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Shenandoah Map App

Special Interest

Saturday, July 14th

"Windtalker" Native American
flute performance
Beans in the Belfry
Brunswick, MD
7:00pm-9:30pm
www.beansinthebelfry.com

Wednesday, July 18th

"Windtalker" Native American
flute performance
New Deal Cafe
Greenbelt, MD
7:00pm-9:00pm
www.newdealcafe.com

Saturday, Aug. 11th

"Windtalker" Native American
flute performance
Appalachian Trail 75th
Anniversary Celebration
Harpers Ferry, WV
3:00pm-4:05pm
www.appalachiantrail.org

Saturday, Sept. 8th

"Windtalker" Native American
flute performance
The Music Cafe
Damascus, MD
7:00pm-10:00pm
www.the-music-cafe.com

Saturday, Sept. 22nd

Book Signing
The House of Light Café
& Bookstore
Berryville, VA
10am-12:30pm
<http://thehouseoflightstore.com>

Saturday, Sept. 22nd

"Windtalker" Native American
flute performance
The House of Light Café
& Bookstore
Berryville, VA
7pm-9pm
<http://thehouseoflightstore.com>

PROTECTING YOUR HOME FROM LYME DISEASE - TREAT MICE WITH COTTON BALLS

Mice love cotton balls. They take the cotton to line their globes (nests) quicker than anyone would believe.

A company called Damminix has created a wonderful product (if you haven't already heard about it) called "Tick Tubes" which are essentially cotton balls covered with Permethrin (a chemical used in equine bug spray). The mice carry the soft balls into their nests, where the chemical kills hundreds and hundreds of ticks, breaking the cycle of tick population growth and effectively reducing the risk of exposure to Lyme disease by up to 97 %.

You can make these tasty mice treats at home by either spraying cotton balls with equine bug spray that lists Permethrin as an active ingredient, and/or buying some rotenone powder. Take two ounces and dissolve in a gallon of water. Now take cotton balls, dunk them into the rotenone solution, and use tongs to place the soaked cotton balls at the end of your gardens, plantings, trees and wildlife edges. I suggest you do this at dusk to try to make sure your dog or cat can't play with the cotton balls. In the morning, take a look at where your cotton balls were. Just about all will be gone.

Now the rotenone-soaked cotton kills the ticks on the mice as the mice sleep away. Keeping the ticks off mice will protect you far better than shooting neighborhood deer.

Not only that, but some people don't realize that although deer carry a huge number of ticks over great distances, spreading Lyme geographically, research has shown that more infected ticks are produced by "reservoir animals" (animals that actually infect ticks with the disease—deer do not) such as small animals like squirrels, chipmunks, and most especially – 75 % of Lyme is projected to be infected into ticks from common white footed mice.

According to "Gardeners Plant Problem Solver,": "This concept is certainly attractive in that it is environmentally very specific and safe. Tests on Long Island, NY have shown that Damminix will reduce the number of infected deer ticks by more than 90 % year after year."

"GardeningAnswers.com" says: "Sprays have little effect on ticks, since ticks prefer areas that are dark and moist, it is difficult to actually get the chemical on the ticks. Not to mention most chemicals that kill ticks harm wildlife as well. Damminix tick tubes can reach and kill deer ticks before they are infected with the disease."

For more information on keeping ticks out of your yard and home read:

<http://www.ticktubes.com/downloads/deertickmanual.pdf>

<http://www.lymediseaseresource.com/wordpress/protect-your-home-from-lymetreat-mice-with-cotton-balls>

<http://www.ticktubes.com/index.html>

BEATING THE HEAT ON THE TRAIL

Over the last two weeks, we have hiked 75 miles, on two multi-day hikes on the A.T., during some of the most oppressive heat and humidity to hit our area in years. We would like to pass along what we have learned over the years about surviving the heat on the trail, as well as some conventional wisdom for dealing with heat. This advice goes for day hikes as well as multi-day hikes.

1. Leave word of your itinerary with family and friends and sign in at trail/shelter registers.
2. Drink a **minimum** of two quarts/liters of water per day and drink frequently. If you wait until you are thirsty, you are already dehydrated. We recommend using a 3-liter water bladder, not bottles. With bottles, hikers tend to ration their water so it lasts through the day and so they do not have to stop to filter more water. A 3-Liter bladder will last all day in most situations. It also allows you to drink while you walk.
3. Water does not replace salt, vitamins and electrolytes that are essential to keep your body properly hydrated. Carry a Nalgene bottle so you can mix your water with Gatorade mix or Emergen-C to keep your body in better balance.
4. **ALWAYS**, take a water filter, in case you need more water, and know where the water sources are along your route.
5. Leave early in the morning, while it is cooler. Take a break during the hottest part of the day, which in our area, is between 1:00 pm - 3:00 pm. Continue your hike so you are hiking near dusk, when the temperature and humidity are less oppressive.
6. Wear "wicking" clothes, NOT cotton!

Learn to recognize the symptoms of heat exhaustion. Heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death. The most common signs and symptoms of heat exhaustion include: confusion, dark-colored urine (which indicates dehydration), dizziness, fainting, fatigue, headache, muscle cramps, nausea, pale skin, profuse sweating, rapid heartbeat, cool and clammy skin. (We actually had "goose bumps" in 95 °F heat, despite each of us drinking 9 liters of water in one day.)

Treatment for Heat Exhaustion

- Immediately get out of the heat and rest in the nearest cool and shady place.
- Drink plenty of water with Gatorade or Emergen-C mixed in it or non-caffeinated and non-alcoholic beverages. (Caffeine and alcohol will further dehydrate you)
- Remove any tight or unnecessary clothing.
- Apply cool compresses, such as a bandana soaked in water, to the forehead.

If such measures fail to provide relief within 30 minutes, contact a doctor because untreated heat exhaustion can progress to heat stroke.

SHENANDOAH DIGITAL MAPS



You may never get lost again. Or at least it will be *darned* tough – even on secondary trails – if you use PATC's new map application for Shenandoah National Park as your trusted guide. The Potomac Appalachian Trail Club teamed up with International Mapping to create this unparalleled iPhone and Android application. The new mobile application includes PATC's traditional paper maps 9, 10, and 11 of the entire Shenandoah National Park. Just download the app to your iPhone and you'll only need GPS – *not* a cell signal – to view them. And GPS is available in virtually 99 % of the park.

There are also user-friendly navigational tools and personal customization features to make park visits more enjoyable and memorable.

The app includes other goodies, such as:

- A sampling of PATC's SNP Appalachian Trail Guidebook, including stunning new photos and more than 1,000 points of interest in and around SNP.

- Detailed searches.
- A custom marker feature that lets users email map corrections or trail maintenance requests directly to PATC's Maps Committee.
- Turn-by-turn directions to find the shortest route between and two places on the trail system.

To download the \$4.99 iPhone app, visit the travel section of Apple.com or <http://itunes.apple.com/us/app/patc-shenandoah/id491141905?mt=8>

Have an Android phone? Get this same app, for \$4.99 at <https://play.google.com/store/search?q=Patc+Shenandoah&c=apps>