

imagine



Make EARTH DAY Everyday

If you can dream it you can achieve it

Viva Verde Earth Day 2010

Earth Day is celebrating its 40th Anniversary this year thanks to its original founder US Senator Gaylord Nelson, who suggested bringing the focus and awareness to the health and status of the planet to the public in 1970. Currently, Earth Day is celebrated in more than 175 countries every year.

The festivals bring to light the pressing issues facing the planet in regard to the environment, such as climate change, water conservation and quality issues as well as air pollution and other energy concerns.

Beholdance firmly believes that youth can make a difference and it starts with one choice. The choice to do the best you can for everyone around you in the moment you are

in. This speaks volumes as the only true things in life we can change are the choices and decisions we make in the present. We can look back at benchmarks or history and even look ahead and try to forecast or predict; however, neither have lasting impact. Only the choices we make each day in the way we choose to live and the way we treat others will make a difference. By taking the Beholdance pledge, you take the first steps to changing the planet in the strongest way. It is by living it.

Join us at Beholdance and take the pledge: "I promise to love, honor and protect our home, Earth. I want a world where poverty is history, compassion comes first and where all life is equal. I will watch out for all living things and work to make it a better place. I promise to take care of our animals,

plants and environment as well as all who cross my path. I am 'In Beholdance'."

If we can imagine it, if we can dream it, we can achieve it.

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Beholdance Ambassador / Guardian Programs Launch



2010

Get ready for the "Beholdance Conservation Ambassador" and "Beholdance Guardian" program launch in July 2010. Dakota Palacio, the Beholdance Founder has been hard at work, designing the program and working with web designers to design a tween/teen friendly website to support the new programs. The goal is to engage youth in service projects that help with environmental, humanitarian, and/or helping endangered or threatened species while engendering strong character and leadership in the youth that participate. To find out more visit the Beholdance website.

Pizza Box & Bottle Cap Checkers



The Pizza Box Challenge

Working with the Beholdance youth, I've found that you can give them almost anything and they will find a use for it. It is a great way to get kids to think outside the box. In this case quite literally. We posed the challenge of coming up with ideas of reusing a pizza box. The suggestions and examples that came back in were very creative and provided a fun format for creativity as well as proved to have functional use.

Below we will discuss how to create several of the items that you can enjoy by reusing your common pizza take out box.

Pizza Box & Bottle Cap Checkers

To create this game you will need one pizza box, preferably the hard cardboard. The stiff ones work best. You will also need 24 bottle caps to create your checker pieces. Additionally, you will need a magic marker or colored paper to decorate your box as the board. Tape, Scissors and Glue

To get started, clean your pizza box by pulling out the circular cardboard lining that is under your pizza so you just have the cardboard box. Allow it to air out if you need to before using the box to create the game. If you have a stain or spot in the box you can line it with another piece of cardboard or a piece of paper.

Next you will need construction paper or gift wrap paper in two shades to create your checker board. To do this you will need to cut 8 strips of one shade and 8 strips of the other. You will need to judge the size of the strip based on what you plan to use for your checker pieces and the size of your box.

Once you have your paper cut, you will begin weaving the two together in a criss cross pattern, which will create your checker board. Tape the back of the strips to each other after you have the board pattern you desire. Then you can flip it over and add it to the top of your pizza box with tape or glue.

You can use your plain bottle caps for your checker pieces or you can decorate each side, such as adding lady bugs to 12 and bumble bees to the remaining 12 as in the example above. Buttons and beads can be added to make your pieces unique.

You can even decorate the inside of the box if you so desire and use it as a second game or use it for holding your game pieces when you're not playing.

Other fun suggestions include: Customizing your own Chess, Backgammon, Othello, Tic-Tac-Toe or Mancala. Better yet, get really creative and make your own unique game by designing a board with playing pieces, cards and instructions so you and your friends can play.

Happy Creating... Let us know how your designs work. Send in a picture of you and your games to info@beholdance.org and we'll highlight you on our website.

Creative Ideas...

1. Custom Chess

Use the same board instructions for the Checkers game. Draw pictures to represent the chess pieces or create unique game pieces for your chess game.

2. Custom Backgammon

To create a backgammon board you will need to use the inside of the box. It will take 24 narrow triangles in four sections of six. You will need 30 game pieces, with 15 being one color and the remaining 15 being another.

3. Custom Othello

With Othello you will need to create a board with a single color. You will need to collect 64 game pieces that you can flip over to look different to represent both sides. Paper, Bottle Caps and Coins will even work well.

4. Custom Mancala

To create a Mancala game you need 2 large dish or boxes and 12 small ones. An egg crate works well. Then you need 48 game pieces. Beads, buttons or rocks work great.

5. Custom Tic-Tac-Toe

Create a board out of construction paper or simply draw it on the bottom of your pizza box. You will need 5 of one piece representing the X side and 4 pieces representing the O side. The game piece you choose that has five will be the player that always goes first.

Waste Not, Want Not



Beholdance

Join Beholdance by getting involved as an individual, family or by starting a group in your area. To find out more about Beholdance Events and Opportunities, visit www.beholdance.org

Please note, dates may change depending on weather, unless listed as a rain or shine event.

April

12

Beholdance Kannapolis (Founding) Chapter Meeting

24

Viva Verde Earth Day
Join Beholdance and other green partners at North Cabarrus Park in Concord, NC from 10am-2pm

27

Beholdance Litter Sweep

May

10

Beholdance Kannapolis (Founding) Chapter Meeting

22

Beholdance Storm Drain Marking Summer Kick Off

June

5

CMOW Duck Race
Come out and join Beholdance as we support Cabarrus Meals on Wheels by hosting earth and environmental activities for kids at Frank Lisk Park.

Check out our website for additional summer and fall 2010 events.

Energy Vampires

Michael Jackson was right when he said, it starts with the man in the mirror. To make a difference you have to start with the choices you make. To help with the world energy crisis and global warming, everyone can begin with defeating energy vampires in their own home. Energy vampires are electronic devices that remain plugged in even when they are not being used or are in sleep mode. For example, cell phones, ipods, TV's, VCR's and DVD Players. To give you a better idea of the scope, it takes over 1 billion a year to power TV's, VCR's and DVD Players while they are 'Turned Off' in the US. You can help fix this by using a power strip to manage your TV's, VCR's and DVD Players. Select power strips that help manage

energy more efficiently. They make strips that are actually intelligent now that power off when not in use. Also, look for Energy Star label and true energy efficient electronics when you purchase new equipment. Cell phones and Ipods are a big culprit. They use only 5% of the energy when being charged and the remaining 95% is the power block

that is plugged into the wall. Therefore, they are considered a top energy vampire. We need to unplug these type of cords when not charging or plug them into a smart power strip to save energy and money.

Everybody can take a more responsible role in cutting off lights when they leave a room. Taking the opportunity to use natural lighting. It is a great alternative to switching on a light. It is totally free, saving you money. Also, sunlight is a great source of vitamin D and 15 minutes of natural sunlight does more for building calcium than trying a supplement. Additionally, try a candle lit dinner with the family. It provides great atmosphere and can drop anxiety from stressful, busy schedules.

So 'UnPlug', it helps save the planet. If you really want to be proactive, check into solar options for lighting. They make great outdoor garden and path lights that are solar as well as solar

flashlights, lamps and even solar heating and air units. Free Power Anyone?

Water Saver

Water is one of the most challenged resources on the planet. It is needed for survival and we need to take action to do what we can as individuals to reduce and conserve water.



Easy ways to help conserve water...

- 1) Turn off the water while brushing your teeth and only turn it on to wet the brush and to rinse.
- 2) Go old fashion and wash dishes by hand and don't run partial loads in the dish washer.
- 3) Commit to only doing full loads of laundry, instead of partial loads
- 4) Add a 2 plastic bottles of water to your toilet tank and save a half gallon to a gallon on every flush (for a family of 4, this save an average of \$90 a year on your water bill.)
- 5) Give up on bottle water and use filtered tap. The plastic is killing our environment.
- 6) Add a bucket or hose to your air conditioner and catch the clean run off to water your lawn or plants. If you add a hose with small holes it can nicely water trees, plants and/or the lawn.
- 7) Do not water lawns in daylight hours. Consider watering a small garden by using 2 liter plastic bottles instead of a sprinkler. Punch small holes in the bottom of a 2 Liter and bury it 3/4 of the way down beside your plants with the cap up. This allows you to refill the bottle without disturbing the plant and it also allows the plant to pull the water as it is needed. This is a much more efficient way to water and works nicely with house plants. It especially works well with plants that like a lot of water such as tomatoes in your garden.

Remember when others are walking miles to get clean water, the least we can do is conserve and think smart to help save.

More Creative Craft Ideas...

1. Pizza Box - Drawing / Art Board

Turn your box into an art board. Use the inside for storage for pens, paper, marker and crayons. Add drawing paper and/or coloring book and your set for a fun afternoon anywhere.

2. Pizza Box - Depot

Turn your box into a train station. Add tracks, engines and cars and you have a fun activity you can transport anywhere. Your child will love it as they made it with their own hands.

3. Pizza Box - Lego Land

Looking for some type of safe and easy storage for legos? This can be it. Use the pizza box and let your child create his/her own design and add legos inside for cool storage and a fun way to transport.

4. Pizza Box for Painters / Artist

Use your box as a creative storage space for your brushes. If you have been working and need a quick inexpensive way to dry or store your brushes, a pizza box works nicely. Decorate it to your liking and it is a great way to recycle and save.

5. Pizza Box - Doll Dress Case

Add boxes or dividers to your decorated pizza box to create a fun way to store Barbie, Bratz and other doll cloths and accessories. It is an inexpensive way to provide numerous storage boxes for all those little girls with great fashion sense. Let them decorate it and they'll love it.

Imagine it, Dream it, Achieve it

Share the ways you've found that are fun and creative ways to save the environment with us here at Beholdance. We will share your ideas on our website and highlight you and your child. Submit ideas and examples to info@beholdance.org

Pizza Box Crafts

Pizza Boxes usually get tossed in the trash. With a bit of creativity and desire to recycle you can put your pizza boxes to some functional uses as well as help entertain the kids.

Our Beholdance youth team came up with several creative ideas for our pizza boxes. This included ways to have fun, teach or store.



Custom Pizza Box - Hanging Jewelry Box

Is your little girls room covered in bows, ribbons, jewelry and other small items? Well this project can be fun and entertaining to create while educating her on how to organize her belongings as well as how important it is to recycle and reuse.

Take your pizza box and air it out so any smell is gone. Next, pull out your craft supplies, glue, scissors, paper, etc and get ready to put your imagination to the test. Decorate the box with a scrapbook style cover which may include images of a favorite character or pictures your child likes. Decorate the inside lid and then get ready to make the inside of the box your storage area. Add hooks for hanging necklaces and ribbons. Hook a string or ribbon to the box to create a fun, safe way to store barrettes and bows. Pull out an aluminum foil core after you're done with it and add all those rubber bands and hair clamps for an easy and cost efficient way to organize. Let your imagination come alive and you will find a cute, safe jewelry box for your little one.



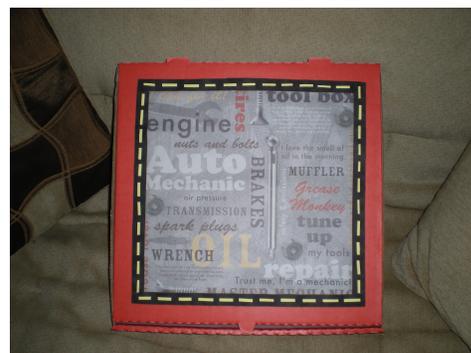
front



inside

Pizza Box - Race Way / Storage for Match Box Cars

Every boy loves cars. Many are loaded with match box cars and trucks and no place to store them after they are out of their boxes. Use your pizza box to create a custom storage box or a fun street or race way to play on. You can decorate the top with your own special design and use the inside for storage or get more creative and add a street, garage or race track to the inside box and lid for fun take-along entertainment to grandma's house.



Beholdance Youth
has logged OVER

4,000

Volunteer Service Hours
For Conservation to-date

Beholdance K9 Krunchies & Feline Munchies
pet meals to-date

13,680

A Small Group Making A Big Difference - Come Grow With Us

Watch Out For Wildlife

We live in an age where forest and wildlife areas are being greatly challenged. Many of the natural areas where wildlife thrive is being paved over for shopping malls and residential developments. Beholdance youth is asking you to take an extra minute to



watch out for wildlife that is in the road way. Countless pets and other native wildlife are injured or killed by cars and trucks each day. With busy schedules and trying to

meet deadlines or timelines, we all lose track of the little ones trying to make it around us that have alternative transportation options, such as hoof, wing or paw. This methods of transportation do not keep up with the 55+ mph cars and trucks we drive.

So make a promise and pass with care. Watch out for wildlife in your area.

Ways you can assist...

Eastern Box Turtles

Eastern Box Turtles are starting to rapidly decline in numbers due in majority to traffic injuries or death. These slow moving land turtles do not understand, 'Get out of the road.' They are territorial and remain in the same area. they are the only land turtle found in North Carolina and slow to mature and have very few offspring per year. With the roadside challenges, this is making the numbers of turtles drop rapidly and conservation groups are trying to raise awareness.

If you see a box turtle crossing the road, take time to move it out of the road, in the direction it is headed. Please watch for traffic as the roadside often doesn't prove much safer for humans. If you cannot stop, please take extra precaution to not hit the turtle.

Their survival as a species depends on it.

No Butts

Another roadside hazard for many species is caused by cigarettes being tossed out the car window. If the cigarette is still lit it can create a fire, especially in dry seasons. The cigarette butts are just as big of an issues. Small animals tend to use the filter material for nest and while at the roadside they attract raptors and other birds of prey. These large birds are very single focused and if they are hunting they do not see the oncoming vehicle. They are often too large to lift off quickly and as a result get struck by the passing car or truck. Raptors have hollow bones and an injury like this is often fatal. Those few that do survive the hit too often end up abandoned on the roadside and left to starve or die of their injuries. This can be avoided by keeping your butts in the car and emptying them when you stop for gas or when you clean out your car. This is true for food and other litter.



Snakes, Frogs and Deer

Other native wildlife may be more propionate on the roadside during certain conditions. Before or after a rain storm, snakes and frogs are found in the road. This is because they are headed to higher ground. Please do not squeal your tires over a snake as it only injures the reptile and puts other passengers on the road in danger. Deer are more common in the early morning and late evenings on the roadside as well as in foggy weather so be on the lookout for these large animals. Trust us, you don't want a deer as a passenger in your car or to be a hit and run. It creates a great deal of damage to your vehicle and to the animal.

Special Thanks to...

Earth Day Pizza Box Sponsors

Papa Johns
Little Ceasers
Pizza Hutt
Dominaos

Beholdance Top Wildlife Concerns

Right Whales, Bottlenose Dolphins,
and Loggerhead Sea Turtles off NC
Eastern Box Turtles in NC
Gray Wolf
Red Wolf
Mexican Wolf
Spirit Bear
Polar Bear
Bengal Tiger

Beholdance Mission

To come together and take a look at issues effecting the health and well being of our planet and to stand up and give our youth a voice to our future, while instilling values, character and education regarding conservation and community service to better the world in which we live. To bring focus to our future because we are the generation that will inherit the earth and it is our voice and actions that will ensure it will be loved, protected and healthy for the coming generations.

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