

NEWSLETTER

101 N. Front St.
Harrisburg, PA 17101
www.kta-hike.org

Preserving Pennsylvania's Footpaths

May 2009



Tuscarora Trail Road Walk Eliminated KTA Efforts Result In Ridge Top Trail

A twelve-mile Tuscarora Trail road walk, much on unsafe roads, will be eliminated, thanks to an agreement between the Potomac Appalachian Trail Club and the Florence Waring Erdman Trust. KTA played a significant role in arranging the initial meeting, resulting in cooperation between five organizations and benefiting hikers and outdoor enthusiasts.

The trail will be rerouted onto the Florence Jones Reineman Wildlife Sanctuary in Perry County, following the southern and western boundaries of the Sanctuary along the ridge of Blue Mountain. The agreement with the Reineman Sanctuary was approved by the Natural Lands Trust, which manages the Sanctuary for the Erdman Trust, and the PATC Council, and signed on February 24.

Route Description

The new trail route will be approximately seven miles long. Unlike the previous trail location, the Sanctuary route will follow the ridge top, often with splendid views to both the north into Perry County and to the south into the Cumberland Valley.

Near the midpoint of the relocation, the trail will cross PA 74 at Waggoner's Gap, where the Pennsylvania Audubon Waggoner's Gap Hawk Watch Station is located. Negotiations are underway with Audubon and the Central Pennsylvania Conservancy to permit the trail to cross property owned/managed by these organizations.

KTA Role

Since the fall of 2004, PATC North Chapter members had worked, without any significant progress or success, to eliminate the road walk. The breakthrough came in January 2008, with the start of correspondence with the Natural Lands Trust.

In addition to facilitating discussions with the Erdman Trust, KTA initiated the ongoing discussions with Pennsylvania Audubon

and the Central Pennsylvania Conservancy. In both cases, KTA was able to identify the appropriate individuals and establish the kickoff meetings to explore the potential relocation. KTA efforts have resulted in a solution to a longstanding trail problem.

Trail Work Plan

The entire relocation may take two to three years to complete. Work began in mid-March with flagging of the new route. PATC volunteers, under the direction of PATC Supervisor of Trails John Hedrick and Pennsylvania District Manager Peter Brown, will provide the required labor. The PATC North Chapter Trail Crew will be the lead crew, with assistance from the PATC Cadillac Crew. Help from any interested persons is solicited; contact Pete Brown at peter.brown4@worldnet.att.net or 410-343-1140.

Tuscarora Trail

The Tuscarora Trail is a 252-mile primitive footpath that traverses Pennsylvania, Maryland, West Virginia, and Virginia. Both ends connect to the Appalachian Trail – southwest of Duncannon in Pennsylvania and northwest of Luray in Virginia.

About twelve percent (about 30 miles) of the Tuscarora's current route traverses private property and is not protected through easements. Another twelve percent is on roads and will need to be relocated.

Reineman Sanctuary

Created by a trust under the will of Mrs. Florence W. Erdman in memory of her mother Florence Jones Reineman, the Reineman Sanctuary was established for Dickinson College in Carlisle in 1966. Located in Green Valley, Perry County, the 3,037 acre preserve is to be used solely for field studies in botany, biology, and geology, as well as the conservation and preservation of wildlife. Hunting, fishing, or trapping is prohibited.

PA Hiking Week — May 23-31

Pennsylvania Hiking Week, co-sponsored by KTA and the Department of Conservation and Natural Resources, is a great opportunity to promote hiking, Pennsylvania's hiking trails, local clubs, and KTA. Check the KTA or DCNR web sites for the schedule of hikes and use this opportunity to introduce your family, friends, and colleagues to the great pleasures of hiking Pennsylvania's wonderful trails.

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This newsletter is published four times a year as a service to its members by Keystone Trails Association. Deadlines for submitting material are 1/1, 4/1, 7/1 and 10/1. Opinions expressed are those of the listed authors. The Editors encourage submissions reflecting all viewpoints, but reserve the right to edit material. You are encouraged to submit your material on disc or via e-mail.

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2009 Trail Care Schedule

Trail Care weekends begin Friday evening at the designated campsite. A full day of trail work on Saturday is followed by an evening of campfire sociability and possibly a meal out at a local restaurant (Dutch treat). After a morning of additional trail work, the weekend concludes about noon on Sunday. If you can't spare an entire weekend, you can join the group for whatever portion is convenient. No experience or special skills are required. Tools and work gloves will be provided.

You must contact the trip leader in advance and register for Trail Care weekends.

May 15-17 — Mid State Trail Wool-rich Region

Leader: Joe Healey 570-655-4979,
jnlhealey@aol.com
Camp at Ravensburg State Park

September 18-20 — Mid State Trail State College Region

Leader: Tom Thwaites, 814-237-7703,
ttt2@pennswoods.net
Camp at Poe Paddy State Park

July 10-12 — Chuck Keiper Trail

Leader: Rich Scanlon, 717-242-2732,
richards@acsworld.com
Camp at old CCC camp off Coon Run Road

October 2-4 — Shikellamy State Park

Leader: Ed Lawrence, 570-925-5285,
cathyed@nationi.net
Camping to be announced

August 14-16 — Thunder Swamp Trail

Leader: John Motz, 570-236-1462,
trailbuilder@enter.net
Camp at Promised Land State Park

October 30-November 1 — Quehanna Trail

Leader: Ralph Seeley, 814-355-2933,
rsbb219@pennswoods.net
Camp in Parker Dam State Park cabins

2009 Trail Crew Schedule

Crews assemble on Tuesday evening for dinner and orientation and work all day Wednesday thru Saturday, and a half-day on Sunday. KTA provides a place to camp, meals, tools, work gloves, safety equipment, and instruction by crew leaders. Volunteers are accepted for one day, a weekend, all week, or the entire crew season. There are tasks for everyone.

You must pre-register. For a crew application, contact Joe Healey at 93 Cedarwood Drive, Laflin, PA 18702, 570-655-4979, or jnlhealey@aol.com.

Week 1

June 9-14 — Pinchot Trail in Lackawanna State Forest

Leader: Joe Healey
Camp at Manny Gordon Picnic Area

Week 2

June 16-21 — Donut Hole Trail

Leaders: Rich Scanlon and Joe Healey
Camp at Western Clinton Sportsmen's Club near Renovo

Week 3

June 23-28 — Mid State Trail Everett Region

Leader: Deb Dunkle
Camp at Tenley Park in Everett

Upcoming KTA Meetings and Events

May 23-31— PA Hiking Week

June 27 — Board of Directors Meeting, Harrisburg, PA

July 17-19 — Prowl the Sproul, Renovo, PA

September 12 — Susquehanna Super Hike, York & Lancaster Counties

September 25-27 — Annual Meeting and Hiking Weekend, Marienville, Forest County, PA. Hiking program by Allegheny Outdoor Club.

President's Message

Volunteer Award Program

KTA members provide the simplest form of nature based recreation — hiking.

We build the footpaths for people to connect directly to the wilds of Pennsylvania.

We produce the maps, guidebooks and web sites to help hikers stay found and learn something about their local environment.

We serve as leaders of local hiking clubs, serve on the KTA board, edit newsletters, offer professional services, perform trail building and maintenance services, and lead hikes.

There is an endless list of activities that KTA volunteers contribute to the Pennsylvania hiking community.

It is appropriate that we recognize these individuals with a 25-year and 50-year Volunteer Award.

I look forward to receiving your nominations for this prestigious award.



In the meantime,

Get outdoors and protect your favorite trail,

Thyra

Keystone Trails Association Volunteer Award

Keystone Trails Association is seeking the names of members who have made significant contributions on behalf of the state's hiking trails, trail lands and hikers for 25 years or more and for 50 years or more.

This year's recognition will be made at the 2009 KTA annual meeting in Marienville, Forest County, on Saturday, September 26.

The member volunteer may have:

- Coordinated the efforts of walking and hiking groups in and around Pennsylvania
- Developed, built, and maintained hiking trails, including trail support facilities
- Protected hiking trail lands through support and advocacy, as well as by acquisition
- Educated the public in the responsible use of trails and the natural environment

Years of "active volunteer service" include all time and effort contributed by an individual for the benefit of Pennsylvania foot trails, regardless of the location. Areas of service may include maintenance (trail, overnight sites, shelters), management (managing a club, trail assessments), administration (accounting, newsletter, publications, serving as an officer or on the board of a trail club), and public service (leading hikes for the public, organizing hike schedules, presenting programs to the public, volunteering professional services).

I encourage you to nominate a deserving Keystone Trails Association member who has had a positive impact on the promotion and protection of trails, trail lands, and related activities in Pennsylvania. Along with your nomination, please include a listing of the activities that warrant the nomination of this volunteer.

Names and a list of the member's activities must be submitted in writing to Keystone Trails Association, 101 North Front Street, Harrisburg, PA 17101 or via e-mail to ktaadmin@verizon.net by August 15, 2009.

For more information contact Becky Schreiber at 717-238-7017 or ktadmin@verizon.net.

Think of Your Bequest to KTA as an Investment ...

In 1956, a group of concerned hikers banded together to form the Keystone Trails Association - a statewide movement to protect hiking trails and trail lands. Today, KTA is the an effective advocate for the state's hikers and footpaths. Support our trail advocacy by including a bequest in your will, or by naming KTA as a beneficiary of your retirement plan assets.

For more information, contact: Charles Glanville, Advisor to the KTA Board of Directors, at Glanvillehike@aol.com or 610-399-3183.

New Federal Tax Law Can Help Environmental Groups

The Emergency Economic Stabilization Act of 2008 extended the IRA Charitable Rollover, allowing individuals aged 70½ or older to donate tax-free gifts of up to \$100,000 from their IRA accounts to qualified charities such as KTA. These contributions count towards the donor's mandatory IRA withdrawal amount but do not increase adjusted gross income.

This is a great option for IRA account-holders who want to make a gift to environmental groups from their retirement assets but have been concerned about incurring taxes. You are encouraged to consult your financial advisor and/or IRA administrator to determine if this opportunity is right for you.

KTA News

PPFF Honors Joe Healey For Trail Care/Crew Leadership

Joe Healey, head of KTA's Trail Care/Crew program, is the 2009 recipient of the Pennsylvania Parks and Forests Foundation's highest honor, the Keystone Legacy Award. The award, sponsored by Woolrich Inc., will be presented May 5 at a Foundation dinner at the Harrisburg Country Club.



Healey, who has directed the KTA Trail Crew since 1998 and Trail Care since 2002, organizes ten weekend and three weeklong crews each year. Program volunteers contribute an average of 4,000 hours every year, building and maintaining footpaths across the state. In addition, Trail Care offers training and educational programs for trail workers.

"I've known Joe for several years and have had the privilege to work with him on a new trail at the Goat Hill Serpentine Barrens. His tireless efforts to spearhead trail building, bridge building, and trail repair has benefited thousands of hikers across the commonwealth. The Pennsylvania Parks and Forests Foundation is proud to recognize Joe's contribution to outdoor recreation and volunteerism by naming him our Keystone Legacy Award Winner," said Marci Mowery, PPFF President.

PPFF recognizes groups, facilities, and individuals for exemplary service, programs, and work to protect and enhance state parks and forests.

KTA Outreach —

Share your love of hiking!

By Becky Schreiber

In March, KTA member Dick Martin was invited to attend a meeting of Cub Scout Pack 197 in Camp Hill, Cumberland County. He gave a presentation on hiking basics, including information about hiking equipment and local trails. Martin also shared stories about his own hiking experiences with the group of enthusiastic and inquisitive Scouts.

On July 25, KTA member Bob Fromme, Jr., will man a KTA information booth at the annual Ned Smith Nature and Arts Festival in Millersburg, PA. The Ned Smith Center boasts a network of twelve miles of trails, and the festival attracts a large crowd from the central Pennsylvania region. Thanks to Bob, a large number of people will have the opportunity to learn about KTA and our efforts on behalf of footpaths and hikers.

Volunteers Needed!

Are you interested in sharing your love of hiking with others? KTA is seeking volunteers to speak to Scouts, schools, and community groups statewide. Encourage a future generation of hikers and provide valuable information about the trails in your area. Inform the public about the important role that KTA plays in maintaining and protecting trails for the enjoyment of current and future generations of hikers. Contact ktaadmin@verizon.net or 717-238-7017 for more information.

Susquehanna Super Hike Update

By Curt Ashenfelter

Planning continues unabated for the KTA sponsored 25-mile hiking/trail running event in the Susquehanna Gorge. The course has been laid out, checkpoints identified, sponsors are being solicited, volunteers are being recruited, and communication equipment acquired.

Hikers and trail runners from the Northeast will have a chance to test their endurance and strength of will on Saturday, September 12 in York and Lancaster counties. The Mason-Dixon Trail Association, the Lancaster Hiking Club, and the York Hiking Club are looking forward to introducing their beautiful trails that wind along both sides of the Susquehanna River.

Event Route

Hikers and trail runners will begin at the York Hiking Club clubhouse near the Otter Creek Campground and end at the Pequea Creek Campground. At least eleven significant climbs with 4,203 feet elevation gain and 4,191 feet elevation loss for a total elevation change of 8,394 feet are encountered along the route.

Training Hikes

Two training hikes are scheduled for later in the spring. The first training hike will be held Sunday, May 17, on the Mason Dixon Trail (10.5 miles). Meet at 11:15 AM at the Lock 12 parking lot near the west entrance to the Norman Wood Bridge on PA 372 in York County. Bring water, lunch, and sturdy hiking shoes.

The second training hike will be Sunday, June 14, on the Conestoga Trail (12 miles). Meet at 11:15 AM at the Pequea Creek Campground parking lot along PA 324, east of the village of Pequea. Bring water, lunch, and sturdy hiking shoes.

For more information, contact Paul Shaw at pshaw@ptd.net or call 717-238-7017.

Volunteer Openings

If you are not ready for the steep hills, rocky terrain and deep ravines of the Susquehanna Super Hike, please consider volunteering to help with the event. Volunteers are needed for check-in and registration, for the checkpoints, for parking and traffic control, and to assist participants in potentially confusing or hazardous locations. More than 100 volunteers are needed. If you are willing to help, please contact Becky Schreiber at ktaadmin@verizon.net or 717-238-7017.

Don't get shut out of the most exciting new hike of the year; register now! For more information about the Super Hike or to register visit www.kta-hike.org.



Looking for a gift for friends and relatives who enjoy hiking and exploring new trails? Give *Pennsylvania Hiking Trails*, 13th ed., and introduce them to over 3,000 miles of new adventures. See page 19 to buy this and other publications.

KTA News

KTA—Your Hiking Advocate In Action

By Curt Ashenfelter

Keystone Trails Association is your advocate for providing, preserving, protecting, and promoting hiking trails in Pennsylvania. Below are just a few examples of our recent efforts.

Meeting with Senator Scarnati

I met with Lieutenant Governor and President Pro Tempe of the Pennsylvania State Senate, Senator Joseph B. Scarnati III, on March 4 to discuss Act 256 of 1955, the law which permits the Bureau of Forestry to lease State Forest lands for oil and gas extraction and specifies that the funds generated are to be used for conservation practices and projects.

Governor Rendell's budget proposal calls for \$174 million of the \$192 million available in 2008-2009 to be used for general government operations, not for conservation practices and projects.

Senator Scarnati is open to policy proposals from KTA for specific budget recommendations for some part of the \$174 million that will continue to support conservation practices and projects and by extension hiking and hiking trails in Pennsylvania.

KTA's Recommendations

KTA communicated the following specific conservation revenue recommendations by letter on March 23:

- The 18 State Forest Hiking Trail systems on public lands must have funding to be maintained by KTA Trail Care and local hiking clubs. The monies would fund resurfacing trails, trail-head parking, shelters for backpackers, privies, bridges, rock work, and trail signs. These activities are all labor intensive construction projects that will provide gainful employment during the current economic crisis. To build and maintain trails on our public land is vital. The costs are generally \$8,000 a mile to build and \$1,000 a mile to resurface and maintain a hiking trail. Trails are to be built to the highest National Park Service/Appalachian Trail Conservancy standards. Costs are kept to a minimum because of extensive volunteer efforts. This is an opportunity to provide high quality outdoor recreation experiences that match the quality and capacities of the exceptional natural resources in the Commonwealth. There are more hikers in the state than there are equestrians, mountain bikers, hunters, birdwatchers, campers and anglers. Trails are a unique way to reap economic rewards without losing the unique character of our Pennsylvania Wilds.
- Financial support for Keystone Trails Association efforts to provide, preserve, protect and promote recreational hiking trails and hiking opportunities in Pennsylvania.
- Purchase of private land interior holdings, deeply indented land holdings, and private land adjacent to State Forest land.
- For hiking and hiking trails, the priorities should be purchase of permanent easements across private lands where endangered

hiking trails have been identified.

- There needs to be well funded and effective public relations efforts to promote sustainable outdoor recreation that is good for citizens' physical fitness and mental well being. Hiking and trail running would be featured.
- Environmental impact studies for every trail to include air monitoring and water quality on the trails.
- School hiking trail curriculum programs for elementary, middle school and high school students.
- Community Outreach Training and Land Protection Training for hiking trail volunteers.
- Habitat restoration including acid mine drainage cleanup and invasive species remediation.
- Gas compliance audits and monitoring of impacts from gas development and additional hiring of personnel to perform the tasks.



Sen. Joseph Scarnati and Curt Ashenfelter.
Photo by Anthony C. Moscato

Oil and Gas Lease Fund

The Oil and Gas Lease Fund, created in 1955, is used to finance conservation, recreation, dams or flood control projects or to match any federal grants made for these purposes. Revenues are derived

from rents and royalties from oil and gas leases of Commonwealth owned land with the exception of rents and royalties from land owned by either the Pennsylvania Game or Fish and Boat Commissions. Those revenues are paid into the Game and Fish Funds. KTA will continue to advocate for these funds to be used for conservation purposes.

State Forest Acreage Leases

Energy companies made commitments to pay \$194 million for leases to explore and extract natural gas from state forest lands located within the Marcellus Shale formation. Eighteen leases were awarded totaling 74,023 acres. They included Tiadaghton State Forest, 9 tracts totaling 33,268 acres; Tioga State Forest, 4 tracts totaling 20,285 acres; and Loyalsock State Forest, 5 tracts totaling 20,470 acres.

Fiscal Year 2009-2010 New Severance Tax Proposed

The Governor has proposed a new tax on all natural gas severed in the Commonwealth, effective October 1, 2009. The tax would be based on the value of the natural gas when severed. The proposed tax rate would include two components: five percent of the value of the natural gas at the well head; and 4.7 cents per thousand cubic feet of gas severed.

Unrestricted General Fund revenues accruing from the proposed tax are estimated at \$107.2 million and \$236 million for fiscal years 2009-10 and 2010-11, respectively. Legislation is required to authorize the transfer of these funds from the Oil and Gas Lease Fund to the General Fund. KTA will advocate that, if this legislation

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Along Our Trails

Appalachian Trail

The Appalachian Trail Conservancy recorded the Appalachian Trail's 10,000th end to end hiker in 2008.

The ATC Biennial Conference will be held July 17-24 in Castleton, VT. Information and online registration is available at www.appalachiantrail.org.

New Bridge

The ATC Mid-Atlantic Crew and the Mountain Club of Maryland replaced a bridge north of Sheet Iron Roof Road last October. Two 27-foot long white oak trees that had been killed by gypsy moth defoliation were used as the stringers to support the decking of the bridge.

D&L Trail

The Omnibus Public Lands bill, signed by President Obama on March 30, officially designates the Delaware & Lehigh National Heritage Corridor, Inc, as the managing entity for the Delaware & Lehigh National Heritage Corridor and authorizes federal funding through fiscal year 2012.



Photo courtesy of Silas Chamberlain

“Recycled Bridge” in Luzerne County

The Delaware and Lehigh National Heritage Corridor has made significant improvements to a ten-mile section of the D&L Trail between White Haven and Glen Summit in Luzerne County. During the summer and fall of 2008, the section was graded and rolled to rail-trail condition.

This section had previously been interrupted by a very steep railroad cut and active rail line, preventing safe and legal access. Instead of fabricating a new bridge, the D&L recycled an old, iron bridge that once carried pedestrians across Interstate 81, and installed it on freshly poured platforms. Old paint and rust were sandblasted from the bridge, a tedious process that saved materials and should help maintain the historic character of the area.

Carbon County Improvements

In 2008, the D&L also completed several miles of trail resurfacing projects in Weissport and Lehigh Gap and rehabilitated the Nesquehoning Trestle, which crosses the Lehigh River between Glen Onoko and Jim Thorpe.

For more information about the 165-mile D&L Trail, go to www.delawareandlehigh.org or contact Trail Steward Scott Everett at 610-923-3548, ext. 232.

Highlands Trail

On May 16, beginning at noon, the Appalachian Mountain Club, the New York-New Jersey Trail Club, and the borough of Riegelsville will hold a Welcome To PA Highlands Trail Celebration in honor of the Highlands Trail reaching the New Jersey-Pennsylvania border. The Highlands Trail enters Pennsylvania via the Roebbling Bridge at Riegelsville, Bucks County. Activities will include hikes, bike rides, and canoe/kayak demonstrations. Contact the AMC Mid-Atlantic Office at 610-868-6906 or jheisey@outdoors.org for more details.

Horse-Shoe Trail

New Trail in West Vincent Township

The H-ST is moving into the woods between Hollow Road and Davis Lane (starting at Chester County mile 17.1) this month. The new 1.2 miles of trail replaces a half mile of paved road walking on Horse-Shoe Trail Road. This is the second township trail section opened thanks to on-going collaboration with West Vincent and the French & Pickering Trust.

Brecknock Township Easements

Efforts to protect the trail in this township continue to bear fruit. Two more property owners have signed easements permanently protecting the trail and assuring an off-road home for the trail.

Middle Creek Update

The trail reroute from Black Oak Ridge to Segloch Road (Lancaster County mile 15.3-16.0) has been completed and is open. When traveling west to east, be alert to the new route as you exit Segloch Road, as the old route is more worn.

Manada Gap Relocation

The reroute along the southwest edge of Fort Indiantown Gap is open. In February, eighteen volunteers established the new trail between Dauphin County mile 20.5 and 20.8, starting roughly one mile northwest of the McLean Road bridge at Manada Gap to just east of the motorcycle club property. The Horse-Shoe Trail Club thanks the personnel from Fort Indiantown Gap for their help with this reroute.

Roughly one and a half miles of trail (mile 19.3-20.8) run on or



Jen Hollinger and George Gress working on the H-ST reroute at Fort Indiantown Gap on Feb. 21. Photo by John Stein.

Along Our Trails

near the southwestern edge of the military reservation. FTIG is erecting a safety fence to prevent people from straying into active firing ranges. Posted signs at each end say it all:

Now entering Fort Indiantown Gap property. Due to many recently added live fire ranges at Fort Indiantown Gap, the trail now runs along the boundary of the property. To ensure your own safety and that of our fine American Servicemen and Servicewomen, you must remain on the marked yellow-blazed Horse-Shoe Trail. There is no risk to those who remain on the trail. However, those who leave the trail risk serious injury and potential prosecution for trespass.

Loyalsock Trail

The Loyalsock Trail has changed the colors on the metal discs used to mark the route of the LT. The new discs are yellow with red "LT" letters. Because some side trails are marked with yellow disks with a red X, be sure to follow the LT blazes to stay on the Loyalsock Trail. The older LT discs that are being replaced are red with yellow "LT" letters.

Mason-Dixon Trail

2008 was a good year for the M-DT. Major areas of new open space near the trail offer possibilities for off-road and/or improved trail routes. City, county and state agencies have supported efforts to protect the trail. And a new generation of volunteers looks to serve the Mason-Dixon Trail System for years to come.

Proposed Relocations

State Line Nature Preserve will hold its grand opening celebration on May 10. The 82 acre preserve is administered by the Kennett Township Land Trust. The M-DTS hopes to move the trail onto preserve land (Map 10, west to east miles 7.5 to 8.2).

The Farm and Natural Land Trust of York County has purchased the 12 acre Oscar Liebhart property, resolving the long quest by developers to acquire this tract (known as the Susquehannock Indian forts site). The M-DT expects to receive approval to relocate the trail to this property.

To eliminate the hazardous walk along a CSX rail line (map 7, west to east mile 2.0 to 5.5), the M-DTS is proposing a relocation that would utilize a greenway near the Susquehanna River; this route would increase the trail mileage by about two and a half miles.

The club has proposed a one mile re-route that would move the trail onto Game Land 242 (map 1, west to east mile 11 to 12). The proposal is awaiting Game Commission approval.

Mid State Trail

Tioga Region Update

Pete Fleszar, Tioga Region Manager, reports that the April KTA Trail Care weekend was a success, with almost two dozen volunteers. The MST is now open from Hills Creek State Park south across Cobb, Orebed, US 6, Rice Rd., and PA 660 to the second encounter with Mudge Road. The MST is also re-opened between Ridge and Elkhorn Roads west of Tioga, and re-routed between RV's Mt. Top Campground and Smith Hill Road to avoid the previous need to call ahead to hike through the Tioga Hunting Preserve. MSTA offers special thanks to landowners Mike Gee

and Jim Kwiatkowski, and volunteer John Potter for making this possible. New new maps have been uploaded to the MSTA web site, www.hike-mst.org (click on "Maps and Guidebook", then scroll down to Sections 18, 19, and 20).

40th Anniversary

September will mark the 40th anniversary of the clearing of the first section of the Mid-State Trail. When "completed" in 1987, the trail extended from US22 east of Water Street in Huntingdon County to PA414 at the West Rim Trail near Blackwell. Today the trail stretches from the Maryland border to New York, and is one component trail of the Great Eastern Trail.



The Great Eastern Trail adopted this official logo in February and John Stein promptly installed a marker on the Mid State Trail at Maple Creek, north of Loysburg. Photo by John Stein.

North Country Trail

This year's Annual Conference will be held July 30-August 2 in Valley City, ND. See www.northcountrytrail.org for conference details.

Willing Seller Authority

After more than a dozen years of lobbying and personal contacts, Congress has finally passed willing seller legislation for the North Country Trail. In locations where there is a reasonable trail corridor and the landowner wishes to sell that land to be permanently protected for the trail, the landowner may do so. This will not immediately result in huge land purchases, since the National Park Service does not have a large land acquisition fund. But now there is this ability to protect the trail when the opportunity presents itself. The authorization was included in the Omnibus Public Lands bill signed on March 30.

New Regional Office

The North Country Trail Association has opened a new Ohio/Pennsylvania regional office in Shawnee, OH. Andrew Bashaw, Regional Trail Coordinator for Ohio and Pennsylvania, can be reached at The Harrop House, 127b West Main Street, Shawnee, OH 43782, 740-394-2008, abashaw@northcountrytrail.org.

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KTA News

Trail Mix ... by Curt Ashenfelter

KTA Receives DCNR Grants

An otherwise dull winter day was considerably brightened when two Pennsylvania Department of Conservation and Natural Resource (DCNR) checks for a total of \$47,850 arrived in the mail Monday, February 23.

Comprehensive Grant I

The first check was for \$32,000 and is a 50% down payment on the first round of projects originally submitted by KTA to DCNR in October of 2006. The nine clubs who applied for state monies for equipment and supply purchases are: Allegheny Outdoor Club, Allegheny Trails Hiking Club, Allentown Hiking Club, Blue Mountain Eagle Climbing Club, Chester County Trail Club, Horse-shoe Trail Club, Mid State Trail Association, North Country Trail Association and Standing Stone Trail Club.

Comprehensive Grant II

Working with DCNR has its challenges, but the end result will be well worth the effort. We look forward to KTA round two grants valued at \$67,400 being approved in the future. Those projects include: Allegheny Outdoor Club (trail reconstruction), Allentown Hiking Club (parking lot repairs), Appalachian Trail Conservancy (Mid-Atlantic Trail Crew), Cumberland Valley Appalachian Trail Club (purchase of brush cutter), Pennsylvania Council - North Country Trail Association, Allegheny National Forest Chapter (trail reconstruction), Pennsylvania Council - North Country Trail Association, Butler Outdoor Club (shelter rehab), and Rachel Carson Trails Conservancy (rebuild a cable bridge, rebuild shelter, and purchase trail crew communication equipment).

PA Trails Hiking Map Project

The second check was for \$15,850 and is a 50% down payment on the Pennsylvania Trails Hiking Map Project. KTA will prepare and publish 25,000 maps that show the location of Pennsylvania's eighteen designated hiking trails. For the project, KTA is recruiting Geographic Information System (GIS) volunteers to obtain the most accurate trail data possible. If you would like to participate in the GPS effort, contact me at 717-238-7017 or ktahike@verizon.net.

General procedures for collecting Geographic Positioning Sys-

* GIS *
* Volunteers *
* Needed! *

tem (GPS) data are available online at www.kta-hike.org.

Endangered Hiking Trails Meeting

Keystone Trails Association's Conservation and Advocacy Committee hosted the Endangered Hiking Trails Program II on Saturday, February 21.

Items of discussion included recent accomplishments, working with the Pennsylvania Game Commission, KTA Easement and Acquisition Fund, public relations capabilities, liability issues, and applications for State Game Lands Special Use Permits. Trail access agreements were also shared within the group for future use. Additionally, Jim Hooper of the Mason Dixon Trail Club gave an in depth presentation on successful land acquisition implementations with local government in York County.

KTA is seeking additional volunteers for the Endangered Hiking Trails Program. If you are interested in volunteering, please email me at ktahike@verizon.net for additional information.

Why do hikers like to hike?

I recently read a book by Robert Morgan about Daniel Boone that may also be true for many hikers. He wrote, "Boone saw nature as both fact and fable, and every cloud and sunset, tree and blade of grass as instances of both the real and the ideal, physical and spiritual...every tree and river, rock and cloud, was alive, haunted, significant." Drop me a line about why you like to hike; I would be interested to know.

I would like to thank all of the individuals who have joined the Gold, Silver and Bronze Clubs from our February 2009 Appeal (see page 9 for the list). Each day when the mail arrives, we are thankful for your financial support and your words of encouragement. Oftentimes the letters contain notes that say such things as "Thank you for all the hard work you do." Those words of encouragement and your financial support are daily reminders of the individual people who support our hiking trails. And while hikers may pursue solitary pleasures, collectively they can provide, preserve, protect and promote great trails.



(Continued from page 7)

September 11th National Memorial Trail

Work is underway to establish a September 11th National Memorial Trail to serve as a tribute to those who perished in our country's single worst terrorist attack. The hiking, biking, and driving National Historic Trail would link the three sites - the World Trade Center, the Pentagon, and Shanksville, PA - involved in that tragic day.

Two of the three legs are already in place. The East Coast Greenway extends from the World Trade Center to the Pentagon. From the Pentagon, the C & O Canal and the Great Allegheny Passage (both part of the Potomac National Scenic Trail) lead near Shanksville. The remaining leg, which needs to be laid out, would

run from the Passage to Shanksville and then continue east across Pennsylvania and New Jersey to the World Trade Center.

Organizers hope to complete the trail by Sept. 11, 2011. For more information, visit www.911MemorialTrail.org or contact David Brickley at 911Trail@comcast.net.

Warrior Trail

A landowner near milepost 9 of the trail has offered to allow the Warrior Trail Association to build a shelter on his land. The Association is looking to involve a Scout troop in this project.

A landowner between mile 2 and 3 has rescinded permission for the WT to use the old beltway right-away across his property, and the trail will be rerouted to the road around his property.

KTA News

Earl Shaffer Exhibit At the Smithsonian

Polish up your hiking boots and trek to Washington, DC, to the Smithsonian National Museum of American History to view the "Earl Shaffer and the Appalachian Trail" exhibit later this year.

In 1948, Shaffer, a York County resident, was the first person to hike the Appalachian Trail in one year. The exhibit will feature photographs from Shaffer's hikes, diaries from his three AT thru hikes in 1948, 1965, and 1998, and letters and papers relating to his involvement in environmental and hiking groups. The exhibit will also cover the conception and development of the Appalachian Trail and its larger cultural and environmental impact.

Shaffer was one of the founders of KTA and the Susquehanna Appalachian Trail Club and worked tire-



Earl Shaffer at the 2001
ATC Biennial.

lessly to reroute 69 miles of the AT in central Pennsylvania.

Material for this exhibit is drawn from the Earl Shaffer Papers in the Smithsonian's Archives Center. Shaffer's brother John donated the collection of more than 38 boxes of material to the Archives after Earl's death in 2002.

The exhibit will be open July 10 to October 11 in the Albert H. Small Documents Gallery, which displays rare and historically significant documents. The web address for the Gallery is <http://americanhistory.si.edu/documentsgallery>. A more complete description of the Shaffer Papers is available at <http://siris-archives.si.edu/ipac20/ipac.jsp?profile=all#focus>; type "Shaffer" in the All Name Keyword search box.

Corporate Matching Funds and Grants

Does your employer make charitable contributions or grants to non-profit organizations? If so, contact the KTA office for the information that you will need to apply for these funds.

Are you employed by a corporation or business that matches their employees' charitable contributions? Applying for corporate matching funds can increase your gift to KTA

Member Deaths

Janet Beaton, Reading, PA
Laura Cramer, Philadelphia, PA
(Life Member since 1975)

New Life Member

#295 Fred Kirch, Saint-Simeon, Quebec

Contributions

Lori Cole, Olyphant, PA
Butch Davey, Flemington, PA
Robert Fromme, Jr., Lykens, PA
Norman Lacasse, Harrisburg, PA
Susan Oscilowski, Lemoyne, PA
Michael Pavelek II, Hershey, PA
Evan Sandt, Conestoga, PA
Wanda Shirk, Ulysses, PA
Thyra Sperry, Boiling Springs, PA
Susquehannock Trail Club,
Coudersport, PA
Steve Stroman, Harrisburg, PA
Patricia Ann White, Gaithersburg, MD

To the Annual Appeal

Barbara Adler, Pittsburgh, PA
Ellen Draegert & Thomas Imke,
Ambler, PA
Roger Raymond Fischer, Washington, PA
Charles Glanville & Elizabeth Brecht,
West Chester, PA
Helen Marquard, Murrysville, PA
Ralph Seeley, Bellefonte, PA
Steve Stroman, Harrisburg, PA

Katherine St. John, Pittsburgh, PA
Stuart Thompson, Whitney, PA

In Memory of Alexander McDowell

Robert & Artamarie Barclay,
Huntingdon, PA
Angela Pany, Huntingdon, PA

In Support of the TKTL Fund

Ralph Seeley, Bellefonte, PA

In Support of Trail Care

Jeffrey Clarke, Canton, PA

To the February 2009 Appeal Gold Club

Tony Delserone, Wexford, PA
Phil Keener, East Berlin, PA
Tom Thwaites, State College, PA

Silver Club

Timothy Culbertson, Reedsville, PA
James Foster, Mechanicsburg, PA
Keith B. Groff, Ronks, PA
Marshall Hamilton, Media, PA
Andrea Knox & Jonathan Hodgson,
Swarthmore, PA
Leonard Keifer, Gaithersburg, PA
Ed Lawrence, Orangeville, PA
Judith Shabrach, Boyertown, PA
David Sprigle, Allentown, PA

Bronze Club

Jeralyn Adams, Montrose, PA

John Dulik, Glenside, PA
Paul Feighner, Carrolltown, PA
Jack Ferrara, Stroudsburg, PA
Daniel & Gloria Grabenstein,
Harrisburg, PA

Ruth Hailperin, Nazareth, PA
Richard & Pam Hershberger,
Clearville, PA

Horace Hosbach, Morton, PA
Glenn Hoskins, Wagontown, PA
Cass Janco, Schwenksville, PA
Paul Kutish, Kingston, PA
Bruce Moffatt, Woodlyn, PA
Virginia Musser, Lititz, PA
Donald Muth, Eppers, PA
John Petraskie, Athens, PA
Janice Reich, Wyomissing, PA

Jack & Rose Marie Schieber, Holland, PA
Jean Smith, West Wyoming, PA
William & Lenore Steinmetz,
Bethlehem, PA

Kenneth Trimble, West Chester, PA
Peter Wolfe, Fleetwood, PA

Additional Trail Patrons

Jeffrey Buehler, Harrisburg, PA
Richard Carroll, Wilmington, DE
George & Sally Farley, Lock Haven, PA
Sharon Gerhard, Lehigh, PA
Bob & Lorrie Preston, Mechanicsburg, PA
Grant Printz, Reading, PA
Jeanette Russell, Jackson, MI
John Seville, York, PA
Harry Smith, Manheim, PA

Maintainers' Corner

Building a "MossBox" for Your Privy

The Mountain Club of Maryland maintains three composting privies that use peat moss as a "compost helper." Signs instruct users to add a double handful of peat moss to the privy after each deposit. However, several problems have plagued maintainers: helpful hikers have donated scoop cans, resulting in improper dosage and/or rapid depletion of the peat moss, and trash has been placed in the peat moss bins.



Photo by Duncan Crawford

One potential solution being tested at the Darlington Shelter is a locked, wall mounted peat moss bin that holds about three cubic feet and dispenses a measured amount of product with one turn of a hand crank. Material to build the unit cost about \$50. Step-by-step construction directions and a materials list are available. The directions also explain various design decisions and "lessons learned" during prototype fabrication. Contact Duncan Crawford at 443-320-9926 or dpcrawford@verizon.net.

Directions also explain various design decisions and "lessons learned" during prototype fabrication. Contact Duncan Crawford at 443-320-9926 or dpcrawford@verizon.net.

Other Crew Opportunities

The **North Country Trail** Association is hosting a PA Volunteer Adventure Program from June 6-10. This trail crew will improve the trail along the Slippery Rock Gorge downstream from Eckert Bridge; expect rock work. The group will camp at Breakneck Campground. Contact Andy Bashaw at 740-394-2008.

The **Potomac Appalachian Trail Club** sponsors ten trail crews, from May 11 through September 25. Each crew has an experienced leader and participants can learn advanced trail skills; crews camp and share common meals. For more details, see the PATC web site www.patc.net and look at Volunteer: Trails: Summer Crews.

The **Appalachian Trail Mid Atlantic Crew** will work eight weeks, from September 3 through October 27. Pennsylvania projects include rehabbing the access trail to the Leroy Smith shelter and water source, and installing rock steps at Wind Gap. Information is available at www.appalachiantrail.org (choose Get Involved: Volunteers).

A Maintainer's Reward

Jim Gabovitz relates this tale of no good deed going unnoticed. When Jim and fellow Allentown Hiking Club maintainer Dick Snyder parked in the Bake Oven Knob trailhead lot to start an Appalachian Trail work trip, the lot was littered with the usual assortment of garbage and beer cans. One bunch of cans was obviously quite new. Jim tipped them on end to drain any remnants and decided to pick them up at the conclusion of the work trip. Dick found a cache of unopened cans of beer and put them in their vehicle.

When they completed their work and returned to their van, the

empty beer cans were neatly stacked by the door of their van with a business card from the local police department, the insinuation being that they had dumped the cans.

At least they had the unopened cans of beer!

Trail Care Reports

Raccoon Creek State Park

By Mark Christy

On Saturday March 28 we carried in materials and built four bridges and a 36-foot long boardwalk, maintained the Forest and Lake Trail Loop, a section of the Heritage Trail from the Linsly Outdoor Center Road to Camp Trail, and Connector Trail C6 from the Sioux Backpacking Area to Forest Trail.

We had supper on Saturday night at the Ponderosa Golf Course restaurant near the park, and were joined by Park Manager Al Wasilewski, his wife Maria, and Ranger Brain Moore.

I cancelled work Sunday morning due to lightning and thunder throughout the night and a weather forecast of lightning and thunder for Sunday.

We had 21 volunteers and once again accomplished much!

Mid State Trail Tioga Region

See page 7 for the accomplishments of this weekend.

Senior Power Battles ATVs

One group of senior citizens is taking an active role in preserving public land by monitoring abuses. Using GPS devices and digital cameras, Great Old Broads for Wilderness documents damage caused by ATVs to vegetation and streambeds and presents the evidence to land managers. And land managers have responded positively.



The Broads was founded in 1989 after some older hikers were irritated by a remark by a US Senator that the country didn't need more wilderness because the elderly were not able to use wilderness. Today the Broads boasts 22 chapters (called Broadbands) in nine states; membership has grown to 3,600 women and a few hundred men.

Members do not attempt to enforce environmental laws and regulations. Instead, they are an evidence gathering organization that advocates for wilderness.

For more information about the Great Old Broads, go to www.greatoldbroads.org or call 970-385-9577 (Durango, CO).

Maintainer Wisdom

Remember that trailwork often follows the Microsoft philosophy of having three or four different ways to do the same thing. Decide what you need for how you like to do things, and then determine how you will have those tools available when you need them. -- Catherine Kelleher, The Potomac Appalachian, Feb. 2009

My Favorite Hike

Stony Valley, Dauphin & Lebanon Counties

by Bob Fromme, Jr.

Early morning November shadows pierce the old Schuylkill and Susquehanna Railroad bed as I start my solo journey from the Ellendale Gate.

My long thought out plan emphasizes making good time rather than checking out the scenery, but I know my inquisitive mind will slow me down.

Fall's glory is almost gone, except for a few small pawpaw trees with their large yellow leaves, and for six miles or more my only companions are flights of scampering juncos, like scouts blazing a trail ahead of me.

My attention is drawn to the quiet and verdure groves of our state tree, the Eastern hemlock. The crisp morning air has created a fog-like mist rising from Stony Creek through the boughs of these graceful, slow growing and resilient trees. Our Native Americans used the bark of the hemlock, which is rich in tannic acid, to tan their hides.

The vivid mixture of ever-greens, moss, and the browns and grays of plants and trees at sleep always seems peaceful, never drab, to me.

A quick jaunt through a stand of hemlock, pine, and mountain laurel has me creek side, and while balancing on a rock, I wonder where a water sprite is hiding in this lost and enchanted looking world.

Back on the trail I see a small batch of sweet ferns that parallels the railroad bed, still hanging tough from fall's cold clutch. Not a true fern, but a shrub with fronds, when crushed it smells like a sweet spice.

A pair of tufted titmouse suddenly flash into view with a soaring climb to the top of an old pitch pine, no doubt eagerly seeking cone seeds.

Mile after mile go by, as I see fields of cascading rocks and boulders, leaving little doubt about the valley's name sake. A few tortured looking trees have sprung up between these masses, with

their thickened roots surrounding them as if in a life and death struggle.

The sight of a runty looking gray squirrel leads me to consider the small mast crop this year. The little guy seems confident though, perched with watchful eyes on a low lying branch. He is probably thinking, "Now where did I hide that nut."

Another short ramble, and a spooky looking hollow presents itself with more rocks and a few large, twisted, dead tree trunks peppered with holes of past occupants.

A brief chill and an indistinguishable noise generates a quick turn to see a man and two kids on bikes. Conversation reveals a grandfather and his grandsons on a trek to The Devil's Raceway, another large boulder field just north of Rattling Run. Parting ways, I wish them well.

More than half the hike completed, I arrive at scattered stands of American holly trees. With their glowing crimson crowns of berries, they put me in a holiday mood.

Civilization, with more smiling faces and friendly hellos, beckons as I reach Rausch Gap.

Here, at the crossover of the old S & S Railroad bed and the Appalachian Trail, I take a quick side trip to the Rausch Gap Shelter. A cursory glance at the shelter brings back a flood of mem-

orable encounters with through hikers on the AT this year. My only regret is not taking enough time with them to allow them to impart their motivations for such a long and challenging sojourn.

Advancing four more miles, I see the end of my Sunday goal, the Gold Mine gate. Seventeen miles completed, and another satisfying hike, I think as I massage my tired and tender feet. Through experiencing the wilderness and natural beauty of this place, I can emphatically say, "Save Stony Valley."

[Ed. Note: The western trailhead is east of Dauphin boro via Stony Creek Rd; the eastern trailhead is north of Swatara State Park via Gold Mine Rd. This hike is entirely in Game Land 211 and is shown on KTA's AT map 7 & 8. To buy this map, see page 19.]



The old Schuylkill and Susquehanna Railroad bed.
Photo by Bob Fromme, Jr.

2009 PA Greenways and Trails Summit

The 2009 PA Greenways and Trails Summit, sponsored by the Pennsylvania Recreation & Park Society, will be held September 27-29 at the Blair County Convention Center near Altoona. The theme this year is "Connecting Communities through Recreation and Heritage." This annual event brings together more than 200 trail stewards, advocates, consultants, and public officials. The Summit features keynote speakers of national significance, breakout sessions, and visits to nearby trails for



mobile workshops and recreational outings.

Ned Smith Nature Center

The Ned Smith Nature and Arts Festival will be held July 25 at two locations in Millersburg. The Ned Smith Center, two miles east of Millersburg off PA 209, will feature Smith's art; attendees can explore the Center's twelve-mile network of trails. The MYO Park location, along the Susquehanna River off PA 147, will feature 60 family oriented programs, with demonstrations, music, and food concessions. KTA will have a booth manned by member Bob Fromme, Jr. More details about the day's events will be available at www.nedsmithcenter.org in late May.

Hiker News

Hiking is Good for Your Knees!

Running and hiking are good for your knees. That's the conclusion of Stanford University's Dr. James Fries, whose research indicates that running leads to an increased lifespan, stronger knees, and reduced joint problems. According to Fries, "Runners get disabled later in life [than non-runners] and knees last longer."

One study, published in the *Archives of Internal Medicine* (v. 168, no. 15, Aug. 11/25, 2008), concludes that runners became disabled (defined as anything that makes it more difficult to perform daily tasks) 16 years later than non-runners, on average.

Another study published in the *American Journal of Preventive Medicine* (v. 35, issue 2, August 2008) concluded that runners had no increased risk of osteoarthritis or joint swelling. This study followed groups of runners and non-runners over the age of 50 for 18 years, analyzing periodic knee x-rays.

Fries says that running is beneficial because the human body needs motion and resistance to build stronger cartilage and tendons. Physical activities such as running are harmful only when the individual sustains an injury or overuses his body.

The study results also apply to hiking and trail running, according to Fries. While hiking is usually less intense than running, it occurs over longer periods of time and often includes steep hills, providing beneficial wear on the knees. Trail running stretches tendons sideways and thus increases their strength.



Brain Freeze

Everyone dreads the pain of sphenopalatine ganglioneuralgia, commonly called ice cream headache or brain freeze.

This short lived (less than one minute), but intensely painful headache results from something cold stimulating the sphenopalatine nerve located above the roof of the mouth. As a result, the brain briefly constricts its blood vessels to reduce blood flow, and then abruptly dilates them. This rush of blood causes pain. To prevent the headache, wipe your face with cold water before eating something very cold. Once the pain hits, push your tongue against the roof of your mouth to warm the nerve and reduce the length and severity of the pain.

Potential New Insect Repellent Identified

According to research published in the *Journal of Medical Entomology* (v. 46, no. 1, Jan. 2009), isolongifolenone, a natural compound found in the Tauroniro tree (also known as Bastard Bulbwood), has been found to effectively deter the biting of mosquitoes and to repel ticks, both of which can spread diseases such as malaria, West Nile virus, and Lyme disease.

In the laboratory, isolongifolenone deterred the biting of two kinds of mosquitoes more effectively than the widely used repellent DEET, and was as effective as DEET in repelling blacklegged ticks and lone star ticks.

Derivatives of isolongifolenone have been widely and safely used as fragrances in cosmetics, perfumes, deodorants, and paper products, and new processing methods may make it as cheap to produce as DEET.

Tick Protection

PATC member Melissa Rudacille has been largely successful in preventing ticks from embedding by using low gaiters sprayed with Permethrin. She advises hikers to read and follow the label directions. After each use, she stores them in a plastic bag (no washing required). — Potomac Appalachian, March 2009.

PLBs Save Lives

Personal locator beacons led to the rescue of 283 people throughout the United States and its surrounding waters in 2008. In each incident, NOAA satellites detected and located a distress signal from an emergency beacon and relayed the information to first responders on the ground.

Not surprisingly, Alaska topped the list for the most saves in the United States, with 49 lives rescued in 2008. Surprisingly, New Jersey placed second, with 18 rescues.

Jetboil Stoves Recalled

Jetboil is recalling Personal Cooking System and Group Cooking System units with B style valves that were sold since July 10, 2008. Consumers have reported leaking gas and subsequent ignition of the leaked gas. For further details, go to www.jetboil.com or call 888-611-9905.



Some hikers might not be reassured by the message displayed on this trail sign.

Found at www.telegraph.co.uk.

Hiking Videos on the Web

Mountainzone.com's web site contains short videos on a wide variety of hiking and backpacking topics, such as the advantages of joining a hiking club, blister care on the trail, tips for bushwhacking, and the effective use of trekking poles. The web site address is www.mountainzone.com/videos/category.asp?cid=100245.

Monkeysee.com also features how-to hiking, backpacking, wilderness survival, and camping videos. Check the Outdoor Recreation section of the Sports & Leisure category at www.monkeysee.com

Member Commentary

Hiking's Life Lessons

By Molly O'Brien-Foelsch

I remember riding with my family through Steam Valley on our way to Coudersport to visit friends. I was about 15 years old. Outside the window of the station wagon, patches of mist lingered on a violet mountain. In that moment, the car felt to me like an isolation chamber sealing me off from damp, raw, and muddy reality. Suddenly, I wanted to jump out of the car and scramble on my hands and knees up the side of that mountain. Breathe the mist. Touch the wet bark. Smell the crumbling leaves and piney needles on the forest floor. I wanted not to drive by, but to *be* part of the landscape.

What I also wanted – now that I can interpret the feelings 20 years later -- was to become grounded, to leave the fabricated world behind for a while, plant my feet firmly on the earth, and move forward, no matter the obstacles, in deep connection and reverence with my surroundings. As an adult, I have fulfilled these longings through hiking.

If this story seems romantic to you, you're right. I was a wistful and idealistic kid. But I've found that even today, thinking about the greater meaning of hiking enhances its importance in my own life and sustains my commitment to protecting trails in my home state.

There are other core values I've come to cherish through hiking and about hiking, and many of them are less self-centered, more ethical and social in nature.

These values, which I suspect many members of KTA share – especially those who enjoy group outings and trail care activities -- include:

The importance of staying together and helping out.

One of the first things I ever learned about hiking was that the best way for everyone to safely enjoy the journey is to make sure that no one gets lost or left behind; by the same token, no one gets too far ahead, out of sight of the group and unable to come back if someone needs assistance.

The importance of respecting boundaries.

Even though hiking is often a group activity, being on the trail has meant finding the right balance of quiet versus conversation. The balance always varies depending on the personalities of the hikers, their moods, the terrain, the weather – you name it. For me, being a good group hiker means refining my perceptions about body language, personalities, and moods, while also knowing when to tune out and spend time with myself.

Looking confidently up and ahead.

On the trail, I've learned the rhythm of walking on uneven, sometimes unexpected terrain. When I've hit the zone, this almost gliding sensation allows me to see the amazing nature around me, tune in to the sounds of birds and wind, and keep an eye on the sky, the clouds, and the sun.

...but also remaining cautious in my steps.

This is Pennsylvania, after all. There are rattlesnakes, and there's no shortage of rocks. I've seen some pretty steep drop-offs and waded across awfully slimy, treacherous streams. Fear isn't the only reason to keep an eye to the ground: I don't want to miss those magical details that make the miles so fulfilling: white violets, darting orange newts, bear scat, coyote tracks. These are the memories I take home with me, my souvenirs.

Being prepared, yet being flexible.

I love to plan, and I love to be comfortable, so I always try to make sure I have the gear with me to stay dry, keep my core warm, my feet blister-free, and my body hydrated. As much as any of us can plan, though, sometimes being on the trail requires flexibility. Trails get detoured. Trees blow down. It snows, it hails, it rains, it gets really, really hot. Or... crystal streams sparkle in the afternoon sun, and I need to set down my pack and spend an unexpected hour lounging in the grass. I can never be 100 percent determined that I will make it from point A to point B as planned, so I'm willing to accept detours and delays as they come.

These five values (five of many) to me are not only great lessons for hiking, but they are wonderful metaphors for how to live a satisfying and adventurous life.

I encourage you to identify the lessons you've learned from hiking and distill them down to the core values that motivate you to enjoy and seek to protect trails. Turn those values into your own story. Then tell your story to potential KTA members, legislators, prospective hikers, and trail care recruits, because there's more power in numbers.

(Continued from page 5)

becomes law, these new funds should be authorized for conservation purposes only, not for general fund purposes.

Meetings with State Legislators

In addition to Senator Scarnati, I have met with numerous State Senators, State Representatives and legislative staffers on a number of important issues. In addition to the gubernatorial proposal to redirect legislatively mandated oil and gas lease revenues from DCNR to the general fund, other pressing issues include a Game

Commission study advocating Sunday hunting and industry lobbying efforts to expand ATV use on state forest and state park lands.

Logging on the Mid-State Trail

KTA has received a letter informing us of future timber management activities on the Mid State Trail. We will seek to meet with the Bureau of Forestry in the near future to learn more about the proposed activities and protect the trail in the most appropriate manner.

News from Our Partners

DiBerardinis Resigns as DCNR Secretary

Michael DiBerardinis, DCNR Secretary since 2003, resigned effective April 3 to accept the position of Parks and Recreation Commissioner for Philadelphia. DiBerardinis will oversee the merger of the Fairmount Park Commission and the Department of Recreation, a move overwhelmingly approved by the city's voters in November 2008. DiBerardinis previously served as Philadelphia Recreation Commissioner from 1992 to 2000.

Cherry Valley NWR Approved

In December, the U.S. Fish and Wildlife Service approved a new national wildlife refuge encompassing almost 20,500 acres in Cherry Valley in Monroe and Northampton Counties. The Cherry Valley National Wildlife Refuge harbors rare ecosystems, several plants and animals protected under the Endangered Species Act, and many more species of concern. Cherry Creek, at the valley bottom, flows into the Delaware River. The Kittatinny Ridge, which parallels the creek to the south, is a major avenue for migrating birds and bats and home to the Appalachian Trail.

Establishment of a national wildlife refuge is a long-term conservation strategy to preserve the natural area and rural way of life in Cherry Valley. The project will mix outright land purchases from willing sellers, voluntary conservation easements, and other financial incentives and will demonstrate that people and wildlife can live in harmony.

Pennsylvania has two other national wildlife refuges: Erie and John Heinz at Tinicum.

For more information, see www.fws.gov/northeast.

PGC Accepts 1,100 Acres In Monroe County

The Game Commission has accepted a 1,100-acre tract of land located in Ross and Eldred Townships, Monroe County, as the Game Commission's portion of an anticipated settlement in a Natural Resources Damage Assessment case filed against CBS for the Palmerton Zinc Superfund Site in Carbon, Northampton and Monroe Counties.

The Game Commission is a participating Trustee, along with other state and federal agencies, in this case. When final settlement is reached, the transfer of this property to the Game Commission will fully compensate the agency, as the Commonwealth's Trustee, for damages incurred to wildlife habitat and State Game Lands within the area of the former zinc smelting facility.

That facility discharged metals, including arsenic, cadmium, chromium, copper, lead, manganese, and zinc, into the surrounding environment via air emissions and through the release of solid wastes, including the creation of a large waste pile, locally known as the "cinder bank." The release of these metals resulted in the contamination and defoliation of thousands of acres of land, including state game lands.

The mostly forested 1,100 acres, also known as "Kings' Manor," is near State Game Land 168. More than a mile of the

Aquashicola Creek runs through the new property, and it is an Important Bird Area, protecting the Blue Mountain migratory corridor identified in Pennsylvania's Wildlife Action Plan.

DCNR Community Conservation Partnerships Program Grants

KTA received one of the 316 conservation and recreation projects funded in November (see page 8). Several other grants of interest to hikers were awarded to:

- **Appalachian Mountain Club**, \$75,000, for the Pennsylvania Highlands Outreach and Trail Project, to implement the PA Highlands Coalition Committee's Strategic Plan goals by developing a tracking system and GIS data clearinghouse, communications plan, and organizational improvements for the Committee
- **Appalachian Trail Conservancy**, \$100,000 for implementation of the South Mountain Conservation Landscape Initiative to include coordination of the activities of the 2008-2010 work plan, supporting the sub-landscape lead partners, and developing and implementing land protection strategies
- **Delaware & Lehigh National Heritage Corridor, Inc.**, \$160,000, for the D & L Trail from Northampton to Catasauqua Borough, to include the determination of the trail alignment, preparation of drawings and specifications to facilitate the bidding and construction of approximately two and one half miles of trail.

Independent Review Hails Management of State Forest System

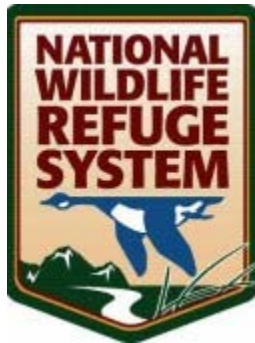
The state's public forests have again been certified as well managed by the SmartWood, a New York-based operation accredited to offer independent, third-party certification of sustainable forest-management practices. The assessment evaluated the ecological, economic and social performance of the Bureau of Forestry according to forest management guidelines established by the Forest Stewardship Council.

SmartWood applauded the Bureau of Forestry for programs and services. These include: extensive formal and informal consultative processes; high awareness of stakeholder interests; a genuine interest in trying to balance multiple values; recreational user-conflict resolution principles; and strong contributions to local economic development, civic activities and public education. Also praised was the Bureau's strong conservation ethic that has led to developing a system of natural areas, state parks, wild areas, limited resource zones, non-management buffer zones, and wild plant sanctuaries that encompass more than half of the state forest system (approximately 1 million acres).

The certification assures consumers that wood products from the state's public forests come from a sustainable, well-managed system, which helps Pennsylvania compete in the growing niche consumer market for "green" label wood products.

The evaluation team also suggested some areas of improvement, including the Deer Management Assistance Program and monitoring the ecological effects of using non-native species to manage forests.

A full report can be found at www.dcnr.state.pa.us/forestry; choose "Forest certification."



Energy News

Wind Energy Agreement Protecting Wildlife and Habitats

As Pennsylvania and the nation seek alternative sources of energy, the Game Commission and twenty wind energy companies are cooperating to avoid, minimize, and mitigate impacts on wild birds and mammals. The Wind Energy Voluntary Cooperative Agreement is addressing questions such as where to best site turbines in relation to important migration routes and critical habitats, and which species are most susceptible to impacts from wind turbines and how much mortality is occurring.

The agreement requires companies to report one year of pre-construction surveys of wild birds and mammals in the project area, as well as two years of post-construction monitoring for mortality of birds and mammals in the project area.

Three proposed project sites were voluntarily abandoned by wind energy companies due to potential wildlife resource impacts that were brought to light through consultation with the Game Commission. Other highlights of pre-construction monitoring during the past year were the discovery of the second largest Indiana bat maternity colony and the first-ever documented discovery of a female lactating silver-haired bat and maternity colony in Pennsylvania.

For a complete copy of the report, visit the Game Commission's website www.pgc.state.pa.us, click on "Wildlife" in the left-hand column, and then "Wind Energy."

Act 213 of 2004, the Alternative Energy Portfolio Standards Act, requires that eighteen percent of the electricity sold to retail customers in Pennsylvania come from renewable and advanced energy sources within fifteen years.

Presque Isle Wind Turbine Poses Little Threat to Nearby Birds and Bats

A wind turbine at Presque Isle State Park in Erie poses no overt threat to bat and bird life, according to a two-year independent study. DCNR erected a small monopod turbine to generate supplemental power and serve as an education aid at the park's environmental center.

Erected in May 2007, the 120-foot wind turbine at Presque Isle generates approximately 10,000 kilowatt hours annually in supplemental power to the education center. Similar turbines were installed at Prince Gallitzin, Cambria County; Pymatuning, Crawford County; Tuscarora, Schuylkill County; Yellow Creek, Indiana County; and Promised Land, Pike County. Park personnel are conducting ongoing monitoring at these five state park sites.

Complete study methodology and findings can be found at www.dcnr.state.pa.us; select Wind Energy : Wildlife : Hot Topics.



Presque Isle Wind Turbine

New Law Aims to Save Energy

Under PA Act 129 of 2008, utilities are required to work with customers to cut electricity use one percent by 2011 and three percent by 2013. By 2013, utilities must also cut energy use four and a half percent during peak demand periods when prices are highest—typically the hottest days of summer and the coldest days of winter. Electric utilities that fail to meet the law's requirements will face penalties.

New Price Plans

The law directs electric utilities to offer customers new pricing plans that reward customers who shift heavy use to off-peak hours. Consumers can choose to continue using traditional rate plans where they pay the same cost regardless of when energy is used, or they can take advantage of two new plans that offer savings for making smart energy choices.



One plan will charge customers two prices (either a peak rate or an off-peak rate depending on what time of day they use energy), while the second option will offer bills based on real-time pricing, or the actual cost of energy every hour. Consumers using the real-time pricing option could benefit by consuming in the hours when costs are lowest.

Smart Meters

To help consumers take maximum advantage of these new choices, every home and business in the state must be equipped with "smart meters" within fifteen years. The law also will help Pennsylvania's utilities purchase sources of energy at the lowest possible cost. This required "least cost" purchasing by utilities ensures that the commonwealth's utility customers don't foot the bill for bad energy purchasing decisions by utilities.

Utilities will be required use a "prudent mix" of energy purchases conducted via auctions, limited long-term contracts, spot market purchases, and short-term contracts.

Carbon Capture and Storage

Carbon capture and sequestration, or CCS, is a process of capturing carbon dioxide emissions from emission sources to prevent them from going into the atmosphere, and then storing them permanently underground in safe geological formations.

Pennsylvania ranks third among all states in greenhouse gas emissions, producing one percent of the entire planet's climate changing pollution. Pennsylvania and the nation are likely to continue relying on fossil fuel-generated electricity for at least the next few decades.

DCNR is required by PA Act 129 of 2008 to complete a site assessment, risk assessment and a cost study to possibly develop a state geologic sequestration network. Last month, DCNR requested bids on a package of four contracts that will examine geologic information to determine whether any suitable areas in the state exist to store carbon dioxide underground. These activities will build upon the geologic assessments DCNR completed last year, as part of the Carbon Management Advisory Group.

The CCS Education Initiative has released a new video that explains CCS and its link to climate change, and features a panel of international experts. To see the video and for more information on CCS, go to www.ccs-education.net.

Environmental Commentary

Oil and Gas Drilling:

Learn From Our Mistakes, Protect Future Generations

By Robert Davey, Jr.

In 1955, Governor George Leader signed the Oil & Gas Leasing Act. Revenue generated by leasing, production and storage of natural gas and oil on State Forest land was to be set aside in a fund for conservation, to expand public forests and parks and lessen the impact of oil and gas development.

Extraction of oil and gas has taken a toll on our public lands. Many thousands of acres of State Forest were fragmented into 40-acre woodlots by the well sites, pipelines and access roads. No follow up maintenance was required and over time these sites became barren. Access roads are gated for security, but off road vehicles negotiated the terrain adjacent to gates and caused accelerated soil erosion and sedimentation. Forest fragmentation also invited establishment of invasive plant and animal species. Eventually wells are abandoned and these orphan wells become environmental hazards.

Reading the children's book, *The Lorax* by Dr. Seuss, brings home the lesson that we need to carefully conserve the natural resources on both private and public land. It is up to us to start living in a sustainable way so that future generations won't be saddled with mistakes we made because of a myopic view of natural resource limitations or outright greed.

There is great excitement by many for the opportunity to make it big with the Marcellus Shale Gas exploration effort. The pitfalls are many and could leave our children's children with a degraded place to live.

Extraction of natural gas from Marcellus Shale requires twenty million gallons of water per well. Thousands of tankers hauling legal loads will use township, private and State Forest roads that are not engineered for this continuous pounding. Many bridges on these routes have low weight limits, creating a safety hazard. The fluids from "fracing" the wells must be treated at a sewage treatment plant before being discharged into waters of the Commonwealth. Earth moving construction will breed massive soil erosion and sedimentation events. Those areas will become breeding grounds for invasive species.

The gas and oil companies are used to operating where they control the regulators and have free reign over their activities.

We must look at past oil and gas practices, learn from mistakes and provide protection for private landowners and public lands so that future generations will be able to enjoy living and working in Penn's Woods.

[Ed. Note: The author is a retired DCNR forester.]

What Will Pennsylvania be Like After the Marcellus Shale Boom?

By Dick Martin

Receipts from the Oil and Gas Lease Fund (Act 865 of 1955) have been used to purchase 26 State Parks and tens of thousands of dollars of new State Forest lands. Governor Rendell has diverted over \$174 million of DCNR's Oil & Gas Lease Fund to pay for general state operations, leaving environmental infrastructure needs unmet.

Conservation programs always seem to suffer larger cuts than other programs. At least two bills (HB 623 and HB 625) are currently in the legislature to further siphon away DCNR's O&G Lease Fund. DCNR has little chance to continue its good work in conserving major areas of land for public use without that fund – in its original form.

Most states provide for remediation of the damage done by extraction of oil and gas by way of a severance fee. This is separate from lease fees and royalties.

David Masur, director of PennEnvironment, states, "Unlike 39 other states, drillers here have not had to pay a fee for extracting our natural resources. And unless part of this fee goes to environmental protection and cleanup, funds for reinvesting in our parks, forests and other green infrastructure will continue to evaporate – just when public works efforts and great green jobs could be most beneficial to the economy."

For further information, go to these web sites:

- www.pecpa.org/node/621
- www.conserveland.org
- www.dcnr.state.pa.us/topogeo/education/es8.pdf

SRBC Moves to Protect Water Resources

The Susquehanna River Basin Commission (SRBC) has approved regulatory changes streamlining the review of consumptive water uses by the natural gas industry. The Commission is seeking to protect the basin's water resources. The regulatory amendments went into effect January 1, 2009.



All requests for consumptive water use by the natural gas industry will now be handled through SRBC's simplified approval-by-rule process (commonly known as a general permit). To make this change possible, SRBC expanded the sources of water that applicants can consider for their consumptive water use, including public water supplies, discharges from wastewater treatment facilities and other reclaimed

waters, and withdrawals from other sources approved separately by SRBC.

Water is considered consumptively used when it is withdrawn from the Susquehanna River Basin but not returned to the basin. Drilling wells for natural gas development in the Marcellus Shale and other formations in the Susquehanna basin involves large volumes of water being injected underground. This water is then not reasonably available for future use.

For more information about the new regulations, go to www.srb.net and choose "Marcellus Shale."

Ecological News

Identifying

Green Businesses

Do you prefer to purchase goods and services from environmentally conscious businesses? The website Climatecounts.org (www.climatecounts.org/scorecard_overview.php) rates everything from airlines to apparel companies on how serious they are about climate change. The lists include only larger firms. For on-the-spot answers, you can text 30644 with the message cc, followed by the name of a major company, and it'll let you know how well that organization scores.

Recycling Resources

Earth911 has launched a recycling database hotline at 1-800-CLEANUP. Enter your zip code to locate recycling resources in your community. Computer users can locate this information on the web at www.earth911.com.

Everyone Can Help

Combating global warming is not only the task of the government and industry. Small actions by individuals add up. Resolve to do your part.

- **Recycle** – The average American produces four and a half pounds of trash each day! Recycling keeps your discards out of a landfill and is good for our economy, since recycling and re-use industries employ more than a million workers in the US.
- **Pre-cycle** – Avoid buying products with excessive packaging. Find new uses for packaging.
- **Use reusable grocery bags** – Americans use a billion plastic bags a year, and only 2% of them are recycled.
- **Reduce your use of plastic water bottles and always recycle them.**— About 90% of water bottles are not recycled. It takes about 18 million barrels of crude oil to replace the two million tons of plastic in the water bottles that are not recycled.
- **Eliminate vampire power usage** – Turn off lights and appliances not in use. Unplug chargers that draw power when not in use. Use smart power strips and turn off the strips.

Developing Backyard Habitats

Landowners interested in developing backyard habitats beneficial to wildlife can check out the book *Landscaping for Wildlife in Pennsylvania*. Written by Marcus Schneck, a noted outdoor and nature writer from Hamburg, Berks County, the 160-page book comes complete with descriptions, drawings and photos of ideal habitat for a variety of species, from hummingbirds to bats, as well as construction plans for a number of wildlife nesting boxes.

The book also contains a chapter on nuisance wildlife and steps to address certain situations, as well as the importance of planting native species and a listing of recommended plants.

The book, which costs \$10 (plus shipping and handling), is available from The Outdoor Shop on the the Game Commission's website www.pgc.state.pa.us or by calling 1-888-888-3459.

Rachel Carson Sense of Wonder Contest

The US Environmental Protection Agency, Generations United, the Dance Exchange, and the Rachel Carson Council, Inc., invite entries to their Sense of Wonder poetry, essay, photo and dance contest. Using one of these four mediums, contestants are asked to share their own interactions with and reflections on the wonders of nature.

Through her landmark book *Silent Spring*, Pennsylvanian Rachel Carson is considered to be the founder of the contemporary environmental movement. Its publication is credited with reversing the nation's pesticide policy.

In honor of Carson, the contest seeks to reach all generations to spur and instill the same sense of wonder that Carson had. Entry deadline is June 10 and the winners will be announced in September. For more information, rules, and an entry form, visit www.epa.gov/aging and click on "Rachel Carson Contest."



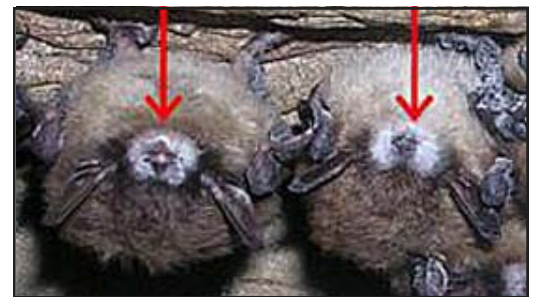
WNS Infected Bats Found in State

Bats infected with white nose syndrome, first identified in the state in January, have now been located at six sites in the state. Those sites include two abandoned mines near Carbondale, Lackawanna County, an abandoned mine near Shickshinny, Luzerne County, and the abandoned Shindle Iron Mine, Aitkin Cave, and Seawra Cave in Mifflin County.

Anyone who encounters five or more dead or dying bats in an area should contact the nearest Game Commission regional office (see "Contact Us" on the PGC web site www.pgc.state.pa.us) or use the "Report Sick Bats" option on the left side of the web site.

Once bats leave their hibernacula, the fungus is not very visible as moisture and flight seem to wear it off the bat. So affected bats may not show any signs of infection.

The Game Commission warns people not to go in caves, mines, or underground hibernacula, because such intrusions could disturb and endanger more bats. Even though there currently are no known human health implications associated with WNS, the Game Commission warns people not to handle any bats, and to keep pets and children clear of downed bats.



Recycling: the act of helping a bottle re-fulfill its destiny and become something great again.

— BMECC Newsletter, Spring 2009.

Around The Clubs

Blue Mountain Eagle Climbing Club

BMECC celebrates the 50th anniversary of the opening of the club's Rentschler Arboretum this year. Dr. Harry F. Rentschler, a founder of the club, willed 34 acres above Bernville to the club. On May 30, the traditional date for Memorial Day, BMECC will dedicate memorials to club members **Lew Williams** (a meadow/tree), **Edna Springer** (dogwood tree), and **Jean Weiser** (a reference library containing books about trees, shrubs, plants, conservation, preservation, hiking and stewardship), as well as the newly renovated picnic area at the Arboretum.

Cub Scout Event

BMECC hosted an event for Cub Pack 494 and presented a program entitled Intro to Hiking the AT. Scouts rotated in small groups to several stations on the grounds of the Rentschler Arboretum to learn about various aspects of hiking. Parents and leaders were instructed in Boy Scout of America requirements for hiking while a BMECC member gave a very entertaining presentation about thru-hiking the AT. Follow up hikes on the AT are being planned for each individual den.

Adopt-A-Highway

BMECC has been a PennDOT Adopt-A-Highway participant for 18 years, cleaning a two mile stretch of PA 183 that straddles the Appalachian Trail. **Gerry Kramer**, who is stepping down after nine years leading the group, concludes that she can describe litterers from the trash she picks up – they smoke, drink, chew tobacco, eat fast food, and are too lazy to use a trash can.

Butler Outdoor Club

BOC welcomes **Dan Bickel**, a former member, back to the area as the new head of Moraine-McConnells Mills State Parks.

Horse-Shoe Trail Club

The H-STC has competed its five-year strategic plan and revised its mission statement to: "The purpose of this Corporation shall be to protect, preserve, and maintain the Horse-Shoe Trail for hikers and equestrians forever." To better reflect its priorities, the club has applied to the state to change its name to Horse-Shoe Trail Conservancy.

Mountain Club of Maryland

MCM is celebrating its 75th anniversary this year. Activities include an Anniversary Hike retracing the route of the first MCM hike from Crampton Gap to Weverton Cliffs, an Anniversary Dinner, and an Anniversary Booklet filled with reminiscences by club members.

Pocono Outdoor Club

POC will be installing a plaque on the Vista Trail in Big Pocono State Park in memory of **Graham Beckhorn**, a club trail worker who died last year.

Potomac Appalachian Trail Club

2009 is the fifth year for the Potomac Appalachian Trail Club's water quality monitoring program on nine streams. Each spring and fall, volunteers place nets on the streambeds and rub animals off rocks upstream so that they drift into the nets (at nine locations

per stream). Water quality is judged from the captured invertebrate larvae. Known as biomonitoring, this effort requires no extensive monitoring equipment and the results are extremely effective in evaluating stream quality.

Susquehanna Appalachian Trail Club

The Susquehanna Appalachian Trail Club's officers and board held a day-long Saturday retreat to focus on the club's membership, identifying and resolving issues.

Warrior Trail Association

The Warrior Trail Association has lost two long time members - past president and board member **Bill Hewitt** and former long term treasurer **Lucille Phillips** died recently.

BVOC Disbands

The **Brandywine Valley Outing Club**, founded about 50 years ago by **Mel Britton** and several other members of KTA, has disbanded. For the last couple of years, the club had only two members – **Howard Simpkins** and **Patrick Markovic**. With the death of Simpkins last December, Markovic decided that the club had "reached the end of a long journey."

Multi-Club Events

Mohican Outdoor Center — Join other hikers for a weekend of activities, learning, and fun. Topics and dates are: Intro to Digital Outdoor Photography, May 8-10; Map and Compass Navigation, May 8-10; Yoga and Hiking, May 22-24; and AT Section Hiking, June 5-7. The weekend cost of \$115 for AMC members, \$127 for nonmembers, includes two nights lodging, meals, and instruction. To register, call 908-362-5670 (9AM-5PM) or email mohican@mindspring.com.

Tour de NCT in PA — Hikers are invited to walk all of the non-road portions of the North Country Trail in the state during this series of monthly treks. Hike length will be between seven and twelve miles. At the conclusion of the series, anyone who completes all of the sections will receive a special "Tour" patch. To be on the email list for hike dates and times, send your email address to John Stehle at stehles@yahoo.com.

Raccoon Creek State Park W.H.O. Hiking Series — The Friends of Raccoon Creek State Park is sponsoring a series of hikes designed to introduce hikers to most of the trails in the park. Hikes will be held on the second Sunday of each month. For more detailed information, maps, and directions, go to the Friends web site at www.friendsofraccoon.com and select the W.H.O. Hiking Series from the list on the left. All hikes are from section 2 of the *Walks, Hikes and Overnights in Raccoon Creek State Park* guidebook (see page 19 for purchase information).

Outdoor Extravaganza – May 22-25 — Participate in a wide variety of outdoor activities (hiking, biking, rock climbing, caving, sailing, canoeing, horseback riding) as well as workshops and eve-

(Continued on page 19)

Letters

[Ed. Note: Pete Fleszar, leader of the KTA Trail Care on the Mid State Trail in April, forwarded this letter from a volunteer.]

If you've never worked a KTA Trail Care before, I highly recommend it. Liz [Berkowitz] had told me she heard these were a lot of fun and hard work and that was spot on!

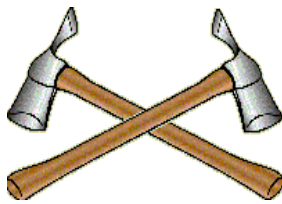
The KTA'ers are a great bunch of folk. Some of them have been building trail together for over 20 years. I was initially intimidated by that, but shouldn't have worried. Not only did they tolerate this here "rank beginner," but they were incredibly warm, friendly and welcoming to all who showed up. It was great comparing notes on trails across the state also.

The DCNR also let us bunk in style, with 3 cabins for us at Hills Creek State Park. I got to watch the sun rise over Tauscher Pond! Thank you! (I recommend cabin #3)

I also made sure they knew that some ATC'ers had done the initial hard work making the new trail that Daryl [Warren] scouted out. Remember that, back in January in teens temps???? Or was it even colder? Who could forget that picture of Daryl after his epic battle with the roses?

Thank you to everyone who has ever helped out in whatever way keeping trail open for we hikers to enjoy!

Sincerely,
Shellie Northrop
Asaph Trail Club & Trailblazers of the Southern Tier



Multi-Club Events

(Continued from page 18)

ning programs during the 13th annual Memorial Day weekend event sponsored by the Butler Outdoor Club. Camping and meals will be available at Breakneck Campground; featured will be a wiener roast picnic on Friday and a pig roast on Saturday. For details and registration, go to www.butleroutdoorclub.org or contact Joyce Appel at 724-526-5407 or joyceappel@windstream.net.

Hike for Habitat — Sept. 19. The Susquehanna Appalachian Trail Club will be co-sponsoring this 27-mile trek in the Tuscarora State Forest in western Perry County. Registration information will be posted on the SATC web site www.satc-hike.org.

It's a busy time of the year. If I'm not careful one day soon it will be July 4 and I will say, "Where did spring go?" So pay attention and let's get out on the Trail.

— from the Warrior Trail Association Newsletter

KTA Hikers' Market

KTA Member? YES NO JOINING NOW

Please order by circling price: Member Non-Member Total

Appalachian Trail Guidebook & Maps

Pennsylvania AT Guide	\$8.00	\$10.00	_____
PA AT Map Sec. 1-6: Delaware Water Gap to Swatara Gap	\$10.80	\$12.00	_____
PA AT Map Sec. 7-8: Swatara Gap to Susquehanna River	\$5.40	\$6.00	_____
PA AT Map Sec. 9-11: Susquehanna River to PA Route 94	\$5.40	\$6.00	_____
PA AT Map Sec. 12-13: PA Route 94 to US Route 30	\$5.40	\$6.00	_____
PA AT Map Sec. 14: US Route 30 to the Maryland line	\$5.40	\$6.00	_____
Complete AT set of maps and guidebook	\$36.00	\$40.00	_____

Other Publications

NEW! Pennsylvania Hiking Trails	\$11.50	\$16.95	_____
NEW! Mid State Trail Guide	\$34.20	\$38.00	_____
SALE! Standing Stone Trail Guide	\$7.00	\$10.00	_____
Guide to the Horse-Shoe Trail	\$5.40	\$6.00	_____
Hiker's Guide to the Bucktail Path	\$4.95	\$5.50	_____
Hikers Guide to the Warrior Trail	\$13.00	\$16.00	_____
Loyalsock Trail Guide	\$6.30	\$7.00	_____
Mason-Dixon Trail Maps	\$10.80	\$12.00	_____
Tuscarora Trail, A Guide to the North Half in MD & PA (3 rd Edition)	\$8.00	\$10.00	_____
Tuscarora Trail, A Guide to the South Half in WV & VA (3 rd Edition)	\$8.00	\$10.00	_____
Tuscarora Trail Map J (AT Junction in PA to PA Route 641)	\$4.50	\$9.00	_____
Tuscarora Trail Map K (PA Route 641 to Hancock, MD)	\$4.50	\$9.00	_____
Walks, Hikes & Overnights in Raccoon Creek State Park	\$11.50	\$13.50	_____

Patches

KTA Logo Patch	\$1.58	\$1.75	_____
Old Logger's Path Patch	\$2.70	\$3.00	_____

Shipping: (\$3.50/first item, \$1.00/each additional item) _____

Subtotal: _____

Pennsylvania residents add 6% tax: _____

TOTAL ENCLOSED: _____

Ship to: _____

Name: _____

Address: _____

Phone: _____

Make check or money order payable to Keystone Trails Association and mail to: 101 N. Front Street, Harrisburg, PA 17101. For a full descriptive catalog, please write or call 717.238.7017. (Prices are subject to change)

Order online at www.kta-hike.org/shop

Nature Walks Help Children Concentrate

A small study conducted by the University of Illinois at Urbana-Champaign looked at how the environment influenced a child's concentration skills. The researchers evaluated 17 children with attention deficit hyperactivity disorder, who all took part in three 20-minute walks in a park, a residential neighborhood, and a downtown area.

After each walk, the children were given a standard test called Digit Span Backwards, in which a series of numbers are said aloud and the child recites them backwards. The test is a useful measure of attention and concentration because practice doesn't improve the score. The order of the walks varied for all the children, and the tester wasn't aware of which walk the child had just taken.

The study, published online in *The Journal of Attention Disorders* (v. 12, no. 5, August 2009), found that twenty minutes in a park setting was sufficient to elevate attention performance relative to the same amount of time in other settings. These findings indicate that environments can enhance attention not only in the general population but also in ADHD populations. Doses of nature might serve as a safe, inexpensive, widely accessible new tool in the tool kit for managing ADHD symptoms.

The data support several earlier studies suggesting that natural settings influence psychological health. In 2004, a survey of parents of 450 children found that "green" outdoor activities reduced ADHD symptoms more than activities in other settings.

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul—John Muir —Warrior Trail Association Newsletter, March 2009

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*
* **Trail Register Wisdom** *
*
* "Dem rocks dem rocks dem hard rocks – Dem rocks dem
* rocks dem sharp rocks – Dem rocks dem rocks dem wet
* rocks – Oh feel the pain in my feet"
* — Leroy Smith Shelter, Appalachian Trail
*
* Our counselors made us eat the lemon rinds as part of the
* Leave No trace thing — Shiloh Quaker Camp #3
* — Potomac Appalachian, October, 2008
*

KTA Membership Form

Name: _____

Address: _____

Telephone: _____

E-mail: _____

Club Affiliations (if any): _____

_____ Receive newsletter in full color via email by 1st of issue month instead of by postal mail and save KTA paper and mailing costs

Member organizations are welcome and should forward the name and contact information for the group's designated KTA representative along with appropriate membership contribution: \$50 per year for clubs; \$100 for commercial enterprises; \$10 per year or \$25 for three years for youth groups. All member contributions and correspondence should be mailed to: 101 North Front St., Harrisburg, PA 17101.
*KTA is an Internal Revenue Service 501(c)(3) organization and contributions are deductible to the extent permitted by law.

Basic Membership (New Member Only) Individual - \$15 Family - \$20	\$
Basic Membership (Renewal) Individual - \$25 Family - \$30	\$
Brush Cutter Membership Individual - \$35 Family - \$45	\$
Blaze Painter Membership Individual - \$50 Family - \$75	\$
Trail Builder Membership Individual - \$100 Family - \$125	\$
Life Membership Individual - \$500 Family - \$750	\$
Youth Membership Individual - \$5	\$
Additional Contribution In Memory Of/In Honor Of _____	\$
Total Enclosed	\$