

ALW EARTHLINK
JULY 2007

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July Birthdays

Wishing the following ALW Angels a 'firecracker' celebration on their July birthdays!

Patty – July 3

Stephanie – July 3

AMERICA – July 4

Mandy – July 8

Robert – July 12

Liz – July 14

Malinda – July 14

Marian – July 17

Amber – July 26

Camp H.O.P.E. 2007

As you read this, we will be heading to Kentucky for a few days, to make the final preparations for Camp H.O.P.E. (Helping Our Planet Earth) 2007. Camp will run from July 15-21, 2007. We have 15 very excited students and six very qualified adults (not counting us) ready to join us for a week of environmental education workshops, community-building experiences, field trips, outdoor learning activities, sports, recreation and more! We are pleased to have workshops being presented by the Kentucky Reptile Museum, by staff members from Eastern Kentucky University, by representatives from Kentucky Horse Park and others! Thanks again to ALW Angels Terri, Meg, Ali, Betty, Lynne, Jerry, Malessa, Rob, Becky, Jenny, Tyna, Jane, Kizzy and Ann for sponsoring some of our 2007 campers or for making them a quilt/blanket! Without you, we could not be bringing these students to Camp at all!

A Partial Thank-You List

Added to the list of people making in-kind donations to Camp H.O.P.E. are: Scholastic Books, the Chicago Bears (a signed mini-football helmet), John and Theresa Kerry (a signed copy of their book for each camper); Lyric Street Records; Jive/Zomba Records; Lisa Lombardo at Dinosaur Records; Skateboard Magazine; Charmed Magazine; Necco Candy Company; Canadian Bat Houses, Inc.; Classic Cinemas; St. Peter Church; Absopure Water; U-Haul; and more! Next month we

will give you the complete list of ALL our generous donors, and we are sure you will be amazed at its length!! We are so humbled and so amazed at the support we are receiving for Camp H.O.P.E.! We are truly, deeply grateful for the many people who are reaching out in many ways to help make a difference in the lives of some very beautiful children.

Fundraiser Updates

We recently held two garage sales, sponsored a booth at a local gardener's fair, and held two auctions on eBay. All the money raised from these events will be going to pay for a field trip to the Kentucky Horse Park during our week at Camp. Because our eBay auctions did so well, we'll even be able to take an hour-long trail ride with the kids! ☺

We are still taking inventory and we plan to have our online ALW 'clearance sale' soon. Save some pennies! We'll have some awesome items at prices that are a STEAL!

Book Reviews

If you have kids, if you are a teacher, or if you are interested in helping children love the Earth, pick up a copy of GO OUTSIDE: Over 130 Activities for Outdoor Adventures. Author Nancy Blakey has put together a creative collection of 130 outdoor activities organized into autumn games, winter activities, spring projects, and summer crafts. Regardless of the season or the weather (try creating rain paintings next time that it is pouring!) you can always have something fun going on outside. This book is perfect for teachers, nature center staff, leaders, and parents – anyone who thinks that children spend too much time indoors. For ages 6-13. You can order it from Acorn Naturalists, www.acornnaturalists.com. The price is \$14.95.

Al Gore has published a young people's edition of his book, AN INCONVENIENT TRUTH: The Crisis of Global Warming. The book is appropriate for children ages 11 and up. In the foreword, Mr. Gore says: "Your generation has grown up much more aware of environmental problems than mine. You already understand that our relationship to nature is not a relationship of 'us' and 'it.' You know that we are all part of the same ecosystem, that we are all in it together.....I hope the readers of this book will see the opportunity to live differently and to make changes that will help end the climate crisis." The former Vice President discusses global warming in easy-to-understand terminology, and then gives 'take action' suggestions that will enable the next generation to help put a stop to the global warming crisis. Published by Viking/Rodale Press, the book can be found at most bookstores. It costs \$16.00. For more information about global warming or Mr. Gore's book, visit www.climatecrisis.net.

Environmental News

What is Environmental Sustainability?

For many of us, the summer season is more “laid back” than the rest of the year, and many of us set a slower pace while we enjoy the typically warmer months of June, July and August. Because you may have more time to read our July newsletter, we’re going to take the opportunity to send you some basic environmental thoughts. They are probably things you’ve all heard before, but let’s take a few moments to honor the Mom we all shareMother Earth. The following reminders (from the booklet “Love Notes To Our Moms and Other Women of Influence”) will help sustain the environment around us and preserve our natural ecosystems for future generations. And, let us not forget, personal sustainability! In order to maintain your natural balance, pamper yourself by creating time for your mind, body and soul.

‘The term ‘sustainability’ relates to the Earth and its natural ecosystems, and our ability as inhabitants on this Earth to preserve it for future generations. Its intent is that all of human life is able to meet its needs, while minimizing our footprint on the environment around us and preserving natural ecosystems for the long-term. Many believe that the Earth has been here forever and that there is little impact one family can have on it. That couldn’t be farther from the truth! There is a great deal you can do to help preserve our planet, and in doing so, you’re teaching your children to respect the world we live in. Chances are, you’re beginning a solid foundation that your children and grandchildren will pass to future generations.

1. There is indisputable evidence that our world is changing. Scientists know that our natural systems are declining, our climate is changing due to global warming and the Earth’s natural energy sources are also declining. These changes affect our world today and threaten future generations. However, everyone, from the largest companies to families across the world, can have a positive impact on the environment.
2. The average family spends about \$1,300 on utilities each year, and much of that on heating and cooling their homes. Consider seeking ways to reduce your usage and your budget. Turn the thermostat down just 2 degrees in colder months and up 2 degrees in the summer. Many families are out of the home during the day. Consider a timer that automatically turns the heat up or down to use less energy throughout the day. Consider solar power as an alternative to natural gas or electricity.
3. Many homes are insulated with fiberglass insulation (a combination of mined substances and recycled glass). Consider using recycled cotton or cellulose insulation made of recycled newspapers and readily available at many home stores.
4. Retail stores across the country are now carrying environmentally-friendly cleaning products and laundry detergents with all-natural ingredients. Look for products with citrus-based oils to get the most cleaning power with the least environmental impact.
5. Reduce, reuse and recycle! Make recycling a daily routine in your home by separating aluminum cans, paper, cardboard, plastics and more, and participating in your community’s recycling program. Many garbage companies, city governments and other organizations offer recycling bins that you can pick up for free to put your recyclables in at your home.

6. You can also recycle many other household items, such as old printer cartridges, cellular phones, computers, video tapes, eyeglasses, CDs and DVDs, batteries, Christmas trees, fluorescent light bulbs and carpets. Contact local recycling resources for more information about recycling these items or research the internet for companies that will recycle these items for you.
7. You may already recycle at home, but what about in your office? Encourage your office to start a paper-recycling program, use both sides of the paper for non-essential items, put extra bins in the kitchen for cans and bottles only, or use reusable dishware in the cafeteria instead of disposables.
8. Many companies are using recyclable packaging and reducing packaging size to minimize their impact on the environment. Look for products that are 'higher-concentrate' that use less packaging; and therefore, have less of an impact on the environment.
9. Replace toilets and appliances in your home with new systems that use less water, another precious resource.
10. Reduce the amount of time you travel by car, especially when you are alone. Consider using public transportation to get back and forth to work. Bundle errands together and drive to a central area and walk to minimize shopping and starting your car often. The good news is.....not only are you helping preserve our natural resources.....but, you're doing something healthy for yourself at the same time!
11. Preserve your "Personal Sustainability" by making a conscious effort to balance your own systems – physical, emotional, and spiritual. Plan time for spiritual rejuvenation, fun with family and friends, and personal pampering.'

Global Warming By The Numbers

We've given you these statistics before, but it's always good to review them!

2006 ranked as the hottest year on record in the continental United States.

In 2006, America ranked as the top global warming polluter, emitting almost as much as the European Union, Russia and Japan combined.

In 2006, America experienced a 20% increase in carbon dioxide emissions from the burning of fossil fuels – the biggest increase since 1990.

If pollution is not capped, a 15% increase of carbon dioxide emissions is forecasted by 2020.

By 2050, an 80% decrease in America's global warming pollution is required to prevent the worst consequences of global warming.

The U.S.A. fire season has increased by 78 days over the past 20 years – tied closely to increased temperatures and earlier snowmelt.

By 2080, 200 million people could be displaced globally by extreme droughts, sea level rise and flooding.

358 USA mayors (representing 55 million Americans) have signed the US Mayors Climate Protection Agreement, pledging to meet or beat Kyoto goals in their communities.

To date, there are no federal bills passed by Congress to set a mandatory, economy-wide cap on America's global warming pollution.

President Bush has not once mentioned 'global warming' or 'climate change' in his previous State of the Union speeches.

(Sources: The U.S. National Climatic Data Center, the United Nations Framework Convention on Climate Change, Environmental Protection Agency, the Stern Review on the Economics of Climate Change, Science, U.S. Mayor's Climate Protection Agreement)

Make Sunscreen Choices Carefully

When you reach for the SPF this summer, you might be getting less protection than you think. In an analysis of 800 sunscreens, only one in every six offered necessary protection against the sun's ultraviolet rays along with an assurance that its ingredients were safe to use, reported Jane Houlihan of Environmental Working Group. The group's Skin Deep database (www.cosmeticsdatabase.com) ranks the safety of cosmetics. There are no federal guidelines covering sunscreens, although the FDA has to give a thumbs-up to active ingredients. For consumers, the biggest problem is that SPF ratings don't take into account whether the sunscreen protects against UVA rays in addition to UVB or if the product is stable after exposure to the sun.

(The Associated Press)

MySpace Impact Award

Black Warrior Riverkeeper was honored this April as the only local organization among three nominees for MySpace's first international Environmental Impact Award. The award recognizes organizations on MySpace.com that make our world a cleaner place. You might want to check out Black Warrior Riverkeeper!

(Waterkeeper Magazine)

A Winning Formula

You've heard of a car that runs on vegetable oil, but what about one made of plants too? Top-to-bottom biodegradability or recyclability is the goal of students at the University of Warwick in the United Kingdom who built the Eco One, a biofueled race car with a hemp shell, flax-fiber brake pads, and tires manufactured with potato starch. Next to come are plant-based seats and seat belts, though the engine block and chassis are likely to remain aluminum and steel, both readily recyclable. Check the car out at www.go.warwick.ac.uk/ecoracecar. (Sierra Club Magazine)

Want More Environmental News?

Check out the forums on our website, www.alastingworld.com. Linda works **tirelessly** to help keep all of us up to date on environmental news, environmental research, current topics and issues, environmental action, etc.

And Finally.....

These words were written by our friends at The Christian Appalachian Project in Hagerhill, Kentucky:

“Despite its majestic beauty, Appalachia is certainly not Heaven. In fact, it can be one of the cruelest places in America: dilapidated homes, snow covered shacks, welfare lines and children with hardly the necessities to survive. It’s shocking to think that in America – a land of wealth and opportunity – families still live in such aching poverty. With the highest unemployment rates in the nation, and below-average wages, it’s no wonder families have barely enough money each month to pay their heating, rent and food bills. It comes as no surprise that there’s no money left for warm clothing, shoes, or blankets. The depth of their poverty robs them of everything – their dignity, their future, their hope.

The need to help the children is greater than ever before. Real Angels we are not. But to children living in the rugged Appalachian region, we can all give a ‘Heavenly’ gift that promises to last a lifetime: sharing the love of those who care enough to help. Will you be an Angel of Appalachia?”

We share those words with you because to us, each of you IS ALREADY an Angel of Appalachia! Every one of you who has consistently supported ALW; any of you who have made a donation to one of our fundraisers; those of you who have supplied us with holiday gifts, school supplies, or more; those of you who have personally adopted a Camp H.O.P.E. student, and those of you who seem to know JUST when to send us the e-mail that says ‘Don’t give up!’ – to us, you truly ARE Angels – and we thank GOD for you every single day! ☺

See you in August!!!!

Linda and Wen