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Todd Mizener / Radish



Ah, summer is officially in full swing, and I feel like I'm finally hitting my stride. We have yet another successful Healthy Living Fair under our belts; I haven't killed the succulent I recently repotted (yet); I've taken a few hikes and I've challenged myself to eat more fresh fruits and veggies with every meal. And so far, that's going well!

Getting enough fruits and veggies on the table always is a challenge for me. It's not that I don't like them — it's that I'm not particularly fond of all of the chopping. Plus, when it's as hot as it's been in the Radish region, it's hard to want to eat much of anything that isn't ice cream.

So, I'm approaching it with the same strategy I'd use on a kid who's defiantly uninterested in vegetables: I'm tricking myself. Think of all of the amazing flavor combinations you can throw together with vegetables! Yes, readying vegetables and fruit requires a fair amount of chopping — but you can do a lot at once to last nearly the whole week! Look how colorful this dish is with all of these fruits and veggies! And so on.

In fact, the rainbow of colors of fruits and vegetables I pack my salads with was the inspiration for this month's cover. All of the shades of red, green and orange just make me happy. Everything thrown together in a bowl looks just as pretty as it is tasty. It's a win-win!

On my quest to add more fruits and veggies to my days, thankfully, I've found and created a handful of recipes to help. For instance, on pages 18 and 19, you'll find a handful of tasty salads you easily can throw together. On page 14, you can read about how to turn green beans into a main dish rather than a side. And on pages 26 and 28, you can learn more about a couple of shake shops in the Q-C that create vitamin-packed drinks.

If you're in a food rut, or simply trying to up your fruit and veggie intake, you should try them, too. You'll be glad you did!

— **Laura Anderson Shaw**  
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# the grapevine

## From our readers

"Inspiring stories and great recipes." — *Talisa Bailey*

"Your magazine tells us about so much wonderful/healthy stuff in the community. We love it." — *Sara Pearson, Davenport*

"I like the natural health info." — *April Limburg, Moline*

"Wide variety of timely topics. I read regularly." — *Pete Doll, Bettendorf*


"Has made me more aware of community events, natural ways of life and hometown local vendors and businesses." — *Jan Beaver, Milan*

"Love the recipes and health articles. Very informative." — *Gloria Wilson, Davenport*

"Great recipes in Radish and interesting articles." — *Brenda Buckles, Davenport*

"I look forward to each issue of Radish and thoroughly enjoy reading the articles." — *Sharon Brugioni, Bettendorf*

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

 **Mini review: "Healing the Vegan Way: Plant-Based Eating for Optimal Health and Wellness," by Mark Reinfeld. (2016, Da Capo Press)**

Vegan guru Mark Reinfeld's way with words and approach to food preparation and consumption will entice the most skeptical reader/consumer to consider the information in his nearly 400-page tome, "Healing the Vegan Way."

The book consists of two parts — the foods and lifestyles that work most to our benefit, and acquiring the proper ingredients, utensils and cooking styles that serve us best in adopting and implementing the author's tips — which not only can cure a person of a variety of illnesses, the book touts, but keep a person free of future illness.

Healing the Vegan Way offers some 200 recipes, with a variety of prep suggestions to accommodate individual taste. Recipe templates allow ingredient substitutions for various types of fruit, nuts, seeds, vegetables and legumes, as well as the preparation style itself.

Reinfeld does not preach in "Healing the Vegan Way," but instead includes recommendations from nutritional and medical experts. He also offers stories from those who have tried a vegan lifestyle to seek relief from particular physical challenges ranging from heart disease and diabetes to high cholesterol, providing very convincing evidence that changing the way one eats can have a profound influence on quality of life.

As the author states, "Hope is on our plates."

— *David Grimes, Monmouth*



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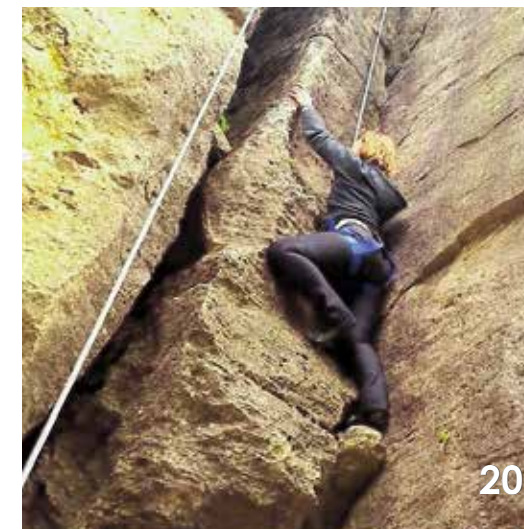
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# LIVE WELL!



## healthy living from the ground up

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/ Radish)

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ROCHESTER, Minn. — New diagnoses for  
two types of skin cancer increased in  
recent years, according to a Mayo Clinic-  
led team of researchers.

Their paper, published recently in Mayo  
Clinic Proceedings, uses medical records  
from the Rochester Epidemiology Project  
to compare diagnoses of basal cell  
carcinoma and squamous cell carcinoma  
— both nonmelanoma skin cancers —  
between 2000 and 2010 to diagnoses in  
prior years.

Learn what the researchers found in this  
Mayo Clinic News Network (TNS) story on  
radishmagazine.com.







# ‘Clean eating’

## Dishing a little dirt on this diet craze

By Leslie Barker  
The Dallas Morning News (TNS)

In our ever-earnest quest for health, certain phrases make their way into our gastro-nomic vernacular: Paleo. Whole 30. Cleanse.

Then there’s this one, alluring in its innocence: clean eating. It sounds to be a breath of fresh air. What, after all, what could be more basic than clean eating? Lots, apparently. The headline on a Good Housekeeping column called it “Total BS.” Huffington Post UK wrote about “How Clean Eating Became a Dirty Word.” For every website or trainer or dietitian touting it, there’s another rolling their eyes.

It’s confusing, they say. It implies if you’re not eating clean, you’re an over-weight sloth whose food is unclean. “I tend not to use the phrase often,” says Sara Asberry, registered dietitian at the University of Texas at Dallas, “because I feel it has a lot of mixed messages. It inadvertently is implying that all other foods are dirty.” Julie Kuehn, registered dietitian and personal trainer at Life Time in Allen, Texas, loves it. “When I hear ‘clean eating,’ I think, ‘Oh, yeah!’” says Kuehn. “I think we’ve finally stumbled upon the catchphrase that gets it.”

One problem, though, seems to be coming up with a mutually agreed-upon

understanding of the two words. “There are a lot of definitions, and that’s part of why it can be so confusing,” Asberry says. Kuehn defines the concept basically as “minimally processed foods.” But, she acknowledges, people do get a little carried away: “Should we get all organic? All local meats? There’s not a clean-eating council to define it.” In the past, Kuehn says, so-called “diets” revolved around eliminating something — for instance, carbohydrates or fat. “Everybody’s always trying to eliminate a food group, then another group of scientists comes out and says ‘No, eat this.’ It’s leaving consumers confused and baffled.” But, says Asberry, many people are just as baffled with clean eating. “If they come to me wanting to eat more fruits and vegetables and whole grains and lean protein, I can support them,” she says. “But if they come to me wanting to eat all organic and omit foods from their diet — ‘I hear dairy is bad for me’ or ‘I hear grains are processed foods so I don’t want to consume them’ — they’re eliminating really nutritious foods.” Allison Cleary, a registered dietitian at Baylor Scott & White Medical Center at White Rock, also cautions against taking clean eating too far. Say, for instance, you eliminate fast food. But then you move on to all deli meats. Understandable, because some processed meats have been shown to increase cancer risk. Then you hear that steaming broccoli will change the nutritional content, and

rethink this important vegetable. Then you start turning down dinner invitations for fear you won’t find anything that falls into what you consider “clean eating.” “It’s not mentally healthy, mainly because it causes a lot of anxiety,” says Cleary. When people find out she’s a dietitian, she says, they often brag about eating clean. “They’re almost looking for praise and recognition, like ‘You’re doing something good!’ If it’s just a quick thing, I say, ‘Yeah, eat your fruits and vegetables,’ and I leave the conversation. People get defensive if I say it’s not all it’s cracked up to be.” When Kuehn meets with clients, she stresses the importance of making small and slow changes that will become part of a permanent way of eating. She tells them to forgive themselves for past dietary transgressions, and to look at food as fuel. Here are some tips to eating — call it what you will — clean, healthy, sensibly.

### LOOK FOR CLEAN LABELS

Oatmeal labels, Asberry says, the label should say “100 percent rolled oats.” “If we’re looking at yogurt, I want to see milk and active cultures. Past that, we should be more cautious. Milk, I want it to say ‘milk.’”

### SEEK OUT FOODS WITH NO LABELS

“Fresh fruits and vegetables, fresh lean protein, dairy products, really nice whole grains,” Asberry says.

### EAT MINDFULLY

This is the concept of “just listening to your body and really trying to nourish your body,” Cleary says, “of trying to recognize your hunger cues, eating when you’re hungry and stopping when you’re full.” Craving a cheeseburger? Ask yourself if it’s something you really and truly want. “If it is, allow yourself to have it, guilt-free, without beating yourself up, and without overeating,” she says. Asberry suggests creating routines: Eat at the table. Swap chips for trail mix with nuts, unsweetened dried fruit, whole-grain pretzels and dark chocolate chips.

### MAKE SMALL BEHAVIORAL CHANGES

“There’s no magic cure for a healthy diet, no one thing you have to eliminate or one super food you want to add and you’ll automatically be super-healthy,” Cleary says. If you tend to pick up most meals from a drive-through window, decide to make lunch or dinner one day each week. “When you feel comfortable with that, work on two days or three,” Cleary says.

### NIX THE WORD ‘CHEATING’

“Most people have a hard time with this, but I say, ‘You’re in it for the marathon, not the sprint,’” Kuehn says. “The goal is 80 percent of the time to be spot-on. Don’t consider it messing up; consider it training yourself.”

### PLAN AHEAD WHEN EATING OUT

Just about every restaurant posts its menu online. “A safe thing is usually grilled salmon or other fish,” Kuehn says. “I tell them instead of couscous or white rice, do extra vegetables. Or a salad, but check what they put in it.”

### STILL CONFUSED? SEEK HELP

“If you have any question about bloating or feeling gross or you feel like you’re in a brain fog, lab testing is very helpful,” Kuehn says. Adds Cleary: “People generally know what their weaknesses are and what they need to work on. But if you’re having difficulties, see a dietitian. We’re able to work with you and help you with your problem areas. You’re supposed to enjoy your food.”

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# Good Neighbor Iowa

## Cracking down on pesticides, encouraging alternatives

By Cindy Hadish

The “perfect” lawn, free of weeds and thick with grass, grows with hidden costs.

Scientific studies show that pesticides — those weed killers, insecticides and fungicides applied to many lawns — are linked to a variety of chronic illnesses, neurodevelopmental and behavioral disorders and childhood cancers, such as leukemia. Additionally, some of the herbicides and other chemicals make their way to local streams, creating further environmental risks.

With that knowledge, the Center for Energy & Environmental Education at the University of Northern Iowa is taking action. The center kicked off a new public education campaign, Good Neighbor Iowa, to draw attention to the issue. The statewide campaign seeks to reduce children’s exposure to lawn pesticides and protect water quality, says Kamyar Enshayan, the CEEE’s director.

“If we know something, we need to act on it,” Enshayan says, noting that premise underlies a broader campuswide initiative to turn science into action. “Right now, we’re ignoring those realities.”

Students and faculty collected data to plan the Good Neighbor Iowa campaign, culminating in a kickoff event this spring, in which a park director, family doctor and other speakers shared their insights on pesticide use and the harmful effects of pesticide exposure to children.

Enshayan says the campaign’s name was chosen to emphasize that a diversity of plants, in addition to grass, can create a healthy, “good neighbor” lawn. With minimal maintenance and regular mowing, lawns managed without weed killers are just as aesthetically pleasing as treated lawns, he says.

Because pesticides pose unacceptable risks to children, rivers and streams, the



Above: A sign at a Dubuque, Iowa, park tells all who visit that it is pesticide-free, as part of the Good Neighbor Iowa initiative.

Below: Urban ecologists at the University of Massachusetts Amherst showed that urban lawns that are left untreated provide a diversity of “spontaneous” flowers such as clover that offer nectar and pollen to bees and other pollinators.



campaign urges grounds staff, lawn care professionals and homeowners simply to remove pesticides from their management plan.

An interactive media class created a website and other components of the campaign, and a handful of students have been hired to continue work on the long-term project.

“It’s not a one-year thing,” Enshayan says. “It’s going to take a while.”

Enshayan compares the effort to the mindset behind cigarette smoking and the time that transpired to change the culture of smoking. In that vein, key people such as public health officials, are needed to promote the effort to reduce children’s exposure to lawn pesticides, he says.

In addition, the campaign involves school districts, park managers, child care centers and community leaders who demonstrate that it is possible and practical to manage large areas of turf without using pesticides.

Enshayan describes local leadership across the state as key to the educational campaign’s success.

“Ultimately, our goal is to transform our culture so that we appreciate diverse lawns as a way to protect child health, water quality and biodiversity,” the Good Neighbor Iowa website states. “Remember, dandelions and violets will not harm anyone, but weed killers do. There is no justification to expose children to pesticides for cosmetic purposes.”

A UNI study estimated that 2,860 pounds of active ingredients, mostly 2,4-D, are sprayed on lawns in Cedar Falls annually, with streams often nearby. A map on the Good Neighbor Iowa website shows the neighborhoods in the city where weed killers are applied.

In a separate study, urban ecologists at the University of Massachusetts Amherst showed that urban lawns that are left untreated provide a diversity of

“spontaneous” flowers, such as dandelions and clover, that offer nectar and pollen to bees and other pollinators.

Researchers documented 63 plant species in lawns in suburban Springfield, Mass., which did not use chemical pesticides or herbicides, and collected 5,331 individual bees representing 111 species, of which 97 percent were native to North America.

Conserving native bees for their vital pollination services is of national interest, the study authors note.

Recognizing the importance of pollinators, the city of Cedar Rapids recently launched a separate 1,000 Acre Pollinator Initiative — a commitment to convert unused public land into prairie.

Cedar Rapids does not spray for insects in its parks, but uses herbicides as a targeted tool for sports turf management, invasive species eradication and other applications, parks superintendent Daniel Gibbins says. The city had not committed to the Good Neighbor Iowa campaign as of earlier this year.

The Iowa City Community School District was one of the first entities on board with Good Neighbor Iowa.

Dave McKenzie, deputy director of facilities management, says the school district has committed to keeping 189 acres of playgrounds and other areas free of pesticides, or about 45 percent of the district’s total acreage, with a focus on elementary schools.

An integrated pest management

program has helped in reducing the use of pesticides, with grounds manager Ben Grimm investigating creative alternatives to chemical use, McKenzie says.

Crews use overseeding — spreading grass seed over an existing lawn — as well as aeration, proper mowing and fertilizing to keep lawns healthy.

“You may see a few dandelions, but that’s not necessarily a bad thing,” McKenzie says. “The younger the children are, the more sensitive they might be to these chemicals.”

Just one month after its start, Good Neighbor Iowa counted 2,300 acres committed to the initiative,

with more than 20 entities on board, not including individuals.

The goal is to grow those numbers.

Enshayan is looking for local “champions” in each community who are willing to advocate for Good Neighbor Iowa, adding that one of the reasons he is excited about the initiative is that it is achievable.

“This is something we can do. No one in Washington is making us spray our school grounds,” he says. “It’s entirely up to us. We can change it. It’s entirely within our reach.”

*Cindy Hadish writes about local foods, farmers markets, gardening and the environment at homegrowniowan.com. For more information about Good Neighbor Iowa, visit goodneighboriowa.org or email goodneighbor@uni.edu.*

### Four tips to a healthy, pesticide-free lawn:

1. Mow high (at least 3 inches) so grass develops strong roots to compete against weeds.
2. Overseed and add compost periodically. In Iowa, late August through September are the best times to do this. Rough up bare areas and seed them.
3. Aerate and seed athletic fields and areas with high foot traffic.
4. Consider converting certain lawns into native prairie plants.

An advertisement for Orangetheory Fitness. It features a woman in a black tank top and leggings jumping over a bar, with a bright orange and yellow background. The text "SUMMER STARTS HERE" is written in large, white, bold letters across the middle. At the bottom, the Orangetheory Fitness logo is shown next to the slogan "KEEP BURNING". Below that, a quote reads: "A coach to teach and motivate, a group for support, a scientifically designed workout. And you feel better than ever." Further down, it says "HEART RATE-BASED INTERVAL TRAINING" and "ALL FITNESS LEVELS • BURN 500+ CALORIES IN 60 MINUTES\*".

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# Keep your dog exercised safely in summer's heat

By Lisa Moore  
The Modesto Bee (TNS)

**Q:** I'm looking for some ways to keep my Boxer, Betty, cool and entertained when it is really hot outside. I've been told not to walk her during the heat of the day, but I worry she's not getting enough exercise. Any ideas? I am on a limited budget. — Irene

**A:** You've gotten good advice, Irene. Boxers and other short-muzzled breeds are particularly susceptible to the heat, because of the structure of their airways. I appreciate that you are not only interested in keeping Betty cool, but also healthy, and both physical and mental stimulation are important. As we get into the heat of summer, adjust your schedule if needed, so you can walk Betty during the cooler early morning or evening hours. During the heat of the day, remaining indoors is best, although a cool, covered patio also can work, with some additional considerations.

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If Betty enjoys water, a kiddie pool with fresh, clean water might be just the thing to not only keep her cool, but provide some entertainment as well, and I'm not only talking about the dog! After filling the pool, cut a hot dog or cheese stick into pea-sized pieces. Show Betty those enticing goodies, and then toss them all into the pool; it's her job to bob, paw and splash as she works to get all of those goodies into her mouth. Keep the camera at the ready — this can be so much fun to watch!

One of my dogs' favorite water games involves the hose. I turn it on and wave the stream of water around, and they jump and grab at it. If Betty enjoys this, do it on the grass so the water is not wasted. Fill resealable gallon-sized plastic bags with water and lay them flat to freeze. Once frozen, put a couple of them on the floor and cover with a few towels to offer Betty a nice cool place to lay down.

An empty plastic soda bottle easily can be repurposed into a toy. Fill it 3/4 full of water and freeze upright. You can add a few small pieces of meat for an extra bit of attraction if you wish. Once frozen, offer it to Betty outside, and

encourage her to go after it. Treat it like a soccer ball, let her lick and chew on it, and the treats will become available to her as it melts. Freeze chicken broth in an ice cube tray. Then put three or four broth cubes into Betty's water bowl to add a little taste, which will encourage her to drink more and keep her well hydrated. She might like to chew on the broth cube itself, so offer one to her on the patio to enjoy. If you have a few toys with ports to stuff goodies into like peanut butter or cream cheese, freeze them before offering to her.

**Q:**How can I safely let my dog swim in our pool? — Ed

**A:** First, I would not force your dog into the water, but if he likes to swim, then absolutely let him! If your dog's desire to swim is significantly greater than his ability, purchase a life jacket specifically designed for dogs, which can be found online.

It's very important to teach your dog how to get out of the pool safely on his own. Without some specific training, dogs often will just go to any side of the pool and try to haul themselves out, usually without success. Consider hiring a trainer with experience in working with dogs in a pool setting, or try some basics yourself.

Prior to going into the pool with your dog on leash, place some yummy treats on the deck where the steps are. Allow your dog to swim around a little, and when he goes to the side to get out, gently guide him toward the steps with the leash. As he exits, make sure he gets his food reward, and repeat. Continue with this process on leash, and make sure any attempt he makes at getting out on the side is thwarted by you, while consistently guiding him back toward the steps for success. As he begins to get the idea, let him swim farther away from the steps before allowing him to find his way back. Once he stops trying to exit from the side and figures out that the only route to getting out is the steps, you can remove the leash, but be sure to only allow him to swim with a "lifeguard" on duty.



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# Green beans as a main dish?

Stay with us on this one — You won't be sorry

By Melissa d'Arabian  
The Associated Press

Sometimes I just crave a big serving of green beans. You too, right? Hear me out. Green beans make one of my favorite veggie-based meals. They are loaded with vitamins, particularly C, A and harder-to-get K, and have only 30 calories per serving. But here is the real reason why I love green beans: They are a particularly filling vegetable, thanks to high fiber and a few grams of protein.

So that means that my kids can load up on green beans and add a couple of ounces of rotisserie chicken on the side for a quick dinner that doesn't have them hungry again in an hour.

We'll eat green beans tossed in a little olive oil, salt and pepper and roasted for 15 minutes at 400 degrees, or even simply steamed with a little

salt and pepper as a side dish.

But if the beans are the star of the show for a meatless meal, I like a little more fanfare, and do a simple glazed vegetable dish: Cook veggies and aromatics (such as onion, garlic, spices or ginger) in a little oil in a large saute pan, add a little liquid — soy sauce, broth or fruit juice work well — and cover the pan to steam for a couple of minutes, and then uncover to allow the liquid to evaporate into a glaze that coats the veggies.

The strategy works for all sorts of veggies, but start with my crave-worthy garlic green beans to get the hang of it. Serve this bean dish with some quinoa or brown rice and you really might not miss the meat. But if you want, add small cubes of chicken or tofu to the saute pan first to cook through, or just add some leftover cooked chicken at the end.

Either way, I'll bet you'll be craving green beans too.

## Garlic green beans

Servings: 4

Start to finish: 15 minutes

**3 cups green beans, trimmed**  
**1 tablespoon olive oil (or half olive oil and half sesame oil)**  
**1/4 cup minced shallot**  
**2 tablespoons sesame seeds**  
**1/4 teaspoon red pepper flakes (more or less according to spice preference)**  
**2 tablespoons fresh minced ginger**  
**6 cloves garlic, minced (about 2 tablespoons)**  
**3 tablespoons reduced sodium soy sauce**  
**2 teaspoons honey**

Heat a large saute pan, heat the oil over high heat. Meanwhile, place the minced shallot, sesame seed and red pepper flakes in a small bowl, and have the ginger and garlic prepped and ready (separately), too. Add the shallot, sesame seeds and red pepper flakes to the pan and cook until fragrant and sesame seeds are golden brown, about two minutes, stirring frequently with wooden spoon.

Lower heat to medium high and add the minced garlic and cook another minute. Add the green beans and the ginger and saute for two minutes. Add the soy sauce, honey and 2 tablespoons of water and cover to allow to steam for 2 minutes (or longer if you want softer



The Associated Press  
Garlic green beans.

green beans). Uncover the pan, and cook until the liquid reduces down to a glaze, coating the beans. Serve.

Nutrition information per serving: 106 calories; 45 calories from fat; 5 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 444 mg sodium; 13 g carbohydrate; 3 g fiber; 6 g sugar; 3 g protein.

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body, mind & soul

# Spiral of Light

## Iowa City practice offers alternative healing

By Natalie Dal Pra

Karen Fox's journey to becoming a healer began with healing her own body. A longtime migraine sufferer, Fox had dealt with debilitating pain for years with medication.

In 1997, she decided to take a Reiki class a friend was teaching, and she never looked back.

"One morning, I decided to give myself a Reiki session instead of taking the usual fistfull of pills that might keep me out of the hospital," Fox says. "After the session, I slipped into a deep meditation." Fox says she communicated with the universe that she needed the migraine-causing energy blocks to be removed.

"I woke up a half an hour later without a migraine, and I have never had another one," she says.

Reiki uses life-force energy to bring the body into balance and alignment. A typical session involves lying on a massage table while a practitioner connects with Universal Life Force Energy and the patient's chakras through light touch. Chakras are spinning disks of energy located on the center line of the human body. When chakras are out of balance, energy blocks occur and can cause physical and mental ailments. Reiki can help heal these energy blocks and treat issues ranging from physical pain to anxiety and depression.

Fox became a Reiki teacher in 2000. Since then, she has worked with hundreds of clients and has taught 16 people to become Reiki teachers.

She now has her own practice, Spiral of Light Energy Alignment, in Iowa City.

In 2013, she took her first ThetaHealing class,



Submitted  
Karen Fox, of Iowa City, established Spiral of Light Energy Alignment in 1999. There, Fox practices reiki, ThetaHealing and more.

and now focuses much of her practice on the technique. ThetaHealing typically is used in conjunction with traditional medicine, and uses meditation and spiritual philosophy to connect to a higher power, which Fox calls the "Creator of All That Is." During the process, the practitioner connects with the creator through prayer, and helps facilitate change by releasing the client's limiting beliefs. The brain's theta waves are used during this technique.

Fox says her client base is comprised of people of all ages, backgrounds and beliefs. What they all have in common is the desire to improve their lives.

"When clients come to me for any of the kinds of sessions I offer, it is because they want something in their lives to change. They want to feel better, they want to come to peace with something, they want to have better outcomes in their lives. Each of the modalities I offer can help my clients achieve what they're looking for," Fox says.

Though Fox has treated hundreds of clients over the years, one long-term client stands out.

"She has been on an amazing spiritual journey, expanding her awareness of the oneness of all that is, the power of a deep spiritual connection and a deep self-knowing. With each modality, she has learned and grown. She has worked through difficult challenges of a childhood with many difficulties," Fox says. "She was a person who struggled with depression, she now loves her life and sees each new challenge as an opportunity to learn and grow."

Other services Fox offers include guided imagery meditation, which uses meditation to help clients focus on examining their lives and find solutions to their issues; and sound healing, which uses crystal singing bowls to help relax clients and bring about balance.

Fox will offer a three-day Basic DNA ThetaHealing seminar on July 8-10 at Sharon's Crystal Palace in Moline. The class is for beginners, and will teach the principles of ThetaHealing to make changes in the lives of practitioners and clients. The cost is \$450.

Services at Spiral of Light are \$80 per hour-long session. For more information, or to register for the ThetaHealing seminar, visit [Spiraloflight.co](http://Spiraloflight.co).

Natalie Dal Pra is a regular Radish contributor.

**"When clients come to me ... it is because they want something in their lives to change. They want to feel better, they want to come to peace with something, they want to have better outcomes in their lives. Each of the modalities I offer can help my clients achieve what they're looking for."**

— Karen Fox

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# Salad bar nirvana

A little of this, a little of that  
yields the best salads

By Laura Anderson Shaw

Hosting lunch gatherings with friends or family bring great amounts of joy, but often great amounts of stress. From picky eaters to those with allergies, it's difficult to navigate just what to prepare so everyone has something tasty to eat.

Sandwiches are simple and filling, but not a great choice for those avoiding gluten. They also won't work if your spread is mainly meats and cheeses and you have guests who are vegetarian or vegan.

Enter the salad bar: an easy way to feed the masses with endless combinations of everyone-friendly fare. Simply start

with a base of greens, from romaine to spring mixes, and snag a mix of fruits, veggies, nuts and protein. You really can't go wrong.

At home, these fixins are packed in reusable containers in the fridge, but if you're hosting a gathering, serve them salad bar-style along the counter or a card table outdoors.

If you're looking for a little salad inspiration, we have a handful of concoctions for you to try. But remember, one of the best parts about throwing together a salad is knowing that you really can't go wrong.

*Laura Anderson Shaw is the editor of Radish.*



Photos / Todd Mizener / Radish

## summer salad

spring mix of greens • strawberries • blueberries  
• grilled chicken • feta cheese  
• oranges, mandarin oranges or pineapple (or all of the above!)  
• lemon or lemon poppy seed dressing



## an apple a day salad

spring mix of greens • apples  
• grapes • walnuts or pecans (or both!)  
• bacon bits • blue cheese crumbles  
• apple cider vinegar & olive oil dressing



## easy Greek salad

romaine lettuce • tomatoes  
• cucumber • green onion  
• kalamata olives • feta crumbles  
• olive oil • red wine vinegar • lemon juice  
(recipe adapted slightly from foodnetwork.com)



## veggie mother load salad

spring mix of greens • cucumber • red pepper  
• green onions • carrots • broccoli florets  
• cauliflower florets • radishes • balsamic vinaigrette dressing





## QC club gathers novices, experts to enjoy the sport

By Chris Cashion

The phrase “social climber” may have a bit of a negative connotation in our society, but to Quad Cities Climbing Club members, it’s a positive term.

Founded by Davenport’s David Hinkle, this group gets together to socialize and climbs things. Literally. Rocks, mountainous terrain and indoor climbing walls are all fair game.

The club’s group climbs offer a great opportunity for novice climbers to try the sport under the tutelage of those with years of experience under their belts.

This is the club’s first official season, but Hinkle and his friends have taken groups of people to climb for a number of years.

“I started the club because I wanted to start offering the experience to the whole community. I want to promote climbing as a fun, adventurous and safe fitness activity for everyone,” Hinkle says.

Hinkle stresses that you don’t need to have climbing experience to join the club. His own journey into climbing didn’t begin with the same sure footing that he has now.

Hinkle was trying to lose weight when he started. He weighed more than 350 pounds at the time.

“I was involved in an organization called the QC Co-Lab, and one of our members was an experienced climbing guide. He organized a climbing trip, and that sounded like a great idea to me because running and weight-lifting were things I felt very uninterested in at the time,” he says.

The “first time I tried to climb, I didn’t get more than a couple feet up the easy wall. I just wasn’t strong enough to get my mass any higher. I was among friends though, so it was OK.

The club went rappelling, too, which Hinkle says he really enjoyed. “It was great exercise because after each rappel, you have to hike back to the top of the cliff to do it again. It was a really hardcore workout day for me, and I repeated it as often as he would take us. Eventually, I made another climbing friend and started climbing with her, and then started studying rigging and leading my own trips.”

There are a number of types of climbing, and Hinkle outlines them as top-rope climbing, rappelling, lead and trad climbing and bouldering.

“We primarily do top-rope climbing, as that is the safest and most accessible form of climbing for those that are new to the sport. In this type of climbing, the guide will set up a climb from the top with a safety system that the climber is tied into. The climber can test themselves against the rock with little risk of injury and be caught by the rope if he or she falls.

“At no point during the climb is the climber aided by the safety system unless they fall. In this way, they discover if they could have climbed the cliff unaided without risking their life,” he says.

Rappelling involves descending from the top of a cliff using a rope and friction point. “It’s a very exciting way to get back down to the ground from some place high, and it’s something I like to see everyone try.”

Lead and trad climbing is more advanced. Hinkle says that while a

Submitted

Erin Gehn, of Rock Island, climbs at Sentinel Rock at the Mississippi Palisades State Park in Savanna, Ill., with the Quad Cities Climbing Club.

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Continued on page 22

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- 6 leaves fresh basil (about 2 tbsp), chiffonade
- 2 tbsp balsamic reduction
- ¼ tsp freshly cracked black pepper

**Nutrition Facts:** 130 calories, 5 g fat, 3 g saturated fat, 20 mg cholesterol, 340 mg sodium, 14 g carbohydrate, 1 g fiber, 13 g sugar, 9 g protein, 15% Daily Value (DV) for calcium, 20% DV for vitamin C.

All you do:

1. Cut melon in half.
2. Using a melon baller, form 24 melon balls.
3. Thread a melon ball, a slice of prosciutto, a mozzarella ball, another slice of prosciutto and another melon ball on a mini skewer. Repeat with remaining skewers and place on a platter.
4. Top with basil. Drizzle with balsamic reduction and sprinkle with black pepper.

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Erin E. Gehn / Submitted  
Vinnny Mago, of Bettendorf, climbs while and Maxwell McCarty, of Rock Island, belays at Sentinel Rock at the Mississippi Palisades State Park in Savanna, Ill., with the Quad Cities Climbing Club.

guide may demonstrate this during a trip, it’s typically not appropriate for beginners.

“In a trad climb, the lead climber starts from the bottom and will anchor camming devices into the rock. If the lead climber falls, the cams will tighten and catch his or her weight, assuming they are properly placed,” he says.

Bouldering often is practiced by advanced climbers as well.

“Bouldering is a very physically and mentally intense activity where the climber tests themselves against a very difficult problem that doesn’t happen to be very high. It is usually practiced as a workout by more advanced climbers, but many people enjoy it as a discipline all its own,” Hinkle says.

Climbers use a variety of equipment, including harnesses. “The rope will travel from the climber to the top of a cliff, where it passes through a pulley and back down to a safety person on the ground, called a belay. The rope is a fully redundant system made from three or more unique ropes braided together inside a braided sheath. Each rope and the sheath alone are capable of stopping a fall,” Hinkle says.

“The pulley is usually made with carabiners fixed to webbing, which is anchored to trees, rocks or bolts in a fully redundant, no single-point-of-failure system. The belay keeps the slack out of the rope and uses a device called a Grigri, which automatically locks the rope in place if a climber takes a fall.”

If you are rappelling, you will use a metal device called a figure 8, which allows you to control your rate of descent.

Hinkle emphasizes that the group practices safety.

“Climbing safely requires careful attention to best practices. We use special equipment to keep the climbers safe when they take a fall, and that equipment

requires specialized training. I think everyone should climb, but you need to get there through the mentorship of an experienced climber so you don’t get hurt. That’s what the club is for,” he says.

Hinkle aims to get the group out for two public climbs per month, depending on the weather. The club climbs outdoors primarily at the Mississippi Palisades in Savanna, and Pictured Rocks in Maquoketa; and indoors at Upper Limits in Bloomington, and the University of Iowa Climbing Gym in Iowa City.

There is a suggested donation of \$20 for new climbers to help cover wear and tear on club gear and support instructor training, but Hinkle says the donations are optional and confidential as they don’t want the cost to prohibit anyone from joining.

Experienced climbers with their own gear may climb with the club for free.

If you’d like to join, Hinkle advises wearing athletic wear and shoes suitable for hiking, and to remember that you don’t want clothing, hair or jewelry to get caught in equipment. If you come out for a climb, you’ll also want to bring lunch, sunscreen and 1 to 2 liters of water.

Hinkle says that climbing provides a way to work out that’s efficient and fun.

And if that’s not enough to convince you to give it a shot, “it arms you with plenty of stories to tell at parties,” he says.

*Chris Cashion is a writer on staff with Radish. For more information about the Quad Cities Climbing Club and its upcoming climbs, find its group on Facebook at facebook.com/groups/quadcitiesclimbing.*

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outdoors

# Connecting kids and nature

## Summer camp offers free outdoor education

By Ann Ring

This summer, dozens of kids will visit Nahant Marsh Education Center in Davenport; the Living Lands & Waters Barge; and Black Hawk State Historic Site, Quad City Botanical Center and St. Mary Monastery in Rock Island as part of the Spring Forward Learning Center's Summer Enrichment Initiative.

The summer camp, which kicked off June 16 and runs through July 21, meets at area grade schools as well as the Martin Luther King, Jr. Community Center, and will take groups of about 75 children to experience the meaningful, hands-on outdoor field trips.

The Spring Forward Learning Center serves children in the Rock Island/Milan School District, and for at least the past three summers, it has collaborated with a growing number of local partners to supplement its educational enrichment. Its Summer Enrichment Initiative's mission is to bridge summer learning loss by providing high-quality programming at six-week summer camps to more than 350 children in grades K-6.

"We wanted to further students' education," says Spring Forward Learning Center executive director Dan McNeil. "With all the wonderful resources the Quad-Cities has to offer, these camps also allow us to address the opportunities gap that

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Kids involved in a Spring Forward Learning Center activity help plant raised garden beds at Frances Willard Elementary School in Rock Island.

Submitted

some kids may run into. These sites are all gems in our backyard."

McNeil says he wants to make sure children at the center have the opportunity to learn outdoors during its summer camps. Research published by the University of Wisconsin Stevens Point shows a number of advantages of outdoor education, including an increase in performance at school when children learn outside. Learning outdoors is active, the research showed, and also increases students' physical, mental and social health.

The summer camp field trips formulated from increased partnerships with area sites, especially after McNeil how drawn the kids are to nature, particularly when Nahant Marsh educators began presentations at Spring Forward's after-school program

McNeil takes part of his inspiration to connect kids with the outdoors from journalist and author Richard Louv, co-founder and chairman emeritus of the Children & Nature Network, an organization helping to build an international movement to connect

people and communities to the natural world.

McNeil, who heard Louv speak several years ago, was struck by Louv's coined phrase "nature-deficit disorder" in the title of his best-selling book, "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder."



Submitted

Several kids take field trips to St. Mary Monastery in Rock Island for Spring Forward Learning Center programs.

Louv uses the term to describe the possible consequences to health and social fabric as children move indoors and away from physical contact with the natural world, particularly children's unstructured, solitary experiences.

St. Mary Monastery will host Nahant Marsh educators and Spring Forward campers for the third year in a row this summer. "It has been a fun experience to have the Spring Forward groups coming to St. Mary Monastery," says Sister Bobbi Bussan, who coordinates the visits.

The campers "enjoy our beautiful property and learn about nature, gardening and wildlife, and have a picnic. The sisters are thrilled to share our property and connect with the youth as well as Spring Forward and their staff. The sisters and our volunteers look forward to Fridays in the summer!"

During camp, Living Lands & Waters' educators teach children

about various threats to the environment. "Part of our program is 'Trash Talk,' where kids learn the direct relationship with litter, trash and our earth through scavenger hunts for trash, and we talk about ways to reduce that and the importance of

recycling," says LL&W education coordinator Meghan Elgan.

LL&W also takes kids out on a jon boat to stop, see and hear nature around them. These lessons make a difference in the way students think about their

use of consumer goods and the disposal of their trash, while inspiring a new appreciation for our rivers.

"These outdoor activities are experiential learning where all of their senses are touched," McNeil says. "Students are learning by exploring — plus the Summer Enrichment Initiative is part of a movement to get kids outdoors and ensure they're staying connected to the outdoors."

*Ann Ring is a frequent Radish contributor.*

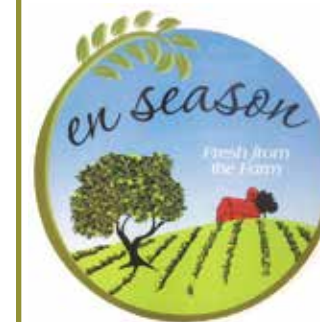
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eating well



Submitted  
Fresh Blends owner Liane DeVore discusses the store's options in fruits and vegetables for its smoothies and juices to a customer.

## Healthy options for shakes and juices abound in the Q-C

By Dylan Davis

Before I moved back to the Quad-Cities, I spent about five years in super metropolitan areas. I lived downtown Washington, D.C., for about four-and-a-half years and on the Upper West Side of Manhattan for about six months. I was in the best physical condition I have ever been in. I'm not one to "hit the gym" on any sort of regular basis, but I was pretty happy with the way things were going.

I can only attribute that to my lifestyle. I walked all the time, and healthy foods were available everywhere. While I was in New York, I even went vegan for about four months, and it wasn't even difficult. Vegan options were available

at every supermarket and every restaurant — even at the bodegas scattered all over the place.

In Washington, several times per week, my coworkers and I would eat at a salad bar made up of three or four rows of food bars that were packed with veggies, fruit, lean proteins and all kinds of tasty and healthy toppings.

Finding quick and healthy options wasn't quite as simple when I moved back to the Quad-Cities. I'm not saying they're not here, but I no longer could walk five minutes from my office building to the giant salad bar or grab a vegan sandwich from the bodega downstairs.

Continued on page 28

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**Thursday, July 27**

- ★ 9:00 a.m. Opening Ceremony
- ★ Vietnam exhibit and preview screenings of Ken Burns' "The Vietnam War"
- ★ The Wall That Heals Education Center
- ★ 4:30 p.m. Reflection Ceremony
- ★ 6:30 p.m. Screening of "On Two Fronts"

**Friday, July 28**

- ★ 8:30 a.m. Awakening Ceremony
- ★ Military Kids Day (For military children)
- ★ Vietnam exhibit and preview screenings of Ken Burns' "The Vietnam War"
- ★ The Wall That Heals Education Center
- ★ 1:00 p.m. Teacher Training
- ★ 4:30 p.m. Reflection Ceremony

**Saturday, July 29**

- ★ 8:30 a.m. Awakening Ceremony
- ★ Veterans History Project Day
- ★ Vietnam exhibit and preview screenings of Ken Burns' "The Vietnam War"
- ★ The Wall That Heals Education Center
- ★ 4:30 p.m. Reflection Ceremony

**Sunday, July 30**

- ★ 8:30 a.m. Awakening Ceremony
- ★ Vietnam exhibit and preview screenings of Ken Burns' "The Vietnam War"
- ★ The Wall That Heals Education Center
- ★ 4:00 p.m. Closing Ceremony

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shakes,  
continued from page 26

So, in March, when Shakes on 5th Avenue opened in downtown Moline, I was there on Day 1. With a base of Myprotein, Shakes on 5th's shakes are high in protein and low in calories.

"Each 20-ounce shake has approximately 250 calories, between 24 and 30 grams of protein and approximately three carbs," says Shakes on 5th co-owner Carmen Schram, of Moline.

Schram has developed a variety of options for the shakes. In addition to the protein, "we also add flavorings, fresh fruits, nuts and oatmeal to give you a flavorful shake."

Shakes on 5th Avenue was co-founded by Schram and Shawn Duncan, a chiropractor who owns and operates FIT Chiropractic & Massage in Moline and Davenport.

In addition to shakes, the store offers other protein products, such as bars.

Future plans include expanded business hours and a possible location in Iowa. With 16 regular flavors and monthly and seasonal specialties, there are options for everyone.

Once I started down this path, I started looking for similar offerings in the Quad-Cities, and found there are quite a few. Another gem of a find was Fresh Blends, which mainly focuses on juices and smoothies. With locations in Bettendorf and Moline, Fresh Blends offers Quad-Citians some serious juicing options.

"Juicing is an amazing way to get a rush of nutrient dense calories straight into your body. By taking out the insoluble fiber, we leave the soluble fiber, which allows you to feel full, but instead of focusing on digestion, your body will focus on absorption of all the wonderful micronutrients fed to your body," says Erica Eastland, store manager and founder Liane DeVore's daughter.

#### Shakes on 5th Avenue

1611 5th Ave., Moline.  
309-781-5611

#### Fresh Blends

4200 24th Ave., Moline;  
2307 Cumberland Square, Bettendorf  
563-271-7300, freshblendsqc.com

DeVore, of Wilton, Iowa, founded Fresh Blends in March 2016 and celebrated its grand opening on Aug. 1. The business offers meal replacements and grab-n-go snack options with high nutritional value. Based on Swiig proteins and supplements, the offerings from Fresh Blends are all natural.

"What makes us unique is that all of our products are based on whole food. Our smoothies and other options in the store contain no MSG, no trans fat, no GMOs, no added sugars, no preservatives, no artificial flavors, no hydrogenated oils, no synthetic

sweeteners and no high-fructose corn syrup," Eastland says. "We have options for all types of people — such as vegans, people who are lactose intolerant and those with celiac disease."

Fresh Blends offers dozens of smoothie and juice options and is always updating the menu. Eastland says Fresh Blends also is "always interested in working with other local businesses that are like minded." For example, it carries Agri-Cultured kombucha and other fermented products, which are natural and locally produced.

While initially, I was hesitant to buy into meal-replacement shakes and juices, my experiences with Shakes on 5th Avenue and Fresh Blends have taught me differently. It's quite different from my previous "eat salad every day" approach, but it's something new and different, and I'm glad to see convenient and affordable options for quick and easy healthy eating (or drinking) here in the Q-C.

*Dylan Davis is a regular Radish contributor.*

"Juicing is an amazing way to get a rush of nutrient dense calories straight into your body. ... Your body will focus on absorption of all the wonderful micronutrients."

— Erica Eastland  
Fresh Blends

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# Your kid has appendicitis

## Surgery or just antibiotics?

The Kansas City Star (TNS)

If you're in the Kansas City, Mo., area, and your child comes to Children's Mercy Hospital with appendicitis, you're probably going to be asked whether you want to participate in a clinical trial that could change how the common illness is treated worldwide — and how insurance covers those treatments.

"Guaranteed," said Shawn St. Peter, the surgeon leading the study that also includes researchers in Sweden, Finland and Canada.

Appendicitis traditionally has had one of medicine's clearest courses of treatment: Get in there and remove the appendix.

But there's growing evidence that surgery might not be necessary for adults with nonperforated appendicitis because antibiotics are just as effective. St. Peter and Children's Mercy are on the cutting edge of research to determine if the same is true for children.

It's a straightforward question, but one that's fraught with cultural baggage from generations of routine appendix removal, surgeons' preference for a quick, clean solution and some parents' outsized fear of surgery and anesthesia in general.

"Frankly, they shouldn't be afraid of" appendectomies, St. Peter said. They're "overwhelmingly safe. Far safer than having gotten to the hospital in the first place. Having said that, now that we are treating with antibiotics, it's remarkable that those kids really are normal immediately. As soon as that pain subsides, then they're fine. They can all go to school the next day."

The complicating factor that looms over the whole study is cost.

Appendectomies are affordable as surgeries go, but a course of antibiotics still is much cheaper.

Depending on how the study turns out, St. Peter said it could lead insurance companies to cover appendectomies for nonperforated cases only after antibiotic treatments had failed.

"That would be possible," St. Peter said. "But that would also depend on the study results showing a dramatic difference in costs between the standard therapies, including the people who fail. The most expensive patient here is going to be the one who gets admitted to the hospital, gets a day or two of antibiotics, goes home, then recurs and still has the same course that the other had, so they get both expenses added up together."

The plan is to enroll about 1,000 kids with appendicitis who will be randomly assigned to either an antibiotics-only group or an antibiotics and appendectomy group and then follow up with them after six weeks and again after one year to see how they fared.

The object of the study, St. Peter said, is not to determine whether one method is better than the other. It's to determine what percentage of cases treated with only antibiotics end up with a recurrence of appendicitis and surgery anyway.



Kansas City Star/TNS

Children's Mercy Hospital surgeon Shawn St. Peter is leading an international study to determine the risks and benefits of using antibiotics to treat nonperforated appendicitis in children, rather than removing the appendix.

With that information, each patient — or parent — would then have to make their own decision.

Each will bring their own biases.

Jody Hanson, a mother of a 14-year-old and a 16-year-old who lives in Olathe, said if she faced that choice with her kids, it would depend on a number of factors, including how much pain they were in, as well as the chance of recurrence.

"You don't really want to play around with your kid's health," she said. "But if they think surgery can be avoided, well, nobody wants their kids to have surgery and the risks that come with that."

Hanson said her husband had a successful emergency appendectomy, and her faith in the procedure also would affect the failure rate she would accept for antibiotic treatment.

"It would have to be very low," Hanson said. "If there's a 5 percent chance or lower, I think I would try it."

St. Peter said he expects major differences of opinion — from providers as well as patients — when it comes to determining what is an acceptable recurrence rate. Surgeons who can do appendectomies in their sleep will probably think anything above 10 percent is unacceptable. Pediatricians who are used to dispensing antibiotics might be inclined to accept a higher failure rate.

There's other clinical considerations. St. Peter said some in the medical community theorize that the appendix might have some immune system benefits that are as yet unknown, and the appendix can sometimes be useful material for surgeons to use to repair other gastrointestinal problems that a patient may develop later. But on the flip side, removing the appendix can occasionally reveal other hidden conditions, including cancer.

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# farmers markets

## ILLINOIS

### BUREAU COUNTY

Princeton Farmer's Market, 439 S. Main St.; 8:30 a.m.-1 p.m. Saturdays, May 27-September. 815-875-2616 or facebook.com/PrincetonFarmersMarket

### CARROLL COUNTY

Lanark Farmers Market, City Park Pavilion, 200 block of W. Claremont Street; 3-6 p.m. Tuesdays, May-October. facebook.com/lanarkfarmersmarket

### HENRY COUNTY

Geneseo Farmers' Market, City Park on Pearl Street; 8 a.m.-noon Saturdays, June 3-October. 309-507-0002, geneseofm@gmail.com or facebook.com/GeneseoFarmerMarket

Kewanee Farmers' Market, Kewanee Amtrak Station, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, May 20-Oct. 28. 309-852-2175

### JO DAVIESS COUNTY

Elizabeth Farmer's Market, Terrapin Park, Highway 20 West; 3-6 p.m. Fridays, May 5-Oct. 27. 815-218-6942, elizabethfarmersmarket.weebly.com or facebook.com/elizabethfarmersmarket

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, May 17-Oct. 28. 815-777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 8 a.m.-noon May 14, 28; June 4, 18; and Sundays July 2-Oct. 8. 815-777-2000

### KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 6-Oct. 21. 309-368-1750

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 6-Sept. 28. 309-483-8412 or facebook.com/oneidafarmersmarket

### LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, 223 Highland Ave.; 7 a.m.-noon Wednesdays and Saturdays, June 3-Oct. 14. 815-284-3306

### MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 18-Oct. 14. 309-575-3015 or facebook.com/macombfarmersmarket

### MERCER COUNTY

Aledo Main Street Farmers' Market and Bake Sale, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 8-Oct. 12. 309-582-2751 or aledomainstreet.com

### OGLE COUNTY

Polo Farmers' Market, 200 block of S. Division Avenue; 3-6 p.m. Thursdays, July 6-Oct. 12. 815-946-3131

### PEORIA COUNTY

RiverFront Market, 212 S.W. Water St. (parking lot between Liberty and Main Streets), Peoria; 8

a.m.-noon Saturdays, May 20-Sept. 30. 309-671-5555 or visitdowntownpeoria.com

### ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 28. 309-235-6425 or growersmarkets.com

Trinity Moline Market, UnityPoint Health-Trinity Moline, 500 John Deere Road; 8 a.m.-noon Saturdays, May 6-Oct. 28. 309-235-6425 or growersmarkets.com

### WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, North Main and West Boston streets; 7 a.m.-noon Fridays, June 2-October. 309-734-3181

### WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round. 815-626-8610, twincityfarmersmarket.com or facebook.com/twincityfarmersmarket

Twin City Farmers' and Artisans' Mid Week Market, Grandon Civic Center, Central Memorial Park, downtown Sterling; 4-7 p.m. Tuesdays, June 6-Aug. 15. 815-626-8610, twincityfarmersmarket.com or facebook.com/twincityfarmersmarket

Morrison Farmers' Market, behind Whiteside County Court Services, 200 E. Knox St., Morrison — watch for signs; 8-11 a.m. Saturdays, May 20-Oct. 21. morrisonfarmersmarket.com or facebook.com/morrisonfarmersmarket

Rock Falls Farmer's Market, 400 W. 2nd St.; 8-11 a.m. Wednesdays and Saturdays, June-October. 815-625-4500, rockfallschamber.com/farmers-market

## IOWA

### CEDAR COUNTY

Tipton Farmers' Market, next to gazebo on courthouse square; 4-6 p.m. Thursdays, May 4-Oct. 26; 3-5 p.m. Thursdays, Nov. 2-April 26. 563-940-7824

West Branch Farmers' Market, Gazebo at Main and Downey streets; 4-6 p.m. Tuesdays, May 16-Oct. 3; West Branch Town Hall, 9-11 a.m. the first Saturday of the month, Nov.-May 2018. 319-643-2044

### CLINTON COUNTY

Comanche Farmers' Market, A&B Storage lot, the corner of Highway 67 and 21st Street; 4-6 p.m. Tuesdays, June 6-Sept. 26. 563-212-7492

### DES MOINES COUNTY

Jefferson Street Farmers Market, 300-500th blocks of Jefferson Street, downtown Burlington; 4:30-7:30 p.m. Thursdays, May 4-Sept. 28; and 700-800th blocks of downtown Jefferson Street; 4:30-7:30 p.m. June 15. 319-752-6365

### DUBUQUE COUNTY

Dubuque Farmers' Market, on Iowa Street between 10th Street and Loras Boulevard; 7 a.m.-noon Saturdays, May 6-Oct. 28. 563-588-4400 or facebook.com/dbqfarmersmarket

Dyersville Area Farmers' Market, Commercial Club Park, 225 11th St. SE; 2-5:30 p.m. Thursdays, May 25-Oct. 5. 563-875-2311

### 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, May 13-Oct. 7. 319-931-7842 or facebook.com/mtpfarmersmarket

### IOWA COUNTY

Williamsburg Farmers' Market, Northeast corner of Williamsburg Square; 4-6 p.m. Fridays, May-October. 319-646-2075

### JACKSON COUNTY

Maquoketa Farmers' Market, Ohnward Fine Arts Center, 1215 E. Platt St.; 4-6:30 p.m. Tuesdays, May 16-Oct. 17. 563-652-6978 or maquoketa-farmersmarket@gmail.com

### 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, May 6-Oct. 28; and Fairfield Senior Center, 209 S. Court St.; 9 a.m.-2 p.m. Saturdays, November through April. 641-919-3212

### JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-7 p.m. Mondays, May 8-Oct. 2. 319-248-1750 or facebook.com/coralvillefarmersmarket

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, May 3-Oct. 28. 319-356-5210 or facebook.com/ficfm

### JONES COUNTY

Anamosa Farmers' Market, 600 East Main St.; 3-6 p.m. Wednesdays and 8 a.m.-noon Saturdays, June 7-mid-October. 319-462-2971

Monticello Farmers' Market, Willow Shelter, E. Oak Street, next to Pizza Ranch; 3-5:30 p.m. Wednesdays and 8-11 a.m. Saturdays, May 13-Oct. 25. 319-480-6739 or facebook.com/MontiFarmersMarket

### LEE COUNTY

Fort Madison Depot Farmers Market, QB & C Depot, 814 10th St., 4-6 p.m. Mondays, May 1-Sept. 25. 319-372-5471 or facebook.com/groups/787204248077166

Keokuk Farmers' Market, River City Mall parking lot, 300 Main St.; 7-11 a.m. Saturdays, May 20-Oct. 14. 217-242-4061

### LINN COUNTY

Center Point Farmers' Market, south of Center Point Mercy Care off Lewis Access Road; 4-6 p.m. Wednesdays, June-August. 319-849-1508

Central City Farmers' Market, Courtyard Park pavilion, S. 5th Street; 4:30-6:30 p.m. Thursdays, June 1-Oct. 5. 319-438-1761

Downtown Cedar Rapids Farmers' Market, at 3rd Avenue SE from 2nd Street to 5th Street SE; 7:30 a.m.-noon on first and third Saturdays from June-September, plus The Market After Dark, at 2nd and 3rd Avenue SE from 2nd to 5th Streets;

6:30-11 p.m. Aug. 26. 319-398-5317 or cedar-rapids.org/events/farmers-market

Ely Farmers' Market, Community Center, 1495 North Drive; 4-6:30 p.m. Tuesdays, and 9 a.m.-noon Saturdays, May 6-Oct. 14. 319-848-3074

Hiawatha Farmers Market, parking lot of Guthridge Park, 704 Emmons St.; 11 a.m.-2 p.m. Sundays, April 30-Oct. 29. 319-393-1515

Marion Farmers' Market, Taube Park, 2200 31st St.; 8-11:30 a.m. Saturdays, May 6-Sept. 30. 319-447-3590, or cityofmarion.org

Mount Vernon Farmers' Market, First Street Community Center lawn, 221 1st St. E.; 4-6 p.m. Thursdays, May 4-Sept. 28. 319-310-4145

NewBo Farmers' Market, 1100 3rd St. SE, Cedar Rapids; 8 a.m.-1 p.m. (outdoor) Saturdays, 10 a.m.-6 p.m. (indoor) Saturdays, May-September, and 4-8 p.m. (indoor and outdoor) Thursdays May-October. 319-200-4050, newbocitymarket.org or facebook.com/newbocitymarket

Noelridge Farmers Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 1-Oct. 13 (closed Memorial Day and Labor Day). 319-286-5763 or facebook.com/noelridgefarmersmarket

### LOUISA COUNTY

Louisa County Farmers' Market, Community Bank & Trust parking lot, 241 Main St., Columbus Junction; 5-7 p.m. Mondays, May 8-Oct. 9. 319-728-7971, columbusjunctioniowa.org or facebook.com/columbusfarmers-market

### MUSCATINE COUNTY

Muscatine Area Farmers Market, in the Muscatine Mall parking lot, 1903 Park Ave.; 2:30-5:30 p.m. Tuesdays; and in the city lot on the corner of 3rd and Cedar Street, 7:30-11:30 a.m. Saturdays, May through October. 563-571-4092 or facebook.com/MuscatineAreaFarmersMarket

West Liberty Downtown Farmers Market, 100 block of Spencer Street; 4-7 p.m. Wednesdays, May through October. 563-571-4092 or facebook.com/westlibertydowntownfm

### SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2:30-5:30 p.m. Mondays and Thursdays, May 1-Oct. 30. 563-332-5529

Davenport Farmers' Market, parking lot of NorthPark Mall, east-side, Davenport; 8 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 28. 563-332-5529

Freight House Farmers' Market, 421 W. River Drive, Davenport; 8 a.m.-1 p.m. Wednesdays (outdoor only), 8 a.m.-1 p.m. Saturdays, 10 a.m.-2 p.m. Sundays (indoor and outdoor), May-October; 8 a.m.-1 p.m. Saturdays (indoor and outdoor), Nov.-April. 563-320-8220, freighthousefarmersmarket@gmail.com, or freighthousefarmersmarket.com

### WASHINGTON COUNTY

Washington Farmers' Market, downtown Central Park, Washington Street and Iowa Avenue; 5-7:30 p.m. Thursdays, May 18-Oct. 26. 319-458-9396

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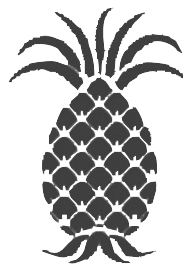
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food for thought

# Old and irrelevant

## Embrace negative thoughts and let them go

By Annie L. Scholl

I'm getting old.

I know it by the calendar — I turned 54 in May.

I know it by the age spot on my left cheek, and the ones that dot my forearms.

I know it by the lines that span my forehead and neck.

I know it by the grays that pop out when my hair needs a new dose of blonde.

I feel my 54 years when I get on the yoga mat or go on a hike.

I feel it when my children's birthdays push them closer to 30.

Then there's my little reminder named Owen, my 6-year-old grandson.

And, of course, AARP, which somehow got my email and mailing address the second I turned 50.

Thanks to these reminders and so many others, I know I'm aging, but I haven't really cared. My body is healthy. My mind is sharp.

But a month before my 54th, I felt the gravity — not of aging, but of my age. Not of how I view myself, but how others view me. I'm not talking about no longer turning heads when I walk by — that hasn't happened in decades and, frankly, I was never a fan of catcalls. I've even gotten used to being virtually invisible in public, which is pretty great.

No, I convinced myself that a 20-something colleague thought I was old. Not just old, but worse: irrelevant. Fear then wiggled in and camped out.

"You're old. Irrelevant," it shouted, tossing another log on the fire. "All of your freelance writing clients know it. In fact, they're all talking about it. 'Annie's old and irrelevant. She needs to retire.'"

My freelance business that I have built over nearly a decade was going to dry up. No money; no work. Who would hire me? I'm OLD and IRRELEVANT.

The mental mania took root on a Wednesday and continued to play full blast into the weekend. In an attempt to quiet it, I decided to garden. I hoped getting my hands in the soil would help. But the story spinning through my head only worsened until I was certain that not only had all of my clients determined I was old and irrelevant and they weren't going to hire

me anymore, but they didn't like me, either.

Especially the 20-somethings.

Then my phone dinged.

I took off my gardening gloves and got out my phone. It was a Facebook message from a friend, sending me a video she thought I would like. I had no idea what it was, but the timing felt important so I sat down to watch. Maybe, hopefully, it would teleport me out of my funk.

The video was of a guy named Kyle Cease, a former stand-up comedian who now combines his comedy with inspirational speaking. Somehow, this guy had taken a front-row seat to my madness and had gathered up enough material for an entire talk. I sat on the ground, watching and listening, crying and laughing.

Turns out, Cease is a master at showing people how to release their old patterns of thinking and fear to get to the good stuff. He helped me to see that I had, once again, slipped back into people-pleasing mode. I also had taken a deep dive into my core belief: There's something wrong with me.

He also helped me to see that this story I was telling myself was in fact a lie. I wasn't old and irrelevant; I was unlimited love and infinite creativity.

We all are.

While these old thought patterns had made me sad, fearful and angry, acknowledging and even embracing them was a good thing. Now that I had, I could let them go.

"We have a lot of thoughts. We just don't have to believe them," a wise friend once told me.

Our thoughts, I'm learning again and again, are important to question. When I'm miserable, I get out my flashlight and start hunting for the thought or thoughts that led me back down the rabbit hole. It doesn't take long to discover them. Mine seem to be stuck on repeat. They're boring, really, but I listen to them. I acknowledge them. I do my best to release them. And if they turn back up, I start the whole process again.

It doesn't happen immediately. Sometimes I spend the better part of my day in upset. But I'm certain that if I question the thoughts that cause me fear, pain, worry and all those other icky feelings, I can unravel them.

The result is peace. The result is happiness. The result is contentment.

The result is worth it.

*Annie L. Scholl is a frequent Radish contributor.*



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