

Appalachian Alternatives

Appalachia - Science in the Public Interest

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The Heart of Appalachia - 2010 Simple Lifestyle Calendar Hot-off-the-Press!

We're very excited about this 33rd edition of our Simple Lifestyle Calendar. It's hot-off-the-press and ready to be shipped. For those of you who have spent time in Appalachia or dreamed of doing so, and for the simply curious sojourner, our latest calendar features striking black and white photographs from an assortment of talented artists, shares mountain images and emotions, and all the various ways and traditions in which to celebrate the Simple Life. As is usual, you'll find daily simple lifestyle suggestions and quotes, a unique collection of special days, moon phases and seasonal lore - all printed on recycled paper. Calendar sales not only help us financially, but also serve as an important ambassador for ASPI and its message of simplicity and environmental stewardship. See enclosed brochure for prices and ordering information. You can also order at www.a-spi.org.

Hands-on Training with Habitat for Humanity Results in Solar Water Heater Installation

In June, ASPI's Kentucky Solar Partnership (KSP) achieved a milestone with our first hands-on solar water heater training, during which we installed a SWH on the home of a family in Berea, Kentucky. Working with the construction crew from Habitat for Humanity of Madison and Clark Counties, we spent two days installing a drainback solar hot water system, complete with two 40 square foot flat plate collectors and a 120 gallon storage tank. Jeremy Coxon of Sun Wind Power Systems in Floyds Knobs, Indiana was the lead installer and instructor for the project.

This is the second solar water heater we have installed with Madison County's Habitat affiliate, but the first in which their crew worked alongside the professional installer. Later this summer we will install a third solar hot water system on another home in the same community. This will provide a second hands-on training experience for Habitat's Director of Construction Terry Manges and Construction Supervisor Marty Capo. Terry and Marty had previously attended a two-day classroom training on the design and installation of solar hot water systems, hosted by KSP in April.

This is the first of seven solar water heaters KSP is planning to install this summer with partner organizations in eastern Kentucky. This project provides training to low-income housing organizations, enabling their construction personnel



Jeremy Coxon (center) instructs HFH crew on solar water heater installation

to install solar water heaters in the communities they serve. By learning how to install and maintain solar water heaters, these organizations will be able to offer them to their clients at a reduced cost, making solar energy more accessible to lower income families. The families who participate in the program will benefit through lower utility bills and by knowing they've reduced their impact on the environment.

Participating families are receiving grants from KSP and either grants or low-interest loans from our partners to cover the cost of the solar energy systems. The project is funded by the Institute for the Environment and Sustainable Development at the University of Louisville and contributions from our partners and supporters.

This project is one of the many ways our supporters help ASPI work to build sustainable communities. If you wish to contribute to this project to help low-income families install solar water heaters on their homes, please send a gift to ASPI.

Students Use ASPI Solar Trailer to Learn About Solar Energy & Sustainability

ASPI's Solar Energy Trailer spent a week in Louisville recently while being used for a summer program at the University of Louisville. Students from middle school, high school, and the University participated in a month-long course about sustainability and education.

Projects the students worked on included a study of energy use in campus offices, vehicles and fuel used by campus commuters, a dumpster dive to identify how many recyclables are thrown in the trash on campus, and an educational video about solar energy (featuring ASPI's Solar Energy Trailer!). KSP Director Andy McDonald worked with the students at the start of the project and then left them to develop their projects with the support of their mentors and the use of our Solar Trailer.

At the end of the course the students made presentations about their work to an assembly of students and their families at the planetarium on campus.

New Report Released: Kentucky Can Create Jobs by Investing in Energy Efficiency and Renewable Energy

A report commissioned by the Kentucky Environmental Foundation, Kentuckians for the Commonwealth and Sierra Club and written by the Ochs Center of Chattanooga, Tennessee projected the creation of 8,750 clean energy jobs in Kentucky. This would be possible if Eastern Kentucky Power Cooperative (EKPC) focused resources on energy efficiency and renewable energy instead of building a \$766 million coal fired power plant.

In the news release announcing the report, ASPI's Andy McDonald stated, "Kentucky is fertile ground for new jobs in the area of renewable energy. There are a lot of people already trained in solar hot water installation, and many more people all over the state who are interested in being trained and put to work. These are safe, solid, community-based jobs that can't be shipped overseas, and that help people save money by conserving electricity."

Copies of the Ochs Center report and the modeling data source are available at www.kftc.org/stopsmith or www.kyenvironmentalfoundation.org.

Watershed News

This has been a busy spring and summer, with citizen monitoring, water testing, and watershed community organizing projects going on three fronts. In April and June, Upper Cumberland Watershed Watch completed testing of local streams and springs, and found again that some were unsafe for primary contact - swimming - on the basis of e.coli contamination.



Bethany Pratt collecting water for testing

ASPI is sponsoring an Office of Surface Mining VISTA Summer Associate on our Upper Cumberland Big Dip Project for the second year. This year's Associate, Bethany Pratt, is a Centre College (KY) Environmental Sciences major. The Big Dip Project has the goal of sampling headwaters in the Upper Cumberland basin for basic water quality and also for indicators of acid mine drainage such as high conductivity, acidity, and iron. Bethany has been running water sampling over the Clear Fork, Laurel, and Rockcastle watersheds and is about three quarters of the way through the study plan. She has been assisted by our full time OSM/VISTA Derek Douglas, Woodland Land Trust OSM/VISTA Alexandra Ash, and many

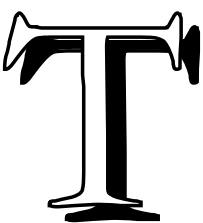
volunteers including Sam Marlow, Liz Fees, Nancy Seaberg, and John Blankenship. We have found our headwaters to be pure in many cases, but unfortunately we are also finding poor conditions as well. Results will be published in database form, as well as a map available online this fall. We are grateful that a generous donor specifically provided the money for supplies and mileage.

Derek Douglas has been busy organizing the Clear Fork Watershed Council, a group of citizen and agency stakeholders in the Jellico region of Tennessee and the Williamsburg region in Kentucky. Project brainstorming has produced several good ideas, including educational wetlands development, and trails, both walking and boating, also known as "Blueline Trails."

OSM/VISTA's and their supervisors have also attended training workshops, the most recent being an intensive water quality sampling training in West Virginia. This resulted in several local volunteers as well as our VISTA's being Save Our Streams certified to design and conduct sampling studies for both water chemistry and habitat assessment.

Garden Harvest

Our raised bed vegetable garden at the Mt. Vernon Demonstration site is giving of its bounty. The converted parking lot space measures 25' x 30' and has supplied staff, friends and neighbors with peas, kale, beets, kohlrabi, beans, cucumbers, zucchini, carrots and onions, with the tomatoes just now beginning to bear. Our plum tree, located in the pollinator garden, has provided much delicious early-season fruit. Approximately 150 square feet is lying fallow this growing season. Many helpful volunteer hands have made the vegetable garden and adjacent pollinator garden add beauty to our neighborhood. Also helpful was a pickup truckload of aged horse manure given by a friend of Jack Kieffer's earlier in the season. One of our neighbors is using some of the garden space to raise basil, beans, and tomatoes. We are very happy to share!



HANKS

Nancy Osborne, James & Heather Bartos, Colin Raitiere, Rose Mary Foncree, Robert Weise & Margaret Stelzer, John & Doris Roth, William Galbraith, Lynn Chong, Mary Clark, Donna Hanley, James Zeller, Jack Vetter, Don Koke, Arnold & Kathy Simonse, Lois Fishbeck, Carey & Susan Koplowitz, Gregory Karambellac, Hildegard & James Wachob, Richard & Lucy Henighan, Richard & Elaine Stotlzfus, Chris & Della Oberst, Mary Morgan, Jack Hoefer, Joan Viergutz, Claire Carpenter, Susan Byrley, Roy Bledsoe, Peter Hrabak, Ron & Nan Leeseberg, Lyle & Nancy Starr, Ian Rudick, Leonard Levine, Susan Gardiner, Bruce Scott, Srs. Of Charity, Eric Matchetta, Robert & Diane Mushaben, Anthony Vital, Philip & Terrie Curd, & Hilary

Lambert *in honor of the work of Deb Bledsoe. In memory of Richard Frank:* Global Strategies Group Inc., Johns Hopkins University, & Bev & Lowell Nerenburg. *In memory of John Curd:* Mrs. Joan Hartman & Wesleyan Heights United Methodist Church, Jane Hope, Peter & Joyce Graves, Nancy Barnard, Louise Hickox, Joelyn Linn, & Barbara Jackson.

Scribblings: Reflections on Nature

FROM THE ROCKCASTLE RIVER - By Jack Kieffer

The trees in the Daniel Boone National Forest, as I look around me, are magnificent. They are 30 to 50 feet high. The wild flowers have receded some as the leaves on the trees have shaded the ground. However, there are some white and violet ones still along the roadside. The River has been muddy because of the rains but is gradually turning to its living pale green color. What makes me sad is the log trucks that come by filled with large logs. Hopefully, the foresters have been doing select cut logging, leaving young trees to take over. If not, we are losing the treasure of the diverse forest on the small mountains of the Appalachians which, at one time, were the height of the Rockies. As the mountains have shrunk, making the River muddy, they have produced a soil rich in minerals on which the trees feed. In this soil, hopefully the acorns, maple seeds, red bud pods and other seeds will also help regenerate the forest, our treasure!

Another Way to Support our Work - Sign-up for discounted long distance service for your home or business. Mention this ad and designate (at no cost to you) 3% of your bill to ASPI. For more information or to order this service, contact Ian Rudick with Come From The Heart at 888-622-0957.

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