

IN THIS ISSUE:

1. 4-H Rifle Leader Training
 2. Great American Backyard Campout
 3. Legacy & EPA Partner for New Website
 4. Bring on the Butterflies
 5. Dehydration
 6. Making Water Safety a Splash
 7. Bald Eagle Numbers Soaring
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4-H Volunteer Rifle Training



June 22-23, 2007

Friday 6:00pm – 9:00pm

Saturday 8:00am – 5:00pm

**Tuscaloosa County Extension Office,
Tuscaloosa, AL**

**Do you enjoy the outdoors?
Hunting? Marksmanship? Safety?
Are you willing to share your interest with youth in your
community?**

**If you answered “YES” to any of the above, you’re
invited to join the Alabama 4-H Shooting Sports
program as a Volunteer! Come join us for a Volunteer
Certification Class focused on the Rifle Discipline.**

**Registration Cost: \$15.00
Due June 8, 2007**

Snacks and drinks will be provided, and lunch on Saturday will be served. In order to receive 4-H Shooting Sports Certification, volunteers must complete Rifle Discipline training AND a 2-hour Youth Development training. Youth Development training will be offered Saturday, June 23, immediately following the conclusion of the Rifle Training at the Tuscaloosa County Extension Office or by individual appointment at your county office.

**For more information or to register contact:
Heather Dunning, 4-H CEA, (205)349-4630, HKD0001@aces.edu**

4-H Volunteer Leader Rifle Training

June 22, 2007 6:00-9:00 PM and June 23, 2007 8:00 AM- 5:00 PM

**Required Youth Development Training--5:00-7:00 PM, June 23, 2007;
or by appointment**

Tuscaloosa County Extension Office--Tuscaloosa, AL

Cost: Only \$15 per participant!

Registration: Send a \$15 check payable to TACES to:
Heather Dunning - 4-H CEA
2513 7th Street, Tuscaloosa, AL 35401
by **June 8, 2007**

Name: _____ **County:** _____

Address: _____

Day Time Phone Number: _____

E-Mail Address: _____

I plan to complete Youth Development training:

_____ June 23rd _____ Contact me for an appointment

I understand that I must complete both Youth Development training and rifle training to receive my 4-H Shooting Sports Certification. I also understand that I must assist with my county's 4-H Shooting Sports program for at least one year.

Participant's Signature: _____ **Date:** _____

Local County Extension Staff Member's Signature: _____

Local Lodging (more options available):

Best Western Catalina Inn, 205-339-5200

Budget Inn, 205-339-3900

Country Inn & Suites, 205-345-9999

Courtyard By Marriott, 205-750-8384

Days Inn, 205-759-5000

Holiday Inn Express, 205-464-4000

Howard Johnson, 205-469-1500

La Quinta, 205-349-3270

2. THE GREAT AMERICAN BACKYARD CAMPOUT

When: June 23

Connect with nature in your backyard during

Visit backyardcampout.org to register your campsite and get information about fun outdoor activities, easy camping recipes, other campsites in your area and more.

Whether you're an expert or camping for the first time, National Wildlife Federation encourages friends, families, neighbors, and communities to join together for this summertime tradition. <http://www.backyardcampout.org/>

3. LEGACY AND EPA PARTNER FOR NEW EE WEBSITE

For years, the entire environmental education community has been in desperate need of a comprehensive listing of Alabama's environmental education centers and organizations. While Legacy's "Centers and Organizations" publication somewhat fulfilled this need, it was often outdated shortly after it was printed due to changes in personnel, email addresses, etc..

A new joint project between the EPA and Legacy aims to fulfill this need. The new EEinAlabama.org website will serve as a clearinghouse site for all of Alabama's environmental education organizations to submit and manage their

own profiles, ensuring the most up-to-date information is available. The site also allows organizations to publish upcoming events and resources.

On the user end, any visitor to the site will be able to search for centers and organizations based on location as well as events and resources. Though not yet completely populated, new organizations are being added to the site each day.

For more information about the site or to submit your center or organization, visit the site at www.EEinAlabama.org

3. BRING ON THE BUTTERFLIES

Looking for ways to attract butterflies to your yard this spring and summer? Here are a few tips.

Plant some flowers.

Butterflies love **nectar-producing flowers**, especially those with red, yellow, orange, pink, or purple blossoms. Some flowers that fit the bill (or should we say proboscis?) include: asters, azaleas, black-eyed Susan, blazing stars, butterfly weed, cardinal flower, coreopsis, goldenrod, ironweed, milkweed, phlox, purple coneflowers, and sunflowers.

Provide water and warmth.

Butterflies also need **clean water** and **warm spots** on which to land and sun themselves. In sunny areas in your yard, place some shallow dishes of water and clean sand (the sand acts as a water filter). Near the water sources, put some smooth, flat stones that will soak up the sun's warm rays. These make good resting spots.

Make a fruity mash.

If you can't plant butterfly-attracting flowers, you can still bring butterflies to you by making a fruity mash that butterflies and moths can't resist. This simple treat can attract butterflies to your yard:

What you need

- 1/2 cup of fruit juice that's been left out for a day or two
- large, very ripe banana
- 1/4 cup sugar
- a few small, shallow dishes
- large paint brush (optional)

What you do

1. Peel the banana and use a fork to mash the fruit until it is a thick liquid.
2. Add the sugar and juice and mix well. The mash should be the consistency of thick paint.
3. Portion out the mash into several shallow dishes that you can set in sunny spots in your yard or on your deck or patio.
4. You can also use a large brush to "paint" the mash mixture onto tree trunks, logs, wooden fences, or rocks.

Warning: This mash is good food for **butterflies** and moths, but because it contains day-old juice, it's not good for your child to eat.

Makes about a cup of mash

Watch for butterflies throughout the day. And don't forget to check at night too, when moths will come calling. Identify the visitors you spot with *Peterson First Guides: Butterflies and Moths* by Paul A. Opler. Learn more about gardening for butterflies with Carol Lerner's *Butterflies in the Garden*.

Here are just a few favorite butterfly flowers.

- [milkweed](#)
- [butterfly weed](#)
- [cardinal flower](#)
- [coneflower](#)
- [aster](#)
- [bergamot](#)
- [goldenrod](#)
- [black-eyed Susan](#)

Source: National Wildlife Federation

5. DEHYDRATION

Dehydration is a condition that occurs when a person loses more fluids (such as urine or sweat) than he or she takes in. Dehydration isn't as serious a problem for teens as it can be for babies or young children, but if you ignore your thirst, dehydration can slow you down.

When someone gets dehydrated, it means the amount of water in his or her body has dropped below its adequate level (our bodies are about two thirds water). Small decreases don't cause problems, and in most cases, they go completely unnoticed. But losing larger amounts of water can sometimes make a person feel quite sick.

How Do People Get Dehydrated?

One common cause of dehydration in teens is gastrointestinal illness. When you're flattened by a stomach bug, you may lose fluid through vomiting and diarrhea. You can also become dehydrated from lots of physical activity if you

don't replace fluid as you go, although it's rare to reach a level of even moderate dehydration during sports or other normal outdoor activity.

Some athletes dehydrate themselves on purpose to drop weight quickly before a big game or event by sweating in saunas or using laxatives or diuretics, which make you go to the bathroom more. This practice usually hurts more than it helps, though. Athletes who do this feel weaker, which affects performance and can lead to more serious problems, like abnormalities in the salt and potassium levels in the body. Such changes can also lead to problems with the heart's rhythm.

Dieting can sap a person's water reserves as well. Beware of diets that emphasize shedding "water weight" as a quick way to lose weight.

Dealing With Dehydration

To counter dehydration, you need to restore the proper balance of water in your body. First, though, you have to recognize the problem. Thirst is the best, and earliest, indicator of potential dehydration. Although thirst is one indicator of dehydration, it is not an early warning sign. By the time you feel thirsty, you might already be dehydrated. Other symptoms of dehydration include:

- * feeling dizzy and light-headed
- * having a dry or sticky mouth
- * producing less urine and darker urine

As the condition progresses, a person will start to feel much sicker as more body systems (or organs) are affected by the dehydration.

The easiest way to avoid dehydration is to drink lots of fluids, especially on hot, dry, windy days. This might mean as many as 6 to 8 cups (1.4 to 1.9 liters) a day for some people, depending on factors like how much water they're getting from foods and other liquids and how much they're sweating from physical exertion. Remember that drinking water adds no calories to your diet and can be great for your health.

When you're going to be outside on a warm day, dress appropriately for your activity. Wear loose-fitting clothes and a hat if you can. That will keep you cooler and cut down on sweating. If you do find yourself feeling parched or dizzy, take a break for a few minutes. Sit in the shade or someplace cool and drink water.

If you're participating in sports or strenuous activities, you should drink some fluids before the activity begins. You should also drink at regular intervals (every 20 minutes or so) during the course of the activity and after the activity ends. The best time to train or play sports is in the early morning or late afternoon to avoid the hottest part of the day.

If you have a stomach bug and you're spending too much time getting acquainted with the toilet, you probably don't feel like eating or drinking anything. Putting anything in your mouth is probably the farthest thing from your

mind, but you still need to drink. Take lots of tiny sips of fluids. For some people, ice pops may be easier to tolerate.

Staying away from caffeine in coffee, sodas, and tea can also help you avoid dehydration. Caffeine is a diuretic (it makes you urinate more frequently than you usually need to).

When to See a Doctor

Dehydration can usually be treated by drinking fluids. But if you faint or you feel faint every time you stand up (even after a couple of hours) or if you have very little urine output, you should tell an adult and visit your doctor. The doctor will probably just have you drink more fluids, but if you're more dehydrated than you realized, you may need to receive fluids through an IV to speed up the rehydration process. An IV is an intravenous tube that goes directly into a vein. Occasionally, dehydration might be a sign of something more serious, such as diabetes, so your doctor may run tests to rule out any other potential problems.

In general, dehydration is preventable. So just keep guzzling that H₂O for healthy hydration.

Source: Kids Health for Teens. Reviewed by: Kathleen M. Cronan, MD

6. MAKING WATER SAFETY A SPLASH

When the weather turns warm, everyone wants to be in or around the water. Hanging out with your friends at the pool or the beach on a hot day is a great way to beat the heat.

Between having fun and checking out the lifeguards, most people don't think much about water safety - but they should. For people between the ages of 5 and 24, drowning is the second leading cause of accidental death. It doesn't have to be that way, though. Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines.

Swimming Smarts

"Buddy up!" That's what swimming instructors tell us to do every time we go swimming. That means always swim with a partner, whether you're swimming in a backyard pool or in a lake. Even experienced swimmers can become too tired or get muscle cramps, which might make it difficult to get out of the water. When people swim together, they can help each other or go for help in case of an emergency.

Get skilled. Speaking of emergencies, it's good to be prepared. Learning some life-saving techniques, such as CPR and rescue techniques, can help you save a life. A number of organizations offer free classes for both beginning and experienced swimmers and boaters. Check with your YMCA or YWCA, local hospital, or chapter of the Red Cross.

Know your limits. Swimming can be a lot of fun - and you might want to stay in the water as long as possible. If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers. That can be hard, especially when your friends are challenging you - but it's a pretty sure bet they'd rather have you safe and alive.

If you are a good swimmer and have had lessons, keep an eye on friends who aren't as comfortable or as skilled as you are. If it seems like they (or you) are getting tired or a little uneasy, suggest that you take a break from swimming for a while.

Swim in safe areas only. It's a good idea to only swim in places that are supervised by a lifeguard. No one can anticipate changing ocean currents, riptides, sudden storms, or other hidden dangers. In the event that something does go wrong, lifeguards are trained in rescue techniques.

Be careful about diving. Teens are more likely than any other age group to suffer diving injuries, many of which can result in permanent spinal cord damage or death. Only dive in areas that are known to be safe for diving, such as the deep end of a supervised pool. If an area is posted with "No Diving" or "No Swimming" signs, pay attention to them. If you see a "No Diving" sign, that means the water isn't safe for a head-first entry. Even if you plan to jump in feet first, check the water's depth before you leap to make sure there are no hidden rocks or other hazards. Lakes or rivers can be cloudy and hazards can be hard to see.

Watch the sun. Sun reflecting off the water or off sand can intensify the burning rays. You might not feel sunburned when the water feels cool and refreshing, but the pain will catch up with you later - so remember to reapply sunscreen frequently and cover up much of the time.

Drink plenty of fluids. It's easy to get dehydrated in the sun, particularly if you're active and sweating. Keep up with fluids - particularly water - to prevent dehydration. Dizziness, feeling lightheaded, or nausea can be signs of dehydration and overheating.

Getting too cool. Speaking of temperature, it's possible to get too cool. How? Staying in very cool water for long periods can lower your body temperature. A temperature of 70 degrees Fahrenheit (20 degrees Celsius) is positively balmy on

land, but did you know that water below 70 degrees will feel cold to most swimmers? Your body temperature drops far more quickly in water than it does on land. And if you're swimming, you're using energy and losing body heat even faster than if you were keeping still. Monitor yourself when swimming in cold water and stay close to shore. If feel your body start to shiver or your muscles cramp up, get out of the water quickly; it doesn't take long for hypothermia to set in.

Alcohol and water never mix. Alcohol is involved in numerous water-related injuries and up to half of all water-related deaths. The statistics for teenage guys are particularly scary: One half of all adolescent male drownings are tied to alcohol use.

At the Water Park

OK, so you do more splashing than swimming, but it's just as important to know your skill level at the water park as it is at the pool. Take a moment to read warnings and other signs. And make sure you do slide runs feet first or you'll put yourself at risk for a ride that's a lot less fun - one to your doctor or dentist.

Boating Safety

More people die in boating accidents every year than in airplane crashes or train wrecks, but a little common sense can make boating both enjoyable and safe. If you are going to go boating, make sure the captain or person handling the boat is experienced and competent.

Alcohol and water still don't mix. One third of boating deaths are alcohol related. Alcohol distorts a person's judgment no matter where they are - but that distortion is even greater on the water. The U.S. Coast Guard warns people about a condition called boater's fatigue, which means that the wind, noise, heat, and vibration of the boat all combine to wear you down when you're on the water.

"When a person adds a drink or drugs to their body and they're on a boat, boater's fatigue is two or three times worse," says Jo Calgin of the Coast Guard. Because there are no road signs or lane markers on the water and the weather can be unpredictable, it's important to be able to think quickly and react well under pressure. If you're drinking, this can be almost impossible.

Personal flotation devices. It's always a good idea for everyone on the boat to wear a Coast Guard-approved life jacket, whether the boat is a large speedboat or a canoe - and whether you're a good swimmer or not. Wearing a life jacket (also known as a personal flotation device, or PFD) is the law in some states for certain age groups, and you could face a stiff penalty for breaking it. Your state may also require that you wear an approved life jacket for water skiing and other

on-water activities. Wearing a PFD is like wearing a helmet while biking. It may take a few minutes to get used to it, but it definitely can be a lifesaver. Don't leave land without it.

Stay in touch. Before going out on a boat, let somebody on land know where you are going and about how long you'll be out. That way, if you do get into trouble, someone will have an idea of where to look for you. If you're going to be on the water for a long time, it's a good idea to have a radio with you so you can check the weather reports. Water conducts electricity, so if you hear a storm warning, get off the water as quickly as you can.

Jet skis. If you're using jet skis or personal watercraft, follow the same rules as you do for boating. You should also check out the laws in your area governing the use of personal watercraft. Some states won't allow people under a certain age to operate these devices; others require you to take a course or pass a test before you can ride one.

Now Have Fun!

The pool and the beach are great places to learn new skills, socialize, and check out everyone's new bathing suit. So don't let paying attention to safety turn you off. Being prepared will make you feel more comfortable and in charge.

Source: Kids Health for Teens. Reviewed by: Neil Izenberg, MD

7. BALD EAGLE NUMBERS SOARING

The Fish and Wildlife Service today announced results showing the largest population of breeding bald eagles in the U.S. since World War II. Bald eagles in the lower 48 states have climbed from an all-time low of 417 nesting pairs in 1963 to an estimated new high of 9,789 breeding pairs today.

This updated estimate is based on information gathered by the States in 2004 or later. Minnesota tops the list with 1,312 pairs of eagles, followed by Florida with 1,133 pairs and Wisconsin's 1,065 pairs. There are also eagles now breeding in the District of Columbia and the state of Vermont, which was the only state in the contiguous U.S. which lacked eagles until the first eaglets hatched successfully in 2006.

The bald eagle, which is protected as a threatened species under the Endangered Species Act, once sounded an environmental alarm for the American public when it was learned the widespread use of the pesticide DDT had the national symbol plummeting towards extinction.

For years after World War II, DDT (dichloro-diphenyl-trichloroethane) was used to control mosquitoes and agricultural pests. When it rained, DDT would wash off the soil and into the waterways. There, it was absorbed by aquatic plants and animals. Fish ate the plants and animals, and eagles ate the fish.

When ingested, the chemical compound would build up in the fatty tissues of female eagles and prevent the formulation of calcium necessary to produce strong eggshells. Consequently, eggshells thinned and cracked when an adult tried to incubate them. Widespread reproductive failure and a precipitous decline in numbers followed.

Rachel Carson, a biologist and writer for the U.S. Fish and Wildlife Service, became aware of the dangers of chemical pesticides including DDT, but was also aware of the controversy within the agricultural community which needed such pesticides to support crop production. Carson made the decision to produce her book *Silent Spring* after years of research across the United States and Europe.

When *Silent Spring* was published in 1962, Carson immediately became the focus of a storm of controversy. But as a result of her research and the publication of *Silent Spring*, the government eventually banned the use of DDT in 1972.

Today, Americans can see wild bald eagles in every state in the lower 48 and witness the living proof of Rachel Carson's courage and determination. May 27, 2007 marks the 100th anniversary of her birth and provides a unique opportunity to honor this conservation hero at the same time the Fish and Wildlife Service is taking steps to celebrate the recovery of our national symbol and remove it from the federal list of threatened and endangered species.

The Service proposed to remove the bald eagle from the list of Threatened and endangered species under the Endangered Species Act. In order to ensure the eagle will be protected upon delisting, the Service is working to finalize the definition of "disturb" and the bald eagle management guidelines under the Bald and Golden Eagle Protection Act. Under terms of a settlement agreement, the Service is to make a decision on delisting the bald eagle by June 29, 2007.

For more information on bald eagles in the U.S., please visit <http://www.fws.gov/migratorybirds/BaldEagle.htm>

Source: Valerie Fellows, U.S. Fish & Wildlife Service, 202/208 3008