

Appalachian Women's Fund 'Basic Buckets'

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Wednesday, 30 January 2013 16:15

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'" For the MLK holiday last week, industrious and socially conscious ASU students honored Dr. King's legacy by participating in the 14th Annual MLK Challenge. Through the Appalachian and Community Together (ACT) office on campus, 237 students spent Monday, January 21 doing volunteer work in the community.

Appalachian Women's Fund (AWF) enlisted the help of 13 students to collect donations for the Basic Buckets for New Beginnings. The Basic Buckets is a project created by members of AWF to support women who are homeless or victims of domestic violence. When women are transitioning out of the Hospitality House or OASIS shelter into an independent living situation, they have limited financial resources. Day-to-day items like shampoo and cleaning supplies are necessary but expensive. That's where the Basic Buckets come in. One bucket is filled with household items like towels, light bulbs and potholders; the other is filled with personal hygiene products. As the client leaves to begin her new life, she takes two "buckets of basics" to get her started.

The MLK Challenge volunteers collected donations from generous local businesses. By the end of the day, they had filled 25 buckets valued at more than \$600.

"Working with the MLK Challenge volunteers is always a joy. AWF is so grateful to the students who spend their holiday helping others," said AWF member Leslie Shavell. Before last week, many of the participants were unaware of the scope and severity of domestic violence in our mountain communities.

To help with the Basic Buckets program or any outreach sponsored by the Appalachian Women's Fund, visit www.appalachianwomensfund.org or call 828-264-4002.