

ALW EARTHLINK
MAY 2008

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May Birthdays

We wish the following ALW Angels very happy May birthdays!

Ashley – May 5

Angie – May 11

Edel – May 13

Ali – May 24

Tyna – May 26

We also want to wish a very Happy Mother's Day to all ALW Angels who are New Moms, Long-Time Moms, Moms-to-Be, Grandmothers, and/or Godmothers! Here is a special quote for y'all on this very special occasion!

"Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body."

~Elizabeth Stone

Roots & Remembrance 2008

You are all warmly and cordially invited to ALW's annual celebration of Roots & Remembrance! R&R traditionally provides environmental awareness, hands-on outdoor activities, plus our beautifully meaningful and moving luminary candle ceremony. Our Angel of the Year awards are presented during the candle ceremony, and then we present the solemn reading of names for those for whom candles have been lit. Also, a singer/songwriter provides us with acoustic guitar music! This year's R&R event will be held May 24-25, 2008, in beautiful Lexington, Kentucky -- and there's still time for you to make a commitment to join us! If you've never been to Kentucky in the spring, you have missed nature at its finest, and you owe yourself this pleasure! There's nothing else in the world quite like seeing the rolling Kentucky hills kissed with misty morning dew, watching Bluegrass thoroughbreds graze placidly on a warm afternoon, or gazing up at the brightest, most panoramic nighttime sky you will ever observe. The bustle of the city of Lexington (where everyone wears University of Kentucky BLUE) is busy enough to provide excitement, but not so big that it overwhelms. There are

historical landmarks, natural wonders, trendy restaurants, shopping treasures, and horses, horses, horses!

ALW's Roots & Remembrance event for 2008 will encompass ALL of the above. (We'll even throw in a little "Kevin Richardson" for you, too! ☺) There will be lots of activity, but there will also be time for you to check out Lexington on your own!

The cost of ALW's weekend is \$85 for two full days of fun. That includes meals, goody bags, and all our planned activities! It doesn't include your travel to and from Lexington, your hotel accommodations and souvenirs you might want to purchase. We know that gas prices are high and that air travel is also expensive, but compared to other vacation destinations, Lexington is a REAL DEAL! (And if you share a hotel room, your price will be even better!)

Contact us ASAP at alastingworld@sbcglobal.net if you are interested in signing up for our 2008 Roots & Remembrance weekend. We must have a \$35 NON-REFUNDABLE deposit at the time you sign up. We cannot guarantee a goody bag to anyone who signs up later than May 5, but you are invited to come join in any or all of the activities up to the very last minute!

Come experience the TREASURES of the Bluegrass – and share in a memorable weekend with your ALW family!

Camp H.O.P.E. 2008

On April 17, we had the honor and privilege to meet the (delightful and enthusiastic) 14 student campers who will be attending Camp H.O.P.E. 2008. This year we have 7 boys and 7 girls on board, all of whom are just finishing up 6th grade. The kids are very excited about spending a week at camp, and they are overwhelmed by the generosity of all the ALW Angels and friends who are helping make this camp a reality for them. For most of the kids, this will be their first time away from home, and not even one of them would have been able to attend camp without the support of generous sponsors and adopters. We thank ALL of you for helping make dreams come true!

This year's group of campers is even more financially underprivileged than our previous groups have been. The parents of the kids provided us with a 'wish list' of some items that each of the children need (it is mostly clothing, but there are a few toys on the lists, too). If you were not in a position to 'adopt' a camper, but would like to donate an item or two for a specific camper, contact us at alastingworld@sbcglobal.net, and we will give you more information! Thanks!

A few donations have started to come in for the campers. We have received baseball caps from LIDS, autographed books from several environmental and inspirational authors, bat literature and bat items from two separate bat conservation organizations, bat houses from a hardware store, and more. We'll be listing all our

sponsors/donators at the end of Camp; when we give you the list, please make sure to give these generous companies your business!

Miley's Dad is COOL!

Billy Ray Cyrus recently performed at a small venue near ALW Headquarters. We weren't able to go to the show, but we contacted the radio station who sponsored the concert, telling them about Camp H.O.P.E. and explaining that all the kids are from Kentucky (just like Billy Ray). The station talked to Billy Ray's record company, and they were able to get Billy Ray to personally sign photos and CDs for all 14 of our Camp H.O.P.E. kids! ☺ What a nice surprise this will be for the campers! This just goes to show you that KENTUCKY BOYS are kind-hearted, generous and COOL!

Environmental News

Let Someone Else Use Shoes, Fleece

Nike wants your shoes! Nike's Reuse-A-Shoe program takes beat-up kicks (any brand) and recycles them into goop used in basketball courts, tracks and playgrounds. For drop-off sites, visit www.Letmeplay.com/reuseashoe. Patagonia Company sponsors The Common Threads Garment Recycling Program. They accept worn-out (washed, please!) Patagonia organic cotton tees and fleece and other makers' Polartec fleece. Visit www.patagonia.com for more information. (Washington Post)

New Bikes Switch Into High Gear

As gas prices soar and global climate change looms, that low-impact standby called the bicycle is looking better and better. And so are bikes themselves. Check out these cool new models and accessories:

To shrink your carbon footprint to nearly zero, hop aboard a bike fashioned from a plant – bamboo – not industrial metal. But it will cost you: a frame alone from Calfee Design is \$2,695. Having trouble getting up hills? Try the RevoPower Wheel. This \$600 gas-powered wheel, to be released later this year, fits in place of a bicycle's front wheel. The engine gives you a power boost at the touch of a handlebar-mounted throttle. But no worries – a souped-up bike is still more energy-saving than a car! If switching gears gives you pause, try the Ride, which features an innovative transmission inspired by a 600-year-old Leonardo da Vinci sketch. Housed inside the rear hub, this "NuVinci" technology uses ball bearings and two rotating metal discs to create the perfect gear ratio for any terrain with the twist of a dial. (The NuVinci technology may even be used in cars and trucks one day.) At \$2,995, it is for serious bikers only. Want to borrow, not buy? Cities like Portland, Oregon, and Washington, D.C., are gearing up for public bike-sharing programs. (Julian Smith)

World's Beaches Are Awash in Trash

The world's beaches and shores are anything but pristine. Volunteers scoured 33,000 miles of shoreline worldwide and found 6 million pounds of debris ranging from cigarette butts and food wrappers to abandoned fishing lines and plastic bags

that threaten seabirds and marine mammals. A report by the Ocean Conservancy catalogs nearly 7.2 million items collected by volunteers one day last September in 76 countries and in 45 U.S. states. The most extensive cleanup was in the United States, where 190,000 volunteers covered 10,110 miles – about a third of the worldwide total – and picked up 3.9 million pounds of debris. Here are the top debris items: Cigarettes and cigarette filters – 1.97 million; Food wrappers, containers – 693,612; Caps, lids – 656,088; Bags – 587,827; Beverage bottles (plastic) – 494,647; cups, eating utensils – 376,294; Beverage bottles (glass) – 349,143. (Associated Press)

Track Your Carbon Footprint – and More!

Go to the Nature Conservancy's website, www.nature.org, and click on “carbon calculator: what's your impact?”

For more on the threat to the planet's fresh water supply, visit Pacific Institute's website at www.pacinst.org.

To see how to save water in the kitchen, visit www.h2ouse.org and click on “kitchens.”

Refrigerators, freezers, ranges, dishwashers, compactors and many small kitchen appliances demand plenty of electric power or gas. Check out gadgets that measure power consumption of various kitchen units, such as the Kill A Watt, at www.p3international.com.

Get a list of power needs for most kitchen appliances from clocks to broilers at www.oksolar.com/technical/consumption.html. (Chicago Tribune)

Baking Soda to the Rescue!

The kids may have done a number on your house this winter (of particularly long hibernation). But baking soda may be all the ammo you need to combat the mess. These tips come from Michael de Jong's Clean: The Humble Art of Zen-Cleansing (Joost Eiffers Books, 136 pages, \$7.95).

Remove crayon from walls by making a paste of baking soda and water and using some elbow grease. Rinse with clean water.

Deodorize your upholstered couch or chair by sprinkling baking soda on it. Wait an hour or so and then vacuum.

Fresh mud spot on your carpet or rug? Sprinkle with baking soda to cover the spot completely. Wait 20 minutes, and then vacuum.

Freshen up stuffed animals with a waterless, baking soda bath. Pour a cup of baking soda into a large, clean plastic bag. Add animals and shake. Remove toys and shake off the powder over a garbage can. Vacuum if you need to.

Clean solid plastic toys with a baking soda sponge bath. Dissolve 3 tablespoons of baking soda in a quart of warm water. Dip a sponge into the solution and rub the toys clean. Use a clean, damp cloth to rinse. (Karen Klages)

EcoSpeak

Confused by 'green' terms? Here's a primer so you can talk the talk while walking the green walk!

BIODEGRADABLE: By U.S. government definition, 60-70% of a product's ingredients must be able to break down and return to the environment within 28 days.

BLACK WATER: Water containing human waste from toilets and urinals. Typically black water, after neutralization to ensure safe use, is restricted to non-potable uses such as flushing or irrigation.

CARBON FOOTPRINT: A measure of the amount of carbon dioxide emitted through the combustion of fossil fuels as part of the everyday life of an individual or the everyday operation of a business. Calculation can include waste disposal, food grown and eaten, gas to get to work, etc. Calculate your carbon footprint at websites like www.carbonfootprint.com. (See also ecological footprint.)

CFL (compact fluorescent lamp): An energy-saving light bulb that replaces traditional incandescent bulbs that expend much of their energy in heat rather than light.

CLOSED-LOOP RECYCLING: Products of better-grade material made from a recycled source, such as ceiling tiles made from aluminum cans.

COMPOSTABLE: Material that breaks down to become what is effectively dirt. It contains no toxins and can support plant life. Compost piles are a system – green (grass clippings, vegetable and fruit scraps, etc.), brown (dead leaves, straw, hay, wood), air and water to turn waste into growing medium.

DAYLIGHTING: Use of natural light to supplement or replace artificial lighting.

DOWNCYCLING: Products of a lower grade that are made from a recycled source, such as carpet pads from tires.

ECO-FRIENDLY: Little or no impact on the native ecosystem. There is no legal definition for eco-friendly.

ECO-SAVVY: Someone (like all ALW Angels!) who is environmentally aware.

ECOLOGICAL FOOTPRINT: The area of land and water needed to produce the resources to entirely sustain a human population and absorb its waste products with prevailing technology. The concept of an ecological footprint is used as a resource management and community-planning tool.

FLAT PACK: Goods the end-user assembles. The unfinished product takes up less space, so more can be shipped – saving fuel and emissions. (Think IKEA's approach to furniture.)

GRAY WATER: Wastewater from showers, kitchens, washers, etc. Unlike black water, gray water does not contain human waste.

GREENWASHING: When more money and energy is expended on trumpeting eco-friendly practices than in making those commitments a reality. Secondarily, it is when something is touted as green because of an ingredient, component, etc., but

overall, it is not. For example, a cleaning product that adds a natural ingredient but still contains toxic chemicals.

LOCAVORE: Someone who tries to eat things that were produced locally, even if it means going off the organic reservation. Usually restricted to food sources within 100 miles.

OFF-GRID LIVING: Doing things without electricity or other artificial power sources. For example, using a clothesline instead of a dryer, solar power or push mower.

ORGANIC: Generally, organic foods use plants grown without conventional pesticides or artificial fertilizers and processed without food additives; or food products from animals that have not been subjected to routine antibiotics or growth hormones. According to the U.S. Department of Agriculture, organic foods must come from farms or ranches certified by a state or private agency that has been accredited by the USDA. Foods labeled as '100% organic' must contain only organically produced ingredients, excluding water and salt. Foods labeled 'organic' must contain, by weight, at least 95% organically produced ingredients.

SUSTAINABILITY: The concept can be traced back to Theodore Roosevelt, who said in 1910, "I recognize the right and duty of this generation to develop and use the natural resources of our land; but I do not recognize the right to waste them, or to rob, by wasteful use, the generations after us."

SUSTAINABLE MATERIALS: Material, like certain types of wood, that have a short growth and renewal cycle (bamboo, hemp, eucalyptus), or that, when harvested, don't degrade critical habitats. The term also is used for materials that are biodegradable, that are recyclable at the end of the usable life cycle, that reduce water or energy consumption or that help the environment.

VAMPIRE APPLIANCES, VAMPIRE ENERGY: Appliances that suck energy even when you're not using them. Examples include cell phone chargers, even when they're not charging anything, the toaster when there's no toast in it, intercom systems that are listening when you're not talking.

(Sylvia E. King-Cohen, Newsday)

Book A Greener Vacation More Easily

Summer vacation season is coming soon. A couple of travel booking sites are trying to make it easier for consumers to be eco-friendly. Orbitz is featuring energy-efficient hotels at www.eco.orbitz.com. These properties have earned an "Energy Star" label from the U.S. Environmental Protection Agency because they use nearly 40% less energy than average buildings and emit 35% less carbon dioxide. The site also makes it easy to book hybrid car rentals, take a volunteer vacation, or purchase carbon offsets for your travel. Expedia has a new "Going Green" store. The online store at www.expedia.com also allows customers to browse for environmentally friendly hotels, hybrid car rentals, and carbon offsets. (Associated Press)

Al Gore on Mountaintop Removal Mining

Here is a powerful quote from Al Gore: "Mountaintop removal is a crime ... an unacceptable practice."

Please continue to help us make others aware of what MTR is and how devastating it is to the Earth and to the people who live in the mountains that are being destroyed. Go to www.appvoices.org, to find out more about MTR, to learn what you can do to help, and to find out how you, personally, may be connected to MTR.

And Finally.....

“Do your dreams!”
(Anonymous)

“Just keep laughing, and you just keep going for your dreams, no matter what anyone else tells you.”
(Kevin Richardson, as spoken to Linda and Wen)

See you in June (unless you come to R&R – and if you do – we’ll see you then!!!)

Love,

Linda and Wen