



## daily GOOD

When we try to pick out anything by itself, we find it hitched to everything else in the Universe. --John Muir

### How Wolves Change Rivers

When wolves were reintroduced to Yellowstone National Park in the United States after being absent for nearly 70 years, the most remarkable "trophic cascade" occurred. What is a trophic cascade and how exactly do wolves change rivers? British environmental journalist George Monbiot explains in this video remix by Sustainable Man.

### Be The Change:

Take a moment to think deeply about how your actions impact ecosystems all over the world in a wide variety of ways. Can you begin a cascade of positive effects by changing some of your actions?