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# how I am nourished



Emelia Peterson of Sterling, Ill., nestles with Brandy, a red and white holstein at the Whiteside County Fairgrounds in Morrison, Ill., 50 miles northeast of the Quad-Cities on U.S. 30.

By Sally Fuhr

I love county fairs, which somehow have survived when air-conditioning has killed such former attractions as the picnic in the park and drive-in movies.

The fair is the finale of the year for 4-H, much of which is administered by dedicated volunteers. 4-H is the one last place that children learn those lessons that are not being addressed by the public schools, and sadly, in many homes: nurturing skills, survival skills, trade skills, domestic skills.

Too many of our youth witness the example of "urban mentality." They grow up believing that food comes from the supermarket, clothing comes from the mall, and (providing one chooses a profession lucrative enough) everything else one needs or desires can be hired or purchased. The purpose of life is amusement, entertainment.

They don't know how to nourish their own bodies, much less a family's. They don't know enough about garment construction even to purchase clothing without being compromised. They haven't the resources to explore the limits of their talents through visual arts. Athletic programs stress competition and the thrill of winning. But what about distinction through originality?

At the county fair, kids learn that every living creature must be fed, watered, sheltered and cared for. They see that plants don't just happen. Someone must plan and tend them before they can wind up on the supermarket shelves. There is no distinction between the sexes. Boys and girls alike learn to care for themselves and others. They are sampling can-do abilities all but lost in this society of electronic technology.

On a personal level, 4-H is where I learned how to sew on a button and press a shirt. I am appalled at how many people have no idea how to achieve something so simple. I remember helping my children tackle ducks and scrub the mud from beneath their webbed feet and beaks for display at the fair.

Yes it is good to see that county fairs are still there, and little has changed.

*Sally Fuhr lives in Taylor Ridge, Ill., 10 miles southwest of the Quad-Cities. E-mail her at [nourish@qconline.com](mailto:nourish@qconline.com).*

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## nourish

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Gerald J. Taylor  
PUBLISHER

Joe Payne  
EDITOR

Nick Norman  
ADVERTISING DIRECTOR

Rachel Griffiths  
ADVERTISING SALES

Len P. Small  
DESIGN

Sally E. Trulson  
PRODUCTION

Kelly Klier,  
Marge Schroeder, Lori Welsh  
LAYOUT

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Deborah Loeser Small  
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PROJECTS

Joseph Lacaeyse  
TREASURER

Robert Hill  
VICE-PRESIDENT

Thomas P. Small  
SENIOR VICE-PRESIDENT

Len R. Small  
PRESIDENT

Nourish is a guide to improving your health through the natural foods, products and services of western Illinois and eastern Iowa. Editorial content is geared to reflect lifestyle choices that lead to self-renewal and renewal of resources and includes information on diet, cooking, health and fitness. Nourish is published monthly and distributed free at farmers' markets, food stores, fitness clubs, libraries and health-care facilities.

# food for body, mind, spirit

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"If you've been stressed out for 20 years, you need to spend more than a day learning to transcend that way of life."

**Bryan Manuele**  
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nourish feature

# Sweet corn: Summer's epicurean delight

By Todd Welvaert

It's a hard land, our home. People on either haughty coast consider it "fly-over" country. So flat, so devoid of panorama, on clear days you can see the actual curvature of the Earth.

Summers of staggering equatorial heat and humidity are enough to bake the brains right out of a man. Winters of brutal, bone-shattering cold occur with the constant, subservient knowledge the rest of the nation doesn't even regard us as a "northern state."

Then it comes. Jutting from the good black Earth, bushy ears, and silky threads, some in time for the Fourth of July, but the last waning like the moon near the end of August. We give it good, mouth-watering names like "ambrosia," or "peaches and cream." Drenched in butter and sprinkled with salt, sweet corn surely makes up for much.

Larry Thome knows. The 66-year-old Tampico, Ill., man has been growing and selling sweet corn since 1969 on his farm 60 miles east of the Quad-Cities.

"I eat quite a bit of it," Mr. Thome admits, pulling his feed cap down to block a little more of the sun off his face. We talk early, before some work on an irrigator and a visit to the chiropractor. He sits stiffly in a chair, picking sweet corn earlier in the week has bugged his back, and he confesses, "I eat probably more than I should."

There's a sweet science to sweet corn. For the ambrosia variety, the soil needs to be above (and stay above) 65 degrees for planting.

"I plant another sweet corn, it's got a number SCH 4427 from NC plus out of Lincoln, Nebraska," he says. "I plant that first in as early April as I can. Then I plant my ambrosia later when it gets a little warmer. They said I could throw that 4427 in a snow bank, and it would still come up. It's got a good flavor, but not as good as ambrosia."

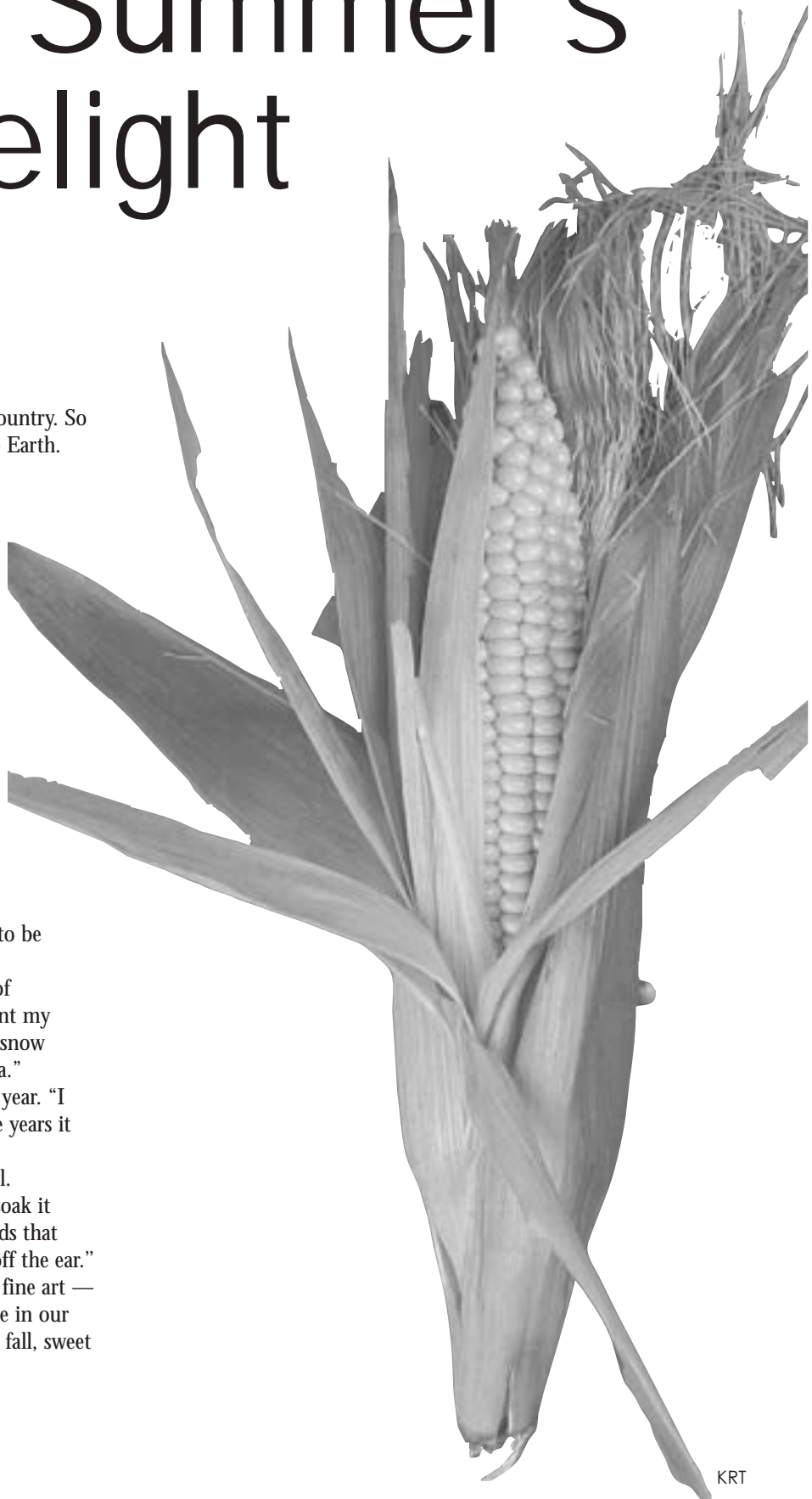
Planting at different times of the year means harvests at different times of the year. "I can always get a few people up to help me pick corn; we pick it by hand, and some years it can be pretty tough," he says.

Mr. Thome says he boils his corn for eight minutes, but has had it off the grill.

"It's pretty moist, but if you make it on the grill, you need to make sure you soak it first," he says. "I have a friend that boils it for only two minutes. I have some friends that help me pick corn, and I have caught a few of them standing there eating it right off the ear."

I like to think of our compulsion to consume it something akin to looking at fine art — a nourishment of an ancillary kind. If you're smart, you'll take some time to partake in our annual epicurean orgy now, while the furnace is dusty, because, like our spring and fall, sweet corn doesn't last for long. 🌽

*Todd Welvaert lives in Moline, Ill. E-mail him at [nourish@qconline.com](mailto:nourish@qconline.com).*



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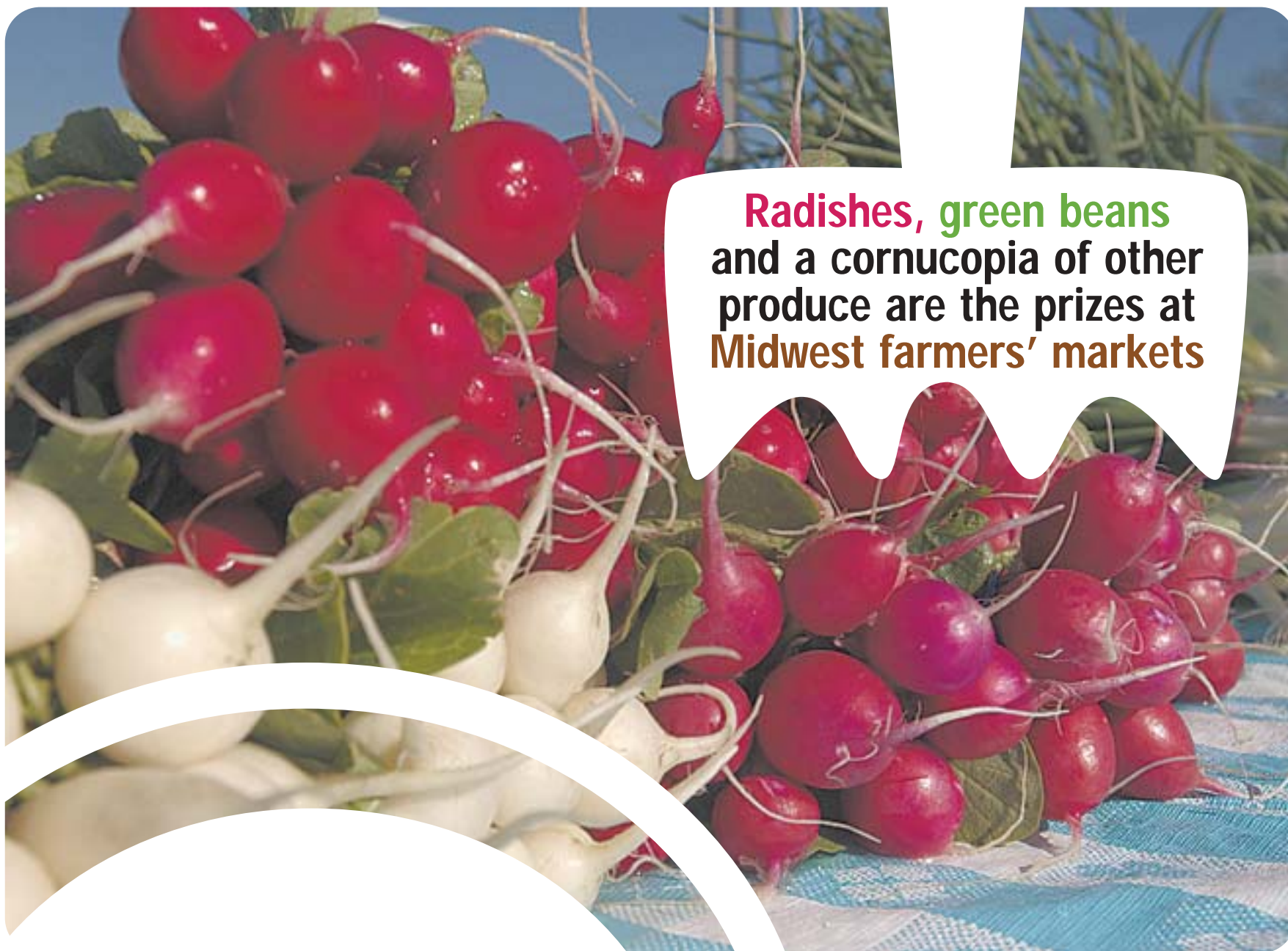
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**Radishes, green beans and a cornucopia of other produce are the prizes at Midwest farmers' markets**

## Bringing the farm to the city

By Brandy Welvaert

There's a traffic jam every Wednesday and Saturday morning at John O'Donnell baseball stadium in Davenport, Iowa, and it's not The Swing of the Quad Cities baseball team that's causing it. No, it's the twice-a-week farmers' markets that fill the Mississippi riverfront parking lot.

It doesn't take a pollster to see that the popularity of locally grown foods is on the rise.

At many Midwestern farmers' markets shoppers can find asparagus, green onions, lettuces, rhubarb, hanging baskets, crafts, meats, homemade pies and, yes, at some places even homemade dog treats.

"Of course, there's produce," said Tammy Neumann, farmers' market coordinator for the Iowa City, Iowa, parks and recreation department.

But at the Chauncey Swan Parking garage — where the oldest farmers' market in Iowa City is held twice a week — you can buy jewelry, art and more.

"Our market is 100-percent grow-your-own, and you must live within a 50-mile radius to sell here," said Ken Meeks, president of the Moline, Ill., Farmers'

Market located at 50th Street and Avenue of the Cities in Moline.

The Davenport and Bettendorf, Iowa, farmers' markets also restrict their vendors to local growers. Even the hydroponic tomatoes and cucumbers were picked only a few miles away by grower Bob Ineichen and his family.

"We say Iowa grown," Ms. Neumann said of the Iowa City market.

Whether they shop the farmers' market looking for fresher or organic produce, crowds at regional farmers markets grow every year.

It could be that people simply like to know where their salad was grown. Gina Backes, professional horticulturist and co-owner of Lavender Crest Winery in Colona, Ill., near the Quad-Cities, said the average fruit or vegetable travels 1,300 miles before it reaches a consumer.

"If your food is coming from 1,300 miles away, you have no idea who the producer is," she said. "The connection between grower and customer has been lost, but people would like to see it come back.



"There's become a consciousness of people buying locally grown food, whether it's for security or safety."

At farmers' markets, consumers can consult the source on foods they purchase, evaluating the growing methods.

Mr. Ineichen, for example, avoids using chemicals as much as possible. Instead, he releases "good bugs" to get rid of the "bad bugs" and treats the plants with alcohol and dishwashing detergent. He also fertilizes the plants with what he said is basically Miracle-Gro.

Though no studies prove locally grown foods are more healthful, Ms. Backes said consumers can taste the difference in a product that's picked when ripe.

"A tomato that's ripened on the vine is going to taste 100 percent better," Mr. Ineichen said. 🍅

*Brandy Welvaert lives in East Moline, Ill. E-mail her at [nourish@qconline.com](mailto:nourish@qconline.com).*

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# Get real, buy local



Ed Krakilo, Jr., talks to farmers' market patrons in Davenport, Iowa.

By Whitney Carnahan

When customers buy a tomato, it could come from as far away as Brazil. However, two regional groups are trying to market and promote buying produce from western Illinois and eastern Iowa.

They're promoting the national Buy Fresh, Buy Local program to area growers, farmers' markets, restaurants and grocery stores.

One group was started with the Northwest Illinois Agriculture Coalition, based in Whiteside County. Marc Strobbe, farmer and chairman of the NIAC local foods task force, said the group has been working for about a year and has a large database of farmers.

"We always refer to it as recreating a network where consumers can buy directly from local farmers," he said. The organization plans to create a regional directory and focus on farmers' markets. The task force plans to open a downtown market in Sterling, Ill., and ultimately have a certified processing plant for growers in the downtown building.

"For a small, very basic fee and a little bit of support, we're trying to take on marketing and product distribution," he said. How much the fee will be has not been decided.

"We're trying to replace all the middle men that are preventing them from making money in the first place," he said. "But until they know what we're doing, they just see us as another middle man."

The Northwest Illinois Agriculture Coalition markets agriculture, including biodiesel, renewable energy, direct marketing, specialty crops and agri-business. The group received a \$13,000 grant for technical assistance in March from the Illinois Opportunity Returns program.

"There's a ton of these going on in the country and it's finally coming to our area," Mr. Strobbe said. "We're not reinventing the wheel by any means."

Volunteers also are trying to establish the Buy Fresh, Buy Local program in Scott County, Iowa.

The Scott County organization, affiliated with the Practical Farmers of Iowa and the Iowa State University Scott County Extension, started with an initial grant shared by the Figge Foundation, Riverboat Development Authority and

DavenportOne. Last fall, the groups brought in chefs who demonstrated recipes with locally-grown food.

Since then, though, it's been hit or miss with the region's restaurants, stores and farmers' markets, said A.J. Wacaser, one of the organizers. A few producers have signed on, and the group has held bi-weekly meetings. The original plan was to print a local directory, but since applications for grants have been rejected, the plan has paused. "The big issue now is that we're short of funds."

The Scott County group is letting farmers get listed for free, but is charging \$25 for using the marketing materials, like signs and price cards. It costs \$50 for grocery stores and restaurants to join, Mr. Wacaser said.

Regional businesses that have signed on include The Faithful Pilot in LeClaire, Iowa, and the Red Crow Grille in Bettendorf, Iowa.

Steve Rosetti, owner of The Faithful Pilot, has shopped at the farmers' markets for years. "That's how I eat at home and that's the food I prefer to use. It's fresh and they're not picking things before they're ripe," he said. "My restaurant is really small, so I'm able to do that. We only have 17 tables."

Mr. Wacaser said producers stand to make a 10 percent increase in their sales by joining. "The results in Waterloo and Des Moines Buy Fresh, Buy Local are really pretty good," he said. "Fifty percent of farmers that participate are generating over 10 percent increase in sales per year. About a quarter of them are doing 20 percent more per year."

Darcy Rostenbach, president of the Mississippi Valley Grower's Association and a vendor at the Davenport Farmers' Market, believes the Buy Fresh, Buy Local program will bring more people into the market.

"It's an easy way to get the consumers back to buying food from the grower," she said. "A lot of people don't know the (farmers') market exists. A lot of people

## "A lot of people don't know the (farmers') market exists."

are interested in buying directly from the grower, but they don't know how to go about that."

Katy and Ed Geest of Blue Grass, Iowa, just west of Davenport, sell hormone and antibiotic-free beef and pork at the Davenport Farmers' Market. The couple has been members of the Practical Farmers of Iowa for about 20 years, and has tried to start the Buy Fresh, Buy Local program before.

"It's been very big in Ames and Des Moines for years," said Ms. Geest. However, those in other areas are waiting to see how the program runs before signing up, she said. "They told us in Cedar Falls that this takes time," she said. "It's not going to be an overnight thing." ☹

**For more information on Buy Fresh, Buy Local, and other local direct marketing efforts: Northwest Illinois Ag Coalition, local foods task force (815) 626-7851; Buy Fresh, Buy Local Quad-Cities, (563)823-8878, BuyLocalQC@yahoo.com; www.practicalfarmers.org; www.foodroutes.org.**



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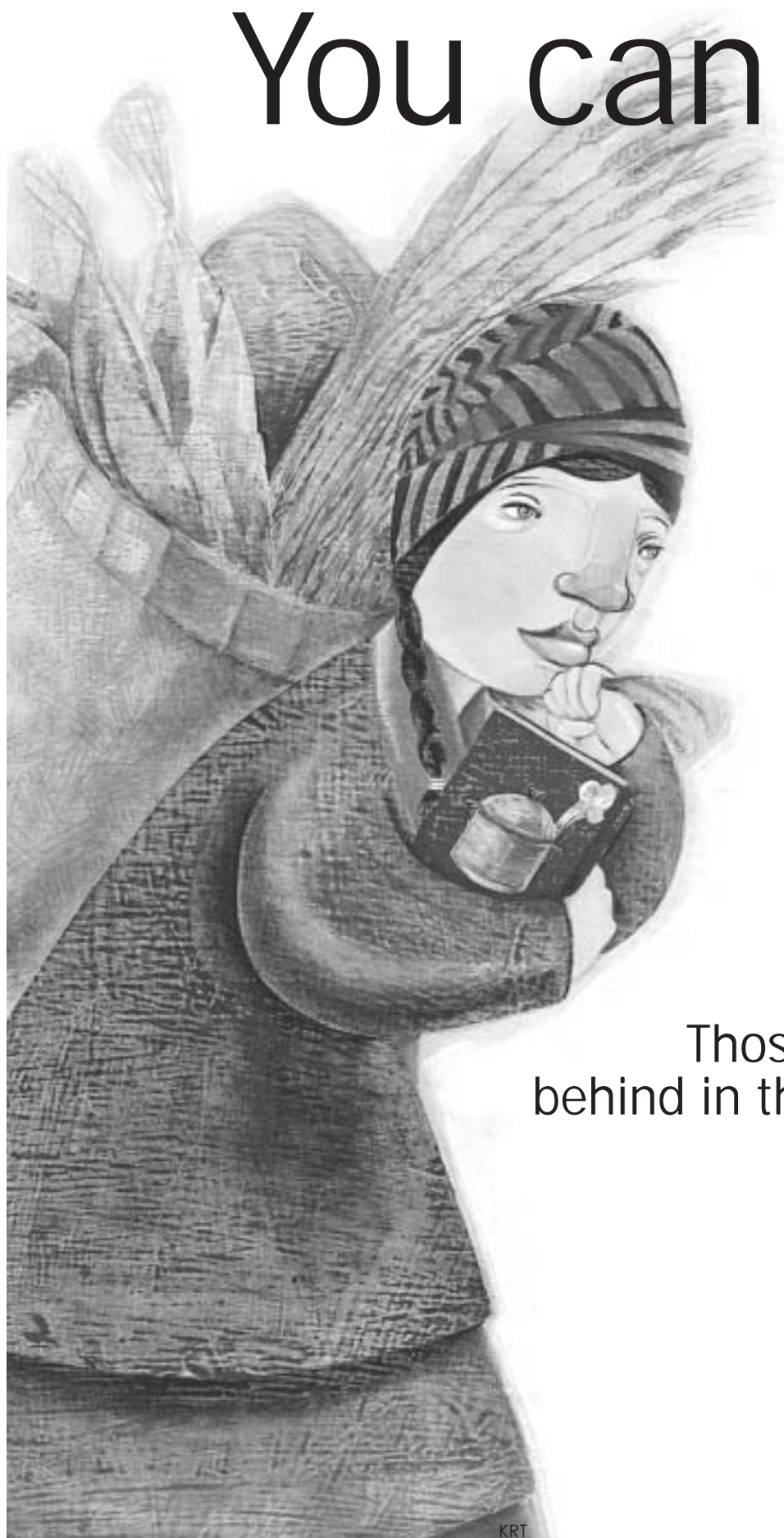
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# You can eat that?



By Brandy Welvaert

Long before greasy drive-through food, squeaky tofu and power bars helped satisfy the human need to nosh, both American Indians and European settlers in this region relied on the abundance of the prairie for fresh food.

According to Chuck Wester, a Bettendorf, Iowa, naturalist who teaches nature classes at Black Hawk State Historic Site in Rock Island, Ill., there are plenty of old recipes calling for prairie plants that today's cooks will love.

Consider acorn bread, cattail pancakes, dandelion cookies and violet jelly.

Those old recipes, seemingly left behind in the dust of history, have roots in truly ancient cooking.

While wild game and the "three sisters" (corn, beans, squash) were staples in diets of indigenous people across many parts of the United States, the native's table was filled with a great variety of foods. According to an issue of *Vegetarian Times* magazine (October 1995), Indians counted on acorns, wild rice, lily bulbs and dandelions to fill their caloric needs, too.

With a little outside-the-kitchen thinking and care, today's cooks can enjoy old recipes similar to the ones Native Americans and European settlers used.

"The thing that I tell people ... is (with) things like dandelions, you want to make sure you pick it from a place where they don't spray insecticides to kill all the weeds. ... There's no guarantee that nobody couldn't have an allergic reaction to any of this. They (should) just use

Those old recipes, seemingly left behind in the dust of history, have roots in truly ancient cooking.

common sense and ordinary sanitary practices," Mr. Wester said.

In the name of caution, The National Gardening Association recommends that people with hay fever, allergies or asthma not eat flowers such as violets and day lilies, according to an article posted on the association's Web site, [www.garden.org](http://www.garden.org).

Mr. Wester and Nancy Parkhurst, museum educator at Black Hawk State Historic Site, helped compile this information and the "ancient" recipes. 🍴

*Brandy Welvaert lives in East Moline, Ill. E-mail her at [nourish@qconline.com](mailto:nourish@qconline.com).*

**Acorns:** White oak trees have the sweetest acorns. To spot a white oak, look for leaves without little sharp hairs on the ends of each lobe. (Red oaks have these hairs, and their acorns are bitter.) The sweeter the acorns, the less time cooks must spend boiling and reboiling them to get rid of the tannins (bitterness).

To prepare acorns, boil them in a pot of water and snap off the outer coats. Boil again several times, using fresh water each time, until the water remains clear. Roast in a 200-degree oven until nutlike and brittle. Eat as a snack or put through a coffee grinder to make acorn flour.

### Acorn Bread

1 cup acorn flour  
1/2 cup cornmeal  
1/2 cup whole-wheat flour  
1 teaspoon salt  
1 tablespoon baking powder

1 egg  
1/2 cup honey  
3 tablespoons cooking oil  
1 cup milk



Preheat oven to 350 degrees. Combine acorn flour, cornmeal, whole-wheat flour, salt and baking powder. Combine egg, honey, oil and milk. Add to dry ingredients, mixing in a little bit at a time. Pour into greased bread pan and bake for 20 to 30 minutes, depending on the size of the pan, or until a toothpick inserted in the center comes out clean.

### Dandelion Cookies

2 eggs  
1/2 cup honey  
Dash salt  
1 cup white or whole-wheat flour

1 teaspoon baking powder  
2 shakes cinnamon  
2 handfuls dandelion flowers and buds, chopped



Beat together eggs, honey and salt. Combine flour, baking powder, cinnamon and flowers. Add to egg mixture and stir until just moistened. Drop by small spoonfuls onto a well-greased cookie sheet. Bake at 350 degrees for 8 to 10 minutes. Yields about 2 to 3 dozen cookies.

**Dandelions:** Ralph Waldo Emerson wrote that a weed is "a plant whose virtues have not yet been discovered." Cooks can consider dandelions' virtues rediscovered. "Now the dandelions, I used to do that a lot when the kids were younger," Mr. Wester said.

**Violets:** In her book "Edible Flowers: From Garden to Palate," Cathy Wilkinson Barash praises the tiny violet. Mr. Wester and Ms. Parkhurst, too, name Violet Jelly as one of the tastiest old-fashioned recipes they can think of.

Though the entire violet plant is edible (which is not the case for many edible flowers), only the blooms are used in the following recipe for jam. "Violet jelly, I still do that about every spring," Mr. Wester said. "That's really easy and real good."

### Wild Blue Violet Jelly

5 to 6 cups common blue violet blossoms  
2 to 3 cups boiling water  
Juice of 1 lemon  
1 package (1-3/4 ounces) fruit pectin  
4 cups sugar



Cover the blossoms with boiling water in a jar and leave overnight. The next day, strain and discard the flowers. Measure out 3 to 4 cups of the violet infusion and add the lemon juice and pectin to it. Bring to a boil and add the sugar. Boil hard for 1 minute, then skim off the foam if necessary. Pour into sterilized jars and seal.

**Cattails:** These wetland plants have tender, sweet leaf spikes that may be used in salads or boiled in salt water for 15 minutes and served with salt and butter as a vegetable side dish.

These hearts, acquired by pulling apart the two innermost leaves of the cattail plant, taste like watery asparagus. Also, the pollen from the male flower is rich in savory protein that's good in breads, pancakes and soups.

The rhizomes — or roots — of cattails are ropelike structures that can be baked or boiled. An acre of cattails produces 10 times more food than an acre of potatoes.

### Indian Cattail Spoon Bread

To get cattail buds, scrub spikes and peel to uncover a crispy, whitish-green core, which will be 12 to 18 inches long.

1/2 cup butter  
2 cups cattail buds  
1/2 cup diced onions  
1/2 cup diced green pepper

Salt  
1 cup sharp cheese  
Pinch chili powder



Preheat oven to 400 degrees. Melt butter in skillet and add cattails, onions, green pepper and salt. Sauté for 5 minutes or until tender. Pour into a greased baking dish and sprinkle with cheese and chili powder. Bake until the cheese melts. Spoon onto plate while hot.

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# Smudging

## chases bad vibes

What do good vibrations and an ancient herbal ritual have in common? When it comes to the home, some say absolutely everything.

By Brandy Welvaert

What do good vibrations and an ancient herbal ritual have in common? When it comes to the home, some say absolutely everything. Negative vibrations filled Spiritualist Harmony Church in Davenport, Iowa, before a visiting spiritual medium performed the indigenous act of cleansing, called “smudging,” with herbs and smoke, says church board member Joy Strasser, a self-described spiritual medium herself.

“I got to the point where I could hardly work there,” Ms. Strasser says. “Visiting mediums and ministers ... different people would tell us they got bad vibrations there.”

The cleansing process began as a minister lit a bundle of dried sage and then extinguished it. The fragrant herb smoked and smoldered as the medium walked through the converted house, wafting smoke from the upstairs to the downstairs and out the door, Ms. Strasser says.

Smudging isn't anything new, and it's certainly not something that's easy to encapsulate with words, even for those who believe in the cleansing properties of the sage, cedar, sweetgrass, copal and other herbs they use to banish negative vibrations or low spirits from their homes.

“It sounds weird to the uninitiated,” Ms. Strasser says.

Sharon Genung, who owns Sharon's Christal Palace, a Quad-Cities book store and gift shop in Moline, Ill., says some people associate smudging with a “whoop-whoop” factor. She also says she thinks more people practice smudging than one might guess. Many people keep quiet, avoiding judgment from those who don't give the practice credence, she suggests.

Many times, people smudge a home before they move into it, says Quad-Citizen Meg Bolich of Bettendorf, Iowa, who currently studies shamanic traditions and leads a local drumming circle (a rhythmic gathering designed to unite cultures and heal the spirit).

She likens the smudging process to a cleansing with water, and says the practice essentially is a ritualistic way to cleanse a living space before moving in or



after inviting many people into the home for the first time.

“The smoke does the cleansing. It’s not just taking an herb and hoping,” she says. “Some people feel that things aren’t going real well in the house, and they do it again. Or they do it as an occasion. When people gather, that’s another time. And when you’re starting a ceremony.”

Smudging has roots in the indigenous cultures of North America and South America. In fact, Ms. Strasser’s church recently invited a Lacota Sioux shaman to re-smudge the property.

Because of its spiritual roots, some people dislike the popularized, secular use of smudging. On a recent show, recovering heroin addict and actor Robert Downey Jr. smudged Oprah’s audience.

What, exactly, does smudging accomplish?

“What (the medium) was doing was gathering all these low spirits that you can’t see. ... You always just bless them. You always want to send them to the light. You don’t want to just send them off. That’s mean, and we’re not mean. You want to send them in a positive manner,” says Ms. Strasser.

She describes low spirits as “the ones that don’t go over to the other side” and says smudging lights a fire under them to nudge them toward heaven.

She knew it was time to smudge her home when lights flickered on and off without a switch being flipped, when the TV turned on and off on its own, and when she heard inexplicable noises and saw flashes of light across her glasses.

“But you also get the *feeling*,” she explains. She got goosebumps from head to toe just talking about it.

Native people practice smudging to cleanse spaces but also to cleanse auras

“The smoke does the cleansing.  
It’s not just taking an herb  
and hoping.”

around the body.

“This is about cleaning our spirits. ... Auras are all about energy,” Ms. Bolich says. “This is about clearing that, and it’s the smoke that does it.”

After the smudging ceremony at Spiritualist Harmony Church, Ms. Strasser and others felt more at ease inside the building, which also recently has undergone a hefty remodel as well.

“People who come in (now) say there’s a completely different feeling in the church. When they started coming up to the door, they said they just couldn’t stop smiling,” said Ms. Strasser. “You can relax and be part of this.” ☺

**Information and supplies:** RA Enterprises New Age Source, Davenport, Iowa, (563) 322-0803; [www.crystalinks.com/smudging.html](http://www.crystalinks.com/smudging.html); Sharon’s Christal Palace, 4501 Avenue of the Cities, Moline, Ill., (309) 762-8888; [www.nativetech.org](http://www.nativetech.org); [www.smudging.com](http://www.smudging.com).

*Brandy Welvaert lives in East Moline, Ill. E-mail her at [nourish@qconline.com](mailto:nourish@qconline.com).*

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# Lost in thought: The healing help of meditation

By Julie Kessler

**S**erene. Centered. Grounded. It's how we want to feel, how we want to live. And meditation can get us there. Just ask anyone who practices it. But to think of meditation in terms of an endless loop of a relaxation tape is to miss its deeper meaning and experience. It is to miss, say devotees, the very essence of life.

Wait a minute. If what we're hearing and saying and seeing and feeling isn't the essence of life, what is?

The answer, from two longtime teachers of meditation, centers on connectedness — to the self, to others, to the universe. It is a connectedness that approaches and sometimes achieves the mystical. Heidi Ash, who conducts meditation and yoga classes in Chicago, and Bryan Manuele, who practices traditional Chinese medicine in Chesterton, Indiana, are convinced most people are not living connected, relational lives.

How can that be? With cell phones, instant messaging and BlackBerries, America is connected as never before. But all those messages and thoughts are what Mr. Manuele calls ambient noise — everything that keeps us from silence, and silence, he says, is a thread that links all life.

“Silence precedes mind. Think of a line: On one side of a line is all the noise, all the mental activity. On the other side of the line is a transcendent state, where we can find the real self.”

Mr. Manuele started one of the country's first schools of traditional Chinese medicine, including acupuncture. He teaches meditation to a society unused to giving up the self.

“The ability to successfully meditate involves the ability to have a different relationship with self, versus the domination of self-assertion,” says Mr. Manuele. “If that domination were successful, people would not need meditation. Yet it's historically pretty universal that people recognize their need for it.”

Ms. Ash says sometimes it “is difficult to speak to people about meditation, because they'll make a belief system out of it. Some think it is about grabbing onto something, so they try to turn meditation into a religion, or try to fashion themselves to be like the teacher. But instead, you can understand your own religious beliefs from a different place. That's all meditation is, to connect you to that place, so you can be there all the time.”

Getting there is something each person must accomplish on his or her own, but books, though they are but words, can help. “You start with intellectual understanding,” Ms. Ash says, “and as you practice, it goes into cellular, experiential understanding.” She recommends “A Course in Miracles;” it has much about the Holy Spirit in it and may appeal to people who are more traditionally oriented.

The hardest part about meditation for novices, Ms. Ash says, is boredom. “People find themselves thinking about that, and what they should or shouldn't be doing, and they make judgments about that. That is a total waste of energy.”

And that also means not judging from another's discernable experience in



# HOW TO MEDITATE

Bryan Manuele explains  
the three styles of meditation:

## Mindful

• **Mindful meditation**, or inclusive awareness meditation, is  
• **disassociation** — you observe sight and sound, but not as  
• a participant.

## Contemplation

• **Contemplation meditation** is one of the most well-known kinds  
• of meditation because of **Christian monastic practice**. It is really  
• done in the deep consideration of an attribute or character, of  
• loving kindness. For some it is the precious blood of Jesus, or of  
• Mary; it can be any good quality or positive emotion — it is  
• **akin to praying.**

## Concentration

• **Concentration meditation** uses a focal point — an object or a  
• sound (for example, one might vocalize “om”). This attempts to  
• **discipline** the mind and **focus** attention. It typically is done in a  
• sitting, or zen, posture (sitting back on one’s calves). These  
• techniques require an immobile posture. “One begins to develop  
• **mystical experiences**, such as siddhis, or increased clairvoyance,”  
• says Mr. Manuele. “One might spontaneously see colors or white  
• light, hear music or voices as brain centers open up and the  
• brain function expands. What we call relaxation is actually an  
• alternate form of activity. Meditation is actually regenerative.”

meditation. “You have to experience it for yourself,” Ms. Ash says. “The distinction,” says Mr. Manuele, “is that someone can guide you to an altered state by voice or on a tape or disk. If, however, you yourself develop the skill of accessing the altered state, you, the practitioner, have mastery over the altered state.”

Getting started is simple. “Take a class, find a teacher,” says Mr. Manuele. “Mostly we don’t know what it is we should be accessing. A teacher helps us find that place within us that is always quiet.”

For practice meditating at home, Ms. Ash recommends 20 minutes of sitting twice a day, followed by five minutes of lying down, and then going about your business. If 20 minutes feels too long, shorten it. Never skip the lying down relaxation at the end. “As you sit, your physical body’s energy flow begins to pick up due to the purification process, and old tensions surface whether you are aware of them or not. Lying down allows the body to release these tensions.”

Meditation is a skill and takes practice. “You start slowly, work at it daily, and have a little compassion for your shortcomings,” says Mr. Manuele. “And remember that it takes time to rebalance the influences of our other perspectives. If you’ve been stressed out for 20 years, you need to spend more than a day learning to transcend that way of life.” ☺

*Julie Kessler lives in Kankakee, Ill., 60 miles south of Chicago. E-mail her at [nourish@qconline.com](mailto:nourish@qconline.com).*

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# TENHUT!

BY TODD WELVAERT



THERE ARE NO RIFLES, NO BOOT POLISHING, NO C-RATIONS OR SHORT HAIR CUTS, BUT IF YOU WANT TO GET INTO TIP-TOP SHAPE, CHAD PASSMAN HAS A DEAL FOR YOU.

At 6 a.m. — make that 0600 — every Monday, Wednesday and Friday the 22-year-old East Moline, Ill., man and former U.S. Army paratrooper has been leading a strictly volunteer group of recruits through basic training exercise along the Ben Butterworth Parkway along the Mississippi River in Moline, part of the Illinois Quad-Cities.

“Military-style fitness really seemed to do a lot of good for a lot of people,” Mr. Passman says. “A lot of people came into it out of shape and at different levels of fitness and it seemed to do a good job of getting people to a level quickly. I saw a lot of guys in my platoon drop 50 pounds or more, with the Army diet and the calisthenics, it turns people around rather quickly.”

Mr. Passman served as a sergeant in a U.S. Army parachute infantry battalion for three years and is now a full-time college student and part-time personal trainer at Two Rivers YMCA in Moline. He also is certified by the American Council of Exercise.

He started the “First Call” military-style fitness class after seeing similar programs gaining popularity on the east and west coasts.

“It’s a popular alternative to buying into a gym,” he says. “A lot of people are uncomfortable about going to a gym — you have to learn the different machines, and there’s this notion that there’s a certain type of people who go there.”

He’s been holding the sessions for a couple of months now and currently has



a core group of about five regulars who show up for every session.

“The routine is going to change every day with different strength and weight training and different running exercises,” he says. “A typical session starts with a warm up and then we move into calisthenics and then we go into push ups and crunches. We do some partner exercises and then some running, then we have a cool down. We have it end exactly at 7 a.m. because we know people have to get to work.

“It’s open to people of all fitness levels, but I would say the people who’ve been showing up are advanced beginners and intermediates to advanced. I have a partner, (Jennifer Tank, East Moline, Ill.) who is a female personal trainer and we can divide the class up somewhat.”

Mr. Passman says one of the class’s greatest draws is the camaraderie and the motivation it brings. “This builds team work, people help each other along, they make friends,” he says. “There were a couple of ladies who’ve been coming out and this is their first real type of fitness venture and they told us they needed the motivation; some people need that kind of kick in the butt. In the beginning it was extremely difficult for them, but they are sticking to it. Motivation is the toughest part of a lot of programs; you need someone to do it with. Being part of a group helps people stick with it.” A recent session included a circuit of different exercises, from jumping jacks, push-ups and crunches.

“We need some music,” Theresa Bushman, one of the five students on hand, says.

“How about Taps?” John Morrow offers.

“I was thinking about something a little more motivational,” she says.

Basic training in the military can last up to 16 weeks depending upon a soldier’s job classification. Mr. Passman was very impressed with the basic training. “I went into it in pretty good shape and it still physically and mentally challenged me,” he says. “There’s a lot of mental fitness to it, pushing your body beyond

“WE NEED SOME MUSIC!”

“HOW ABOUT TAPS?”

what you think it’s capable of. Lots of people are like this too — you think you can’t run, (but) you can; it’s just your mind telling you that you can’t.”

Mr. Passman plans to hold the classes through the summer and when the weather turns, he’s entered into an agreement to use the old Coolidge Junior High School gymnasium along Avenue of the Cities in Moline. The class comes with “military-style physical training without the attitude.”

“I say it’s without the attitude — there’s none of the yelling in your face, no derogatory terms. It’s military formal and structured, but it’s more about positive reinforcement,” he says.

Unless, of course, you really want him to yell at you like a drill instructor.

Mr. Passman says he can remember a few choice phrases.

“I remember it like it happened yesterday,” he says. 🙄

*Todd Welvaert lives in Moline, Ill. E-mail him at [nourish@qconline.com](mailto:nourish@qconline.com).*

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When you feel well, your health is the last thing on your mind. But doctors say that prevention — along with early detection — is the best medicine. And though physicians are careful to point out that no one test can save your life, some tests are so important that regional hospitals offer them for free, or at a reduced cost, at different times throughout the year.

As an example of what is available, following is a list of five tests offered at Trinity and Genesis medical centers in the Quad-Cities, along with descriptions of the tests and who needs them. For more information, contact your family physician or local hospital. 📞

*Brandy Welvaert lives in East Moline, Ill. E-mail her at [nourish@qconline.com](mailto:nourish@qconline.com).*

## 5 tests to save your life

By Brandy Welvaert

### 1 Fecal occult blood test (Hemoccult test)

*What it is:* This test requires patients to collect a stool sample at home, then mail it to a laboratory where it will be screened. The test detects blood in the stool, a symptom of colorectal cancer.

*Who needs it:* Your physician will be able to tell you if you need this test. Usually, it's for anyone over the age of 40, anyone with a family history of colon cancer and anyone with signs and/or symptoms of colon cancer.

*What happens if you test positive:* If blood is found, your doctor will schedule another test to look for the cause of the bleeding.

*What it costs:* About \$40. Trinity will offer free colon cancer screening Aug. 1-31. (Call 877-242-8899.)

### 2 Prostate cancer screening

*What it is:* This two-part test involves a PSA test (prostate-specific antigen blood test) and a digital rectal exam of the prostate.

*Who needs it:* Men age 50 and older, younger men with a family history of prostate cancer and men with symptoms of the disease.

*What happens if you test positive:* If your prostate is enlarged, if there are hard spots on the prostate or if your blood test produces abnormal results, your doctor may suspect cancer and then determine a proper course of action.

*What it costs:* PSA tests are offered for free at various times.

### 3 Screening mammogram

*What it is:* An X-ray of the breast that detects lumps of dense tissue, which could be cancerous.

*Who needs it:* Women age 40 and older, younger women with a family history of breast cancer and women with signs of the disease.

*What happens if your results are irregular:* Your physician will interpret your mammogram results. If your results are irregular, follow-up may include a diagnostic mammogram, ultrasound or a biopsy.

*What it costs:* Mammograms usually cost about \$100.

### 4 Diabetes screening

*What it is:* Blood collected through a finger stick is tested. You must fast eight hours prior to the test, and fill out a questionnaire.

*Who needs it:* Your family doctor can tell you if you need to be tested.

*What happens if you test positive:* Your results will be delivered immediately after the test. If you have diabetes or elevated blood sugar, you will be referred to your doctor.

*What it costs:* About \$70; free screenings are offered at various times.

### 5 Complete lipid panel

*What it is:* This laboratory blood test (technically, a lipoprotein profile) determines the levels of good (HDL) and bad (LDL) cholesterol in your blood. It can reveal if you have high cholesterol, which can lead to heart attack and stroke. For best results, you should not ingest anything but medications and water for 12 hours before the test.

*Who needs it:* All people should get this test once when they're in their 20s and then every three years after age 40.

*What it costs:* There are different kinds of lipid tests, and the costs vary from about \$60 to about \$150.

# A place for new ideas



Narveen Virdi's institute encourages participation from all walks of life.

By Kristina Gleeson

The Institute for Cultural and Healing Traditions in Moline, Ill., has had many types of success since its September 1996 founding.

It has brought meditation and prayer into Quad-Cities operating rooms, and gave Rock Island, Ill., artist Kathleen Cox a chance to get supportive feedback on her novel "Maevae."

Other presentations have focused on the history of science, patient metaphors for pain, plays, essays, even a nun's contemplation following a sequestered existence.

The institute uses the second floor of the Moline Club through a separate entrance at 1530 5th Ave. It hosts Independent Scholars' Evenings at 7 p.m. each Thursday.

"We encourage people from as many walks of life as possible" at the forums, said institute founder and president Narveen Virdi, who also owns the Moline Club. At the forums, scholars present their work in front of a non-threatening, comfortable, intimate environment made up of those Ms. Virdi calls "co-learners."

Ms. Cox said she read an essay called "God-Bothering" at one of the scholars' evenings. It essentially "asks questions of God. It's grabbing God by the throat, so to speak, and saying, 'Why this, why that, why the other?'" she said.

"In other places I might possibly be kicked out the door, but not there. (The evenings) give you liberties you don't have elsewhere."

One listener did a program responding to the essay.

"It's interesting how one artist's work can inspire another artist," Ms. Cox said. "It's absolutely wonderful to have people interested in what you're doing. They come up with a lot of wonderful, insightful questions."

Ms. Virdi thinks of the institute as a catalyst for trends that can become part of the community. The institute sponsored three summer retreats in the late 1990s focusing on holistic healing — involving the body, mind and spirit. When the Rev. Randy Batson, Genesis Medical Center's manager of spiritual care, attended a retreat, the wheels were put in motion to place a spiritual healer in hospital rooms during certain surgeries. The idea for prayer in the operating room — an informal program that's been around for about four years — got stronger when Rev. Batson and Davenport, Iowa, cardiothoracic surgeon Dr. Thomas Mabee found they agreed on the potential benefits.

"It's at the boundaries of life that learning, development, fresh ideas and progress happen," said Ms. Virdi. 🌱

**For more information:** Call (309) 762-9202, e-mail [staff@qcinstitute.org](mailto:staff@qcinstitute.org), or visit [www.qcinstitute.org](http://www.qcinstitute.org).

*Kristina Gleeson lives in Moline, Ill. E-mail her at [nourish@qconline.com](mailto:nourish@qconline.com).*

nourish eating right

# Lose weight with old-time nutrition

By Brandy Welvaert

When it comes to weight loss, nutritionist Mary Bellig Swanson says there's only one way: You must consume fewer calories than you burn, and those calories shouldn't be empty ones.

"There's no food, pill or supplement that will make you lose weight. There is no 'magic pill,'" says Ms. Swanson, owner of Goal Weight Clinic in Bettendorf, Iowa, part of the Quad-Cities.

"Make sure you're knowing what you're eating. You have to look at the label and know what you're looking for," she says. Here's what she tells her clients to look for on labels:

**Sugar:** If you buy a low-fat product, it may be full of sugar to kick up the flavor. If sugar is high on the list of ingredients, search for a similar product with less sugar. High-fructose corn syrup is a sugar, also. Other names for sugar include glucose, dextrose, honey, lactose, levulose, maltose, maltodextrin, mannitol, sorbitol, sorghum syrup, sucrose and xylitol.

Four grams of sugar equals a teaspoon. The average can of cola, with about 40 to 45 grams of sugar, contains about 11 teaspoons of sugar.

**Fiber:** There are five basic kinds of fiber: cellulose, hemicellulose, gums, pectin and lignin. The last three stick to cholesterol and remove it from the body. Oatmeal, rolled-oats products, beans and apples contain this sticky, binding kind of fiber. "They're good for lowering cholesterol," Ms. Swanson says.

**Calories:** Ms. Swanson suggests thinking about the calories a food contains as the amount of exercise it takes to use them up. For instance, it would take 76 minutes of walking to burn off an order of french fries (400 calories), 59 minutes for a slice of pizza (250 calories), and 22 minutes for a beer (114 calories). Make sure the calories are worth it.

**Fat:** The body has a hard time breaking down and using fats like coconut oil and palm kernel oil, both commonly found in cakes and pastries. It has an easier time with canola and olive oils, so those are the ones you should look for, Ms. Swanson says.

**Breads and cereals:** Avoid breads with anything other than "whole-wheat flour" listed as the first ingredient. Choose cereals that contain a minimum of 3 grams of fiber per serving and 6 grams or less of sugar.

**Protein:** "What you're worried about is getting lean meats," Ms. Swanson says. Poultry and seafood can supply a good amount of protein without adding a



"There's no food, pill or supplement that will make you lose weight."

lot of saturated fat to your diet. She suggests that red meat be consumed only once a week. As for eggs, "two ... a week is plenty."

"What people need to do is to learn to go back to eating the basic foods. Like a fresh-off-the-farm kind of thing — not in a soup or sauce or cheese," she says.

Nutritionist Mary Swanson may be reached at (563) 355-9490. Goal Weight Clinic is located at 1530 State St., Bettendorf, Iowa. During the four-week weight-loss phase, the fee is \$80 per month. When the four weeks are over, six months of maintenance consultations are free.



Brandy Welvaert lives in East Moline, Ill. E-mail her at [nourish@qconline.com](mailto:nourish@qconline.com).

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## nourish healthy home



Want your home to be in harmony with nature? Consider Vedic architecture — a building philosophy that maximizes harmony with natural law and transfers the benefits to the residents.

Jeffrey Abramson of the Tower Companies, one of America's top green developers, has been enjoying the health benefits of living in a Vedic home in Potomac, Maryland, for eight years. He says when he talks to people about Vedic architecture "they are open, they get it. People intuitively know that buildings affect us deeply —and the best buildings are those that make us feel good and at their height, elevate the spirit."

Vedic architecture was brought to the West by Maharishi Mahesh Yogi, who introduced the Transcendental Meditation program nearly 50 years ago and Ayurvedic preventive medicine 20 years ago. Maharishi Vedic City, in Fairfield, Iowa, is the world's first city built entirely according to Vedic green architecture.

According to the February issue of Des Moines HomeStyle, in the past 15 years about 200 homes and offices have been built according to Vedic architecture in the Fairfield area. In the U.S. Vedic architecture accounts for \$250 million in new construction.

Vedic architecture follows four main design elements:

\* Right direction: According to Vedic architecture, orientation of a building has a dramatic and easily measured impact upon the quality of life of its occupants. The sun's energy is most nourishing when it is rising; homes and buildings that face east bring the greatest benefits.

\* Right placement of rooms: Because the sun has different qualities of energy as it moves across the sky, Vedic buildings are designed so that these energies correspond to the specific activities performed within the different rooms of a home or building. For example, the kitchen is located in the southeast part of the house for better digestion, and the master bedroom is placed in the southwest for better rest as the sun sets.

\* Right proportion: Proportion is a key to successful design in nature. Right proportion in buildings can connect individual intelligence to cosmic intelligence, bringing peace and serenity to the house.

\* Natural, non-toxic materials and solar energy: Vedic architecture promotes natural and non-toxic construction materials. It also emphasizes filling rooms with sunlight and fresh air, as well as the use of photovoltaics for on-site energy generation.

If you want to get a feel for Vedic architecture, plan an overnight stay at the Rukmapura Park Hotel in Fairfield, the only Vedic architecture-designed hotel in the world. Prices start at \$145 per night. Call (866) 472-1008 or visit [www.rukmapuraparkhotel.com](http://www.rukmapuraparkhotel.com). 📞

For more information, visit <http://maharishivediccity.com>.

nourish his & hers

## Midwest cultural creep: Ayurveda on every aisle

By Leslie DuPree

The label read, “Chandrika Ayurvedic Soap.” It was a little smaller than the standard bar, which is a bit too big for my hand anyway. And this soap smelled wonderful, clean, slightly exotic.

I bought it. When I opened the box, I was further delighted by the slogan on the wrapper, “Always Use Chandrika. Ensure Your Personal Charm.”

Who couldn’t use more Personal Charm?

When I was on my second or third bar of Chandrika, I finally looked up “Ayurveda.” I had heard the term before, and had a vague idea that it was an ancient Indian system of medicine. I was partly right.

Ayurveda (pronounced eye-yer-vay-duh) is a Sanskrit term that means the “science of life.” Ayurvedic healing includes herbs, nutrition, cleansing, massage and exercise, especially yoga.

On to Walgreen’s. On this winter day, the indoor air was typical for the Midwest: warm and painfully dry. Among the cold, sinus and allergy remedies next to the checkout was something called “SinuCleanse: The First Word in Sinus Relief.” The box contained a plastic device that looked something like a one-cup teapot.

This rang a bell. Years ago, a mail-order company I used sold “holistic” products, including a “Neti Pot” that was said to be good for cleansing the sinuses. This involved pouring warm salt water in one nostril and allowing it to run out of the other. I thought it was slightly loony at the time, but now, standing in the drugstore with my parched nose and daily sinus headache, I was less inclined to skepticism. I bought it.

It was a messy business the first time, but I soon mastered the procedure. The sinus headaches ceased, almost instantly. It felt oddly good. In fact, the sinus cleansing worked so well, I began talking it up to my co-workers and friends. Nobody had ever heard of doing such a thing. It was hard to believe that such a simple and inexpensive remedy seemed to be a secret.

Of course it’s not. Jala Neti is an Ayurvedic practice that is hundreds, probably thousands, of years old. It means, simply, “nose washing.”

At any rate, two thumbs up for Ayurveda so far. If you’re curious, as I was, it takes only a little time online to learn more. I found out that a large Ayurvedic clinic and spa is located only a short distance away from me. I’m showered, I’m cleansed, and I may be ready for more. 🙏

Resources: [www.chandrikasoaps.com](http://www.chandrikasoaps.com); [www.sinucleanse.com](http://www.sinucleanse.com); [www.theraj.com](http://www.theraj.com)  
(Ayurvedic health spa in Fairfield, Iowa)

Leslie DuPree lives in Davenport, Iowa. E-mail her at [nourish@qconline.com](mailto:nourish@qconline.com).



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**nourish** journeys

## Beauty among the hostas

It takes an artist's vision to see beauty where others see only garbage.

It was that vision that created Linmar Gardens in Galena, Ill., a lush 3 1/2-acre woodland garden highlighted by a 20-foot waterfall, terraced beds and the most diverse collection of hostas in the Midwest.

Twenty-five years ago, Chicago advertising executive Hal Martin bought a historic house built in 1853 on a bluff overlooking downtown Galena. It was his weekend retreat, a fixer-upper that took several years to get just right.

"This place originally was a horror for any gardener," Mr. Martin said. "This is the site of a rock ledge with very little topsoil. We built terraces everywhere and brought in tons of topsoil to create garden beds."

Nevertheless, Mr. Martin was able to achieve his goal of a different landscape in any direction you look.

The entrance to the garden is by a winding path festooned with creeping Virginia, lilies-of-the-valley and wood poppies. Two ionic porch columns, salvaged from a flea market and the eclectic sculpture of artist-friend John Martinson, give additional eye appeal.

The path passes under a canopy of beech trees to a large pool at the bottom of a high rock ledge. An amazing cascading waterfall spills 20 feet down the ledge, hitting a rock abutment halfway down. The sound of the falling water makes you want to close your eyes and doze.

Mr. Martin doesn't do all the work alone. His partner, Bob Burton, gives tours of the garden by appointment. Friend Orville Hesselbacher built most of the limestone terraces, carrying each rock into place by hand, and still helps out with daily maintenance. Another friend, Nancy Story, comes to the gardens once a week to help out.

Mr. Martin can't give enough praise to the owners of Timber Ridge Gardens in nearby Elizabeth, Ill., for their help in plant selection and knowledge of what will grow in the area. "When you're a novice gardener, it's primary to have those experts on hand who can guide you on your way," he said.

Linmar Gardens is located at 504 S. Prospect St., Galena. The gardens are available for private tours 10 a.m. to 4 p.m. daily, by appointment, and also for events such as weddings, fundraisers and other special occasions. Call (815) 777-1177 for information and bookings. 📞





# Cache in, trash out

By Joe Payne

Cache in, trash out. That's the environmentally-sound motto of geocaching, a modern hiker's hobby which combines the love of nature with the high-tech wonder of global positioning systems.

Geocaching started in 2000 in Portland, Ore., and has since spread across the globe.

Participants log on to Web sites to download the latitude and longitude coordinates of the nearest caches — and sometimes additional clues pointing in their direction — then set out with a hand-held GPS to find them.

On a recent afternoon, three adventurous friends set off on the trails of West Lake Park in

Davenport, Iowa, in search of a cache, or hidden treasure. "It looks like we're about seven-tenths of a mile from the first cache," Bob Mitchell of Moline, Ill., said as he took readings on his GPS. Mr. Mitchell's friends, Bob and Peggy Bartels of Hampton, Ill.,

grabbed their walking sticks and water bottles and fell in line behind him.

"All kinds of people are involved," said Mr. Mitchell. The caches are hidden by fellow geocachers in parks and public places all over the region. The plastic or metal containers usually are filled with trinkets for kids — Matchbox cars, coins, lanyards, bracelets and stickers — and GPS batteries, CDs and cassettes for adults. When geocachers take something from a cache, they replace it with something else. Along the way they also pick up trash and carry it out of the park. "Most caches also have a logbook in it that you're supposed to sign, then you go to the Web site and report that you found it," said Mr. Mitchell. Some caches even include a disposable camera so that geocachers can record their visit on film. Web sites like geocaching.com — the largest — list tens of thousands of caches all across the United States and the world. More caches are added each week, and users can search the list of hidden treasures by zip code, state or other criteria.

Mr. Mitchell and the Bartels found the West Lake cache after about 45 minutes. The cache, a plastic container, was filled with marbles, a Slinky, Halloween stickers and other trinkets. As he signed the small spiral logbook, Mrs. Bartels added a Halloween necklace to the cache.

"This was a pretty fast one," she said.

After conquering the West Lake cache, the hunters went in search of lunch. Then they were off to Dewitt, Iowa, in search of another hidden treasure. 🌿

For more information: [www.geocaching.com](http://www.geocaching.com).

Joe Payne lives in Rock Island, Ill. E-mail him at [nourish@qconline.com](mailto:nourish@qconline.com).



Bob Mitchell, Bob and Peggy Bartels of the Quad-Cities.

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# nourish farmers' markets

## ILLINOIS

### Bureau County Farmers Market II

When: Friday, June-September  
Hours: 10:30 a.m.-1:30 p.m.  
Where: Sailors Park, Princeton, Ill.  
Call: (815) 875-6468



Ken Meeks in Moline, Ill.

### Dixon Farmers Market

When: Wednesday and Saturday,  
July-October  
Hours: 7 a.m.-noon  
Where: Hay Market Square Park,  
Highland and 3rd streets  
Call: (815) 288-5043

### East Moline Farmers' Market

When: Fridays, May-October  
Hours: 8 a.m.-noon  
Where: 343 19th St., East Moline, Ill.  
Call: (309) 792-3817

### Galena Farmers' Market

When: Saturdays, May-October  
Hours: 7 a.m.-noon  
Where: Commerce Street by Old Market  
House, Galena  
Call: (815) 777-1838

### Galesburg Farmers' Market

When: Saturdays, May-September  
Hours: 8 a.m.-noon  
Where: Railroad Museum parking lot,  
corner of Seminary and Mulberry streets  
Galesburg  
Call: (309) 343-9189

### Macomb Farmers' Market

When: Tuesdays, Thursdays,  
May-Oct. 20  
Hours: 3:30-6:30 p.m. Tuesday,  
6 a.m.-noon Thursday  
Where: Courthouse Square, downtown  
Monmouth, Ill.

### Moline Farmers' Market

When: Wednesdays and Saturdays,  
May-October.  
Hours: 8 a.m.-noon.

Where: Kmart parking lot,  
5000 Avenue of the Cities, Moline.  
Call: (309) 755-1291

### Mt. Carroll Farmers Market

When: Saturday, May-October  
Hours: 7 a.m.-noon  
Where: West side of courthouse  
on Main Street  
Call: (815) 244-3111

### Peoria Metro Centre Market

When: Monday-Saturday, May-October  
Hours: 8 a.m.-1 or 2 p.m.  
Where: Metro Centre,  
4700 N. University, Peoria  
Call: (309) 692-6690

### Princeton Area Farmers Market

When: Tuesday and Saturday,  
May-October  
Hours: 8:30 a.m.-2 p.m.  
Where: Darius Miller Park at train station,  
Princeton, Ill.  
Call: (815) 875-6468

### Silvis Farmers' Market

When: Mondays and Thursdays,  
May-October  
Hours: 2-6 p.m. Mondays,  
8 a.m.-noon Thursdays.  
Where: parking lot at the southeast corner  
of 12th Street and 1st Avenue, Silvis.  
Call: (309) 792-3817

## IOWA

### Bettendorf Farmers' Market

(Mississippi Valley Growers Association)  
When: Thursdays, May-October.  
Hours: 2-6 p.m.  
Where: corner of 19th and Grant streets,  
Bettendorf.  
What: 20 vendors offer seasonal produce,  
crafts, handmade sewn items, bakery  
goods.  
Call: (563) 332-5529

### Cedar Rapids City Market

When: Tuesday, Thursday,  
Saturday, May-October  
Hours: 3:30-5:30 p.m. Tuesday  
and Thursday, 6:30-11:30 a.m. Saturday  
Where: 1350 A St., S.W.,  
Cedar Rapids, Iowa  
Call: (319) 286-5731

### Central Park Farmers' Market

When: Thursdays, June-October  
Hours: 3:30-5:30 p.m.  
Where: 9th Street and Avenue E,  
Fort Madison, Iowa  
What: Six to 12 vendors offer bakery

goods and produce including sweet corn  
(early July through Labor Day), berries  
and apples.

### Coralville Farmers' Market

When: Monday and Thursday,  
May-October  
Hours: 5-8 p.m.  
Where: Morrison Park swimming pool  
parking lot, Coralville, Iowa  
What: 20-25 vendors offer produce,  
including certified organic, and arts and  
crafts from southeast Iowa. "Music in the  
Park" on Thursday evenings, adjacent to  
market.  
Call: (319) 248-1750

### Davenport Farmers' Market

When: Wednesdays and Saturdays,  
May-October.  
Hours: 8 a.m.-noon.  
Where: John O'Donnell Stadium parking  
lot at River Drive and Western Avenue,  
Davenport.  
What: 30 to 50 vendors Wednesday, 45-70  
vendors Saturday. Organic produce,  
farm-raised mushrooms, pork, chicken, elk  
meat, eggs, herb plants, cut flowers, local  
wine, fruit pies, flavored popcorns, gourd  
art, dried flower bouquets and wreaths,  
homemade goat milk, herbal soaps, blown  
glass. Food concessions.  
Call: (563) 332-5529



Christy Doland and tomatoes  
from a Milan, Ill., producer.

### Dubuque Main Street Ltd. Downtown Farmers' Market

When: Saturday, May-Oct. 29  
Hours: 7 a.m.-noon

Where: Between Central and Iowa streets  
on 13th Street, and on Iowa Street  
between 11th and 14th streets, Dubuque  
What: About 50 vendors from a 100-mile  
radius offer fresh local produce  
Call: (563) 588-4400

### Dubuque County Fairgrounds Farmers' Market

When: Tuesday and Thursday,  
June-October  
Hours: 3-6 p.m.  
Where: Dubuque County Fairgrounds,  
14583 Old Highway Road, Dubuque  
Call: (563) 583-1406

### Fairfield Farmers' Market

When: Wednesday and Saturday,  
May-November  
Hours: 3:30-8 p.m. Wednesday,  
7:30 a.m.-1 p.m. Saturday  
Where: Howard Park, Fairfield, Iowa  
What: Diverse market includes special  
activities for kids, cooking demonstrations,  
and annual festivals.  
Call: (641) 472-2111

### Farm King Farmers' Market

When: Saturdays, May-October  
Hours: 8 a.m.-1 p.m.  
Where: Farm King parking lot,  
609 Gear Ave., West Burlington, Iowa  
What: Two to four vendors offers seasonal  
produce.  
Call: (319) 752-7111

### Grinnell Farmers' Market

When: Thursday and Saturday,  
May-October  
Hours: Thursday 3-6 p.m., Saturday TBA  
Where: Central Park on Broad Street,  
Grinnell, Iowa  
What: Forty vendors from all over Iowa  
feature produce, bakery goods and  
handmade items. Live music in the park  
Thursday nights.  
Call: (641) 236-6555

### Iowa City Farmers' Market

When: Wednesday and Saturday,  
May-October  
Hours: 5:30-7:30 p.m. Wednesday,  
7:30-11:30 a.m. Saturday  
Where: Lower level of Chauncey Swan  
parking ramp between Washington and  
College streets, Iowa City.  
What: 35 vendors feature in-season  
produce including baked goods, cut  
flowers, handmade soaps and crafts.  
Live music Wednesdays.  
Call: (319) 356-5110  
**Keokuk Farmers' Market**  
When: Saturday, May-October  
Hours: 7-11 a.m.

Where: River City Mall parking lot,  
300 Main Street, Keokuk, Iowa.

What: 20-45 vendors feature produce,  
including certified organic, plants and



Sheena Puckett at the  
Davenport Farmers' Market.

high quality arts and crafts including rugs  
and jewelry. Homemade baked goods.

Vendors from Illinois, Missouri and Iowa.  
Occasional live music.

**Lyons Farmers' Market**

When: Wednesdays and Saturdays

Hours: 4-7 p.m. Wednesday,  
8-11 a.m. Saturday

Where: Central Park, Clinton  
Call: (563) 577-2216

**Maquoketa Farmers' Market**

When: Saturday, June-September

Hours: 7:30 a.m.-noon

Where: W. Platt and S. 2nd streets,  
Maquoketa, Iowa

What: Small market with diversity of  
items; three to five vendors offer in-season  
fruits and vegetables. Lemon pie, rhubarb  
pie, black raspberry pie, cookies and  
cinnamon rolls are among homemade  
baked goods.

Call: (563) 652-6097

**Mount Pleasant Farmers' Market**

When: Wednesdays and Saturdays,  
May-October

Hours: 4:30-6 p.m. Wednesday,  
8:30-11 a.m. Saturday

Where: Town Square, Mount Pleasant,  
Iowa

What: Small but diverse market with  
10-20 vendors offering seasonal produce  
plus potted wildflowers and native grasses,  
honey, eggs, woodwork and meats and  
poultry.

**Muscatine Farmers' Market I**

When: Saturday, May-October

Hours: 7:30-11:30 a.m.

Where: Mississippi Drive and  
Sycamore Street, Muscatine, Iowa.

Call: (563) 263-6611

**Muscatine Farmers' Market II**

When: Tuesdays

Hours: 4-6:30 p.m.

Where: Muscatine Mall parking lot,  
900 block of Park Avenue.

Call: (563) 263-6611

**Noelridge Farmer's Market**

When: Monday, Wednesday, Friday,  
May-October

Hours: 4-6 p.m.

Where: Collins Road and  
Council Street, Cedar Rapids, Iowa

Call: (319) 286-5731

**Preston Farmers' Market**

When: Thursdays, June-August

Hours: 3-5:30 p.m.

Where: Highway 64 at Twogood Park,  
Preston, Iowa.

What: Two vendors offer a wide array of  
local, fresh produce.

Call: (563) 577-2216

**Riverfront Farmers' Market**

When: Thursday, May-Sept. 15

Hours: 5-8 p.m.

Where: 400 N. Front St.,  
Burlington, Iowa

What: 75 vendors featuring baked goods,  
pies and breads, seasonal produce and  
flowers, handmade wood furniture.

Thai, Chinese, Mexican and American  
food concessions.

Call: (319) 752-0015

**Sycamore Mall Farmers' Market**

When: Tuesday, May-October

Hours: 3-6:30 p.m.

Where: West end of Sycamore Mall  
parking lot, Iowa Highway 6 and  
Sycamore Street, Iowa City.

What: 20-30 vendors offer in-season  
produce, baked goods, preserves, plants,  
crafts and woodwork. Food concessions.

Call: (319) 338-6111

**Washington Farmers' Market I**

When: Thursday, May-October

Hours: 5-7:30 p.m.

Where: Central Park, Washington, Iowa.

What: 20-48 vendors feature a diverse  
variety of produce, baked goods,  
handmade items, specialty pork concession  
and Hispanic food concessions.

Call: (319) 653-4888

**Washington Farmers' Market II**

When: Sundays, July-September

Hours: 1-3:30 p.m.

Where: Orscheln/Pamida/FSA parking lot,  
1600 E. Washington St., Washington,  
Iowa.

Call: (319) 653-4888.

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## nourish calendar

### Gardens & art

**A Garden Walk through Historic Galena**, July 9-10, 10 a.m.-4 p.m., Galena, Ill. Self-guided tour of five private gardens. Advance tickets available; also sold at the gardens and at the DeSoto House Hotel the day of the event. \$10. Galena. (800) 672-3274

**Flamingo Follies Garden Art Exhibition**, July 4-29, Quad City Botanical Center, 2525 4th Ave., Rock Island, Ill. 100 flamingo lawn ornaments artistically altered by regional artists. (309) 794-0991

### Festivals and fairs

**Taste of Monmouth**, July 8, 5-9 p.m., downtown Monmouth, Ill. Bands, kids' entertainment. (309) 743-3181

**Bishop Hill Prairie Market**, July 9-10, 8 a.m.-5 p.m., Bishop Hill, Ill. Antiques, toys, glassware and more. (309) 927-3899

**Mercer County Fair**, July 12-17, Aledo, Ill. [www.mercercountyfair.org](http://www.mercercountyfair.org).

**Rock Island County Fair**, July 19-23, Rock Island County Fairgrounds, 42nd Avenue and Archer Drive, East Moline.

**Village Alive!**, July 31, 1-5 p.m., Walnut Grove Pioneer Village, Scott County Park, Long Grove, Iowa. Reenactment of life on the prairie circa 1890s. Free.

**Mark Twain Week**, 9 a.m.-3 p.m. Aug. 1-5, Dan Nagle Walnut Grove Pioneer Village, Scott County Park (north of Davenport off U.S. 61). Explore and learn what life was like for Mark Twain. Hike trails, carve soap and do much more! (563) 328-3283.

**Which Way Did They Go?**, 1:30 p.m. Aug. 6, Wapsi River Environmental Center, Dixon, Iowa. Learn the sport of orienteering, using a compass and map to navigate your way through different courses. Preregister by calling (563) 328-3286 by Aug. 3.

**Israeli Culture Festival**, Aug. 7, noon-7 p.m., The District, Rock Island, Ill. Israeli music, dance, food and children's activities. \$5, free for children under 12. (309) 793-1300 or [www.jfqc.org](http://www.jfqc.org).

**Ya Maka My Weekend**, Aug. 12-13, noon-12:30 a.m., The District, Rock Island, Ill. Caribbean wares and fares, reggae music, Jamaican food, children's village, pirate costume contest and sand volleyball tournament. (309) 788-6311

**Trumpeter Swan Open House**, 6 p.m. Aug. 16, Bob Boock's Nature's Acres Wildlife Refuge, 2 miles north of Wheatland, Iowa, on County Road Y32. Observe this year's five trumpeter swan cygnets.

**Whiteside County Fair**, Aug. 16-20, 201 Winfield Road, Morrison, Ill. (815) 772-7329

**New Windsor Fair and Rodeo**, Aug. 18-20, 7:30 p.m., Rodeo Park, 805 Washington St., New Windsor, Ill. (309) 667-2613

**Celtic Highland Games**, Aug. 27, 9 a.m.-midnight, Mississippi Valley Fairgrounds, 2815 W. Locust St., Davenport. Sports, music, dance and cultures of the seven Celtic nations. (563) 326-5338.



### Races, hikes & rides

**Moonlight Chase**, July 9, 9 p.m., Eldridge, Iowa. "Almost 4-mile" course illuminated by luminaria. (563) 285-9965.

**Grand Illinois Trail and Parks Ride**, July 12-18. Explore northern Illinois on this bicycling adventure. [www.bikelib.org/gitap](http://www.bikelib.org/gitap)

**Nature Writing & Journaling Workshop**, July 18, 2-4 p.m., Wapsi River Environmental Center, Dixon,

Iowa. Pre-registration required is required by calling (563) 328-3286.

**RAGBRAI XXXIII**, July 24-30. Des Moines Register's Annual Great Bike Ride Across Iowa. (563) 381-3488 or (563) 391-2796

**The Bix 7** (7-mile road race), July 30, 8 a.m., Brady Street, downtown Davenport. [www.bix7.com](http://www.bix7.com).

**Hawkeye Hikers Volkssport Association**, 7 p.m., first Monday of the month. 10K and shorter walks through West Branch and Amana, Iowa. Call for location. (319) 337-5989

### Food and cooking

**"Come Cook With Me: The Gardeners' Kitchen,"** July 7, 6:30 p.m., The Great Galena Cookery, 412 Spring St., Ste. B, Galena, Ill. Hands-on cooking class in a gourmet kitchen. \$50. (815) 777-1556



**Progressive Dinner and Victorian House Tour**, second and fourth Saturday evenings July through October, through four of Dubuque's most famous homes.

For more information, call the Dubuque Historical Society, (800) 226-3369.

### Health and fitness

**Genesis Health & Fitness Expo**, July 28-30, 5-9 p.m. Thursday, 9 a.m.-9 p.m. Friday, 7 a.m.-noon Saturday, Davenport RiverCenter, 136 E. 3rd St.

**HypnoBirthing**, Saturdays July 16-Aug. 13, 9:30 a.m.-noon, Trinity Medical Center, Rock Island, Ill. The HypnoBirthing childbirth method is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing, and stress-free method of birthing. \$200. To register, call Trinity Medical Center, (877) 242-8899.



### Exhibits

**"Celebrating the Land: Amana at 150,"** through August, Amana Heritage Museum, Amana, Iowa. Exhibit examines the relationship of the natural landscape and the people of the Amana villages, past and present. (319) 622-3567

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# nourish services

## Arts & Entertainment

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## Business & Professional

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## Certifications & Degrees

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## Workshops and classes

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## Healing & Wellness

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## Health Centers

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## Health Food Stores

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## Intuitive Arts

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## Life Strategy & Coaching

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## Lodging

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## Massage & Bodywork

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## Movement & Fitness

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## Psychology, Counseling & Therapy

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## Restaurants

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## Retreats, Spas & Travel

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