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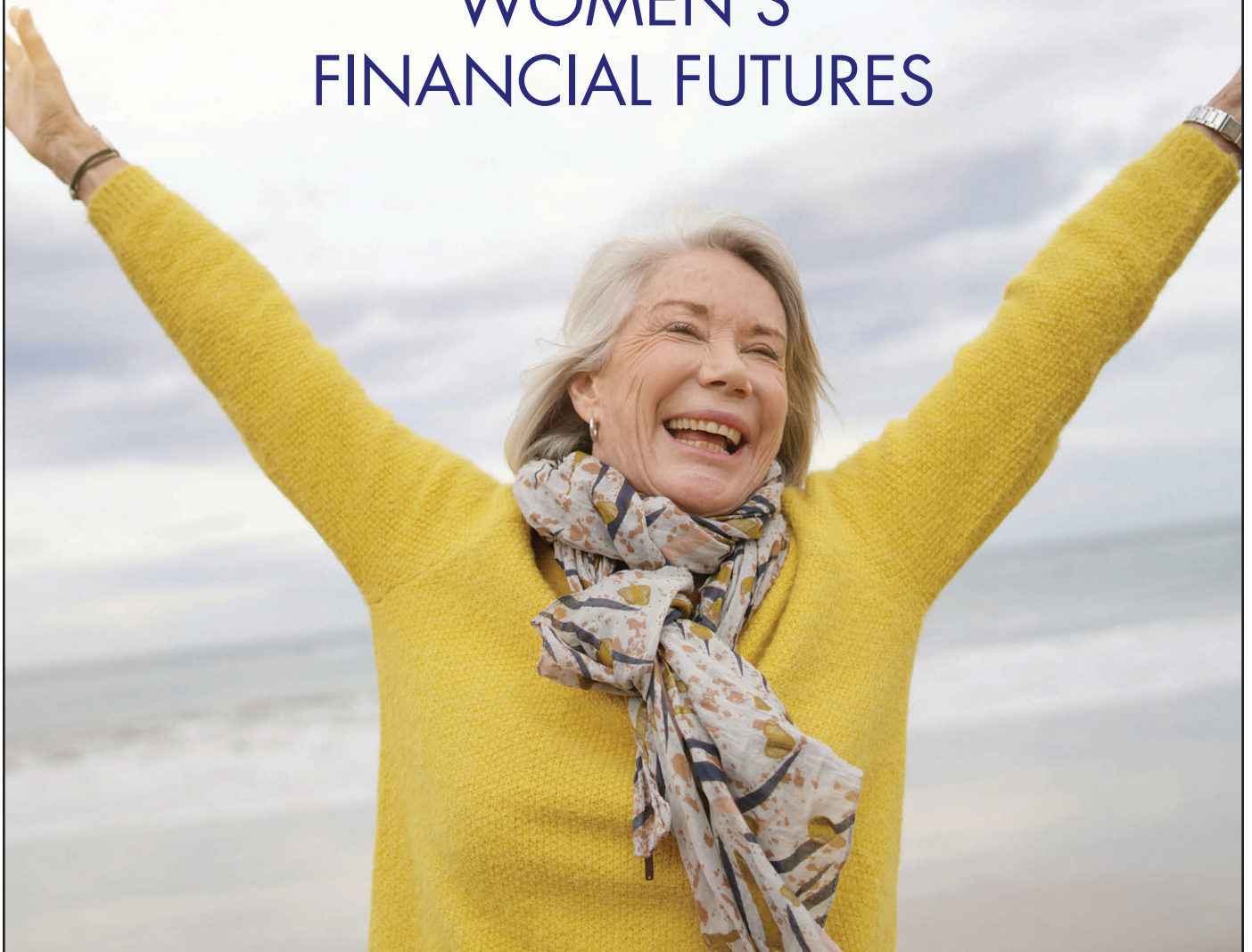
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CONTENTS



14



36



40

08

ARTISTIC PARTNERSHIP

TBK Bank partners with Quad City Arts on two murals

14

CHOCOLATE & WINE

Tips on pairing chocolate and wine for Valentine's Day

24

AVIATION CLUB

Area students build a plane with help of local mentors

32

TRATTORIA TIRAMISU

Enjoy the taste of Italy in downtown Bettendorf

36

STAY-CATION

Fun things to do in your own backyard

40

FASHION

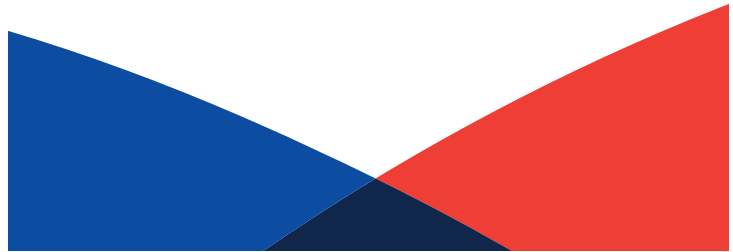
Get ready for Spring with fashion tips from local experts

44

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ON THE COVER

Sarah Robb, lead artist; John DeDoncker, TBK Bank president, Midwest division; and Finn Anderson, student artist.

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Investing in the Power of Public Art

TBK BANK COMMISSIONS TWO LARGE MURALS FOR THEIR BETTENDORF HEADQUARTERS

By Macey Spensley

When the first people stepped off the elevator on the second and third floors of the new TBK Bank building on Grant Street in downtown Bettendorf, they were met with a giant 26' x 9' expanse of blinding white walls. Executives knew they needed to bring those walls to life before the building opened to complete their modern, collaborative workspace.

Enter Quad City Arts.

“We chose them because of reputation. We’ve had great interactions with them in the past. Most of all, they were local and we loved the aspect that this was teaching these skills to young students,” said TBK Bank VP Marketing Manager Kevin Gibbs.

Quad City Arts is a non-profit arts organization dedicated to enriching the quality of life in the Quad-Cities region through the arts. TBK Bank also prides itself on its dedication to enriching the Quad Cities through its philanthropic and community-building endeavors.

It only made sense for the two organizations to combine their love of their community and partner to create two murals at TBK Bank’s new location.

Gail Lehmann, TBK Bank’s Executive Vice President and Chief Operating Officer, asked Gibbs to look for local artists the company could commission for this project. Gibbs had heard of Quad City Art’s Metro Arts Youth Apprenticeship Program and reached out.

“We were able to do this at their building because it was really important to them to have that connection to the community,” said Quad City Arts’

Executive Director Kevin Maynard, “as well as employing young adults.”

The apprenticeship program offers youth ages 15-21 a paid experience creating art in many different mediums. The project intends to give the student a glance at what life as a professional artist looks like, allowing them to participate in the creation of public art from start to finish. They start off with an interview, where they present their portfolio, and contribute to the entire process of completing the mural.

“Sarah [Robb, lead artist for the project,] meets with the client and talks through their ideas. She takes all

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Student artist Finn Anderson poses with a section of the 3rd floor mural he helped paint as part of the Quad City Art's Metro Arts Youth Apprenticeship Program.

that information and relays it to the students. And the students do all that design on their own,” Maynard said. The project took place over the course of three weeks, with students working Monday to Thursday nights for three hours and Saturday mornings. The designs incorporate Midwest iconography such as railroads, factories, corn and wheat. From the project’s outset, TBK Bank wanted the mural to be an ode to the Midwest.

“We wanted a vision that encompassed the community. The building in Bettendorf is our Midwest head-

quarters. We wanted it to be about the heartland and some of the things that represent our eighteen branches across the Midwest,” said Gibbs.

The students put together three different proposals based on the requests of their client – one in black and white, one in sepia tone and one with pops of the building’s pomegranate accent color. They presented their proposals to the TBK Bank committee via Zoom.

“The interesting thing is that not only do they get the experience of pitching to a client, they also receive feedback on their designs,” Maynard

said. “Not only are they learning how to create a mural within a time-frame, but they’re also learning those business skills, that their art has value and that it’s okay to be paid for that skill.”

Gibbs said the designs serve as an excellent conversation starter among their staff and clients.

“It presents a ‘wow’ factor the moment someone steps off our elevators. It’s so dramatic in that space. It stops you in your tracks to take it all in.”

The employees of TBK Bank enjoy the burst of energy they get from the murals when they see them every morning, but the benefits of this project for the Bettendorf community reach far beyond aesthetically pleasing interior design.

“Studies continue to show that people want to live in communities that have public art. So the more public art that there is, the more young people want to stay in a community or relocate to a community,” Maynard said. “It’s recognizing that public art and artists, in general, play a big role in place making.”

Funding public art projects attract more people to live within the community, benefiting the area schools and businesses. Funding art projects for the youth improve their outcomes, as well. Maynard explained that studies have continued to show the connection between participation in the arts and their performance in school.

“Test scores are higher for those that are participating in the arts. They’re more likely to graduate high school. They’re typically more likely to apply to go to college, and they’re more likely to apply to programs that are not arts-related, like accounting, medicine, and business school.”

Both TBK Bank and Quad City Arts share the goal of improving the lives of youth in the Quad Cities community. TBK Bank has made community involvement a core tenet of its mission. Gibbs said the company is community-oriented and gives its employees three paid days off a year to volunteer

in their community.

“We’re committed to the future and the youth and how we can improve people’s lives,” said Gibbs. “We all live and work here in the Quad Cities. It’s very important to us to make this community thrive.” The mural represents the community-based partnership between TBK Bank and Quad City Arts and can serve as a model for how businesses can support local art in the future. Maynard says he’s seen a shift in the mindset of how the Quad Cities community treats transactions with artists. He encourages businesses to continue to recognize the value of public art. “It’s recognizing that there’s a reason that they have reached out to an artist. It’s because they add value to their business. Whether that’s a graphic designer to create a logo or a muralist to paint a mural inside their space. Whatever that is, that adds value, and we need



Student artists paint the 2nd floor mural located just off the elevator.

A section of the 2nd floor mural inside the TBK Bank Building, in Bettendorf

to compensate them like it adds value.” TBK Bank understands the value of supporting local art, community organizations, and businesses as a whole, within the Quad Cities.





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BETTENDORF'S BERESKIN IS BUSY *inspiring artists of all ages*

By Macey Spensley | Photos by Todd Mizener

Pat Bereskin has taught art to children of all ages and abilities for nearly 45 years.

The Bettendorf native owns *Bereskin Art Gallery & Academy* on State Street in Bettendorf. She sells her art along with the creations of a host of other Midwest artists. Her art academy, located in the building's lower level, offers classes to students of all ages and all abilities in many different genres. She also offers classes tailored to neurodivergent people.

How long have you been teaching art?

I had my first class in 1977 and I taught preschool and elementary grades. I taught Kindergarten at Lourdes and have taught kindergarten through ninth grade in both Iowa and Illinois. When my husband and I moved back to the Quad Cities, a good friend had a child that she wanted me to teach. I started with two kids at my kitchen table. Now we teach 225-250 kids per week.

What's the energy like among your students in your class?

There are several different ways they can learn. We try to use their gifts to apply to a variety of different mediums. I think determination is probably a lot of it. Excitement. A sense of discovery. Curiosity. It just depends on the day and what we're doing.

How have you seen art transform the students taking your classes?

You notice a lot of things like, "I can't." And I can't sometimes means, "I'm afraid. I don't want to make the mistake. I've never done this before. This is hard." But we believe that life begins at the end of your comfort zone. And if you push through it, you will become a greater part of yourself. We see them persevere. And to be tolerant of themselves, and [know] that mistakes aren't truly something to be regretted. It just shows you're trying.

What are your art classes like for your neurodivergent students?

Many times you see children who have what some people might call a deficit, or a different way of learning, be given a gift in the arts. We feel that [art class] provides them not only with a social opportunity because it is very rewarding for them to have their peers that love to do the same thing that they do. Their classes are conducted very much like all of our traditional classes. And so they learn the same things. Sometimes it may get packaged a little bit differently, but we don't look at it that way. Every child is a unique individual. And no two children are the same. But after teaching as many years as I have been, I feel very blessed that sometimes you

can notice some subtle differences between them, and maybe encourage them in a way that they haven't been encouraged before.

What value do you think art brings to community making and community building?

Day to day driving to work, people pass the public sculptures. Sometimes it can highlight a day. Sometimes they think, "Oh, what in the heck is that." But it's cause and effect, and you've caused them to change perhaps what they've been thinking about, and think about something a little bit different. That's a good thing, challenging your brain. Part of it is to also beautify and make a place keeper for sculpture. It also allows us to breathe in something new. As an artist, we work to the line. The line is really important in drawing and painting and such. And the most important line in any person's life is the line between your birth date and your death date. And so as artists, we are living our lines, and we hope that the community will support their neighbors and buy local.

Top left: Pat Bereskin helps her student Isaac Ziegler with his technique during a recent art class in her Bettendorf studio.

Top Right: Miriam Ziegler mixes a color for her cow painting.

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CHOCOLATE AND WINE: *Cupid's culinary coupling*

By Todd Mizener



Valentines' Day is looming and according to Rebecca Burns, owner of The Shameless Chocoholic, in LeClaire and Moline, you better get cracking on your romance plans.

“Don't wait until the last minute because a lot of people that wait to the last minute don't get the things they want. But we always have beautiful pre-packed boxes. So if you just don't know what they want, we have beautiful assortments you're going to get a little bit of everything and they're going to be able to find something in there that they're going like,” said Burns.

If you want to hit the sweet spot and get your sweetie the right treat, Burns says you should do your homework.

“I do a little prodding to find out what are their favorites. There are different types of chocolates. Some people do not prefer dark chocolate, they prefer more milk, some are just the opposite. Somebody like me, bring me a box of caramels and I am your best friend. But truffles and buttercreams aren't my thing. You have to know their tastes to be able to get the perfect gift, and we're here to help with any of that,” said Burns

The Shameless Chocoholic offers something for everyone, but when it comes to Valentine's Day, the chocolate-covered long-stemmed strawberries are always a “huge hit” with their customers. They start taking orders a month in advance for these delectable treats.



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WINE BEFORE CHOCOLATE

Wine and chocolate make for the perfect Valentine's Day treat.

"Red wines pair nicely with dark chocolate and raspberry. We also have a French Silk truffle that would be great with a bottle of red wine. It's got these vanilla notes to it. And this nice, rich, dark chocolate cocoa flavor," said Burns.

But don't limit yourself to the mainstays of the truffle case.

"There are so many different flavors of truffles that would pair nicely with a nice red wine. But, the fruity ones tend to bring out the flavors," added Burns.

If red wine isn't your thing and you like white wine instead, Rebecca has you covered.

When it comes to pairing with white wines she advises to "stick to probably to a lighter chocolate, maybe even

white chocolate with some kind of a fruit flavor added to it."

If you have a favorite wine all picked out they can help you match chocolate to that wine in the store with their pairing wheel.

"We do have a pairing wheel from our chocolate company that pairs your chocolate flavorings with your wine. You can tell me what kind of wine you want and we can pair it for you," said Burns.

CHOCOLATE BEFORE WINE

What if you buy your sweetheart's favorite chocolate before you pick up the wine? All wines are not created equally. Here are some wines to look for that will pair nicely with the chocolate of your choice.

MILK CHOCOLATE

Because of its highly caramelized sugar notes, milk chocolate tends to pair better with a light red wine, a demi-sec Champagne (semi-dry), and both sweet red and white wines.

LIGHT RED: A to Z Wineworks Pinot Noir

Winemaker Notes: A beautiful deep, garnet red color in the glass, the 2019 A to Z Wineworks Oregon Pinot Noir presents dark cherry and red berry aromatics with hints of pomegranate, rhubarb, baking spices, cola, and cedar. These are lifted by warm secondary notes of vanilla, leather, sandalwood, a hint of toast, and a subtle, deeper earthy layer of forest floor and mushrooms. Succulent flavors follow on the palate: juicy, ripe red fruit and black plum, brambly blue fruits, fig compote, cocoa, and a dash of pipe tobacco and graphite.

SWEET RED: Castello Del Poggio Smooth Red

Winemaker Notes: This seductive, crisp, and delicate wine is delightfully refreshing, pairing best with fresh pasta, savory rice, delicious fish, and a carefree disposition. Bright petal color with violet hues. Fruity, with notes of cantaloupe, white peach, pomegranate, and cyclamen flower. Fresh and smooth.



SWEET WHITE: Chateau Ste Michelle Gewürztraminer

Winemaker Notes: This lush style Gewürztraminer presents a sumptuous array of stone fruit and florals with a gentle dusting of clove.

CHAMPAGNE DEMI-SEC: Veuve Clicquot Demi-Sec

Winemaker Notes: Boasting a brilliant yellow color with deep golden highlights, this wine offers delicate bubbles and an intense nose of ripe fruit with hints of brioche. It is supple and full on the palate while preserving its delightful, inherent freshness.

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DARK CHOCOLATE

The strong, complex flavor of dark chocolate helps it to pair well with bold red varietals such as Zinfandel, Shiraz, Cabernet, and Malbec.

ZINFANDEL: *Bogle Vineyards Old Vine Zinfandel*

Winemaker Notes: Notes of raspberries, peppercorns, juniper, dried herbs, and vanilla.

ZINFANDEL: *Hierogram Zinfandel Vineyard Block 8*

Wine Enthusiast: 90 Points: "Concentrated and complex, this full-bodied wine overflows with ripe berries, black pepper, and beef aromas that continue in the generous flavors. A big broad mouth-feel, full-body, and mild tannins all add to an impression of richness."

CABERNET: *Juggernaut Cabernet Sauvignon*

Wine Enthusiast - California: "French oak beautifully transforms intense hillside fruit into a wine with uncommon richness and smooth, luxurious texture. Juggernaut Hillside Cabernet is a wine that is fierce, brave, and delicious."

MALBEC: *Dona Paula Malbec*

Winemaker notes: Mendoza, Argentina- Intense red color with violet hues. Complex aromas with ripe plums, blackberry, blueberry, sweet tar, licorice, black pepper, mint, truffle with a hint of mocha flavors, giving an expressive and typical Argentinean character.



WHITE CHOCOLATE

The consensus here is to pair white chocolate with a Riesling, Moscato d'Asti, or a Sweeter Rosè. The out of the box pairing is Pinot Noir. Pinot Noir is not a traditional dessert wine but it pairs well with white chocolate. "The sweet fattiness of the chocolate is enough to bring out the red cherry, strawberry, and raspberry notes of the wine, lifting the bitterness of the tannins," Vincarta.com.

RIESLING: *Chateau Ste Michelle Riesling*

Winemaker Notes: This Columbia Valley Riesling is a flavorful, food-friendly Riesling wine. This medium-bodied dry white wine is crafted for freshness and balance. Bright flavors of white peach, green apple, mango, and lemon-lime bring a fruit character to this bottle of wine that is balanced with subtle mineral notes and lovely floral aromas.

MOSCATO D'ASTI: *Vietti Moscato d'Asti 2020*

Winemaker Notes: Pale sunshine yellow color and slight frizzante, this Moscato d'Asti has intense aromas of peaches, rose petals, and ginger. On the palate, it is delicately sweet and sparkling with balanced acidity, good complexity, and a finish of fresh apricots.

PINOT NOIR: *Decoy Pinot Noir*

Winemaker Notes: This alluring Pinot Noir offers beautiful layers of black cherry, currant, and strawberry, with subtle notes of rustic forest floor and spice. On the palate, it is soft and silky, with balanced acidity framing the vibrant berry flavors and carrying the wine to a long, lush finish.

Top:



Remember, romance shouldn't be reserved for just one day of the year and neither should the pairing of chocolate and wine. Keep these tips handy so you can make a perfect match all year round.



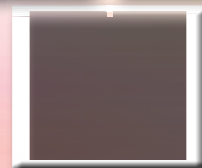
The Shameless Chocoholic offers something for everyone.
 Top: Chocolate covered long stem strawberries.
 Middle: Chocolate covered orange and pineapple slices.
 Bottom: Strawberries and Champagne chocolate buttercreams.

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This utterly disastrous comedy runs thru March 12

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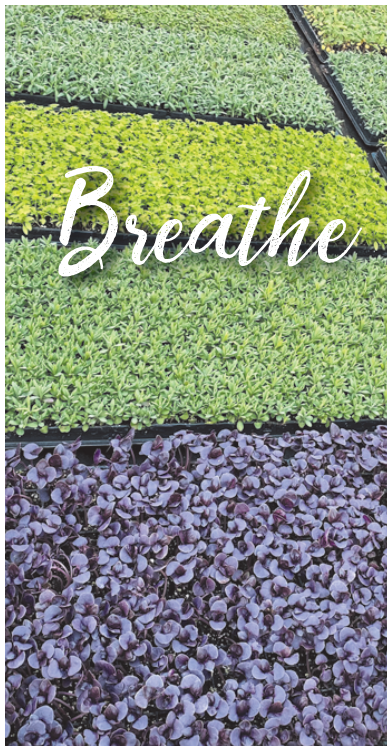
Clean, geometric lines are popular in kitchen design

A WALK ON THE LIGHT SIDE

Homes in Bettendorf are trending towards lighter tones and simple design

By Macey Spensley

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Spring is just around the corner and if you are itching for an upgrade you should aim for a light and modern aesthetic according to a Bettendorf design expert.

“Everything has gone to really clean lines and lots of white,” said Andy Seitz, Vice President of Housing at Advance Homes.

Gone are the days of strolling through a local neighborhood and seeing beige siding, dark wood, and flashy paint schemes. Home design trends have moved more and more to the ever-popular catchall phrase “modern farmhouse.”

The modern farmhouse has become a term to describe many different things when it comes to home design, but Seitz says it mostly represents a simple, curated look. Many people are gravitating towards a ranch-style home instead of a two-story one, and from there, choosing light color schemes and natural, geometric designs.

Whether you are looking to build a new home or just spruce up where you already live, Seitz offers his insight into creating a cozy home with a modern feel.



Seitz said many homebuyers are choosing lighter wood and trim.

TAKING A LIGHTER TONE

“We’re starting to see a lot of white walls. It’s always been popular to do a light gray wall, and things are going even lighter,” said Seitz.

Design trends are moving towards lighter tones in more than just paint. Many home buyers are choosing white trim, and light oak is replacing the dark wood that reigned popular 4-5 years ago.

For the kitchen, consider white cabinets with quartz countertops. Quartz mimics the look of white marble but offers a more durable surface.

“Natural stone isn’t always a great kitchen surface because it’s very porous,” said Seitz. “It’s prone to etching, which dulls the finish, and tends to scratch because it’s very soft. The quartz manufacturers have done a great job of mimicking the look of natural stone but providing the durability of granite.”

WHEN TO GO BOLD

Not every room in the house has to be white.

Seitz said that with so many more people working from home, they’ve seen an increase in requests for home offices. This is an ideal space to add a pop of bold color.

“There’s a lot of people asking for another bedroom they can use for their home office,” said Seitz. “We’ve done quite a few home offices where you take that one room and paint it a dark, bold accent color.

Consider charcoal, navy, or dark gray paint to create a fierce space that ignites your productivity.

CLEAN AND SIMPLE

You’ll see cleaner lines within the lighter-toned trims and cabinets.

“On trim and cabinets and such, you used to see lots of detail and

molding and ornamentation. Now it’s more square, boxy, sort of geometrical,” said Seitz.

People are also liking these geometrical lines in the shaker doors in their kitchen. Consider switching the shaker door up with a little varied edge to give the door a different profile. Seitz says intentional mix and matching when it comes to design will create a curated, deliberate look.

CURATING THE LIGHT

Even light fixtures can fit into your modern farmhouse, minimalist feel.

When choosing your fixtures, start with an exposed bulb. Seitz is seeing an open, bold style for the structures of the fixtures themselves.

“Maybe you’ll have a thin, matte black structure or a cage,” he said.

The finish of the fixtures matters, whether it’s for your lighting, cabinet



The "modern-farmhouse" aesthetic indicates a simple, curated look.

handles, or appliances. Matte black and brass are popular right now. But don't worry — you don't have to choose between the two. Mixing finishes is a popular trend right now.

"Before, you'd see oil-rubbed bronze. Now you're seeing a lot of mixed metals and mixed finishes. You might see black paired with brass, or you might see a black paired with polished chrome," said Seitz. "It gives you more of a curated look rather than having everything match 100%."

GETTING STARTED

Every team will approach building a home differently. When you begin design meetings, it's always a good idea to bring along photos of existing designs you like or look through

your builder's portfolio to see their capabilities.

"People have a hard time visualizing what different features and details could look like," said Seitz. "People bring in photos from Pinterest, or we look at a catalog of the previous work we've built to use as reference points."

Choosing the features of your home is a daunting task. Some design teams prefer to take one day and pick out everything. Seitz recommends making selections as you build.

As you choose your home's details, your designer should guide you to make decisions that function and look the best within your home. They shouldn't make those decisions for you.

"Their design will evolve. They get more comfortable as the process goes on. That's why we like to take it slow and make those decisions throughout the process," said Seitz.

QUESTIONS AND ANSWERS

The most important question to ask — what did you do to generate my price?

Seitz says figuring the price of a home based on a price per square foot isn't the best way to price a home.

"What steps were taken to price my home? And for that price, what all am I getting included?" he recommends asking your builder. "We have very lengthy and detailed meetings upfront in the planning phase."

Your builder should have a formula for generating a price sheet and work off those plans to guide the building

process. While complications may arise while building, the pricing of your home should be transparent.

NEW TREND, OLD HOME

Even if you are not looking to build a new home it doesn't mean you can't incorporate new design trends into your current living space.

To bring lighter aesthetics into your home, paint is your best bet.

"One of the most cost-effective things that can be done to a home is paint. Paint is going to be a dramatic change with very little cost," said Seitz.

Changing your hardware and light fixtures to fit with the aforementioned trends can also freshen up your design without an expensive structural change. Keeping your home up-to-date is accessible to everyone with intentional design choices.



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Chocolate is king on Valentine's Day, but it's way more than just truffles and candies.

You can make a whole meal flavored with chocolate. Let's get started.

A 3-COURSE CHOCOLATE MEAL

FIRST COURSE EGGPLANT CAPONATA

The recipe is from Saveur. Serves 6-8.

INGREDIENTS

- 3 cups olive oil
- 2 pounds eggplant, cut into 1-inch cubes
- 1 large yellow onion, chopped
- 1 rib celery, roughly chopped
- Kosher salt and black pepper to taste
- 3 tablespoons tomato paste, thinned with ¼ cup water
- 1 cup crushed canned tomatoes
- 6 ounces green olives, pitted and roughly chopped
- ½ cup white wine vinegar
- ½ cup golden raisins
- ¼ cup salt-packed capers, rinsed and drained
- 3 tablespoons sugar

2 tablespoons finely grated unsweetened chocolate

½ cup finely shredded basil

2 tablespoons pine nuts

DIRECTIONS

1. Heat oil in a 12-inch skillet over medium-high heat. Working in batches, fry eggplant until browned, about 3-4 minutes. Transfer eggplant to a large bowl and set aside.
2. Pour off all but ¼ cup oil and return the skillet to heat. Add the onions and celery, season with salt and pepper, and cook, stirring often, until beginning to brown or about 10 minutes. Turn heat to medium.
3. Add tomato paste and stir until caramelized and almost evaporated, 1-2 minutes. Add the crushed tomatoes and cook for 10 minutes. Stir in olives, vinegar, raisins, capers, sugar, and chocolate and



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cook, stirring occasionally, until thickened, about 15 minutes.

4. Transfer to the bowl with eggplant and mix together. Check and adjust seasonings and let cool to room temperature before serving with toast points.

SECOND COURSE STEAK AU POIVRE

The recipe is from Taste of Home. Serves 2.

INGREDIENTS

2 5-ounce Beef tenderloin steaks, about an inch thick
2 tablespoons olive oil, divided
1 tablespoon whole white or black peppercorns, crushed
¼ teaspoon salt
1 tablespoon finely chopped shallot
¼ cup port wine
1 tablespoon Balsamic vinegar
¼ cup condensed beef consommé, undiluted
1 teaspoon minced fresh rosemary or ¼ teaspoons dried rosemary, crushed
½ ounce bittersweet chocolate, chopped

DIRECTIONS

1. Rub steaks with a tablespoon of oil and sprinkle with peppercorns and salt. Heat 2 teaspoons of oil over medium heat. Add steaks and cook 5-7 minutes on each side or until desired doneness. Remove and keep warm.

2. In the same pan, heat the rest of the oil over medium-high heat. Add the shallot and cook and stir for 1 minute or until tender. Add the wine and vinegar, stirring to loosen browned bits from the pan. Bring to a boil and cook 2-3 minutes or until slightly thickened.

3. Stir in consommé and rosemary, bring back to a boil. Add chocolate and stir until melted and sauce is thickened. Serve with steaks.

THIRD COURSE CHOCOLATE POTS DE CRÈME

The recipe is from the Food Network. Serves 6-8.

INGREDIENTS

9 ounces semisweet chocolate, chopped
1 ½ cups whole milk

1 ½ cups heavy cream
6 large egg yolks
5 tablespoons granulated sugar
¼ teaspoon salt
1 tablespoon confectioners' sugar

DIRECTIONS

1. Place the chocolate in a blender.

2. Whisk the milk, 1 cup cream, egg yolks, granulated sugar, and salt in a heavy-bottomed medium saucepan over medium heat. Cook, stirring constantly until the mixture is thick enough to coat the spatula or spoon and almost boiling, about 5-6 minutes.

3. Pour the milk mixture over the chocolate in the blender. Cover and hold the lid with a thick towel and blend until combined and smooth, stopping to scrape the sides as needed. Divide the chocolate mixture among ramekins or small cups and refrigerate until set, about 2 hours.

4. Whip the remaining ½ cup cream and the confectioners' sugar with a mixer or blender until soft peaks form. Top the chilled pots de crème with whipped cream.

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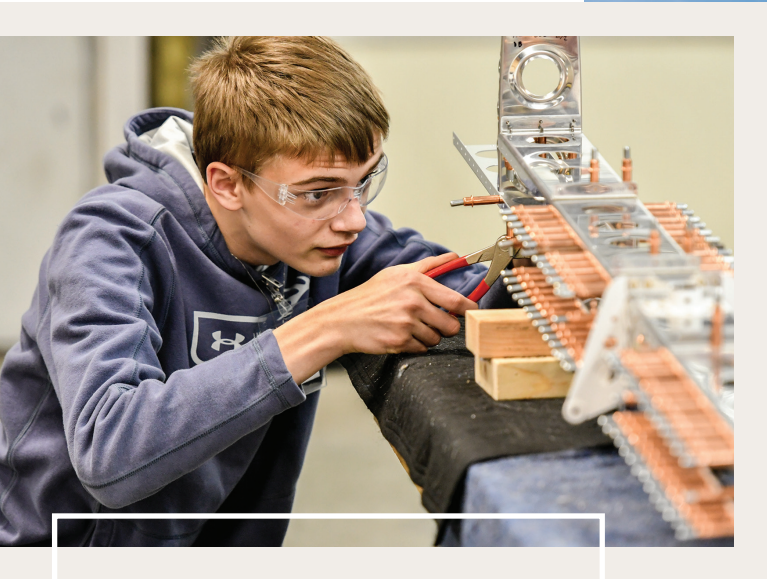
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NOT ALL EDUCATION HAS TO OCCUR IN A CLASSROOM

*Unique partnership
brings kids and
mentors together to
build an airplane*

By Macey Spensley



Top left: Justin Lafrenz, a student at North Scott High School works on the plane's horizontal stabilizer.

Top: A finished version of the Van's Aircraft RV-12iS.

Photo by Ed Hicks



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All faiths or beliefs are welcome.

Area high school students in the Aviation Club have their feet on the ground and their eyes on the sky.

The students are building an airplane as part of a partnership between Bettendorf, Pleasant Valley, and North Scott high schools and the Experimental Airplane Association (EAA) Chapter 75 - Quad Cities. The schools provide the kids and the advisors, and EAA Chapter 75 provides the expertise.

The unique project is an opportunity for them to learn more about STEM-related industries and develop life-long leadership skills that will be useful no matter what career they choose.

"It's crazy to think that so many kids are getting together to build an airplane that someone will eventually buy and own and fly," said Pleasant Valley freshman Christina Stopyra. She has participated in the airplane build from the beginning, along

with her dad Greg Stopyra, an EAA Chapter 75 mentor.

The students are building an RV-12iS model aircraft from Van's Aircraft. They are supervised by advisors from each school and closely guided by the mentors from EAA Chapter 75, but only the students are allowed to build the aircraft with their hands.

"There's a lot of behind the scenes things with inventories and things [the mentors] take care of," said Bettendorf STEM Coordinator and advisor Chris Like. "But this is 100% the students' project."

The club, which aims to get more students interested in STEM-related fields, officially began in 2021 but has been years in the making.

In 2017, Pleasant Valley Community School District resident, Larry Johnson, approached Pleasant Valley School Board Director Chris Cournoyer and then PV High School principal Mike Zimmer with the idea to have students build an airplane. Zimmer is currently

Director of Secondary Education for the Pleasant Valley School District.

"I thought he was kidding," Zimmer said. "He approached us and said that there were a number of schools across the country that were building [this] airplane."

Johnson wanted to not only instill a passion for aviation in a younger generation but also help students build technical skills. He showed Zimmer the Van's Aircraft RV-12iS model, and Zimmer's interest grew.

"There are other manufacturers that have these similar planes, but a lot of the schools take this one because the company has been doing this for a long time," said Greg Stopyra. "They've got a very good product out there, and just make it very simple and easy for schools to do."

After speaking with his industrial tech educators, Zimmer realized they couldn't build the airplane in a class at Pleasant Valley.

"Well, not all education has to occur

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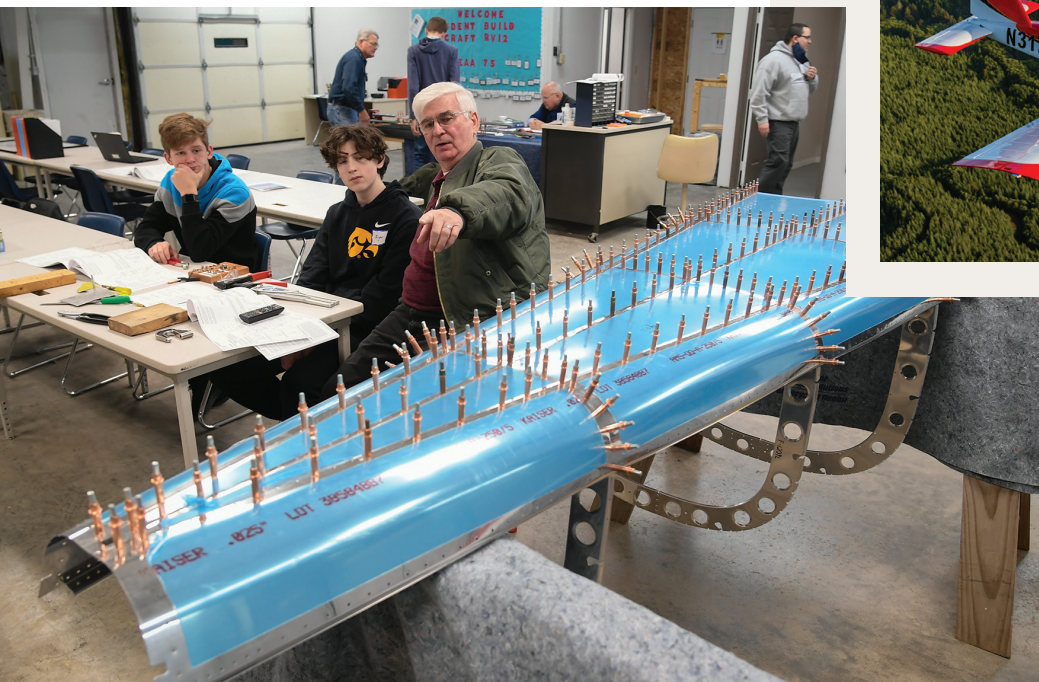
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Left: Aviation Club club mentor Jim Skadal, right, points to the tail section of the plane while training Pleasant Valley High School students Ryan Zum-dome, center, and Aden Anderson.

Above: The RV-12iS in flight
Photo by Aric Krause

Bottom: Jim Skadal explains how a Cleco works. The device acts as a small clamp while building the plane and is eventually switched out for a rivet.

in a classroom,” Zimmer said. “What about if we do this as a club?”

Zimmer wanted this project to be community-based, so he reached out to administrations at North Scott and Bettendorf high schools to get them involved. He then secured a \$50,000 grant from the Scott County Regional Authority, as well as donations from the Moline Foundation and Larry Johnson.

He then faced one more obstacle: where would they build the plane?

After a few dead ends, North Scott Superintendent Joe Stutting offered up space within the new North Scott Bus Barn in Eldridge.

With space and funding secured, Zimmer needed someone with aviation knowledge and experience to lead the students in building their aircraft. Johnson pointed them in the direction of EAA Chapter 75 – Quad Cities.

The EAA is a nationwide education non-profit organization. Local chapter member and volunteer mentor Tom Shelton describes Chapter 75 as “a local group of aviation enthusiasts, aircraft builders, and pilots who share ideas, exchange technical information, encourage safety, and who inspire interest in aviation for all age groups.”

EAA Chapter 75 President Jim

Skadal saw this project as an opportunity to not only get young people interested in aviation but to teach them skills that could be used in any trade.

“I’ve known about wanting to do this for about 30 years,” said Skadal. “I’ve known that young people have needed some mentoring in this fashion.”

Each school held an initial Aviation Club meeting in September of 2021, with the advisors pleasantly surprised at the number of students that showed up. Some students were specifically interested in careers in aviation, while others were just excited to build something.

“The type of kid we have coming here fits the entire gambit. We have kids that are our calculus kids who

want to go into engineering...we have kids that are into manufacturing and want to get into that kind of work,” said Like.

The students are freshman through seniors, and the program is at no cost to them. The club is not made up of one specific gender, either. North Scott advisor Liz Richards, a former US Navy aviation electrician and plane captain, is pleased with the number of girls who joined the club.

“It was not always this way when I was in the Navy,” Richards said.

“I think it’s just an interesting thing. And regardless of gender, I think people just gravitate towards something cool and unique,” Like added.

Before they were able to begin

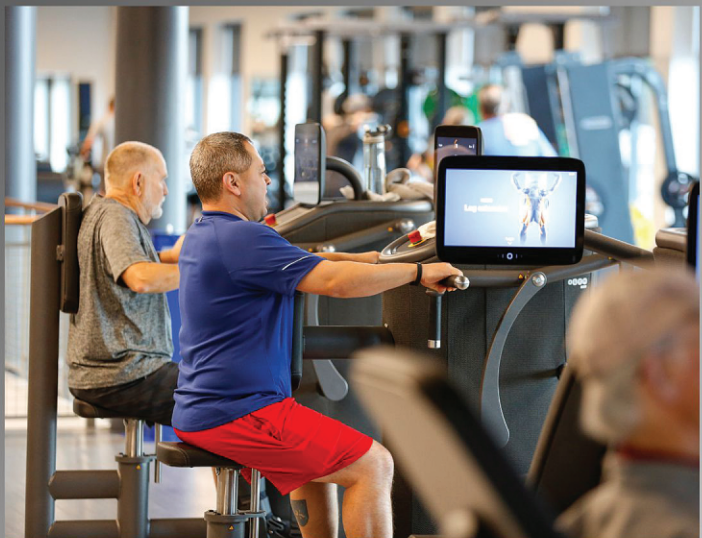




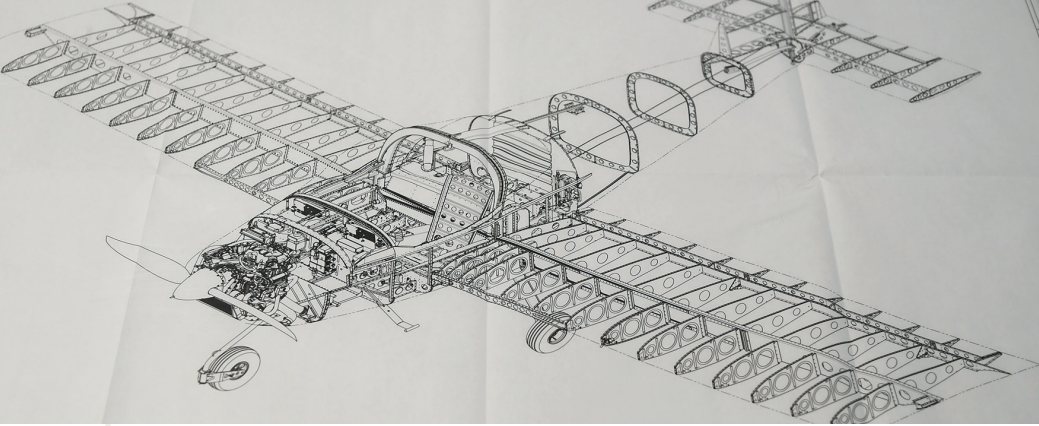
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Top left: The schematic of the RV-12iS.

Above: North Scott advisor Liz Richards.

Left: Aden Anderson, a junior at Pleasant Valley High School, does a training exercise while Jim Skadal, the president of the Quad Cities chapter of the Experimental Aircraft Association (EAA 75), works with Ryan Zumdom, a sophomore at Pleasant Valley.



building, both students and advisors went through a safety training orientation. They learned the basics of wearing goggles and proper attire, handling different types of tools and materials, and basic manufacturing techniques such as riveting.

The students then began to build. The initial money raised bought the first kit they needed to get started.

“You get the plans, you get a mentor. When they get here, [the mentors] talk about what are some of the jobs they need to be done that night, and then they split the kids up,” Like said. They can have up to 12 students at each build.

“As a school advisor, you’re here to kind of watch over what the kids are doing and any issues to their safety and if there’s ever any behavior issues, but there haven’t been so far,”

Richards said.

Advisors wondered at the outset if the schools’ rivalries might cause some tension within the build location. Like told the students that “this is not a competition. This is a collaboration.”

They were pleasantly surprised that being conference rivals has made no difference, and proud of all of the friendships made.

“If you walk in here on any given night, unless they’re wearing a school shirt, you would not be able to tell who was Bettendorf, who was PV, who was North Scott. Once they step in here, this is just the building club,” said North Scott advisor Michael Elbe.

“Nowhere else would I have had an opportunity to meet students like Justin, a sophomore, and Steph, a senior, from other schools,” said Christina Stopyra. “We’re all equal in

this build.”

And build, they do.

Skadal said the mentors probably have a few hundred years of aviation experience altogether. However, they must not do any of the building themselves. Even if they see an issue they know they can fix.

“Let me just add how hard that is for us as mentors, because we like this stuff,” said Greg Stopyra. “We want to be involved and it’s very hard to put our hands in the back pockets and just lean over and watch. So it’s very intentional on the mentors to do some of that stuff.”

The mentors vocally guide the students to ensure they do not deviate from the build plans in the slightest. Because the aircraft has to have a specific certification for it to eventually be flown, the Experimental Light-Sport Aircraft, the building has to be exact.

Elbe said to ensure this, the mentors walk the students through solving a problem in ways that they will use for the rest of their lives. When building issues arise, the mentors guide the students through talking through the problem and adding their expertise

when necessary so they arrive at the correct solution.

“The mentor is not like, ‘no, this is what you need to do.’ It’s, ‘okay, what are you looking at? What do you see? Now let’s take a look at this and see what we think.’”

Both the mentors and advisors have witnessed this project open the students’ eyes to many opportunities in STEM fields outside of aviation.

“Plumbing, electrical, all the trades are just searching diligently for anybody that wants to jump in,” Skadal said.

“This is a purely digital generation, and to have these experiences is to understand, you can’t always do things digitally,” said Greg Stopyra. “While the kids may come in, and not have that background knowledge that a lot of other people may have, they’re super quick at learning.”

Students involved with the Aviation Club are also learning valuable life skills that apply to any industry.



A finished version of the Van's Aircraft RV-12iS. Photo by Ed Hicks

This especially rings true as kids are not required to be at every build. They’ve learned how to communicate happenings from one build night to the other to ensure continuity.

The advisors and mentors see the students developing teamwork, communication, and professionalism.

“Beyond student and mentor enthusiasm surrounding the RV12 aircraft being assembled, we should be clear about a more fundamental objective of this project,” said Shelton. “It is not totally about the plane. More importantly, it is about developing

knowledge, skills, capabilities, and confidence in youth who will become future workers and leaders in our communities. The RV12 aircraft assembly project is simply the medium through which our objectives will be accomplished.”

The Aviation Club and EAA Chapter 75 are grateful for the funding received already, as well as toolbox donations from Carver Aero. If you are interested in donating to this project, please contact Mike Zimmer at zimmermike@pleasval.org or 563-332-4040.

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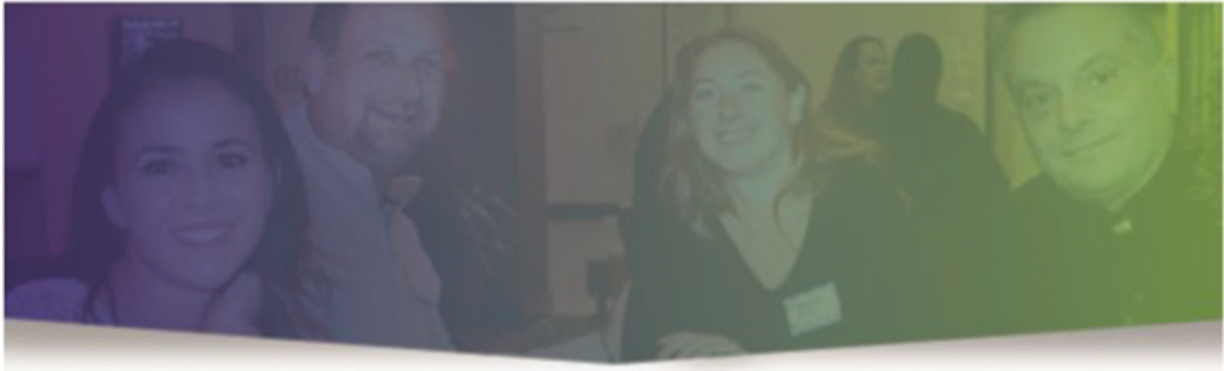
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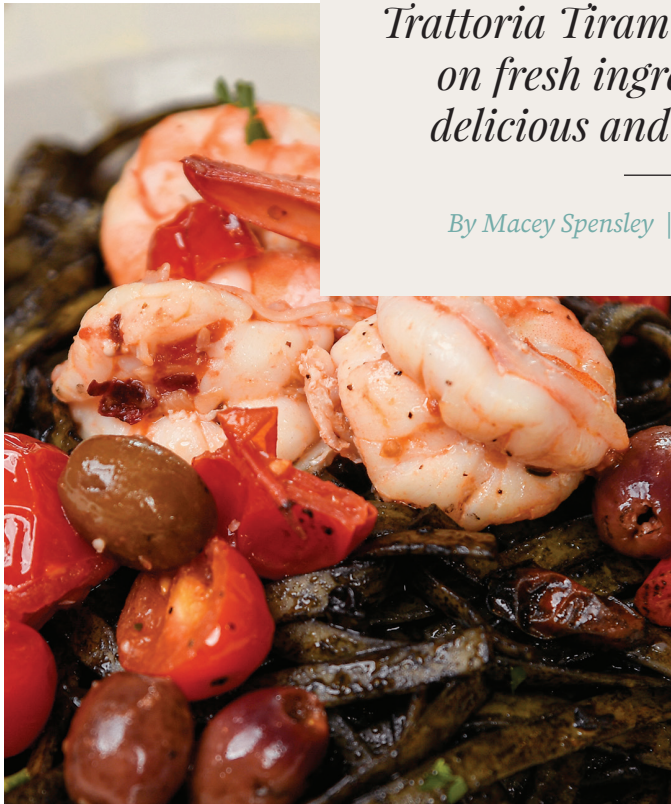




VISIT ITALY WITHOUT LEAVING BETTENDORF

*Trattoria Tiramisu's chef is focused
on fresh ingredients to create
delicious and authentic meals*

By Macey Spensley | Photos by Todd Mizener



Clockwise from top left: Caprese salad, Arugula salad, Tiramisu dessert, and Fettuccine Nere.

Imagine walking down the cobbled streets of Rome, Italy, melodic violin ringing through the air as you head to the local restaurant to grab your favorite pasta dish and a bottle of wine.

Gilbert Cepeda, the owner of Trattoria Tiramisu, creates just such an experience for you right here in Bettendorf.

Cepeda, who is also a chef, opened Trattoria Tiramisu with his family in 1999. They originally opened in downtown Davenport, but moved to their current location, 1804 State Street in Bettendorf, after a few years.

“We outgrew the place in Davenport,” said Cepeda. “We were looking for something new, and the space [in Bettendorf] became open and we just went for it.”

When you walk into his restaurant, you’ll see paintings on the wall inspired by the Pompeian and Fresco styles of art. He discovered his appreciation for these art styles while reading up on the history of Italian dishes.

Cepeda said “trattoria means a family-run establishment,” and that idea has been the main tenet of his restaurant since the beginning. He co-owns the restaurant with his brother Higinio, as well as his sister who recently moved. Both owners’ families help with operation as well.

Cepeda values the freedom that working with his family offers.

“You get more quality control in a family-run restaurant. We can have lower prices. We run everything.” He and his brother occasionally butt heads, but he attributes that to normal family stuff.

“We work a lot of hours together. We both can take on different roles.”

Cepeda’s journey to the Quad-Cities began in Chicago in the 1980s. He worked at Trattoria Roma, an authentic-Italian restaurant owned by Franco Calloni, a native of Rome, Italy. One of the servers at this restaurant invited Cepeda and his brother to work at the trattoria

he was opening in Quincy, Illinois, and then Keokuk, Iowa.

When he would travel from Keokuk back home to Chicago, Cepeda kept noticing the Quad-Cities.

“It just felt like a nice area for a restaurant,” he said.

He appreciates that the area is smaller than other places he’s lived, but still has everything the big cities have.

“It doesn’t take you an hour to go to a store,” he said. “You can find a parking space. We love the river.”

Since the beginning, Cepeda has focused on fresh ingredients to create delicious and authentic meals. He wants his food to be cooked from scratch and feels that kids are growing up losing the taste of authentic food when most are prepared frozen.

He also sources fresh, often local ingredients to keep them affordable as well. He said the key is to buy ingredients that are in season and create dishes that feature those items.

“You don’t want to have asparagus



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Gnocchi Sorrentina with a selection of fine Italian wine.

when it's not in season," he said. "It'll be expensive and not quite as good." Cepeda also gets quality seafood from a supplier in Chicago that he has known since the 80s.

Along with sourcing fresh ingredients, Cepeda also believes in respecting the history of Italian recipes. He tries not to change anything.

"Everything has a purpose. Everything has a name. Our focus is to keep it authentic," he said. "Follow and respect the recipe behind it."

While Cepeda changes the menu relatively frequently to reflect what's in season or in market, you'll typically see a few staple dishes. These include Alfredo, Rolli (a pasta dish with ham, spinach, and ricotta), and their version of a Shrimp Scampi.

They also offer decadent desserts like lemon cake, cannoli, and, of course, tiramisu.

Cepeda draws inspiration for his dishes from everything around him.

He said that even daily basic activities will make him think of food to try.

He also relishes the opportunity to learn from chefs around the globe, as well, following them on social media platforms like Instagram and Twitter.

But his favorite tool to discover authentic Italian recipes? His cookbooks.

Cepeda said he owns over 100 cookbooks and believes that when you are a creator, you must surround yourself with as many instruments as possible. Whenever he goes to bookstores, he searches for the oldest Italian cookbook he can find.

"I have some really old ones. I have one from 1920," he said. "They'll show the town where the recipe comes from with a picture from the town. It gives the history behind it."

When dining at his restaurant this upcoming Valentine's Day, Cepeda recommends choosing a nice bottle of wine to pair with a nice pasta. His

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wine selection is a major staple of his menu, estimating around 70-80% of his sales come from wine.

He and his service staff have learned a lot over the years about pairing wines with food. Servers will even come into the kitchen to ask him for wine advice, as he has been working in Italian restaurants for decades. He works with his wine seller to ensure he has a well-rounded selection.

“Before the pandemic, we’d have 60-80 different wines. With the pandemic, everyone is running out of inventory, so I have a smaller menu now and change it often.”

No person has gone unaffected by the Covid-19 pandemic, and that includes Cepeda and his restaurant. Trattoria Tiramisu closed down with the government mandate but continued offering carry out. He remembers the feeling of uncertainty, not knowing what was going to happen next.

He credits being a family-owned



Trattoria Tiramisu co-owners brothers Higinio and Gilbert Cepeda.

restaurant to their success throughout the pandemic.

“We knew the risk, but that’s part of being family-owned. You don’t have to rely on other people,” said Cepeda.

After restaurants opened back up, Cepeda and his brother decided to switch their hours to 5-9 p.m. Trattoria Tiramisu used to offer a lunch buffet, but Cepeda decided to just focus their

energy on dinners.

“We realized we were overworking ourselves,” he said. “I now have time to take care of myself. I go in with a clear mind and more energy. I’m more inspired to go back and work. I have more time to create new dishes, think of new things, and find new ingredients.”

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Above: Corner room suite in the Cambria Hotel in Bettendorf. Top left: The Wake and Bake pizza available at the Tangled Wood restaurant in Bettendorf. Top right: A guest bowls at High Lanes 5 Bowling inside of The TBK Bank Sports Complex, in Bettendorf.

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By Macey Spensley

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Spring break is approaching, and while we'd all love to book a plane ticket to somewhere tropical and bask under the sun, that's not always possible for everyone.

If you're staying in the area, you deserve to have a fun-filled spring break, too. Check out these hot spots to create the perfect stay-cation in Bettendorf.

A FAMILY AFFAIR

Looking for ways to get the kids out of the house? Bettendorf has several child-friendly entertainment options for kids of any age.

Check in to the Cambria Hotel on Competition Drive. Cambria's prime location is just a short walk to the games at the TBK Bank Sports Complex or the sweet treats at Hurts Donuts Company. Parents can enjoy a drink at the lounge while the kids work out their energy at the heated indoor pool.

Start your morning with breakfast at Stacks Pancake House. If you're a fan of sweet breakfasts, try the Berry Bliss Pancakes or a rich, delicious waffle. For the savory lovers, you can't go wrong with a hearty skillet served with toast. They offer a kid's menu with pancakes, French toast, or eggs as well.

After breakfast, head over to the Family Museum for some fun and interactive play and learning. The Family Museum offers an interactive exhibit hall with traveling exhibits, three multipurpose rooms, art studios, a science studio, and more.

No visit to the Quad Cities is complete without a lunch trip to Happy Joe's on Spruce Hills Drive. Grab some traditional thick crust with crumbly sausage or their famous taco pizza. The best part? Happy Joe's has a wide variety of ice cream choices. Save room for dessert.

You'll have some energy to burn off after loading up on carbs. Head over to the TBK Bank Sports Complex for multiple options for family fun. Work together as a



A cookie monster donut is just one of the many delicious treats offered by Hurts Donut Co., 5121 Competition Dr, Bettendorf.



Stacks Pancake House, 1661 Grant St, Bettendorf. Hours 7 a.m. to 2:00 p.m.

family to break out of the two escape rooms in under an hour. They also have laser tag for those seeking an action-packed experience. After, head to the arcade and let Dad show the kids who is the ski-ball champion.

Before you head back to the hotel, grab a bite to eat at The Tangled Wood for dinner. The restaurant has an 8,000 square foot patio area with an amphitheater, live music stage, a 202-inch big screen, and space for yard games like bocce ball and bags. Not to mention, excellent food.

JUST THE TWO OF US

Find a babysitter for the kids or someone to stop by and feed your fur babies. It's adult time.

Start your day off with breakfast with a fancy twist at FoodAffair Bistro on Utica Ridge. They offer unique, global ingredients to put a twist on typical breakfast foods like omelets and toast. Try Chef Aman's Bloody Mary for the ultimate brunch companion.

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Twin Span Brewing, 6776 Championship Dr, Bettendorf.

Book a room at the Isle Casino Hotel. The largest hotel in Iowa, the Isle offers a wide variety of room sizes that include a tub for soaking. They also have an on-site marina from April to October. Imagine the relaxation.

Of course, the best part of staying here is the casino. Roll the dice at the table games and maybe you'll be the big winner of the day. You can try the slots if that's more your speed, or head over to the sports betting area to bet on your favorite team. The Isle has a staging area where you can dance to fun shows like an Elvis tribute artist.

Iowa's weather is unpredictable, so who knows what the weather is going to be like in March. If there's still snow on the ground, you can rent cross country skis at Palmer Hills Golf Course. If we're lucky and have some nice weather, grab your clubs and practice your swing.

Take your casino winnings over to Twin Span Brewing for lunch. Their Certified Cicerone head brewer creates a wide variety of delectable beers, from their Pumpkin Pylon pie beer to Offside IPA, a champagne-like IPA. Pair these with food from their brewpub menu, which includes unique options like a Seared Tuna Salad and their Campechano tacos.

TBK Bank Sports Complex isn't just for families. Walk over there after lunch to check out their 32 bowling lanes. You can play alternative bowling games like angry birds and the classic H-O-R-S-E. Connect with your inner child with their Hologate Virtual Reality attraction, where you can have a snowball fight with penguins or protect your loved one from a hoard of zombies.

Since this is an adult-only trip, take the opportunity to indulge in a classy dinner. Hemispheres Bistro on 53rd Avenue offers global cuisine in an upscale environment. Share a mule flight with your date over a plate of flavorful and unique food.

Follow dinner up with more craft beer at another one of Bettendorf's famous breweries, Crawford Brew Works. They host live music throughout the year, as well as watch parties to support the QC Storm minor league hockey team. If you want a snack to pair with your brew, they frequently have local food trucks around on the weekends.

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It's never too early to start thinking spring

THREE BETTENDORF BOUTIQUES HAVE YOU COVERED IN STYLE

By Macey Spensley



While reading this, you may be curled up under a wool blanket or dressed in your favorite sweater, drinking a hot cup of coffee at the office.

But while the Iowa winter continues to bring heavy snowfall and frigid temperatures, remember: Spring is coming. It's important to start prepping your closet so you're ready to put your boots and

cardigans into storage once the weather starts to turn.

Four Bettendorf boutique owners are here to help you hit the streets in style this spring season.

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838 BOUTIQUE

838 Middle Rd., Bettendorf

Sherri Beyer, the owner of 838 Boutique, predicts “comfort” to be the theme this spring.

“You’re going to see a lot of relaxed clothing this spring. That’s what they’re looking for—comfort and ease of movement. It’s basically pull it on and out the door,” Beyer said.

You’ll see relaxed, loose fits in her store. From baby doll tops to flared, feminine dress pants, everything will have ease of wear in mind.

The hottest item to have in your closet this spring? Skirts of all lengths.

“[Every woman] is gonna need some skirts. They’re going to be easy to put on because as you see almost all of them are elastic waist pull-on,” she said. “Maxi skirts are not heavy, they’re lightweight, they’re nice and comfortable.”

When shopping for your skirts and other spring-wear, Beyer recommends sticking to bright colors.

“You’re going to see coral as one of the big colors. And a mixture of blues. They’re going to want to make sure not everything is black because that is not what’s in for summer. White or ivory is always in. It’s light colors and florals.”

Beyer emphasized the importance of accessories when choosing those lighter colors. Accessories can change up an outfit and give you multiple looks for a few pieces of clothing.

“Look at your outfits. Do you have earrings that go well, and you maybe can wear them with a few outfits? And you’re going to want some type of purse, probably a smaller, cross-body purse,” she said. “You need a couple of well-fitting sandals and a nice pair of white tennis shoes.”

Mixing and matching will make packing for that spring break trip you’ve been planning all winter much easier.

“When you look to buy, think, okay, I could wear this with this and this.

A display of spring fashion outfit ideas at 838 Boutique.

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Try to make it a mix-and-match type thing so you're not taking like the huge suitcase wherever you go," she said.

THE FUNKY ZEBRAS

3565 Middle Rd., Bettendorf

Heather Yoerger, the owner of The Funky Zebras, recommends sticking to neutral colors this spring to put together a style as calm as the spring flowers blooming.

"I'm seeing more neutral colors. I'm seeing more of just a little bit plainer, a little bit more subtle," she said.

The neutral color scheme will help you perfect your office business casual look. Yoerger recommends buying some ankle-length pants to wear to the office, along with a wide selection of shoes.

"In the springtime, you just never know what the weather's going to be, but they'd be cute with the white boots. And then just a cute top to go with it."

A business casual look will be easy to curate this spring, Yoerger thinks. She's seeing subtlety and comfort dominate the racks.

One of her favorite comfy styles that are going to be popular this spring? The t-shirt dress.



Heather Yoerger recommends preparing for any kind of weather this spring.

"Stuff is less revealing and just comfortable and soft. I've noticed every fabric right now is super soft. Really soft. I'm seeing more casual t-shirt dresses. You can dress it up or dress it down."

Yoerger thinks you should ditch the subtlety when it comes to your accessories. She loves to carry fun and flashy jewelry and bags.

"Myra bags are huge right now. Little clutches are also going to be handy, with spots for your cards and things. There are some really cute and fun spring shoes, sandals,

and jewelry. Anything from silver to gold. Gold and silver together are starting to come back," she said.

When you head to the beach to beat the Midwest chill this spring break, don't forget to pack your swimwear. Yoerger has seen a less traditional variation on bathing suits.

"[You'll want] sunglasses, swimsuits, swimsuit cover-ups, and some cute, fun sandals. Swimsuits, I've seen high necks, necks with an opening, and the higher waist bottoms are way in with a little crop top swimsuit top. I've seen basic white and black swimsuits. I didn't see a lot of prints. Just subtle, subtle, subtle."

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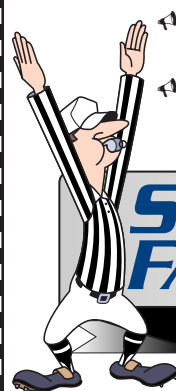


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PEACEFUL STYLE BOUTIQUE

3447 Devils Glen Rd., Bettendorf
Peaceful Boutique co-owners Linda Mowbray and Chris Slavens are seeing lots of throwback fashions come back into style.

“It’s all the Y2K rage from that era. Wider leg trousers and flared jeans are coming back. We’re even seeing low-waisted jeans coming back,” Mowbray said.

A Valentine's Day outfit idea by Peaceful Style Boutique.

It’s not only Y2k fashions that are making a comeback. Mowbray also said gingham print in alternative colors, crocheted clothing, and trucker hats are popular, calling back to the 60s and 70s. She’s seeing retro, artsy floral looks as well.

Bright colors are another throwback trend that is going to be popular this spring. Mowbray is seeing bright electric blues, reds, kelly green, and even monochromatic white.

“The brightness is flashing back to the 80s. There are brighter colors, a little bit of neon, a lot of pinks,” Slavens said.

Peaceful Style carries a little bit of everything when it comes to necklaces to pair with your lively colors.

“We love the chunky, that goes with something more layered. Then we’ll just have the simple, delicate that everybody can wear every day with a tank, a t-shirt,” Slavens said.

You can find a great selection of fashionable casual and loungewear clothing at their boutique. The co-owners have also noticed a trend toward comfort.

“The loungewear has become very common. Two-piece sets where you can wear them together or separately. I would say the last two years everything has gotten a little bit more casual,” Slavens said.

If your office has started to lean a little more casual as well, Slavens recommends a straight-leg trouser with a little bit of a flare, blazers, and dark denim with no holes.

Mowbray also recommended comfort on Spring Break. Whether you’re sunbathing on the beach or browsing local shopping, you deserve to feel relaxed on vacation.

“You might want like a kimono you could wear as a swim cover, or just put over a cute top. So when you go to restaurants, you’ve got a little bit of coverage,” Mowbray said. “Gladiator sandals are coming back, too. You’ll also want a long maxi [skirt]. Something that’s just easy to put on so if you get sunburned, you don’t have this fitted thing. It’s just nice and easy.”

“You should definitely have a good bag that can be touristy, like by the beach, but then also downtown shopping. And of course, we love our shoes. We’ll have sandals, platforms, and some good wedges,” Slavens added.

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Warm-up and shape up

LOCAL FITNESS EXPERTS OFFER TIPS TO KICK 2022 OFF ON THE RIGHT FOOT

By Macey Spensley

New year, new you, right? Changes don't just magically happen. You have to put in the work if you have a goal of improving your health this year.

Here are eight tips for becoming a healthier you in 2022.

1. IDENTIFY YOUR BARRIERS

Life gets in the way for many of us when it comes to our health. Minimize those events that prevent you from making healthy choices as much as you can. Adjust your strategies to fit your life so you can make your health a priority, too.

2. TOUR A FITNESS FACILITY

Not every gym will meet your fitness goals and expectations. Bettendorf Family YMCA Branch Executive Director Luis Leal recommends coming in for a tour of a fitness facility before purchasing a membership.

“They have to do a tour, and it has to be a wellness-based tour versus a museum tour,” Leal said. “I can walk you around and show you everything, but what I failed to do was to sell you your journey. Start by having the conversation and find out what you’re looking for. What are your goals?”

3. FIND AN ACTIVITY YOU ENJOY DOING

Consistency is the key to creating good habits. If you want to integrate exercise into your life, you’ll need to find an activity that you can continue to do over a long period of time.

“No need to over complicate right from the start,” said Bettendorf Life Fitness Center manager Nathan Pittman. “If you enjoy walking, make it a habit to get it in 2-3 days a week for 30 minutes. Once you start to do that consistently, you can progress that and walk 45 minutes, 5 days a week.”

4. TALK TO A FITNESS PROFESSIONAL

Many gyms offer personal training advising in some capacity. Taking advantage of this can help you map out a plan for you to efficiently reach your goals.

“Have a wellness-based conversation,” Leal said. “That way, you can create a road map. It’s going to take the guessing game out of the workout.”

Members of the YMCA of the Iowa Mississippi Valley have an alternative to personal training with access to the new E-gym equipment at the Utica Ridge and Bettendorf locations. You scan your bracelet, and based on the training program you establish initially with a trainer, the machine tells you how many reps and sets to perform at what weight and intensity.

5. INCORPORATE STRENGTH TRAINING

Pittman recommends including some form of strength training in your exercise regimen.

“Get your walking in, but try to include strength training. Once we get older, we lose muscle. Strength training is very good for gaining muscle and preventing bone density loss, which is especially important for females,” he said.

Whether it be free weights or machines, weight training will help you get to a stronger, healthier you. If it’s within your means, reach out to a personal trainer to help you learn strength training safely and effectively.

6. FIND A WORKOUT BUDDY

Exercising with someone can help you sustain healthy workout habits, while also improving your emotional wellness. A workout partner can hold you accountable and make exercising enjoyable. For example, many of all ages enjoy Pickleball at the Bettendorf Life Fitness Center from 5 a.m. to 3:30 p.m. Monday through Friday, with availability on the weekends as well.

7. INCLUDE HEALTHY FOOD OPTIONS

It’s a process to pick up healthy eating habits. Begin to introduce healthy options like fruits and vegetables at every meal.

“Once you start to do that, the unhealthy options start to kind of fade away,” Pittman said.

Strictly restricting the less nutritional food is an unsustainable diet. Eat to fuel your body. Choose healthier options more often than not, but don’t be afraid to treat yourself every once in a while. Your happiness and mental health are an important part of wellness, too.

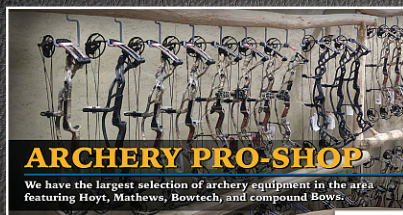
8. GET A GOOD NIGHT’S SLEEP

Sleep is critical to mental and physical functioning.

“You build and regenerate your muscle in your body when you’re in REM sleep,” said Leal.

Aside from the lack of energy throughout the day, poor sleep habits can also increase your likelihood of disease and greatly alter your moods. The National Sleep Foundation recommends 7-9 hours of sleep a night for adults age 18 and older.

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R&R Sports celebrated their 6 year anniversary in Bettendorf. With so many options in the Quad Cities to buy your hunting and fishing gear, R&R Sports is a refreshing option. With a ton of supplies to offer for the avid or amateur outdoors man or woman, they have the experience and friendliness to guide you to the right choice of tackle or hunting supplies needed to get the big one! R&R Sports first started in Clinton in 1987 by Rudy Morgan, and in 2016, he decided to move it down to Bettendorf as there was a higher need and opportunity for growth. Rudy and his son Jay now own and operate the business, which is thriving. They are focused on customer service and equipment needs; they specialize in all the outdoors endeavors, such as fishing and hunting. R&R Sports has a two level archery range: only \$5/ hour to practice your shot; you can even practice your shot from a tree stand! With a variety of shotguns, bows and fishing gear that is fully stocked, you are sure to find everything you need. Recently they have added 20 Rhinehart 3D targets to their range, as well, they have Live bait, Minnows, Crawlers and Worms! Check them out online at www.randrsportsinc.com, or stop out and see the father/son duo that has a bright future and unmatched knowledge!

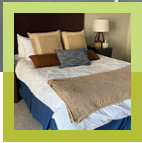
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