

**ALW EARTHLINK  
JUNE 2008**

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**June Birthdays (and one from May!)**

**Happy Birthday to the following ALW Angels!**

**Jennifer – June 8**

**Diane – June 12**

**Malessa – June 14**

**Tracy – June 16**

**April – June 17**

**Ruth – June 22 (this is her Golden Birthday!)**

**Jane – June 25**

**And – a BELATED (but sincere!) birthday greeting to our dear friend and AWESOME Angel Ann, who celebrates her birthday in May and whom we have managed to MISS greeting in May for two years in a row (we are soooooooooo sorry, Ann!)**

**Roots & Remembrance 2008 – Review**

**Roots & Remembrance 2008 is now history. The weather for May 24-25 was absolutely beautiful, the Spring flowers were in full bloom, the Kentucky mountains were lush and green – and the fun, friendship and ‘treasures’ we shared were memories that will last forever! Thanks to the few, the small, but the dedicated group of ‘treasure hunters’ (Adam, Ali, Becky, Betty, Dan and Jesi) who came to spend all or part of the weekend with us! There were so many ‘highlights’ and so many great ‘moments!’ We will try and post a few photos on our website very soon, so check out [www.alastingworld.com](http://www.alastingworld.com)!**

**2008 ALW Angels of the Year**

**We are pleased and proud to announce the 2008 Angels of the Year. The following Angel honorees were announced and recognized at the “Remembrance” ceremony on May 25:**

**Meg Hunsicker (New Jersey)**

**Juliana Liu (Pennsylvania)**

**Terri Orr (Florida)**

Meg was one of our very first ALW Angels - #3 to be exact! Terri (in true Disney World style!) is always there to encourage us and to make us smile. Juliana is a 'silent' Angel who seems to appear from Heaven just when we need her most! If we started listing all these ladies' talents, gifts and generous acts of kindness and love, this newsletter would set a new record for length! We thank them for their dedication and their continued commitment. To honor them, they each received a special certificate and a special candle gift.

### 2008 ALW Friends of the Year

In addition to naming the ALW Angels of the Year, we also recognize special ALW *friends* – people who go 'above and beyond the call' during the past year to assist us in some special way. Our 2008 honorees are:

Dick Gates (Illinois)  
Jennifer Sloma (Illinois)  
Steve Sloma (Illinois)

Jennifer and Steve are counselors at Camp H.O.P.E. who endear themselves to every child who attends the week-long 'adventure.' They are also helpful to and supportive of ALW in many, many other ways. Dick has known ALW Founder Wen all her life – literally! (He was there with her parents the day she was born!) He has been an ALW supporter since its inception, and his 'country boy' heart has inspired us immensely! These three ALW Friends also received special certificates.

### Candle Donation Update

We want to let everyone know that we lit 450 candles at our "Remembrance" ceremony; the donations brought us a total of \$2250 to use for our Camp H.O.P.E. kids! (Just in case you were counting, 109 candles were lit in honor of our Honorary Chairperson, Kevin Richardson!) The total of \$2250 represents donations to our earlier Yankee Candle fundraiser, plus \$5 donations for luminaries from Angels and friends from all over the world! We truly did "light up Lexington" at the ceremony, and if Kevin was home that weekend, we know he saw the glow in the sky above his farm! We thank you all for supporting this event and participating in this event. We 'remembered' every single one of you during the ceremony, with much emotion and with much love.

### Remembering With Prayers

We know that all our ALW Angels pray, in their own special ways, with strong, powerful spirits. Please keep Hoke Dorough, father of Howie, in your special prayers. The Dorough family has requested that everyone start a 'prayer chain' for Hoke. We know that by adding ALW Angel prayers to the chain, it will be even more effective! Thanks!

### Thanks to A Special ALW Angel

We know he didn't do this for recognition and/or fanfare, but we just have to give a shout-out to our awesome ALW Angel Mike "Misha" Romo (California). Mike recently won a shirt in a silent auction. The shirt was owned by Kevin Richardson and was worn often by Kevin while he toured with the Backstreet Boys. The shirt

came with a handwritten certificate of authenticity from Kevin's brother Tim. After Mike won the prize, he elected to donate the shirt to ALW, to be used in a future auction or raffle. All proceeds from the auction or raffle will be used for Camp H.O.P.E. kids. We are totally overwhelmed by Mike's generous donation to us. We'll announce the auction or raffle in the coming months – IF we can get Linda to take the shirt off! (Just kidding!)

### **Camp H.O.P.E. 2008**

Plans for our July environmental camp are progressing very nicely. We have a great group of counselors lined up, and we have most of our workshop slots filled with guest speakers, lecturers, and other environmentalists. We have received signed books from authors, merchandise from musicians, free issues from magazines, and lots and lots of complimentary sweets from candy companies. The week should shape up to be another very successful event. We'll keep you all informed as we finalize the itinerary.

Terri Orr (one of our Angels of the Year!) has donated a McDonald's breakfast for every one of our campers on the day we take our off-site field trip. We GREATLY appreciate that! If anyone else would like to donate one or two McDonald's gift certificates for our underprivileged campers to take home with them, please e-mail us and we'll send you our mailing address. Thanks!

### **Environmental News**

#### **Some Eco-Friendly Websites To Check Out**

Some of these sites are fun, some are informative and some are new – but they are all environmentally-friendly!

**[www.chartreusechic.blogspot.com](http://www.chartreusechic.blogspot.com)**

**[www.eco-chick.com](http://www.eco-chick.com)**

**[www.stylesavestheworld.com](http://www.stylesavestheworld.com)**

**[www.treehugger.com](http://www.treehugger.com)**

**[www.yougrowgirl.com](http://www.yougrowgirl.com)**

**[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)**

### **June 28 – The Great American Backyard Campout!**

The National Wildlife Federation is sponsoring its one-night, annual event called the Great American Backyard Campout. People around the world are encouraged to sign up for the event and then to camp out right in their own backyards or in local parks. The website is **[www.backyardcampout.org](http://www.backyardcampout.org)**, and when you sign up you get ideas for all kinds of fun! Let us hear from you after your backyard camping 'adventure!'

### **This Summer – Visit a National Park!**

By visiting national parks, you help encourage governments to save wild areas. Many animals – including zebras, which can be found in parks such as the Serengeti National Park in Tanzania, in Africa – depend on protected areas. (National Geographic Kids)

### **Do You Over water Your Lawn?**

Many families over water their lawn. Keep your grass green without wasting water. You can check your grass for signs it needs water and make some easy changes. A good test to see whether your grass needs watering is to step on it – if it springs back, it probably doesn't need water. If you feel you must water, the best time to water your lawn is morning or evening, and you don't want to water when it is windy. Challenge your family to decide on the right time to water the grass instead of watering it randomly. By watering your lawn only when it needs it, you can save 1,350 gallons of water this month! That's the equivalent of 21,600 glasses of water. (National Geographic)

### **Deep-Vein Thrombosis Linked To Pollution**

Long-term exposure to the tiny, dirty particles in polluted air seems to increase the risk of deep-vein thrombosis, blood clots in the thighs or legs, an Italian study finds. Particles released by vehicle exhaust cause inflammation in the lungs that increases the formation of blood clots. The study adds to other findings linking air pollution with heart attack and stroke. (Health Day News)

### **Good, Easy Summer Reading Material**

Twenty years ago, **50 Simple Things You Can Do To Save The Earth** became a New York Times best seller. Last month, an updated version of that classic text on green living is being released (Hyperion, 128 pages, \$12.95). Written by John Javna with his teenage children Sophie and Jessie, the revised version suggests ways to preserve the environment, including many money-saving tips. Here are tips for conserving water and gas:

1. Create a rain barrel. Water from your roof can be collected and then used to water the lawn or garden. Javna suggests that renters ask their landlords first. Building instructions and details can be found at [www.waterkeeper.org](http://www.waterkeeper.org).
2. Garden with a green thumb. Select drought-tolerant plants for your garden. When you do water, use soaker hoses and drip irrigation systems. Spread mulch to help roots retain moisture.
3. Stop leaks. A single leaky faucet – with one drop of water per second – translates into 192 wasted gallons per month. Whenever we run the faucet while shaving or brushing our teeth, we waste about 5 gallons of water.
4. Safeguard water pipes. Popular drain cleaners can damage household pipes, leading to expensive plumbing bills. Here's a recipe for a gentle alternative: Mix 1 cup of baking soda and 1 cup of vinegar into a pot of boiling water. Pour this mixture down the drain to dissolve most clots. Replace chlorine cleansers, which are not biodegradable, with eco-friendly alternatives such as oxygen- or hydrogen peroxide-based bleaches.
5. Demand gas-efficient rental cars. Save money and the environment while you're on vacation by asking the rental car companies to provide a fuel-efficient vehicle. Your selection will have a long-term impact on the auto industry, which studies rental trends when developing new cars. (Sharon Harvey Rosenberg, McClatchy/Tribune Newspapers)

### **Recycling Makes A Difference!**

**The U.S. EPA estimates that recycling by one household saves 1,267 pounds of greenhouse gases each year.**

**Garbage is a major contributor to global warming. Landfills are the largest man-made source of methane gas. Methane is 23 times more effective at trapping heat in the atmosphere than carbon dioxide.**

**Also, the manufacture, distribution and use of products all result in greenhouse gas emissions. Waste prevention and recycling reduces greenhouse gases by saving energy in the manufacturing process and increasing the amount of carbon stored in forests (by using fewer trees).**

**Net carbon emissions are four to five times lower when materials are produced from recycled steel, copper, glass and paper. They are 40 times lower for aluminum. The amount of material we recycle today in the United States – 81 million tons per year – equals the total quantity of garbage we produced in 1960.**

**The average American uses seven trees each year in paper, wood, and other products made from trees.**

**In a lifetime, the average American will throw away 600 times her/his adult weight in garbage. This means that a 150 pound adult will leave a legacy of 90,000 pounds of trash for her/his children.**

**(Kane County Division of Environmental Management)**

### **Recycle Those Plastic Bags!**

**Take back grocery, produce, newspaper, and dry cleaning bags (remove receipts) to many grocery or discount department stores such as Wal-Mart, Jewel, Kroger, etc. 100 billion plastic grocery bags are used in the U.S.A. each year, or about 333 per person. Only about 4% are currently recycled.**

### **An Even Better Idea!**

**Start using cloth or mesh tote bags for your purchases! Carry them with you, and reuse them over and over!**

### **Global Hotspot**

**Over the past five years, average temperatures in the American West have risen nearly twice as fast as the average global increase, according to a new analysis of U.S. government weather data. This is especially grim news for some of the nation's fastest growing cities, such as Denver, Albuquerque and Las Vegas, which receive water from the drought-stricken Colorado River. Rapid warming has already severely impacted crop production, commercial salmon fisheries and tourism revenues. To stem this crisis, NRDC is urging western lawmakers to take the lead in**

pushing tough global warming legislation through Congress. (Nature's Voice Magazine)

**"Bee" Good To Your Garden**

Not everyone can have a beehive in his/her backyard, but everyone who has a yard or garden can go pesticide-free to help keep bees healthy and buzzing along. And healthy bees are what we need. There are many reasons for Colony Collapse Disorder (a little-understood phenomenon in which worker bees desert a hive), but beekeeper and lecturer Diane Busch attributes the main cause to pesticides.

"You can go green, you can compost, mulch your yard, and above all else, don't spray," she said. "People have gotten too interested in cosmetics. They need to let their plants go to seed and leave a few weeds growing."

Busch maintains six beehives in several locations around San Diego County and sells the honey. She started keeping bees after her father died and she more or less inherited his hives. "It just took off after that," she said.

"I think people are just starting to realize how important bees are to us. Almost everything on your dinner plate needed bees to get there, even meat because livestock eat alfalfa and other pollinated plants," she said. (Associated Press)

And Finally.....

*"In nature we never see anything isolated, but everything in connection with something else, which is before it, beside it, under it and over it."*  
(Goethe)

*"Above all, watch with glittering eyes  
the whole world around,  
because the greatest secrets  
are always hidden in  
the most unlikely places."*  
(Roald Dahl)

*"There's not enough darkness  
in all the world to  
put out the light of even  
one small candle."*  
(Robert Alden)

See you in July!  
Linda and Wen