#### **KEEP IT LOCAL QUAD-CITIES •** AUGUST 4, 2019



AN ADVERTISING SUPPLEMENT TO THE DISPATCH ARGUS

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Official Contest Rules No purchase necessary. One valid entry per contestant. You must be 16 years of age or older at time of entry to be eligible for this contest. This contest is void where prohibited by law. Winners will be notified by email or phone. If a winner is unreachable, or if that winner is unavailable for prize fulfillment, an alternate winner will be selected. If an eligible winner cannot be found for the prize, that prize will not be awarded. Dispatch-Argus reserves the right to substitute any prize with another prize of equal or greater value. Dispatch-Argus reserves the right to restrict the local winners to only persons whose primary residence is within a 60 mile radius of Dispatch-Argus. Employees of Dispatch-Argus, its respective parent, affiliates, subsidiaries, advertising sponsors and promotional agencies, and the immediate family members of each are not eligible. Contest entrants agree to abide by the terms of these Official Rules and by the decisions of the contest commissioners, which are final on all matters pertaining to the contest. Entrants further grant to Dispatch-Argus the right to use and publish their proper name and state online and in print, or any other media, in connection with the Contest. Dispatch-Argus reserves the right to use any and all information related to the Contest, including information on contestants obtained through the contest, for marketing purposes or any other purpose, unless prohibited by law.	The Contest and all of the related pages, contents are copyright Dispatch•Argus. Copying or unauthorized use of any copyrighted materials, trademarks or any other intellectual property without the express written consent of its owner is strictly prohibited. Each winner, by acceptance of the prize, agrees to release all Sponsors, and their parent and subsidiary companies, their officers, directors, employees, agents, shareholders, affiliates, suppliers, distributors, and advertising agencies from all liability, claims, or actions of any kind whatsoever for injuries, damages, or losses to persons and property which may be sustained in connection with the receipt, ownership, or use of the prize. Dispatch•Argus is not responsible for Internet crashes or slowdowns caused by network congestion, viruses, sabotage, satellite failures, phone line failures, electrical outages, natural disasters or acts of man or God. All results posted are unofficial until winners respond to e-mail notification. Each winner is responsible for all federal, state and local taxes and will be required to complete an IRS form W-9. Sponsor reserves the right to withhold prizes until completed form W-9 is received. This contest is not intended for gambling. If it is determined that a contestant is using the contest for gambling purposes they will be disqualified and reported to authorities. Dispatch•Argus reserves the right to change the rules at any time. This contest is officially sponsored by Dispatch•Argus.

#### Small businesses are the lifeblood of the local economy



Matt Christensen Dispatch•Argus Editor

The Quad-Cities is home to some of the world's top companies, but did you know that 80 percent of the Quad Cities Chamber of Commerce membership is made up of small businesses? Small businesses in the Quad-Cities, in particular, rely on folks like you to stay in business, employ a workforce, feed a family and maybe have a little left over to sponsor a youth sports team, fund a scholarship or donate to a worthy local cause. When you spend money at a local business, that money goes into the pockets of the folks in your neighborhood. Local commerce truly is the lifeblood of the Quad-Cities, and the numbers back it up. Numerous studies have shown that choosing to shop local can strengthen a community's middle class, drive wage growth, contribute to a more stable workforce and even lead to more civic engagement. There are less obvious reasons to shop locally, too. It's better for the environment, since local businesses tend to use local supply chains. Successful small businesses boost neighborhood property values. And studies have shown that small businesses tend to have more diverse workforces.

Keep those benefits in mind next time you make a purchasing decision. When you shop local, you're not just taking advantage of local goods and services – you're helping strengthen the Quad-Cities. And that's something to be celebrated.

By - Matt Christensen Dispatch•Argus Editor



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Dr. Diane Baldwin Dr. Patricia Basala



When Margaret Zimmerman began feeling negative side effects from pain medication after heart surgery, she turned to cannabinol, or CBD oil, as an alternative. "The opioids just don't work for me in my body, so I started using CBD products," Zimmerman, a Maquoketa, Iowa, resident, said "Since I started the products, in three weeks I haven't even had to take a Tylenol. It's amazing how you can sit there and realize you're not in pain anymore. I have chronic pain so that's where it's helped." After, Your CBD Store, opened in Davenport, she began making the trip to the Quad-Cities to buy CBD products, rather than buying online. Zimmerman loved the store so much she decided to work there, she said. Becky Ramker opened Your CBD Store, 2824 W. Locust St, They now have 9 locations! With their newest opening very soon in Bettendorf. "We're trying to get people away from opioids and all of the pain medicines," Becky Ramker said. "And it's made a big difference. Our daughter-in-law was having seizures, and after using CBD, she's not anymore. My brother has anxiety really bad and it's helped him drop some of his medications. We are seeing a lot of returning customers and people are referring friends and family members to our stores after they were getting relief from our products. We have also had doctors and pharmacist send people to our stores to try our products to get them away from prescriptions drugs. It is such a great feeling when people are coming back and thanking us for getting their lives back to normal. Many customers are able to reduce meds, and are also able to completely get off of them. We can't make any health on medical claims, but seeing how it is helping so many says it all. CBD is a compound found in cannabis and hemp that has gained popularity in recent years for its therapeutic properties. Proponents claim it's a natural alternative to pain killers and can help relieve inflammation, pain, anxiety, psychosis, seizures, and other conditions, without the psychoactive effects of marijuana. Most advocates argue CBD is legal under the 2014 Farm Bill, which defines "industrial hemp" as any part of the cannabis plant with less than 0.3 percent THC, or tetrahydrocannabinol, the component in marijuana that produces the "high." Becky Ramker said all of Your CBD Store's products are made by the parent company, which was founded in Florida and has around 324 stores across the country. The Davenport store was the first in Iowa. It sells CBD oil, water solubles, edibles, tinctures, creams and treats for pets. "Ninety-nine percent of our stuff has zero-percent THC. The only thing that has THC is the tincture," she said. "But it doesn't give you a head high. It just makes your body relaxed." She said the store's CBD products have fewer ingredients and no fillers, compared with other CBD on the market. With opioid use, overdoses and deaths on the rise nationwide, Becky Ramker argued CBD is safer than prescription medication that can lead to addiction and withdrawal symptoms. CBD has been sold at health stores and vape shops across the area for years, but Becky Ramker said she wanted to create a different kind of environment for people seeking out the products. Zimmerman calls the store, "bright, open, with a spa=like atmosphere." "My parents use CBD but they wouldn't feel comfortable going into a vape shop, so we kind of catered to those people," she said, adding she wants to help guide customers through the buying process and teach them about each product. A couple of doors down in the same strip mall on Locust Street, Davenport new Veterans Affairs clinic is open. The owners said they hope patients will take advantage of having the store nearby, as some proponents argue CBD can ease symptoms of post-traumatic stress disorder.

#### Please come visit us at any of our locations:

Davenport	<ul> <li>2824 W Locust 7A (Across from the fairgrounds)</li> <li>2303 E 53rd (behind Exotic Thai)</li> </ul>	Moline Rock Island	<ul> <li>4011 Ave. of the Cities (next to California Nails)</li> <li>SouthPark Mall</li> <li>4100 46 Avenue</li> </ul>
	<ul> <li>NorthPark Mall (Across from Express) <u>Any Questions pl</u></li> </ul>		

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