



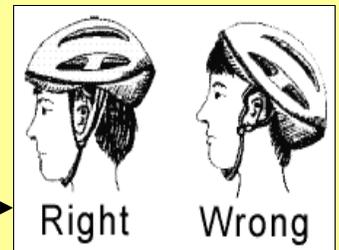
BICYCLE SAFETY

An estimated 67,000 visit an emergency room with bicycle accidents each year. In 2008, 716 people in the United States were killed because of bicycle accidents. A biker not wearing a helmet is 14 times more likely to die in a bicycle accident. It is estimated that between 50 and 80 percent of all bicycle accident involving brain injuries could be avoided if all cyclist wore helmets.

BICYCLE SAFETY TIPS:

Wear a Helmet

- Wearing a helmet is the best thing you can do to be safe when you ride a bicycle.
- Bicycle helmets can save lives. Most bicycle deaths come from head injury. Bicycle helmets can prevent head injury when worn properly.



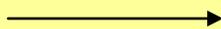
See and Be Seen

- Ride so cars can see you.
- Wear bright colors or clothes that reflect light
- Ride far enough away from parked vehicles to avoid being hit by an opening door.
- If you ride at night, headlights "reflectors" are required by law to be on the front and back of your bike.

Bicycle riders have to follow the same traffic rules and signs as car drivers.

- Ride in the same direction as cars are going.
- Ride in single-file.
- Signal when you want to stop or turn.
- Look out for holes, wet leaves, or cracks in the street. They can cause an accident.
- Ride away from the curb in case a car pulls out or someone opens a car door suddenly.

Hand Signals



Left turn



Right turn



Slow or stop

For additional information, please contact the NHTSA hotline at: 1-888-DASH-2-DOT (1-888-327-4236), or the NHTSA Web site.

FOLLOW THE RULES AND BE SAFE!

Safety & Environmental Newsletter

July 2012 Issue



Nest News



Piping Plovers: There are two active nests, with 7 eggs, remaining on Wallops Island. One nest is a re-nest attempt at the far northern end of the Island. Two nests have been washed out by

high tides associated with northeast winds and two other nests have produced chicks (two parental pairs with two surviving chicks each). Plovers from one nest are foraging on the Wallops beach and the other chicks have fledged. The plover family on the recreational beach



is frequenting the point where recreational vehicles access the recreational beach. Please watch for young plovers resting in tire ruts.



Loggerhead Sea Turtles: A Loggerhead Sea Turtle nest was discovered on the recreational

beach north of the Off-Road Vehicle Access road at Camera Stand V-100. The mother turtle had made two previous nesting attempts in the same area, but was harassed by a fox who had destroyed five eggs. A predator enclosure



was set up over the nest to deter future depredation and the US Fish and Wildlife Service took one egg for genetic sampling. In 2010, genetic sampling was able to determine that the same female turtle laid four nests at Wallops and one in North Carolina.

Questions? Contact Shane Whealton at extension 1090.

Cardboard Recycling 101:



Step 1
Flatten or fold



Step 2
Place cardboard in or behind the white recycling box



Please do not leave boxes in the hallways marked "Trash." For more information, contact Freda Johnson at extension 1466.

Annual Drinking Water Quality Report Hits Inbox



The Annual Drinking Water Quality Report or "Consumer Confidence Report (CCR)" was emailed to all Wallops users on June 29, 2012. The CCR is required by the Safe Drinking Water Act and our Virginia Department of Health Drinking Water Permit. The report includes WFF's drinking water sources and the most recent drinking water quality monitoring data. Look for a hard copy in your mailbox soon.

For more information, contact Owen Hooks at extension 1941.