

Monday, September 28, 2009

### **Dead hawk, Roosevelt's, and third-row seating**

Okay, so this morning I was listening to the morning radio stations, just flipping though trying to find a decent one that wasn't too vulgar for my five year old to hear as well, and I came across this one here. Which is 104.7 KDUK's Morning House Party team. I don't know their names, but what they were talking about this morning was a dead hawk on a gate or door box. I figured this would be just as entertaining to listen too and indeed it was.

So one of them, Chino, I think is his call name on there, had to see it this morning when he got to the radio station and they snapped a picture of it. Well, as I am driving along I wonder, what the heck does a hawk look like up close? So of course, nosey me came home after dropping the boy off at school and started to do a hunt on this radio station and see the picture they took of this hawk. Well, needless to say I couldn't find it so I had to ask in their chatbox where to find it. And here is what I got....

So for one, I am actually impressed that someone was willing to talk to me about it, and for two, this is one of the best conversations I have heard on a radio station in a long time. You can see their FaceBook photo of the hawk here.

But the whole point of this post wasn't to go off on a rant about a dead hawk at an Oregon radio station it was to mention the two radio commercials I heard after that. One was about Taco Bell lowering their prices on their menu to help out the common folk. They have added items on their menu for 79¢, 89¢, and even 99¢. By the way, their website song of "All about the Roosevelt's" is pretty funny.

The second commercial was about a healthcare company here in Oregon that has real people to talk to when you call in for a question about your policy.

These commercials got me to thinking about how bad the economy got there for awhile and what companies are doing to try to make it easier for everyone over all. The lowering of the prices, the real people to talk to, it only means one thing. Things are going back to the way they were before the entire boom in trying to keep up with the Jones's.

We really don't have to have the latest and greatest out there. I have a family member that has two kids and bought a huge vehicle with third-row seating, why? Why do they need all that room? I bet you they are the ones headed to the "cents" menu at Taco Bell from time to time to save some green.

If we all just look around and saw what we had and made our purchases on what we "NEED" over what we "WANT" the economy would have never taken a turn for the worse. The best thing to do and I think Cheryl Crow said it best, "It's not having what you want, it's wanting what you have" that matters most! And hands-off to those companies that are making a change to help everyone and not just themselves. A few individuals could learn from them in the long run.

My pity goes out to the poor hawk that lost it's life for me to have something to write about. haha!

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Saturday, September 26, 2009

### **Coupons can really save you time and money**

Every other week, I sit down with my "huge" stack of coupons and slowly go through them pulling out anything I could use, check into at the store or get for free from a little piece of paper I cut the week before or even two weeks before.

Most of the time I call this, shopping with coupons. No matter what the item is on the coupon, if I think we can use it that following two weeks or freeze it, then I will buy it. It may seem silly to shop that way, but honestly it will save you a ton of money in the long run.

Coupons are like free money. When you use them correctly you can actually put money back into your pocket that would otherwise go to the store. Take for example a box of Wheat Thins, they can run in cost from about \$3.00 a box to about \$3.75, depending on where you shop and some stores may carry them even less. With a coupon you can have possibly a 75¢ savings and in turn you will be paying \$2.25 a box. This may not seem like a lot, but if you buy that product on a regular basis and also combine this savings with the other coupons you will end up saving a ton of money.

My last shopping trip I saved over \$48.00 with coupons and to me that's a lot of savings over-all.

Of course, coupons come in the paper on any given day, mostly on Sundays, but there are other places to gather up coupons. Some stores have coupon bins that you can trade and get different coupons that you can use, or there are sites throughout the internet that offer coupons. Here is a simple list of places to score some of the best coupons around.

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Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 10:50

Tuesday, September 22. 2009

### **Last day of Summer 2009**

There it goes...slowly slipping away, the hot sunny days, the warm weather in the evenings that slay around and make your neck feel all sticky. In a sense, to some, the end of summer is a great thing. I personally love fall and love the way the season just has that special feeling to it. Maybe it's because I love hay-rides, pumpkin patches and the thought that Christmas is soon coming our way.

No other time of year brings out pretty clothing being worn and the soft feel of a down comforter being thrown on the bed. Football season, pumpkins, apples, and even the change in colors with the leaves is what fall brings our way.

September 22nd is the "official" first day of fall and marks the end of another summer. But, no need to be sad, fall offers a lot more than summer could ever think to offer us.

Happy fall everyone and here's to an awesome autumn season!

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Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 08:43

Wednesday, September 9, 2009

## **Email Share**

Amy wrote:  
Dear Shelly,

I recently came across your website, and believe I have a sustainable company that your readers might be interested in. My name is Amy, and I, along with three other twenty-somethings, started the first custom cereal and granola company: [me] & goji. You can design your own cereal at [www.meandgoji.com](http://www.meandgoji.com) from over 50+ natural and organic ingredients and the nutritional values are updated in real time. After creating and naming your cereal, we ship it directly to your door in our sleek Cereal Capsule.

[me] & goji is a mission-driven company that believes in using our resources in ways that serve social and environmental needs. We partner only with suppliers who share our vision of instilling sustainable business practices.

We currently offer \$1 green tags through our partner, Bonneville Environment Foundation, to offset the CO2 emissions produced from shipping your cereal. I attached our sustainability one-pager that demonstrates our focus on reducing emissions and limited energy consumption throughout the entire production cycle.

I would like for you to pass along this information to your readers of your sites. Thank you for your time!

Website: [www.meandgoji.com](http://www.meandgoji.com)  
IP: 71.233.239.162

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Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 10:24

Friday, September 4, 2009

### **When I am down in the dumps**

There are several days here in Oregon that I feel really down in the dumps and crappy about where I live. The little town I am in is a large step back from where I did live in Arkansas and there are just those days I wonder, "Why was it I moved here again?" But, all-in-all I know one day soon I will be able to stroll the streets back in my hometown with a huge smile on my face and be beaming.

It's hard to change your habits when you move to a new area after doing and seeing the same thing for over 20 years. I have gotten to know this area where I am now living pretty well, after being here for five years, of course, but it's no National Park that's for sure. But, the main purpose behind this post was not to compare areas, by any means, but to pass along a Flickr spread of photos I like to look at when I do get down and out about my area. Especially the fact that I do not own the home I am living in here and can't really do much, as far as painting and what not. This Flickr spread of photos really makes me feel like there is hope that I will move and eventually will be able to paint a wall that I own once again.

IKEA in my home slideshow.

....oh, if you happen to have a Flickr account and are in love with IKea, then by all means, add your photos to the spread so I may have the opportunity to drool over your wonderful house as well.

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Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 09:12

Thursday, September 3, 2009

## **Email Share**

Tisha Dore wrote:

Shelly - I'm hoping you can help us to get the word out via your environmental blogs about this...

Did you know that one-third of our nation's food supply relies on honey bee pollination, and over the last three years, more than one-third of the honey bees have disappeared in a mysterious epidemic called Colony Collapse Disorder? Haagen-Dazs has been working over the last year to build awareness around the plight of the honey bees. They have now partnered with ExperienceProject.com to expand its campaign to harness the power of social networking. The new campaign including online challenges, trivia games, Facebook apps, etc. makes it simple and fun for people to get involved in the cause and share with friends! Please see the media alert below and let me know if you have any questions or requests for artwork, interviews, etc.

Best - Tisha Dore

### **THE HÄAGEN-DAZS BRAND AND EXPERIENCE PROJECT.COM HELP THE HONEY BEES**

**Who:** The Häagen-Dazs® brand, which is licensed to Dreyer's Grand Ice Cream, Inc., a market leader in frozen dessert products, and [www.ExperienceProject.com](http://www.ExperienceProject.com) (EP), the world's largest online forum for connecting and sharing life experiences.

**What:** Häagen-Dazs and EP have teamed up to motivate the public to get involved in actively helping save honey bee colonies. Honey bee pollination is directly responsible for the production of over one-third of our nation's food supply. Over the last three years, more than one-third of honey bee colonies have died due to a mysterious phenomenon called Colony Collapse Disorder (CCD), posing a serious risk to both food supplies and global economies. In cases of CCD, honey bees mysteriously leave their hives and die – yet scientists still don't know exactly why.

This campaign harnesses the power of social networking not only to educate the public on why honey bee pollination is so vital to our society, but also to take tangible steps to help the situation. Unique from traditional social media campaigns, critical aspects of the partnership include recruiting people into individual challenges, such as planting flowers or eating naturally for a week, and playing trivia games that earn donations towards honey bee research. While headquartered at [www.ExperienceProject.com](http://www.ExperienceProject.com), the campaign is tightly integrated with other social media applications, such as Facebook and Twitter.

The specific challenges include:

#### **Plant a Flower, Help a Honey Bee Challenge**

Since flowers are the primary food source for honey bees, this challenge encourages individuals to help out by planting more flowers and fruits wherever they are. Participants upload photos of themselves planting flowers via Facebook, Twitter, or Flickr. The three best photos, as judged by all of the participants, will win certificates for a year's supply of Häagen-Dazs ice cream.

#### **7-Day Go Natural Challenge**

This challenge encourages individuals to eat and live naturally for seven straight days. Participants learn about the honey bees' contributions to our natural food sources while also earning coupons for Häagen-Dazs products and the chance to win a year's supply of ice cream.

#### **Help The Honey Bees Trivia Game**

Help the honey bees with just a click of the mouse! As a key part of the campaign, EP will be hosting a special general knowledge trivia game where participants earn "nectar" points for each correct answer. The accumulated points will then be converted into donations in support of scientific research to help find the causes and solutions for CCD.

**When:** The campaign begins August 4, 2009 and goes through September 28, 2009.

**Where:**

Häagen-Dazs Help The Honey Bees: <http://www.experienceproject.com/helpthehoneybees>

## Blog Export: αTUα, <http://thoughtsunveiled.com/serendipity/>

Häagen-Dazs + Experience Project Help The Honey Bees Challenges: <http://www.experienceproject.com/challenges>  
Häagen-Dazs + Experience Project Help The Honey Bees Trivia:  
<http://www.experienceproject.com/playtohelpthehoneybees>  
To access the special Help The Honey Bees Facebook application: <http://apps.facebook.com/helpbees>

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Posted by Shelly Hardage-Wilkerson in ~Saving the Earth~ at 10:32