



Don't forget to change your clocks. March 11



VOLUME 4 ISSUE 3

MARCH

**SPECIAL  
POINTS OF  
INTEREST:**

- Feed the Birds
- Nature Deficit in Children
- Home Expo
- Info Page and Important Dates

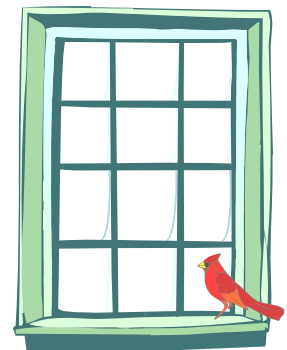
## Tough Month For Wildlife

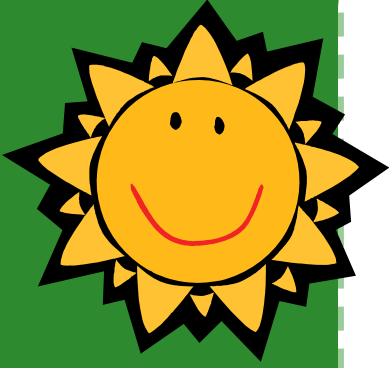
March is the most difficult month of the year for birds to find adequate food to survive winter in most of North America. That's because the supplies of natural food....last year's seeds, fruits, berries, and insect eggs and larvae...are at their lowest levels after months of birds feeding on them. March is too early for a new crop of seeds, fruits, berries, and insects to be available. Therefore, birds have to work harder to find sufficient food during a month when it is still very wintry in much of the country.

That's why March is the best time of the year to feed birds in the backyard. They will respond more readily to feeder foods offered in March than at any other time of the year. Isn't it curious that in fall...October and November...when natural foods are most abundant, people take the greatest interest in feeding birds? It is in the fall when there are the greatest number of bird seed sales, bird feeding seminars, bird store sales, and start-up backyard bird feeding efforts. By March, the interest in bird feeding has waned, at a time when the birds need it most.

Though birds are not dependent on feeders for their survival (studies have shown that birds glean 75 percent of their daily food from the wild, even when feeder foods are available), feeding them in March will make life a little easier for them, and under severe conditions, may even save them from starvation.

-- George H. Harrison (enature.com)





**Abigail Van Buren:  
Quotes about  
Children**

If you want children to keep their feet on the ground, put some responsibility on their shoulders.



## Last Child in the Woods:

### Saving Our Children from Nature-Deficit Disorder

"I like to play indoors better 'cause that's where all the electrical outlets are," reports a fourth-grader. Never before in history have children been so plugged in—and so out of touch with the natural world. In this groundbreaking new work, child advocacy expert Richard Louv directly links the lack of nature in the lives of today's wired generation—he calls it nature deficit—to some of the most disturbing childhood trends, such as rises in obesity, Attention Deficit Disorder (ADD), and depression.

Some startling facts: By the 1990s the radius around the home where children were allowed to roam on their own had shrunk to a ninth of what it had been in 1970. Today, average eight-year-olds are better able to identify cartoon characters than native species, such as beetles and oak trees, in their own community. The rate at which doctors prescribe antidepressants to children has doubled in the last five years, and recent studies show that too much computer use spells trouble for the developing mind.

Nature-deficit disorder is not a medical condition; it is a description of the human costs of alienation from nature. This alienation damages children and shapes adults, families, and communities. There are solutions, though, and they're right in our own backyards. *Last child in the Woods* is the first book to bring together cutting-edge research showing that direct exposure to nature is essential for healthy childhood development—physical, emotional, and spiritual. What's more, nature is a potent therapy for depression, obesity, and ADD. Environment-based education dramatically improves standardized test scores and grade point averages and develops skills in problem solving, critical thinking, and decision making. Even creativity is stimulated by childhood experiences in nature.

Yet sending kids outside to play is increasingly difficult. Computers, television, and video games compete for their time, of course, but it's also our fears of traffic, strangers, even virus-carrying mosquitoes—fears the media exploit—that keep children indoors. Meanwhile, schools assign more and more homework, and there is less and less access to natural areas.

Parents have the power to ensure that their daughter or son will not be the "last child in the woods," and this book is the first step toward that nature-child reunion.

I read this book and thought that it gives us hope in solving many of the problems that our children might be having. I strongly suggest you read it. I have a copy if you would like to borrow it.

## Strongland Chamber Home Expo

The ELC had a booth at the Strongland Home and Garden Expo in Lower Burrell, February 9-11. We did a tree cookie activity with the kids and promoted the ELC to everyone. Below is a photo of two of our helpful volunteers: David English, Executive Director of the AET and Jon Linkes, Steering Committee Member for the ELC.



**Dennis Hawley**  
**Program Coordinator**

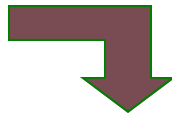
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**A Program of the**



## **Important Dates**



**Spring Work Day -April 14**

**Earth Day Celebrations -April 22**



**Open House - May 19 Time: 10 -2**

**Created by Donna L. Livengood**  
**Americorps Member**