



Tales from a District Traveler

Mary Himes writes about good causes, good people and good food

About Mary Himes

Old Greenwich eatery works to fight poverty in Appalachia

July 28, 2009 at 12:34 pm by [Mary Himes](#)

My first posting is about amazing woman, Amy Guerrieri, who was inspired one night watching a tv show about the dire poverty in Martin County, Kentucky.

That night she was shocked to learn that many of the children in this part of Appalachia only get a meal from the subsidized meal program if and when they go to school. She couldn't believe or accept that this was happening in the United States.

A person with a real can-do spirit, Amy decided to help. As a mom, her first impulse was to help the kids. A foodie and owner of the Upper Crust Bagel Company in Old Greenwich, she wanted to create something to improve the kids' nutrition.

Working with nutritionist Karen Newman, Amy created a vitamin and mineral-enhanced drink for kids called Rockin' Water. I tried some of the cherry flavored Rockin' Water and it is delicious! (Full disclosure: my 2 elementary school aged daughters haven't yet tasted the Rockin' Water but they will as soon as I can get back to Arcadia Coffee where it is sold). In addition, Amy started a non-profit organization called R.A.M.P. (Rockin' Mom Appalachian Project) that helps families in Martin County, taking truckloads of Rockin' Water and other much needed items that are donated such as diapers, school supplies, clothes and personal hygiene items. (To see photos go to: <http://rampamerica.org/images>).

On her trips to Martin County, she has visited schools and churches, met with moms and talked to school kids about healthy eating. She has made personal connections with these people. This is a person who doesn't just do the quick and easy-write the cheque. She has made a huge commitment to help this community in a very personal way. Her next trip down to Appalachia is the second week of August. If you feel you can donate money or non-perishables please visit the R.A.M.P. website at rampamerica.org or call 203-940-1152 or drop stuff off at the Rockin' Waters office at 187 Sound Beach Avenue, Old Greenwich.

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1. Welcome new Greenwich Blogger! It's great to have company. I will make a special trip to Arcadia later today to donate to this cause.

Comment by Lincoln Millstein — July 28th, 2009 @ 2:14 pm

2. Fantastic- thanks!!

Comment by Mary Himes — July 28th, 2009 @ 2:21 pm

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