

**ALW EARTHLINK
SEPTEMBER 2009**

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September Birthdays

Wow! Several ALW Angels celebrate a birthday this month! We hope every one of these people have a very special day!

Esther - September 2

Sabine - September 3

Ilia - September 5

Celeste - September 7

Casey - September 9

Debbie - September 10

Gaby - September 15

Kizzy - September 16

Susan - September 16

Sarah - September 19

Yadachi - September 20

Tresca - September 25

Meg - September 27

Keby, The Earth-Friendly Bear!

It's here!

We are pleased, proud and excited to announce that our environmental children's book, Keby, The Earth-Friendly Bear, is now available to young (and old) readers everywhere! The official kick-off and debut of the book will be Saturday, October 24, but we are already taking advance orders for this wonderful publication. The high-quality, hard cover copy is \$15.00, plus shipping and handling fees. We ship worldwide, so even if you live outside the USA you can still obtain a copy of this colorful, educational environmental book for children! Published by Xlibris (a division of Random House), the text includes a full-color photographic picture book story about Keby Bear and his love for the Earth. The book also includes a glossary of environmental terms that gives explanations about many current environmental

topics and concerns. The pictures are geared to young children, but the story and glossary are appropriate for children ages 4-12. Contact us today at alastingworld@sbcglobal.net if you would like to order a copy/copies of this book. It will be a great addition to any child's library! Orders placed NOW will be filled by the end of October and just in time for the holiday season!

SPECIAL ANNOUNCEMENT ABOUT OUR KEBY BEAR BOOK!!!!

Kevin Scott Richardson, ALW's Honorary Chairperson, who approved the manuscript and photos for our book, was kind enough to write a very thoughtful foreword for Keby, The Earth-Friendly Bear. Kevin has also graciously agreed to sign the first 10 copies of the book!!!! 9 of these books have already been snatched up by some of our loyal supporters, but one of the books will be used as a silent auction prize for our October fundraiser. You don't have to be present to win the auction prize -- so check out the details on how you can bid in the silent auction. You'll find the information later in this Newsletter.

Make A Difference Day 2009

Each year, ALW participates in Make A Difference Day.

Make A Difference Day is the most encompassing national day of helping others - a celebration of neighbors helping neighbors. Created by USA Weekend Magazine and the Paul Newman Foundation, Make A Difference Day is an annual event that takes place on the fourth Saturday of every October. Millions have participated. In 2008, over 3 million people cared enough about their communities to volunteer on that day, accomplishing thousands of projects in hundreds of towns.

This year, ALW's Make A Difference Day project is

The S.A.N.T.A. (Send A New Treasure (To) Appalachia) Project. During the month of September, and up until October 17, we will accept gifts of NEW toys and/or NEW or GENTLY USED baby clothing (any size) for underprivileged families in Kentucky. We will deliver the items on Saturday, October 24. The teachers and staff at an elementary school will distribute the toys at a special holiday party just before their winter break. The baby gifts will help supply many of the families with much needed clothing for their youngest children. The toys and clothing were the requested items for this year's project.

For the children in this part of Appalachia, Kentucky, holiday time is no different than any other time of the year. There are no decorations -- some of the families do not even have electricity. Most of the students eat only one good meal a day -- food provided by the Federal Lunch Program at the school they attend. Gifts (if they come at all) are provided by the local Fire Department -- and they are very minimal.

ALW can help make a difference in the lives of these very underprivileged children! This is an optional program, but we hope you will consider being a part of **The S.A.N.T.A. Project.**

Please send in only NEW toys. The toys should be unwrapped, and there should be no tags, labels, or names on the packages. Baby clothing may be new or gently used; if it is used, it should be clean and ready to wear.

For every toy/clothing item sent in before October 10, you will receive 10 raffle tickets for our fundraiser items. You can tell us which basket(s) you would like to put your raffle tickets in.

Thanks for your help! Let's see if we can fill a truck with toys and clothes!

Spaghetti Dinner Fundraiser

If you are in the area, or if you want to take a road trip, why not join us in Versailles, Kentucky, on Saturday, October 24, from 6-8 p.m., for our fundraiser -- "Make A Difference for The Domain"! The Men's Club at St. John's Episcopal Church, 210 N. Main Street, Versailles, Kentucky, will be serving up an all-you-can-eat spaghetti dinner, there will be music, our Keby Bear book will be debuted, and there will be a silent auction and a raffle! Proceeds from the event will benefit both the Cathedral Domain (where we hold Camp H.O.P.E. each summer) and A Lasting World Inc.

Tickets are \$8 for adults (ages 12 and over), \$5 for children (ages 11 and under), and \$5 for seniors (ages 65 and over).

Tickets are available by calling 859-983-1479 (Carol) or by contacting us at alastingworld@sbcglobal.net. For more information, give us a yell! We hope to see you there!

Raffle Prizes/Silent Auction Items - Buy Your Tickets or Make Your Bids!

If you can't come to the October 24 event, but if you would still like to support a very special cause, how about buying raffle tickets for some great prizes -- or how about bidding on some of the very special silent auction items we have? Here's the list:

Raffle Prizes:

These Raffle Prizes are JUST for our ALW Angels!

1. A Kevin Richardson Build-A-Bear!

This item is an 'antique' that Linda is willing to part with for a cause. It is a tiny, sitting bear with a shirt that was signed by Kevin! It also holds a voice box of Kevin singing "Let me be your teddy bear!" It's REALLY his voice, and it's REALLY his signature! You know you want it -- it's a one-of-a-kind item!

2. A "GO WILD" Movie Package

Inside a popcorn bowl is popcorn, lots of movie theater candy and a copy of National Geographic's

"Go Wild! Take Action! Learn how to be a Conservation Hero with Kevin Richardson of The Backstreet Boys."

This VHS was produced by National Geographic and Kevin's Just Within Reach Foundation - and the VHS is NO LONGER AVAILABLE. But -- we have a copy for you -- it's still in the original wrapper! The video is a wonderful educational tool - we use it every year at camp!

3. "Blast from the Past" BSB Package

This is for all you old (or new) Backstreet Boys fans -- lots of fun memorabilia from when the Boys' faces were on school folders, stickers, jewelry, clothing, etc. We're keeping the 'treasures' in this basket a surprise - but if you love AJ, Brian, Howie, Kevin and Nick - you'll want this prize!

Silent Auction Items

These items will be available to ALW Angels and to those who attend our fundraiser on October 24.

1. Keby, The Earth-Friendly Bear Book - Signed by Kevin Scott Richardson

Your LAST CHANCE to get a SIGNED copy of this wonderful children's environmental book! The book is 34 pages in full color, and it includes a foreword by Kevin (as well as his signature!) Opening bid is \$40.00.

2. The ALW "Cooking" Package

A cute little stuffed bear, dressed in a chef's hat and apron, accompanies two cookbooks -- Great Tastes Just Within Reach Volumes I and II. This is the VERY LAST COPY of Volume I and it will never be published again! It contains GREAT recipes - many from Kevin and Kristin Richardson and their families! Opening bid is \$35.00.

3. The Kevin Richardson "CHICAGO" Package

Kevin personally signed a photo of him in the musical "CHICAGO" and we're also including a Chicago mug, a Chicago tee-shirt and a Chicago keychain! Opening bid is \$30.00.

4. The Florence Henderson Package

"Mama Brady" has given ALW a personally signed 8x10 photo of herself, a personally signed 4x6 photo of herself with the entire Brady Bunch, and a personally

signed copy of her CD entitled "Mrs. Brady on Broadway." Opening bid is \$25.00.

5. **The Brian Littrell Package**

We have it! One of the ORIGINAL Healthy Hearts Club tee-shirts -- signed by Brian! You can't order this shirt any more! Opening bid is \$20.00.

6. **The Rascal Flatts/Build A Bear Package**

Because they love kids so much, Rascal Flatts has donated a personally signed copy of their CD "Still Feels Good." We have added a cute "Country" Build-A-Bear to this package! Opening bid is \$30.00.

7. **Steven Curtis Chapman Package**

Steven sent ALW a full-color poster, an 8x10 photo, a SCC 'beanie' hat and a copy of his CD "Steven Curtis Chapman LIVE." Opening bid is \$20.00.

8. **The Brooks & Dunn Package**

Donated with Camp H.O.P.E. in mind, Brooks & Dunn have personally signed an 8x10 photo of themselves, and have also thrown in a CD of their greatest hits! Opening bid is \$15.00.

9. **Kentucky Sports Package**

The UK Wildcats Athletics Department has donated a hard cover book, **Kentucky Wildcats: A Path of Excellence**, and a huge "K" flag for display during games, tailgate parties or whenever! Also added to this package is a new Estill County Football tee-shirt (the school where Kevin was a star football player!) Opening bid is \$25.00.

10. **Horse Lovers Package**

A beautiful, fleece throw kit decorated with horses and ready for you to make! Also comes with a cute, stuffed, standing pony and a silver horse shoe charm. Opening bid is \$15.00.

11. **Kids' Environmental Package**

This basket includes one stuffed "Ki" Earth Toy (really, really cool!), one **Keby, the Earth-Friendly Bear** book, and one **I Love Our Earth** book. GREAT gift for 'green' kids! Opening bid is \$25.00.

We will have photos of these prizes up on Facebook no later than September 2. Please check them out if you would like to see what you are bidding on!

Raffle tickets are \$.50 each or 3 for \$1.00. You can tell us which raffle items you want your tickets to go to. But wait -- there's more!!!! For every \$10 in raffle tickets you purchase, you will receive a FREE copy of a no longer in print Ability magazine featuring KEVIN RICHARDSON (courtesy of Ability Magazine), and a retro BSB sticker (courtesy of ALW Angel Meg)! This offer is good until supplies run out, so don't wait to get your raffle ticket donations to us!

Silent Auction bids will be taken from TODAY until October 23. Send in your HIGHEST bid for any item you are interested in. If someone outbids you before October 23, we will contact you by e-mail and give you an opportunity to raise your bid or withdraw from the silent auction. Those people attending the spaghetti dinner on October 24 will have an extra opportunity and advantage to bid on each of our silent auction items, but this does not mean they will out-bid your price -- from experience, we know that in most cases our early bidders are usually our winners! Winners of the silent auction items will be announced on Monday, October 26, and prizes will be mailed that week.

Questions? Want to bid? Purchase raffle tickets? Contact us at alastingworld@sbcglobal.net.

Let's have fun with this -- and remember -- it is for a GREAT CAUSE!

Someone You Should Know

Crystal Henegar almost didn't get the job. She was only asked to be the bus driver for Camp H.O.P.E.'s 2009 field trip after someone else had turned the offer down. Crystal transported us safely to and from our 'adventure' (most of the way home was through a sudden, torrential downpour!), but she did much more. She was warm, personable and helpful. She joked with the kids, she listened to the adults, she shared her story and she talked about her love of the children in Kentucky. But that's not all! When Crystal went home, she became one of ALW's biggest advocates! She invited us to come and give a presentation to a local organization she belongs to. We left that visit with a donation check in the amount of \$500! About two weeks later, we received another check in the mail -- this one in the amount of \$1000 -- from ANOTHER group Crystal is associated with. She has NO IDEA how much these acts of kindness will help us as we strive to continue to present Camp H.O.P.E. to underprivileged children in Appalachia. Crystal is a real-life Angel -- and she is someone you should know! :)

Environmental News

Mary Kay Inc. Provides Nature Explore Classrooms At Domestic Violence Shelters

Five domestic shelters for women and their children will soon have Nature Explore Classrooms constructed later this year. The research-based classrooms have been shown to have multiple benefits for young children beyond providing a way to connect them to nature. Under traumatizing circumstances in a child's home life, the calming and nurturing benefits are sure to be even greater. The classrooms are designed to provide hands-on, outdoor fun and educational experiences for young children with a wide range of learning styles and abilities. The classrooms are being built at shelters in the Chicago, Atlanta, Dallas, Los Angeles, and Somerset County, New Jersey, areas.

"Children whose lives are disrupted by domestic violence consider themselves unlucky to be living in a shelter, but they will now have something to feel lucky about with this peaceful and beautiful outdoor classroom," said an employee of Family Shelter Service in Chicago. Another said, "The Nature Explore Classroom site will be able to be used on so many levels. Not only will it benefit our young clients and their mothers, it will also serve as a peaceful and tranquil setting for staff to conduct meetings, or individually to find repose and re-center themselves."

The funding from the Mary Kay Ash Charitable Foundation enabled the Arbor Day Foundation and its partner, Dimensions Educational Research Foundation, to meet with shelter employees and plan the Classrooms.

Mary Kay Inc. and the Mary Kay Ash Charitable Foundation support a number of causes, particularly those related to ending domestic violence. Their generosity in taking Nature Explore Classrooms to shelters for domestic violence survivors will touch the lives of thousands and help create the kind of pleasant memories that can be found only in healthful, outdoor play and contact with nature. Nature Explore Classrooms are being created at schools, child care centers, and in natural areas throughout the country. To arrange a design consultation for your space, contact info@dimensionsfoundation.org. (Arbor Day Foundation)

Green Through and Through

This idea is ingenious and comes from two California moms who were appalled at all the after-lunch garbage being hauled from their kids' school. Why not borrow from Japan, they thought, and make bento-style lunchboxes in which every component, from utensils to water bottles to 'bento buddy' food containers, is reusable for years?? The item comes with a booklet full of nutritious and delicious lunch ideas. And, new this year, you can pick an insulated carrier in a cool design. Check the item out at www.laptoplunches.com. (Chicago Tribune)

When To Buy Organic

Opt for organic foods to avoid pesticides. Here's a list of the top 10 most contaminated fruits and veggies (peaches are the worst), compiled by the Environmental Working Group:

1. Peaches
2. Apples
3. Sweet Bell Peppers
4. Celery
5. Nectarines

6. Strawberries
 7. Cherries
 8. Kale
 9. Lettuce
 10. Grapes (imported)
- (Foodnews.org)

Make a Check List!

Make a log sheet with a column for 'trash' and a column for 'recycle.' Every time you throw something away put a tick mark in the appropriate column. By keeping track of the items you dispose of, you will become more aware of how you are using resources! (From 365 Little Ways To Save Our Planet)

BYOB

Last year, Americans went through about 50 billion plastic water bottles. Fill up a reusable water bottle at home and bring it with you! Don't like the taste of your tap water? Buy a filter! (Remember, much of the bottled water sold today is filtered tap water, anyway...) (World Wildlife Fund) By the way, the city of Bundanoon, Australia, has banned bottled water!

Put On A Sweater

Remember, when you turn up the heat in wintertime your furnace is probably burning fossil fuels. A sweater or a nice warm robe will keep you even warmer and will help conserve resources and reduce climate change. (World Wildlife Fund)

Check out the Stars!

2009 is National Astronomy Year. If you haven't done so recently, find a nice, dark place in your part of the Earth and enjoy the beautiful sky show above you!

Check out a National Park

There are 58 national parks in the USA. Each of them offers a unique experience, and a visit to any is worthy. The astounding beauty of these wild places, preserved for the benefit of future generations, is almost spiritual for many. In addition, the parks offer limitless possibilities for outdoor adventures such as hiking, rafting, kayaking, fishing, camping, rock climbing, horseback riding and wildlife spotting. Check out www.nps.gov to find out about the parks, and plan a visit to one! Connecting to nature is a way to fall more deeply in love with nature! (Travel Muse)

Sierra Club Names Top 10 "Green" Colleges for 2009

1. University of Colorado at Boulder
2. University of Washington at Seattle
3. Middlebury College
4. University of Vermont
5. College of the Atlantic

6. Evergreen State College
7. University of California at Santa Cruz
8. University of California at Berkeley
9. University of California at Los Angeles
10. Oberlin College

To find out why these colleges were selected, and to read about other 'green' colleges, check out the September/October issue of Sierra Club Magazine. (Sierra Club Magazine)

And Finally.....

To achieve your dreams, remember these ABC's:

*A**void negative sources, people, places, things and habits.*

*B**elieve in yourself.*

*C**onsider things from every angle.*

*D**on't give up and don't give in.*

*E**njoy life today; yesterday is gone, and tomorrow may never come.*

*F**amily and friends are hidden treasures.*

Seek them and enjoy their riches.

*G**ive more than you planned to give.*

*H**ang on to your dreams.*

*I**gnore those who try to discourage you.*

*J**ust do it!*

*K**eep on trying. No matter how hard it seems, it will get easier.*

*L**ove yourself first and most.*

*M**ake it happen.*

*N**ever lie, cheat or steal. Always strike a fair deal.*

*O**pen your eyes and see things as they really are.*

*P**ractice makes perfect.*

*Q**uitters never win and winners never quit.*

*R**ead, study and learn about everything important in your life.*

*S**top procrastinating.*

*T**ake control of your own destiny.*

*U**nderstand yourself in order to better understand others.*

*V**isualize it.*

*W**ant it more than anything.*

*X**-ceed others' expectations of you.*

*Y**ou are unique and like none other of God's*

creations. Nothing can replace you.
Zero in on your target and go for it!
(Wanda Carter, St. Augustine, Florida)

A Lasting World.....is Just Within Reach!

See you in October!
Linda and Wen