



Fall 2011

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on Beyond The Backyard?

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A BOBBY WARNER CHARITABLE YOUTH FOUNDATION

# Keeping Kids Healthy

## Tips on eating right, keeping active and fighting obesity in WV

Obesity continues to be a problem for the nation and West Virginia. Over 38 percent of our state's population is considered to be overweight and another 30 percent are considered obese according to the Centers for Disease Control and Prevention. Nearly 30 percent of West Virginia adults report no leisure time physical activity in the past month. Only one in five West Virginia adults eat fruits and vegetables five or more times a day.

The problem with obesity in West Virginia is not limited to our adult population. Fifteen percent of youth (9th-12th grades) are overweight. Another 27 percent are obese according to the CDCP. Only two in five youth in these grade levels are meeting current physical activity recommendation levels. Only 20 percent eat fruits and vegetables five or more times a day. Over 50 percent drink at least one non-diet soda each day. Approximately one-third watch three or more hours of television each day.

Obesity cost West Virginia \$588 million dollars in 2003. It is most likely double that figure today.

We encourage all West Virginia families to get outside and become active in the outdoors. Three hours of television per day for children is more than they need in a week. We have had Beyond The Backyard events that involve hiking and mountain bike riding where only a handful of kids attend. We must do everything that we can to get kids interested in activities that encourage them to eat properly and exercise so that they remain healthy throughout their lives. What better place to do this than the outdoors?



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## Hiking in West Virginia

Hiking is a great way to remain active and spend time with your family. West Virginia is home to numerous hiking opportunities. Whether it is in a state park or forest, West Virginia has accessible property near you that is open to hiking. More than 800 miles of hiking trails are maintained by our state park system. Whether you are visiting Twin Falls State Park in southern West Virginia or North Bend State Park in northern West Virginia, several outdoor opportunities await you and your family. Visit [www.wvstateparks.gov](http://www.wvstateparks.gov) for more information on hiking opportunities in West Virginia.

# Time for the Outdoors

**W**hen it comes to getting kids involved in hunting, hiking, camping, fishing and other outdoor pursuits,

the first excuse given for not participating is time. With today's busy schedules and hectic work weeks, Saturday for many is a day to rest and get caught up on things around the house. Tee ball, soccer, baseball, softball, cheerleading, football and other activities pull families in every direction. It is really hard to find time to get outdoors, even for the most avid outdoorsman. In today's society, the outdoors has been put on the back burner for other activities.

The new opening dates for squirrel and archery season are geared toward getting children more involved in the outdoors. Be sure to take advantage of these season expansions and take your kids hunting this fall. Many forget about the first little league touchdown that they caught, but they will never forget the time, place and person that they harvested their first squirrel with. These memories last a lifetime. Be sure to send us any photos that you have taken so that we can upload them to our website for members to see. Good luck this season and be safe!



## Fan Us and Stay Up-To-Date

**B**eyond The Backyard is asking all of its members to become a fan of our organization on Facebook. This is a great way for us to share stories and photographs of our outdoor adventures. This also allows us to keep all of our members up-to-date on events around the mountain state. We also post all of our hunting and fishing adventures on YouTube. If you would like to check

out some of our videos, simply go to [youtube.com](http://youtube.com) and search 'Beyond The Backyard.' Once you are there, be sure to subscribe to our page. You can find quick-links to our Facebook and YouTube accounts at [beyondthebackyard.org](http://beyondthebackyard.org). This is another way that we can stay connected and keep your family active in the outdoors!

To receive this newsletter by email, call 866-WV-WOODS or email us at [cwalls@beyondthebackyard.org](mailto:cwalls@beyondthebackyard.org)

# Youth Deer Season

The West Virginia youth deer season is December 26-27, 2011. Youth hunters must be at least 8 and less than 18 years old. Youth hunters age 15-17 must comply with all license requirements. Youth hunters (8-14) must be accompanied by a licensed adult, who must wear 400 square inches of blaze orange, cannot carry a gun or a bow and must remain near enough to the youth to render advice and assistance. Only one antlerless deer can be taken per day (see 2011 hunting regulations for details.)



## The Safe Way to Hunt from a Tree Stand

**H**unting from a tree stand can be dangerous. It is probably more dangerous than you think. According to statistics, one of every three hunters that often hunt from an elevated position will fall at some point during their span of hunting. Many of these falls end in serious injury or death. Nearly every hunter knows someone who has fallen from a stand. Tree stand accidents are one of the most reported accidents during the hunting season. If you have never used a tree stand, it may be a good idea to take a safety course.

If you hunt in tree stands, be sure to wear a fall-arrest system. One of the biggest mistakes that hunters make is that they don't wear the harness while going up and coming down the tree, when a fall is most likely to happen. Always read the manufacturer's warnings and instructions before using your stand. Also, never exceed the weight limit for a particular stand. Check your equipment, stand and vest before using it after a long summer in storage. Always let someone know where you

will be hunting and when you plan to return from the woods. Most importantly, take your time and be safe. There is no need to rush up a tree and take short cuts to hunt a deer. Your safety is much more important than the biggest deer in the woods.



## Word Find

Can you find them all?

Using the list below, find the words that are hidden in the jumble.

- |            |           |          |
|------------|-----------|----------|
| FRUITS     | BASEBALL  | ARCHERY  |
| VEGETABLES | SOFTBALL  | ELEVATED |
| OBESITY    | TOUCHDOWN | HARNES   |
| EXERCISE   | HIKING    | SAFETY   |
| ATHLETES   | OUTDOORS  | HUNTING  |
| SOCCER     | TREESTAND | FALL     |

E D R S O F T B A L L J R D S  
A T H L E T E S H U N T I N G  
F R U I T S Y E L E V A T E D  
A D F V E G E T A B L E S C V  
L V H I K I N G O B E S I T Y  
L H D P E X E R C I S E K L P  
H S O C C E R X C S A F E T Y  
B A S E B A L L H A R N E S S  
U J G D O U T D O O R S K L Z  
N H Y F T T R E E S T A N D G  
H B V C A R C H E R Y L K W I  
Z H P Q T O U C H D O W N O M



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Check us out online at [beyondthebackyard.org](http://beyondthebackyard.org) to volunteer, donate, join, or tell a friend!

## Illinois Deer Hunt a Success for Local Boy

**D**aniel Frame was selected as the winner of our Illinois Deer Hunt following the West Virginia Hunting and Fishing Show. He and his father Chris traveled to Brown County, Illinois to enjoy a weekend of youth hunting at Illinois Connection,

owned and operated by Doug Benefield. Daniel was only a few minutes into the hunt on the first morning of youth season when his dad spotted movement across the cornfield. After a few seconds of

looking at this buck, Daniel decided that he would take the shot with his muzzleloader. The eight-point buck walked to 40 yards and Daniel squeezed the shot. He and his father were overcome with excitement after the buck ran only 40 yards and fell in the cut cornfield.

We would like to thank all of the people at Illinois Connection that helped make this hunt possible. You can learn more about Illinois Connection at [www.illinoisconnection.com](http://www.illinoisconnection.com) or give Doug Benefield a call at 404-401-1341. Congrats to Daniel on a nice buck!



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