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from the editor



Plan for Adventure members share high fives with fellow member Dan Barry at the end of a 30-minute fitness event spent climbing stairs at the Davenport Skybridge. (Photo by Meg McLaughlin / Radish)



When we think of the theory of evolution, one of the first phrases to spring to mind often is “survival of the fittest.” Although, yes, there’s a healthy amount of competition that takes place in the natural world, there is also plenty of evidence that cooperation has a role to play in the survival story. Wolves hunt in packs. Bees build hives and divide responsibilities. The ecological balance in healthy forests often depends upon tiny fungi in the soil making nutrients available to the towering trees.

We even can see the principle at work in our own area at this time of year, as pairs of eagles along the rivers work together to incubate their eggs and feed their young. Thanks to live-streaming cameras erected above their nests, like those featured on alcoa.com/eaglecam and ustream.tv/decoraheagles, we

can get an intimate view of this natural inclination toward cooperation.

Of course, the idea that an ability to cooperate plays an integral role in survival is nothing new. In 1902 — less than 50 years after Charles Darwin published “The Origin of Species” — Russian scientist Peter Kropotkin established this principle in his book “Mutual Aid: A Factor in Evolution,” writing “Sociability is as much a law of nature as mutual struggle.”

This may go a long way to explain why working together just feels *right* — it is part of who we are, a key to our functioning as a species that gets passed down from one generation to the next. To believe “survival of the fittest” means “every man for himself” isn’t simply misguided, it’s a complete misunderstanding of how we and many other species have evolved to meet the challenges of life on this planet.

In this issue of Radish, as in every month, you don’t have to look far to find examples of people in our area tapping into the power of cooperation, from members of a Sierra Club chapter that have worked together for 10 years to put together an annual Environmental Film Festival (page 6) to a group of outdoor enthusiasts who have created unique fitness events imbued with the spirit of supporting one another (page 10). It’s just further proof that the cooperation that has allowed our species to thrive is one of our most powerful resources.

— Sarah J. Gardner
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Radish

HEALTHY LIVING FROM THE GROUND UP

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Radish uses soy-based ink and recycled content in its newsprint and is 100 percent recyclable.

the grapevine

From our readers

Looking up (Feb. 2015): "Thank you for promoting astronomy in the Q-C area! The article was informative and interesting. ... We (the Popular Astronomy Club) will have public star parties at the Niabi Zoo parking lot every third Saturday evening (weather permitting) starting in March. Our annual Astronomy Day event at the Moline Public Library is scheduled for April 18, 2-5 p.m. We will have indoor planetarium shows, displays, demonstrations, children's crafts and solar observing. Hope you can come."

— Alan Sheidler

Take a hike! (Feb. 2015): "I think attaching a few safety pins to your backpack is a weightless/priceless tip! I use them to hang wet socks/clothes that need to dry/air out!"

— Mel Croy

From ahh to aha! (Feb. 2015): "Grandson is having trouble with his tongue and the doctor's sort of disinterested. Sent this article to him — hope he learns something from it."

— Thelma Morris, East Moline

Seeking serenity (Jan. 2015): "Ms. Scholl, this article is wonderful, and I truly embraced your ideas. You speak the truth of what I have personally learned over the years but have not put into practice as often as I should on a daily basis. How often we all forget about enriching ourselves internally and seeking that inner peace, because we are all distracted by our own personal life situations. I thoroughly enjoyed your article as it emphasizes the truth about how we all must first find our own inner peace in order to find balance in our own lives. Thank you for the reminder that I must first look within for better results outwardly."

— Frances Regan, San Antonio

On the Road with Radish

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at these two events:

- **Water Quality Summit**, 1-3 p.m. Saturday, March 21, hosted by Davenport's West High Ecology Club at the school's auditorium, 3505 W.

Locust St., Davenport. For further information visit qcprogressiveaction.org.

- **Environmental Film Fest**, 11 a.m.-6 p.m. on Saturday, March 28, in Olin Auditorium at Augustana College, 733 55th St., Rock Island. For more information on this event, including a schedule of films, turn to page 6.

To discover more upcoming events of interest, see the events calendar on the Radish website.

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healthy living from the ground up

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Henry Welvaert enjoys a healthy green drink made from banana, spinach, coconut oil and orange juice. (Photo by Todd Mizener / Radish)

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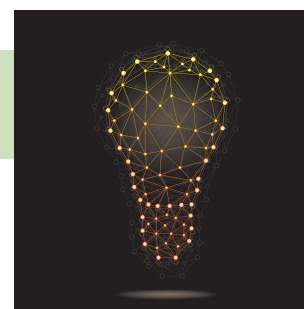
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radishmagazine.com

The way home brewing store U. Brew LLC owner Brian Traugher sees it, the Quad-Cities has all the right ingredients to become a premier brew city.

With interest in local foods and an appreciation for handmade goods both on the rise, the area is fertile ground for a thriving home brew culture.

"With smaller batches you see people branching out, getting away from the lagers, doing things you might not otherwise do. People are open to trying it," says Traugher.

Read more about what led him to open U. Brew on radishmagazine.com.



healthy living

Film fest turns 10!

Sierra Club celebrates big milestone with guest speaker

By Jeff Dick

Ten years ago, Sierra Club Eagle View Group members Kathryn Allen and Kristen Bergren were inspired to create an Environmental Film Festival after attending a national Sierra Club conference.

It was held the same week Hurricane Katrina made landfall, "heightening awareness of climate change and our responsibility as concerned environmentalists to do more to protect the planet," says Allen. "During the conference, a room had been set aside to show a variety of environmental movies, and we both found them to be very compelling."

Thus began the Quad-Cities area festival. The first three years it was held at the Unitarian Universalist Church in Davenport, and the last six at Augustana College in Rock Island. Fellow Eagle View Group members Sue Ratkiewicz and Susan Wolf assist in selecting films and organizing the event.

Co-sponsored by Radish magazine and Augustana College, the festival will celebrate its 10th anniversary from 11 a.m. to 6 p.m. on Saturday, March 28 at the Olin Center on campus.

"For the first five years, we were so eager to share every good environmental movie we could find that we had several movies running concurrently all

day. This proved to be difficult for us, and frustrating for moviegoers who felt they missed too much. Now we carefully select the best recent movies we can find, and show them sequentially," says Allen. "Our hope is that people will leave the film fest educated, inspired and determined."

As the festival has become more widely known, attendance has steadily climbed — with more than 200 guests from as far as Dubuque, Peoria and Chicago attending the most popular films.

For the first time this year the festival will feature one of the filmmakers as a guest speaker at the event: Deia Schlosberg, whose documentary



From left, filmmaker Deia Schlosberg and images from the films "DamNation" and "Pretty Slick." (Submitted)

"Backyard" about the human cost of hydraulic fracturing (commonly called "fracking") will be screened in the afternoon. Also being shown are her short films for the series "Stories of Trust: Calling for Climate Recovery" and "Uncommon Sense Profiles." Her appearance is made possible by the Elwood F. Curtis Family Lectureship in Public Affairs.

Schlosberg was awarded National Geographic Adventurer of the Year honors in 2009 for her two-year, 7,800-mile through-hike of the Andes Mountains, and has lectured across the country on the lessons in sustainable living she learned from her trek. More information on Schlosberg can be found at palebluedotmedia.com.

Reflecting on the past 10 years, Allen says, "Our goal has been to highlight the major environmental challenges of our times, help patrons better appreciate the natural world, and inspire changes in personal behaviors both in how they affect the environment and (get) people to take steps in calling for action to protect the planet. We all share this earth which provides us with the resources to live. None of us can afford to take our life-support system for granted."

Jeff Dick is a regular Radish contributor.

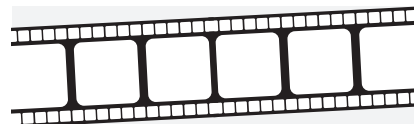
2015 Film Schedule

10:30 a.m. Doors open

11 a.m. "DamNation" (2014, 87 min.) A "sea change" in attitude about the widespread damming of rivers has led to rivers coming back as majestically chronicled.

12:30 p.m. "Pretty Slick" (2014, 71 min.) The use of dispersants to make the 2010 oil spill "disappear" gets exposed as more effective at public relations than cleanup.

2:15 p.m. "Backyard" (2013, 28 min.) This award-winning live action/animated hybrid looks at the impact of oil and natural gas extraction on five people in four states. Followed by a Q&A with filmmaker Deia Schlosberg.



A lasting impression

Ten years adds up to a lot of great environmental movies, many of which are still available through the club's lending library of films. We asked Sierra Club members to recall their favorite movies from the past decade. Here's what they say hit home:

"If I have to choose one, I think it would be **'Bidder 70.'** This is the story of a young man, Tim DeChristopher, who was willing to risk his personal freedom to save public land near our national parks from being auctioned off for mining and drilling rights. His courage and his fierce determination to devote his life to protecting the earth are very inspirational."

— Kathryn Allen

"**'Sea Change'** is a wonderful movie about a grandfather searching for answers and solutions to the damaging acidity in our oceans in hopes his grandson will know their beauty and appreciate the life they give us. It offers a reminder that our efforts are not only to care for the planet today but to ensure its health for future generations." — Kristen Bergren

"**'The Clean Bin Project,'** about a couple who try to live waste-free, hits the mark with its educational, motivational, and emotional impact. I try to examine and reduce my daily excesses and waste. It's an ongoing process and a reminder that we can all take steps toward improving our environment." — Sue Ratkiewicz

"**'Chasing Ice'** utilizes time-lapse photography to document melting glaciers and ice in the Arctic and elsewhere. It is a stunning visual documentary of the impact of a warming planet caused by our use of carbon-based fuels."

— Mike Wilcox

"**'Vanishing of the Bees'** sticks in my memory. The movie shows how herbicides and insecticides are killing bees in alarming numbers ... threatening our food security. I found this movie to be quite disturbing and am now more thoughtful about the food I buy, leaning more toward organic products." — Jerry Neff



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Tofu Breakfast Scramble



2 12-ounce blocks of extra-firm tofu, drained and pressed
2 tablespoons olive oil
1 small onion, diced
2 bell peppers, any color, diced
½ teaspoon ground coriander
½ teaspoon ground cumin
1½ teaspoons turmeric

2 cups cooked black beans, rinsed and drained
Salt
Pepper
Fresh cilantro leaves, stems discarded
Tortillas, sliced avocado and hot sauce to serve (optional)

After the tofu has been pressed for at least ½ hour, use a potato masher to roughly smash the tofu into curds. Set aside. Heat oil in a large skillet over medium-high heat. Add onions and peppers. Cook, stirring lightly, until vegetables start to soften. Add coriander and cumin; stir until fragrant (about 1 minute). Stir in smashed tofu and add turmeric; continue to stir while cooking to evenly color the tofu. Add beans and stir until heated through. Remove from heat. Season with salt and pepper to taste, garnish with cilantro, and serve with tortillas, avocado and hot sauce as desired.

healthy living

Flip the script: Tofu for breakfast? Eggs for dinner? Prepare to be surprised

By Sarah J. Gardner

I'll admit it, I'm a skeptic. Whenever someone tells me they don't like tofu, I don't quite believe it. Blame it on having spoken with too many people convinced they can't stomach tofu without ever actually having eaten it. "Perhaps you just haven't found the right tofu dish yet," I gently suggest, and then I ask them how they like their eggs.

I'm not changing the subject. Eggs aren't tofu, obviously, but they share a surprising number of traits. Both are basic, inexpensive proteins with a supple texture and a remarkable ability to play well with other flavors. Just as you eat huevos rancheros for the kick of onions and hot sauce, you eat spicy tofu for the flare of ginger and red peppers — in both cases, the protein plays a supporting role for the bolder tastes.

For exactly this reason, I don't believe you have to be a vegetarian to enjoy tofu. And I am convinced, just like there's an egg dish out there for everyone, there's a tofu dish waiting to win your heart. Tell me your favorite way to eat eggs, and it's a good bet I can dial in the tofu dish you'd like.

Are you a fan of fried eggs? Easy enough — start with fried tofu. Hard-boiled eggs more your speed? Chances are you're going to like baked tofu. If poached eggs tickle your fancy, try a few dollops of silken tofu in soup. And scrambled eggs are easiest of all. There are tofu scrambles out there that would leave you hard pressed to say they aren't eggs.

In fact, I find the two proteins so interchangeable, tofu solved a bit of an egg conundrum for me. Because eggs take mere minutes to cook and go so well with everything from salads to pasta, I find them handy for weeknight dinners. But I often eat an egg for breakfast. Both to keep my diet varied and to be mindful of eggs' cholesterol content, I try to eat eggs for only one meal a day. Once I discovered I could use tofu and egg dishes interchangeably, my problem was solved.

It's just a matter of knowing how to prepare tofu — and this is where I find, among those who have tried making tofu at home, the other hurdle lies. Unless it's silken, tofu has to be pressed before you cook with it. This step is not written on any tofu box, so it's not surprising many home cooks don't know about this important step, but what a difference it makes.

Pressing tofu is not difficult. Simply take it out of the package and place the block of tofu between two kitchen towels. Then set something heavy on top (a Dutch oven works wonders). After at least a half hour has passed, remove the weight and the towels and proceed with your recipe.

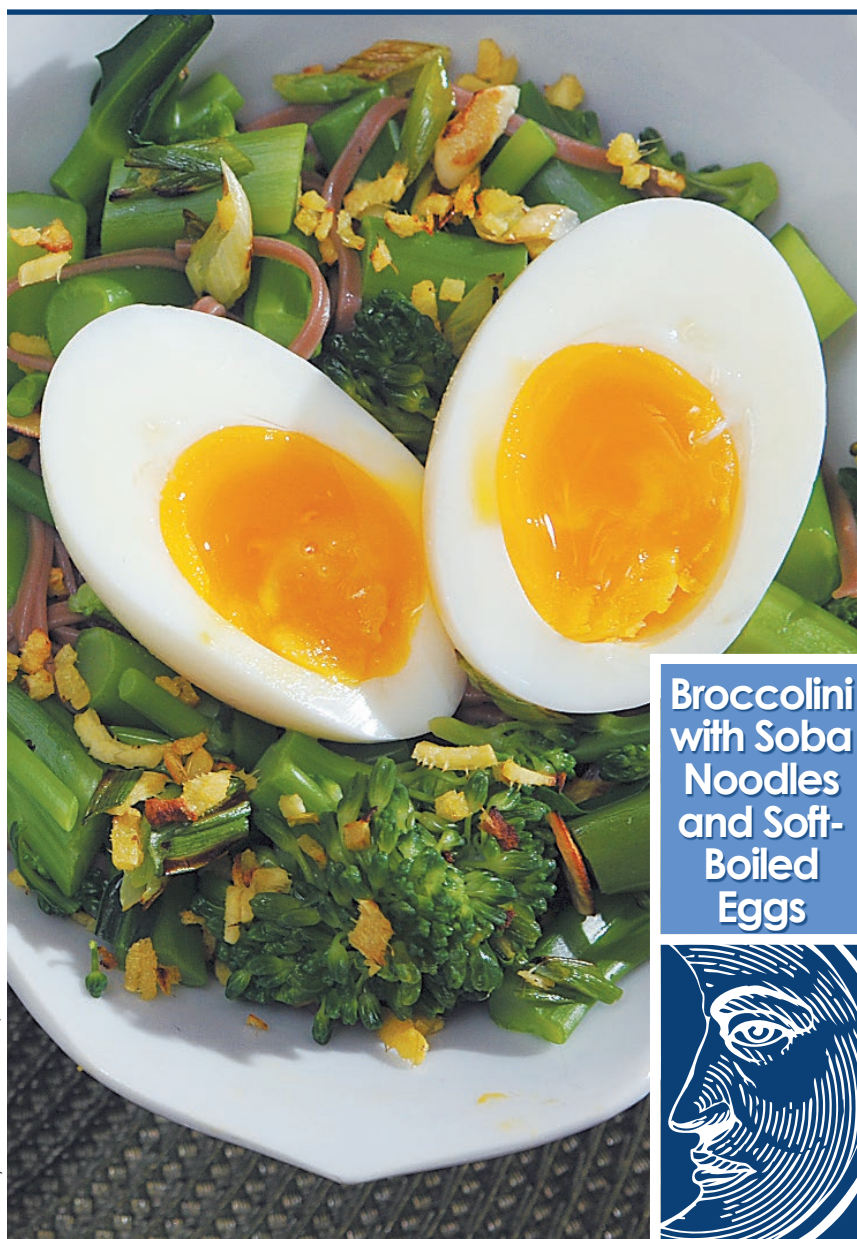
As easy as that, you now have another versatile protein for your meals. The more you work with tofu (or eggs, for that matter), the more ways to dish it up will present themselves. Eggs for dinner? Tofu for breakfast? Why not! We could all use more simple, healthful meals, no matter the time of day.

Sarah J. Gardner is the editor of Radish.

2 cups broccolini cut into 1-inch pieces
1 bundle (roughly 2 ounces) soba noodles
Salt
1 teaspoon cooking oil

2 scallions, sliced
2 cloves garlic
1-inch piece of fresh ginger, minced
Soy sauce or tamari
2 soft-boiled eggs

Fill a medium saucepan with water and place over high heat. When it comes to a boil, add a pinch of salt, soba noodles and broccolini. Set timer to four minutes; when time is up, immediately remove the saucepan from the heat and drain the noodles and broccolini, running them under cold water. Once drained, divide noodles and broccolini between two bowls. Meanwhile, in a small skillet over medium-high heat, heat the cooking oil to shimmering, then add scallions, garlic and ginger, stir-frying for 1 minute until just fragrant. Divide between the two bowls, gently toss with the noodles, then drizzle with soy sauce or tamari. Finally, peel and halve the eggs, and add them to the noodle bowls.



Broccolini
with Soba
Noodles
and Soft-
Boiled
Eggs



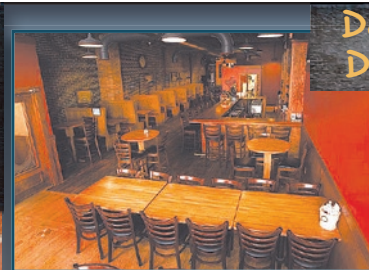
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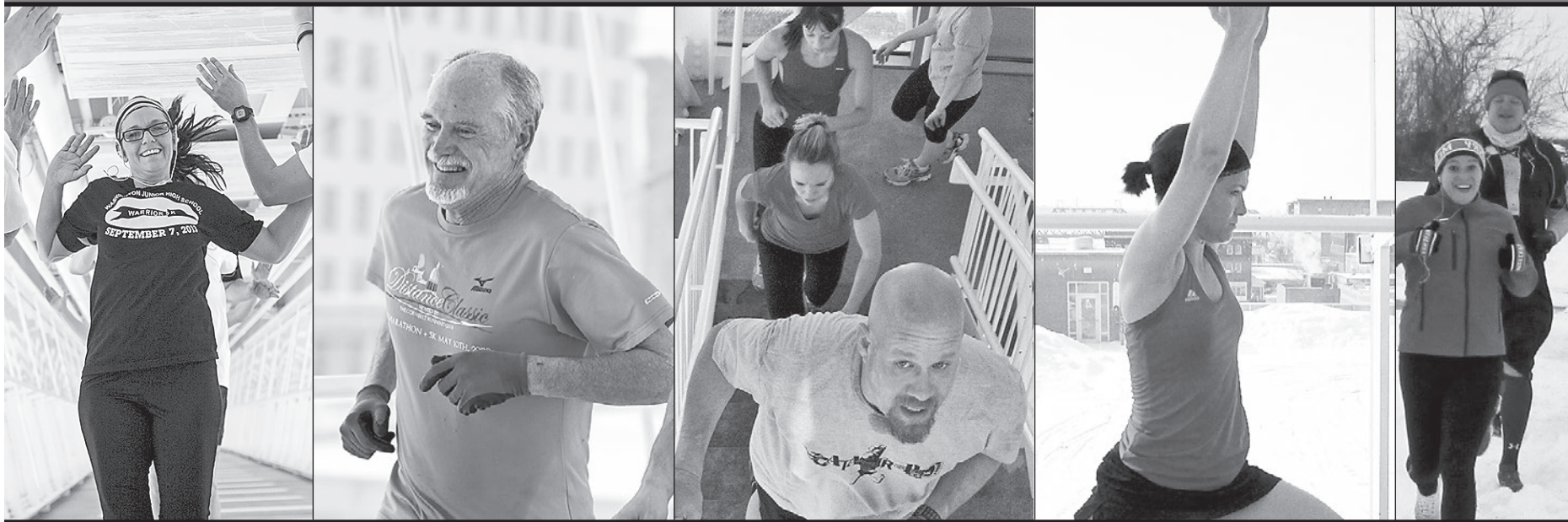
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Plan for Adventure

Group of outdoor enthusiasts tackle fitness goals

By Ann Ring

A tragic accident that took a life propelled a group not only to live out their adventures, but they invite you to come along for the ride.

Flynn Schulz, of Davenport, a National Guard veteran, adventurer and athlete, talked about forming an all-inclusive group that would try as many adventures as they could — just to see how far everyone could challenge and push themselves. Sadly and suddenly, Flynn, 33, died from a tragic accident while walking home one night in 2013.

A born mega-athlete, Schulz enjoyed rooting for others just as much as reaching his own goals. After his passing, a core group of friends, including fellow veteran Mike Kinney,

Nathan Tackett, Moon Villalobos, and others decided to bring Schulz's dream to fruition. "Plan for Adventure was his goal," says Kinney. "We're a community of outdoor enthusiasts whose members help each other achieve their fitness and adventure goals."

The business' two co-owners, Kinney and Tackett, knew they had their work cut out for them, especially since they both have day jobs and other responsibilities. After finally securing insurance and forming a website, they posted a race calendar and an informal group called the Outdoor Junkies came to them with an event — the Sunday Stair Climb Challenge.

The inaugural event, hosted by Plan for Adventure, was held on Jan. 19, 2014, at Davenport's skywalk bridge that spans Highway 67 (River Drive). The goal is to challenge yourself by walking (or running) its 79 stairs for 30 minutes. "At first we just walked the stairs on one end of the bridge," says Kinney. "Then the group got bigger and bigger to where we now run or walk a loop up one end of the bridge and down the other."

Just in case you want to throw in a little extra effort to your stair climbing, two trays of dice and a sheet of a

dozen exercises sit lying at one end of the bridge. When you get to the top of the stairs, one roll of the dice and you're off to the side doing one set (10) of these stationary exercises, such as jumping jacks, crunches, push-ups, squats, ab twists, and the like.

A year later, a frightfully snowy Sunday showcases everything that Plan for Adventure is about. Kinney and crew thought of everything that could possibly motivate the lumpiest and laziest couch potato — once you got yourself to the skywalk. Loud music fills the start area, a water station and cups are available, a member photographer snaps away, and in the middle of it all is Kinney, who cheers, hugs, and high fives anyone among the 100 participants who will take one.

People of all ages, sizes and shapes participate. No one judges, no one stares — some are clearly-seasoned athletes while others are there to celebrate just getting out of bed. As the 30 minutes of stair climbing wind down, the crowd lines up, forming a victory tunnel of cheers and high fives for the rest of the finishers.

"We're all getting in better shape," says participant Kathy Schlue, 57, referring to her family, as she keeps



Photos submitted

an eye on her 2-year-old grandson Benjamin. "I've done the Bix three times, and this is a great way to stay in shape." Together, grandma Schlue and Ben take off for a run down the sky bridge as Aubrey and husband, Josh, work the stairs.

Six-year-old Zoey Rote, of Rock Island, is a little more experienced at this. "She's been coming since its beginning last year," says her grandfather Jeff Wendland. He notes that Zoey started out with a couple of runs on the stairs, but "now she's up to it, the whole 30 minutes." This summer Zoey will run her first 5K, perhaps a testimony to how Plan for Adventure works.

During the warm months the Sunday Stair Climb Challenge moves outdoors to Lincoln Park in Rock Island. But Sundays are just the beginning. Kinney says that during the summer there's an event going on nearly every day of the week. "Let's see. There's Tuesday trail trot, long hike Saturday, bikes and breakfast on Fridays."

In the past they have sponsored kayak lessons; climbed a tower at Camp Abe Lincoln; practiced stand-up paddle boarding; hiked, biked

and camped to Palisades State Park; hosted the Stay Fit Challenge where you track the number of minutes you exercise between Thanksgiving and Christmas; and more.

Plan for Adventure is not only about challenging yourself, but having a group cheer among you and along with you as you accomplish more than you ever thought possible. "We will never judge anyone because we've all been there — we've all been out of shape," says Kinney, "except for Nathan," he adds laughing.

Last year Plan for Adventure hosted over 100 events and will offer that and more as the business grows its membership. Kinney says he's been completely blown away by the response. "Plan for Adventure is about bringing people together in a simple, fun way."

For more information, visit planforadventure.com, its Facebook page (Plan for Adventure LLC), or contact adventurer and co-owner Mike Kinney at mike@planforadventure.com. Plan for Adventure's membership is only \$20 per year.

Ann Ring is a frequent Radish contributor.

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outdoors

Distinctly Driftless

Geological wonders exist right in our backyard

By S.C. Sample

Ages ago, advancing glaciers essentially bulldozed the Midwest, forming the flat and rolling plains that are its trademarks. As they receded, their drift (all the material within the melting ice and snow) coated the land. Boulder and cobble, sand and sludge, drifted out and covered the earth with evidence of the glaciers' passing.

However, just a short drive north from the Quad-Cities is a vast swath of land strikingly different than the rest of our country's central corridor. Jagged cliffs and steep ravines imply a far different past for what geologists call the Paleozoic Plateau — and what is known locally as the Driftless Area.

The Driftless exists in four states: northeast Iowa, southeast Minnesota, southwest Wisconsin, and northwest Illinois. It is a geological treasure, comparable to many of the more famous outdoor attractions throughout this amazing continent. Towering limestone bluffs and deeply carved valleys accent a region which boasts home to the greatest concentration of cold-water streams in the world.

Catfish Creek, running through both the Mines of Spain and Swiss Valley Nature Preserves near Dubuque, is just one example of these streams that have had time to cut down through ancient layers of rock. These calcium-rich rocks, once the shells of sea creatures long dead, now climb high above hikers' heads as they wander the floodplains. Sinkholes and stalactite-adorned caves, such as the ones found in Maquoketa Caves State Park, are common occurrences throughout the unique, unglaciated region.

The Driftless also is an ecological treasure, harboring native species and rare remnants of the Pleistocene Epoch, a time when giant sloths and saber-toothed cats still roamed the region. The landscape yields a diverse array of ecotypes ranging from prairie, to savanna, to hardwood and mixed forests.

An "algific talus slope" — a rocky hillside that actually breathes cold air and supports endangered Ice Age species — is just one of the stranger and more unique ecosystems to be found in the Driftless. Due to the fragile and vulnerable nature of these ecosystems, their locations tend to be closely guarded secrets and will remain so until sustainable methods of public viewing are developed.

This ecosystem diversity lends itself to a great biological diversity as well, particularly along those cold-water streams where aquatic, terrestrial and aerial communities weave their fates together. A number of these natural systems are being restored or preserved in extreme northwest Illinois by the Jo Daviess Conservation Foundation.

The area has a rich human history as well. Throughout the Driftless one can still find various holy grounds with effigy mounds built by our ancient Native American predecessors. Effigy Mounds National Monument, just outside Harper's Ferry, Iowa, protects over 200 of these mounds in a scenic woodland environment.

As the Driftless was settled by European farmers, much of the land remained forested and untilled — the highly erosive and fragile soil of this karst landscape



A natural stone arch at Maquoketa Caves State Park. (Photo by Phil Roeder)

does not suit row-cropping monocultures very well. Instead, mining became a booming industry with the discovery of large galena deposits — a hard mineral with heavy concentrations of lead. Shallow pit mines and historic mining structures still can be found preserved throughout the area.

We are truly lucky to have this wealth of history, geology and ecology so close to where we live. The embarrassing part, however, is the scant number of people who even know it exists. Even as nearby as the Mississippi Palisades State Park in Savannah, Illinois, we see shining examples of Driftless beauty that defies Midwestern stereotypes and stands out like the cliffs that embody it.

Geologists are stumped as to exactly why the Driftless was left untouched by glaciers, but perhaps the answer doesn't matter. Perhaps what matters is that we appreciate the rich legacy this area represents and do our best to maintain it for future generations through increased awareness, improved soil management, native species propagation and habitat connectivity.

S.C. Sample makes his Radish debut this month. For more information on the Driftless Area, check out the film "Mysteries of the Driftless," available on YouTube.



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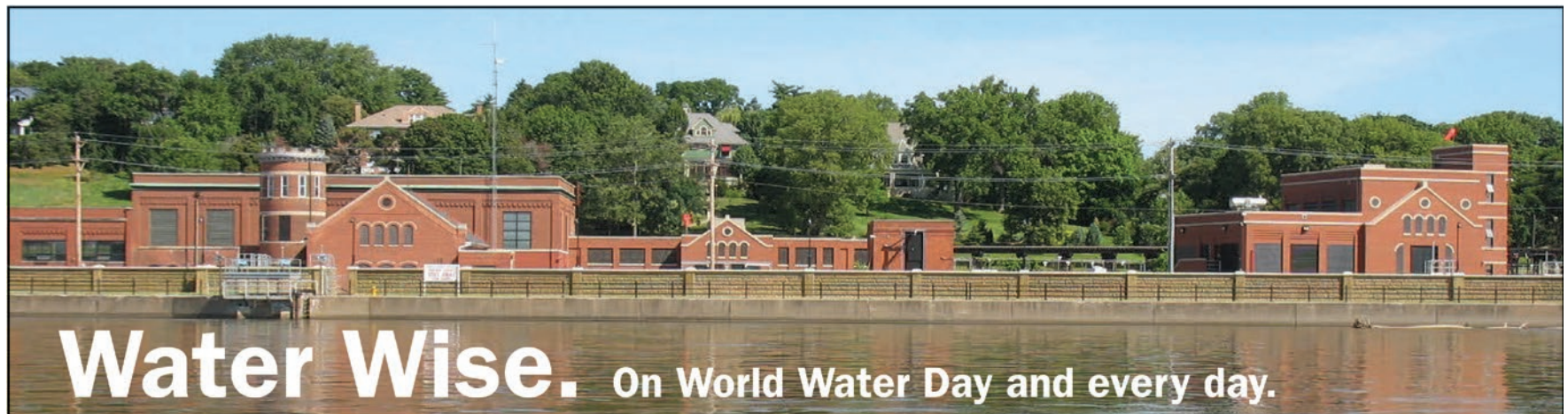
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body, mind & soul

Snack before sleep?

The right bite to eat may help you catch some zzz's

By Anne Dickey

A friend of mine swears by her bedtime ritual of cookies and milk to help her get to sleep. It is a comforting reminder of childhood, but her snack actually may be helping her fall asleep and stay asleep. Carbohydrate-rich snacks can help regulate your circadian clock, according to new research, and more complex carbohydrates also provide fiber to keep you feeling full through the night.

True, those sandwich cookies my friend eats are a bit high in sugar and low in fiber. Substitute an "ice-cream sized bowl" of whole grain cereal with milk, according to Allyson Willits, dietitian at UnityPoint Health's Bettendorf campus, and a restful night may be at hand.

Though many a weight-loss article has included the advice not to snack before bed, this nutritional lore hasn't been borne up by science, says Willits. Of course, a large meal before bed can result in calories stored as fat. Instead, she suggests, "Plan to

snack well and sleep well. Having that small snack to make you feel better may help you rest better so that you have the energy you need the next day to go and exercise more."

Calories spent getting yourself a good night's sleep are wisely spent indeed. "Sleep is important, not only for your whole daily routine for exercise, physical activity, but also for your diet," Willits counsels. "If you get a healthy amount of sleep you tend to lose weight and you feel better, so you want to exercise more, and you tend to have energy to make a conscious effort to make healthier foods."

If you find yourself waking up in the middle of the night, it may be that your stomach is empty, especially if your last meal was early in the evening. Or it

may be that the hunger-regulating hormones leptin and ghrelin are interacting to wake you, especially if you have a disrupted sleep schedule to begin with.

Willits recommends that you eat around half an hour before bed to give your digestion a head start. Eating before bed is better for you than eating when you wake up at night. "If you're waking up in the middle of the night and eating, you're stimulating that hunger more and reinforcing your disturbed sleep, and it may be harder for you to go back to sleep," she says.

Do your best to keep your snack to around 150 calories, which should give you a feeling of satiety without giving you more fuel than you need for sleep. Calories are still calories, and these get added to your daily total.

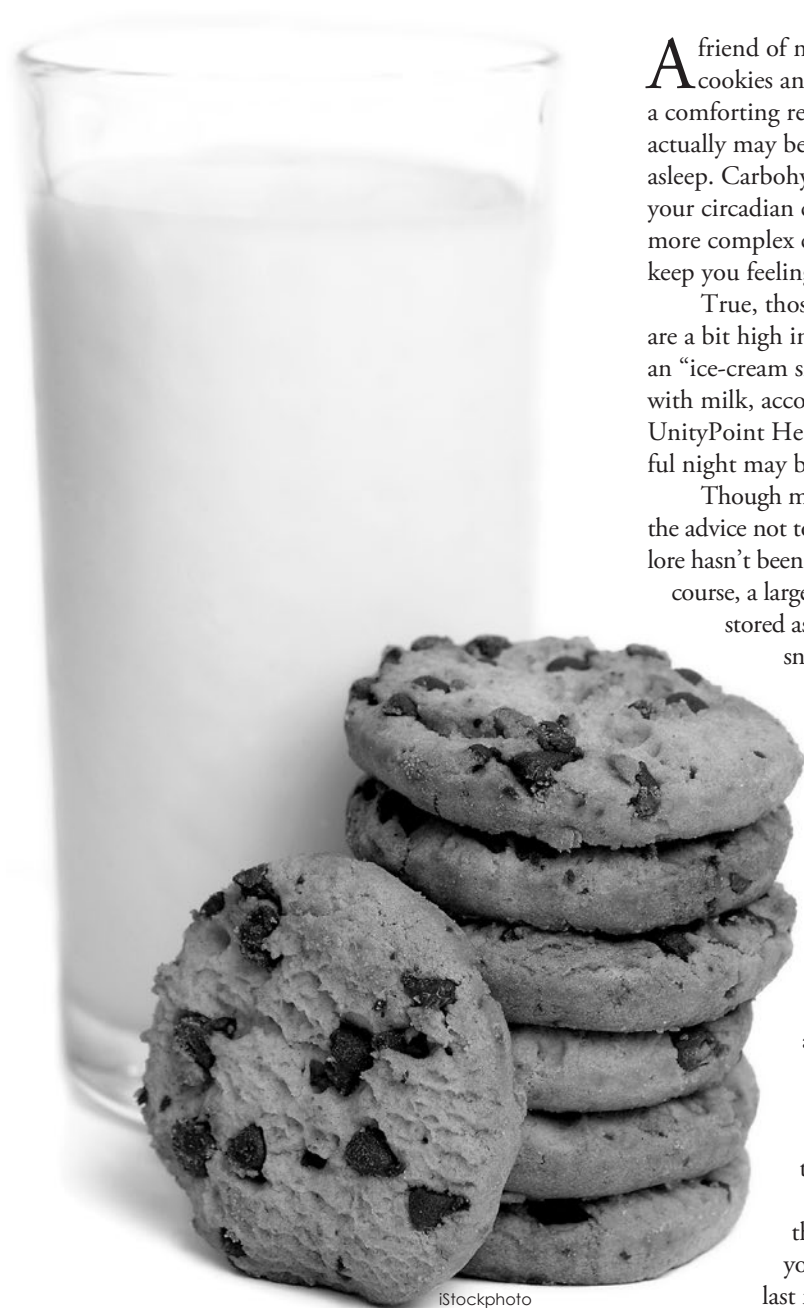
Most importantly, keep your snack centered around complex carbohydrates. "Protein at bedtime can be a little bit harder to digest, and so can higher-fat foods," comments Willits. Whole grain carbohydrates may offer the most help, because the fiber they contain will help you stay more full during the night.

Half a sandwich, around six whole-grain crackers, cereal or oatmeal are all useful, Willits suggests. Consider adding low glycemic-index fruits like cherries or blueberries. The protein and fat in milk, a smear of peanut butter, some nuts, Greek yogurt, or some cheese can round out your snack.

You'll want to stay conscious of foods that can stimulate stomach acid and cause acid reflux, Willits advises, which include spicy foods, high-fat foods, peppermint and chocolate, citrus foods and tomatoes.

If you're having trouble sleeping, avoid caffeine in the second half of the day, don't drink alcohol before bed, and check with a pharmacist about any supplements or medications that you take at bedtime. Vitamins B-6 and B-12 are particularly well-known for disturbing your rest. Anything you take by mouth before bed will have to be metabolized, which puts your body to work just when it has a more relaxing, yet still vitally important, task at hand.

Anne Dickey is a regular Radish contributor.



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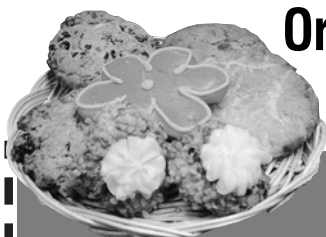
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Do you know H-2-O

Take our quiz to test your aquatic knowledge
(answers on page 30)

By Radish staff

1 What percentage of the world's water supply is freshwater?

- A. 3 percent
- B. 17 percent
- C. 34 percent
- D. 51 percent

4 A marine "dead zone" is an area where depleted oxygen levels cause aquatic life to either perish or leave the area. Roughly how big was the dead zone in the Gulf of Mexico in 2014?

- A. 2,000 square miles
- B. 5,000 square miles
- C. 7,000 square miles
- D. 10,000 square miles

2 How many people around the globe do not have access to clean drinking water?

- A. 500,000
- B. 5,000,000
- C. 500,000,000
- D. 1,000,000,000

5 If you drained all five Great Lakes and spread the water evenly across the continental U.S., approximately how deep would it be?

- A. 9.5 inches deep
- B. 9.5 feet deep
- C. 9.5 yards deep
- D. There wouldn't be enough water to cover the entire U.S.

3 How many gallons of water does the average American use in a day?

- A. 30 gallons
- B. 60 gallons
- C. 100 gallons
- D. 120 gallons

6 Agriculture accounts for how much water use worldwide?

- A. 15 percent
- B. 40 percent
- C. 70 percent
- D. 90 percent

7 The human body on average is more than two-thirds water by weight, though the exact amount can vary from person to person. On average, which type of person tends to be made up of the most water?

- A. Babies
- B. Women
- C. Men

8 About how much water should you drink in a day, as determined by The Institute of Medicine?

- A. About eight 8-ounce glasses
- B. About 13 cups for men, and about 9 cups for women
- C. About 3 cups
- D. No particular amount

9 At one drip per second, about how many gallons of water can a faucet leak in a year?

- A. 500 gallons
- B. 1,000 gallons
- C. 2,000 gallons
- D. 3,000 gallons

10 A 10 meter rise in sea levels due to melting glaciers would flood the homes of how many Americans?

- A. 15 percent
- B. 20 percent
- C. 25 percent
- D. 30 percent

11 About how many gallons of water would you use to wash a full load of clothes using a top-loading washing machine?

- A. 30 gallons of water
- B. 40 gallons of water
- C. 50 gallons of water
- D. 60 gallons of water

12 What is a good way to cut down on water waste in your own home?

- A. Water your lawn in the early morning or late evening
- B. Take your car to a car wash to be cleaned
- C. Put a drop of food coloring in the tank of your toilet
- D. All of the above

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gardens

Seeds to share

Unique 'library' helps fight hunger through gardening

By Cindy Hadish

An Iowa food pantry is going beyond giving a handout to those in need. The Coralville Ecumenical Food Pantry, which offers weekly emergency food assistance to Coralville residents, has started a seed library where clients and others in the community can receive free seeds to grow their own food.

"It's been very successful," John Boller, executive director of the food pantry, says. "We're specifically targeting the folks we serve at the food pantry, but we opened it up to everyone and encourage them to donate their excess produce."

Launched last spring, the seed library started with about 2,000 donated packets of fruit, herb and vegetable seeds, including lettuce, kale, melons, collard greens, squash and tomatoes. Food pantry visitors were encouraged to take as many packets as they could grow, with more than 1,400 packets distributed, Boller says.

Tomatoes were the most popular seed selection, followed by leafy greens and hot peppers. Those used by residents with no room to garden at home were grown in pots and on windowsills.

Among reactions to the seed library, one gardener commented on the "never-ending supply" of lettuce produced by the seeds, Boller says, while another appreciated the windowsill herbs to add to meals.

Some of Coralville's seed packets were donated by Cultivate Iowa, an initiative of the Iowa Food Systems Council to promote food gardening and produce donations. Seed Savers Exchange in Decorah donated others and more were purchased from a grant through the Carma Mohler Fund of the Iowa United Methodist Foundation.

Additionally, volunteers gardened on three community garden plots donated by the city of Coralville, which resulted in about 500 pounds of fresh produce for the food pantry.

He calls the effort "more of a seed hub," as there is



Submitted

no requirement to collect seeds and return them to the library at the end of the growing season, but new initiatives are under way this year to move in that direction.

Last year, in-depth planting instructions were given to those new to gardening, but Boller hopes to step up those efforts this year by offering classes on seed saving, in addition to hands-on workshops to teach container gardening and more.

"I know it can be really intimidating for people to get started," he says, adding that as a "city boy," who gardens, he is learning, too.

In 2009, six area churches started the Coralville Ecumenical Food Pantry, 203 1st St., in response to increasing poverty and hunger in the community. Its goal is to collaborate with residents, businesses and organizations to end hunger in Coralville, a town of nearly 19,000 people, located between North Liberty and Iowa City.

The majority of the pantry's food is purchased from the HACAP Food Reservoir or donated through Table to Table, a local food-rescue organization. Food drives also add to the resources, especially in the summer when donations are slower, he says.

The seed library was started as an additional tool to combat hunger, as well as a way to strengthen the local food system by encouraging more people to garden. Boller knew of other seed libraries throughout the country, including one in Ely, Iowa, but had not heard of any affiliated with a food pantry.

The Sustainable Economies Law Center notes that public access to seeds has been decreasing since a 1980 Supreme Court ruling that a life-form could be patented.

"Since then, big seed companies have shifted away from open-pollinated seeds to patented hybridized and genetically engineered varieties. The companies prohibit farmers from saving and replanting such seeds, requiring that they buy new seeds each year," the law center states, adding that, in contrast, seed libraries try to grow the pool of seeds available to everyone.

Boller said his goal is to start this spring's seed library with 3,000 packets and encourage more gardeners to donate fresh produce.

"It's usually the first thing off our shelf," he said. "People love it."

Cindy Hadish writes about gardening, farmers markets and the environment at homegrowniowan.com. More information about the Coralville Seed Library can be found at cefoodpantry.org/make-a-difference/garden.

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food

Go-to greens

Two easy ways to get more leafy goodness in your day

By Brandy Welvaert

Spinach, kale, arugula, or chard: Whichever you choose, these crunchy veggies contain important vitamins and minerals vital to almost every function in the body. Think vitamins A, C and K, plus calcium and iron, not to mention fiber. But you already knew that.

Perhaps we can agree the real issue isn't identifying greens but knowing easy ways to make them part of our meals. Fret not! If you are ready to get more green in your life, here are two easy ways to up your own — and your family's — intake of the good stuff.

Drink them

Like many children, my 4-year-old son, Henry, prefers most other foods to green, leafy veggies. I promise it wasn't always this way.

At age 2, he'd munch on just about anything. When he tasted sushi (the cooked kind) for the first time — after which I enthusiastically asked, "What

do you think?!" — he clamored for more. Thinking I'd just named his new favorite food, he grinned and demanded, "More what-do-you-think!"

Those days are gone, and along with them the toddler who didn't do things like pick the spinach out of his pasta. Yet we find ways. Well, his dad found a way: a super-simple recipe for what is now known around our house as "Green Drink." It's a sweet, mostly fruity concoction that manages to disguise a half-cup of spinach. Kids love this stuff! So do grown-up kids.

The recipe yields a fairly small serving of liquid once prepared, so it's easy to drink quickly, which is important not only for busy adults, but also for little ones with imaginary worlds, interesting toys and good books to read.

It's worth noting that the orange juice in this recipe contains a lot of sugar: about 21 grams for one cup. With a little experimentation, however, you can adjust this recipe by cutting the juice with water to equal one cup of liquid. How much juice you finally use can reflect your own tastes or your child's.

Top them

I want to eat my greens. Really, I do. And usually — usually — I even like them. Green salads are my friend. Yet I've learned that my plans to eat well are easily knocked off-kilter by stress, at which point having a solid go-to recipe keeps me in check.

The following salad is another ultra-simple one, and it never fails to get me back on the healthy-eating track, provided I remember to use it. It comes from the aptly named classic read for parents-to-be, "The Pregnancy Book," by William Sears, M.D., and Martha Sears, R.N. I discovered this recipe when I was expecting and have enjoyed it since.

I love the recipe for its simplicity, for its jam-packed nutrition, and for how long it keeps my tummy satisfied. I always split the recipe, sometimes in half, sometimes into thirds. Half the recipe provides 300 calories, 37 grams protein, and about 4 micrograms iron.

Brandy Welvaert is a former editor of Radish.

Green Drink

- ½ banana
- ½ cup baby spinach
- 1 teaspoon coconut oil (optional)
- 1 cup orange juice (or juice plus water to equal 1 cup)

Add ingredients to a NutriBullet short cup (1½ cup max fill) or a blender. Blend until your desired consistency is achieved. (A NutriBullet will completely liquefy everything.)

Photos by Todd Welvaert / Radish



Hearty Lunchtime Salad

- 1 cup low-fat cottage cheese
- 4 ounces (1 can) water-packed tuna, drained
- ½ cup kidney beans (or cannellini beans), rinsed and drained
- ½ cup garbanzo beans (chickpeas), rinsed and drained
- 3 cups salad greens, your choice
- Lemon juice (optional)

In a bowl, combine the cottage cheese, tuna and beans. Top salad greens with this mixture, spritz with a generous dose of lemon juice if desired, and enjoy.

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Great skates

Fitness and fun combine in Derby Lite workout

By Laura Anderson Shaw

In a hot-pink helmet, Tara Malnar skated around the track, flashing a hot-pink smile courtesy of her mouthguard. A group of skaters trailed behind her, some steady on their feet, and some a little shaky, but everyone was smiling.

It was a Derby Lite sneak preview day at the Eldridge (Iowa) Community Center and Skatepark, where a handful of people came out to get a taste of the workouts roller-derby girls do, but without the sometimes bruising contact that comes along with the sport.

Malnar skated with the local roller-derby team, the Quad City Rollers, for a couple of years until a knee condition took her off the track. “I’ve been skating since I was 8 years old and I still want to do it,” she says.

She heard about Derby Lite — which got its start nationally in 2007 in the Chicago area — and became a certified instructor, hosting the area’s first session last March. “I wanted to be able to do it (skate) with other people and spread the fun and the fitness, so this is great,” she says.

During the preview session, the group skated drills where they navigated between cones, passed around a stuffed elephant, worked with hula-hoops and more — all while covering basics like skating clockwise and counter-clockwise, skating form and stance, and learning how to stop in a variety of ways.

Malnar explains the women play games that help them hone their skills during sessions. “You forget you’re trying to do something and you just have fun.”

As the group skated around the track, music pumped from speakers on the sidelines. Here and there, a girl or two would fall. Malnar stressed the importance of using their pads to catch themselves. “Good job — you’re alright,” Malnar shouted to one of the participants, adding that there’s “no shame in falling.”

Among the skaters was Sally Ware, 41, of Davenport, also known as Go Go Berserk. She skated with the Quad City Rollers for three years before retiring because of a knee injury. Ware dreamed of being a roller girl as a kid. “I just thought it’d be fun to ram into people wearing skates,” she says.

After she retired, she worked with area roller derby teams and with a newer junior roller derby team, but said she really missed skating. She joined the first Derby Lite session last spring. “I’m grateful for it (Derby Lite) so I can continue to be on my skates,” she says.

When she was skating and playing with the QC Rollers, “that was the best physical condition my body has been in in my entire adult life,” says Ware. With Derby Lite, “I can do the workout without all the battery.”

Derby Lite sessions are a great place to learn and practice the basic skills of skating, Ware says. It’s also “fun exercise, and it’s not typical. It’s not your typical go to the gym, sweat, and come home. I think it’s a little more engaging.”

Alison McGaughey, 37, of Bettendorf, was among those considering signing up for Derby Lite at the preview session. While she said she doesn’t plan on



From left, Robin van der Merwe, Tara Malnar, Kris Pauli, Sally Ware, and Alison McGaughey at a Derby Lite preview session. (Photo by Meg McLaughlin / Radish)

becoming a roller derby girl anytime soon, “it’s fun to kind of think I could at least learn some of their skills.”

The local chapter of Derby Lite will be hosting new sessions in March, Malnar says, most likely at the Eldridge Community Center and Skatepark, 400 S. 16th Ave., Eldridge.

Typically, two kinds of classes are offered: “Start Out,” which is geared for beginners, and “Roll Out,” which is for skaters with previous derby experience or who have completed a “Start Out” session. Classes generally run for six to 12 weeks.

Registration for “Start Out” is \$120, and “Roll Out” is \$78, or \$13 per class, at derbylite.net. Skaters also must have their own gear, which can be purchased through Derby Lite’s website, beginning at \$152 for skates, and \$116 for protective gear.

Laura Anderson Shaw is a writer on staff with Radish. For more information about Derby Lite, find Derby Lite: Quad Cities on Facebook, or visit derbylite.net.

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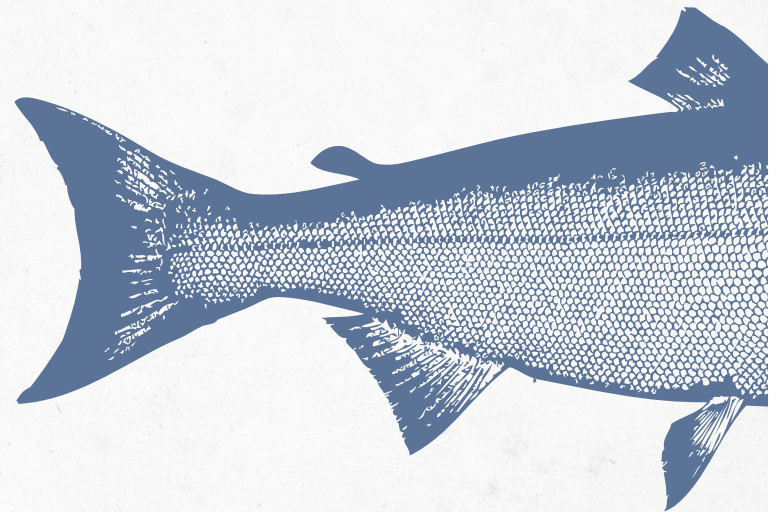
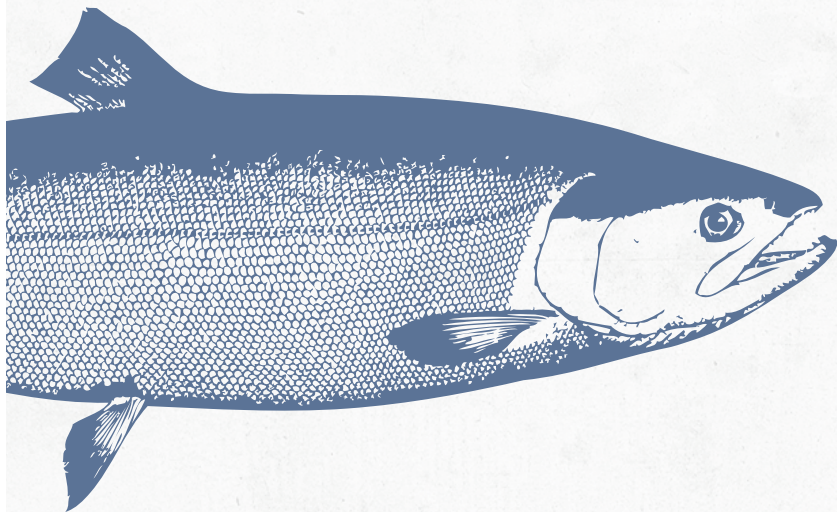
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**In the Olin Center for Informational Technology at
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Admission is **FREE**. Doors open at 10:30 a.m. Movies roll at 11:00 a.m. Healthy snacks and drinks will be provided. There will be fun and inspirational 5-minute short films before the feature films. Parking is available along 38th St. and 7th Ave. and in lots on the campus map (Olin Center is no. 67 on map).

Visit the Film Festival Website
www.augustana.edu/environmentalfilmfest
For more information about the
Eagle View Group, Sierra Club go to
<http://illinois.sierraclub.org/eagleview>
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MARCH 28, 2015



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DamNation
11:00 a.m.
(52 min.)

"This powerful film odyssey across America explores the sea change in our national attitude from pride in big dams as engineering wonders to the growing awareness that our own future is bound to the life and health of our rivers... Where obsolete dams come down, rivers bound back to life, giving salmon and other wild fish the right of return to primeval spawning grounds,

after decades without access. DamNation's majestic cinematography and unexpected discoveries move through rivers and landscapes altered by dams, but also through a metamorphosis in values, from conquest of the natural world to knowing ourselves as part of nature."

"Exquisitely shot and powerfully told."
-Stephanie Merry, The Washington Post



activism includes petitioning the DNR to reduce carbon standards. Idaho ranchers, Rich and Charlotte Reid, are featured in the Uncommon Sense Profiles. They share their love of their family ranch and the sustainable practices they have committed to, so it will be there for future generations. "It's a compelling documentary, and a must-see for those interested in the future of energy in the United States."
-Bryan Schatz, Outdoor Nation

Pretty Slick 12:30 p.m. (71 min.)

A film by James Fox Narrated by Peter Coyote

"On April 20th, 2010, the BP Deep Water Horizon floating oil rig drilling in the Gulf of Mexico exploded, killing eleven crewmen and injuring seventeen others. The rig burned for three days and then sank in a mile of water fifty miles off the coast of Grand-Isle Louisiana. During the summer of 2010, James Fox moves among locals across four Gulf states documenting the largest man-made environmental disaster in U.S. history. He flies over ground zero with Marine Biologist Dr. Carl Safina who warns him that BP is sinking the oil with the chemical dispersant Corexit, sweeping it under the rug... The results show that public safety takes a backseat to a tourist-based economy and the symbiosis between big oil and government becomes clear."

"A film that should be seen by everyone who cares about the future of our oceans."
- Dr. Sylvia Earle, former Chief Scientist, NOAA

Backyard 2:15 p.m. (28 min.)

"Backyard tells the stories of five people across the United States whose lives have been significantly impacted by the oil and gas extraction occurring around them. The film has screened at festivals around the world and won numerous awards, including two Television Academy Foundation Awards - Best Documentary and the Bricker Humanitarian Award."

Also, two of Deia Schlosberg's award-winning short films will be shown. Stories of Trust features Glori Dei Filippone, a middle school student from Des Moines, Iowa whose environmental



**Environmental Filmmaker Deia Schlosberg presents
the Ellwood F. Curtis Family Lecture in Public Affairs
3:00 p.m.**

Deia Schlosberg, filmmaker and 2008 National Geographic Adventurer of the Year award winner, will be showcased at the 10th Annual Environmental Film Festival. Deia received the award for a two-year, 7800-mile through-hike of the Andes Mountains, on which she subsequently lectured around the U.S on sustainable living.

Deia completed a MFA in Science & Natural History Filmmaking at Montana State University. Her MFA thesis film, is Backyard (showing at 2:15pm). She also directed and co-produced "Connecting the Gems," a documentary about migration corridors in the Northern Rockies. Her other award winning films are the Stories of Trust, which centers on 9 young people who share their stories of environmental activism, as well as, the Uncommon Sense Profiles which chronicle owners greening their businesses. Most recently she completed Cold Love, a film that examines purpose, motivation and human character using the archival footage from Arctic explorer Lonnie Dupre's many expeditions over the last 25 years. Deia is currently producing Josh Fox's third feature documentary (after his enormously successful Gasland films). The as-of-yet untitled film looks at the value systems that have caused climate change as well as those values that have the potential to mitigate its disastrous impacts and prevent worsening. The film will show on HBO in 2016.

environment

Sunshine optional

No need for fair weather to save energy drying clothes

By Sharon Wren

No matter how many advances modern chemistry makes in fabric softener technology, there's never going to be a proper substitute for line-dried laundry — and not just for the wonderful, sunny smell of clothes dried on a line. Proponents enthuse about the environmentally-friendly advantages of a clothesline as compared to a dryer. After all, sunlight is free, and with nothing to plug in, the energy savings stack up.

Clotheslines can be as simple as a rope strung between two posts or as fancy as a rotary style that spins to catch the breeze. But they aren't the only option. For those looking for energy-saving ways to dry clothes during cold winter months (and rainy spring days), wall-mounted racks for small items and freestanding racks for larger items are both available for indoor use.

These racks can be as simple as the three-tiered collapsible models made by companies like Household Essentials and Whitmor, ranging in price from \$15 to \$30, and as complex as the Badoogi heavy-duty drying rack system, which sells for around \$60 and features 24 hanging rods, 72 clips for drying socks, and side wings to dry garments on hangers.

Alexander Lee, former board chair of Project Laundry List, a clothesline advocacy group, says there are always ways around the electric or gas dryer. "There are lots of free options for indoor drying, such as hangers on your shower rod and draping stuff over furniture."

You also can string up a retractable line over the bathtub or put up a few lines in the basement. Although less common today than in generations past, indoor clotheslines have a long history: Abigail Adams, the wife of President John Adams, famously hung their laundry in the unfinished East Room of the White House.

If you're stuck using a dryer, there are still eco-friendly options. Dry full loads to get the most out of that heat and don't let the dryer cool between loads. It uses less energy to keep the dryer at an even temperature than to heat it up again.

Wool dryer balls, another option, claim to save energy by separating laundry items in the dryer drum and absorbing some of the water. You can buy them from wool vendors at the Freight House Farmers' Market, among other places, but they're also easy to make. All you need is some 100-percent wool yarn, some old nylons, a washer and dryer, and about 20 minutes to wind the balls of yarn.

To make my dryer balls, I followed the directions provided on the blog One Good Thing by Jillee (onegoodthingbyjillee.com). It's as simple as winding the yarn into balls roughly the size of a tennis ball, tying them up in the nylons, and letting them run through the laundry machine using hot water followed by a tumble in the dryer — but be sure to follow the directions exactly. I didn't wrap one yarn ball tightly enough and opened my washer to find it half unrolled.

I made things even worse by leaving the unwrapped ball in the pantyhose in the dryer — and then had to cut what got loose from around one of my towels. The others come out fine, but the mess of the unrolled ball is in a bag, waiting for spring when I'll leave it out for nest building materials for the birds.

Sharon Wren is a regular Radish contributor.



Photo by Paul Colletti / Radish

Drum up energy savings

Looking for other ways to reduce the carbon footprint of your laundry loads? Alexander Lee also has these suggestions.

- **Sensor Drying.** Use sensor drying, not timed drying. Energy Star dryer models incorporate advanced moisture sensors that

your dryer will automatically shut off when clothes are dry.

- **Low heat setting.** Longer drying cycles on a low heat setting use less energy.

- **Consider gas.** Eighty percent of dryers in the U.S. are electric. If you have the option, consider

using a gas dryer to save money and reduce your environmental impact.

- **Savings by the pair.** An Energy Star certified washer/dryer pair used together will save even more energy and money while doing your laundry. Clothes

washers that have earned the Energy Star label get significantly more water out of your clothes in its final spin cycle than a conventional model, making it easier for clothing to dry in an Energy Star-certified dryer using less heat.

Helpful Hints

from Gary Pond Appliance Repair:

- Clothes dryer fires due to lint buildup spike during the winter. Inspect dryer for lint and prevent fires!
- If you feel cold air when you open your dryer door, check hood outside for blockage.

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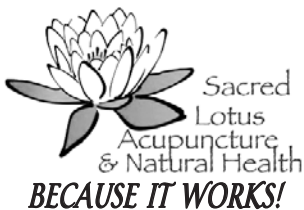
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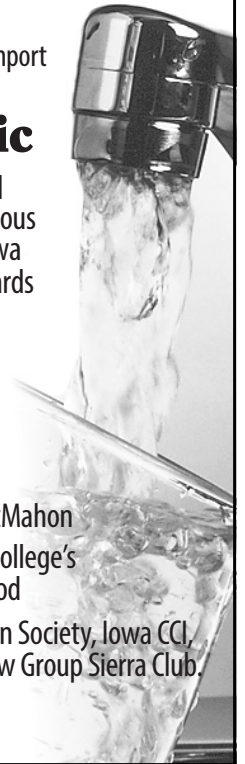
Iowa American Water President, Randy Moore
Des Moines Waterworks CEO, Bill Stowe
Organic Farmer and Soil Scientist, Francis Thicke
DNR Research Geologist, Mary Skopec
Iowa Agriculture Water Alliance Executive Director, Sean McMahon

This program is offered through Eastern Iowa Community College's SCENE program and Progressive Action for the Common Good

Supporting Environmental Groups: 1Mississippi, QC Audubon Society, Iowa CCI, League of Conservation Voters, River Action & the Eagle View Group Sierra Club.

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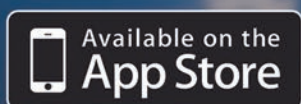
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resources

WATER QUIZ ANSWERS

(from page 16)

- 1: **(A. 3 percent)** Not all freshwater is alike, though. According to National Geographic, 77 percent of the Earth's freshwater is currently frozen, and of the remainder only half a percent is available to be used by every person, plant and animal for our survival.
- 2: **(D. 1,000,000,000)** According to the World Health Organization, nearly 1 billion people, roughly 17 percent of the world's population, don't have access to clean drinking water. This poses a serious health concern in terms of water-borne illnesses. According to the United Nations, almost 80 percent of diseases in developing nations are linked to unsafe drinking water.
- 3: **(C. 100 gallons)** Think that sounds like a lot? Wait, there's more! When you add in the number of gallons needed to produce electricity, grow food, and manufacture goods for your home, the figure goes up to a whopping 2,000 gallons a day per average American household, according to the Environmental Protection Agency.
- 4: **(B. 5,000 square miles)** The dead zone in the Gulf of Mexico is the largest dead zone in the United States and the second largest in the world. Its size varies from year to year and is caused largely by agricultural run-off that occurs in the Mississippi River watershed. The nutrients washed from farm fields stimulate the overgrowth of algae in the gulf, which in turn consume all the available oxygen, creating the dead zone, according to the National Oceanic and Atmospheric Administration.
- 5: **(B. 9.5 feet deep)** Forget million, billion or trillion — there are 6 quadrillion gallons of water in the Great Lakes, and that's enough to turn the entire United States into the deep end of the pool. Only the polar ice caps and Lake Baikal in Siberia contain more, according to the website of the Great Lakes Information Network.
- 6: **(C. 70 percent)** According to the Food and Agriculture Organization of the U.N., agricultural uses such as irrigating crops and watering livestock use 70 percent of all water consumed by human beings. Of the remainder, 20 percent is used for industrial purposes and 10 percent is used in individual households. These proportions vary significantly from country to country, though. In the U.S., for example, 46 percent is used industrially, 40 percent is used agriculturally, and 13 percent is used in individual households.
- 7: **(A. Babies)** Dr. Jeffrey Utz, neuroscience, pediatrics, Allegheny University, says on the U.S. Geological Survey website (usgs.gov) that babies are born at about 78 percent water. By age 1, that amount drops to about 65 percent. Adult men's bodies are about 60 percent water, and adult women's bodies are about 55 percent water.
- 8: **(B. About 13 cups for men, and about 9 cups for women)** This can vary depending on the foods you eat, the environment, exercise, illness or health conditions and more, according to the Mayo Clinic website (mayoclinic.org).
- 9: **(D. 3,000 gallons)** According to the EPA, at one drip per second, a faucet can leak about 3,000 gallons of water per year. That's enough water to fill nearly 43 average-sized bathtubs.
- 10: **(C. 25 percent)** According to research by Climate Central published in 2012, a 10 meter rise in sea level would cover 28,800 square miles of the United States in water, an area currently home to 12.3 million people.
- 11: **(B. About 40 gallons of water)** According to National Geographic, using a front-loading washing machine instead of a top-loading washing machine can cut your water and washing-related energy use by more than half, using only 10 to 20 gallons of water.
- 12: **(D. All of the above)** According to the EPA, when you water your lawn at cooler parts of the day, more water soaks into your grass and less of it evaporates, saving both water and money. Similarly, the agency says that up to 6 gallons of water can spill from a hose every minute at home, but high pressure hoses at car washes can get your car more clean using less water — and many car washes have special drains to capture, filter and reuse the water for future car washes, further conserving water. Finally, a drop of food coloring in your toilet tank is a simple way to detect leaks. If any color shows up in the bowl 15 minutes after flushing, you know to get that leak fixed. A leaking toilet can waste up to 200 gallons of water a day, according to the EPA — the equivalent of flushing your toilet 50 extra times!

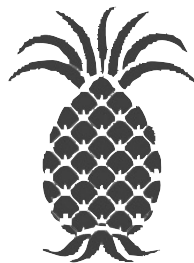
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By Sarah J. Gardner

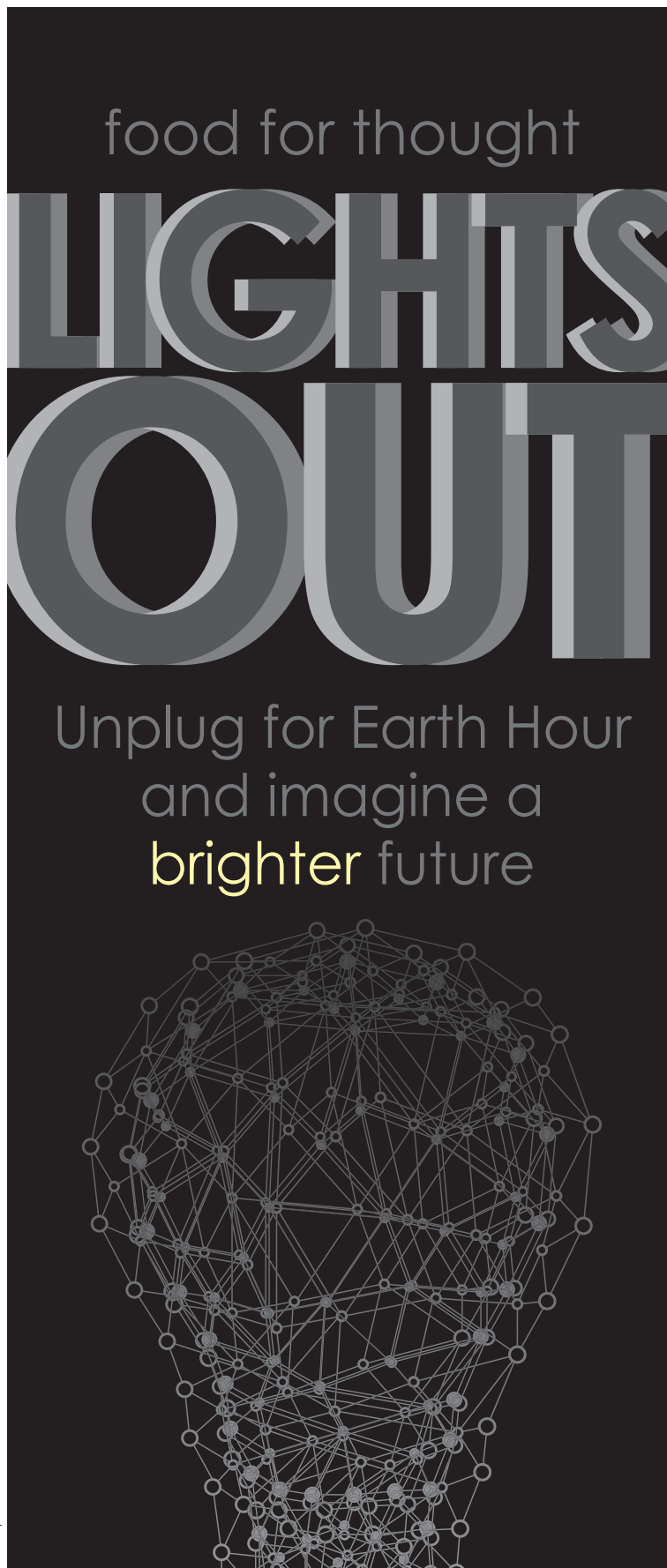
Earth Hour began as a simple idea in 2007 in Sydney, Australia. Whenever I imagine the brainstorming session that led to what is now an annual, international event, I envision a creative group of people discussing ideas with the classic cartoon light bulbs hovering over their heads. And then — click! — one of those light bulbs goes out.

Why? Because that is what Earth Hour is, an hour each year in which participants around the globe turn off their lights and unplug their electronic devices as a show of solidarity in addressing climate change. It is, essentially, a rolling black-out. As it makes its way around the globe hour by hour, individual households, cities, and even prominent landmarks like the Eiffel Tower, the Empire State Building and Chicago's Willis Tower go dark.

There's a lot to like about this idea. It's a good way to get a jump start on Earth Day, which comes almost exactly a month later. More importantly, turning out the lights is a simple gesture anyone can make, and one with a noticeable impact. Not only can the effects be measured in the number of megawatt-hours of electricity conserved in that evening, it also can be seen by anyone walking down the street past one of the unlit landmarks.

A darkened building, even more so a darkened city, can be unsettling. So, too, for that matter, are discussions of climate change. And yet they represent conversations that need to happen. We can no more continue to sit in the dark than we can hope to build a livable future without asking ourselves tough questions about what it takes to power a house, a business, a neighborhood, a city. How could we go about it in a better way? And what do we need to do now to ensure that the lights stay on for future generations?

Sometimes, discussions of climate change can be paralyzing. The odds against us seem to loom ever larger, the consequences grow more dire, that changes we need to make seem far off. For me, Earth Hour cuts through that. It stands as a reminder that we are not powerless unless we choose to be. There are actions we can take, right now, in our homes and our



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communities, that do make a difference, and when we do them together, the difference is magnified. It begins with turning out your lights. It grows into a reminder that, even in the darkest hours, we are in this together. We can see around us the shared willingness to make a change.

Last year to celebrate Earth Hour, I made plans first to meet a friend at the Sierra Club's Environmental Film Fest (turn to page 6 for information on that event and this year's lineup of films). Then I invited her to join me for dinner, after which we'd go outside to sit by a fire while both our houses sat dark in observance of Earth Hour. The conversation ended up being so good, we stayed outside chatting around the fire long after the hour ended.

Often when we talk about the kind of changes we need to make in order to achieve a sustainable future, we talk about green technologies and clean energy. Without a question, both have a key role to play. But I was reminded sitting around that fire of the vital resources we also have in each other. They are just as important.

However we meet the challenges that lie ahead, we cannot do it on our own. The hard truth is that we are not going to be able to reverse all the effects of climate change. That does not mean we give up. It means that we take the steps to curb the effects still within our power to impact, and, at the same time, we forge connections within our own communities that will enable us to address the future challenges of living on an altered planet. Only by working together can we sustain the spirit of hope.

This year, Earth Hour will take place locally from 8:30 to 9:30 p.m. on Saturday, March 28. It is a powerful feeling to turn off your lights and unplug your gadgets, and to know as you do so you stand in solidarity with your neighbors around the globe. But you also can use it as an opportunity to tap into a powerful feeling a little closer to home: It's as simple as inviting someone you know to turn off his or her lights as well and spend the evening together.

Sarah J. Gardner is the editor of Radish. For more information about Earth Hour, visit earthhour.org.



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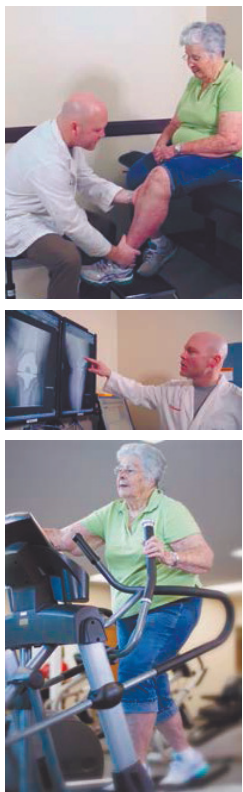
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