

## Earth Day Coalition's 20th Annual Event

## EarthFest 2009 The Green Generation

**Sunday, April 19**

**10:00 am to 5:00 pm  
at Cleveland Metroparks Zoo**



EarthFest is almost here, and this year we have a new theme—The Green Generation. A play on the “Great Generation” that met the Second World War head-on, the Green Generation is the present, but no less historic, movement to confront the myriad environmental challenges of today. At Earth Day Coalition, we bring together inspired new additions to the growing community of sustainability-minded and socially just champions from members of government, to corporate leaders, to everyday heroes. We are legion. And, celebrating our progress and sharing our innovative ideas is what EarthFest is all about.

On April 19, tens of thousands of us will converge on Cleveland Metroparks Zoo for Ohio’s largest environmental education event and the longest-standing Earth Day festival in the nation. This year’s event will mark Earth Day Coalition’s 20th annual celebration, which has been named one of North America’s ten best special events.

EarthFest 2009 will feature over 160 exhibitors working to create sustainable and restorative environmental solutions. We have organized the event into ten Sustainability Practice Areas, including Clean Transportation, Green Home Improvement, Local and Organic Foods, Environmental Science, Eco Non-profit, and Family Fun. Plus, a new Rain Garden Area will be unveiled. You will also have a chance to join a healthy planet with a healthy you at the Health and Fitness Area or exchange your plastic shopping for a more sustainable reusable one. Visit every area and get free samples, take-home giveaways, and a special gift with an official completed and punched EarthFest 2009 Passport.

Earth Day Coalition's EarthFest 2009 runs from 10:00 am to 5:00 pm. Regular Zoo admission includes all zoo exhibits

and all EarthFest displays and activities. Entrance is free for those who ride the RTA Clean Air bus from Public Square to the zoo, or who wish to take part in the hands-on, fundraiser, the Walk or Bike for the Earth (a 6-mile walk or bike ride from remote locations to EarthFest) to promote a healthy planet and a healthy you. You can register online in the most eco-friendly way via our website at [www.earthdaycoalition.org](http://www.earthdaycoalition.org) until Wednesday, April 15 or by calling the office at (216) 281-6468 until Thursday, April 16 or by registering on the event site on Sunday, April 19 at the zoo behind the RainForest or for the Bike for the Earth at Dewey's on Shaker Square, or at Phoenix in Lakewood or Downtown. Check the

website for more details, maps, etc. We hope you'll join us in proudly celebrating Northeast Ohio's innovative Green Generation!



## The Cleveland Carbon Fund

Responding to increasing concerns about the carbon dioxide emissions that contribute to global warming, a number of services have developed to offer people options for reducing their impact on the planet. You can make donations, for instance, to reduce your carbon emissions from driving, flying, or heating your house.

But it's often hard to know where those donations are going. They might help protect trees that sequester carbon in the rainforest or pay farmers in Nebraska to practice tillage methods that increase carbon in soil. It's likely that more people would donate to reduce carbon emissions if they could see their donations being invested in their own community for visible improvements that not only protect the climate but create green jobs in the local economy.

That's the idea behind The Cleveland Carbon Fund, the first

*Carbon continued on page 6...*

## Environmental Profile: Matt Zone

Matt Zone and his family have called Cleveland's Detroit Shoreway neighborhood home for three generations. Matt grew up in a loving and secure home and says the most influential person in his life was his mom, who raised nine children (Matt is the second youngest) after the untimely death of her husband. Matt's family struggled through the depths of the Great Depression. The lessons of hard work, creativity, frugality, learning from older generations, holding family close, building lasting friendships, and a belief in a better future sustained and helped shape his values and goals.



Matt Zone

Matt is following in his parent's, Mary and Michael Zone, footsteps as Cleveland City Councilman for Ward 17 (soon to be Ward 15). One of his major accomplishments was advocating for the creation of a city sustainability program. Matt asked then Mayor Jane Campbell to start the program and create an Office of Sustainability to guide and influence municipal decisions and introduce sustainability and energy efficiency as tools for economic development. As a result, the 'SustainLane U.S. City Sustainability Rankings' placed Cleveland at number 16 in 2008 (up from 28 in 2006) saying the, "city has done a heck of a job, taking a giant leap up SustainLane's charts this year." Cleveland is now a leading sustainable city among the 50 largest U.S. cities, ranked #1 in the water supply and metro street and freeway congestion (least congested), and #2 in local food and agriculture.

Citing his childhood interest in Edgewater Park where his family picked dandelions along the hillside and grapes in local neighborhood orchards, Matt supports local and organic farming efforts to increase urban access to healthy fresh food. He co-sponsored the so-called 'chickens-and-bees' legislation to revise city zoning allowing residents to raise

chickens, rabbits, ducks and bees on private property in Cleveland neighborhoods.

Councilman Zone is currently the President of the Northeast Ohio City Council Association (NOCCA) and describes NOCCA as a dynamic association of elected Northeast Ohio council people dedicated to increasing their effectiveness through education, empowerment and engagement. NOCCA is creating a cohesive vision that breaks down barriers to regional progress, works for effective city government, and empowers smaller municipalities. Councilman Zone recently sponsored a citywide vehicle idle reduction ordinance. This initiative will help address Northeast Ohio's non-attainment air quality status for particulate pollution, clean the air and improve public health, and save resources, fuel and wear-and-tear on vehicles. Cleveland's proposed ordinance was presented to NOCCA members as a model for regional clean air initiatives. As a result more than 39 municipalities are considering idle reduction legislation.

Matt's priorities and vision for the future include creating a smart growth plan for our region. Cleveland built and designed infrastructure for one million people. With a current population of around 400,000 Matt says, "...there are exciting opportunities and challenges to provide good housing, recapture and creatively reuse abandoned property and re-imagine a vibrant smaller city. Innovative land use, planning and zoning will keep Cleveland in a leadership position." Matt's believes we must prioritize funding, adopt fresh ways to keep sprawl at a minimum, and build a more sustainable community with a green economy. He believes every project should have a set aside for art and make use of good architecture saying, "energy efficient buildings can and must be beautiful."

## Wanted - Can You Help?



We need an APPLE iMAC G5/Intel (all-in-one) or Apple MacMini G5/Intel for Earth Day Coalition's Clean Transportation Program Coordinator. Preferred set-up includes minimum of 1 GB RAM, though this is not a deal breaker. *Please call John at 216-281-6468 x 223.*



Earth Day Coalition provides education, inspires leadership and encourages action for a healthy environment. Est 1990

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### Earth Day Coalition News Staff

Layout: Scott Sanders, Chris Trepal, Dawn Wrench  
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### Submissions are welcome.

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web site: [www.earthdaycoalition.org](http://www.earthdaycoalition.org)

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**Nature Preserve Visit**

“Nature in the Neighborhood” at the Dike 14 Nature Preserve is sponsored by the Dike 14 Environmental Education Collaborative on Saturday, May 16 at Cleveland Lakefront State Park.



Come experience Cleveland’s only nature preserve along the shores of Lake Erie. Join us on one of Cleveland’s hidden lakefront treasures for hour-long guided hikes at 7:30, 8:30, 9:30, and 10:30 am led by renowned Northeast Ohio naturalists. The Nature Preserve at Dike 14 will also be open for self-guided hikes from noon to 3:00 pm. There will be stops along the trail staffed by the region’s leading environmental education organizations to share information on the geography, history, plants and animals of the Nature Preserve.

Become a steward of the Nature Preserve - help pull the invasive alien biennial herb, garlic mustard (pictured above), on site.

You will have a chance to look for native Ohio plants, trees and animals. Stunning, unique views of the Cleveland skyline as well as a most unusual opportunity to access the lakefront will be yours (the only unobstructed east-side views of Lake Erie). You can also learn about the Doan Brook, which pierces the nature preserve. Dike 14 has over 280 of Ohio’s 431 identified bird species - this is your chance to explore.

The event site will be open rain or shine, but in case of rain, only guided hikes will occur. Please plan to arrive 15 minutes before the scheduled walk, so you can sign your waiver and receive additional information.

More information available at [www.earthdaycoalition.org](http://www.earthdaycoalition.org)



**Collective Action Can Improve Air Quality and Create Jobs**

Earth Day Coalition’s Clean Transportation Program is part of a dedicated collaborative effort consisting of Northeast OHio Areawide Coordinating Agency (NOACA), Cleveland Clean Air Century Campaign, Ohio Environmental Council, city of Cleveland and MetroHealth to enact a five county region wide idle reduction ordinance. Why? There are three primary reasons. First though, some background...

Northeast Ohio’s five county region as defined by the Northern Ohio Areawide Coordinating Agency consists of Cuyahoga, Geauga, Lake, Lorain, and Medina counties. Together, this five county region is not meeting healthy air quality levels set forth by the National Ambient Air Quality Standards (NAAQS). As such, we’ve been required to create a region wide plan to reduce emissions of fine particle pollution, also known as particulate matter 2.5 (2.5 microns - 1/30th the width of a human hair) and ground level ozone, a gas which is formed when volatile organic compounds (voc’s) mix with oxides of nitrogen (NOx - a result of high temperature combustion) in the presence of sunshine. Ground level ozone is often referred to as smog. Until our region meets NAAQS, it is incredibly complicated, if not impossible, for any manufacturing operation to open in our region as such an operation will only increase emissions of these two pollutants.

One third of the emissions of these two pollutants is a result of cars, trucks, and busses. So what can we do?

The collaborative's idea is to enact a regional law prohibiting unnecessary vehicle idling for more than 5 minutes in any one hour period. Similar laws have been in effect in various cities, metro areas, and states for many years. Although some would argue that such a law takes away a personal freedom, the flip side is that unnecessary idling causes direct harm to the health of all citizens and disproportionately affects/impacts those who either intake large quantities of outdoor air (runners and cyclists) or who possess cardiopulmonary systems that are not as efficient (infants, the elderly and those with asthma).



Enactment of a law is a means of getting local governments and the general public to take this issue seriously. The public education component will also help in sending the message that unnecessary idling is a regional issue that: (1) degrades quality of life for everyone (2) increases fuel budgets for everyone (3) creates obstacles to economic development. Please join us by pledging your allegiance to this regional cause of ending unnecessary idling. By simply turning the key and discussing the issue with your neighbor or friend, our collective action will be amplified throughout the region resulting in better conditions for everyone!

Check our web site for updates on the Cleveland idle reduction ordinance introduced by Councilman Matt Zone (Ward 17) and Councilman Anthony Brancatelli (Ward 12), and for updates on other regional idle reduction ordinances.



### Environmental Justice Town Hall Meeting

On Saturday, March 7, 2009, some 60 people gathered in the atrium of the Levin College of Urban Affairs at Cleveland State University to discuss Environmental Justice issues in the Cleveland area and throughout the State of Ohio. The Town Hall meeting brought together concerned community members and representatives of at least a dozen non-profit organizations.

Meeting attendees heard from experts and citizens alike about injustices related to lead poisoning, air and water quality, public access to Lake Erie, inequities in food access, urban natural gas drilling, and unfair landfill siting.

Andrea Larson of Lakewood testified about her daughter's severe lead poisoning at age two. Mary Jo Muser and others shared their frustration at the incessant air

pollution around their homes near Cleveland's Industrial Valley. Vel Scott of University Circle shared her uplifting story of community gardening beautifying the neighborhood while teaching cooking skills and the art of stretching a budget. State Representative Kenny Yoko (D-7) spoke as well, offering his support for an Environmental Justice bill for Ohio.

Earth Day Coalition is one of several partner organizations working to promote a citizen-drafted bill, which would advance the cause of Environmental Justice in Ohio if passed. The Town Hall meeting was an introduction to the bill for some and a reminder to all of the environmental issues we face together.

*Stay tuned to our web site and future newsletters for updates on the introduction of the Ohio Environmental Justice bill.*



*Above: The Town Hall panel and presenters.  
Below: Elvin Vauss registering.*



### FDA Draft Report Urges Consumption of Fish, Despite Contamination

The government issues fish consumption advisories saying that women of childbearing age, pregnant women, nursing mothers, infants and children can be harmed by the mercury in fish and should limit their consumption. When ingested mercury can damage fetal and childhood neurological development and cause other physical ailments. As many as 630,000 children born each year in the U.S. are at

risk of neurological problems related to mercury. Mercury may also pose a health risk for adults, including an increased risk of cardiovascular disease. Fish and shellfish are the biggest sources of human exposure to mercury.

Recently the Food and Drug Administration (FDA) urged the government to amend its advisory that women and children should limit how much fish

*Fish continued on page 7...*

### Air Pollution and Smoking Rates Go Up

Ohio now ranks 49th among the states in air pollution and Ohioan's smoking rate jumped 3 percent since 2007. Twenty-eight percent of Ohioans were classified as obese, compared with 23 percent five years ago and 11 percent in 1990. Cleveland Health Director Matt Carroll says poor health affects everything from education to the economy, and that reports such as this are important tools for change.

*More information is available at [www.americashealthrankings.org](http://www.americashealthrankings.org).*

### U.S. Businesses Purchase Record Amount of Renewable Energy

The Center for Resource Solutions (CRS) said 2008 saw record voluntary purchases of Green-e(r) Energy Certified renewable energy by businesses in the Green-e Marketplace program. The voluntary market for renewable energy has been mostly driven by large commercial purchases of renewable energy certificates (RECs), which represent electricity produced from clean, naturally renewable resources like wind, solar, geothermal, and biomass. First Energy Solutions will provide RECs for EarthFest 2009.

*For more information visit [www.green-e.org/marketplace](http://www.green-e.org/marketplace).*





## The 2009 Student Environmental Congress: Students Learn, Teach and Lead

Over 100 students from local suburban and Cleveland Metropolitan School District high schools gathered on Thursday, April 2 to conduct workshops for each other on the environmental health and well being of several Greater Cleveland communities. The 13th Annual Student Environmental Congress, a project of Cleveland Earth Day Coalition, showcased 12 projects covering topics that range from diesel exhaust and recycling to community gardening/composting and pesticides in our food.

Students worked on their projects the entire year, and in some cases, several years. The teens represent Bay High School, Garrett Morgan High School, John Marshall High School, John Hay High School, Orange High School, St. Martin DePorres High School and Whitney Young High School.

Although the focus of this conference centered on the students' research work, the most meaningful effort continues onward after the conference. In responding to the fabled Iroquois principle for living which states, "In our every deliberation, we must consider the impact of our decisions on the next seven generations," students will continue passing on their research as they travel to local elementary schools to teach the next generation. In completing their contribution to the cycle of teaching and learning, these high school students will complete a community service project that highlights an applied aspect of their research.

For instance, students at Garrett Morgan High School have been composting their cafeteria food waste for months, have conducted a waste audit of their school and have recycled almost a ton of paper in eleven weeks.



Above: Student Workshops at the 13th annual Student Congress.  
Left: Students separate recyclables and compost to create a zero waste event.



Stephanie Strong, the new Sustainability Manager for Cuyahoga County College presented this year's keynote address with a theme of 'Planting Seeds of Sustainability.' Because Ms. Strong interfaces with a young and diverse population in

Northeast Ohio, she exemplifies the various and unique ways people are working towards a healthier environment and choosing to be part of building the next 'Green Generation.'

"The Student Environmental Congress is more than just researching a topic for a science project," says Dawn Wrench, Director of the program. "It is about reaching a diverse group of students, helping them to be a voice in their communities, and providing them with the tools and leadership skills to work toward positive change in their communities."



Below: Students hear the Keynote Address from Stephanie Strong.,  
Right: Students at the Congress.  
Above: Students receive Congress awards.



...Carbon continued from page 1

community-based, open-access carbon reduction fund in the U.S. Anyone can make a voluntary donation to the fund, and the money will support carbon reduction projects in the Cleveland area. Initial projects are expected to include large-scale CFL bulb replacement, tree planting, and home weatherization.

"This is an innovative way to produce positive changes in our own backyard," says John Mitterholzer, senior program officer at The George Gund Foundation, one of the founding partners of the fund.

Other founding partners include The Cleveland Foundation, Cleveland Clinic, The Cleveland Museum of Natural History and the City of Cleveland. Donations to the fund are held by The Cleveland Foundation and are tax-deductible.

A steering committee of representatives from the partners will distribute the funds as grants to nonprofit organizations. Proposals will be evaluated based on the amount of verifiable carbon reduction achieved, cost, social and economic benefits, and other criteria. All projects will need to demonstrate that the carbon reductions would not have happened but for the project.

The Carbon Fund is working with the GreenCityBlueLake Institute and potential grantees to calculate and validate the expected carbon reduction from each proposed project. These CO<sub>2</sub> estimates will follow the best available greenhouse gas accounting principles and all calculations will be made as transparent as possible. In fact, one of the goals of the fund is to equip local nonprofit organizations with the tools to accurately calculate the carbon reduction benefits of their projects.

For several reasons the Cleveland Carbon Fund is different than conventional "carbon offset" programs. The geographical focus is unusual. And, to reduce administrative fees, the fund initially has chosen not to certify and retire the carbon emissions reductions that result from the funded projects. Thus, donors will not get credit for participating in official carbon markets, such as the Chicago Climate Exchange, which are expected to develop as a result of federal climate change legislation. They will, however, contribute to real environmental, social, and economic benefits.

"This is one more way that Cleveland is supporting the advancement of green collar jobs. The Cleveland Carbon Fund supports the local economy while helping to reduce our region's carbon footprint," says Andrew Watterson, program director for Cleveland's Office of Sustainability.

It's important to emphasize that making a donation to a carbon reduction fund should be a last resort. First, you should do everything possible to reduce carbon emissions yourself - such as by wasting less energy, driving less, and eating a more vegetarian diet. But for the remaining carbon footprint you can't eliminate, The Cleveland Carbon Fund provides a great way to get closer to zero.

Science is telling us that climate change from the burning of carbon-based fossil fuels poses a grave threat to the stability of human civilization and to the survival of millions of other species. We all have a responsibility to act.

To calculate your carbon emissions and donate to the Cleveland Carbon Fund, go to [www.clevelandcarbonfund.org](http://www.clevelandcarbonfund.org).

by David Beach, GreenCityBlue Lake Institute; this story also appears in the February-March 2009 issue of EarthWatch Ohio.



## Thank You for Giving the Gift of Green and Donating to our 2008 Annual Appeal

The following donors bestowed the Gift of Green on their friends and loved ones, or donated to the Earth Day Coalition 2008 Annual Appeal. Thank you so much for your generosity!

Victoria Avi , Susan Blouch, Arthur V. Brooks, Edith C. Chase, Mary Eitzen, Good Nature Organic Lawn Care, William & Jane Huffman, Jim LaRue, David & Sue Lipiro, Joseph F. Lydon, Sr., MD, Mark & Mary Madeja, Barbara McGinty, Ed Neal & Susan Lewis, Tim & Dawn Liston, Neundorfer, Inc., Thomas F. Otto, Carla & Ed Pivceovich, Susan Powers, Elton H. & Lenora S. Riemer , MaryLou & Jack Rouru, Bernard Sater, Holly Schaffnit, Doris & Fred Watson, Margie Wheeler and Patrick Zohn.

If you would like to give the Gift of Green to that someone special - for any occasion - please visit [www.earthdaycoalition.org/giftofgreen.php](http://www.earthdaycoalition.org/giftofgreen.php) and make your donation on our secure webpage. If you are lacking web access, please call 216-281-6468 x 221 to make your donation. Oftentimes, the thoughtful gift of information from a loved one or dear friend helps us learn how to make positive change in our lives. Who do you know and love that could benefit from such an important gift?

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## Welcome New and Renewing Members

Welcome to the newest members of the Earth Day Coalition and thank you to all who have renewed membership for 2009, Earth Day Coalition's 20th Anniversary Year. We are happy to have you help improve the health, quality of life and environment of the greater Cleveland community.

Hope & Stanley Adelstein, Lori Alba, Donald Altemus, Katie Augustine, Ginny Aveni, Ann Billingsley Baker, Elaine Barnes, Renee Benjamin, Ann Marie Bergman, Sarah & Mark Beucler, Frances E. Bibbs, Frank & Mona Blaizgis, Harald & Cathy Bransch, Sr. Helen Ann Brown, Joyce Burke-Jones, Danielle Carter, Pam Cerio, Allison Chrostowski, Anne & Vic Cizek, Kim Codispoti, Diane Coleman, Congregation of St. Joseph, Matt Conroy, Lana & Ensign Cowell, Dana Cummings, John Darst, Jennie Dawes, Tony DiBenedetto, Mark & Frances DiDonato, Richard & Carolyn Donaldson, Bill & Debbie Doty, Doty & Miller Architects, Allan Dreyer, Maryellen Eickman-Fiala, Kim Evangelisti, Mary Evans, Sr. Evelyn Flowers, Brian & Suzanne Forsgren, Sandy Frye, Greg Gantzer, Pamela Geick, Mehmet Gencer, Nelly Gertsberg, Nancy Giradot, Cindy Glantzis, David Goodman, Peter & JoAnne Griesinger, Kathleen Griffin, George & Sue Guthrie, John & Barbara Hall, Holly Harlan, Justin Hastings, Barbara Hawkins, Brooke Haynes, Clark Harvey & Holly Selvaggi, David & Justine Helm, Hess Companies, Charles Hofstetter, Ray Holan, Susan Hutner, Dan Jaffe, Marc Jaffe, John & Sue Janssen, Wendy Jelinek, Barry, Stephanie & Leah Jereb, Janice Jones, Susan & Dieter Kaesgen, Laina & Sal Kafiti, John Katko / FOWL, Valerie & David Katz, Claire Kilbane, Mary Ann Koral, David & Becky Krueger, Mark Kuhar, Barbara Langhenry & Rick Werner, Jim & Deb Larsen, Benson & Vicki Lee, John Leonard, Keith Linn, Maria Livers, Nola Lowther, Franklin & Maggie Busser Malemud / Plan It Forward, Mike & Peg Mallady, Chand Manglani, Herbert Mausser, Don & Judy McGovern, Marge Misak, Margaret Mitchell, Jane M. Mueller, Phil & Margaret Nabors, Dave Nash, Gary L. Nickerson, Jane Norris, Northeast Ohio Regional Sewer District, Bill Oatey, Becky Olson, Heidi & Jay O'Neill, Margaret O'Reilly, Linda Paul, Todd Peter, Rita & Douglas Peterson, Chris Weiss Pfeil, Sue Powers, Steve Proffit, Project & Construction Services, Inc., Rebecca Reynolds/Green Clean/Planet Green, Edward Richards / Engine Control Systems Ltd., Lara Rokenetetz, Tim & Beth Roshetko, Jan Rybka, Carol Sabo, Shannon Salsler, Joan Samkow, Darci Sanders, Jeffrey Sanders, John & Joanne Sanders, John Sangdahl, Liz & Rich Schiferl, Jackie Schimoler, Norman Schmidt, Nancy King Smith, Jeff Schuler, Sue Schumacher, Sabrena Schweyer, Christine Seuffert & John Kiczek, Rebecca A. Shaffer, Robert Shelden, Anne Siloy, Molly Simon, Pamela & Paul Simpson/ Ridgeway Drilling, Molly Smith, Stefanie Spear, Paul & Liz Spector, Jean G. Stell, Sharon Sternberger, Stephanie Strong, Tom & Sandra Sullivan, Nick Swetye, Tom & Mary Szilagyi, John & Mary Sue Tanis, Mary Tatarko, Nelson Talbott, Sarah & Philip Taylor, R. Scott Thomas, Bob Thompson, Chris & Lad Trepal, Carla Tricarichi, Matthew & Michelle Ullom, Judy & Gary Vaccaro, Thea Van Horn, Barbara VonBenken, Art Watkins, Andrew Watterson, Carol Perera Weingeist, Janice Whitner, Susan Wright, Pauline Yee, Lilah Zautner, Helen Zdrojewski and David Zeager.

If you are interested in becoming a supporting member of Earth Day Coalition, please call Earth Day Coalition at (216) 281-6468 ext. 221, join on-line at [www.earthdaycoalition.org](http://www.earthdaycoalition.org) or contact us by email at [dwatson@earthdaycoalition.org](mailto:dwatson@earthdaycoalition.org) or send your check to Earth Day Coalition Membership, 3606 Bridge Avenue, Cleveland, OH 44113. Help make 2009 your year of environmental action and change to effect positive Climate Change Solutions in Greater Cleveland.



...Fish continued from page 5

they eat, saying that the benefits of seafood outweigh the health risks and that most people should eat more fish, even if it contains mercury.

The U.S. is one of the world's largest exporters of mercury but we will soon stop all exports of elemental mercury. Under new federal legislation (S. 907), the ban on the federal sale and export of elemental mercury will take place immediately. All U.S. exports of the substance will be banned as of January 1, 2013.

The Northeast Ohio Regional Sewer District recently tested fish tissue samples collected along the Lake Erie shoreline. Initial test results show that mercury levels in these samples are lower than EPA guidelines - that's good news for our water quality!

Learn more about mercury and PCB contamination at [www.earthdaycoalition.org](http://www.earthdaycoalition.org). Download a brochure or a poster showing lower and higher fish choices both for fish from restaurants and grocery in addition to sport fishing.

**BANFF MOUNTAIN FILM FESTIVAL**  
*Presented in Cleveland by On the Edge Films*  
**Friday, April 17 & Saturday, April 18**  
 Allen Theatre at Playhouse Square Center

*Different award-winning environmental and adventure films each night!*

Receptions feature appetizers courtesy of Chipotle and McCormick & Schmick's, 6-7:30 pm. Plus exhibits, Red Bull, Caribou Coffee, prizes and a cash bar. Tickets: 59¢-1.50.

World Tour Presented by National Geographic & New Balance

[www.theedgefilms.com](http://www.theedgefilms.com)



# The 20th annual EarthFest and Walk or Bike for the Earth Sunday, April 19...Details inside



3606 Bridge Avenue  
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216/281-6468  
[www.earthdaycoalition.org](http://www.earthdaycoalition.org)

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Please renew today if your  
membership has lapsed.

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## Walk or Bike for the Earth

### Ready, Set, Go...Preparing for the Walk or Bike for the Earth

*by Jim Wallack, Complete Concepts*

So you say you are going to take part in EarthFest's "Walk or Bike for the Earth." Be sure to register online or phone (216) 281-6468 today... April 19<sup>th</sup> is coming fast. Whether you choose to walk at your own pace, speed walk, or even bike, preparing for the event properly will ensure your safety, and overall top performance. Right now it is important to stay healthy and fully charged by lightly exercising and ensuring your diet and recovery plans are sound.

Two weeks out from the event you should be walking or biking at least 4 times a week (M, T, W, TH), leaving the 3 remaining days for light stretching and recreational exercise (i.e. playing basketball, golf, etc.). During this week your exercise should be modest in duration, nothing more than 5 miles or 40-45 minutes in length. The week prior to the event no more than 2 to 3 runs 20-25 minutes long, but still allowing you to participate in low-intensity/recreational activity.

Your focus now should be on proper hydration, food intake, and rest. How well you are hydrated on the day of the event is determined by your discipline several days out. It is strongly recommended to avoid alcohol and large amounts of caffeine. Do not attempt to crash hydrate the night before. Your last dinner before the event should consist of a modest amount of carbohydrates and a clean/lean protein source. Try to get at least 6 to 8 hours of solid sleep, and wake up 2-3 hours before the event for your



last meal (providing time for digestion). Something that is low in fiber, high in carbs, and 200 calories and below (i.e. plain oatmeal, one banana, or a rice cake with honey). Thirty minutes before the event drink one last 8 oz.

glass of water. Make sure you are wearing comfortable clothing; but it is never wise to wear any new items, especially shoes to avoid chaffing and blisters.

*Best of luck to you and see you at the finish line! Be sure to visit the new Health*

*and Fitness Area at EarthFest near Monkey Island for a healthy planet, healthy you. Visit [www.clevelandcompleteconcepts.com](http://www.clevelandcompleteconcepts.com). More information on the Walk or Bike for the Earth (6-mile walk starting behind the RainForest at the zoo and bike ride from 3 community locations to EarthFest) at [www.earthdaycoalition.org](http://www.earthdaycoalition.org).*