

ALW EARTHLINK
September 2008

In this issue.....

September Birthdays

Fundraiser Updates

Camp H.O.P.E. 2009

Focus On.....

Mmmmm...Appalachian Recipes!

Update on MTR

USA Presidential Election 2008

Environmental News

And Finally.....

September Birthdays

Fall is such a beautiful time of year – what a great time to celebrate a birthday!

Wishing each of our ‘September Angels’ a very special, very happy day!

Esther – September 2

Sabine – September 3

Ilia – September 5

Celeste – September 7

Casey – September 9

Debbie – September 10

Gaby – September 15

Susan – September 16

Kizzy – September 16

Sarah – September 19

Yadachi – September 20

Tresca – September 25

Meg – September 27

Fundraiser Updates

“Shine in ’09!”

Many of you enjoyed our first-ever Yankee Candle Fundraiser, which we held to raise money for Camp H.O.P.E. 2008. That fundraiser was a huge success, bringing ALW over \$750. ALL the money helped provide tuition for our 2008 campers.

Since we’re already planning Camp H.O.P.E. 2009, we’re going to host our second Yankee Candle event! Beginning next month, you can order holiday gifts from a Yankee Candle catalog filled with the quality, name-brand products that you already know and love. If you’re interested in taking a catalog to your workplace, showing it to your family and friends or getting other acquaintances or colleagues involved in helping ALW, contact us at alastingworld@sbcglobal.net, and we’ll give you all the details on how to participate in selling these candles! You can go on line at www.yankeefundraising.com to check out the catalog we’ll be using. We’re

excited about the unique, decorative items they have available for us! We'll officially kick off the sale in October, so stick around!

Holiday "GIFT-ing PROJECT"

As we have done for the past three years – ALW will be taking a TRUCKLOAD of brand-new holiday gifts to needy young children in Appalachia, Kentucky. We plan to make our big "Santa Stop" the first weekend in December. If any of you would like to send an unwrapped, new holiday gift for a child, from an infant to a child the age of 10, you can ship it to us from now until November 15. Our address is: A Lasting World, 2999 Husking Peg Lane, Geneva, Illinois 60134. A coloring book and a box of crayons, a new pair of mittens or a pair of socks, an educational game, a kids' CD – whatever you want to send will be happily received and will be gratefully delivered! Thanks!

Camp H.O.P.E. 2009

It's official – and it's so exciting – ALW will be hosting our 4th annual camp in July 2009. We have put down our deposit to reserve the cabins and the other camp facilities. On September 25, we will be meeting with our liaison at Estill County Middle School. We'll be working closely with him to plan the curriculum for the 15 soon-to-be-named students who will attend the camp. It's still so hard to believe that ALW is realizing the dream to touch the lives of many underprivileged Appalachian children and reconnect them with the wonders of the natural world! The future of our Earth is in their hands, and we want to give them all the tools we can to help them become the Earth's caretakers.

ALW could not sponsor an experience like this without all of you. You are all appreciated so very much!

Three ALW Angels and three more "friends of ALW" – a total of six individuals and/or families – have already committed to adopt campers for 2009. We sincerely thank Becky, Lynne, Meg, the Rubin Family, the Clark Family, and the Kuyawa Family for reaching out to kids in such a special way!

There will be lots more information about Camp H.O.P.E. 2009 coming your way in the months ahead, and there will be many more ways you can be part of this year-long 'giving project.' Thanks again!

Focus On.....

As we mentioned in August, each month we will be highlighting one of the people or organizations that made a contribution to Camp H.O.P.E. 2008. This month we focus on Carol McCloud. Author of "*Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*," Carol McCloud is known to thousands of fans as the "Bucket Lady." A graduate of Oakland University's School of Education and Human Services, Carol has been a preschool teacher, crisis counselor, youth mentor and early education director. As Adjunct Professor for the Florida Keys Community College in the 1990's, Carol taught numerous early childhood

development courses. Since June of 2006, Carol has read and discussed her book in over 700 presentations to encourage and empower more than 60,000 children to be daily bucket fillers. She has also inspired thousands of teachers to create bucket filling classrooms and schools. Carol's motto is: *Life is good and it's better as a bucket filler.*

Carol travels across the U.S. to present at schools, conferences, and businesses. She lives in Brighton, Michigan. Go to www.bucketfillers101.com, to find out more about Carol's inspiring books and to obtain information about ordering copies for yourselves and others! Carol was kind enough to donate a SIGNED COPY of her book for each and every one of our campers, which we used in a week-long project that helped build self-esteem and positive attitudes! Thanks, Carol!

Mmmmm.....Appalachian Recipes!

Appalachian Mountain Fudge

4 ½ cups sugar

Dash of salt

¼ pound butter

1 large can of evaporated milk

12 oz. semi-sweet chocolate chips

5 Hershey bars

1 pint marshmallow cream

In a large bowl, combine broken Hershey bars and marshmallow cream. Grease a 9x13 cake pan with butter or margarine. In a fairly deep pot put the sugar, salt, milk and butter. Mix well and place on medium heat, stirring constantly until it comes to a full boil. Let boil for 13 minutes (exactly), then remove and pour over the chocolate chips. Beat until smooth, then refrigerate for 2-3 hours. Cut into pieces and keep refrigerated so it will stay moist and creamy. Makes a ton of fudge! You can also add walnuts or pecans to the fudge if you like.

Appalachian Slaw

4 cups of chopped cabbage

1 tomato (chopped)

½ cucumber (chopped)

½ onion (chopped)

1 tablespoon sugar

1 teaspoon salt

½ teaspoon black pepper

1 tablespoon mayo

In a large bowl, stir together all ingredients and add additional mayo to taste. Makes an excellent salad-type slaw.

Cornbread

1 ½ cups cornmeal

½ cup flour

1 egg

1 ½ cups buttermilk

Mix all ingredients well. Pour into greased iron skillet or pan and bake in preheated oven at 425 degrees in upper part of oven for 20-30 minutes until golden brown.

Dumplings

2 cups self-rising flour

1 egg, slightly beaten

½ cup milk

3 tablespoons oil

Mix together. Drop by spoonfuls into boiling chicken broth. Or, if you like fruit dumplings, drop into a fruit juice mixture. Cover tightly and cook 10-14 minutes. (From our friends at the Christian Appalachian Project)

Update on MTR

A Message from Greg Haegele, Director of Conservation for the Sierra Club:
“Mountaintop removal (MTR) mining is exactly that. Instead of digging tunnels to mine for coal, the tops of whole mountains are blown off with explosives to expose the seams of coal hidden underneath. Beautiful mountain ranges are reduced to leveled worksites while the dirt, rock, trees and other debris are bulldozed into the surrounding valleys, blocking and contaminating local rivers and streams, flooding and polluting the water in local communities and threatening countless animals and plants. The practice of MTR was banned for over a quarter of a century until it was legalized again in 2002. It is now estimated that this process will destroy more than 1.4 million acres of American mountain ranges, chiefly in the Appalachian area. The Sierra Club and numerous other environmental organizations are urging Congress to pass the Clean Water Protection Act. This important legislation, if passed, will make mountaintop removal impossible by preventing mining companies from dumping their waste into the surrounding valleys and rivers and streams which flow through them. Since there is nowhere else to dump the resulting huge deposits of waste, the practice will become impossible to continue. Please write a letter to your representative, asking him/her to pass the Clean Water Protection Act – now! The Coal Industry has financed an army of lobbyists and a major ad campaign to sway the opinion of lawmakers and the public to their side. You may have seen one of the many “Clean Coal” television ads that have saturated the airwaves in recent months. But simply adding the word ‘clean’ or any other positive adjective to the word ‘coal’ doesn’t change the many negative unhealthy effects of this dirty fossil fuel. The fact is, coal emissions are the top contributors to global warming. Increasing our dependence on coal will intensify and expand the effects of global warming. That is why we must oppose mountaintop removal coal mining.”

ALW strongly opposes MTR. Please help us take action today. Go to www.sierraclub.org and find out more about MTR, the Clean Water Protection Act, and what is happening to our mountains. Watch a powerful Sierra Club video that will show you the vast scale of the destruction being caused by MTR. Write to your elected officials and tell them to take action against MTR. Do whatever you can to stop MTR. Mountains do not grow back.

USA Presidential Election 2008

If you are an American citizen, we urge you to exercise your right to vote in the Presidential election in November. Voting is your right and your privilege, and it is the only way to let the candidates know what is important to you. Learn about the candidates' past records, understand the party platform upon which each candidate stands, listen carefully to the issues being presented, and make an informed decision. We can't tell you WHO to vote for – but we can tell you to VOTE!

Environmental News

Slower Ship Speeds Requested To Aid Whales

Washington. The government recommended a speed limit for commercial ships along the Atlantic coast, where collisions with the endangered right whale threaten its existence. About 300-400 of the whales are left in the wild, and they migrate annually between their southeastern Atlantic breeding grounds to feeding areas off the Massachusetts coast, intersecting busy shipping lanes.

The head of the National Oceanic and Atmospheric Administration said the new limit, the first to be instituted on the East Coast for a marine creature, was needed to assure its survival. The rule would set a speed limit of 11.5 miles per hour (10 knots) within 22 miles (20 nautical miles) of major mid-Atlantic ports and throughout the whale's breeding and feeding areas. The new regulation would cover ships 65 feet or longer and expire in five years if not renewed. Boats from federal agencies would be exempt.

“The bottom line is that this critically endangered species needs our help,” said retired Navy Vice Admiral Conrad C. Lautenbacher, the agency's administrator. But the latest version of the so-called ship strike regulation differs from a draft released more than a year ago that was delayed in part because of objections from Vice President Dick Cheney's office and White House economists over the accuracy of the science linking ship speed to whale deaths.

“NOAA's decision on these measures is based on the best data and scientific understanding available,” White House environmental adviser James L. Connaughton said.

The option selected and released with an 850-page analysis of its environmental and economic impacts is narrower than the 34-mile-wide coastal speed zone first proposed for the mid-Atlantic coast by marine scientists in June 2006. Last year, in response to questions from the White House, agency experts said moving the speed limit zone closer to shore in that region would be less protective of right whales.

(Associated Press)

L.A. Man Is Trashing His House – For A Purpose

Los Angeles. Empty soda bottles lead down the staircase of Dave Chameides' house. In the cellar are neatly stacked Styrofoam trays, used tea bags and plastic wrap.

Almost every bit of Chameides' garbage for the past eight months has been preserved, in a testament to the volume of trash produced by daily living.

“I tell people I know this is nuts,” said the freelance cameraman for “Nip/Tuck,” the FX plastic surgery show.

Chameides prefers to think of the yearlong experiment as his contribution to the study of consumerism. His path began years ago when Chameides learned about the staggering amount of trash rapidly filling landfills. He began to ponder keeping his garbage for a year.

He set up ground rules: He would only collect his own trash, not that of his wife or two young daughters. Potential health hazards – toilet paper or fish wrappers – would be logged on his blog and then tossed. Food scraps would be composted, and everything else was to be saved, even recyclables, because they take energy to haul away and remanufacture.

As the weeks passed, Chameides found ways to reduce his waste. He takes his own cutlery and plates to work. He considers packaging before buying a product. And he has employed an army of worms to chew through the compost in his basement. Explaining his experiment has been awkward at times. On a romantic get-away to Mexico, he and his wife were stopped by airport screeners who appeared baffled by the extra duffel bag of Mexican trash.

At work, his crusade has inspired changes: Assignments are e-mailed instead of printed on paper, and they come with environmental tips. Writers on the show no longer use plastic water bottles; others have installed energy-efficient light bulbs. Now that the half-year mark has passed, Chameides has thought about the day when he will haul his refuse to a landfill. He expects to “feel guilty and remorseful.” His wife is less ambivalent about finally throwing the trash away. “He’d better!” she said.

900 pounds is the amount of garbage the average American generates in eight months. Dave Chameides has produced only 30 pounds. How has he done it? Check out www.365daysoftrash.blogspot.com. (Associated Press)

Entertain for the Earth

You know someone has had a party when there are bags full of trash sitting at the curb the next day. But all that waste is just one of the aspects of entertaining that can be less than gracious to the environment. We spoke to some of the best chefs, hosts and party throwers in the business to find out how to make your next party a little more ‘green.’

1. Shop local. “Menus with local produce reduce the negative impact on the environment,” says Alexander Guamaschelli, executive chef at Butter restaurant in New York City and host of the Food Network’s “The Cooking Loft,” which premiered August 30. “Even something like selecting a locally produced cheese over imported Gouda reduces the carbon miles expended to put the food on your table.” This applies to flowers, too. If you’re hiring a florist, “request that they use products supplied by local farms,” says Danielle Venokur, president of dvGreen, a sustainable event design and production company. “Potted plants are also a great option, especially if they are native to the area and can then be planted after the event.”
2. Send e-vites. Or, second-best, use recycled-paper invitations. “In some instances, e-mail fits the tone, but in others it is just not the right approach,” says Venokur, who has used ping.com, which lets you send out paper and

- electronic invites and have people RSVP on line. “The key is to never compromise on design in e-mail or print.”
3. Opt for products with minimal (if any) packaging. “Reducing the amount of processed foods you buy helps the environment and adds freshness to your cooking,” Guamaschelli says. How can you tell if you’re making a difference? “If you look at your trash can at the end of food prep and there isn’t much in there, you know you’re using whole ingredients,” says Erika Lenkert, author of “The Last Minute Party Girl” (lastminutepartygirl.com). “And it’s much less expensive to cook this way.” If you must buy packaged goods, try to buy in bulk because there is a lower packaging-to-product ratio.
 4. Don’t waste food. “Be realistic about the amounts of food you buy,” Guamaschelli says. “And be creative with leftovers so food doesn’t go to waste.” If you’re hosting a large party, ask a local shelter, mission or soup kitchen to take leftovers. However, “it must be organized in advance,” Venokur adds, “as it’s not likely that you’ll find someone to accept last-minute food donations.” (by Natalie E. Russell)

20 Simple Steps to Fight Global Warming

The average American today uses enough energy to release about 50,000 pounds of carbon-dioxide – the major contributor to global warming – per year. Here are 20 simple steps you can take to bring your average down.

1. Urge your US Senator to support legislation to stop global warming.
2. Run your dishwasher only with a full load. Use the energy-saving setting to dry the dishes. Don’t use heat when drying.
3. Wash clothes in warm or cold water, not hot.
4. Turn down your water heater thermostat. 120 degrees is usually sufficient.
5. Monitor the temperature in your home. Adjust your thermostat – lower in winter and higher in summer.
6. Clean or replace air filters as recommended.
7. Buy energy-efficient compact fluorescent bulbs for your most-used lights.
8. Wrap your water heater in an insulating jacket (but only if the water heater is over five years old and has no internal insulation).
9. Install low-flow shower heads to use less hot water.
10. Caulk and weather-strip around doors and windows to plug air leaks.
11. Ask your utility company to conduct an energy audit to find out where your home is poorly insulated or energy inefficient.
12. Whenever possible, walk, bike, carpool or use mass transit.
13. When time and budget permits, buy a more fuel-efficient vehicle – one that gets at least five more mpg than your old car.
14. Reduce waste by buying minimally packaged goods; choosing reusable products over disposable ones.
15. Request that the coolant be recycled every time your car air conditioner is serviced.
16. Insulate your walls and ceilings to save about 25% on your home heating bills.
17. If you need to replace your windows, install the best energy saving models.

18. Recycle your potentially recyclable material (paper, plastics and glass).
19. As you replace home appliances, select the most energy efficient models.
20. Check out the Environmental Defense Action Fund at www.edf.org, for more information on global warming and how you can help fight it. (Environmental Defense Action Fund)

And Finally.....

“What you need to know about the past is that no matter what has happened, it has all worked together to bring you to this very moment – and this is the moment you can choose to make everything new – right now!”
(Anonymous)

“All things are possible if you believe.”
(The Bible)

Dream it.....Do it!
(Camp H.O.P.E. 2008)

See you in October!

Linda and Wen