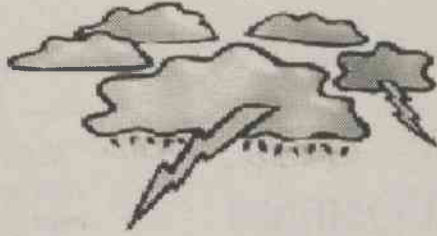


# ENVIRONMENTAL

## Weather Trivia

-CORTNEY CHATMAN, Section Editor-



Can lightning strike twice in the same place?

Yes! The old adage of lightning never striking twice in the same place is totally false. Lightning is not limited to a one-bolt action. Many lightning flashes are of a multiple variety and may strike repeatedly in a few seconds. Up to 22 consecutive lightning strokes have been observed in a multiple flash. The top of the Empire State Building in New York City is often hit several times during a severe thunderstorm

Can the temperature be estimated by a cricket's chirp?

You bet! Chirping crickets can provide a rather close indication of the air temperature. Begin by counting the number of cricket chirps in a 14-second period, then add forty. The total will equal the air temperature (in Fahrenheit) within one degree three out of four times.

Why does one's nose run in the winter?

When cold air is inhaled, the blood veins or capillaries in the nose constrict. After a short period of constriction the capillaries dilate or expand again naturally. This process encourages the release of mucous from adjacent glands and we end up with a runny nose.

What is spring fever?

Spring fever commonly occurs with a sudden warm spell following a long cold period. When the temperature rises, the body has to get rid of heat. Dilation or expansion of blood vessels so blood can be carried to the body surface where heat can be lost quickly to the air. The energetic feeling experienced is the body's reaction to the large amount of work going on to cope with a warming environment.

How can the distance to a lightning flash be estimated?

Light from the flash reaches your eyes almost instantly. The sound of thunder travels at only 1,100 feet (.3353 meters) per second. Begin counting seconds from when you see the lightning flash (1001, 1002, 1003, etc.) and stop when thunder is heard. Five seconds is approximately one mile (1.61 kilometers). And, by the way, thunder is seldom heard over 15 miles (24 kilometers) away.

How big are raindrops?

Raindrops are much smaller than we think. They range from 1/100 inch (.0254 centimeter) to 1/4 inch (.635 centimeter) in diameter. The rules of nature don't allow raindrops to exceed about 1/4 inch because air friction breaks up raindrops when they're larger.

How fast do raindrops fall?

Not including wind-driven rain, raindrops fall between 7 and 18 miles per hour (3 and 8 meters per second) in still air. The range in speed depends on the size of the raindrop. Air friction breaks up raindrops when they exceed 18 miles per hour.

What causes stars to twinkle?

Small, shifting currents of air acting as many concave lenses or mirrors bend the incoming starlight causing the light to strike or miss our eyes. To us the stars appear to twinkle. It is no wonder the world's greatest telescopes are located on high mountain tops in an attempt to get above the most dense atmosphere.

## King's Creek is Moving

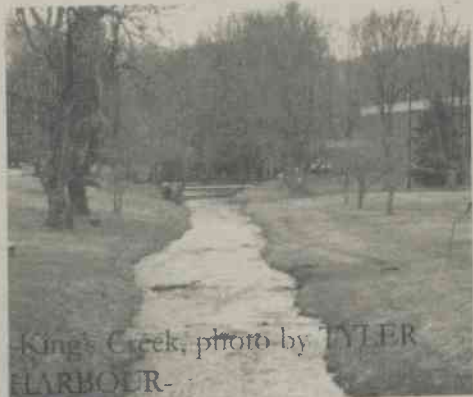
-HEATHER HINKLE, Staff Writer-

Do not worry! Not all of King's Creek is moving. Just a 2,300 foot section, starting at the track to right above Neely Street, is moving due to erosion and the sediment polluting the stream. It is moving not too far from the old stream in August of 2003.

Action to reroute the stream started in 1998, as a demonstration project funded with a grant of \$200,000 from the Clear Water Trust Fund of North Carolina to North Carolina State University. Appalachian Center for Environmental Solutions (ACES) under the direction of Dr. Larry Ragsdale, chair of our Science Division has helped represent the college by helping with the restoration project. Engineers from North Carolina State University came and planned in detail the rerouting of the stream. They designed the stream to help prevent erosion and improve water quality by having it wind, be shallow, and planting vegetation along its bank. Residential owners of the south side of King's Creek and the college have agreed to this design and even pro-

vided ideas to make the design better.

The new stream will be connected to the old stream on both ends and should not affect any of the life forms in King's Creek. Brevard College has people monitoring the life forms now and when the six-week construction is finished in August, they will continue monitoring the life forms and vegetation planted next to the rerouted stream. Hopefully the rerouted creek will greatly reduce the erosion and sedimentation problems. The anticipation is that this project will be successful and it will show that streams can be rerouted.



King's Creek, photo by TYLER HARBOUR.

## Are You S.A.D.?

-SARA HURTT, Staff Writer-

Have you ever noticed that during the winter months you have a lack of energy, and that you can't get enough sleep although you slept for the entire weekend? Many people associate these symptoms with what is called "winter blues."

What many people don't know is that the "winter blues" is actually a milder version of a clinical ailment called "Seasonal Affective Disorder" (S.A.D.) It is defined simply as depression that occurs during winter months. There are no specific causes for S.A.D. However some theories say that one cause is the lack of natural light during the winter months, causing a change in chemicals in the brain.

Out of the ten million people in America who suffer from S.A.D., 70-80% of those are women, those who live in higher altitudes and those who live farther north are especially susceptible to this form of depression.

In extreme cases of S.A.D., medication is used to treat it. In the milder cases, a treatment known as Light Therapy is used, where patients buy a special lamp that expels a large amount of light for specific amounts of time.

For those of us who are not clinically diagnosed with S.A.D., some ways to pull you out of this little depression, try taking a walk on a nice day, keeping your blinds open, and keep the lights on in your room. Keep a regular sleep pattern and eat more fruits than carbohydrates.

If you are experiencing any sort of depression, talk to someone about it; talk to a friend or even one of the counselors here on campus in the Stamey Center.

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