

**ALW EARTHLINK  
AUGUST 2008**

**In this issue.....**

**August Birthdays**

**Please Pray**

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

**Thank You!**

**Camp H.O.P.E. Contributor of the Month**

**Fundraiser Updates**

**Environmental News**

**And Finally.....**

**August Birthdays**

**Wishing the following ALW Angels very happy August birthdays!**

**Enjoy your summer celebrations!**

**Kristin Richardson (Honorary Angel!) – August 4**

**Tanushree – August 5**

**Sue – August 19**

**Please Pray**

**We know that the prayers of our ALW Angels are powerful. Please pray for our Angel Meg and her family. Meg's Dad, Victor Gualano, is not doing well and she would appreciate some prayerful support from all of us! Thanks!**

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

**July 13-18, 2008**

**The weather was warm, sunny and perfect for being outdoors to enjoy the natural beauty of the Cathedral Domain, the Appalachian Mountains, the Kentucky Bluegrass region, and other natural settings. Our 14 campers were enthusiastic, ENERGETIC, and were ready to learn. Our 7 Camp H.O.P.E. counselors shared their environmental expertise, their guidance and their love (thanks to Jennifer, Steve, Ali, Betty, Becky, Jerry and Ruth!). Andy and Cindy, all the knowledgeable guest speakers, the trained guides, the lifeguards, the camp cooks and everyone else associated with Camp H.O.P.E. 2008 helped make our week-long adventure a memorable, wonderful experience that changed all of us for the better. Thank you to everyone who supported us, encouraged us, prayed for us, inspired us and shared this year-long journey with us! It's hard to believe another Camp has ended.....but we're already excited about starting to plan Camp H.O.P.E. 2009!**

**Be watching for some Camp photos on our website – coming soon!  
(Thanks to Ali, Jennifer and Becky for their photography skills!)**

## **Thank You!**

**With the sincere hope that we are not forgetting anyone, here is the list of all those who helped make Camp H.O.P.E. 2008 a 'dream come true' for 14 underprivileged youth in Kentucky: Absopure Water; Ale-8-One Bottling Company; Alison Anchor; Betty Anchor; Antony; Angel Star; American History Magazine; Domenic M. Antonelli at New England Confectionary Company; Arrow Plastic; Ambuchon Hardware; Rick, Roxanne and Tom Bartlett; Eric Basta; Bat Conservation Society; Bat Conservation International; Bat World Sanctuary; Bauer Magazine; BB Dakota; Big Machine Records; Borders Books of Lexington, Kentucky; Building 429; Candy Dynamics; Cathedral Domain Staff; The Chicago Bears; Chuck-E-Cheese; Margaret Clark and Family; Clearly Fun Soaps; Color-A-Cookie; Debbie Collett; Cosmo Girl Magazine; Mary Costigan; Pat Cumming; Billy Ray Cyrus; Dance Magazine; Doumak, Inc.; Eastern Kentucky University; Episcopal Diocese of Lexington, Kentucky; Ann Estep; Estill County Schools; Flav-Or-Aid Company; Michael Flynn; Forensic Magazine; Rochelle Friedman; Friendship Station Preschool Staff; The Frog Store; Richard Gates; The Honorable Al Gore; Hallmark Corporation; Liz Curtis Higgs, Author; Homespun Treasures Quilting Group; Meg and Lindsay Hunsicker; Patrick Hutchens of the Original Keepsake Chest Company; Jive Records; Jordan Keller, Esq.; Robert F. Kennedy, Jr.; Kentucky Department of Fish and Wildlife Resources; Lexington Children's Museum; Lexington Fire Department; Kentucky Reptile Zoo; Stephanie Keshe; Terry Kuyawa; Land and Sea; Lids, Fayette Mall, Lexington, Kentucky; Lids, Spring Hill Mall, Algonquin, Illinois; Lisa Lombardo; Lyric Street Records; Lynne Maas and Family; Maple Tree Press; Jerry and Ruth Marcec; Carol McCloud, Author; National Geographic Society; Natural Resources Committee of Geneva, Illinois; Necco Candy; Kizzy Nicholas; Outside Magazine; Terri Orr; Panther Vision; Malessa Pearce; Penguin Group (USA) Ltd.; Pointe Magazine; Power Star Collectibles; Karen Pratt; Robert Rauschenbach; Rascal Flatts; Brenda Reynolds; Kevin Richardson; Mike Romo; Merin Roseman; The Rubin Family; St. Peter Church; St. Peter Church Faith Sharing Group; Scripture Candies; Jenny Shaver; Andy and Cindy Sigmon; Skateboard Magazine; Brooke Slack; Slam Magazine; Jennifer and Steve Sloma; Becky Sopek; Liz Stitt; Sunflower Food and Spice Company; "That Really Great Dance Store," Inc.; The Soccer Store; Jan Thornhill, Author; Toys R Us, Lexington, Kentucky; 21<sup>st</sup> Century Dental; U-Haul; University of Kentucky Arboretum Staff; U.S. Air Force (Jay- Recruiter), Crystal Lake, Illinois; US 99 Radio, Chicago; Thomas Vasquez Entertainment; Shirley Vogt; Waterkeeper Alliance; and Diane Witt (BP).**

**Camp H.O.P.E. Contributor of the Month**

For the next several months, we'll be using this space to 'highlight' one of our Camp H.O.P.E. Contributors. In return for the joy their generosity brought to our campers, we ask you to support these contributors in any way you can! Thanks!

This month's contributor: **Ale-8-One Bottling Company**.

While other, bigger soft drink companies (Pepsi, Coca-Cola) refused us, the **Ale-8-One Bottling Company** in Winchester , Kentucky , was most accommodating in supplying our campers with both soda pop and with bottled water! We used their soft drinks for a special treat after workshops. We poured their water into the reusable bottles that our campers carried on hikes, on hay rides, to creek studies, etc. (We recycled the bottles in which their water was given to us.) The folks at Ale-8-One were pleasant, helpful and very, very generous! This is a Kentucky-based company with a very unique product line! Check them out at their website - [www.ale-8-one.com](http://www.ale-8-one.com). You can have their products shipped to you if you want to try a true Kentucky taste!

#### **Fundraiser Updates**

We are committed and passionate about continuing to offer the Camp H.O.P.E. experience to more underprivileged youth in Kentucky . We'll be announcing some exciting FUNdraisers soon that will enable you to help us make the Camp H.O.P.E. dream continue. Thanks ALWAYS for your support!!!!

#### **Environmental News**

**EPA Calculator Puts Greenhouse Gas Savings in Everyday Terms**  
Can you picture what it means to reduce carbon dioxide (CO<sub>2</sub>) emissions by 1 million metric tons? News stories list measurements of greenhouse gas reductions, but it can be difficult to understand them, until now. EPA's new Greenhouse Gas Calculator helps you turn greenhouse gas savings into more easily understood terms. The calculator converts greenhouse gas-related savings estimates, typically presented in 'million metric tons of carbon dioxide equivalents,' into familiar terms such as the greenhouse gas emissions that would result from:

- driving a particular number of cars for a year
- using a particular amount of gasoline or barrels of oil
- using a particular number of tanker trucks' worth of gasoline
- providing energy to a particular number of homes for a year
- growing trees across a particular number of acres for a year
- recycling a particular quantity of waste instead of sending it to the landfill
- generating electricity from a particular number of coal-fired power plants for a year

**Users can enter savings in emissions, electricity consumption, gallons of gasoline, or number of vehicles into the calculator and determine up to 13 different ways to express the magnitude of the savings. The calculator uses the latest emission factors, approaches and statistics available through 2007.**

**As an example, if a typical household switched all its incandescent light bulbs to Energy Star qualified compact fluorescent light bulbs, it would save about 75% of the lighting electricity use, or about 1,463 kWh a year. After five years, these energy savings are equivalent to:**

- saving about 10,289 pounds of CO2 emissions**
- conserving 530 gallons of gasoline**
- saving 11 barrels of oil**
- planting 120 tree seedlings**
- recycling 1.6 tons of waste**

**You can find more information on the calculator at**

**<http://www.epa.gov/cleanenergy/energy-resources/calculator.html>.  
( Sierra Club Valley of the Fox Newsletter)**

### **Summer Safety**

**In the summer, everyone looks forward to getting outside and enjoying the warmer temperatures and sunshine. Whether you're enjoying a sports activity, doing yard work, or just sitting still and soaking it in, summer is a great time to take in the sights and spend some time with family and friends. It's important as well to take precautions in the summer heat.**

**A certain amount of Vitamin D is important for personal health, and of course, the sun can give a warm glow to the skin, even on an overcast day. As we tend to spend more time outdoors during the summer, remember to:**

- apply sunscreen daily with an SPF of at least 15**
- if using sunscreen from last year, check to make sure it hasn't expired**
- apply generously to exposed areas 15-30 minutes before you go outside**
- use a lip balm with a sunscreen SPF 15**
- wear clothing that covers as much of your skin as possible. Choose materials that are light and cool, such as cotton. Shirts with collars will also help protect your neck**

**The sun's rays are strongest between 10 a.m. and 4 p.m. Regardless of the time, it's still necessary to wear sunscreen to minimize the risk of sun damage. Also any material that reflects the sun's rays, such as water, snow or sand can increase your exposure.**

**(Wal-Mart and Coppertone)**

### **More Green Sources**

**ALW Angel Ali shared her Wal-Mart-Canada "Green Living" magazine with us. These 'green' websites were listed inside the magazine – check them out for more education in 'green.' (Thanks, Ali!)**

**[www.ene.gov.on.ca/en/myenvironment](http://www.ene.gov.on.ca/en/myenvironment)**

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

**[www.evergreen.ca](http://www.evergreen.ca)**

**[www.ecologicalchoice.ca](http://www.ecologicalchoice.ca)**

**[www.Ontario.ca/ezone](http://www.Ontario.ca/ezone)**

**[www.obviously.ca](http://www.obviously.ca)**

**[www.davidsuzuki.org](http://www.davidsuzuki.org)**

### **Powerful Face Sponge Made From Plastic Bottles**

**Ecotools Recycled Bath Sponge: "If you're looking for a gentle massage loofah, Ecotools' recycled plastic sponge is not for you. It's made from plastic bottles. This hand-held sponge is strong exfoliant, which means that for some, it's going to feel a little coarse.**

**Although I don't subscribe to any breed of beauty-is-pain mantra, I liked that I could feel it working, and the results were impressive. I used it for a couple of weeks, and my skin was smooth, supple and, dare I say, glowing. Even my right elbow, which always seems to have a bad case of dandruff, stopped flaking. The sponge is supposed to last one to three months, but mine started to pull by the first month. Still, at less than four bucks a pop, who cares? \$3.49 at K-Mart stores." (By Rachel Machacek, The Washington Post)**

### **South Dakota Wind Cave Offers Night Hikes**

**Wind Cave National Park, South Dakota. Visitors to Wind Cave National Park this summer have the chance to see black-footed ferrets at night. To mark the one-year anniversary of the reintroduction of the creatures to the Black Hills park, rangers are offering night hikes through prairie dog towns in hopes of seeing the rare animal. The program starts at Elk Mountain Campground at 9 p.m. every Tuesday, Thursday and Saturday through August 16. No reservations are necessary. After a brief presentation, the group will caravan to a nearby prairie dog town where rangers will lead the group across the prairie. Visitors can also see the cave, which is one of the world's longest, on a variety of ranger-led tours for which tickets must be purchased. For more details, go to [www.nps.gov/wica](http://www.nps.gov/wica). (The Associated Press)**

### **Is Your Product Really "Green"??**

**Before purchasing a product labeled 'green,' ask yourself:**

- Does it consider environmental impact?**
- Does the product offer evidence of its claim? Company**

**websites and respected certifications can provide support.**

- **Does it provide details of HOW the product is more sustainable?**

- **Can the maker back up its statements?**

**Energy Star, Green Seal, and Rainforest Alliance are some of the certifying bodies you can trust to be truly 'green.' If you have questions about a product and its green initiatives, check out their standards at [www.ecologo.org](http://www.ecologo.org). ( Wal-Mart Canada World)**

### **A Doll With An Environmental Purpose**

**Go to [www.awaretoys.com](http://www.awaretoys.com) and meet Ki, a doll which is really six separate toys fastened with Velcro. Ki is Mother Nature's Child. It is a soft-form teaching toy that is non-violent, non-gender and non-racial in design. It encourages young minds to envision a global community and involve children in learning about environmental awareness. The name Ki means 'Earth Spirit' in Native American. We took our Ki to Camp H.O.P.E. this year, and it was a hit. It would make a great gift for all ages!**

### **Waterkeeper Alliance**

**A note from Robert F. Kennedy, Jr., Chairman of the Waterkeeper Alliance :**

**"Mercury, an absurdly toxic poison, is found in the fish we buy at the supermarket. Mercury has been linked to neurological damage in fetuses and children and may contribute to heart disease and autoimmune deficiencies in adults.**

**One in every six women of childbearing age has unsafe mercury levels in their flesh, organs, blood and breast milk – 630,000 children are born each year with dangerous levels of mercury in their blood. Tiny exposures to pregnant women – from popular delicacies like tuna and swordfish at local supermarkets, quality seafood restaurants and fish markets – can cause mental retardation, permanent IQ loss and other damage to organs in children. The current Administration has scrapped a 90% reduction of power plant mercury emissions over the next four years, in favor of an illegal industry-conceived scheme requiring a mere 29% reduction, and with so many loopholes that industry will effectively never have to comply. We have launched a clean fisheries/safe seafood campaign. We have sued the EPA in federal court – and earlier this year, we won! Our victory means that the EPA will now have to write a mercury rule that is truly protective of our waterways and communities. In another recent victory, a Canadian court has given Waterkeeper Alliance Legal Director Scott Edwards, a Canadian citizen, the right to prosecute Michigan's DTE Energy Company, which owns Detroit Edison, for poisoning the St.**

**Clair River with dangerous amounts of mercury. These cases are significant steps in a long, sustained battle that Waterkeeper Alliance is waging to clean up our waterways and protect public health.....for 20 years, I have dedicated myself to protecting our water, air and other precious natural resources so that our generation can pass to our children the same opportunities for dignity and enrichment as those our parents passed on to us. Please help Waterkeeper Alliance continue to protect the purity of our waterways, the health of our communities and the integrity of our democracy."**

**Go to [www.waterkeeper.org](http://www.waterkeeper.org) to find out how you can help Waterkeeper Alliance protect our environment. (Waterkeeper Alliance )**

**And Finally.....**

**"Open your arms to change,  
But don't let go of your values."  
(Dalai Lama)**

**"Refuse to be average!  
Let your heart soar as high as it will!"  
(A.W. Tozer)**

**And.....in honor of  
Camp H.O.P.E. 2008 ---**

**"Life's a dance you learn as you go.....  
Sometimes you lead,  
Sometimes you follow!  
(John Michael Montgomery)**

**"And when you get the chance  
to sit it out or dance.....  
I hope you dance!"  
(LeeAnn Womack)**

**See you in September!**

**Love ALWays,  
Linda and Wen**