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NEWS RELEASE
Immediate Release

**Living Lands & Waters Prepping for Another Alternative Spring Break
640,000 lbs. Of Trash And Counting**

Living Lands & Waters (LL&W) is returning to Memphis for their 6th year of hosting Alternative Spring Break (ASB) on McKellar Lake. Since 2011, LL&W has hosted 630 college students from 67 different schools in 22 U.S. states, and removed over 640,000 pounds of trash with this program alone.

“We’ve got students coming from all over the country!” says LL&W Project Coordinator, Kate Runge, “Texas, Massachusetts, Illinois, Iowa, Wisconsin, and even California this year. 13 different Colleges total! It’s one of the crew’s favorite events of the year. We reach some of our biggest trash numbers, and honestly have a blast. We’re putting an even bigger emphasis on making the events this year fun! ASB students should get ready for some hilarious stuff.”

Six lucky participants were awarded \$500 scholarships to help pay for their travel [expenses](#). These scholarships are offered each year to ASB participants who complete a short application, and the winners are selected by LL&W staff.

Students have the opportunity of choosing from three different, one-week long sessions: Sunday, March 6-Thursdays, March 10, Sunday, March 13-Thursdays, March 17, and Sunday, March 20-Thursdays, March 24. Week one is completely booked, however spots still remain for week two and week three. Participation itself is free and LL&W provides a discounted lodging option, as well as Sunday dinner, and lunch each day. Costs to keep in mind are transportation, lodging, and some dinners.

In addition to the weeklong student cleanups, LL&W is set to host 3 community cleanups on the lake. “Community cleanups are also a big part of our time in Memphis.” says Kate Runge, “We’ve got another 185 local volunteers signed up to spend their Saturday mornings with us. Returning to Memphis for five years has really raised awareness about who we are and what we do. Our volunteer numbers are looking better than ever!”

About Living Lands & Waters – Chad Pregracke started Living Lands & Waters in 1998 as a not-for-profit organization dedicated to the beautification and restoration of America’s major rivers and the education of environmental issues. From his single boat beginning, LL&W has grown to an industrial strength, internationally known organization with a fleet of barges and workboats. LL&W engages thousands of volunteers each year in river cleanups, hands-on environmental education workshops, the Great

Mississippi River Cleanup, Adopt-a- River-Mile program, Invasive Species Removal, and the Million Trees Project.

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