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healthy living

# Paying it forward

## Volunteers receive health benefits by giving away

By Brandy Welvaert

Kathy Ann Sloan of Davenport, Iowa, always took pride in her family, her career and in having raised a son all on her own. But when the effects of a stroke forced her into early retirement five years ago, her world changed quickly and dramatically. She no longer felt healthy physically, mentally, emotionally or spiritually.

"It goes against my religion ... but I thought, 'What do I have to live for?'" she said. Volunteering just a few hours a week at Paul Norton Elementary School in Bettendorf, Iowa, helped show the 56-year-old the answer. Today she presses herself to complete tasks she initially would have surrendered to someone else, and she credits much of her newfound health and happiness to volunteering.

"Now the kids will just come up to me and say, 'Ms. Sloan! What they don't know is that they're helping me far more than I'm helping them.'"

While not all volunteers will experience as dramatic a change as Sloan has, it's easy to understand that volunteering makes people feel better — making their lives fuller and more meaningful. If you've ever helped a stranger with a load of groceries or read a book to a senior, you know satisfying feeling you get from "paying it forward." What you might not know is that these positive emotions help volunteers live healthier, longer lives.

"If a person feels they are doing something for themselves ... then just that positive energy and the good feelings that come from all of that can be helpful," says Dave Layton, volunteer coordinator with the Retired & Senior Volunteer Program (RSVP) in Rock Island, Ill.

In 2005 RSVP conducted a survey of senior volunteers and found that those who volunteered at least 500 hours in their lifetimes lived an average of three years longer than their peers in the general population. Over 95 percent of the volunteers surveyed said that volunteering keeps them physically and mentally active, and nearly all of them said it connects them to the community.

"Without a doubt, the research indicates that volunteering can improve many aspects of health and well-being," says international health consultant Susan Grabia, MPH, of Madison, Wis. "Today's volunteers are not only supporting healthy communities, but they are supporting their own vitality and longevity for a happy, healthy life."

Volunteering boosts mental alertness, increases a person's sense of empowerment and self-worth, enhances nerve and immune systems, supports endorphin production (which provides a sense of well-being and calm) and reduces heart rates and

blood pressure, Grabia says.

Layton agrees that the health benefits of giving away our time, talents and energies are many. "Volunteering works both ways. It not only makes the volunteer stronger, it also makes the community stronger," he says.

Indeed, volunteering benefits individuals, their families and communities. Within these communities, volunteerism has the potential to boost the physical, mental, emotional and spiritual health of those it touches.

Spirituality drives Ralph Kelly, a youth minister at Davenport's Third Missionary Baptist Church, to volunteer. "I don't know anything better," Kelly says. He has worked with groups as varied as Keep Scott County Beautiful and Habitat for Humanity, but he focuses on People Uniting Neighborhoods and Churches (P.U.N.C.H.), which builds community in the inner city.

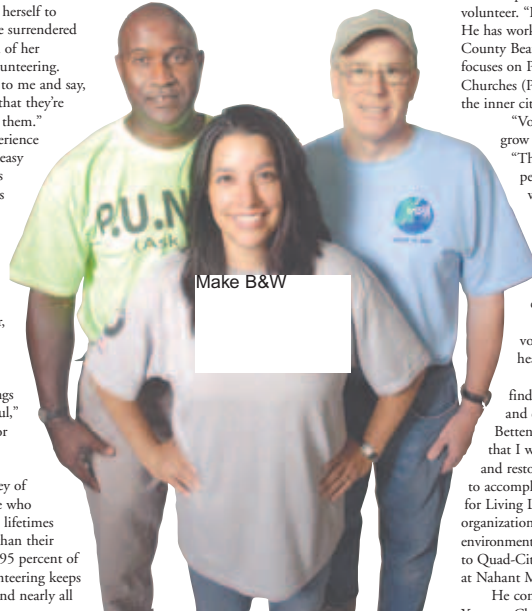
"Volunteering is healthy because it helps you grow physically and spiritually," he says.

"Those two in combination really help a person expand. When you're out working with these groups, you're actually burning energy. And burning that energy while you're fellowshiping — working beside people you know and don't know — you just learn to share your weaknesses and strengths, and everyone develops."

The good doesn't end there. Some volunteers give the natural environment a healthy boost, too.

"I just have a little itch, or a hunger, to find out more about nature and its wonders and complexities," says Curtis Lundy, 58, of Bettendorf. "Having begun that search, I find that I want to do something to protect nature and restore it — and I want to work with others to accomplish that." As a volunteer board member for Living Lands and Waters, Lundy helps plan the organization's annual Xstream Cleanup, a huge environmental event that drives hundreds of volunteers to Quad-Cities area waterways. Lundy also volunteers at Nahant Marsh, a 513-acre urban wetland.

He compared climbing into the mud during Xstream Cleanup to baptism — an event that engages the "head, heart and body."



Make B&W

Ralph Kelly, Cynthia Baker and Curtis Lundy reap the benefits of volunteering. (Photo by Todd Mizener / Radish)

Cynthia Baker of Davenport, a 36-year-old mother of four, spends a few hours "here and there" at Davenport's Habitat ReStore, a part of Habitat for Humanity Quad Cities which sells lightly used and leftover construction supplies and housewares to do-it-yourselfers. The store takes a load off landfills and provides affordable — sometimes downright cheap — products for sprucing up the house. Baker fluently speaks Spanish and English, so she helps the ReStore serve Spanish-speaking community members. And though she's busy with her kids and her family's small business, she finds time for volunteering because, as she says, "I'm doing something greater than just here and now. With the ReStore, you're enabling Habitat for Humanity to build houses for families, and you're saving the environment. There's a bigger structure at work."

While busy moms have to stretch and squeeze their schedules to accommodate volunteering, there are about 77 million people in the U.S. who may seek meaningful, fun ways to spend their time in the next several years. The first baby boomers turn 60 this year, and many of them will retire soon. Some already have.

"I think there is a huge potential for baby boomers because of their numbers, and because the baby boomers are, on average, healthier and better educated" than their forebears, says Elizabeth Weinstein, Ph.D., owner of Elizabeth Weinstein and Associates, a consulting firm in Des Moines, Iowa. "I think boomers are looking to leave a legacy, but they're also looking for things to challenge them and help them continue to learn." The challenge for non-profits, she says, is to provide a wide range of volunteer opportunities to attract them. The benefits of large-scale boomer volunteerism would be huge.

"If we can keep our boomers healthier and more active, not only are our communities going to benefit, but also our structures for things like health care. Volunteerism could help moderate the costs of those things."

Volunteering isn't just for baby boomers, however. Opportunities abound for all ages, in every imaginable setting, for just about any kind of work.

Layton says anyone who desires the feeling that "they're accomplishing something in life" should volunteer. "I don't think I've ever heard a volunteer say they haven't received back more than they've given," Weinstein adds.

Whether you volunteer for your own health, the health of others or the health of the earth, volunteering provides a wealth of good. So go ahead — give it away. You won't regret it.

For a list of area volunteer organizations, turn to Resources, page ??

### Learn about volunteering at Moline conference

Mississippi Valley Directors of Volunteers in Agencies (MVDVIA) will present the conference, "The New Direction of Volunteerism," 11:15 a.m. to 4 p.m. Nov. 9 at Butterworth Center, 1105 8th St., Moline, Ill. Cost is \$40 for members, \$50 for non-members (includes snack and lunch).

Keynote address will be "How Baby Boomers Will Change Volunteerism as We Know It," by Elizabeth Weinstein, Ph.D. Program sessions will be "Running a Volunteer Program in a Bi-State Community" and "Groundbreaking Research: Volunteering Is Good for Your Health and May Prolong Your Life," by Susan Grabia, MPH, international health consultant.

A networking session and make-and-take recognition activity will be presented by the 2006 MVDVIA conference committee.

A downloadable registration form is available online at [mvdovia.org/conference\\_reg.htm](http://mvdovia.org/conference_reg.htm).

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healthy living

# Pampering pumpkins

## Squashy masque offers an autumn treat for your skin

By Elizabeth Janicek

A pumpkin carved goes on the porch; a pumpkin pie goes on the table; and a pumpkin pureed goes ... on your face? That's the word in the spas, and this fall, pumpkin might be just the ingredient your skin has been looking for.

In summer, the sun can damage skin, and in winter, the wind can leave it dry. As autumn is a time of transition, so let it be a time of reinvention. Let pumpkin shine this season as a beauty product — turns out it's been one all along.

What makes pumpkin so pampering? Its bright orange color is a dead giveaway that it's loaded with beta-carotene, an important antioxidant. It also contains vitamin C and lutein and is an exceptional source of vitamin A. According to the Stonedrift Spa in Galena, Ill., natural pumpkin offers the skin more than 100 beneficial nutrients, which can help maintain a healthy glow before the winter season. "It's a very light exfoliant," says Aliva Thompson, the spa's manager, "and it contains alpha hydroxy, which is soothing for the skin." That's why Stonedrift Spa and others like it offer special pumpkin facials and pedicures, especially during the fall. The treatments work by replacing the nutrients that the summer and winter months take away. The treatments also contain natural salicylic acid, lactic acids and several potent antioxidants, leaving the skin's texture firmer, smoother and more refined.

This face-first pumpkin lesson can be hands-on, too. There are a number of do-it-yourself pumpkin masque recipes. Many call for a 15-ounce can of pure pumpkin puree, but you easily can make your own (a 3- to 4-pound pumpkin should yield enough). Simply split a pumpkin in half, remove the seeds and scrape out the stringy fibers. Place the halves cut-side down in a roasting pan with 1 cup water. Bake the pumpkin at 350 degrees until very tender (about 90 minutes). Let cool, then scoop out the flesh and puree in a food processor.

But when the squash is out of season and the spa's too far away, there are a number of natural beauty products for purchase that use pumpkin as a prime ingredient. One is the Incredible Pumpkin Peel by MyChelle. "When people cut a lot of pumpkins, they may notice their hands start to peel," says Lisa Lambach of Heritage Natural Foods in

Moline, Ill., which carries the MyChelle line. That's why pumpkin works so well as an exfoliator, and the concentrated vitamin A in the pumpkin assists in healing acne and sun-damaged skin. You also can try Pumpkin Exfoliating Mask by Zia. The mask, sold at Greatest Grains in Davenport, Iowa, and at New Pioneer Co-op in Coralville and Iowa City, uses pumpkin's natural form of retinoic acid (the active

ingredient in Retin-A) to improve skin texture and minimize sun damage.

The Illinois Department of Agriculture estimates that 95 percent of the pumpkins processed in the U.S. are grown in Illinois, so it's not hard to reap the benefits of this seasonal squash. And whether it's for your porch, your taste buds or your skin, pumpkin is a treat — and that's no trick.



Dan Vidulich / Radish

### Healthy Halloween Masque

For all spa and no spook, try this at-home Pumpkin

Papaya Facial Masque:

#### Ingredients:

2/3 cup fresh papaya, mashed

15-ounce can pure pumpkin

1 egg, beaten

**1** Prepare the masque: Cut the papaya in half and scoop out the seeds. Scoop out the papaya fruit and mash it well to eliminate lumps in the mask. Beat the egg until it is frothy and mix it with the papaya. Add the pumpkin to the egg/papaya mixture and whip together. (Mix the ingredients in the blender or a food processor for an extra smooth masque.)

**2** Prepare your face: Wash with your daily cleanser and remove all residual makeup. Rinse with warm water. (It's very important to have clean skin to ensure you get maximum benefits from the facial.)

**3** Apply the masque: Cover your entire face, being careful to avoid the immediate eye area. You'll feel some tingling as the enzymes in the pumpkin go to work at gently exfoliating your top layer of skin. It works like a scrub without being abrasive. Leave the masque on for 10 minutes — and relax.

**4** Rinse off the masque: After 10 minutes it's time to rinse. The mask is fairly thick, though, so you might want to head for the kitchen sink. Apply toner and moisturizer as needed, and enjoy the fresh glow of fall. (Courtesy of [www.SpaIndex.com](http://www.SpaIndex.com))

eating right

# Fishing for answers

## What you need to know about seafood

By Lynn Keiley, Mother Earth News

There are many compelling reasons to add fish and shellfish to your diet. Recent nutrition research has confirmed the benefits of eating oily fish, which are loaded with omega-3 fatty acids. Omega-3s are proven to boost brainpower and reduce the risk of heart disease and stroke. Studies have shown that eating fish may also improve eye health, reduce the risk of colon cancer and have therapeutic effects for people suffering from depression and arthritis.

The dietary guidelines released by the U.S. Department of Agriculture last year suggest that people eat two servings of fish or shellfish each week, a recommendation also endorsed by the American Heart Association. But consumers are also hearing numerous warnings against eating fish. Many supermarkets now post warnings about the dangers of eating fish high in mercury — a potent neurotoxin. And from the news, we hear about the problems of overharvesting wild fish species and the water pollution caused by some commercial fish farms. So it's no wonder that many of us are eating less fish.

But don't toss out the tartar sauce just yet — by observing a few guidelines, you can enjoy the health benefits of eating fish, minimize the health risks and avoid choosing overharvested species. Here's what you need to know to navigate the fish market swimmingly.

### Cast your line

Our bodies can't make omega-3s, so we need to get them from our diet. In aquatic ecosystems, omega-3s originate in the phytoplankton that fish eat. The fish with the highest levels of omega-3s are those that naturally live in cold waters, such as salmon, trout and herring.

Unfortunately, industrial activities have introduced toxic substances into our waters. One such toxin is mercury, which can damage the nervous system, particularly the developing nervous systems of young children.

The FDA updated its warnings on mercury consumption in 2002 and again in 2004, and many concerned consumers stopped eating fish. However, the FDA never intended to discourage the entire population from eating any kind of fish. The warnings specifically directed pregnant women and young children to avoid fish high in mercury. In fact, many low-mercury fish species are good sources of nutrition for pregnant women, because omega-3s play an essential role in developing cognitive function.

### Reeling in the right one

Fish and shellfish deserve a spot on our dinner plates, but the sobering fact is that if everyone made them a regular part of their diet, the planet's wild stocks would be rapidly depleted. To meet the entire world's demand, the fish of the future will have to be farm-raised.

Aquaculture is not without its own controversy. Some commercial fish farms are a source of water pollution, are constructed in sensitive marine environments or raise non-native fish species that wreak havoc when they escape into the surrounding body of water. There are also some concerns about the amounts of antibiotics used to keep these fish healthy in such close quarters.

But many aquaculturists operate responsibly, and you can eat the fish from



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these farms without sacrificing your health or that of the planet. When buying farmed fish, choose domestically farmed whenever possible. Fish farms in the United States typically are better regulated than farms in many other countries, and the fish are likely to contain fewer antibiotic residues. Species such as striped bass, sturgeon, catfish and trout are all safe choices when buying farmed fish.

When choosing a wild species, it's a good idea to check where the fish was caught. Some bodies of water are more polluted than others, and you can learn a lot about the pollutants that might be present in a species of fish by knowing where it was caught or raised.

While there's a lot to keep in mind when selecting fish, you can find healthy, sustainably harvested fish in a variety of price ranges. There's sure to be a type of fish that will inspire you to schedule a fish night for your family.

For more information on safe, eco-friendly fish choices, visit [www.oceansalive.org](http://www.oceansalive.org) or [www.seafoodwatch.org](http://www.seafoodwatch.org).

*Excerpted from Mother Earth News magazine, the original guide to living wisely. Read the full story at [www.MotherEarthNews.com](http://www.MotherEarthNews.com) or call (800) 234-3368 to subscribe. Copyright 2006 by Ogden Publications, Inc.*

healthy living

# Apples of her eye

## Midwest chef recalls the fruits of her childhood

*Chef, food writer and cooking instructor Liz Clark of Keokuk, Iowa, shares her memories of the variety of apples she picked as a child growing up on the family farm — and offers two of her favorite recipes for the star fruit of the fall. — Editor*

By Liz Clark

By 10 o'clock the sky is a piercing metallic blue that stretches uninterrupted from one horizon to the other. No late summer haze blurs the tree line. Orange and yellow clash violently with the biting blue, and the air smells strangely of the coming cold. It is the kind of day for which God created October. There is but one perfect way to spend it — a trip to the orchard. When I was a child, that trip meant grabbing my oak-split egg basket and heading out the back pasture to the wooden gate which separated the south corner of the orchard from the hog pasture.

The first few trees inside the gate were Jonathans: Versatile and reliably ready for October picking. Several of these were great climbing trees, which meant easy picking and the ultimate elevated battle towers for apple wars at my October birthday parties.

On down the north hill were the Grime's Goldens and Stark's Delicious: the best apples for eating out of hand as you pick them. The fruit of these wonderful burley trees bear no resemblance to their tragically tamed descendants now available in supermarkets year round.

Farthest down the north slope, near the far fence row, were the crab apple trees which held a special place in my mother's heart. In the spring they had bloomed more dramatically than the other trees — a brilliant cerise pink which was always a temptation to pick, just for the joy of the blossoms. Now they bore equally colorful small fruit, ideal for pickling to accompany holiday roasts and birds.

On the way back up the slope the Rome Beauties were ripening to their deep garnet red. All fall a Pyrex cake dish filled with baked Romes sat waiting for heavy cream at breakfast, after school, as a snack or as an easy dessert for Mom to serve, following an autumnal pork roast with its crisp rendered fat, accompanied by deliciously caramelized root vegetables. Several times a week the spicy aroma

of these emanated from the old enameled wood-fired oven of the farm kitchen. Sometimes their stuffing was cinnamon, butter and brown sugar, at other times, raisins and hickory nuts. Red hot candies were a particular treat, and, again, whatever jams and preserves were being made sometimes stuffed the cavity.

Toward the center of the orchard, at the very top of the hill, were the McIntosh trees. Taller than many of the other surrounding varieties, these trees bore some of the most highly perfumed fruit in the orchard. Their windfalls always swarmed with wasps and the bees from the hives behind the machine shed. We carefully picked from the lower branches, always wary of the stinging threat from the feasters under foot. Much of what would be canned in the countless mason jars that lined the basement shelves came from these trees, for these were the best sauce apples. They also were the secret to the very best pies. One McIntosh, with Jonathans as the body, adds that indefinable aroma and spiciness to a homemade apple pie: a taste that has never been commercially duplicated.

The Cortlands filled a row, as the east slope descended toward the old barn. That barn and the house foundation were all that remained of the tenant farmstead. But plums, pears and a white peach tree still stood near what had been a flourishing kitchen garden. Mom always voraciously gathered the Cortlands for Waldorf salad. This typical fall offering was made with her boiled dressing, celery and hickory or walnut meats. I sometimes now think that it must have reminded her of the days when she served as dining room hostess at the famed Conner Hotel in Joplin, Mo., which during its reign stood on the corner of Route 66 at "The Crossroads of America."

Several Staymans and Newton Pippins rounded the northeast corner toward the back hill. These seem to have been the fruit that we gathered in the big old wooden bushel baskets to store in the basement. Pop would drive a tractor down the slope and we would load the brimming baskets on a flatbed hay wagon. All winter the baskets lined the base of the stone wall at the foot of the basement stairs. A heady winery aroma hit me in the face whenever I walked by. My Annie Oakley lunch box usually contained one of these apples during the winter months.



istockphoto

Often, when I was sent to the basement to pick out hickory nuts or walnuts before dinner, I was told to return with several of these apples to be fried in bacon drippings from the coffee can at the back of the stove. They accompanied pork chops, and home-cured hams, and fried chicken with cream gravy, one of which was so often the center of our winter evening meals.

It takes only a bite from one of these old "real" apples to transport me back more than 50 years to that fragrant kitchen of my childhood. Just the odor of storage apples carries my mind past everything in between, to that stone-walled basement and the bushel baskets at the bottom of the wooden stairs.

Does the siren call of that pluperfect October day still send me through the back pasture to that old wooden gate at the corner of the hog pasture? To that same gate? Only in my dreams.

### Baby Garden Greens Salad with Blue Cheese, Apples & Red Onion

4 quarts mixed baby salad greens (mizuna, arugula, baby oakleaf and red tipped lettuce), or substitute the inner leaves of commercial-variety lettuces  
1 small sweet red onion, peeled and diced  
4 oz. well-ripened Nauvoo, or other quality, Blue cheese, crumbled  
3 Freyburg, or other aromatic, firm fleshed apples, cored and diced  
Blackberry, or other fruit vinegar  
Hazelnut oil  
Sea salt and freshly ground pepper

In a large bowl, gently toss together the greens, onion, cheese and apples. Dress the salad to taste\* with the fruit vinegar, hazelnut oil, sea salt and pepper. Serves 12.

*\* Liz finds a mixture of 3 parts oil to 1 part vinegar about right for this type of salad. Tasting and experimentation will determine your ideal proportions.*



Gary Krambeck / Radish

### Puree of Acorn Squash and Apples

This puree's complexity of flavor belies its simplicity of preparation.

2 large acorn squash  
4 large aromatic apples\*  
8 Tbsp. butter  
Sea salt, freshly grated nutmeg and cayenne pepper, to taste

Preheat oven to 400 degrees.

Place squash and apples in the preheated oven and bake until apples begin to split their skins (about 30 minutes). Remove apples and continue baking squash until it is done. Remove squash from oven and cool slightly.

Cut squash in half and scoop out seeds. Remove pulp with a spoon. Peel skin from apples and core and place the pulp of both in a heavy enameled Dutch oven. Mash with a potato masher, adding butter, and sea salt, nutmeg and cayenne pepper. Taste and adjust seasonings. Warm gently.

Serves 8.

*\* Ashmead's Kernel was the amazing apple that gave its mysterious citrusy flavor the to puree we created in the cooking class.*

*For Liz Clark's cooking classes at New Pioneer Co-op, see the calendar, page ??*

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health & fitness

# Wellness at work

## Employee fitness programs are good business

By Elizabeth Janicek

We all know New Year's resolutions beg to be dropped, crash diets hurt more than they help, and spontaneous exercise regimens quickly lose their luster. So wouldn't it be easier if balanced, healthy living came to us? This is the concept inspiring the numerous employee fitness programs that have sprung up in the last decade or so.

As employers recognize the benefits of a healthy workforce, employees are provided the means (and moral support) by which to realize healthier lives for themselves and their families. Employers save money on insurance and reduce turnover, and employees have resources and guidance right at their fingertips. Who would have thought going to work could be so good for you?

Employee fitness programs are as diverse as the companies that use them. "We ask what the employer is seeing and what their needs are," says Sue Boyler, sales and marketing manager at Trinity Work Fitness in Moline, Ill., which works with 1,800 Quad-Cities area employers on occupational health. "Employers are finally understanding the importance of not just preventing injury, but promoting all health and wellness," she says. "You can help keep co-workers from becoming diabetics. Your health costs have a major impact on your bottom line. They're starting to really get the bigger picture, the prevention aspect. If you don't prevent illness and injury, it's going to cost a lot of money in the long run." Trinity Work Fitness has clinics in Moline and Bettendorf, Iowa, that house exercise equipment and physical and occupational therapy staff, but they also contract with employers to provide workplace clinics on company grounds, where medical staff are on hand to offer basic care and answer health questions free of charge.

Such on-site wellness is so appealing that many companies have established their own in-house initiatives. Often, change comes from the top: Jill Strouffer coordinates the wellness program at ARAG in Des Moines, Iowa. In addition to offering a premium subsidy on health coverage for employees who undergo health screenings, they've established an on-site fitness center and have fresh fruit regularly delivered to the break room. "A lot of people put on their tennis shoes and go for a walk on the treadmill during lunch," says Strouffer. It's that simple.

**As employers recognize the benefits of a healthy workforce, employees are provided the means by which to realize healthier lives.**



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Accessibility is largely what makes these programs so successful. With exercise facilities and healthy food options always at their fingertips, employees are more likely to take their health into their own hands. "Developing good habits is what we're trying to get," says Dani Moore, Wellness Director at Lujack's NorthPark Auto Plaza in Davenport, Iowa, where a state-of-the-art fitness center and cafeteria provide full work-out facilities and plenty of healthy food options. "As with every program, some people are more willing to get involved. Our goal for the first year is to promote what we have, not try to force anything, not lecture anyone to get healthy."

Of course, different approaches work for different companies. Guardian Glass of DeWitt, Iowa, facilitates one major health-based program a year. They were running at 15 percent participation before switching to the "opt-out" system: employees are automatically enrolled, and team averages go down if someone drops out. "Everyone's afraid to take that approach," says Guardian president Ryan Ford, but since making the switch, participation has soared. The trick? "You've got to make it fun." Guardian is just finishing a five-month NASCAR-themed program on walking. Ninety-seven percent of employees are participating, and the plant collectively has lost 650 pounds over the course of the program. Ford says that when it comes down to it, workplace fitness isn't about lofty goals — it's about moving in the right direction. "I can see us looking at, down the road, food options in the vending machines — there are plenty of other things you could look at, but you've got to build the interest first — you've got to baby step them into it. It takes time, but it'll pay off."

*For more information on workplace wellness, contact:*  
• *The Wellness Council of Iowa: [www.wellnessiowa.org](http://www.wellnessiowa.org)*  
• *IllinoisChamber@GetFit.net*  
• *Trinity Work Fitness: (309) 764-9675*

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outdoors

# Mazes for your mind

## Cornfield conundrums good for the hippocampus

By Elizabeth Janicek

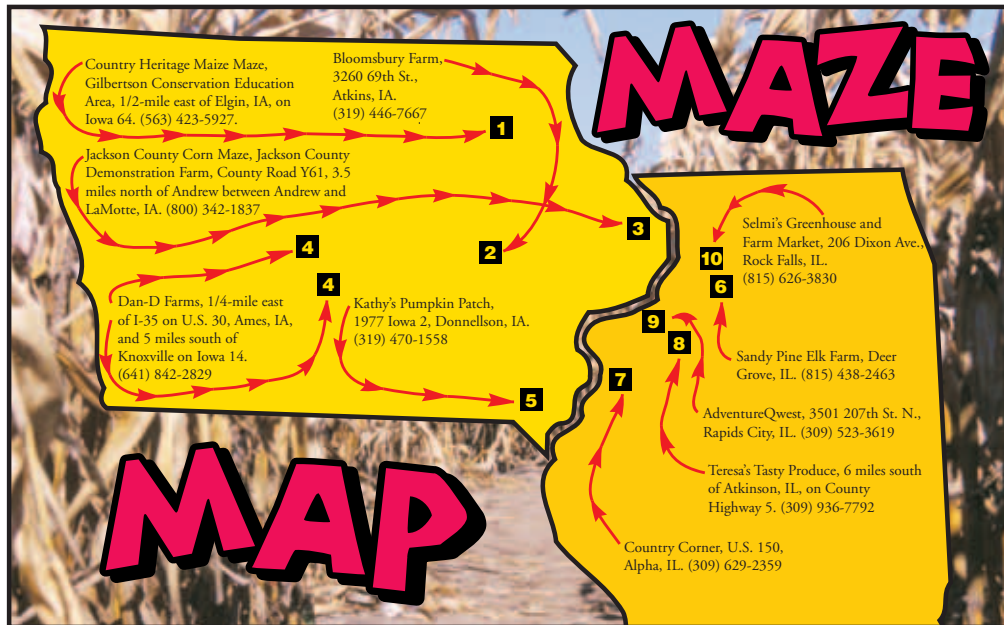
Put down your Sudoku, set aside your crosswords and head outdoors — when it comes to exercising your gray matter, corn mazes just might be the next big thing. Not only are mazes a fun way to get outdoors with friends and family. Not only do they increase public awareness of small farms and promote understanding of our agricultural past. They also may offer a mental challenge that helps keep your synapses firing.

Will walking through a maze of this classic Midwestern veggie really harvest you a brain boost? According to Dr. Daniel Corts, associate professor of psychology at Augustana College in Rock Island, Ill., “there is a kernel of truth to the use-it-or-lose-it” philosophy. He cites a study of London cab drivers: the more

years a driver spent navigating London’s maze-like streets, the bigger the ‘navigation’ part of their brain (“hippocampus” for you trivia buffs) grew. Dr. Corts admits, however, that one trip through a maze is unlikely to have any lasting effects. But, he says, “seeking out a variety of cognitively challenging activities, such as a maze, is part of a behavioral repertoire that will improve your chances for long-term brain health.”

That’s good news for corn maze fans. So will heading to the fields this fall make you the Einstein of the 21st century? Probably not. But shucks, it couldn’t hurt to try.

Take your hippocampus for a spin at any of the following locations. All times are for October. (For more information on each of these mazes, turn to Resources, page ??)



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BIAGGIS CORP OFFICES-HOME  
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# Straining to breathe

## Sleep apnea can ruin your life, but don't let it

By Sharon Wren

If your grandpa dozes off during family gatherings and snores loud enough to wake the dead, he's not being rude. He may have sleep apnea, a medical disorder in which a patient's breathing repeatedly stops and starts while sleeping.

Obstructive sleep apnea (Greek for "without breath"), which is the most common form, occurs when the throat muscles relax as a person sleeps. As the airway constricts, he strains to breathe, feeling like he's trying to inhale through a drinking straw. "This is what experts call the 'wet straw effect,'" says Dr. Eric Dyken, an associate professor of neurology and the director of the University of Iowa Hospitals & Clinics' Sleep Disorders Center. "Some people struggle so hard to breathe that they pull food into the esophagus and suffer from heartburn. Others try so hard that they stretch the chest and abdomen, which stretches the heart. This tricks the body into thinking it's having a heart attack."

Central sleep apnea occurs when the brain doesn't send proper signals to the muscles that control breathing. Other people suffer from complex sleep apnea, which is a combination of obstructive and central apnea.

A person with sleep apnea sometimes will wake up with a headache that goes away quickly; since he or she isn't breathing properly while sleeping, CO<sub>2</sub> builds up in his or her body. As these waste products build up, the blood vessels in the brain dilate, causing pain. The pain goes away when the person wakes and breathes normally. Sometimes the brain is tricked into releasing a diuretic, which causes the patient to wake up to use the bathroom. If this continues for months or years, a person runs the risk of falling asleep at inappropriate times during the day. A recent study points to a new worry for older patients: Research reported in the August 2006 edition of *Stroke: Journal of the American Heart Association*, shows that elderly people with severe sleep apnea have more than twice the risk of ischemic stroke than elderly people with no or mild apnea.

Think you may have sleep apnea? One good self test that is also used by clinics is the Epworth Sleepiness Scale, which is available online at [www.stanford.edu/~dement/epworth.html](http://www.stanford.edu/~dement/epworth.html). Testing at a sleep clinic will confirm the diagnosis and severity. Regional clinics are available at Trinity Medical Center in the Quad-Cities and at the University of Iowa Hospitals & Clinics in Iowa City. Trinity's sleep center was started in 1979 by neurologist Miguel Sanguino, M.D., and was one of the first in the country. Liz Rogers of East Moline, Ill., was tested and diagnosed at the clinic at Trinity. "The tests don't hurt — you don't even miss work," she says. "You go there about bedtime and in the morning you just get up and leave."

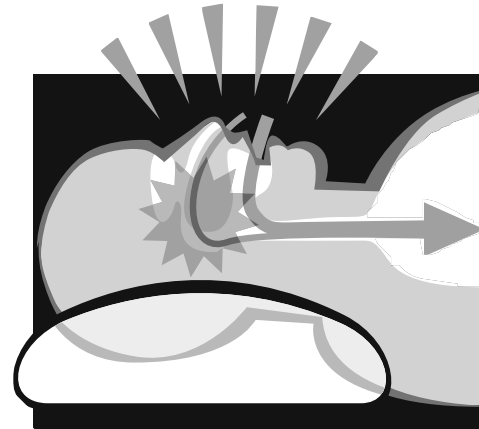
Dave Stockdale, the lead technologist at the Trinity Sleep Center, wants people to understand that the testing isn't scary. "When patients arrive, we bring them to the sleep center and get them settled in their rooms," he says. "They change into their sleepwear, then when they're ready we get them attached to the monitors. It takes 30 to 40 minutes and it's not painful. People can read, watch TV or chat with us while that is going on. They don't have to go to sleep right

away and we don't have to start the recording right away. And yes, they can get up and go to the bathroom at any time."

Sleep apnea is a serious condition, but it can be treated. Stockdale encourages anyone who thinks he or she may have it to visit a doctor. "Treatment benefits the entire family," he says. "For example, kids are more likely to have friends over if Dad isn't snoring after dinner or acting grumpy." If you're still unsure about testing, Stockdale says to keep this in mind: "Sleep apnea diminishes the quality of life and shortens life expectancy."

Contact the Trinity Medical Center Sleep Center at (309) 779-2914 or e-mail [sleepcenter@ihs.org](mailto:sleepcenter@ihs.org). Contact the University of Iowa Hospitals & Clinics' Sleep Disorders Center at (319) 384-8111.

**Some people struggle so hard to breathe that they pull food into the esophagus and suffer from heartburn. Others try so hard that they stretch the chest and abdomen, tricking the body into thinking it's having a heart attack.**



istockphoto

great places

# Good food, naturally

Stay awhile, ask questions at Heritage Natural Foods



By Brandy Welvaert

Step inside Heritage Natural Foods in downtown Moline, Ill., and the first thing you'll notice is the scent — that rich earthy aroma that inexplicably fills natural food stores everywhere and tells you one of two things: either you're right at home, or you've somehow wandered off the beaten path.

In either case, you can take a deep breath and relax because Heritage is one place where you're welcome to stay awhile, explore the shelves and ask as many questions as you like.

If you do, indeed, visit the store and inquire whether they have gluten-free pizza crusts, organic avocados, bulk lemongrass, organic soap or echinacea, the last thing you're going to get is a pointing finger. Instead you'll likely receive an escort to a particular part of the store — and perhaps a short explainer on what's there for you.

"We have that friendliness, that local feeling, because we're not a big chain. We really have relationships with our people," says Rebecca Wren, a store co-manager and baker. Co-manager Lisa Lambach agrees. "They let us know what they're needing, and we try to cater to their wants."

Lori Pennington of Bettendorf, Iowa, co-owns the store with her sister, Michelle Green of Davenport, Iowa. The sisters started as part-timers for former owner Les Christiansen 14 and seven years ago, respectively, and purchased the business from him nearly five years ago.

They scrubbed the place clean and this year have made the exterior more inviting. They hope that by changing the looks of the store outside, more people will come inside and see what it offers: organic fresh produce, dry goods, bulk products like grains and herbs, dairy products and natural meats. They also sell health and beauty products and vitamins and supplements, including a private label that costs about 30 percent less than other brands with a money-back guarantee.

Pennington and Green will open another store later this month at 3875 Elmore Ave., Davenport, near Active Endeavors. The free-standing store will

sell health and beauty products, vitamins and supplements, and a few food items. The coolest part, though, probably will be the smoothie bar. The baristas will whip up protein drinks and 100-percent fruit and juice smoothies — all without extra sugar or fillers. Customers will have the option of infusing beverages with nutrient "boosts" tailored for specific health needs (think ginseng, ginkgo biloba and soy protein). While everyone who works in the store acknowledges that prices for its organic and natural products generally are higher than supermarket prices for conventionally produced items, they say you get what you pay for.

When you shop Heritage, you know that Pennington and Green would rather stock a trusted product than a new, cheaper item from a unknown producer. You know you're helping to pay the store's long-term, knowledgeable staff fair wages so they will stick around. Of course the products themselves cost more to produce — organic certification doesn't come cheaply — so you know you're supporting the kind of food system that you believe in.

Pennington says they only stock items that they would take home and share with the people they care about, and that's the bottom line.

If you shop Heritage already, then you already know this stuff, but even long-time customers might miss some of the best that the store has to offer, staffers say. For example, the Moline store already sells fresh fruit smoothies and protein drinks, as well as baked goods made from ingredients like organic carrots, turbinado sugar and whole-grain flour. Wren — the lone vegetarian on staff — bakes everything herself. Her creations have a bit of a following, so it's wise to call ahead if you have your heart set on one of her delicious and nutritious granola bars or muffins.

Wren has worked at the store for nearly five years and says that in a culture that doesn't support healthy living, Heritage is one place where people can find good food and good information. The staff keeps up-to-date files on health and nutrition, and its book section invites inquiry with a table and chairs for those who want to look into a topic.

**Heritage is one place where people can find good food and good information.**



Lisa Lambach, Lori Pennington, Michelle Green and Rebecca Wren in front of Heritage Natural Foods in Moline. (Photo by Todd Mizener)

Lambach, who has worked in the store 14 years, says her customers are on a journey toward health, and she's elated to be a part of it.

"When a customer learns something about their own health and gets excited, then we get excited. It's great traveling that path with them."

*Heritage Natural Foods is located at 1317 6th Ave., Moline, on the one-way heading east. Parking is available in three lots on the south, west and north sides of the building. For information, call the store at (309) 764-1912. Hours are 9 a.m. to 5:30 p.m. Mondays and Tuesdays, 9 a.m. to 6:30 p.m. Wednesdays, Thursdays and Fridays, and 9 a.m. to 5 p.m. Saturdays. The Davenport location, 3875 Elmore Ave., is open ..... (INFO TO BE ADDED LATER.)*

## What's for sale

Heritage Natural Foods sells organic produce, dairy and meat products, bulk goods and other groceries, health and beauty supplies, vitamins and supplements, books and more. Invest in a lifetime discount card for \$15 and save 10 percent on all regularly priced merchandise. Ask about buying in bulk to save 20 percent.

Recently opened at Heritage is the Cleansing Room, which now is taking appointments for colon hydrotherapy, ear candling, core synchronization, detox classes and raw foods classes. For more information or to make an appointment, call Lynette Pritchard at (563) 508-1532.

**PROMO  
COMING NEXT MONTH**

body, mind & soul

# 2 hours with a shaman

It's all about positive energies and healing

By Elizabeth Janicek

Ever met a shaman? I hadn't until last month, when I headed to Sharon's Christal Palace in Moline, Ill., to listen to visiting shamanic healer John English of Phoenix, Ariz. When I arrived, there was a line to sign in and a search party had left to scavenge more chairs. With 50 or so people in attendance, it didn't seem to matter if you knew anyone else or not; the atmosphere was friendly and inviting.

I suspect I was not the only one with no idea what to expect. However, during an earlier phone interview English had been cordial, articulate and sincere — he sounded like just a regular guy — and he was the same in person. As people got situated and more chairs were procured, he hung low in the back, making small conversation and greeting people as we stood around waiting.

I ought to preface my account of his talk: I don't know any more about shamanism than I've learned from English, and while I've heard and read a little about using energy to heal, it's nothing that I'm very familiar with. That said, English explained that a shaman is, very basically, a servant, and that all of life is energy. He says the problems we face — everything from illness to attitude to allergies — are all manifestations of specific energies. A shaman works with those energies to provide healing and serve as an intercessor between an individual and the spirit world.

English says he is able to help clients by finding ways of removing or transforming those negative energies and replacing them with positive energies, which thus manifest as positive things in their lives. As with most belief systems, there is some structure — some frame within which to work out an individual journey, if you will. While major religions follow stories of individuals — Jesus, Buddha, Krishna, Mohamed — English uses the idea of a medicine wheel (found in numerous cultures worldwide, including many Native American cultures) to provide a subtle backbone, a general story line for spiritual progress. The medicine wheel uses the cardinal directions to outline an individual's journey; each direction has its own qualities, and they build upon one another as a person progresses from one to the next.

English says he helps his clients balance their energies through specific processes. These include the illumination process (changing life patterns by changing the energy patterns they come from), extraction of crystallized energy (clearing up energy blocks caused by psychic abuse or physical injury), soul retrieval (retrieving parts of our selves lost during hard times) and destiny retrieval (using a future version of one's self to get through current struggles). He recognizes that this kind of thing is a little outside most people's zones. "It's pretty trippy stuff," he says of destiny retrieval in particular.

But when it comes down to it, English just seems to be trying to help others live better lives, or "walk in beauty," as he says, based on what has worked for him. "I should feel healthy — I should feel joy, contentment, peace, happiness. If not, there's something I can do about it," he says.

English left it up to us to take or leave his philosophy, but the place of such teachings in our society is far more complicated than that. During the session-ending Q&A segment, English received a strong challenge from members of the Native American community. It seems "New Age" shamans and some Native Americans have long been in disagreement over the legitimacy of non-Native

American shamans. Many of the ideas from which these new shamans draw originate in Native American spirituality. Also, non-Native healers often charge for the healing services for which Native American healers do not charge, but provide as a gift from the Creator. "This man is not doing right selling native American medicine," wrote one reader on the Radish Web site a few days after English's visit. "Our Spirituality is NOT for sale. We do not charge for healings nor teaching."

English took the criticism in stride, stating that he held different spiritual beliefs from the man who questioned him, and that the shamans under which he studied had never expressed opposition to his practice of charging. Unsatisfied with his response, the Native American medicine man and several others left. Soon after, the rest of the group dispersed.

As I drove home I reflected on all that I had heard. Some of the things English said made a lot of sense to me; others did not, and I think that's OK. I'm glad that those unhappy with his practices were comfortable in saying so; as globalization provides us culture à la carte, making responsible choices requires awareness of what those choices entail.

For a Q&A feature on John English, visit [Radishmagazine.com](http://Radishmagazine.com). For more information on him, visit his Web site, [www.dtpublications.com](http://www.dtpublications.com).



DreamTime Publications

green gardens

# Say 'NO!' to gnomes

... and other tips to improve your garden this fall

## Does your lawn or garden have:

- A. Garden gnomes?    B. Concrete geese?
- C. Granny fannies?    D. Plastic flowers?

## If so, you should:

- A. Get rid of them.    B. Get rid of them.
- C. Get rid of them.    D. Get rid of them.

All kidding aside, there are many simple things homeowners can do this fall to help return their lawns and gardens to a more natural and beautiful state. Radish asked Elizabeth Haynes, natural resource educator for the University of Illinois Extension in Rock Island County, to supply us with such advice. But first, about those gnomes, concrete geese and granny fannies ...

Get rid of them! There's nothing like mass-produced lawn and garden art or sculpture to ruin an otherwise natural and beautiful setting. We're all for art in the garden, but why not have it be one-of-a-kind and made by a local artisan? All the better if the art also is made from recycled or earth-friendly materials. By going local and friendly with your garden art, you will be supporting your artistic community and helping the environment — and cutting down on the insidious proliferation of gnomes and their minions! Check out art galleries and organizations for ideas, and peruse the locally-produced art at the farmers' markets. Some of it is quite beautiful — and fitting for a natural garden.

Now that we have that out of our system, on to Liz Haynes' fall gardening tips:

- **Plant trees and shrubs.** Fall is a great time to plant trees and shrubs because of the mild weather and good soil moisture. Choose a tree or shrub that is appropriate for your conditions (pH, drainage, size, shape, etc.) and find a specimen that has healthy roots, leaves and bark. Follow the planting instructions that come with the tree or shrub to ensure healthy growth. (Small trees and shrubs such as dogwoods, blackberries, American beauty berry and serviceberry provide food and shelter for birds and wildlife, as well as striking fall foliage.) Before digging, always contact your local utility company to mark the location of gas and electric lines.

- **Water the garden.** Keeping plants hydrated over winter will ensure a healthy, strong root system

that will re-sprout next spring. An inch of water each week is a good rule of thumb, whether it comes from rainfall or the garden hose. Since evergreens stay green all year round, they typically lose more moisture than deciduous trees and shrubs during the winter. To counteract this, be sure to there is plenty of moisture in the soil before the ground freezes. Water the ground until the soil is moist — at least 12 inches deep. Be sure to not over water.

- **Hold off on cutting back.** As plants begin their winter dormancy, many gardeners cut plants back to the ground. Since many perennials will re-sprout from the root system, this is an acceptable practice. However, some plants can provide interesting structure and silhouettes in the winter garden. The dried plant material above ground also may provide seeds for birds, cover for wildlife and act as a snow collector to insulate the roots below. Though leaving plant material over winter will require additional garden cleanup time next spring, it will allow your garden to provide enjoyment for you and various wildlife all winter long.

- **Compost leaves and other yard waste.** The composting process involves four main components: organic matter, moisture, oxygen and bacteria. Organic materials used for compost should include a mixture of brown organic material (dead leaves, twigs, manure) and green organic material (lawn clippings, fruit rinds, etc.). The best ratio is 1 part green to 1 part brown material. Moisture is important to support the composting process; compost should be comparable to the wetness of a wrung-out sponge. Oxygen is needed to support the breakdown of plant material by bacteria, and can be supplied by turning the compost pile with a shovel or pitchfork. Turning the pile is important for complete composting and for controlling odor. For efficient composting, build a pile that is at least 3 feet by 3 feet by 3 feet, ensuring that the center of the pile heats up sufficiently to break down materials.

- **Weed.** Though pulling weeds is not enjoyable, removing them from the garden in the fall is much easier than dealing with the diseases, insects and seeds they harbor for next spring's growing season. Weeds may be added to a compost pile in early fall, as long as the compost pile heats up properly to kill pathogens and seeds.

- **Mulch.** Wood chips, pine needles or shredded leaves will help insulate the garden over winter. Wait until a couple frosts have occurred before mulching a two- to three-inch layer around plants. Do not directly cover perennials with mulch or pile large quantities around their base as this may lead to excess water in the soil and kill the roots.

- **Transplant specimen annuals into pots.** Place these on the patio, deck, and porch and you'll have great fall color. Many annuals, such as geraniums and dianthus, will transplant easily from the ground to pots. The potted fall garden easily can be sheltered from frost conditions, allowing you to extend the fall color.

- **Plan for next spring.** Consider planting native plants in the spring to complement the fall foliage in your yard. Garden centers always carry a good selection of colorful mums and asters, but if planted in the fall, they may not survive the winter as there is not sufficient time for their roots to establish. Native grasses and forbs such as Indian grass, coneflower, asters and goldenrod look magnificent in the fall garden, even after they have dried and the seeds remain. Native plants also are less vulnerable to destructive insects and diseases and seldom need fertilizer, chemical pesticides, or frequent watering.



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healthy living

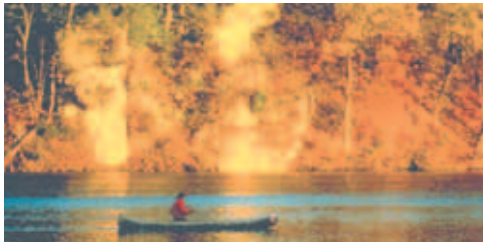
# 6 great fall drives, 6 healthy destinations

Catch autumn's brilliance and enrich your life by combining a road trip with a purpose



Illinois Department of Tourism

**1** Spoon River Drive: The roads weaving through Fulton County, Ill. (pictured at left) will be dressed in autumn's best Oct. 7-8 and 14-15 for the 38th annual Spoon River Valley Scenic Drive that wends its way from Canton to Avon from east to west and from London Mills to Astoria from north to south. All things old-fashioned, including crafts, demonstrations and food, are found along the drive. You'll want to stop at Pleasant Row Orchard in Cuba, Ill., located in the center of the loop of the drive. At Pleasant Row, you'll find fall produce like pumpkins, gourds, squash and apples, and you can wander through parts of the 14-acre orchard loaded with around 10 varieties — owners say this year is a good one for apples — from Gala and Johnathan to Winesap and Rome Beauty. Children may want to visit the barnyard animals, take a tour of the Johnny Apple Seed barn and taste the cider. Pleasant Row Orchard is located at 21649 N. Illinois 97; (309) 785-5098. For more information about the Spoon River Drive, including a printable map, visit [www.spoonriverdrive.org](http://www.spoonriverdrive.org), call (309) 647-8980 or e-mail [info@spoonriverdrive.org](mailto:info@spoonriverdrive.org).



Illinois Department of Tourism

**2** Great River Road: The colors and scents of autumn always seem most vivid near the Mississippi River — especially along Illinois 84 between Galena, Ill., and the Quad-Cities. Climb to the top of the Tri-State View Tower a few miles southeast of Galena for an incredible panorama of the countryside; drive the scenic Stagecoach Trail (from Field Street, heading east out of Galena), take a canoe ride on the Galena River (pictured at left) or hike the trails of Mississippi Palisades State Park just north of Savanna. For lovely squash, pumpkins, apples and cider, visit the McGinnis Melon Market (815-259-2245) in Thomson; for fall baking, buy flour ground at De Immigrant (815-589-4545), a Dutch windmill built next to the river in Fulton. You also can tour the windmill, and climb up to see the cogs and wheels that make it work.

For canoe rental information, contact Fever River Outfitters, (815) 776-9425, or visit [www.feverriveroutfitters.com](http://www.feverriveroutfitters.com).

**3** Iowa Highway 1: From Iowa City, take an easy drive south through the scenic countryside on Iowa Highway 1 and head to Natural Selections, 104 Main St., Fairfield. (From the east, take Iowa Highway 16 to Highway 1 and head north to Fairfield.) Besides offering one of the largest, most complete selections of organic fiber goods from towels to tote bags, Natural Selections' owners have created their own line of organic bedding. It also also offers several lines of organic and natural body care products, sustainable housewares, eco-furniture, natural toys and earth-friendly gifts.

If you feel like spending the night in Fairfield, consider pampering yourself at The Raj, 1734 Jasmine Ave. Located on 100 acres of Iowa's rolling meadows and woodlands, The Raj (seen at left) bills itself as not just a spa, but a life-transforming experience. With customized treatments for anti-aging, allergies, anxiety and stress, headaches, high blood pressure, and a host of other conditions, programs at The Raj are designed to help restore balance and reawaken your body's natural healing mechanisms. But the treatments are only a part of a



Jim Salmom



Cornell College

comprehensive approach to health. As a guest at The Raj, you'll also gain an understanding of how all the various aspects of your life are interrelated and contribute either positively or negatively to your overall well being.

For more information, call The Raj at (800) 864-8714, ext. 9000, or visit [www.theraj.com](http://www.theraj.com). Natural Selections is open 10 a.m.-5 p.m. Monday through Saturday. Call (888) 216-9917 or visit <http://organicelections.com>.

**4** Iowa Highway 1, part 2: From Iowa City, go 2 miles north on Iowa 1 to Wilson's Orchard. Take in the cool orchard breeze as it mingles with hot apple turnovers from their bakery. Be sure to ask to see the Hawkeye Apple trees, source of the original Red Delicious. At Solon, just 5.2 miles farther north, stop at Savvy for a great cup of coffee, or, if your timing is right, eat at Redhead, a delightful little restaurant. From there, another 6.4 miles will bring you to Kroul's pumpkin patch, a treat to visit anytime, but kids especially like it in October when the pompous pumpkins are everywhere and the scarecrows watch over the dry decorative corn, gourds and squash. Then it's on to Mt. Vernon, where you can stroll through the beautiful Cornell College campus (seen at left), the first in the country listed entirely on the National Register of Historic Places. Before heading home, do some antiquing and have a delicious supper at the Lincoln Cafe.



Macomb Area Convention and Visitors Bureau

**5** Barn tours in McDonough County, Ill.: When most people think of Macomb, Ill., Western Illinois University comes to mind. Yet there's more to McDonough County than the university. Through the McDonough/Macomb barn tours — six self-driven tours that showcase 30 architecturally diverse barns (including the one at left) — you can get a taste of western Illinois' rich agrarian heritage, as well as its interesting landscapes: bottomlands, prairie, rolling hills and wetlands. Tours are free, but many of the barns along the path are privately owned, so stopping for a peek and a photo at the side of the road is your best bet. Pack a healthy picnic lunch and plan a stop at Argyle Lake State Park in Colchester, too. For barn tour maps and information, visit [mactitmacomb.com/historic\\_barn\\_tour/](http://mactitmacomb.com/historic_barn_tour/) or call (309) 833.1315. For information about Argyle Lake, call (309) 776-3422.



Illinois Department of Tourism

**6** Illinois Route 2: This highway offers spectacular fall scenery along the Rock River between Dixon and Byron, Ill. Castle Rock and Lowden state parks are just off the highway, and White Pines Forest State Park (at left) is just west of Oregon, Ill., off White Pines Road. Just south of Oregon, visit the 650-acre Lutheran Ministries camp and walk the labyrinth that's part of the new Freedom Tree complex (camp staff requests visitors call ahead so they know who's planning a visit). Oct. 15 is the camp's Autumnfest, offering hiking and hayrides, a grilled lunch with cider, pumpkins, woodcarvers and music. For more information, call the Lutheran Outdoor Ministries Center, (815) 732-2220, or visit [www.lomc.org](http://www.lomc.org).

Compiled by contributors Sarah McDowell, Darcy Mausby, Kurt Friese and staff writers Brandy Welvaert and Elizabeth Janicek.

health & fitness

# Tennis for your heart



Bonnie Frus, Bill Allee, Mark Schafer, Marilyn Pletcher and Linda Jager work out at their cardio tennis class. (Photo by Dan Vidulich / Radish)

By Bill Allee

I fought off shots fired at me. There was no time to stand still as I overcame hurdle after hurdle before another round of shots were fired. Ladders were stationed in the vicinity, but provided no means for escape. Would I survive? I kept moving. Constant movement was my only chance. Was I in the middle of an Indiana Jones adventure? A James Bond thriller? No, I was in the heart of an hour of cardio tennis!

Just what is cardio tennis, you ask? Fair question, since it's only been around less than two years.

"Cardio tennis is heart pumping fitness," said Quad City Tennis Club director Brian Dahlstrom. If one doubts him, check out the cover of a cardio tennis brochure. It reads: "Heart Pumping Fitness." The brochure also says the program "pushes your fitness to a new level ... It's a fun, group activity featuring drills to give players of all abilities an ultimate high energy workout. ... If you want to find a healthy, new way to get in shape and to burn calories, try Cardio Tennis!" So I did — and I lived to tell about it.

In my workout at the Quad City Tennis Club in Moline, Ill., I was joined by United Township High School tennis coach Scott Bentley of Moline; Linda Jager of Bettendorf, Iowa; Bonnie Frus of Moline; Carol Hawes of Rock Island, Ill.; Mark Schafer of Geneseo, Ill.; and Marilyn Pletcher of Auburndale, Fla. "Is everybody ready?" hollered Dahlstrom as our group prepared to dash around hurdles, jump through flexible ladders laying on the ground, take a swat at swinging tennis balls from poles and hit returns of tennis balls from Dahlstrom, who sent rapid-fire shots at each of us.

"You guys are doing great!" said Dahlstrom halfway through the hour workout. Were we? I wondered. We were all still vertical, so that was a plus. And everybody was working up a good sweat, and doing so with a smile on his or her face. By the end of the hour the sweat hadn't disappeared, nor had the smiles. We had successfully completed an hour of cardio tennis and enjoyed it.

"I took part in a cardio tennis workout in Kansas City in 2005, went back again and participated and decided that we've got to do this in the Quad-Cities," said Dahlstrom. "It's fun. It's not just running on a treadmill. There's great music playing, you get to chat with others in the workout and you burn the same amount of calories as an hour run. And depending on how much jumping around one does, you can easily burn off 250 to 400 calories in an hour workout."

I don't doubt it. There is indeed a lot of movement during the hour, but yet one moves at his or her own pace, which is nice. In addition to the running and jumping, one gets plenty of tennis balls to hit in the hour.

"I've got 350 tennis balls in each cart and there are five carts, so I figure each person gets to hit at least 250 tennis balls during a workout," said Dahlstrom.

The participants all loved the workout.

"I've been coming to cardio tennis since last spring and it's helped my game a lot," said Bentley. "It keeps me on my toes and it's a blast."

"It's great exercise," said both Frus and Hawes.

"It's really good for footwork and endurance," said Jager.

"It was my first time, but I'd gladly do it again," said Pletcher.

Ditto.

For cardio tennis locations in the region, turn to Resources, page ??.

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healthy homes

# E-waste — eeewww!

## What electronic junk is and what to do with it

By Elizabeth Janicek

Forever vivid in my memory is the junkyard scene from “The Brave Little Toaster.” Fairly dramatic for a kids’ movie, the scene depicts heaps of cars singing mournfully as they await certain doom. It’s a sad-but-true reminder that our fancy toys, like us, are transient. A modern remake could star a whole new batch of appliances; we could call it “The Brave Little Laptop,” and the junkyard scene could feature thousands of melodious, teary-eyed circuit boards.

Think that’s an exaggeration? With the exception of the bit about singing, it’s not. Electronic waste, or “e-waste,” is growing at an impressive rate, and what to do with it is a hot topic in growth-meets-green discussions. While it may not be prime material for the next Disney flick, knowing what’s up with e-waste would behoove us all.

What is e-waste, anyway? There’s no official definition, but e-waste is exactly what the name implies. Generally, the term includes any electronic goods that we pitch; specifically, it refers to appliances with circuit boards or cathode ray tubes (found in most computer monitors and older television sets). These contain hazardous materials and are the primary cause for concern. Fortunately, e-waste awareness has grown tremendously in the past decade, and so have opportunities

for more responsible disposal of our gizmos. At this point, just throwing our e-waste away seems like, well, a waste.

When you practice responsible alternatives to landfill disposal of e-waste, you’re helping the greater good in three big ways:

1. You are prolonging life and saving resources. Many of the appliances we pitch are still valuable either as functioning machines or as secondary materials. Donating or recycling your appliance decreases the use of raw materials and natural resources required to manufacture new products.

2. You are preventing potential threats to the groundwater. These appliances may look sleek and stylish, but they’re not so pretty on the inside. Because of the toxins they contain (lead, mercury, cadmium and nickel, to name a few), monitors and other appliances have been banned from landfills in Europe and parts of Asia. Four U.S. states have passed similar laws thus far, and Congress is currently considering a number of e-waste bills.

3. You are minimizing landfill sprawl. E-waste takes up valuable space, and with lowered prices and a constant stream of newer models, we’re buying and disposing more rapidly than ever. The EPA estimates that e-waste is growing at three times the rate of other municipal waste. That’s a lot of earth-top space for discarded desk-tops.

### E-waste options

There are several ways to benefit your environment, your community and even your pocketbook through responsible disposal of used electronics. (Remember to have your computer hard drive wiped clean of all sensitive data!) Here are a few useful paths you might consider:

**Reuse:** Organizations and good-hearted individuals often refurbish used computers and give them to people in your community who can really use them. For example: Bill Scanlan of Dubuque, Iowa, has set about refurbishing and distributing used computers to members of his community. “Why would you grind those up? People need them,” he says of disposing functional computers. With the help of his son and a friend, Bill was able to give away 50 computers last year, many of them to homeschool families and farmers.

**How to do it:** A willing refurbisher could be as close as that tech-savvy guy from church, or try calling your city or county for suggestions. If you can’t find anything local, TechSoup.org offers advice and assistance on donating and refurbishing computers. (Visit [www.techsoup.org/products/recycle](http://www.techsoup.org/products/recycle).)

**Return:** Though it’s not yet required by law, manufacturers and distributors are starting to facilitate responsible disposal of their products. Many offer recycling and take-back programs that support charities or provide customer discounts. A few examples: Dell will pick up and recycle your old PC when you



**Electronic waste, or “e-waste,” is growing at an impressive rate, and what to do with it is a hot topic in growth-meets-green discussions.**

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## 1/8 AD OPPORTUNITY

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buy a new one, or when you don't, will take away your old one for a fee; Apple's free iPod recycling gives you 10 percent off a purchase of a newer model (at their retail locations in Chicago or West Des Moines); Verizon collects old phones and donates them with airtime to victims of domestic violence.

*How to do it:* Visit a specific company's Web site or call their customer service department to ask about recycling programs. To determine a purchase based on such programs, the list of major companies at <http://rethink.ebay.com> is a good place to start.

**Recycle:** If your appliance is a real dinosaur, recycling might be your best option. E-cycled appliances are disassembled, sorted and sold as secondary materials, and proceeds help offset the costs of processing more e-waste. Collection facilities vary greatly; some can process appliances on-site while others contract with neighboring counties or private companies. Most charge a small fee; whether charged per pound or a set rate, you're probably looking at \$5 to \$10 for a standard PC or appliance of like size. Regionally, the Waste Commission of Scott County in Davenport, Iowa, and the Tri-County Regional Collection Facility in Macomb, Ill., offer complete e-waste collection and recycling.

*How to do it:* Here in Radish country there are plenty of e-cycling opportunities. Check the list below for a center nearest you.

### Where to take your e-waste

#### Iowa

Scott County: Waste Commission of Scott County's Electronic Demanufacturing Facility; 1048 E. 59th St., Davenport; (563) 823-0119 or [www.wastecom.com](http://www.wastecom.com) and click Electronic Demanufacturing Facility.

Johnson County: The Iowa City Landfill & Recycling Center; 3900 Hebl Ave.; (319) 356-5185 or [www.icgov.org/garbage/computerrecycling.htm](http://www.icgov.org/garbage/computerrecycling.htm).

Dubuque County: The City of Dubuque offers no programs for the removal of e-waste, but does offer the following suggestions:

- Scanlan Dairy/Swine Consulting; 123 E. Acres St., Manchester; (563) 927-6080.
- Bacon Recycling; 31173 283rd Ave., Hopkinton; (563) 962-2442.

Cedar Rapids/Linn County: The Solid Waste Agency; 1954 County Home Road, Marion; (319) 377-5290.

Maquoketa/Jackson County: The Jackson County Transfer Station; 25146 184th St., Maquoketa; (563) 672-3431.

Clinton County: The Clinton County Landfill; 4292 220th St., Clinton; (563) 243-4749.

Burlington/Des Moines County: There is no county- or city-affiliated e-waste program, but Drake Hardware and Software in Burlington has organized collection once a month at the Ice House, 1012 Agency St., Burlington; (319) 752-1155.

Muscatine County: Residents can use the facilities in Scott County; (563) 263-9689.

Louisa County: The Conservation Board directs residents to Drake Hardware & Software of Burlington; see the above Burlington/Des Moines County entry.

#### Illinois

Rock Island County: Residents can bring their e-waste to the Electronic Demanufacturing Facility in Davenport at no charge; see the above Scott County entry.

Whiteside County: Collections are offered occasionally; call (815) 772-7651.

Macomb/McDonough County: The Tri-County Regional Collection Facility, 223 S. Randolph St., Macomb; the facility has satellite collection points in Carthage (Hancock County), Colchester (McDonough County), Canton (Fulton County), Galesburg (Knox County), Galva (Henry County), Sherrard and Alledo (Mercer County), Monmouth (Warren County) and Rushville (Schuyler County); (309) 837-3941 or [www.tricountyresource.org](http://www.tricountyresource.org).

Knox County/Galesburg: The city's Electronic Recycling Drop-Off is located at 567 S. Farnham St. (Galesburg Transit bus garage); (309) 342-4242.



Justin Morris of the Waste Commission of Scott County (Iowa) Electronic Demanufacturing Facility checks a load of secondary circuit boards. (Photo by Terry Herbig / Radish)



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food for thought

# Finding my eco-thing

By Angela Sands

I don't know about you, but I find myself overwhelmed with the topic of sustainable living. There is simply too much I need to do to live my life in a perfect state of eco-harmony. And these days, with a career and a family, I am looking for less to do, not more. Don't get me wrong — I am supernaturally drawn to resources, information and evidence that supports the living-green ideal. I eat it all up. And then I get nauseous.

In a recent episode of anxiety over finding a plastic bottle in my garbage can instead of in the proper recycling bag, I stopped and asked myself why. Why does this matter to me, and why am I seriously not able to breathe right now? Why do I gleam when, on garbage pick-up day, I see more in my recycling containers than I do in my trash can? Why do I experience guilt when I buy the latest grime buster at the grocery store instead of mixing my own cleaning concoctions in my kitchen? Why do I fantasize about a home that faces south? You see, I do live a little bit green, but not as much as I would like to. And that's the problem. I want to do more, but I feel confused and guilty. I feel like an eco-failure.

Maybe you feel the same way. If so, let's be friends. If not, you are obviously more evolved than I am (and it would be an honor to meet you). At any rate, I decided to choose something that would be my "thing" and soon it was settled — green home building. And that was really great until I began learning about green home building. It's no small thing.

There is so much that can go into green home building it would make your head spin. Not only that, since I started educating myself about this a year ago, it has taken the nation by storm. Creating green homes is so "in" right now it's hard not to come across it in mainstream media. In its July 27 issue, USA Today featured a front page article on the green building boom. Magazines such as Vogue and Cosmo are even jumping on the bandwagon. Not only is it making headlines, it's remaking its image in the process. It's cool and now it's for everyone, not just those who chain themselves to trees. (Yeah!) This is all good since the more exposure it gets, the more America will want it and the more doable, available and affordable it all becomes. Green has hit the big time, but I am just a simple Iowa girl who gets overwhelmed easily.

Lucky for me I discovered the Center on Sustainable Communities (COSC) in Des Moines. These everyday Iowans are working to make green building a common practice throughout the state. They are empowering homeowners and builders to go green by putting together workshops, seminars, research and resources that would otherwise be a discombobulated mess. They have done the legwork and the homework so that when people like me come along, they have more than enough to show and to share. Now that I have become a member of this non-profit group, I am hooked into the pipeline and have local allies, but I still am a little unsure of what to do next.

In my obsession to whittle this big green monster of a subject down to simple and practical choices, I arrived at four levels of "greenliness" (at right). It goes without saying that this is just one of many lists that could be created. Like I said, there is a lot you can do when embarking upon a green home. People, experts actually, right here in the Iowa/Illinois area can help you find your way.

For more information visit the Center on Sustainable Communities Web site, [www.icosc.com](http://www.icosc.com), or the Chicago Center for Green Technology, [www.cityofchicago.org/Environment/GreenTech](http://www.cityofchicago.org/Environment/GreenTech).

**Radish 48**



## Levels of "greenliness"

### The Weekender

*Have a few hours to kill this weekend to improve an already good thing?*

- Install high-efficiency light bulbs and appliances.
- Install low-flow toilets and low-flow aerators.
- Use low or no VOC paint, sealants and adhesives..
- Choose native plants when landscaping.

### The Back to the Drawing Board-er

*It's a green thing to do since you'll be using existing space rather than creating something new.*

- Remodel with renewable, reclaimed or recycled materials.
- Tighten up the leaks in your home.
- Strategically design heating, ventilation and air conditioning systems.

### The Start from Scratch-er

*If you're building a new home, there are many reasons to employ green building methods. You'll save money and build value while doing the right thing.*

- Pick an appropriate site and preserve as much of it as possible.
- Don't waste money and energy on square footage you don't need.
- Take advantage of free energy with solar panels.

### The Off the Grid-er

*Pay your utility company nothing — and still have the energy you need.*

1. Go solar. The future is now and it's a very cool thing.
2. Go wind. Ditto.