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"The old Compass served its purpose for many years. The new Compass will build on that tradition and help us achieve new goals and meet challenges in the best possible way."

-Wendel Withrow

MAY / JUNE 2009

DALLAS SIERRA CLUB
THE COMPASS

WWW.DALLASSIERRACLUB.ORG





Water - The New Oil

Most scientists agree the unique ingredient spurring the existence of life on this planet is water. Yet only about one percent of all water on earth is drinkable - the rest is unavailable in oceans or ice formations. The U.N. estimates that demand for water will outstrip supply for two-thirds of the world's population by 2025, with the Middle East and Africa hardest hit.

Facts you probably didn't know about water . . .

The US is the biggest per capita water consumer in the world, using 154 gallons per day person, followed by Australia with 130.8.

How is it used?

- Bath - up to 70 gallons
- Shower - 10-25 gallons
- Watering yards - more than 60 gallons per day
- Laundry - 41 gallons per load
- Drinking - 3 gallons per day

Most items we purchase have an "invisible" effect on the water supply from the water used in growing and/or processing. Here are the virtual water costs of some everyday items:



Coffee - 37 gallons per cup

Bread - 11 gallons per slice
Pair of leather shoes - 2,113 gallons
Paper - 2.6 gallons per sheet

Chicken - 468 gallons per pound

Eggs - 36 gallons per egg



The water level in Lake Mead between Arizona and Utah has fallen 118 feet since 1998 (when it was at maximum elevation).

Colorado, California and Georgia anticipate statewide water shortages by 2013, and 14 other states, including Texas, expect regional water shortages.

Over 1 billion people worldwide lack safe water to drink. The World Health Organization says contaminated water is one of the biggest killers in the world, causing more than three million deaths annually, most of them children in developing nations.

Book Review : "Twinkie, Deconstructed"

By Mike Rawlins

Sierra Club members are probably more likely to read food ingredient labels than average consumers. But, even though you might know the names of what's in your food, do you really know what all of that stuff is and, just as important, where it comes from? Satisfy your curiosity with this treatise on the popular snack food with a shelf life equivalent to the half life of many radioactive elements.

Steve Ettinger uses the Twinkies ingredient list as the table of contents for this fascinating book. The ingredients are further categorized as animal, vegetable, and yes, even mineral (some are mined). The story of what you're eating (or

avoiding, as may be the case) is interesting enough in itself, but just as fascinating is the environmental impact of the industrialized processes involved in producing processed foods like Twinkies. This book is bound to give you even more reasons for eating minimally processed foods whenever possible.

Disclaimer – I haven't read the book yet, but heard a radio interview with the author this past weekend and am ordering it today. The book was first published in March 2007, and has recently been released in paperback. You can support the Dallas Sierra Club by ordering it from the Amazon link on our web site at www.dallassierraclub.org.



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Submissions: Article and photograph submissions are always welcome. Please send submissions by the deadlines given in the General Calendar. Send submissions to the newsletter editor at the e-mail address listed on the back fold.

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NOTES FROM THE CHAIR

DALLAS SIERRA CLUB NEWSLETTER AND MEMBER COMMUNICATIONS TO GET MAJOR FACELIFT

As many of you know, our newsletter, *The Compass*, is undergoing a series of major changes which will not only save money and paper, but also provide more up to date and comprehensive environmental news and announcements. The process is well underway and here are the highlights:

1. The Dallas Sierra Club web-site will be upgraded to include much of the same information in the current newsletter which don't need to be "re-printed" every two months.
2. The Dallas Sierra Club web-site and the e-mail alert system will provide more detailed information and announcements to our members in the most timely manner possible.
3. The Dallas Sierra Club will continue to mail out letters, flyers, special election issues, critical action alerts, and major event announcements including upcoming 'don't miss' programs.
4. If you already communicate by e-mail, or just not interested in the mailings, we are working on an 'opt out' program for the mailings to save your Club even more time and money.

These are exciting times for the environmental community. We need to reach as many new conservationists as possible for The Sierra Club to continue its leadership role and our members must have the best communication tools and current information to make that happen.

The old *Compass* served its purpose for many years. The new *Compass* will build on that tradition and help us achieve new goals and meet challenges in the best possible way.

Your Dallas Chair
Wendel Withrow

The Compass Enters the Electronic Age

Newspapers are shutting down all across the country and the Dallas Sierra Club's newsletter, *The Compass*, is no exception. Rising costs forced us to cut back to 9 issues a few years ago and then down to 6 issues. Publishing *The Compass* as a paper newsletter was taking too much of the money that we felt would be better spent on our conservation initiatives. Also, at just one issue every two months, and with 3 weeks of production time added to that, information in *The Compass* was not very timely.

So, we think we have come up with a better solution. Starting in July, you'll get your newsletter in electronic form via email. We'll also have an updated website to compliment the new electronic newsletter.

If we have your email address, you'll get the first issue of the new electronic *The Compass*. If you don't want it, you can opt-out with just a click of your mouse.

If we don't have your email address, or you're not sure if we have it, you can visit DallasSierraClub.org and click on the sign-up link on the home page.

We think you are going to like our new electronic newsletter. We'll be back to 12 issues per year so the information should be fresher and more relevant.

In addition to our new electronic newsletter, look for us on Twitter and Facebook in the near future.



UPCOMING PROGRAMS

May 2009

May 12, 2009 – Our May General Meeting will feature the photographs of Dan Leffel. Dan has been an avid photographer for over 40 years, and has been pursuing photography full time since he retired 8 years ago from EDS. His passion for photography includes shooting fine art, scenic landscapes as well as commissioned portraits in his studio. Dan's photography has taken him on two 12 day rafting trips through the Grand Canyon, an 11 day rafting trip through the Alaskan wilderness, and on trips spanning North America. He frequently photographs New England, the Colorado Plateau, the four corners area, all parts of California, the Canadian Rockies, and the Northwest.

He has earned first place awards in the Dallas Sierra Club photography contest and the Heard Museum national contest, as well as at many Plano Photography club competitions. He is a frequent presenter to local camera clubs and organizations in the DFW area. Dan's fine art, scenic landscape prints have been on long term display in galleries in the Dallas area and Springdale, Utah. His photography is also marketed globally by the ageFotoStock company, based in Spain. Dan also won "Photographer of the Year" honors with the Plano Photography Club for the last two years.

Dan last presented at a Dallas Sierra Club meeting back in early 2008 and his show was a big hit. Dan returns with his latest multimedia presentation – Serenity V. Dan's show will include photographs from Machu Pichu, Yellowstone in winter, and New England.

As an added bonus and in response to many requests, Dan's DVDs will be available for purchase after the show. For those who have seen Dan's prior work at Dallas Sierra Club meetings, you know to expect not only beauty, but inspiration and a reminder of why we are Sierra Club members. This is also a great program to bring family and friends too.

June 2009

Many of you will remember Tom Madderly from last year's fund raising event hosted by Tom's Gallery and resulting in a substantial and greatly appreciated donation to the Dallas Sierra Club. Now, Tom brings his incredible photos and expertise to the June general meeting in a program titled: How to take Great Photographs. This program will be geared to all levels of photographers and outdoor enthusiasts who appreciate the art and science behind those photos as well as the adventures necessary to reach the most beautiful and remote photography locales. Tom's recent projects include Alaska, The Inside Passage and Wildlife in Montana. He also teaches at workshops throughout the year when he's not out in the wild.

Don't miss this chance to learn from one of the area's best professional photographers.

July 2009

The Anatomy of Green Collar Jobs. Avarita Williams of the Texas Workforce Commission will detail the ever changing and expanding options in green employment.

August 2009

Depending on the final publishing schedule, The Best in Tent Camping – Texas, will be "discussed" and "cussed" by its author, Wendel Withrow.

Starting out as a simple guidebook, the two (2) year project is now complete and ready for sharing with the many Sierra Club members whose contributions were vital to a project as big as the State of Texas. Get ready for the fall camping season with this program including photographs from around the State.

September 2009

Sex in the Garden – Pollination and Pollinators - Janet Smith

VOTE May 9th in Local Elections

Once again this year, the Sierra Club has made endorsements for your consideration in local elections. The Club is making recommendations for the May 9th Dallas City Council and the Dallas County School Board elections.

For Dallas City Council District 1, **Delia Jasso** won the endorsement from a field of six candidates vying for the open seat of out-going Mayor Pro Tem Elba Garcia. In District 2, the Club endorsed two-term incumbent Council member **Pauline Medrano** again for re-election. In District 3, **Casey Thomas** received the endorsement over incumbent Dave Neumann. **John Yourse** won the endorsement in District 9 over incumbent Sheffield Kadane. Another challenger, **Don Sanders**, was selected for endorsement over incumbent Jerry Allen in District 10. In the hotly contested open race in District 13, the Club chose to recommend **Ann Margolin** to replace out-going Council member Mitch Rasansky. Finally, two unopposed Council members won courtesy endorsements based in part for their leadership on environmental issues before the Council in the recent term. In District 12, **Ron Natinsky** was recognized with an endorsement for his leadership in recycling, and in District 14, **Angela Hunt** was recognized with an endorsement for her outstanding leadership in the Trinity Toll Road fight.

The Club also made an endorsement in the Dallas County School Board race. This board (not DISD) is elected county-wide and makes decisions regarding the transportation of students to schools in various parts of the county. **Larry Duncan**, the current leader of the county school board, won an endorsement for re-election for his environmental leadership in a variety of areas, including his green cement initiative and his advocacy for the use of alternative fuels in bus transportation.

Election Day is Saturday, May 9, 2009. Early voting runs from April 27 – May 5. Go to www.dalcoelections.org for early voting locations and other election information.

SIERRA CLUB LOCAL ENDORSEMENTS IN MAY 9, 2009 ELECTION

DALLAS CITY COUNCIL

District 1 – Delia Jasso

District 2 – Pauline Medrano

District 3 – Casey Thomas

District 9 – John Yourse

District 10 – Don Sanders

District 12 – Ron Natinsky

District 13 – Ann Margolin

District 14 – Angela Hunt

DALLAS COUNTY SCHOOL BOARD

Larry Duncan



MAY 9 (SAT) WHITE ROCK LAKE CLEANUP. Walk and talk while helping to pick up trash and recyclables at the Sierra Club's adopted section of White Rock Lake Park. Meet at 8:15 AM at the Love of the Lake office on the Northeast corner of Garland Rd. and Buckner Blvd. Look for a crowd of people drinking free juice and coffee. Gloves, trash bags, etc. provided. Our area includes one of the wonderful prairie restoration areas, so there are always birds and wildflowers to enjoy. The lake and your karma will thank you. Brunch afterwards. Leader: Carol Nash 214-824-0244(H) or cnash@dallasisd.org

MAY 14 (THU) KATY TRAIL 5K - REVERCHON PARK - DALLAS Come out and join us at this year's 11th annual Katy Trail 5K organized by Friends Of Katy Trail! The event offers 5K WALK/RUN/SKATE options and is open to all levels of participants. At the end of the race, there's a party in Reverchon Park, featuring signature dish samples from Dallas' best restaurants, along with beverages and live music. If you'd like to meet up with other YS members, please RSVP by noon 5/13 (youngsierrans@dallasieraclub.org). On 5/13, we will email pre/post-race meet up details to everyone that has RSVP'd. ** Location: Reverchon Park (Dallas) - Start Time: 6:15pm (6pm if you plan to meet up before the race) - Cost (paid to Friends Of Katy Trail): \$30 (Participate) or FREE (Volunteer) - Register at www.katytraildallas.org. ** Contact: Candace Weinberg youngsierrans@dallasieraclub.org

MAY 20 (WED) OUTINGS COMMITTEE MEETING. Meet in the upstairs program room at REI (on north side of LBJ between Midway and Welch), at 6:30 PM. Bring your ideas for the Dallas Sierra Club Outings program. We will be planning local outings and bus trips. All outings leaders, future outings leaders, and interested Sierrans welcome. Ask Bill to be placed on the email list for an agenda. Contact: Bill Greer 972-964-1781(H) or wbgreer@verizon.net

MAY 22-26 (FRI-TUE) 2009 MEMORIAL DAY BUS TRIP TO THE WHITE MOUNTAINS WILDERNESS AREA The White Mountains Wilderness Area contains about 48,000 acres located in the Sierra Blanca Mountains north of Ruidoso, New Mexico, near the Ruidoso ski area. The area contains a roughly "C" shaped ridge and the canyons on either side of it. The main trail runs along the top of this ridge and is known as the Crest Trail. The Crest features some of the best views and sunsets to be found anywhere. Many other trails are found in the forested canyons on the gently sloping east side of the ridge. The west side of the crest is steeper and offers great views of the snow like White Sands National Monument and the black Malpais lava flows. Five different hikes from moderate to strenuous will give you time for pictures or to stretch your legs. Ride in luxury bus seats that convert to bunk beds at night. We depart early evening on the 22nd and return early morning on the 26th. Some backpacking experience is required. For complete trip information, please visit the Outings home page (<http://texas.sierclub.org/dallas/outings.asp>). Bus trip leader: Arthur Kuehne 214-902-9260(H) or arthur@dallasieraclub.org

JUN 13 (SAT) WHITE ROCK LAKE CLEANUP. Walk and talk while helping to pick up trash and recyclables at the Sierra Club's adopted section of White Rock Lake Park. Meet at 8:15 AM at the Love of the Lake office on the Northeast corner of Garland Rd. and Buckner Blvd. Look for a crowd of people drinking free juice and coffee. Gloves, trash bags, etc. provided. Our area includes one of the wonderful prairie restoration areas, so there are always birds and wildflowers to enjoy. The lake and your karma will thank you. Brunch afterwards. Leader: Carol Nash 214-824-0244(H) or cnash@dallasisd.org

JUN 30-JUL 6 (TUE-MON) 2009 FOURTH OF JULY BUS TRIP TO SANGRE DE CRISTO MOUNTAINS IN COLORADO This early summer outing to the high Rockies is for backpackers to escape the heat of Dallas. We leave Tuesday afternoon and return very early on the morning of the 6th. Since the holiday observance falls on Friday this year we get 5 days in the mountains! There will be five trips available rated from moderate to strenuous. Some trips will use the extra day for an easy first day to allow time to acclimate to the altitude and enjoy the mountains. Many of the trips will camp above 11,000 feet. Peak bagging and high country exploration of streams, lakes, and magnificent scenery are highlights. Some backpacking experience is required. Complete trip details, cost and reservation forms will be posted here a few months before the trip. Contact: Liz Wheelan 214-368-2306(H) or Lizwico@aol.com

SEP 3-8 (THU-TUE) 2009 LABOR DAY BUS TRIP TO WEMINUCHE WILDERNESS IN COLORADO Escape the Texas heat this Labor Day weekend and join us for our trip to the cool Colorado mountains of the Weminuche Wilderness. This trip has mountains, lakes, streams, and valleys. Trips will range from car camping with day hikes to backpacking with strenuous long hikes. The Weminuche Wilderness offers a great diversity and all the miles you want to hike. It is a hidden jewel and one of our most popular trips. Summiting the Rio Grande Pyramid and the Window are highlights on two of the trips. You can see photos of the area here (<http://texas.sierclub.org/dallas/outings/weminuche/2007/index.asp>). This trip leaves early evening on the 3rd and returns early morning of the 8th. Some experience similar to your trip activity is required. Complete trip details, cost and reservation forms will be posted here a few months before the trip. Contact: Liz Wheelan 214-368-2306(H) or Lizwico@aol.com

SEP 12-18 (SAT-FRI) SIERRA NEVADA BACKPACK Backpack in the Sierra Nevada from Virginia Lakes in the Toiyabe National Forest to Tuolumne Meadows in Yosemite National Park via Summit Lake, McCabe Lakes, Glen Aulin and the Grand Canyon of the Tuolumne River. The trip is about 40 miles including two layover days and day hikes. SIBBG approved food storage containers are required. We're all on vacation and the hike will be done at a relaxed pace. If you wish to hike far and fast, this trip is not for you. The trip is rated as strenuous. Contact Steve or Marcos for information. Leaders: Marcos Jorge 972-394-2546(H) or mjorge@ustmamiya.com and Steve Longley 214-321-3881(H) or sclongley@sbcglobal.net

NOV 25-30 (WED-MON) 2009 BUS TRIP TO BIG BEND NATIONAL PARK IN TEXAS The

Dallas Sierra Club Thanksgiving Holiday tradition continues with our annual bus trip to Big Bend. There will be a variety of hikes that will visit different parts of this very scenic National Park. If you've never been to Big Bend National Park, you owe it to yourself to discover this unique part of Texas. If you've been before, come on back and explore another area! Our chartered sleeper bus leaves Dallas around dinner time Wednesday and returns early morning on Monday. Some backpacking experience is required. Complete trip details, cost and reservation forms will be posted here a few months before the trip. Contact: Liz Wheelan 214-368-2306(H) or Lizwico@aol.com

Young Sierrans Outings

MAY 14 (THU) KATY TRAIL 5K - REVERCHON PARK - DALLAS Come out and join us at this year's 11th annual Katy Trail 5K, organized by Friends Of Katy Trail (www.katytraildallas.org). The event offers 5K WALK/RUN/SKATE options and is open to all levels of participants. At the end of the race, there's a party in Reverchon Park, featuring signature dish samples from 50+ Dallas restaurants, along with beverages and music. If you'd like to participate and meet up with other YS members, please see the expanded listing in the "non-Sierra Club outings" section for more details. Contact: Candace Weinberg youngsierrans@dallasieraclub.org

MAY 28 (THU) YOUNG SIERRANS HH/DINNER - TO BE DETERMINED - DALLAS

Please join us for happy hour/dinner at - TBD - in Dallas on Thursday, May 28th. Arrive anytime after 6:00pm; dinner at 7pm. Please RSVP by noon on 5/28 to the invitation or the youngsierrans@dallasieraclub.org email address so we have a rough estimate for seating. All 20s/30s welcome; you don't have to be a Young Sierran or Sierra Club member to attend. We hope to see you there! ** Location: ** Contact: Candace Weinberg youngsierrans@dallasieraclub.org

Non-Sierra Club Outings

The following are privately sponsored and administered trips. Sierra Club takes no responsibility and makes no representations or warranties about the quality, safety, supervision or management of these trips. They are published as a service because they may be of interest to readers of this list.

MAY 9 (SAT) KAYAKING & CLEAN UP - WHITE ROCK LAKE - DALLAS The Young Sierrans will be joining Kayak Power as part of the For The Love Of The Lake, 2nd Saturday, monthly White Rock Lake Shoreline Spruce-Up at Jackson Point (W side of lake). Help clean up for about an hour, then kayak around the lake for as long as you want. Start time: 9am. Free to participate. All gear is provided. We hope you can join us! More info: <http://youngsierrans.wordpress.com/category/events/service/> Contact: Peter Wilson youngsierrans@dallasieraclub.org

HOW THE OUTING PROGRAM WORKS

Dallas Sierra Club Outings are open to members and non-members. Some trips may require special qualifications and capabilities. The leaders of Sierra Club outings are serving in a volunteer capacity and assume no responsibility above that of trip organizer. If you have a medical problem, it is your responsibility to inform the leader before the outing. Outing leaders are encouraged to participate in training and classes to increase their skills, but they are not paid professionals. They will assist you within their limitations. It is the responsibility of the participant to be aware of any personal limitations before going on an outing.

Radios and firearms are prohibited from all outings. Pets are not allowed unless specifically stated. All outings officially begin at the trail head or outing start point. Leaders cannot assign carpools, but may help coordinate ride sharing for energy conservation and to promote fellowship. All non-commercial transportation is the responsibility of the individual. Car-pooling

is SOLELY voluntary, but the costs are shared. The usual method of sharing transportation cost is for all riders in the car, including the driver, to divide the cost of transportation equally. Before leaving, be sure this or some other method is agreed upon. Reservations are necessary for outings unless otherwise noted in the outing description. To participate in an outing, contact the leader. The leader will decide if the trip you are interested in is suitable for you based on your capabilities and the demands of the trip. There is usually a limit to the number of people allowed on a given outing. If you must cancel, inform the leader as soon as possible so that someone else can go in your place. Please respect the wishes of your leader who has volunteered his / her free time to allow you to go on the trip of your choice. If you have any questions, or if you are interested in becoming a leader, contact either the Outings Chair or the appropriate Outings Committee Coordinator listed on the newsletter back page.

Notice: to receive the outings list monthly via email, visit www.dallasieraclub.org/subscribe



Photos by Arthur Kuehne





Mosquitoes and Ticks: What's a Camper to Do?

By Laura Kimberly

A mosquito bite can lead to West Nile virus. A tick bite can lead to Lyme disease. DEET may cause itching and skin irritation. While many Sierra Club backpackers worry about the environmental impact of manufactured chemicals, the bigger risk to a backpacker's health and safety are the insect borne illnesses. Insect repellants are one of the most important defenses against bites and disease, but they are best used according to directions and in combination with a range of strategies.

Mosquitoes transmit various illnesses. The most prevalent of those in the United States is West Nile virus and other forms of encephalitis. Statistics reported to the Centers for Disease Control (CDC) for 2008, show Texas was among the top five states with West Nile activity. While most people infected with the virus show no symptoms, up to twenty percent of those infected experience fever, headache, body ache, and nausea, and a few develop severe symptoms that last for several weeks and may endure permanent neurological effects. With no specific treatment, the disease can only be managed as it runs its course. Although West Nile affects only a few people, mosquito bites can cause swelling and discomfort and the whine of mosquitoes, as well as the itch, can keep you from your sleep. The remedy for West Nile, the itch, the whine, and the bite is to avoid them.

Ticks also transmit disease. Lyme disease is the most well known of the tick borne diseases. CDC data indicates Lyme disease is most prevalent in the northeast and north-central states, though Texas, Oklahoma, and Arkansas—frequent locations for Dallas Sierra Club outings—report a noticeable number of cases. Oklahoma has one of the highest rates of Rocky Mountain spotted fever (RMSF), the most severe tick borne illness in the United States. Symptoms of Lyme disease include rash, fatigue, chills, fever, headache, and muscle and joint aches. The symptoms of RMSF include fever, nausea, vomiting, muscle pain, lack of appetite, and severe headache. Left untreated these diseases can develop into more serious medical problems. Ticks are creepy even without the disease and are best avoided and repelled.



The full line of defense against ticks and mosquitoes includes not only repellent and insecticide; it also includes a well selected camp site, appropriate clothing, and vigilance.

DEET is an insect repellent. Recent research indicates it deters insects because they do not like the smell. Current research reported in both Consumer Reports and The New England Journal of Medicine provides evidence that DEET is most effective at keeping insects at bay. DEET comes in varying strengths from ten percent concentration up to 100%. Generally speaking, the stronger the concentration, the longer it will work, though you can re-apply the weaker formulations to achieve the same result. A concentration of at least 20% is recommended for protection from ticks. For safety, concentrations over 50% are not recommended. DEET has been well studied since the 1940s. It is not a carcinogen, but still can have adverse affects on users and on the environment and therefore should be used only as needed and according to directions. It is to be applied to the exposed skin, covering the entire surface available to insects. A hungry mosquito can find that spot that you missed! Do not apply to open cuts, under clothing, or with sunscreen (the chemicals in DEET and sunscreen react to increase one another's absorption through the skin). DEET can dissolve some synthetic fabrics such as neoprene, nylon, and leather. Wash skin to which DEET has been applied before retiring. A repellent relatively new to the market, Picaridin, may be as effective as DEET for a few hours of protection.

Botanical repellents, such as citronella, eucalyptus, peppermint, lemongrass, and geranium are available in health food and outdoors stores. Many are effective for short periods of time, and can be reapplied to increase the duration of usefulness.

Permethrin is an insecticide. It deters insects because it kills them when they come in contact with it. Permethrin is intended to be applied to clothing, bed nets, tents, and other fabrics—not directly on the skin. Clothing, shoes, and bed nets are available in fabrics that have been treated with Permethrin. The EPA considers it a likely carcinogen and it is toxic to some fish and other animals. Take care to keep it out of the water supply. Wear Permethrin treated clothing only when exposed to insects.

Always carry an insect repellent when hiking and camping during active bug and tick seasons. Take other precautions as well to limit your exposure to insects and reduce the need for high doses or frequent applications of repellents.

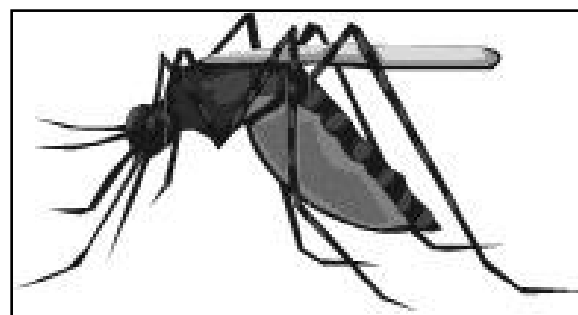
Choose a good camp site. Mosquitoes are prevalent around stagnant water: lakes, snow melt, and marshy areas. They are most active at dawn and dusk. Camp away from lakes and marshes on higher, ventilated territory.

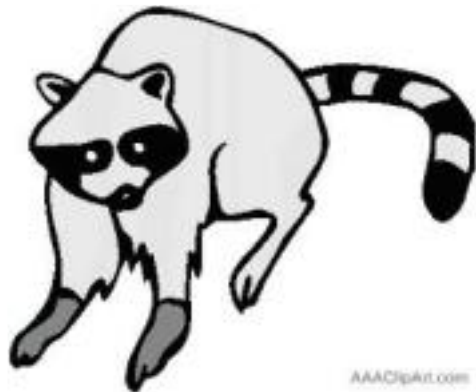
Cover up with loose, light colored clothing. Mosquitoes cannot bite through clothing that is thick and loose. To further block tick access to your skin, tuck your pants into your socks. Ticks are easier to spot on pale colors. In areas with heavy mosquito activity, wear a head net to protect your face. The best head nets are those that have a wire around the bottom to keep the netting from lying against your face.

When you are in known tick infested areas, check frequently all over your body for them including: on the scalp, in the belly button, behind the ears, under arms, between toes, and around private parts. If you find one, remove it immediately. Protecting your fingers with a tissue, bandana, or latex gloves, use fine pointed tweezers to grasp the tick as close to the skin as possible. Pull it straight out with steady even pressure. Disinfect the site of the bite. Keep the tick, sealed in a plastic bag, for a few weeks in case you develop a rash or illness. It may help in the diagnosis of disease.

To reduce the sting of mosquito bites carry cortisone, antihistamine, or other anti-itch medications. Taking aspirin, ibuprofen, acetaminophen, or an oral antihistamine will reduce the discomfort. Consult with your doctor or first aide guides for solutions best for you.

Some people, like me, are only mildly annoyed by mosquitoes and slightly creeped-out by ticks. For others, like my friend Arthur, who seems to be the proverbial mosquito magnet, the buzzing, biting bandits of blood take the fun out of the out of doors. Whether you are like me or more like Arthur, it takes just one bite from a disease carrying insect to become very ill. Protect your health by using bug repellents. Protect the environment by using them responsibly.





Recycling Roundup by Rita Raccoon

RECENT RECYCLING NEWS - Summer 2009

Dumpster Diving for Fuel

Business Week featured a story about mobile dumpsters that turns regular trash into energy. IST Energy of Waltham, Mass., produces the units. Bags of garbage are fed into a hopper at one end. Inside, the rubbish is squeezed into pellets which are converted to flammable gas to run an onsite generator. The machine ingests up to three tons of trash daily, unleashing enough power to run a 200,000 square foot building for a day. Although pricey at \$850K each, the company estimates it will pay for itself in as little as three years, thanks to energy generation and reduced waste-disposal fees. The process is not waste-free: each ton of garbage yields about 100 pounds of ash, and burning the gas produces carbon dioxide. *Business Week* February 16, 2009

UNT Gets Extra Mileage Out Of Their Cafeteria

The University of North Texas is turning cafeteria grease into biodiesel fuel that costs \$1 a gallon. A fully-automated biodiesel generator, called the Bio-Pro 190, takes 50 gallons of grease and turns it into 50 gallons of pure biodiesel fuel. To make the fuel, a person adds oil, catalyst, methanol and sulfuric acid into the machine, they press a button and walk away. The entire process takes two days. "Whatever you cook in there, it will have just a little bit of that smell," explained UNT Recycling Coordinator Doug Turnage. "If you cook fish, it'll have a slight fish smell to it."

The \$8,400 machine is the latest addition to UNT's recycling program, which also found a way to make \$56,000 by recycling 400 tons of paper and cardboard every year. UNT has six cafeterias. The university thinks it can get 500 gallons of grease from them every month. Eventually, 10 campus trucks will run on 100 percent biodiesel fuel. For now, they'll start with a blend.

"Winners Recycle!" Campaign Kicks off at Lone Star Park and Air Hogs Stadium

Think about a day at the ball park or the races - concession stands generating cups, cans, bottles galore! In the City of Grand Prairie, wins may be earned by a nose, a length, a stolen base, or a dramatic grand slam. Now, a new program aims to spread the message that whether you're watching the ponies run or the 'Hogs round the bases, everybody wins when sports fans recycle.

The city's new "Winners Recycle!" campaign is being unveiled this season at Lone Star Park and Air Hogs Stadium, with the goal of collecting and diverting large quantities of paper, plastic, and aluminum cans from the city's landfill.

Grand Prairie received a total of \$40,000 solid waste implementation grant funding from the Texas Commission on Environmental Quality in September 2008 to assist Lone Star Park and the new Air Hogs Stadium to develop permanent recycling programs. Until now, no major recycling system has been in place at these locations.

The "Winners Recycle!" program began by educating custodial staff from each facility about waste diversion and training them about proper recycling. The training has been conducted on site, with city staff explaining how the program could work at various locations throughout the facilities.

Attractive, customized recycling containers were purchased and have been strategically placed at locations near the main entrances and all concession stands

throughout both Lone Star Park and Air Hogs Stadium. The recyclable material will be weighed when the containers are picked up on their waste collection day, in order to determine the amount of material recycled and for reporting purposes.

The public will also be educated about recycling opportunities through the city's "Go Green" program. Public service announcements broadcast via the facilities' Jumbotrons and loudspeakers and on venue websites will draw attention to the recycling containers and remind attendees that whether the occasion is a baseball game, a concert, or a day at the races, "**Winners Recycle!**"

In an effort to further encourage recycling by facility patrons, the City will provide educational items such as t-shirts and bags to individuals participating in the recycling program at each facility during various celebration days such as July 4th, the Air Hogs' "Dollar Days" and various other special events.

The kick-off date for the recycling program at each venue will be Opening Day—April 9 at Lone Star Park and May 22 at Air Hogs Stadium.

For additional information, contact Patricia Redfearn, Ph.D., Grand Prairie's Solid Waste Manager, at (972) 237-8147.

Recycling Commodities Pricing

Secondary markets for recycled materials took a tumble in the last quarter - a result of the stumbling economy. Some materials, notably plastics (HDPE and PET) and sorted office paper are slowly coming back up. Industry execs believe the high prices of yesteryear may not ever return - based on a slower economic upturn.

Recycling Updates

TV's at Best Buy

Best Buy is offering FREE TV recycling (32 inch or smaller). They will offset the \$10 recycling fee with a \$10 Best Buy Gift card. Find more options for recycling your electronics at BestBuy.com/recycling.

Plano's Composting

Two years ago, the city introduced Live Green in Plano, a sustainability initiative that encourages its citizens to be good stewards of the environment. Under the program, the city has expanded its recycling to reach beyond where most Texas towns go: Plano picks up paper, glass, aluminum and organic scraps from residences and restaurants. It turns the food waste into compost and sells it back to residents at reasonable rates.

The organic waste collection closes a loop in the food chain that helps Plano tamp down landfill waste and return something of value to citizens.

But the city doesn't stop there. It offers a rebate to residents who improve their home landscapes and reduce water consumption at the same time. Plano residents can earn up to \$200 by following the requirements of the YardWise Landscape Beautification Rebate. After enrolling in the program, they must:

Continued on Page 7



Continued from Page 6

1. Attend all four YardWise education classes.
2. Submit the rebate application and photos of the property from before and after the improvement.
3. Show copies of receipts for materials used in the new landscape.

Plano's sustainability experts recommend that residents planning to make their landscape more sustainable consult horticulture experts to find native, drought-tolerant plants. One web resource they recommend is the [Texas Smartscape](#), a site developed by NCTCOG help gardeners find hardy, native plants.

In Dallas's Recycling Round-up Days held every quarter, they are now taking drop-offs of furniture, fluorescent light bulbs, auto and household batteries, bubble and shrink wrap, bagged styrofoam peanuts and shower curtains. The next round-up will be in May. Visit [greendallas.net](#) for more information.

Dallas has also signed a contract to provide *GPS services* for their sanitation trucks - ensuring the closest truck can be sent to a missed pick-up and reducing fuel costs by analyzing routes.

Shipping containers as housing? YES! An interesting competition was held to determine the usability of steel shipping containers as housing modules. See the New Times article at http://www.nytimes.com/2009/02/01/realestate/01njzo.html?_r=1&ref=realestate

Strangest items to be recycled . . .

Old polyurethane foam surfboards . . . into asphalt and new surfboards
Wetsuit production scraps . . . into yoga mats

Like all this great recycling information? I knew you would!

Don't cut up your newsletter to save all these great hints - visit the Dallas Sierra Club website for current information about city recycling programs and where you can recycle those odd items. Contact the Raccoon-ita with your questions/suggestions for recycling at scifi_chick@juno.com.

A Tree

by Jane Adams

A tree that gives its shadow,
A tree that gives its shade,
A tree that lives and
reaches to the sky.

A tree that stands
beneath the stars
and reaches to the sky,
it lives on planet earth
like you and I.

What is this feeling
that I have
when I'm beneath this tree?
I feel my Soul is telling me
it's where I need to be.

Of all the places here on earth
my Soul would have me be,
I know its underneath
this lovely tree.

And I stand beneath this tree
I'm feeling its vibrations.
Perhaps my Soul is speaking
to this tree.

I hope my Soul is telling it
how much I really love it,
as I stand beneath this
lovely tree.

Perhaps my Soul can translate
a message that's for me,
that's coming from
this awesome tall green tree.

I close my eyes and listen.
My Soul speaks to me now.
It says the trees are grateful
that I care.

It says the closest thing to love
a tree will ever feel

is when a human knows
that it is there.

And when we love
and care for it,
it grows with all its might,
tall and green to reach up
to the sky.

And all it needs is love and care
for it to do its best,
and even left alone
it will survive.

Sometimes a thoughtless
human being will cut a tree
right down, without a thought
of caring what might happen.

It told my Soul
the trees connect
deep within the earth,
exactly like a loving
human family.
Whenever one is cut,
they all will grieve.

It says the Souls
that have evolved
will all feel this connection.
And when they lose a tree
they too will grieve.

Next time you're looking at a tree
you might just see it differently.
It's just as much alive
as you and me.

And as you stand beneath a tree
try and feel connected,
as you stand beneath

A Tall Green Tree . . .

CALENDAR

WWW.DALLASSIERRACLUB.ORG



5/6 • 6/3 **First Wednesday.** The Executive Committee (or Excom - the elected governing body of the Dallas Sierra Club) and other Club leaders meet to discuss Club business and plan for the future. See www.dallassierraclub.org/calendar for details, or contact the Group Chair.

5/12 • 6/9 **Second Tuesday, 7:00 – 8:30 PM.** Sierra Club General Meeting
Come to the Center for Spiritual Living located at International Place Business Center, 4801 Spring Valley Road, Suite 115. Check www.dallassierraclub.org for directions. Come at 6:00 PM for refreshments and socializing and to pick up activity materials.

5/20 • 6/17 **Third Wednesday.** Outings Committee meeting at 7:00 PM at REI (Mapsco 14Q). Discuss schedules and issues. All outings leaders, future outings leaders, and interested Sierrans are welcome.

5/26 • 6/23 **Fourth Tuesday.** Inner City Outings Committee meeting at 7:00 PM at REI (Mapsco 14Q). Guest/New Volunteer Orientation starts at 6:30 pm, meeting starts at 7:00 pm. Inner City Outings is a community outreach program of the Sierra Club that provides outings, such as day hikes and camping, for selected groups of disadvantaged youth. Screening required and training provided for all outing volunteers.

5/28 • 6/25 **Fourth Thursday.** Conservation Committee meeting at 7:00 PM - 8:30 PM - Updates on current campaigns, consideration of new issues, and requests for assistance by approved political campaigns. Check DallasSierraClub.org for meeting location.

Map to Center for Spiritual Living
Sierra Club
CSL Here
International Pathway
Spring Valley Road
West of Tollway between Inwood and Wilch
International Pathway, 4801 Spring Valley Road, Dallas, TX 75244

The Dallas Sierra Club's general meeting is held the second Tuesday of each month at 7:00 p.m. Meetings are open to all interested persons. The meetings are held at The Center for Spiritual Living located at International Place Business Center, 4801 Spring Valley Rd., Suite 115. (Mapsco I4L)
Check www.dallassierraclub.org for directions.