lnaeve@iastate.edu).

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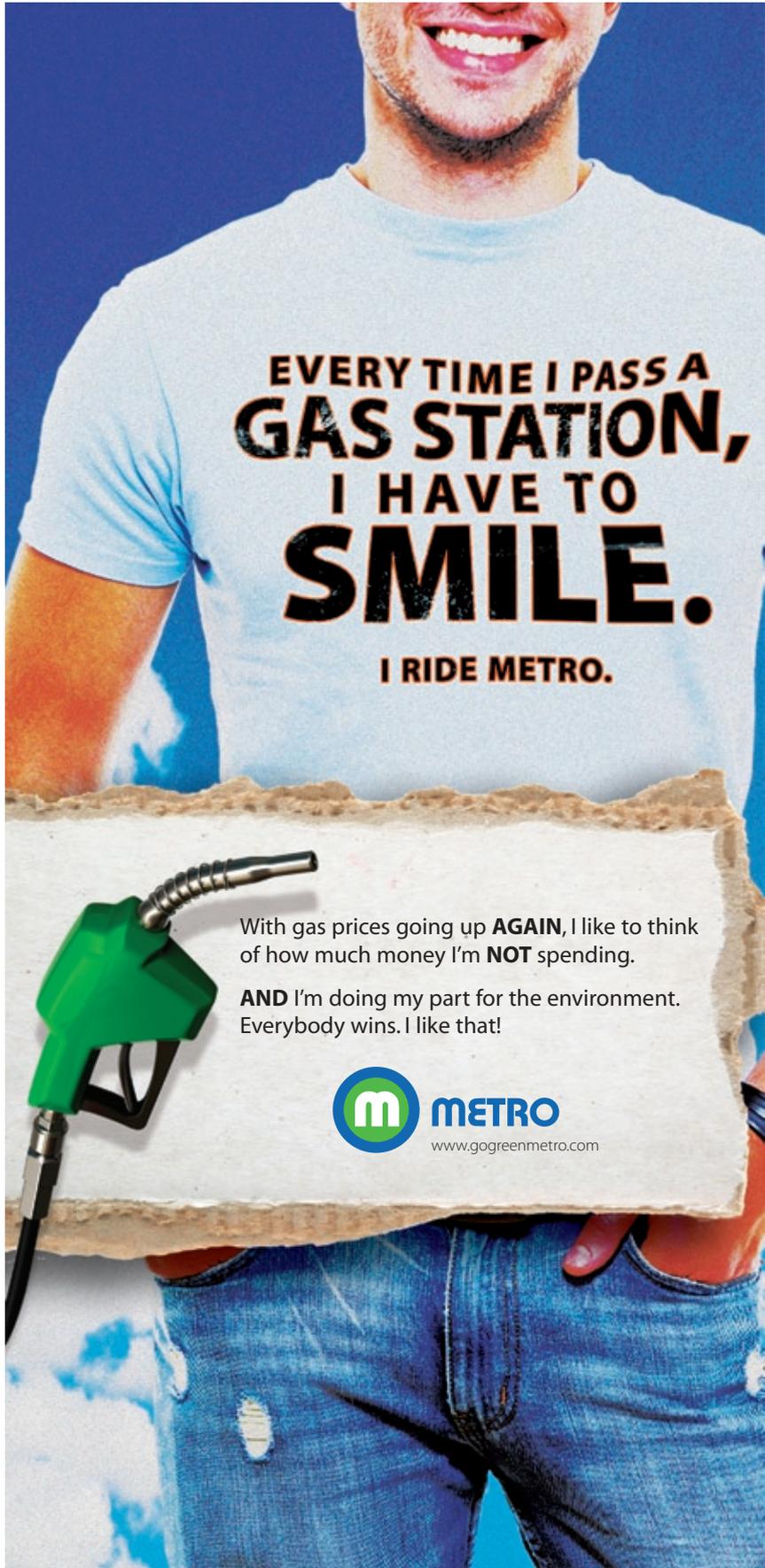
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# rooting around

## Summer silent retreat day is a chance to come to the quiet

Looking for an opportunity to set aside your hectic routine and listen instead to the needs of your heart and soul? Enjoy the silence of a summer day while you meditate, read, walk or just sit on the grounds of The Our Lady of the Prairie Retreat, near Wheatland, Iowa. The one-day personal retreat lasts from 9:30 a.m. to 3:30 p.m. July 20. The day begins and ends with a short, shared prayer, but the rest of the time is self-directed. Cost to participate is \$15, which includes lunch. Optional sessions with a spiritual director are available for a separate fee. For more information, call (563) 323-9466.

## Celebrate the height of summer at Earth Source Gardens parties

Iowa City vampires take note: among the events scheduled this summer at the Earth Source Gardens is a free class on braiding garlic. Even if Nosferatu has not been spotted lurking in your garden, the class is a great way to learn to store the summer's garlic bounty for use in the months ahead. The class will be held from 5:30 to 7:30 p.m. July 22 and is free and open to the public, no registration required. For more information, call (319) 248-6406.

## Updated and expanded 'Learning about Local' directory now available

Compiled by the Leopold Center for Sustainable Agriculture, the popular directory "Learning about Local" has recently been updated to help Iowans stay in touch with the growing number of organizations supporting local-foods efforts. The directory provides current contact information as well as descriptions of 85 organizations, programs, funders and consultants. The expanded list includes Iowa community colleges that either serve local foods or provide resources for people interested in local foods. Descriptions of each organization's mission, type of assistance offered, program examples, and audiences targeted are included in the directory. A copy of the publication is available for download at [www.leopold.iastate.edu](http://www.leopold.iastate.edu), or you can request a print copy by calling (515) 294-3711.

## Give a hoot, ditch the suit

Following the loss of the Fukushima Dai-ichi nuclear power plant crippled in the March 11 tsunami, electricity is projected to be in short supply for Japan's capital city, Tokyo. In an effort to conserve energy, the Japanese government is calling on businesses and government offices to limit air conditioning and set room temperatures at 82 degrees. The goal is to reduce electricity usage by 15 percent. The program goes a step farther than a similar initiative introduced in 2005 to combat global warming: In addition to asking businesses to curb energy use, the government is asking white-collar workers to leave their suits on the rack and dress instead in polo shirts, aloha shirts and other light and casual garb. This will make it easier for the places they work to cut back on air conditioning.

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## rooting around

### Asthma rates in U.S. on the rise

According to a report released in May by the Centers for Disease Control and Prevention, nearly one in 12 Americans are now diagnosed with asthma. The number of asthma diagnoses grew by 4.3 million between 2001 and 2009, although the cause for this increase remains unknown. A higher percentage of children than adults were diagnosed with the ailment. The CDC recommended improving indoor air quality in schools and workplaces as possible measure to take, as well as teaching patients how to avoid asthma triggers such as tobacco smoke, mold, pet dander and outdoor air pollution. Paul Garbe, chief of the CDC's Air Pollution and Respiratory Health Branch, says the top priority for the CDC is helping people to better manage their symptoms.

### Sharing green ideas is easy (and fits on a postage stamp)

Your mail can show the world you care about the environment when you use the "Go Green" stamps from the U.S. Postal Service. The series of 16 stamps are part of their "Go Green" commitment and show easy ways to be more eco-friendly, including composting, planting trees and maintaining tire pressure. The new postage are "forever" stamps, meaning they can be used at any time, no matter how much more stamps cost in the future. The stamps were created by award-winning animator, filmmaker and illustrator Eli Noyes, along with art director Derry Noyes. A full sheet of all 16 stamps are \$7.04 and is available online at [usps.com](http://usps.com) or at any post office.

### Solar panels for the 21st century

One of the biggest drawbacks of solar panels is the fact that they only collect about 20 percent of the energy the sun produces. An engineering team from the University of Missouri has not only developed a flexible solar sheet that captures more than 90 percent of that energy, but the team plans to have prototypes available for sale to consumers within five years. Patrick Pinhero, an associate professor in the MU Chemical Engineering Department and his team have developed a thin, moldable sheet of small antennas called nantenna that can harvest the heat from industrial processes and turn it into electricity. Since the new panels are flexible, they could be incorporated into roof shingles or used to power vehicles.

### Healthy living is a collaborative effort: A thanks to our media partners

The Radish Healthy Living Fair has become a successful gathering point for the sharing of information from many diverse sources. Ultimately, everyone involved with the fair shares the mission of Radish as we work together to present and promote "Healthy Living from the Ground Up." We would like to recognize other members of the Quad-Cities media for their collaboration in this effort. A special thank you goes to B100 radio at Cumulus Broadcasting, WQAD TV8 and WQPT Public Television for their teamwork in sharing with their audiences our invitation to attend the 2011 Healthy Living Fair.

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# farmers' markets

## ILLINOIS

### BUREAU COUNTY

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

### CARROLL COUNTY

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

### HENRY COUNTY

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

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

### JO DAVIESS COUNTY

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

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

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. July 3, 17, 31; Aug. 14, 28; Sept. 4, 11, 25; and Oct. 9. (815) 777-2000

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

### KNOX COUNTY

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

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

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 7-Sept. 29. (309) 483-6467

### LEE COUNTY

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

### MCDONOUGH COUNTY

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

### MERCER COUNTY

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

### OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 7-Sept. 29. (815) 946-3131

### PEORIA COUNTY

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

### ROCK ISLAND COUNTY

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

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

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

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

### WARREN COUNTY

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

### WHITESIDE COUNTY

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

## IOWA

### CEDAR COUNTY

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

### CLINTON COUNTY

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

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, through Nov. 1. (563) 577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 30-Sept. 24. (563) 577-2216

### DES MOINES COUNTY

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

### DUBUQUE COUNTY

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

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

### HENRY COUNTY

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

### IOWA COUNTY

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

### JACKSON COUNTY

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

### JEFFERSON COUNTY

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

### JOHNSON COUNTY

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

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

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

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

### LEE COUNTY

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

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

### LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, through Oct. 22, except for July 2, 16; Aug. 6, 20; and Sept. 3, 17. (319) 286-5699

Downtown Farmers' Market, 3rd and 4th Avenues SE, 2nd to 5th Streets, downtown Cedar Rapids; 7:30 a.m.-noon July 2, 16; Aug. 6, 20; and Sept. 3, 17. (319) 398-0449 or [downtowncr.org](http://downtowncr.org)

Green Square Farmers' Market, Green Square Park, 3rd Avenue and 5th Street SW, Cedar Rapids; 4-6 p.m. Thursdays, through Aug. 31. (319) 286-5699

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

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

### LOUISA COUNTY

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

### SCOTT COUNTY

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

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

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

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

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

food for thought

# Let them play

Children grow through entertaining themselves

By Liz Rog

When our kids were young we often went to friends' houses to share a meal and some time together. While the adults were content to sit at the table for hours, the children stayed at the dinner table only as long as they were required. Every minute leading up to their dismissal from the table was more charged as their excitement rose; finally, with great glee, they were off. What could be so thrilling? Where were they going? Why, anywhere: upstairs, downstairs, outside, down the block. They were off to play.

They played dress-up, hide-and-seek, sardines, kick-the-can. They drew pictures. They played in the snow or the water. They laughed, and they got into arguments. They gathered bouquets and ladybugs. They showed each other secret places and cool stuff in the house. They looked at big books and played board games. They did hair styles.

Then came the change; it was not so long ago and it was fast. Quite suddenly it became the norm that adults arrived at every gathering equipped with videos and DVDs, and a device on which to show them. The movies were always selected with care. Depending on the adult who did the choosing, it might be nonviolent, or a favorite from their own childhood like "Into the Woods," or even a fascinating documentary.

The allure of this technology is so strong that kids willingly obliged the adults. It took only a few months before they too considered that the norm. I would hear kids talking to their parents preceding a gathering at their house, negotiating film options. Not whether to show one, but which. The parent might insist that such and such a film was not appropriate, skillfully steering the child in the direction of a more suitable-seeming choice — but this loving parent was passing right by their better opportunity.

## This is part of our ancestral tradition of raising community-builders and caring citizens.

I come to you now with fervor for the cause of the preservation of kids' playtime, and a specific idea to offer you. This is not merely the cause of some radical parent; I believe that our choice for its outcome affects who we are as a people, now and in the future. Where children are gathered together, I wish that all adults would say "no" to all movies. Stay off that slippery slope — the only place it can take you is to a room full of glossy-eyed kids staring at a screen, begging for more even though they aren't quite happy and don't know why. Instead, let them play.

**Radish** 40



MCT

You already know that there's a world of difference between kids playing together and kids sitting passively (or even actively, as in the case of video games) in front of a screen. You already know that kids' time to play together is essential for their development into mature and whole adults. So guard it! Protect the children's time to play together. They can't do it for themselves.

Children need to live out their wholeness in order to believe in it. They need to discover that they can entertain themselves, that they can communicate and play with their friends. While they're at it they will build happy memories of a place and people, and then take their turn at protecting and preserving it. This is part of our ancestral tradition of raising community-builders and caring citizens.

We didn't mean to do this. All of this technology is still very new, and we are just beginning to learn how to use it without letting it use us. We will make mistakes. We will forgive ourselves and start anew. Lest you think it's already too late — that they already have lost the imagination and creativity that is inherent in all children — trust them. Give them time and space.

Some generation of adults is going to have to reclaim and protect children's playtime. Make it now. See if you can get a clean start in your circle of friends by beginning with a collective ban on electronic entertainment where children are gathered. Remove it from your group culture. Start with your own home. Be brave. Know that your radical action is part of the preservation of the best of human possibility: to create, to relate, to cooperate, to imagine. To play.

James Miller

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