

Finger Lakes National Forest, Hector, New York

# Forest Happenings!!

Caring for the Land and Serving People



"The Castle of the Queen"

To her who's ever been the key To all my locks in life – To her who if my heart has been The ever constant Queen, I bring the key of one small room, But, if she there abide, 'Twill be the Castle of the camp, The crown of all beside. - Anne Fitzhugh Miller

## Spring Happenings – 2022

## **Office Reopens!**

Happy to say that the office reopened on April 11<sup>th</sup>. Office hours are Monday, Wednesday, & Friday from 8:00am – 4:30pm. The office will remain closed on Tuesday and Thursday. If you need assistance on Tuesday / Thursday, just give us a call: 607-546-4470.

## **Spring Cleaning**

With spring right around the corner, we're eager to get out and start "spring cleaning" on the forest! A typical spring on the forest involves many different things. As the snow begins to clear, we begin an assessment of our trails and campgrounds to see what is needed for them to be in tip-top shape once the warm weather hits.

**Hazard Tree Removal:** We usually start with a walk through of our campgrounds to identify any trees that may need to be removed for safety

purposes. This serves two purposes, the primary purpose is to keep our campers safe, but removal of these trees also provides an opportunity for those with a firewood permit to get a jump start on stock for next year or keep the wood stove burning on those rainy April days.

We'll also begin to walk our 31 miles of trail and clear downed trees from storms over the winter months. With so many miles of trail, this usually takes a bit of time to do completely so we always appreciate when someone lets us know where we need to clear! This helps us target the areas needing the most attention first and prioritize our needs.



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Equipment gets brought out from storage, serviced, and readied to start working on projects for the upcoming field season.

**Prescribed Fire:** Around the same time, you may see strips of grass and brush being mowed around various grasslands and shrublands on the forest, you may even see an ATV with a tow-behind brush mower in the process. Don't worry, we haven't lost our minds and we don't plan on mowing the entire unit 4 feet at a time! We are creating a fireline that we can use to contain prescribed fires.

Mowing mulches up the fuel and introduces moisture into it. These lines provide a boundary of the unit that is much easier to contain safely with a

UTV and water tank. The mowed lines also typically begin to grow green grass earlier in the spring and limit the fuel for the fire even more.

Our UTV water tank pump went out on us last year. So this year you'll see us with an updated pump setup. We will be able to pump more water further, with much less leaking than we had last year!



In late March or early April, we'll burn the units that we have created fireline around. These prescribed fires are done for various purposes depending on that area. Universally, the goal is to reduce hazardous fuels on the landscape that could lead to a wildfire. More specifically to each unit, fire can be used to increase habitat diversity, prep a unit for a different treatment, increase palatability of forage for cattle, and much more. Fire is an extremely useful tool that we hope to use more going into the future.



Finger Lakes National Forest Photo

As April comes to an end, we begin preparation for the busiest part of the season. This means addressing the finer details at the campgrounds (cleaning the firepit, leaf blowing tent pads, painting, etc). We'll continue to monitor the trails for any needed maintenance, and we'll start to work on improvements to the forest that we have worked on planning over the winter months. It always seems that March and April fly by with this "cleaning" but we're always excited to start seeing people out in the campgrounds again and enjoying their public land!

**Firewood:** I know it's just getting to spring and the last thing folks want to think about is getting firewood for the winter. However, with our spring cleaning going on at campgrounds and trail heads, we had several hazardous trees that we had to take down. Come into the office and get yourself a fuelwood permit so you can take advantage of this "easy to get" wood.



## **THANK YOU - VOLUNTEERS**

The Finger Lakes National Forest (FLNF) had a tremendous amount of help from volunteers in 2021. Volunteers spent more than 350 hours helping the FLNF accomplish several important projects!

Some notable accomplishments:

- over 500 foot of new boardwalk in wet sections of our trails
- over 100 trees planted in riparian areas to mitigate erosion issues
- 8 new picnic tables assembled for our campgrounds
- Over 3 miles of trail seeded with a native plant seed mix
- Over 5 miles of trail maintained and patrolled for downed trees
- Existing infrastructure at Blueberry Patch and Backbone Horse camp re-painted

- Assistance in planting and maintenance of 60 acres of native warm season grasses and native pollinator plant species
- ...and so much more!

We are beyond thrilled to have so many volunteers willing to pitch in with their time and expertise so that we can accomplish our goals for the forest. We also love everyone being able to engage with their public lands and leave it a better place than they found it! We can't wait to see what 2022 has in store for the FLNF and how much more we'll be able to accomplish with help from our volunteers!



## Spring Volunteer Day

We are planning another spring volunteer day in conjunction with the Seneca Watershed Intermunicipal Organization (SWIO) and Lucky Hare Brewing Company!

The current plan is to continue to address muddy sections of trail with boardwalk and to plant some more trees. If you're interested, please email Matt Kautz at <u>matthew.kautz@usda.gov</u> for more details!

The event will be held on Saturday, April 30<sup>th</sup>.

## Recreation

#### Campgrounds

**Backbone Horse camp**: Well, the snow melted off and left us with a few things to clean up. We must have ended up with an ice jam at the upper culvert pipe at Backbone Horse camp, the water found the next least resistant route which was unfortunately the roadside by Site 5. It resulted in the nice washout below, we'll need to patch that with some gravel

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#### **New Gravel Spurs**

Last year we finished up laying down some fresh gravel on the spurs at Backbone Horse camp. They are looking great and will help reduce the amount of mud and ruts resulting from the wet conditions. We need your help though... please remember to park only on the gravel spurs, the spurs are large enough to accommodate most camper trailer and a vehicle to park on the pad.

Help us keep the yard and grass nice and green by keeping all the tires on the gravel 😇



**Trails -** The current state of affairs on the trails.... It's wet and icy



This winter has been on the colder side, and it just seems to be hanging on. As a result, the trails are still wet. It goes without saying but please use your discretion and perhaps hold off on hiking the trails when they in this condition. The slick muddy trails can be a bit hazardous to be hiking on and the resulting traffic can cause mud and erosion issues.

#### **REMINDER:**

Snowmobile season closed March 15<sup>th</sup>. Horse trails are closed from March 15<sup>th</sup> till May 15<sup>th</sup>

Once the trails dry up a bit we'll get back out there and take care of any downed trees.

We are also planning on hiking the length of the Interloken Trail with the Finger Lakes Trail Conference this May. Going into the second year of the agreement with some new faces on both sides of the agreement it will be great to finally meet face to face after the long pandemic break. We plan on getting eyes on any problem areas of the trail as well as brainstorm future improvement projects. as always if you see any particularly rough sections give a call or stop by the office.



#### Range

The snow is melted, and the grass is already greening up, the first range meeting has been held and we are on track to get the 2022 grazing season started in May.

#### **Financial & Operational Audit**

Though not much went on in the field this past winter but there was a lot going on in the office. Over the winter we hosted a Washington office level Financial and operational Audit of the grazing program. The intention of the audit was to check in and ensure adherence to the allot management plan and our Forest Plan. We spent several days with the auditor, Hector Grazing association and several years of records. We looked at prior work completed, how successful it was, our working relationship and cooperative management of the grazing program. It was a great opportunity to look back on all that we've done and be daunted by the work we still need to do, but all in all the audit went well, everything is in good order and we walked away from it with a few thoughts on how to improve the future.

#### **Upcoming Grazing Season**

More exciting though is looking at the work coming up this summer. we will be doing our never-ending fence replacements, installing two new troughs and figuring out what to do about some drainage issues like the one below.



This is a head cut that is progressing up stream and into the spillway on the pond at north stevens pasture. This pasture has been hit pretty hard with water flow issues so we'll be adding this one to the growing list of "needs fixed"

#### **Forest Production Monitoring**

This summer we will have a summer seasonal botany tech helping us out and the range program will benefit by being able to resume our vegetation monitoring in the pastures. We will set out several sampling plots in which we'll inventory all the plants down to species. At the end of the year we will cut and weigh the growth. This data helps us track the composition and production of the pastures, we use this data determine how many cows to graze and the timeframes to graze in. Stay tuned in the summer forest happenings to see it in progress with some great data coming out in the fall!

As we always remind folks with the cows coming back, please remember to close any gates on trails through the pastures and please let us know if you see cows out.

## **Great Lakes Restoration Initiative**

Great Lakes Restoration Program has concluded their requests for proposals. 2021 was a year where delay after delay resulted in a late year of funding but that was not the case for 2022. In the initial round of requests, we were funded for 4 projects totaling \$127,000. This money will allow us to complete 50-100 acres of grassland and pollinator enhancement, purchase a new piece of planting equipment and connect the Potomac group campground to Potomac Pond while enhancing he hydraulic function in that area.

There will likely be another request later in the year where we will put additional projects forward. The GLRI program has been a huge asset to the FLNF and allows us to complete great on the ground work that ties directly to the Great Lakes ecosystem! GLRI dollars are 2 year dollars meaning that they have to be spent either in the fiscal year they are awarded or by the end of the next fiscal year. In 2021 we received \$296,000 to complete GLRI work. This work will include projects such as a new trail bridge to correct erosion and head cutting on the eastside of the forest, treating Hemlock woolly adelgid, creating new wetlands to retain water on the landscape, placing large wood instreams and ponds for spawning areas and to strengthen the stream banks and multiple other projects.

### Wildlife

As stated previously, this spring we will be completing prescribed fire in grassland wildlife units. Fire is a useful tool to help us reset vegetation, combat both non-native plants as well as woody vegetation that is attempting to take over our old fields.

In general, we try to complete 2 treatments in a year with one of them being fire and the other is generally mowing. This 2-treatment method really helps to combat woody vegetation as well as reduce the component of golden rod in our fields.

On the surface you may ask why would you want to reduce goldenrod when you are trying to enhance pollinator resources? That's a great question and the answer is somewhere in the matrix of providing high quality diverse habitats for many species. Our grassland birds will more readily use grasslands that have clump grasses rather than single stem grasses. Even though goldenrod is not a grass, from a birds eyes it functions as one. By reducing goldenrod and increasing either cool or warm season grasses we create habitat for our grassland birds. This method was demonstrated by a student at Cornell in the late 80s and early 90s. We put the methods to the test in year 2 we saw nesting of one of our grassland obligate sensitive species, the grasshopper sparrow. While it could be considered coincidence it could also be the practice of the methods, either way we are dedicated to providing quality habitat for many species!

#### **Ruffed Grouse Society (RGS)**

The Ruffed Grouse Society just completed work on about 10 acres worth of early successional habitat. Through this project a forestry mower was used and aspen as well as dogwood were masticated/released and allowed to continue to grow to meet future desirable conditions.





By using forestry mowing we are able to reset and release various species such as aspen. Aspen are a preferred habitat for species like ruffed grouse and woodcock but also for deer and turkey nesting! Through a collaborative effort we were able to identify small units where we could masticate some of the vegetation while leaving some current usable vegetation as well. This will allow individuals to continue to use the space but also create habitat for the future as well.

#### Soft Mast Release

In February District Ranger, Jodie Vanselow, was able to sign a decision to allow staff to begin the process of releasing soft mast on the landscape. This includes apple, pears, plums etc.

A lot of apple trees are heirloom varieties and can be found around old homesteads. Keeping these trees alive and producing provides unique insight into the past of what the homesteaders were planting and using on the landscape. It also provides soft mast to many wildlife species who are now utilizing the old homesteads that are no longer there. We are excited to begin working on this project and want to hear from you on your favorite apple tree on the forest so we can tend to it!

## **Timber and Forest Health**

#### 'Spongy Moth' Adopted as New Common Name for Lymantria dispar (aka Gypsy Moth)

The Entomological Society of America (ESA) has approved "spongy moth" as the new common name for the moth species *Lymantria dispar*. The new common name replaces "gypsy moth" as the approved common name in ESA's Common Names of Insects and Related Organisms List. The old name was removed from this list in July 2021 for its use of a derogatory term for Romani people. The name spongy moth—derived from the common name used in France and French-speaking Canada, "spongieuse"—refers to the moth's sponge-like egg masses.





Spongy moth adult

Spongy moth caterpillar



Spongy moth egg masses

More than 200 name proposals were evaluated, and a list of seven finalist names was shared with these groups for consideration, with more than 1,000 responses received. "Spongy moth" was put forth for a two-week comment period beginning January 25, and comments were reviewed by the ESA Common Names Committee and ESA Governing Board prior to final approval.

Let's hope that the spongy moth leaves the forest alone this year, last year was a rough one.

#### Hemlock Wolly Adelgid

We will begin treating Hemlock Wooley Adelgid again this spring, we are going to be working with the folks at Cornell to evaluate our hemlock stands to determine our best approach to helping these areas withstand the pressure from HWA as well as recover from the damage the spongy moth infestations caused last summer.

#### FLIPS

Also still progressing along is our FLIPS timber sales. In prior editions we mentioned that the sales are in a stewardship with National Wild Turkey Federation. We are edging closer to having that partnership finalized and may see work begin this

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summer. It's been a long road to get to this point, but we are happy to see these sales receive the treatments they need to improve their timber and wildlife value, improve the health of the stands, making them more resilient to forest pest and climate stressors.

#### **Spotted Lantern Fly**

If you see anything you suspect might be spotted lanternfly please report it, as early detection will give us the best chance to try and stop the spread.



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Ron Zellar / NASA; Getty; The Atlantic

#### **Ever Heard About - Moon Trees!**

The American moon missions, more than 50 years later, are each memorable in their own way. Apollo 11, of course, is known for being the very first time human beings <u>set foot on the moon</u>. Apollo 12, for being <u>a little rowdier</u>. Apollo 13, for <u>nearly ending in disaster</u>. Apollo 14—the third of six moon

landings—is known, as I recently discovered, for its "moon trees."

Stuart Roosa, one of the Apollo 14 astronauts, took a small canvas bag of tree seeds with him on the journey. While his fellow astronauts walked on the lunar surface, Roosa and the seeds flew round and round the moon until the crew was ready to come back. A few years after the astronauts returned home, some of the seeds—sycamores, redwoods, pines, firs, and sweetgums—were planted across the United States, to see how they would grow, or simply to keep a piece of moon history close by.

I learned about the existence of moon trees earlier this month while thinking about the anniversary of Apollo 14, which launched on this day in 1971. (My <u>tired pandemic brain</u> had thought this year was the mission's 50th anniversary, but turns out we're living in 2022!) I read online that one moon tree, a loblolly pine, had been planted by the White House, within walking distance of my apartment in Washington, D.C. *What a great pandemicappropriate outing for a space reporter*, I thought. Then I noticed an asterisk next to the tree's name, and <u>scrolled down</u> to discover: "An asterisk denotes a tree that is no longer alive."

#### Oh. Nevermind.

That I could find a database of these trees, and go through the experience of identifying and losing the moon tree nearest me in five seconds, is because of Dave Williams, a planetary scientist at NASA's Goddard Space Flight Center, who 25 years ago took it upon himself to locate <u>as many of them as he could</u>. NASA didn't keep any records on where the seeds from Apollo 14 ended up, nor did the agency keep up with the trees they became. But Williams does, even though it's not part of his job description. He is not a tree expert, but he has become, through his efforts, the world's foremost and perhaps only—expert on moon trees.

Williams was once just as surprised as I was about the existence of these trees. He discovered them in 1996, through a third-grade teacher in Indiana. Joan Goble and her class had been working on a project about trees near their school, and a student came in one day saying she'd heard that something called a moon tree grew at a nearby Girl Scout camp. When the class went out there, they found an entirely normal-looking sycamore, with a little sign next to it that described the sycamore as a moon tree. Goble's class wanted to write a thorough report, so the teacher emailed NASA for more information.

No one in Williams's office in Maryland, not even the folks who had worked at NASA during the Apollo program, had heard of a moon tree. Williams checked with the agency's history office, which uncovered some newspaper clippings revealing the existence of at least six such trees. From the outside, the moon trees were no different than their Earth-bound brethren. "There's nothing strange about the moon trees at all," Williams said. He emailed Goble back with what he'd learned, and then continued to dig.

Williams discovered that the head of the U.S. Forest Service had pitched Roosa, a former smoke jumper who fought forest fires, on the idea. The astronaut took about 500 seeds stuffed in sealed bags inside a metal canister, packed in the small canvas bag that every Apollo astronaut was allowed to fill with whatever they wanted. When the astronauts came back, the sealed bags went through a vacuum chamber-part of the standard decontamination protocol at the time-and accidentally burst, scattering the seeds. Stan Krugman, a geneticist at the forest service, sorted them by hand, then passed them on to a scientist who used some to experiment with germination at NASA's Johnson Space Center, in Houston. The rest were sent to forestry-science facilities, which doled them out to communities across the country, grateful for a free piece of the Apollo era to spice up their municipal grounds.

The trees, planted mostly in 1976, took root just fine on Earth. Some of the moon seeds were planted next to seeds that had never traveled to space, to see whether they'd develop any differently. The most surprising result, Williams told me, occurred when the two seeds grew into two completely different species—a result of a gardening mixup, of course, not the weird effects of microgravity. NASA didn't undertake any serious study of the moon trees. The

effort was more a PR move, Williams said, than a science experiment.

After Williams wrote back to Goble, he posted an appeal online, asking anyone who came across a moon tree to contact him at NASA. Their story had been forgotten once, and if he didn't keep track of these trees, who would?

And then people started reaching out, telling Williams that they'd spotted a tree paired with an intriguing plaque on their hike around town, sharing pictures. Over the years, Williams has waited for the moon trees to reveal themselves in this way, through an emailed proof of life. "It really can go for quite a while with getting nothing," he said. "And then I'll get a bunch." As of today, Williams has located about 100 trees. Of those, 30 have died or been cut down. The sycamore that Goble discovered is still there; a storm twisted its top off some years back, but the tree has managed to recover, she told me.

Williams thinks that more undiscovered moon trees are out there. He just heard from a student at Delta State University, in Mississippi, who said they've heard rumors about a moon tree somewhere on campus and will try to find it, promising Williams that they'll report back. Williams has visited quite a few over the years, and even hosted Goble and some of her students in Maryland to show them the sycamore growing near the Goddard center. What's it like, I asked, seeing a moon tree? Isn't it kind of anticlimactic, because it doesn't look any different? Not to them. "I'm just in awe that this seed, the seed it grew from, went to space," Goble said. "It went to orbit the moon."

That's why people see the moon trees as special: They know where those seeds went. Reaching the moon doesn't take long—Apollo astronauts took just three days to get there—but it's the moon. People haven't stepped foot on the lunar surface <u>since 1972</u>, and it's unclear when the <u>next</u> <u>crew will go</u>. All the trinkets and tchotchkes that the Apollo astronauts took with them in their personal canvas bags are cool for this reason, bestowed with Finger Lakes National Forest – Spring 2022 Forest Happenings! a magical sheen the second they were returned to Earth—<u>space souvenirs</u>. But the seeds that Roosa, who died in 1994, carried feel different from other mementos. They weren't put in museums or auctioned off. They were buried in the soil of the Earth, the only soil like it in the solar system—in the entire universe, as far as we know. Some might have disappeared, felled by storms or saws, before someone could find them and feel curious enough to ask NASA about them. But the ones that remain are living monuments to the time humankind escaped this world's gravity and felt that of another.

By <u>Marina Koren</u> Marina Koren is a staff writer at *The Atlantic*.

## Forest Service Signs – A History...



Hector Ranger Station, Finger Lakes National Forest https://www.ilovethefingerlakes.com/recreation/nationalforest. htm

Have you ever wondered why the Finger Lakes National Forest sign looks the way it does? In the 1950's and earlier there was no single style to announce National Forest lands, and it was in 1962 when a ranger named Virgil "Bus" Carrell was assigned as part of team to come up with a cohesive style to let travelers know, "Hey! You're in a National Forest!"

Working with other Forest Service employees, including Rudy Wendelin, the artist who helped popularize Smokey Bear, Carrell traveled and studied signs everywhere, from whatever signs different forests had up to city welcome signs and came up with a philosophy about signs. "A sign is good when its function is achieved without calling attention to itself." Carrell decided to create a "family of shapes" distinctive enough to recognize where you were but not so outrageous to distract from nature. The shapes and materials they're made from aren't always the same but they're clearly part of the same system. These signs welcome visitors to forests, grasslands, campgrounds, monuments and the continental divide.



Monarch Pass along Continental Divide

This family of shapes, the distinctive colors and font used are so well-known that other companies, camps, and souvenirs use them in their own marketing. When you see the signs around the Finger Lakes National Forest, know that you're seeing signs that are one small part of a system that spans the country and creates connections and happy feelings. Next time you see a sign, stop and take a picture!



Virgil "Bus" Carrell in front of Estacada Ranger Station, Mt. Hood National Forest https://www.atlasobscura.com/articles/forest-service-signshistory



Our office is now open to the public on Monday, Wednesday and Friday from 8:00am to 4:30 pm. meaning you can get information on the Forest.

If you have any questions, please call 607-546-4470 and choose "0" for the operator.

As always, the front Foyer is open 24/7 and stocked with maps, trail sheets and information about the area.

## From the Ranger...

I started this happening with a poem written by Anne Fitzhugh Miller in 1899. Anne wrote this for her mother, Elizabeth Smith Miller (ESM)

The Queen's Castle was the last structure built at Fossenvue and is the only structure remaining at Caywood Point today. It was a birthday present for ESM on her 77<sup>th</sup> birthday, which was September 20, 1899.

ESM was known as the "the Queen of Fossenvue." At her birthday celebration, they presented her with the "key of the Castle"

The Queens Castle is a special place on the Forest, It once was a summer retreat for the area's elites and progressives, especially suffragettes, occupied the point from 1875-1908.

A neat history on a very scenic point!

#### Wellness Tip:

#### The Health Benefits of Nature

For children, outdoor play in a natural setting can improve motor strength, balance and coordination. (Fjortoft, 2001) For the elderly, time outdoors in a natural setting can improve cognition. (Ottosson & Grahnm 2005) Spending time outdoors is associated with improved distance vision. (Rose et al, 2008)

Regular exposure to bright natural light can increase vitamin D levels and decrease blood sugar evels among diabetics. (F.E. Kuo, 2010)

Exposure to nature can improve depression, anxiety, and attention deficit hyperactivity disorder.

(Sugiyama, Leslie, Giles-Corti & Owen, 2008) (Taylor & Kuo, 2009) Exercising outdoors can reduce sadness, anger, and fatigue and improve attention spans. (Blower, Buyung-Ali, Knight & Pullin, 2010)

Positive

experiences in

nature can lead to

a lifelong commitment

to caring for and

conserving natural

resources. (Wells & Lekies 2006) Time spent in places with natural landscaping can encourage social interactions and integrations.

> (Kweah, Sullivan & Wiley, 1998)

Time in nature may contribute to children's cognitive, emotional, social, and educational development. (Strife & Downey, 2009)

https://www.parkrx.org/sites/default/files/toggles/Health%20benefits%20of%20nature.png

## Safety Message

# Mud Season Hiking Dos and Don'ts

Tim Jones February 24, 2017



Rebecca M. Fullerton

# Mud season hiking etiquette calls for staying in the middle of the trail and stepping on rocks, when possible.

Mud season can be a challenge for hikers and trail maintainers alike. So if you want to hike in the spring, knowing how to safely enjoy soggy trails without destroying them is an essential outdoor skill.

#### Wet Trails are Fragile

"More and more people are hiking year-round, and while it is wonderful to have people enjoying the trails, [hikers] are also having an impact," says Alex DeLucia, the manager of AMC's trails volunteers and Leave No Trace programs.

According to DeLucia, the saturated surfaces following spring snowmelt are a trail maintainer's nightmare. Each hiker's step churns up mud and sets the stage for serious erosion. "Some maintainers would like to see most trails closed in mud season, but we prefer to ask people to hike responsibly in all seasons," he says.

Early spring hiking etiquette requires always walking in the center of the treadway. Sticking to rocks wherever possible will preserve both the trail and your footwear, and stepping into water and mud when necessary will minimize trail damage. Although you may be tempted to walk along the sides of the trail to keep your feet dry, doing so loosens soil and makes the trail more susceptible to erosion.

#### Mud and Ice are Slippery

A muddy trail forces you to slow down and pay attention to each step. Lug-soled hiking boots caked with mud don't provide much traction, and a slip could be embarrassing or, worse, lead to injury. Expect to hike slower than normal and plan a shorter hike than you would when trails are dry. Once you do hit the trail, proceed with caution.

Trekking poles are helpful on wet trails, both to keep you upright and to probe the depths of what you're stepping into. But, DeLucia cautions, poles loosen soil and accelerate erosion, so minimize your impact by fitting them with rubber tips.

Trails at high altitudes or in shaded areas can pose an additional challenge, with rails of winter ice lingering down the center of the trail. Traction aids, such as MICROspikes, are essential in these conditions.

#### **Choose your Hike Wisely**

A trail you can hike in soggy spring conditions without causing irreparable damag is a rare and precious find. This is not the season for exploring lowlands or wetlands, nor is it the time to hike steep basins, such as the Great Gulf or Wild River wilderness areas in the White Mountain National Forest (WMNF), where crossing runoff-swollen streams is dangerous.

In the mountains, the best spring trails are well-constructed, well-traveled routes that have been hardened for heavy use; the lower half of the Tuckerman Ravine Trail in the WMNF is a perfect example. Or follow a south-facing, rocky ridgeline trail; Old Toll Road to White Cross on Mount Monadnock in southern New Hampshire is a personal favorite. You'll still encounter mud and ice, just not as much.

If you want an absolutely clear conscience, hike a sandy coastal route, such as the Great Island Trail in Wellfleet, Mass., or a road that's closed in the spring, such as those on Mount Greylock in western Massachusetts, or Pack Monadnock or Cathedral Ledge in New Hampshire. Mud season is also an opportune time to explore old railbeds, like the Presidential Rail Trail between Gorham and Whitefield, N.H., which were built with heavier traffic in mind.

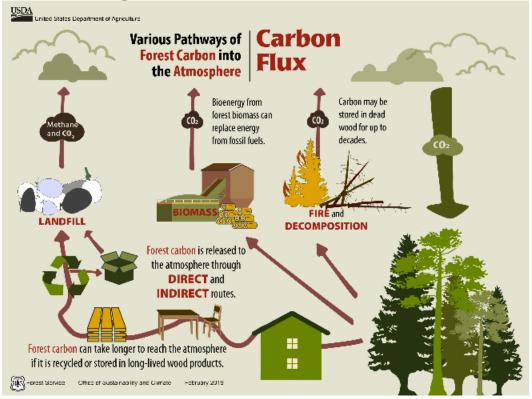
#### **Keep Feet Dry and Comfy**

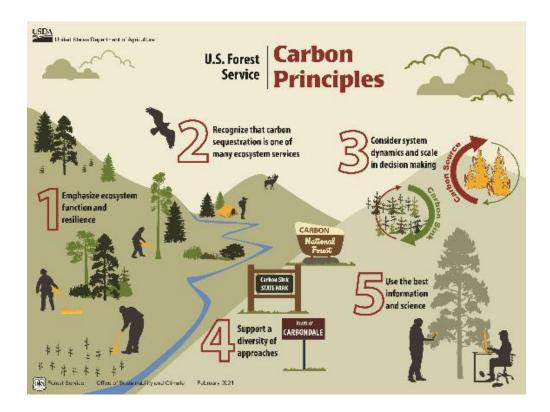
Choosing springtime footwear is a conundrum: 6-inch-high water-proof boots don't suffice when you step in an 8-inch-deep puddle, but knee-high rubber boots don't offer adequate cushion or support.

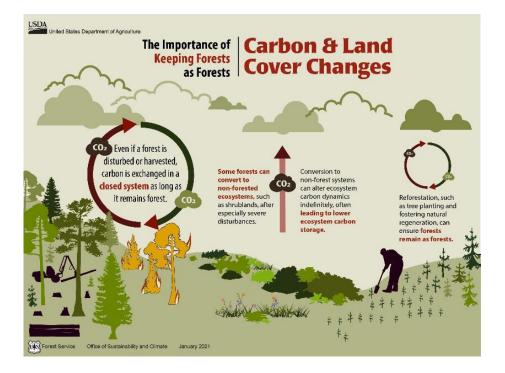
Wearing gaiters will help keep your feet dry in the cold spring mud. You also could invest in a pair of knee-high waterproof socks and rubber-soled wading or portage boots—popular with anglers and paddlers. Your feet stay warm, you get the traction you need for safety, and you can comfortably walk in the center of the trail to reduce your impact.

About the Author... Tim Jones

## **Climate Change**







## International Compost Awareness Week 2022 May 1 – 7, 2022

International Compost Awareness Week (ICAW) is the largest and most comprehensive education initiative of the compost industry. It is celebrated nationwide and in other countries each year during the first full week of May. The goal of ICAW is to work together to raise public awareness on why we all should be composting our organics recycling and using compost. The program includes poster and video contests in the fall and activities and events held during the week in May. Throughout the week of ICAW, community and business events are held to encourage and celebrate composting - all types of composting – from backyard to large-scale are promoted.





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