

**ALW EARTHLINK
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February Birthdays

Happy Birthday to the following ALW Angels and friends:

Susan – February 3

Caitlin – February 5

Tracy – February 8

Ghaizal – February 13

Rea – February 17

Sophie – February 19

Kasy – February 20

Jennifer – February 21

Lisa – February 24

Jessica – February 28

AND – we missed posting Petra’s birthday in our January newsletter. Petra – we’re sorry! We wish you a wonderful year full of much happiness and joy. You are very special to us, and we didn’t mean to leave you out of our last newsletter! We love you!

Happy Valentine’s Day to EVERYONE on February 14! It’s a day of love, and love is what we wish each of you! Remember -- “Love doesn’t make the world go ‘round. Love is what makes the ride worthwhile!” (Franklin P. Jones)

Results of “Save a Little, Help a Lot Campaign”

Well, the ‘little blue envelopes’ we mailed out, along with our special plea asking you to save your loose change, have all been returned! The money has been counted, and we are pleased and proud to say that many of our dedicated ALW Angels have come through again with generous, generous hearts! The “Save A Little, Help A Lot Campaign” for Camp H.O.P.E. 2008 brought in – are you ready?

\$554.69!!!! See? A little bit from everyone adds up quickly! This donation will help us fully sponsor 1 more child and almost sponsor another child's tuition for Camp H.O.P.E. this summer! Thanks so much!

Camp H.O.P.E. 2008

If any of you are new to ALW and are not yet familiar with Camp H.O.P.E. (Helping Our Planet Earth), here is a short description of the event. Each year, ALW sponsors 14 underprivileged students at a week-long, all-expenses-paid summer environmental camp in Kentucky's Appalachian Mountains. The students enjoy a week of hiking, environmental workshops, outdoor learning experiences, self-esteem building, swimming, rappelling, archery, and more. It is a chance for these kids, who would never have the opportunity otherwise, to spend a week reconnecting to nature and learning that they are an important part of the Earth. Camp H.O.P.E. 2008 will be our third annual event. It is scheduled for July 13-19, 2008. We've lined up all our volunteer counselors, we've scheduled our workshops and field trips, we are gathering our supplies, and the school we work with is striving to complete the tough task of selecting 14 underprivileged students (from over 60 who apply) to spend the all-expenses-paid week with us.

Sponsor A Camper!

It costs \$300/child to attend Camp H.O.P.E. The \$300/child pays for tuition, room, board, workshop materials, guest speakers, etc. If you or anyone you know would like to sponsor a child (think of businesses, sororities, fraternities, church groups, or other philanthropic groups you have connections with), please contact us ASAP at alastingworld@sbcglobal.net. We would like to have our sponsorship donations in no later than March 1, 2008. Sponsors receive a special certificate, receive a thank you letter from one of our 2008 campers, are named on the camp tee-shirts, are listed in all our promotional materials and brochures, and are given publicity in other ways. If you wish, a letter may be obtained so that you may make this a tax deductible donation.

Adopt A Camper!

It costs another \$125/child to 'adopt' the child and provide him/her with needed items (towels, linens, toiletries, flashlight, camp gear, and personal 'welcome' gifts from the person who 'adopts' him/her). Persons who 'adopt' a camper are asked to write a letter to their camper, send him/her three postcards for 'mail call' at camp, and to send the camper a tee-shirt from their home state. As an option (but not mandatory), the persons who 'adopt' a camper can also send the camper two or three personal gifts (chosen from a 'wish list' the camper gives ALW before camp begins). Persons who 'adopt' a camper receive a photo of their camper and a personal letter/gift from their camper when the week-long session is over. Persons who 'adopt' a camper are also listed on the camp tee shirt. If you or anyone you know think that 'adopting' a child is something you would like to commit to, please contact us ASAP at alastingworld@sbcglobal.net. We would like all 'adoption' donations no later than April 1, 2008 (so that we have time to shop!).

Everyone who has ‘adopted’ a child in the past has told us that it is truly a heart-warming experience. Thanks!

Donate A Duffle Bag!

For \$15, you can supply a camper with a brand-new duffle bag to hold all his/her supplies for Camp. All you have to do is send us the donation money via Paypal or snail mail. Because we like to give all the kids the same bags, and because we want to save you the hassle of shopping and of shipping and handling fees, all you have to do for this part of Camp H.O.P.E. is send in a donation! Five duffels have already been purchased by a special ALW Angel who would like to remain anonymous, but that leaves 9 more to purchase! If you’d like to help, contact us ASAP at alastingworld@sbcglobal.net. Thanks!

Quilts for Campers!

We are THRILLED to announce that a group of quilters from St. Peter Church in Geneva, Illinois, is taking on the task of making a personal quilt for every one of our 14 campers for 2008!!!! We’ve seen the work these ladies do, and we know the quilts they make for our campers will be extraordinarily beautiful! We thank them from the bottom of our hearts for their giving spirit and for their labor of love!

A Little Bit More About Our Campers

The kids who attend Camp H.O.P.E. come from homes where the average family income is less than \$12,000. They are all on the federal lunch program at the school they attend. Besides their financial needs, some of them come to us with other issues, as well. Many of them have low self-esteem, and they all seem amazed that people care so much about them. Besides giving them a week of solid environmental curriculum and outdoor activities, we also teach them not to be afraid to dream and to go for their dreams! Songs like “I Hope You Dance,” and “Stand” become the week’s theme and message for the kids. Each of YOU has made Camp H.O.P.E. a dream come true for ALW! The school liaison told us that we are ‘truly impacting these kids’ lives.’ Could there be anything better than that?? Thanks, Angels. We appreciate your support and assistance from the bottom of our hearts.

Announcing Roots & Remembrance 2008

We thought that last year was going to be our final Roots & Remembrance event, but some of you begged us to continue the tradition! We’re pleased and proud to announce the event for this year! **“Roots & Remembrance 2008 – Follow the Treasure Trail to Fun, Where the Bluegrass Kisses The Sky”** will be presented May 24-25, in beautiful Lexington, Kentucky.

What’s in store? More detailed information will be coming soon, but here’s a little ‘taste’ of what you can expect. On Saturday, we’ll have a ‘treasure hunt’ and we’ll send you searching for some environmental, historical, as well as some Kevin Richardson, landmarks! You’ll find ‘treasures’ waiting for you at some of the stops you make!! Lunch and dinner are included in the day’s ‘package!’ On Sunday, we’ll have a day outdoors in a natural setting, relaxing and celebrating the Earth! A picnic lunch is part of the activity. Then, Sunday evening, we’ll ‘tailgate’ University of Kentucky style, before we conduct our moving, meaningful, beautiful luminary

“Remembrance” candle ceremony. Literally HUNDREDS of candles will glow in honor of friends, family, pets, places and special occasions from people all over the world. Music will also be part of this special evening event.

What’s the cost? \$85 per person covers all activities, favors, food and entertainment for the two days. This price does NOT cover hotel, travel to and from the event, and personal items purchased while you are celebrating with us. We can recommend a hotel that gives great rates, but rooms are going to be limited, so if you are going to be staying with us, you must book NOW! Roots & Remembrance is a fun-filled, environmentally-friendly weekend shared with some of the best people anywhere – ALW Angels! Your \$35 non-refundable deposit is due no later than March 15, 2008.

Please join us! We guarantee that you won’t regret it! ☺

R&R Yankee Candle Fundraiser

This year, ALW is blessed and happy to announce that Yankee Candle Company is partnering with us for our Remembrance luminary candle ceremony. We have available a Spring catalog from Yankee Candle, and for each purchase ALW Angels and friends make from the catalog, Yankee Candle will award ALW 40% of the item’s price for Camp H.O.P.E.! The Yankee Candle fundraiser will run from February 14 (Valentine’s Day) until March 5, with delivery of your purchases approximately 4 weeks later. PLUS.....you can have a luminary candle lit at our Remembrance ceremony for every \$5 you spend on a Yankee Candle order! (For example, if you purchase a Yankee Candle jar for \$21, you can have 4 luminary candles lit in remembrance of those you love!) EVERYONE loves Yankee Candles. They make great gifts, and they look great in every room in your home! Buy some Yankee Candles now, and help out the underprivileged children of Appalachia! For more details, or for a catalog, contact us at alastingworld@sbcglobal.net ! Thanks!

Luminary Candles

If you cannot attend our “Remembrance” luminary ceremony in Kentucky, you can still be connected to us as we light our candles. For a \$5 donation, you will have a candle lit and a name read at our ceremony. ALL donations go DIRECTLY to help support the underprivileged children of Appalachia. You can make your payment via Paypal or via snail mail. Contact us for more information, and watch for a special e-mail with candle donation forms attached. This ceremony always moves people to tears, and has become one of our most meaningful events of the year.

K.E.V.I.N. (Keeping Everyone Vested In Nature)

The other day, we came upon a box of our ‘world-renowned’ “K.E.V.I.N.” tee-shirts. We didn’t know we had ordered so many! We are making you a SPECIAL VALENTINE’S DAY OFFER!!!! Any K.E.V.I.N. purchased between now and February 29 will cost you only \$3.00, plus shipping and handling! Don’t remember what these AWESOME shirts looked like? Contact us at alastingworld@sbcglobal.net, and we’ll send you the photo! They are awesome, and they are officially approved by Kevin himself! We have sizes from youth medium

all the way up to XL – so – order away! We'll even throw in a copy of ABILITY Magazine (the one with KEVIN on the COVER!) with your order! ☺

Environmental News

A Little More About Appalachia

Central Appalachia has been described as the 'poverty pocket of America.' A conspicuous 37 of the 100 poorest counties in America are found in Appalachia. In Kentucky, where ALW serves, the poverty rate in 2000 was 15.8%, compared to the U.S. rate of 12.4%. 44 counties in Kentucky had poverty rates over 20% (all were nonmetro), and 16 counties had rates over 30%. The Economic Research Service, USDA, defines 'persistent poverty counties' as those with poverty rates of 20% or higher. 43 counties in Kentucky are 'persistent poverty counties.' (Taken from the 2000 Census report)

Book Review

Michael Shnayerson's Coal River (Farrar, Straus and Giroux) is the third book about mountaintop removal mining this year, the previous two being Lost Mountain by Erik Reece and Moving Mountains by Penny Loeb. Reece's book, set in eastern Kentucky, is lyrical and personal. Loeb's book, covering the same West Virginia terrain as Shnayerson's is locally based, close-up, a bit technical for average readers. A staff writer for *Vanity Fair*, Shnayerson brings a journalist's craft to the subject. If a mountaintop movie is made, it will probably be based on his version of events. In a story with many characters, he finds clear heroes – Joe Lovett, a crusading and athletically built lawyer, Judy Bonds, a deeply rooted Norma Rae-type activist – and villains – especially Don Blankenship, the scowling, fiercely aggressive head of Massey Coal. But all these authors are equally dismayed by what they see happening in Coal Country. The epic horrors of removing mountaintops, crushing streams and poisoning entire communities leaves them struggling for apt metaphors. If surface mining remains an abstract concept for you, Coal River is a good place to start, but those other books are worthy, too. (E Magazine review)

What is Your Personal Connection to Mountaintop Removal?

Go to www.ILoveMountains.org and plug in your zip code. You will find out how much of your electricity is coming from mountaintop removal coal mining. This information is provided by Appalachian Voices. Check it out!

ALW STRONGLY OPPOSES MOUNTAINTOP REMOVAL COAL MINING.

Organic Cotton Underwear

Looking for organic cotton underwear? Check out www.environgentle.com for underwear and for many other sustainable products.

Study Shows Diesel Cuts Blood To Heart

Exercising in polluted areas can be a health risk. When running or cycling hard, the lungs pull in 10 times more oxygen. The lungs have to work harder and the heart has to work harder. But pulling in more oxygen also means pulling in more

pollution. Normal lungs may not feel an immediate effect, but outdoor exercisers with asthma may have a ‘lung attack’ if working out vigorously in polluted areas. And here’s more information about polluted air. Men with stable heart disease who were exposed, even briefly, to diesel fumes in a Scottish study showed reduced blood flow to their hearts, increasing their risk of cardiovascular problems, including heart attacks. The levels of pollution simulated in the study were similar to those found in regular city traffic. “There is substantial evidence that exercise reduces a person’s lifetime risk of developing coronary heart disease, and we would encourage patients with heart disease to undertake regular exercise,” said study co-author Dr. Nicholas Mills, a specialist registrar in cardiology in the Centre for Cardiovascular Sciences at the University of Edinburgh. “We would suggest, however, that wherever possible, patients avoid exercising in heavy traffic areas.” “This makes it clear that there’s almost a switch that can turn on and off when a person is exposed to diesel fuel,” said Dr. Len Horovitz, a pulmonary specialist with Lenox Hill Hospital in New York City. “Don’t jog behind a bus. Don’t jog in heavy traffic areas.” (Health Day News)

From Men’s Closets to Women’s Clothing

Check out the website www.sarahskirt.org and you will find a great RE-use for men’s neck ties. Joyce Griffith sews skirts out of old neck ties. After her grandfather, a businessman, passed away, she realized he had a lot of fabulous ties. She didn’t have any way of preserving his memory, so she thought it would be great to sew his ties into a skirt, as a wearable memory! She says it takes 10 ties to make a skirt for a small woman, and a few more for a plus-sized woman. She likes wide ties the best, because you don’t have to use as many and the wider ties have more colors. Also, for every skirt Joyce sells, she donates 70% to charities that shelter woman and children. Check it out! (Edward McClelland)

Organic Beer For the “Green” Guy

If you’ve ever tried an organic banana instead of the standard variety, you likely experienced the shock that you never really knew what a banana was supposed to taste like. It’s a taste revelation. Well, beer is no different. Jonathan Cadoux, 30, had a brewing hobby that got out of control when a restaurateur told him “If you can keg this, I’ll sell it.” So now he bottles it, too. The pale ale, nut brown ale and amber ale from Cadoux’s Peak Organic Brewing Company in Portland, Maine, is clean and rich. Cadoux says the chemical-free nature of the hops and barley contributes to the fresh flavor. Beyond that, however, he said that because of his established supply line of organic farmers, his brew won’t be subject to the coming jump in beer prices due to hot competition on the world market for beer ingredients. A six-pack typically runs \$7.99-\$8.49, an economical price for a premium beer. Go green and drink this organic brew. It is now being sold in many major shops. (Ross Werland)

New Process Turns Food Waste Into Usable Energy

The leftovers on your dinner plate may soon be used to power your home. University of California, Davis, bioenvironmental engineer Ruihong Zhang has invented a way of converting food scraps, farm wastes and even yard clippings into a form of fuel called biogas, which can be burned as a substitute for natural gas. Biogas already is produced on a test basis from municipal solid waste that is dumped into landfills. But Zhang's process produces larger amounts far more cheaply. It could potentially divert one-sixth of all material dumped in landfills, reducing their production of air and water pollution. Each ton of food waste processed produces enough energy to power 10 average homes in California for one day, Zhang says. Another advantage is the ability to convert a wide variety of wastes into biogas with less energy and in half the time that conventional processes now require.

Zhang says she hopes to have a large commercial plant operating by the end of 2008. There are also partnerships set up to market the technology to municipalities, farmers and food processing plants. Both large (producing more than 100 tons of biogas per day) and small (5 to 100 tons per day) plants are of commercial interest. Larger plants would be built near landfills. Smaller plants could help farmers run their food processors and process their food waste. (John W. Borchardt)

Green Tips

Use shredded paper from your paper shredder instead of packing peanuts when mailing packages.

Use an air-pot dispenser (like the ones at coffee shops) to keep hot water instantly available. The water stays hot for 2 days, so just pump what you need instead of letting the faucet run and wasting water.

Cut up plastic milk jugs to make a Halloween skeleton for next season's holiday. Use newspaper, twigs and plastic bags to make a giant spider. They are not only homemade –they are reusable and they look great.

A good use for empty medicine bottles – separate nuts, bolts, nails, screws, etc. into those bottles and label them. It is much neater and it saves time when you are looking for a specific item. You can also keep pins, buttons, game pieces, etc. in the same containers.

Rediscover good old bar soap, especially biodegradable Ivory. It eliminates plastic bottle waste that comes with using liquid soaps.

Don't over-dry laundry. An electric dryer operating an extra 15 minutes a load can cost you up to \$34 per year in wasted energy; a gas dryer, \$21 per year. If your dryer has a moisture sensor that turns the machine off automatically when clothes are dry, use it.

Use your garbage disposal. It is greener to feed the disposal than it is to encapsulate food waste in a plastic garbage bag and send it to the landfill. Sent down the disposal and into the sewer line, organic waste gets treated by the sanitary district and turned into fertilizer.

Use the dishwasher. Contrary to popular eco-belief, it is greener than hand-washing – if you run it with full loads and scrape rather than rinse. The average dishwasher in American homes today uses 8.7 gallons of water a load. Washing by hand for 10 minutes with water running can use up to 20 gallons. If you fill the sink, you still use about 5 gallons for washing and 5 more for rinsing.

Switch to eco doggie bags that biodegrade in the landfill – which means Fido’s poop won’t be forever preserved in the landfill, in the plastic bag you grabbed without considering its end-of-life issues. Check out www.poopbags.com or biodegradable Pooch Pick-Up Bags from PetSmart stores.

And Finally.....

“Be true to yourself. You must constantly evaluate yourself and make adjustments to move closer to the life you desire to live.”

Leave no regrets. “To leave with no regrets we must live with courage, moving toward what we want rather than away from what we fear.”

Become love. The happiest lives are lived by those who focus on building deep, personal relationships.

Live the moment. To savor life, you must experience each moment with gratitude and purpose.

*Give more than you take. The happiest people “knew that they had left things better than they found them in some small way.”
(John Isso, PhD)*

See you in March!

Love,

Linda and Wen