

Mission: to unite as citizens and actively engage in the preservation of the Spring Creek Watershed

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**Spring Creek Coalition
2434 East 56 Place
Tulsa, Oklahoma 74105**

Spring Creek Watershed Landowners Spring 2014 Newsletter



Est. 1994

THE MOST PRISTINE
LARGE OZARK STREAM
IN OKLAHOMA
MANAGED AND
PROTECTED BY
PRIVATE
LANDOWNERS

Phone: (918) 637-1449
Email info@springcreekok.org
www.springcreekok.org

IT'S OUR 20TH ANNIVERSARY - LET'S CELEBRATE!

Save the date!
Saturday, June 14

We'll celebrate with a field day along the creek including barbeque, a biology creek walk, and much more. Look for complete details in our next newsletter.

CALL FOR DUES & DONATIONS

Your contributions help us publish this newsletter, plant trees, organize trash clean-ups, hold coalition meetings and fund our website. Mail recipients – check your mailing label to see when you last renewed, listed directly after your name (example: Joe Smith - 2014).

Please contribute today: \$20, yearly; \$100, lifetime; or donations of any amount. Contribute electronically via our website or make checks payable to Spring Creek Coalition and send to:

2434 E 56th Pl
Tulsa, OK 74105

SCC is a 501(c)3 not-for-profit organization.

SCC Hosts Geologist at Annual Meeting

Dr. Van Brahana, Geologist, USGS and University of Arkansas, spoke on

“Groundwater, Springs, Geology and Humans” at the SCC annual meeting in January. What makes our creek special also makes it vulnerable. Acid in rain-water erodes the type of limestone found



Dr. Brahana shares his knowledge of rocks.
Source: Renee Fite, Tahlequah Daily Press

in the Ozarks and our area creating springs, caves and sinkholes. Acid in sewage can also breach lined catchment basins creating sinkholes and pathways into the same spring system and ultimately the creek. “It is important to balance the need to make a living with keeping our waters pristine,” noted Brahana. Decisions should be based on knowledge rather than on politics, money and fear. Brahana used a new hog farm upstream from the Buffalo River in Arkansas as an example.

After his presentation, Brahana looked over rock samples brought by attendees. “What a fabulous annual meeting! Not just the speaker, but also all the evident enthusiasm,” noted one attendee. 45 adults and 9 children were there.

Guard Against Ticks By Following Simple Tips, Using Repellent

Avoid Direct Contact with Ticks

- Stay in the sun. Ticks don't like dry, open areas.
- Avoid wooded and bushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Wear light colored clothing to make ticks easier to see.
- When hiking, wear long-sleeved shirts and long pants tucked into socks to deprive ticks of attachment sites. Wear a wide-brim hat and closed shoes.

Repel Ticks with DEET or Permethrin

- Use repellents that contain 20 to 30% DEET on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents. It remains protective through several washings.

Find and Remove Ticks from Your Body

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their

children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet.)
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water. Dispose of the tick by flushing it down the toilet.

Source: the Center for Disease Control, <http://www.cdc.gov/ticks/index.html>

Tick Fever—"Up Close and Personal" by Alicia Osborne

My story begins: At the end of May 2013 as I was climbing into bed, my husband Bud noticed a small tick on the backs of my knee. I remember thinking this tick had been on for at least 24 hours because I remembered my last tick check. Ticks are a normal and accepted part of country life. NO ONE likes ticks; but if you enjoy being in the country, remember they were here first! The tick was removed with upmost care, following all the tick removal rules. The dead tick was dutifully put on a cotton ball using tweezers and placed in a dated medicine bottle. I never gave another thought to that little tick.

We went on with our summer. About 10 days

later, the small of my back was extra sore, urination a little painful. I self-diagnosed a urinary tract infection and started drinking cranberry juice and extra water. I had been canoeing 3 times in 30 hours, so of course my back was sore. Later, I literally crashed, with fever, nausea, aching, instant fatigue, and wild dreams, but NO RASH. The next day, Saturday, I went



Bud and Alicia Osborne

to Urgent Care in Tulsa and convinced them that I had a urinary tract infection. I started an appropriate antibiotic. Bud and I had plans to leave for a Habitat for Humanity Mission trip. I persuaded Bud to go without me. All I wanted was to be left alone and sleep. My fever grew rapidly. Due to a nagging husband and a loyal friend, I was taken Tuesday to the Emergency Room in Pryor and from there to St. John's Hospital in Tulsa by ambulance.

This was the hospital I was born in. It felt like I was coming back to die. I was fine with that. I was tired of hurting. Along with the above symptoms, I had severe respiratory problems. For a brief time I was in congestion heart failure. I was oblivious to it all. The doctors said that if I had been one day later coming to the hospital I would have died.

My tick panel was tested for four types of tick fever at Quest Diagnostics in California. It took at least 48 hour for results to come in. Rocky Mountain Spotted Fever was confirmed. I went home with antibiotics to recuperate. I am so grateful it was a cool summer and for the many friends and family who took care of me. Cards and calls were appreciated.

As for recovery: It seems a slow process, but I have come so far. I could walk several miles a day starting in about October. My cognition is still improving but my memory is not as good as before. I have fought several rounds of mouth sores, and I am currently struggling with hip pain. Is it related? We do not know.

As for that little tick, no one ever asked about it nor wanted to see it!

Spring Creek Fish on Facebook

Breeding male darters, shiners and other fish are starting to get colorful! Check out the Stream Things Facebook page for up-to-date pictures of colorful fish being collected from Oklahoma freshwater streams, including Spring Creek. <https://www.facebook.com/StreamThings>

