

**ALW EARTHLINK
OCTOBER 2007**

In this issue.....

October Birthdays

A Special Birthday Tribute

Another Special Birthday Tribute

Fundraiser Updates

Make A Difference Day 2007

Camp H.O.P.E. 2007

Acorn Naturalists

Environmental News

And Finally.....

October Birthdays

The following Angels celebrate their birthdays in the month of October:

October 1 – Linda, ALW Founder!

October 2 - Aline

October 3 – Kevin Richardson, ALW Honorary Chairperson!

October 5 – Karen

October 11 – Nichole

October 15 – Diane

October 17 – Ashley

October 21 – Teela

October 29 – Becky

October 29 - Theresa

October 31 – HAPPY HALLOWEEN!

A Special Birthday Tribute

When it comes to Kevin, I sometimes feel like my heart is walking outside my body. He not only makes me smile, he makes my HEART smile too.

I remember back when I first met him. April 6, 2002. I saw him standing there and my heart stopped. I was so scared. He seemed "larger than life" to me. I was just inches and seconds away from meeting him. I was frozen with fear and I kept turning away thinking that if I didn't look at him that maybe he wouldn't notice me. I actually tried to bolt, but Wen wouldn't hear of it. This was my dream! Then his eyes fell upon mine and he smiled. My heart melted and all my fears vanished. He was just as human as you and I. Maybe even more so. From that moment on, Kevin became just Kevin to me. We talked and laughed together several times that day, and through the years we've shared many, many more times doing just that. Sometimes I can't believe that "knowing" Kevin is real. Sometimes I have to ask other people "did that really just happen?" But each time I get the opportunity to speak to him, it's as exciting to me as that first time so long ago. (Just not as scary!)

I know I say this all the time, but it has had such an impact on my life that I have to say it again. Kevin taught me to dream. He taught me that you can achieve anything as long as you believe in yourself. I also know that Kevin believes in ALW. It never ceases to amaze me whenever we get the word that Kevin approved this or that for ALW. It's always a privilege to get to do fundraising in his honor.

Like ALW, I know that Kevin has a lot of his own dreams that he wants to pursue. One of his "dreams" came true this past July when he and Kristin had their son. I know he still has many, many more dreams to realize. Just like Kevin always believes in us, WE believe in Kevin and we couldn't be more proud of him if we tried.

So wherever you celebrate your birthday this year Kevin, whether it's in LA, Kentucky, or someplace else, know that I'm here silently cheering you on and wishing you all the happiness that you deserve. You captured my heart that day I met you, and in my heart is where you'll forever stay.

HAPPY BIRTHDAY!

Love,
Linda

Another Special Birthday Tribute

This was written in something I read just the other day..... *"A true friend isn't just the one you've known the longest – it's the one who came and never left your side."* I have had the honor, joy and blessing of having Linda at my side for the past several years – and although the ride has often been bumpy (ok...insane!) – she has never jumped out of the ALW/friendship car and abandoned me! We've made so many memories – *"the ones you can't explain to anyone else- the ones you say 'You just had to be there'."* Linda is an amazing human being, with a passion for life and an unstoppable energy to make her dreams come true. Even though I'm many (MANY!) years her senior, she has taught me much and she has inspired me to do things I would have never even imagined doing before our friendship came to be. Please join me in wishing Linda a happy birthday and an eternity of dreams-come-true. She so deserves it! I know God loves Linda – and so do I!

Fundraiser Updates

Camp H.O.P.E. (Helping Our Planet Earth) was started with the hope that we would reconnect underprivileged kids with the wonder of the natural world around them, and through that connection, be able to provide them with some tools and self-confidence so that they could reach beyond the many barriers that are typical to their Appalachian area.

Because of the wonderful support of all you ALW Angels and because of the donations from many other businesses, individuals and groups, we have been able to achieve those goals! For the past two summers, we have been able to bring 27

youngsters, **TOTALLY FREE-OF-CHARGE**, to a week-long ‘adventure’ at the Cathedral Domain, Kentucky.

We are currently conducting two approved fundraisers to help us earn money to cover the expense of bringing more kids to camp in 2008. You should have received e-mails about these fundraisers, and we’ll be sending you a reminder e-mail this week. If you can, please support ALW by making a small donation for raffle tickets/auction prizes. We assure you that 100% of your donation will go directly to the kids. Thanks!

Make A Difference Day 2007

For the past several years, ALW has sponsored an event for USA Weekend’s annual Make A Difference Day campaign. Always held on the fourth Saturday in October, the day is sponsored by USA Weekend Magazine. It has become the nation’s largest day of volunteering through the passion of millions of readers, the enthusiasm of hundreds of carrier newspapers, a 16-year partnership with the Points of Light Foundation and Volunteer Center National Network and generous gifts from Paul Newman and Newman’s Own Foundation. The actor and philanthropist has contributed more than \$1 million into efforts that originated on this day.

ALW’s project entitled “Mountains of Love” (our Christmas giving project for Appalachian children) gained us (national) honorable mention in 2005 and 2006! This year we have submitted “H.O.P.E. in Appalachia” as our project. On Make A Difference Day, we will be hosting a pizza party ‘reunion’ for our Camp H.O.P.E. participants and we will be obtaining holiday “wish lists” from two very, very needy Appalachian families whom we will then ‘shower’ with Christmas gifts. By your past donations, all of YOU have helped us get this project off the ground! Keep your fingers crossed that it is deemed eligible for a \$10,000 donation from Newman’s Own Foundation. That would certainly keep ALW’s efforts in Appalachia going!!!! Thanks!

Camp H.O.P.E. 2007

The Yearbooks have arrived, signaling the END to Camp H.O.P.E. 2007. We will present the yearbooks to the campers and their school at the pizza party ‘reunion’ in October. We’re anxious to see the 2007 campers one more time. We will take some photos of the event and will post them on our website in early November! Thanks to ALL OF YOU who made it possible for ALW to host Camp H.O.P.E. 2007.

Thanks again to ALW Angels ALI and JENNIFER for being our excellent camp photographers and for providing so many photographic memories for the yearbook!

Acorn Naturalists

“Renewed interest in outdoor and environment-based education is emerging from research indicating that connecting children with the natural world brings greater benefits than previously thought. From improving academic performance to enhancing psychological and physical health, the findings are so powerful that the US Congress is currently considering the No Child Left Inside Act which would support

state and national efforts to increase environmental literacy in our schools. In an era where the greatest threats to human survival may come from global climate change and other environmental factors, this legislation comes none too soon. Fortunately, if passed, children's innate curiosity about the natural world would make implementation of the No Child Left Inside Act an exciting walk in the park." This quote begins the Fall/Winter Catalog Supplement for Acorn Naturalists, a company that supplies "resources for the trail and the classroom." They are an independent bookseller, owned by educators with decades of practical experience and a passion for environmental education. Their selection of environmental books, games, projects, supplies, and equipment is extensive! They carry items for all ages, for school and home, for individuals and/or groups. Check them out at www.acornnaturalists.com, or request a catalog from them: 155 El Camino Real, Tustin, CA. 92780.

Environmental News

Congress Takes Steps Toward Cleaner Energy Future

The Senate and House of Representatives have passed separate bills that would help slash America's dependence on oil and reduce global warming pollution if the best provisions of each bill make it into final legislation. The Senate energy bill calls for a 40% increase in fuel efficiency standards for our nation's cars and light trucks, but lacks a renewable electricity standard. The House version would require electric utilities to dramatically increase their use of renewable sources of energy, but fails to address automobile fuel economy. The two bills will be reconciled in conference committee this fall. "We'll be mobilizing our Members to ensure that the final legislation makes both our cars and our utilities more energy efficient," said NRDC Legislative Director Karen Wayland.

In a stinging defeat for auto manufacturers and their congressional supporters, the Senate voted to require a new fuel economy standard of 35 miles per gallon, fleetwide, by 2020. Leading up to the vote in July, NRDC helped build support on Capitol Hill for a new and tougher standard – the first such increase since 1975. Unfortunately, the Senate bill failed to include measures that would reduce global warming pollution and protect air and water quality – including environmental safeguards for biofuels production and a standard that would require advanced biofuels to emit 50% less global warming pollution than gasoline.

The House version of the bill, in contrast, does not include any increase in fuel economy standards but takes more meaningful steps to address global warming pollution. On the eve of the August vote, NRDC mobilized hundreds of thousands of Members and online activists and helped pass a measure requiring utilities to obtain at least 15% of their power from a combination of energy efficiency and renewable sources such as wind, solar and biomass energy by 2020. The bill also calls for strong lighting efficiency standards, increased incentives for investment in renewable energy, and safeguards to protect sensitive public lands and wildlife from rampant oil and gas drilling. In addition to debating the contents of a final energy bill this fall, Congress is expected to begin formal consideration of comprehensive global warming legislation. (From Nature's Voice, published by NRDC. Join NRDC – go to www.nrdc.org)

Eco-Friendly Landscaping Tips

Stick with plants that are native to your area. These require less water and care and naturally maintain a healthy ecosystem.

Plant trees and shrubs in such a way that they reduce your heating and cooling bills. Trees planted on the west side of the house for example, can help to cool it during the hottest part of the day.

Reduce the amount of turf in your yard. Grass (except for native prairie grass) offers little ecological benefit and requires a significant amount of maintenance.

Try ‘stepable’ plants or garden beds as an alternative to traditional lawns.

(From Jim Pollack, Jim Pollack Design/Edith Makra, Community Trees Advocate for Morton Arboretum, Illinois)

6 Ways to Lower Energy Bills

With winter not far away and temperatures already starting to dip, now is the time to guard your home – and checkbook – against rising energy costs. What’s a home owner to do? For starters, test run the heating system well before the cold hits, say experts. The first chilly day of the season isn’t the best time to find out that the furnace doesn’t work. Aside from the usual upkeep, a few simple changes can help lower bills. Here are six energy-saving tips that are inexpensive and easy on the environment.

- 1. Replace your light bulbs. Cut down on your home’s energy use (and brighten your rooms) by replacing traditional incandescent lights with energy-efficient compact fluorescent bulbs. “This really is a no-brainer,” says Danny Lipford, host of television’s *Today’s Homeowner*. “Fluorescent bulbs use 75% less electricity than incandescents and can last up to 10 times longer.” Once available only in spiral shapes, compact fluorescents come in more aesthetically pleasing versions these days.**
- 2. Add insulation. Keep heat in the house – where it belongs – by adding insulation to your attic. “It’s one of the smartest things a home owner can do,” says Lipford. “And the good news is that there are a number of environmentally friendly products you can use.” Insulation made from recycled blue jeans, soybeans or newspapers is available at home-improvement stores or online. While these green products are all slightly more expensive than traditional fiberglass insulation, they are worth the money: You’ll avoid breathing in stray fibers.**
- 3. Install a programmable thermostat. Never again return to a chilly house or wake up to a cold bedroom in the morning. A thermostat takes just 20 minutes to install and can be adjusted for several settings throughout the day to meet your heating needs. “I program the heat to go on before I step out of bed and head to the shower,” says Heidi Baker of BeJane.com, a home-improvement site for women. “By the time I’m leaving for work, the furnace has already cycled to a lower temperature.”**
- 4. Use a special paint. If you plan to punch up a room with a fresh coat of paint, why not brush insulation onto the walls at the same time? Mix a**

nontoxic ceramic powder into your paint to reduce the amount of heat passing through your walls to the outside. “The ceramic particles in the additive create a radiant barrier that reflects heat back into the room,” says Baker. “And once you put it on, the walls are insulated for good.”

5. **Protect your pipes.** An insulating wrap acts as a safeguard. Place the precut foam lengths over cold-water pipes in crawl spaces, the attic and overhead in the basement to prevent them from freezing. And don’t forget about the hot-water pipes: “Hot water loses heat as it gets to its destination – your shower or sink,” says Lipford. “Wrapping the pipes keeps more of the heat in, so you can start your shower a little sooner.”
6. **Redirect the heat.** You pay good money for heating oil and natural gas – but where does most of the heat wind up? Near the ceiling. Redirect it back into the room with a ceiling fan. “Move the fan’s switch to REVERSE, so the blades run counterclockwise,” says Baker. “This pushes the warmth away from the ceiling, down around the walls and into the living space.” (Note: Always set the fan on low, or it will actually cool the heated air.) Don’t have a ceiling fan? Take advantage of bright, sunny days by cleaning windows and removing outdoor screens to let in the maximum amount of sunshine and warm rooms naturally.
(By Wayne Kalyn, Parade Magazine)

Tropics Yield New Treasures

Three orchids are among 11 new species of plants and animals found in Vietnam, the World Wildlife Fund said on September 26. The species, which include a snake and two butterflies, were found in the central “Green Corridor” region of Thua Thien Hue province. For more information, check out the World Wildlife Foundation website.

Did you know.....

Brazil has more cars that burn ethanol than burn gasoline.

The species at the top of the ocean food chain – large, predatory fish – have declined 90% in the past 50 years.

Three-quarters of the world’s major fish stocks are either fully fished or overfished.

Disposable batteries account for half of the approximately 1,800 tons of cadmium in our waste stream each year, according to the US Environmental Protection Agency.

About 54 million Americans mow their lawns once a week, burning 800 million gallons of gasoline a year and producing tons of air and water pollution. Lawnmowers are responsible for 5-10% of the nation’s smog-forming pollution, and up to 30% of air pollution in some urban areas in the smoggiest summer months.

Gas mileage decreases rapidly at speeds above 60 mph. Each 5 mph you drive over 60 mph is like paying an additional \$.10 per gallon for gas.

At least 25% of all modern drugs originated in rainforests.

If you drove 444 miles in an electric-gasoline car (hybrid), you would produce 166 pounds of CO₂, about as much as a conventional sport utility vehicle produces in 100 miles.

(Facts from Sierra Club “Save the Planet” Cards and “EcoQuiz Deck)

And finally.....

***“Camp H.O.P.E. is Heaven on Earth –
Kentucky Style!”
(Julia, 2007 camper)***

***“Dear ALW Members:
Thanks for the fun experience at Camp H.O.P.E.
It was the most fun I’ve ever had in my entire life. So thanks, and oh yeah, I hope
Camp H.O.P.E. never shuts down.”
(Brittney, 2007 camper)***

***“It is in giving that we receive.”
(Francis of Assisi)***

See you in November!

Linda and Wen