

ALW EARTHLINK
AUGUST 2006

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August Birthdays

Happy Birthday to our ALW Angels who celebrate their date of birth in August! Have fun!

Kristin Richardson (Honorary ALW Angel!) – August 4

Tanushree – August 5

Traci – August 9

Sue – August 19

Environmental Camp a SUCCESS!

ALW's first-ever environmental camp was a huge success! 12 students and 10 adults joined us for a week that encouraged getting back in touch with nature and the outdoors! The weather was HOT, but the camp accommodations were comfortable and inviting! The hikes, the workshops, the games, the field trips and the outdoor activities (rappelling and archery to name just a couple!) made the entire week an adventure on planet Earth that we hope our participants will never forget! Check out our ALW website in the next week or so to see photos of some of the fun and learning that went on! "Mountains of Memories" were made, and we are already looking forward to and planning our 2007 camp!

Thank You!

There are so many people to thank for the success of our first-ever environmental camp! It is always dangerous to try and name everyone, because you risk leaving off a name or two – but – we're going to take a shot at thanking everyone here! First of all, we thank the adults who joined us at camp and who helped us with the kids – Ali, Becky, Betty, Jerry, Kizzy, Laura, Tabitha and Whitney. Then there is the wonderful staff at the camp itself – the camp directors, the cooks, the counselors, the guides and the lifeguards! You are too numerous to name here, but we want you to know that each of you is most appreciated! We thank the people who sponsored and/or 'adopted' one of our campers – Ali, Betty, Becky, Laura, Kizzy, Malessa and family, Jill, Meg, Lindsey, Jenny and family, Rosanne, Amy, Brenda, Ann, Lynne, Tyna and family, Susan, Diane, and Rochelle. We would also like to thank all the individuals and businesses whose generous donations made the week even more special – Kim and Johnny from the Daniel Boone National Forest, Alan Banks, Teri Blanton (and her niece!), Tracy Powell-McCoy, and Libby from the Kentucky Riverkeepers, the boat commanders from the Boonesborough

Boat Club, the staff at the Kentucky River Museum, the staff at the Hummel Planetarium, Dr. Aaron Thompson from Eastern Kentucky University, Absopure Water Company, American Cancer Society, A & W Sports, BP, Best Buy, Build-A-Bear Workshop, Combs Touch, Coca-Cola Company, Cummins, Inc., Debbie Dooley, Estill County Schools, Hardees, Mike Flynn, Friendship Station Preschool, Chip Ganasi Racing Team, H & R Block, Helzberg Diamonds, The Hickory Switch, Inner Beauty, Keith's Hair Design, Kentucky Humanities Council, Lisa Lombardo, Looking Fancy Hair and Nail, McDonald's, Gwen McKinney, Pepsi Cola Company, The Pez Company, Chesteen Robbins, Salamander Graphix, Inc., Dick Blick Company, Smokey's Auto Center, Straight Shoot Pro Shop, Total Image, Watson and Pasley, The Wigwam, The Wrinkled Egg, Ferrara Pan Candy Company, Jive Records, and Michael's Craft Stores. Last, but not least, a special thanks to Kevin Richardson for his continuous support and encouragement in helping us believe in our dreams and in giving us the inspiration to make our dreams come true!

Fundraiser Updates

One of the ways you can help us insure that ALW will have enough funds to bring 12 more needy kids free-of-charge to next year's summer camp is to support our on-going fundraisers and special events! Do you have one of our cookbooks? A donation of only \$10 gets you a copy! They make great gifts! Do you want to send a unique greeting to a friend or family member? Our seeded cards (\$2 each) allow you to write your own message, and then allow the recipient to plant the card and watch wildflowers grow! Do you want to start your holiday shopping early? We have beautiful, custom-designed glass holiday ornaments with an environmental message! Contact us today at alastingworld@sbcglobal.net for more information on any of these items or for information on how to order them!

Kevin's Birthday Bash FUNdraiser!

Our next BIG event is a 3-day par-tay in Lexington, Kentucky, to celebrate our honorary chairperson Kevin Richardson on the occasion of his 35th birthday! The event will take place October 6-8, 2006, in Lexington, Kentucky. We'll have games like "Pin the Kentucky Hat on Kevin," Kevin Bingo, Kevin Trivia Contest, Football Toss, two different Best-Dressed Contests, Golf Putting, Kevin Buckets, Kevin Cake Walk, and MORE!

For mere 'pocket change' (compared to other fundraisers, anyway!) you get the following:

Football Frenzy Tailgate Party – Friday, October 6 – 6:30-9:30 p.m.

Price of \$10.03 includes food, soft drinks, desserts, tailgate party favors

Additional (optional) costs are for alcoholic beverages, raffle tickets and game tickets

Picnic in the Park – Saturday, October 7 – 11 a.m.-3 p.m.

Price of \$19.71 includes brown bag lunch, 35 raffle tickets, 35 game tickets and one additional raffle or game ticket (choice of participant)

Additional (optional) costs are for alcoholic beverages, Additional food items, game and raffle tickets, tee-shirts, etc.

A Celebration in Honor of Kevin Richardson's 35th Birthday – Saturday, October 7 – 6:30 – 11 p.m.

Price of \$35.00 (plus one, unwrapped NEW TOY for a needy Appalachian child) includes dinner, cake and ice cream, soft drinks, party favors, one Lucky Buck, one tee-shirt, one button

Additional (optional) costs are for alcoholic beverages, novel photo opportunities, raffle and game tickets, auction items

(Note: Howie and Pollyanna Dorough have already jumped on board and have sent us two UNIQUE, ONE-OF-A-KIND auction items wishing Kevin a Happy Birthday!

The money raised from their items will be given to DLF. We've got some other auction items that you won't believe until you see them!!!!)

ALL money raised from this event, except for the money earmarked for DLF, will go (with Kevin's official approval) to sponsor needy children at ALW's 2007 Environmental Summer Camp. Kevin, his management team and his lawyers officially approve this event.

This is a great opportunity to have a fun weekend in Kevin's hometown of Lexington, celebrating with other people who admire this multi-talented, generous, caring and wonderful man!

PLEASE, PLEASE JOIN US FOR THIS MAJOR FUNDRAISING EVENT!

We have a block of rooms reserved at the Comfort Inn in Lexington, and if you are interested in reserving one, contact us for the group number (so you get the group rate!).

So that we can order supplies, arrange for food, etc. -- we need your commitment to attend, with a \$35 non-refundable deposit, no later than August 15, 2006! (Note that we are extending the deadline just slightly!)

Get a group of friends together and come on down to Kentucky, y'all! We GUARANTEE you'll have fun, you'll find friendship and that you will leave with that great feeling that you have helped someone less fortunate! ☺

Contact us at info@alastingworld.com and we'll send you out a Birthday Bash registration packet!!!!

Environmental News

This month, we'll forego 'heavier' topics and feature some summer environmental news we hope you can use!

Protect Yourself From Everything Under The Sun!

It's still summer time, and there are still many hot days ahead! Melanoma is the second leading cause of cancer among 13-to-30 year olds. Slapping on some sunscreen and wearing protective clothing is a must this summer, as the American Cancer Society encourages everyone to use some form of sun protection to decrease the likelihood of developing skin cancer.

“As you head out the door, protecting yourself against the harmful effects of the sun should be as second nature as grabbing your car keys,” said Dr. Brooke Jackson, American Cancer Society medical ambassador and Chicago dermatologist. “Adopting these behaviors is important for children, as well as adults. Research shows a link between severe sunburns in childhood and an increased risk of melanoma and other skin cancers later in life.”

The American Cancer Society offers the following advice on how to protect yourself from the harmful effects of sun exposure:

- Avoid direct sunlight between the hours of 10 a.m. and 4 p.m., when the sun is most intense.
- Protect your skin with clothing, including a long-sleeve shirt and a hat with a broad brim.
- Use sunscreen with a SPF factor of at least 15.
- Liberally apply sunscreen 20-30 minutes before going outside so that the skin can absorb the protective agents and reapply at least every two hours or after sweating or swimming.
- Wrap-around sunglasses with at least 99% UV absorption provide the best protection for the eyes and the skin area around the eyes.
- Avoid tanning beds and sun lamps, which provide an additional source of UV radiation.
- See your doctor regularly for skin checks.

(Taken from American Cancer Society Information)

Add Interest To Your Summer Garden With Plants That Can Stand Up To The Heat

There are some colorful flowers and plants you can add to the garden this time of the year that could last until Thanksgiving, and perhaps even until the first snow arrives! Adding chrysanthemums or asters in August and early September is a good idea because it gives these hardy, cool-weather plants a chance to set their roots before autumn arrives. Here are some other late summer plants you can add to your garden: Cabbages, Coleus, Coneflower, Coreopsis, Daylily, Dianthus, Gaillardia, Kale, Lysimachia, Pansies (plant pansies once the weather gets cooler), Queen of the Prairie, Russian sage, Salvia, Sedum, Swiss Chard.

(Sources: Morton Arboretum, The Natural Garden, HGTV)

Don't Forget The Send-A-Seed Project!

Want to help grow gardens on the Gulf Coast? The staff at Angels on Earth Magazine is attempting to collect enough seeds to sprinkle throughout the hard-hit areas of last year's devastating hurricanes and let hope flower in the Gulf Coast. So far, about 200 pounds of seeds have passed through their office, and the seeds are already finding homes in southern soil! They have received seeds from all across the USA, from Puerto Rico, the UK and more than one pre-K! They have received donations from garden clubs, sororities, a school in Minnesota and a Bunco group in California. Send your seed donations to Send-A-Seed Project, Angels on Earth, 16 East 34th Street, New York, New York 10016. Tell them you are from ALW, and that we believe that "Together, we can make great things happen!"

(Information about Send-A-Seed Project by Colleen Hughes, Editor-in-Chief, Angels on Earth Magazine)

Want to Grow Healthy Houseplants?

To propagate airplane plants, simply snip off one of the 'babies' – or miniature versions of the parent plants – with scissors. Then simply root the smaller plant in a pot containing potting soil. Water the new plant, and place it near a window where it can get ample sunlight. Within a couple of weeks, the baby will form roots. Within a couple of years, it will produce babies of its own.

For overgrown plants that have begun to show brown vegetation, it might be necessary to give the plant a 'haircut.' Use scissors to trim back the trailing vegetation around the sides, leaving just the healthy foliage at the top of the pot. Trimming away the unhealthy foliage will likely result in healthy new growth.

To avoid over-watering plants, rely on the finger test. Stick your finger down into the soil in the pot, and then pull it out. If soil clings to your finger, the plant does not need to be watered. Only water it when the soil becomes dry.

(From Scripps Howard News Service)

Panera Bread Goes Organic for Kids!

Panera has recently augmented its menu of breads, pastries, sandwiches, salads and drinks to include Panera Kids, a healthy children's menu featuring natural, whole grain and organic ingredients. Panera's PB&J, grilled cheese and cold-cut sandwich meals are made with all-natural peanut butter, Horizon organic American cheese, Horizon organic low-fat milk, Horizon reduced-fat chocolate milk or organic apple juice. Dessert is Horizon organic squeezable yogurt. They make no such virtuous claims about the sandwich meats or jelly, but Panera's efforts extend beyond most fast-food joints. One can argue that anyone could easily make these kids' meals at home for less than the cost Panera charges, but with so many kids' options at the fast-food restaurants, this is one of the few that parents and kids can feel good about – and kids WILL eat them! Check out Panera at www.panerabread.com.

(By Monica Eng, Chicago Tribune Newspaper)

And Finally.....

“When I saw everything on my bed I felt loved and gifted and I am so excited to be here!”

(Quote from one of the student campers on the first day of our environmental camp)

“I liked everything about this camp. I wish we had more time to do some more!”

(Quote from one of the student campers on the last day of our environmental camp)

*“Find something you love to do,
and you’ll never work a day in your life!”
(Kevin Burns, Mayor of Geneva, Illinois)*

*Don’t forget –
sign up to come to Kevin’s Birthday Bash
October 6-8, 2006!
(Linda and Wen)*

See you in September!

Linda and Wen