

**ALW EARTHLINK
NOVEMBER 2008**

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To our USA Angels -- On November 4, YOU have the power to make a difference in the world. By exercising your right to vote, you will take a stand for what you believe, for what issues you feel are important, and for what direction you hope the country will take. You may not think your vote matters, but it does! VOTE on November 4!

November Birthdays

Happy Birthday to all our November Angels!

Rhonda – November 1

Anita – November 4

Andrea – November 5

Kriss – November 10

Pat – November 11

Wen – November 13

Lisa – November 20

Juliana – November 26

Special note one: Each of you is special to us! We want to make sure we are recognizing each and every one of you on your birthday! Please e-mail us and confirm your birth date with us so that we can update our files and so that we make sure we don't leave anyone off the appropriate birthday list! Thanks!

Special note two: I'm sure you've all heard the words, "If you can dream it, you can do it," right? Well, those truly are words that Wen lives by. Wen never lets us give up. I don't believe Wen even knows HOW to give up. She's always out there

fighting for ALW. If she's not knocking on doors, she's calling on the phone. If she's not calling on the phone, she's writing letters. If she's not writing letters, she's chasing someone down. Wen is constantly cheering us all on, and encouraging us all to follow our OWN dreams. But Wen, too, has a dream. That dream is for ALW to go even further and to do even more than what we already have. Her dream is to help a lot more kids and to have a lot more camps. Her dream is to build a bigger nature center for the Cathedral Domain. Her dream is to educate EVERYBODY on the environment. Her dream is to write a children's book. And her dreams don't end there. She also has dreams for her family and her friends and her "Angels." Wen adores them all, but I have to tell you that her husband and her four children are the lights of her life. She adores them all and she always puts their happiness first and foremost. Wen is the most selfless person that I know, and I am proud to not only call her my friend, but my BEST friend. It's always hard to come up with the 'perfect' birthday gift for her, but I'm going with something that 'if she can dream it, she can do it.' I know that she would love to hear from each and every one of you on her birthday, November 13, so please join me in wishing her a VERY HAPPY BIRTHDAY on her special day. Wen, you know I love you with ALL my heart, and I DO believe that all your dreams WILL come true! Have a wonderful day, and as a special friend told us before – never stop laughing! -- Linda

VOTE!

Remember that the USA needs a strong leader to insure that important environmental issues, as well as other challenging issues, remain in the forefront. Take time to vote for the candidate of your choice on November 4!

A Lasting World is 7 Years Old!!!!

A Lasting World was born on Thanksgiving Day 2001. Back then, the two of us (along with Andi Putman, our third co-founder) had no idea where the twists and turns of the road would lead us while we tried to become a viable, respected environmental education organization.

Now it's 2008. Wow! It's been quite a trip, and NONE OF IT WOULD BE POSSIBLE WITHOUT ALL OF YOU! We are merely the dreamers, the planners and the facilitators for ALW. YOU are the hands and hearts that make A Lasting World REAL.

Because of you, A Lasting World.....

.....is officially incorporated and has Articles of Incorporation and an EIN number on file with the IRS.

.....will become an official 501©(3) non-for-profit organization within the next few weeks.

.....has generated funds that were donated to the Just Within Reach Foundation to provide college-bound students with scholarships so they could pursue environmental studies.

.....has sponsored three week-long, all-expenses-paid summer environmental camps for underprivileged youth at the Cathedral Domain, with the fourth camp currently being planned.

.....has made a sizable contribution to the Kentucky Music Hall of Fame and Museum to further the construction of its planned environmentally-friendly outdoor amphitheater.

.....has made several contributions to assist the Cathedral Domain in renovating and expanding its Nature Center.

.....has provided a number of impoverished families in Appalachia, Kentucky, with holiday gifts and holiday food.

.....has placed two environmental plaques and has planted trees in Georgetown, Kentucky and at the Kentucky Horse Park.

.....has made donations to NRDC, KFTC, Kentucky Riverkeepers, Waterkeeper Alliance, Sierra Club, Mountaintop Removal Road Show, Appalachian Voices, Christian Appalachian Project, Kentucky Humanities Council, Estill Springs Elementary School, Estill County Middle School, Daniel Boone National Forest, All God's Children, Kentucky Reptile Zoo, Kentucky Arboretum, Kentucky Children's Museum, and more.

.....has sponsored FUNdraisers and events that promote environmental awareness.

.....has lit literally thousands of 'remembrance' candles to honor environmental and personal heroes.

.....has received 'Honorable Mention' for three different "Make A Difference Day" projects.

As our Honorary Chairperson Kevin Richardson says: "TOGETHER.....we can make great things happen!" We truly believe that statement, and we believe that dreams can come true!

As another ALW year begins, we pledge to make it the most productive, most environmentally exciting one ever. Stick around! The 'ride' is just beginning!

VOTE!

Remember that it is a right, a privilege and a free choice to vote. Take advantage of it! Go to the polls on November 4!

Make A Difference Day

Saturday, October 25, was national Make-A-Difference Day 2008, America's largest day of volunteering. ALW has participated in the event for each of the last 4 years, gaining an "Honorable Mention" for our projects for 3 of those 4 years. This year we partnered with the faculty, staff and students at Friendship Station Preschool in Geneva, Illinois to sponsor a "Mountains of Mittens" campaign at the school and throughout the entire Geneva, Illinois community. We set up boxes outside the school where donations of new mittens, gloves, hats, scarves, socks, fleece blankets, and other winter items could be dropped off. All collected items will be delivered to Estill Springs Elementary School in early December, and items will be part of the Christmas 'gift-ing' project that ALW annually sponsors.

We are happy to report that the project was a HUGE success and may become an annual event in Geneva! We truly do have 'mountains' of mittens to take to the Appalachian Mountains!

We have the following NEW items:

80 pairs of socks; 36 scarves; 61 hats; 2 head bands; 24 pairs of mittens; 99 pairs of gloves; 36 hat/gloves/scarf sets; 8 blankets; 3 pairs of mitten clips; 10 new stuffed animals; and 3 new jackets.

We have the following GENTLY USED items: 1 head band, 7 scarves; 36 hats; 12 pairs of mittens; 10 pairs of gloves; 18 hat/gloves/scarf sets; 15 blankets; and 3 jackets.

A highlight of the project was having The Honorable Kevin Burns, Geneva's Mayor, issue a proclamation declaring "Make A Difference Day" in Geneva – all because of ALW's project! We were even on local TV, accepting a copy of the proclamation from the Mayor! We'll scan in the proclamation and put it on our website in the next week or so – and we'll try and get a photo posted, too. Watch for it!

VOTE!

Why vote? Why NOT vote? Only YOU can 'be the change you want to see in the world.'

Fundraiser Updates

Holiday "Gift-ing" Project

We're still accepting gifts of NEW toys, mittens, hats, scarves and blankets for our holiday 'gift-ing' project for underprivileged children in Appalachia, Kentucky. Items need to be to us no later than November 25 (we've extended the deadline in case you forgot about this project until now). Thanks again to all of you who have already sent in wonderful donations! You will truly be putting holiday smiles on the faces of some very deserving children!

Yankee Candle

Our Yankee Candle fundraiser is completed, and we made over \$600 in pure profit! THANKS to Angels Lynne, Becky, Jennifer, Tyna, Ilia, Jerry and Ruth who helped promote this project and who brought in lots of orders for us! ☺

VOTE!

We can't tell you who to vote for, but we can certainly tell you to VOTE! So – get out there and DO IT, Dawgs!

Someone You Should Know

Another one of our Camp H.O.P.E. sponsors this year was author Liz Curtis Higgs. She graciously donated a signed copy of her book, The Parable of the Sunflower, to each of our campers. If you have not had the opportunity to read any of Ms. Higgs' books, go to www.lizcurtishiggs.com and check out her inspirational titles. There may be one you'll want to read! We thank Ms. Higgs for helping Camp H.O.P.E. 2008. The kids loved her book, and to reinforce the story we presented each student with a package of sunflower seeds to take home and grow!

VOTE!

Have you gotten our message yet? Get out the vote!

Rock the vote! Encourage the vote! Just – VOTE!

ENVIRONMENTAL NEWS

Get To Know The Next President

Pick an issue you care about (The environment? Health care? Education?) and find out where both presidential candidates stand. Even if you already know whom you're voting for, log on to www.johnmccain.com and/or www.barackobama.com and familiarize yourself with both sides. One of these guys will be elected president, and you owe it to yourself to know what that really means for your future. (Heidi Stevens)

Tune Out TV, Hello Nature!

Children today are more tuned in than ever before. With cell phones that send text messages and take photos and iPods that play music and videos, today's children have more ways of staying connected to one another and to popular culture than any preceding generation.

Television, once considered the primary threat to a parent's ability to keep their children active, has become almost passé. There are so many new and better ways now to keep your child sitting for hours at a time.

Video games, YouTube, online auctions, iTunes, Netflix – all of these are extensions of the 'vast wasteland,' new ways to be entertained without the hassle of leaving the house.

Reality television was created to keep that medium fresh in the minds of young people for whom simulated activity is reality.

Kids no longer play guitar; no, they play Guitar Hero.

Why talk when you can text? Friendship trumped by Facebook.

Fortunately, no electronic program has yet been invented that can replace spending some time in the outdoors. No screen, no monitor, not even a cell phone can properly duplicate the effect of a sunny, autumn afternoon spent outdoors.

Electronic devices, appealing to the dual sense of sight and sound, pale next to the five-sense power that nature delivers.

Sadly, it seems that fewer people are noticing, particularly some young people who won't look up from their text screens long enough to see what's around them.

It's as if they never learned how to tune out, a lesson that becomes more important with each new advancement in communication technology.

Last month, the National Wildlife Federation held its first Make Tracks! Family Trail Weekend, designed to give families a boost toward outdoor activities. NWF officials say that children who spend time outdoors are less stressed, more physically fit, and more creative and imaginative than their sedentary counterparts.

The organization recommends parents give their kids a "Green Hour" every day, a time for unstructured play and interaction with the natural world.

Now more than ever it's important that children learn to take time to tune out the clutter.

Discovering the outdoors might be just what they need to ease the sensory deprivation that comes with turning off the cell phone, even for a short while.

Although the Family Trail Weekend has passed, its concept should carry forward.

Autumn is the loveliest time of year in most places in the world. It's a great time to turn off the machines and get outdoors! Let us know what you discover!
(Editorial page in Kane County Chronicle Newspaper)

Best Towns for Clean Air

Every year, the American Lung Association reports on the "State of the Air" in the United States, listing the best and worst places to live based on air pollution levels. The top 10 counties – and some of their respective towns – for clean air in 2007 are listed below. The complete list is available at www.lungaction.org/reports/stateoftheair2007.html. Click on "Best and Worst Cities."

1. Converse County, Wyoming
 - Douglas (pop. 5,288)
2. Elbert County, Colorado
 - Elizabeth (pop. 1,434)
3. Lake County, California
 - Clearlake City (pop. 13,142)
4. Billings County, North Dakota
 - Medora (pop. 100)
5. Laramie County, Wyoming
 - Cheyenne (pop. 53,011)
6. San Miguel County, Colorado
 - Telluride (pop. 2,221)
7. Santa Fe County, New Mexico
 - Espanola (pop. 9,688)
8. Inyo County, California
 - Lone Pine (pop. 1,655)
9. Maui County, Hawaii
 - Wailuku (pop. 12,296)
10. McKenzie County, North Dakota
 - Watford City (pop. 1,435)

(American Profile Magazine)

Green Your Gift Wrap

1. Nix the trees. Consider easing out of the gift wrap habit by switching to paper and fabrics made of recycled or rapidly renewable plant fibers. Go to www.nearseanaturals.com for ribbons made of discarded scraps of silk, cotton, and rayon at women's cooperatives.
2. Make it useful. Flower pots, jewelry boxes, and other containers can serve as both gift and packaging. Be sure to choose something your recipients will use: giving up wrapping paper loses its virtue if you saddle friends with tacky baskets certain to hit the trash once you leave.

3. On the web. Visit www.sierraclub.org/greenlife to share tips and find more ways to reduce packaging waste this winter.
(Sierra Club Magazine)

Human Impact on the Oceans

According to the first effort ever to quantify the total human impact on marine ecosystems, only 4% of the world's oceans remain untouched while some 41% are heavily affected by bad-neighbor bipeds. Headed by researchers from the National Center for Ecological Analysis and Synthesis at the University of California at Santa Barbara and published in the journal *Science* earlier this year, the study assesses the cumulative effects of 17 activities, ranging from fishing, shipping and pollution to climate change and introduction of non-native species. Though it paints a grim portrait of damage already done, the researchers hope the study will serve as a wake-up call to nations to manage the oceans more sustainably. For more information, go to www.nceas.ucsb.edu/globalmarine. (Reed McManus)

Great Book for Kids

50 Ways To Save The Earth (Abrams Books for Young Readers), by Anne Jankeliowitch, includes stunning photography by Philippe Bourseiller (author of **365 Ways to Save the Earth**) and introduces children to the basics of keeping the planet healthy. Chapters include "Putting the Trash Can on a Diet," and "Let's Get On Our Bikes." This would make a great holiday gift for any child on your list!

Great Book for Adults

Seven Wonders for a Cool Planet, *Everyday Things to Help Solve Global Warming*, by Eric Sorensen and the staff of Sightline Institute. This book explains seven simple ways to reduce your personal carbon footprint. You can order this book online at www.sierraclub.org/books. Enter code #S11-12 to receive a special discount.

Fall is the Perfect Time to Plant Trees

Fall is the best time of year to plant most trees. The ground is soft and moist, perfect for digging. Nurseries have freshly dug trees. Roots have time to establish themselves before stems begin growing next spring. Plant a tree!

Whales on the Rebound

There's good news in the North Pacific: Humpback whales, once hunted nearly to extinction, are on the rebound. In 1966, when international whaling of humpbacks was banned, fewer than 1,500 of the mammals lived in the North Pacific. Now, at least 18,000 swim those same seas, according to a new study funded by the National Oceanic and Atmospheric Administration. Some populations, however – particularly those in the western Pacific – have not recovered and are still at significant risk. (National Wildlife Magazine)

Some Helpful Tips.....

.....Use the plastic bags that come wrapped around your bread, your shredded cheese, your tortillas, your newspapers and you'll never spend another penny on Ziplocs.

.....Use rags and sponges instead of paper towels for cleaning. Damp sponges may be zapped for a minute in the microwave to kill germs.

.....Buy a large tub or yogurt and portion it out yourself instead of buying the individual tubs which use and waste much more plastic.

.....Drive less aggressively. Taking it easy on accelerating and braking is the single most effective way to save on gas.

.....Use the slow cooker or microwave more. They are more energy-efficient than the stove or the oven.

VOTE!

That's all...just vote!

AND FINALLY.....

*Happy Thanksgiving to all
Angels who celebrate this wonderful holiday!*

*God bless ALL our ALW Angels everywhere!
We are ALWays grateful – for you!*

See you in December!

Linda and Wen