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THE POTOMAC APPALACHIAN

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President's Logbook

Jim Fetig

This past spring, a red fox gave birth to four kits underneath our sunroom which sits on a foundation of eight pillars about 14 inches above the ground. The space is safe for a new fox family. It can be defended against coyotes or other predators.



The kits reminded us of puppies. They chewed everything including our screens and the wind curtain for our gazebo. We found “trophies” in the yard, including a toddler’s shoe, dog toys and plastic trash.

The presence of the fox family and watching them play and grow was the highlight of our year.

As 2025 draws to a close, PATC and our independent special interest sections have come to the amicable decision to separate. As both Ski Touring and Mountaineering have long been a part of PATC’s DNA, we wish them the best of luck as the transition to their new independent organizations: Potomac Nordic Ski Club and the Potomac Mountain Club. We look forward to our future collaborations with both organizations.

I would sincerely like to thank the team that worked with both sections throughout this process and acknowledge the contributions of Vice President of Volunteerism **Jayne Mayne**, General Counsel **Lindsey Scannell** and Staff Director **Evan Hoffmann**.

As PATC looks forward to 2026 and adopting more best practices for a non-profit of its size, our new General Counsel has been conducting a risk assessment. Based on this assessment, some new policies will be rolling out during 2026 after approval from the Executive Committee and Council. We hope that these policies will strengthen our organization for years to come.

In other news, District Manager for Tuscarora South, **Bob Gaylord**, was elected Supervisor of Membership by the Executive Committee following **Anne Brown**'s resignation. In addition, **Juliana Nicolini** was elected Secretary. The previous secretary resigned several months ago. Please welcome them aboard.

There is a lot to look forward to in 2026. We will have elections for new officers in the fall. The centennial celebrations will kick off then as well, running through our 100th birthday in November 2027. **Rush Williamson**, Supervisor of Trails, is working with the USFS and ATC to expand our ability to train and certify sawyers. Meanwhile, enjoy the winter months on the trails. Some say it's the best time to hike and camp, as the crowds have vanished, and the tracks in the snow spell out stories that go unseen in the greener months.



by Marie Seymour: Mike Gergely (L), Chris Viggiano and George Jones pose behind a newly completed check dam

outing date approached, the Hoodlums' leadership had a dilemma – over 30 people had registered to work but most of the intended work areas were on blue blazed trails – off limits under the terms of the shutdown. So the group was scaled back to better fit the available projects on the A.T. As it turned out, the shutdown was ended just 2 days before the Hoodlums outing but the die was cast – a smaller group would work the planned A.T. projects.

Hoodlums Overcome Government Shutdown Uncertainty to Work A.T. Sections

By Tom Moran

A dark cloud hung over planning for the November Hoodlums outing in Shenandoah National Park. While the club had been given permission to perform maintenance activities on the Appalachian Trail within the park, they were not permitted to work on other trails maintained by the club. As the November 15th Hoodlums

Marie Seymour led a crew up the A.T. on the south side of Pass Mountain from Thornton Gap to address water bar and check dam issues previously reported. Michael Gergely, George Jones, and Chris Viggiano rounded out the crew, which cleared the trail structures as they proceeded uphill. They built 2 new rock check dams, as well as added 2 log ones. Not satisfied, they also cleared 2 7" blowdowns and another multi-limb crown from the trail before hiking out.

A crew including Connor Moynihan, Jamie Benson, Kyle Brost, and leader Tom Moran parked at Beahms Gap and hiked south, up and over Pass Mountain on the A.T. A scouting trip the previous weekend indicated 8 blowdowns on the section, which the crew cleared as well as additional loose limb and trunk chunks. The crew carried a vintage Jemco 42" saw checked out from the PATC HQ tool cache, freshly sharpened and ready to cut. At each blowdown they walked through the OHBEC framework to analyze and execute each cut. This framework for bucking downed trees is substantially the same for chainsaw versus crosscut sawyers. All crew members were encouraged to voice their opinions on each step as the crew addressed each blowdown. At a high level the OHBEC framework steps are:

O=Objective; H=Hazards B=Binds; E=Escape Routes; C=Cuts

In addition to the blowdowns, several "spring poles" were present, providing the crew an opportunity to execute steps to mitigate the special risks these hazards present to maintainers.

Wayne Limberg, Richard Lee and Randy Butler plus new Hoodlum recruit Kevin Furey returned to the AT south of Compton Gap to finish up some rehab work they started during the Hoodlums' October work trip. They were later joined by club President Jim Fetig and his chainsaw. Fewer hikers and Jim's saw meant more completed work. The crew rehabbed seven checkdams and put in a new waterbar along with cleaning waterbars and checkdams they did not get to in October. The section is ready for winter.



by Wayne Limberg: Jim Fetig cuts a blowdown for use as a check dam.

Rosemary Seymour, Greg Foster, Jim Fetig and crew lead Justin Corddry drove to Compton Gap and hiked down Justin's A.T. section hunting a blowdown. Once vanquished by Jim's commercial grade Stihl, Jim departed to join Wayne's crew and was replaced by Terry Shaw. The crew then tackled the cleaning out of a 200' lateral drain. These structures abound in SNP and are anything but "sustainable", in that they require frequent maintenance to remain effective. Still, they perform a critical function in keeping trails passable so the crew did its work without hesitation.

Due to the early sunset and colder temperatures, no pot-luck is typically held in November so all the crews headed out upon completion of their work for the day.

Rehab in Sky Meadows State Park

By Daniel and Ellen Feer

Sky Meadows is a beautiful park. If you haven't visited, you should add it to your list. The AT runs through it along the ridge, but there are miles of other trails that lead to interesting places. The Ambassador Whitehouse is one of those trails. In 2016 the crew built a set of stairs using 7 rather large stones and it has been a favorite of the crew ever since. Now almost 10 years later, our crew member, **Steve Phillips** maintains this trail and he asked us to stop by to look at a section of the trail just down the hill from those stairs.

The mineral soil on this section of trail is pretty close to the surface but when water runs straight down it erosion still happens. Rolling grade dips and a relocation were needed. **Kathryn Roddy**, the Trails Coordinator at the park, walked the trail with us (Steve and **Barbara Phillips, Ellen and Dan Feer, Robert Fina, Jon and Katherine Rindt and Tysha Robinson**) and made sure our plan was approved before we started work.

Several design points need to be kept in mind when relocating a trail like the slope of the hill, where the new section starts and ends, and is there a pretty anchor at the switchback. Ambassador Whitehouse delivered. We relocated the trail so the switchback was right at a large pile of rocks. Hikers have probably been curious about them for years but never had a way to get there.



Photo by Chris Clembocki-Pictured Dan and Ellen Feer - Caption: Sunset after a good day on the trail

The weekend of the work trip gave us great weather and Steve and Barb hosted at their lovely home. Saturday morning we had breakfast and hit the trail. We walked down the stairs previously built and got started. Leading up to the relocation we cut several grade dips to manage the water, but on the new section of trail we were able to lay it out with grade reversals (a subtler version of a grade dip) to keep the water moving across the trail, not down it.

By late Sunday morning, it was clear we would finish the relocation, so we started doing our favorite thing, rubbing in the old trail. Leaves go down first to break the speed of rain drops and help prevent the spread of invasive plants, then rocks and logs. In the end, hikers just started walking down the new trail before it was open, and I'm sure some of them didn't even notice.



Photo by Kirsten Elowsky-Pictured: Chris Glembocki, Jon and Katherine Rindt, Robert Fina, Erica Glembocki, Bill Greenan, Alice DeCarlo, Janet Arici, Patrick Tyler, Ellen Feer, Marty Martin, Peter Haupt, Tysha Robinson, Steve Phillips, Nina Blagrove, Mari

A couple days later, Kathryn Roddy sent us a note with this lovely quote: "I hiked up to check out the reroute on the Ambassador Whitehouse Trail this morning. It is B-E-A-utiful! Thank you for contributing to the safety, enjoyment, and sustainability of the trails at Sky Meadows — I am both personally and professionally grateful." You're welcome!

This month, the Cadillac crew was **Janet Arici, Martha Becton, Edlyn Becton, Nina Blagrove, Karen Brown, Alice**

DeCarlo, Maria De La Torra, Kirsten Elowsky, Dan and Ellen Feer, Robert Fina, Chris and Erica Glembocki, Bill Greenan, Peter Haupt, Marty Martin, Steve Phillips, Jon and Katherine Rindt, Tysha Robinson, Ellen Shaw and Patrick Tyler. We love new members. We train and we are very safety aware. If you always wanted to learn how to swing a sledge hammer or if you already know all you want to about rehabilitating a trail but would like to do it with us, please drop us a note at ccrewpatc@gmail.com.

Generous Donation enables Reconstruction of the Deck at Merritt's Mutton Top Cabin



Part of the crew, (from L to R): Rob Gilchrist, Mutton Top Co-Maintainer; Lee Howard, Stoner Cabin Maintainer; Mel Merritt, Dunlodge and Highacre Co-Maintainer; Isaac Merritt, Mutton Top Co-Maintainer; and Thomas Jorgensen, Cabins Regional Supervisor

Operations Chair last year, the group of a dozen Cabin Maintainers rebuilt the aging structure over about nine days.

The crew stayed at Vining Cabin, enjoying hot showers, delicious meals and warm fellowship from November 4th through 13th. Thomas and Mary helped solicit volunteers to plan and donate three meals a day for everyone who helped.

Tom Johns, Tulip Tree Maintainer, brought his trailer so we could bring materials up the four-wheel drive road from the Vining Tract Parking area and remove the old materials to the local landfill.

Three renters who were staying at Morris Cabin came up and helped out for several days during their stay.

The weather was very accommodating, but we did have snow squalls one afternoon as a cold front came through. The view of the squalls out over the Piedmont was amazing as the clouds and snow were lit up in the rose autumn light from the setting sun.

Article by Mel Merritt, Photos by Mary Jorgensen

Thanks to a generous donation by **Valerie Aschenbach** in memory of her husband **Ed Hoke** and outstanding work trip organization by **Thomas and Mary Jorgensen**, the 35 year old deck at Mutton Top was reconstructed over a nine day period in early November.

Led by former Mutton Top Maintainer **Mel Merritt**, who retired after 25 years as Cabins



Mutton Top Cabin

After a few finishing touches to the outdoor cooking area, the renovation will be completed next spring with a coat of deck stain. The new deck should now be good for at least another 30 years.

Other participants on the project included **John Hedrick, Kent Query, Isaac Merritt, Lee Howard, Rob Gilchrist, Ed Karpie, Carol Tolbert, Nancy Merritt, and David Schneider.**

The Aschenbach donation also supported painting the metal roof on Butternut Cabin.

Black Friday at Ivy Creek Hut

By Pam Heinrich



The South District of the Appalachian Trail (AT) in Shenandoah National Park contains four trail huts or shelters for use by hikers: Calf Mountain, Blackrock, Pinefield and Hightop.

Chuck Troutman hosted a great open house at Ivy Creek Hut.

Ivy Creek Hut is a Maintenance Hut, one that has been set aside for the exclusive use by PATC trail maintainers when working on their trail sections.

Chuck Troutman is the caretaker for Ivy Creek Hut and he planned an open house for Black Friday, November 28. Assuming most trail maintainers are not big shoppers, Chuck was at the hut from 10:30- 3:30. He brought his flat top grill and offered hot dogs, chili and cider.

To encourage others to attend, I offered a hike in the area. Even with temperatures near freezing, ten hikers joined me as we gathered at Loft Mountain Wayside to begin our adventure. We took the paved path to Loft Mountain campground and officially began our hike on the AT after we took the spur trail that leads from the amphitheater.

In the south district, the AT is divided into 27 sections for volunteers to maintain. Our hike covered approximately 4.5 miles and three of these sections. We discussed some trail maintenance practices and made sure to mention the members that are in charge of each area. We ended

our hike by leaving the AT on a blue-blazed trail that led us to Ivy Creek Hut.



Pam Heinrich and her hikers enjoy the view along Frazier Discovery Trail.

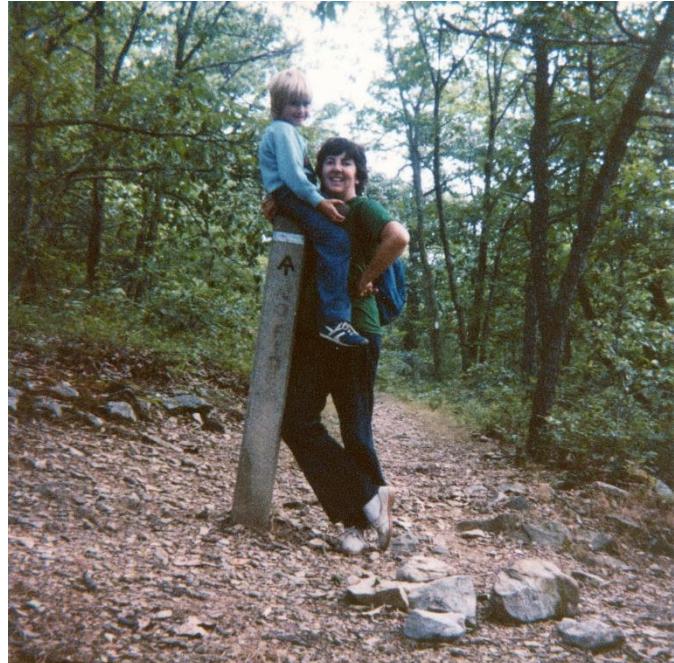
Ten other AT maintainers met us at the hut for a great time of food and fellowship. Everyone was excited by the thoughts of a bowl full of Chuck's hot chili and cup of cider. We also appreciated a nice fire to keep us warm inside the shelter.

Not only did we have a great hike, but the added social time at the hut made this outing extra special. Ivy Creek Hut is in great shape and we could all see why Chuck was selected as the recipient of the Hawksbill Award for the SNP District Cabins and Crapper Crew. He has been hard at work!! My goal was two-fold: have a fun hike and teach others about trail maintenance. I hope some of my hikers were encouraged to get more involved.

Member Profile: Sabra Staley

By Lee Howard

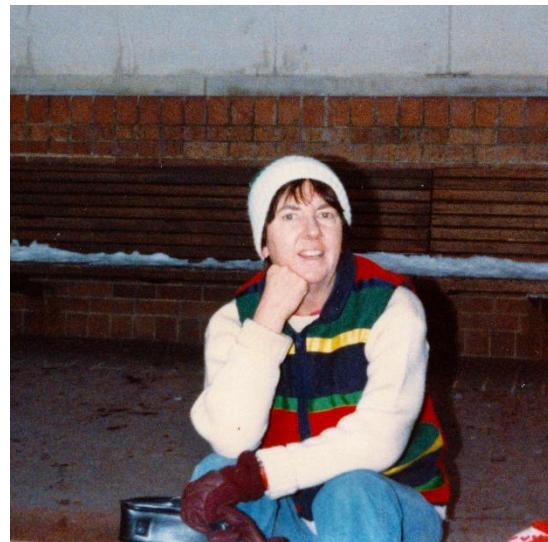
Sabra “Piper” Staley was an outdoor enthusiast of the first order—a conservationist, Girl Scout leader, and PATC member from 1975 until she passed away in 2022. She felt passionate about getting outside, and inspired others to do the same, starting a backpacking group with her former Senior Girl Scouts. They hiked club-maintained sections of the Appalachian Trail every spring and fall from 1960 to 1982. After



twenty-two years of pitching tents and staying in shelters, she changed the format and began inviting the “Lite-Packers” to PATC cabins to ring in each new year.

The New Year’s tradition lasted for 15 years until Staley hired her son Stuart Miller to build a cabin for her in Madison County, VA. Cabin logbook entries from 1981 through 1996 chronicle the Lite-Packers’ adventures at the Hermitage, Little Orleans, and most significantly, Meadows. According to the club’s archives, she and her merry band of First Night revelers stayed at Meadows more than any other cabin, so it may be no coincidence that her cabin and Meadows are in close proximity. Both are located on the eastern front of Shenandoah National Park where the mountains flow into the piedmont.

Staley shared her love of the mountains with her family, too, and many of her grandchildren accompanied the Lite-Packers on their annual outings. In 1997 her cabin was finished by Miller and his construction crew, ushering in a new tradition. She continued to invite friends and family to the woods, but from then on she hosted them at the “Yowell Come” cabin. The namesake demonstrates her sense of humor, and is rooted in local geography as Staley’s five-acre wedge and cabin rest at the foot of Adam Yowell Mountain.



Another holiday tradition was to publish the *Staley Standard*, an annual newsletter she wrote and distributed around Christmas. A few editions in the mid- to late-90s captured developments at Yowell Come woods as her vision for the cabin began to take shape and the structure was built. The *Standard* also included feature articles from the Itty Bitty Kitty and Henry the black rat snake. Although Kitty had been on a number of trips to PATC cabins, at one point she unapologetically confessed, “I don’t do mouse work.” Henry’s dispatches suggested that he and Staley may have had a contentious relationship, especially when their timeshare occupancies overlapped.

Staley’s penchant for pastoral settings and open sky was rooted in her childhood, as her father was a professor of geography at the University of Maryland, College Park. Adventure and exploration were common threads in the fabric of her life from a childhood spent frolicking in rural Prince Georges County, and wasn’t limited to the land. As an adolescent she became an aviation buff, earning her private pilot’s license during a gap year after high school in the late 1940s. While an undergraduate at Cornell University, she was likely the only female licensed pilot in the Cornell Pilots Club, and her love of its Piper J-4 Cub Coupe airplane led to her nickname.



While Piper’s pioneering spirit supported pie-in-the-sky endeavors, her feet were planted firmly on the ground and she was very civically involved in her community. In the early 1970s she was appointed to the advisory board of the Gulf Branch Nature Center, which is Arlington County’s first facility dedicated to the study and conservation of nature. During this time she also fought to conserve natural areas in Arlington, and sat on the Save Open Spaces Committee. Civic engagement, conservation, and youth development were defining elements of her professional career and volunteerism, and in 1997 she retired from the Close Up Foundation, a nonprofit organization that partners with schools to deliver experiential programs that teach civics to young people.

Retirement allowed Staley to spend more time at Yowell Come. While new to her, the cabin was re-constructed of V-notched, American Chestnut logs from a cabin originally built in a nearby county dating back to the 1830s. Miller had bartered a roofing job in exchange for the logs, which he stored in his barn for ten years before negotiating to sell them to his mother in 1994. Though Miller led the construction team, Staley financed the entire build

and was very involved in the effort. The 1994 edition of the *Standard* reported that she attended a 2-day chainsaw workshop presented by the National Park Service, purchased a Stihl 023, and led a work party of 10 family and friends in July that year to clear space.

Piper hosted her kith and kin at the cabin for 25 years, and willed it to her son upon her passing. Unfortunately, Stuart Miller died less than a year after his mother. After the property was transferred to his widow Vera, she generously donated the land and cabin to PATC. As of May this year we are all beneficiaries of Sabra Staley's legacy after the renamed Stoner Cabin entered the club's inventory as a members-only rental. A dedication ceremony was held in late October, and an article about the event can be found in the [December edition of the PA](#).

If you stay at Stoner, you may notice reminders of Staley, such as the airplane-like weathervane soaring above the "toolshed" and Piper Aircraft Co. memorabilia hanging on a wall. There is also a booklet and plaque inside the cabin to acknowledge Miller and his crew for part in making Staley's dreams come true. In her own words, this primitive cabin has "no water, no electricity . . . but the essentials are there . . . [and] as the coffee cup level goes down, the cup of contentment and dreams-fulfilled overflows." For more information and to book, [check out our website](#).

PATC Welcomes New Communications Supervisor, Matt Waurio



PATC is excited to welcome Matt Waurio to the Executive Board as our new Communications Supervisor. A two-time Appalachian Trail thru-hiker ('13 SOBO, '20 NOBO), he brings a deep love for the outdoors and a strong personal connection to the trail systems our club protects.

Matt is a U.S. military veteran and former diplomat who is currently pursuing a Masters of Public Policy at

Georgetown University. His career has centered on clear communication, cross-cultural collaboration, and translating complex information into accessible, useful messages for government agencies - all strengths he brings to PATC's communications work. Most recently, he has supported federal agencies in the DMV area as a data consultant.

Beyond his professional background, he's an avid reader, lifelong learner, and frequent presence in D.C.'s parks - usually hiking, relaxing with friends, or flying one of his many kites. PATC is thrilled to have his energy, experience, and passion for storytelling supporting our members, volunteers, and mission.

"What on Earth?"

Article by Ray Barbehenn. Photos by David Cox and Ray Barbehenn



Katydid

Just about everyone is familiar with grasshoppers, but fewer have seen katydids (left photo), and far fewer know of the Carolina Leaf-roller Cricket (right photo). All of these insects are related, and usually have long hind legs and long, straight wings. Katydids and crickets also have long, hair-like antennae, while grasshoppers have short, stout antennae.



Leaf-roller Cricket

The Greater Angle-wing Katydid in the left photo was almost two inches long from head to tail. It was found by David Cox in SNP on September 11, 2022. Their long wings are held in a tent-like position, forming "angles." Note how the stiff blood veins in its wings add to its impressive leaf-like camouflage. Also notice the dark spot on its front leg, looking almost

like the scab on a wounded elbow. This is no wound; it is one of its ears! These are essential for communicating with sound.

The adorable Carolina Leaf-roller Cricket in the right photo was about three-fourths of an inch long. She climbed out of the leaf litter in Duke Hollow (northern Virginia near the AT) on September 28. Unlike the great majority of related species, she is wingless! The sword-like rear end of her body is an "ovipositor" for laying eggs in the ground. This species does not communicate with sound, but both sexes make a "raspy" noise if they are threatened.

How do male katydids make their calls?

- A. They rub their hind legs together**
- B. They vocalize with their mouths.**
- C. They vibrate their bodies.**
- D. They rub their front wings together**

The answer is near the bottom of the page!

Fun Facts and Musings

Summer nights out in the woods and fields are filled with the sounds of insects – chirping and whirring and clicking. Each species has its own call, just as distinctive as the songs of different species of birds. For example, Common Katydids are named for their calls: "Katy-did, Katy-did," while Greater Angle-wing Katydids make a monotonous series of ticks. Each species makes a unique call simply by varying its pitch, loudness, and repetition rate. A wonderful website to hear the calls of a large variety of insects is: <https://songsofinsects.com/katydid/greater-anglewing>.

Katydid hear each other with some of the tiniest ears on Earth! Despite their small size, the ears on their front legs function much like our own, with tiny eardrums that vibrate when hit by sound waves. Their ears are sensitive to a broad range of high pitches, usually in the range of 2-150 kHz. (kHz, short for kilohertz, is the measure of sound frequency or pitch.) We can only hear in the range of about 0.02-20 kHz.

Katydid and crickets make their calls by rubbing their front wings together with a scissors-like motion. Specifically, the "file" on one wing is rubbed with the "scraper" on the other wing. The file is named for its appearance – a series of parallel grooves that look like a tiny metal file. The scraper is the stiff edge of a wing or a series of stiff pegs. Think of the file as

a plastic hair comb, with sound produced by rubbing your thumb (like a scraper) down the length of its teeth. You can imagine the different calls that could be made by having a hair comb with stiff teeth or thinner, flexible teeth. Similarly, files can have stiff or flexible ridges that make different pitches when rubbed against a scraper. Now, imagine all the variations of calls that an insect could make by brushing its wings together at different speeds, and with different lengths of pauses between strokes, and with different intensities. Some species brush their wings back and forth 100 times a second, while others might rub theirs together only about once a second. By contrast, Carolina Leaf-roller Crickets do not make calls to communicate. They have no wings to brush together. They also have no ears!

Both the Greater Angle-wing Katydid and Carolina Leaf-roller Cricket feed at night. Katydids eat the leaves of a large variety of plants, including many trees. Those adorable little Leaf-Rollers will surprise you: They climb into shrubs and trees to hunt for soft-bodied insects, such as aphids and caterpillars. Whether they also eat leaves is unclear. (This is a little-studied insect.) While sleeping during the day, Katydids are well-camouflaged from predators. Leaf-roller Crickets sleep in small shelters that they usually make out of leaves. This unusual behavior is the reason for their name. However, their most unusual talent is making silk!

The ability to make silk is not found in any of the relatives of Leaf-roller Crickets – not in katydids, crickets, or grasshoppers. There are some other insects that make silk, such as caterpillars, but Leaf-roller Crickets have evolved silk-making on their own, rather than inheriting the ability from a silk-making ancestor that they have in common with the other silk-making insects. The silk in all insects is held in liquid form in their bodies, and only hardens into a strand when it is squeezed out and contacts air. They are tiny, living caulk guns!

Most silk-producing animals use it for a similar purpose: survival. They hide from predators in silk shelters or surround themselves with it while they change into adults. There is no substance like silk: It can be as strong as steel, but lightweight and stretchy. Thus, only a small amount of silk is needed by Leaf-roller Crickets to "roll" or tie together leaves to construct their little shelters.

The unusual features of the Carolina Leaf-rolling Cricket seem strange, in part, because it is the only one of its kind in North America. Sharing the name "cricket" does not mean that they are related to the House Cricket or camel crickets that you might see hopping in your garage or basement. Indeed, Leaf-roller Crickets and House Crickets split apart from a shared ancestor over 300 million years ago! This was long before there were birds – a time when the calls of katydids and true crickets were probably the only animal sounds that would have been heard on land.

Answer: D!

You may have learned that crickets chirp by rubbing their legs together. Not so. True crickets make their calls like katydids do by brushing their outer wings together. Grasshoppers do not rub their legs together either. Grasshoppers make their calls by lifting their legs up and down rapidly, brushing a row of tiny teeth on the inner surface of the hind leg against a hardened wing vein.

Send your photos and ideas for topics to Ray at rvb@umich.edu.

What's that Ice?

Article and Photos by Richard Stromberg



Hoar Frost

Water in its solid forms shows up in many forms along PATC trails.

Snow is formed when moisture crystalizes around tiny dust or ice particles in the atmosphere if the air is cold enough. A snowflake is a single ice crystal that is large enough to fall through the Earth's atmosphere. Snow appears white in color despite being made of

clear ice. This is because the many small crystal facets of the snowflakes scatter the sunlight between them.

Sleet (aka ice pellets) starts out as rain but freezes in the air before it hits the ground. Sleet lands as ice pellets, not as crystals like snow.

Graupel starts in the atmosphere as a snow crystal. If the snow crystal falls through a layer of very cold air with supercooled (below freezing but still unfrozen) water droplets, those droplets will condense and freeze on the snow



Sleet

crystal. What ends up on the ground is a snow crystal loosely covered in frost or rime ice. Graupel balls are lighter and less dense than sleet which tends to bounce when it hits hard surfaces.

Hail is distinct from sleet and graupel, though they are often confused. It consists of balls or irregular lumps of ice, each of which is called a hailstone. Hail starts out when moisture



Freezing Rain

in the lower atmosphere is pushed vertically higher (often by a large thunderstorm) until it reaches air cold enough to cause it to freeze. When it gets heavy enough, it falls back toward the earth, usually attracting more moisture which freezes and forms a larger hailstone. In severe storms, a descending hailstone can be pushed back up where it accumulates more ice, falls, and gets pushed back multiple times. The more times this happens, the larger the hailstone. Sleet generally

falls in cold weather, while hail growth is greatly inhibited during low surface temperatures and is usually formed in warm weather.

Freezing rain starts out as rain and continues as such until it hits a cold surface and freezes. It freezes clear, and when this happens on a road it's called black ice, which is an extremely dangerous condition for drivers. Less than a quarter inch of freezing rain on trees can bring limbs or entire trees crashing to the ground due to the weight of the accumulated ice. Beautiful to look at, but to be avoided at all costs.

Any of the above conditions can make walking/hiking treacherous. Fresh snow becomes slippery as it melts and refreezes or is packed down.

Needle ice is a needle-shaped column of ice formed by groundwater. Needle ice forms when the temperature of the soil is above freezing ($0^{\circ}\text{C}/32^{\circ}\text{F}$) and the surface temperature of the air is below freezing. Liquid water underground rises to the surface by capillary action and then freezes and contributes to a growing needle-like ice column. For more details see William Needhams "Hikers Notebook" article (<https://hikersnotebook.blog/needle-ice-update/>).



Frozen Overall Run Falls

An ice ribbon, frost flower, or ice flower is formed when thin layers of ice are extruded from long-stemmed plants. The thin layers of ice are often formed into exquisite patterns, curling into "petals" which can resemble flowers. The sap in the stem of the plants will expand (water

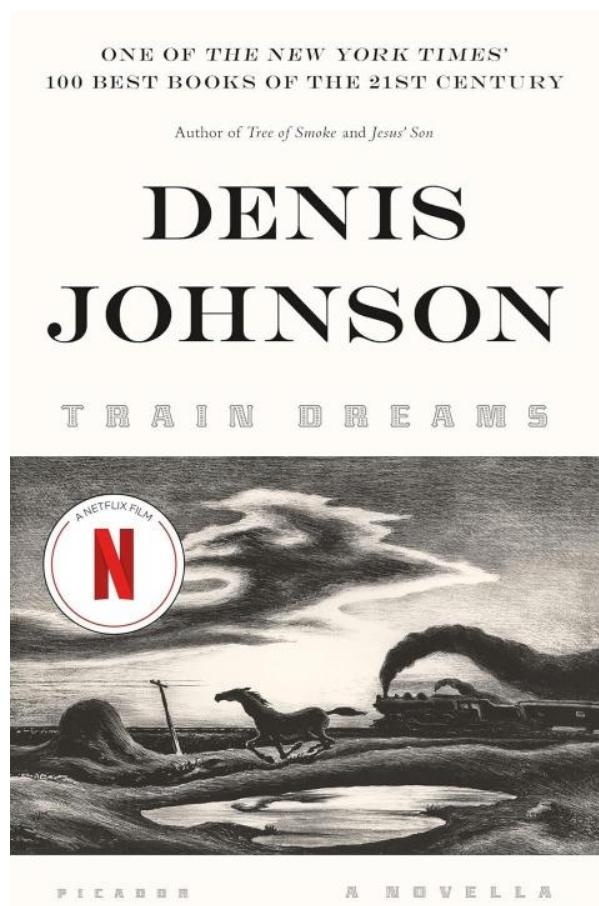
expands when frozen), causing long, thin cracks to form along the length of the stem. Water is then drawn through these cracks via capillary action and freezes upon contact with the air. As more water is drawn through the cracks it pushes the thin ice layers further from the stem, causing a thin ribbon or petal to form.

Hoarfrost forms when water vapor in the air condenses on cold surfaces on clear, windless nights. The hoarfrost crystals freeze directly from the vapor state and do not turn into liquid water in the process. It forms delicate needle-like crystals. It requires a surface colder than the surrounding air, which is why we see it more typically on thin branches, leaves, and needles rather than on trunks or rocks that have large surface areas relative to their volumes so they cool quickly relative to the surrounding air. Hoarfrost does not form from fog or low clouds. Fog consists of liquid water droplets, not vapor.

Rime ice forms in foggy or cloudy conditions when the water droplets in the air freeze on cold surfaces. While in the right conditions its crystals can resemble hoarfrost, most occurrences of rime ice will be thicker and will coat the entire surface more evenly. Rime ice crystals tend to resemble feathery snow crystals rather than needles, and, unlike hoarfrost, can build up over time as long as the foggy and cold conditions persist. Hoarfrost doesn't weigh down its host structure. Rime ice can build up enough to break tree limbs or down power lines.

An icicle is a tapering spike of ice formed when dripping water freezes as it falls creating a cone-like structure that grows longer and thicker with each layer of water. When temperatures fall near 0°F whole waterfalls can freeze.

Of course, the surface of any body of water can freeze when the temperature is low enough.



Keep Calm and Read On: Take Two

By Wayne Limberg

Netflix's film adaption of Denis Johnson's novella "Train Dreams" has garnered considerable critical acclaim and reignited the age-old movie vs book debate. Fortunately, we don't have to choose one over the other. The two versions complement each other. Paired, the two offer an excellent way to spend a cold winter weekend.

NPR rated "Train Dreams" as one of the top ten reads of 2010, and it is Denis Johnson's second book to find its way to the silver screen. The critics also hailed "Jesus' Son" in 1999, which was based on Johnson's collection of stories about lost souls struggling to find redemption in the netherworld of addiction and which has become a minor classic in 20th century American literature.

"Train Dreams" touches on another biblical source for inspiration, Job, as it chronicles of the life of Robert Grainger, a quiet, hard-working logger in northern Idaho. An orphan, he has vague memories of his mother but can't say exactly when he was born. He marries a local girl and builds a cabin in woods. They soon have a child whom he adores. He spends each spring and summer logging, returning home each fall with enough cash to last the winter. The narrator of the story in both the book and movie declares these years as Grainger's happiest. He is soon plunged into a world of grief and pain, the meaning of which Grainger struggles to grasp. Throughout, he fears that he is being punished for an earlier, original sin. Ultimately, "Train Dreams" becomes a story of coming to terms with the past and finding peace.

The director of the film, Clint Bentley, and his creative partner, Greg Kwedar, wrote the screenplay for "Train Dreams." They previously earned Oscar nominations for the script of "Sing Sing." For the most part they followed the general arc of Johnson's original story. However, they took some liberties. Fortunately, none detract from the story line; some even add depth and texture. The movie's opening scene of a train coming out of a dark tunnel into the light of the forest visually captures the book's theme of struggle and redemption, and Grainger's inner struggles remain the central focus of the movie.

Bentley and Kwedar, however, give greater play to changes in the logging industry and natural environment and their impact on Grainger's life. In the book, Grainger changes jobs largely because of his age and declining physical condition; in the film, it is more a matter of industrial changes such as clear cutting and mechanization. The logging Grainger loved with its small, close-knit crews, and crosscut saws yields to the search for higher profits. Early in the film, the death of a logger sees the crew gathering around the campfire with a bottle of whisky to remember him. When three loggers are killed later in the movie, they are quickly buried; the only memorial is their boots nailed to surrounding trees as the men get back to work. In one of the most poignant scenes of the movie, Grainger tries but fails to start a new chainsaw and is sent back to his crosscut. In one of the film's bigger departures from the book, Bentley and Kwedar swap a tough widow Grainger is helping for a young USFS ranger on her way to a new job at a fire tower.

With one exception, the cast of the movie does not have any major stars. The exception is William H. Macy, who makes a cameo appearance as an old logger who spends most of this time avoiding work and telling stories. His turns of phrase are gems, and his character brings a touch of comic relief. The real star of the picture, however, is Joel Edgerton, an Australian actor whose previous films include "The Great Gatsby." As Grainger, he turns in a masterful performance, appearing in nearly every scene of the movie. His restraint and mastery of the unspoken word brings to mind the likes of Paul Newman or Gene Hackman. His casting as Grainger seems fated as he wanted to get the film rights to the book when it first came out. When "Train Dreams" debuted on Netflix, he immediately became an odds-on favorite for an Oscar nomination.

Another potential Oscar winner is cinematographer Adolphe Veloso. Veloso's filming of a wildfire is epic while the scenes of the land returning to normal visually underscores the book's and movie's underlying theme of redemption. Most of the movie was filmed outside in natural light, giving it a rich, haunting darkness and authenticity. The portrayal of life and work in the logging camps comes complete with widow makers, saws and axes, though some may question why Grainger abandons his double-bit Michigan axe for a pulaski or how in the aforementioned scene, he tried to start a chainsaw that in the late 1920s had yet

to be invented. But these are rather small points that should not detract from what in the end is a great adaptation of a fine read.

A word of thanks to readers who have sent in recommendations for future reviews. If you have a good read, send it along to wplimberg@aol.com. Meanwhile, keep reading—and watching. See you on the trail.

SNP Trail ISO Co-Maintainer – Lower Pass Mountain

By Tom Moran

The lower section of Shenandoah National Park's Pass Mountain Trail needs a co-maintainer. This section is about 1.3 miles, and is easily accessed from a large parking area on the side of Rt. 211 where the segment begins. There are no stream crossings and the elevation change is a moderate 730 feet. Pass Mountain Trail is popular due to its accessibility and that it provides the best access to two rewarding areas to hike off-trail—Oventop Mountain ridge, which features exposed rock formations with views to either side of the ridge, and the Butterwood Branch area which was well populated in the era before the park was formed. The parking area is less than 5 miles from Sperryville and its helpful amenities.

While much of the trail is open and requires light maintenance, due to the demise of large shade trees the first 50 yards or so of the trail beginning at Rt. 211 becomes overgrown and requires several visits annually to clear the weeds. The first half of the trail section, including the beginning segment, is non-Wilderness and thus powered weeders can be used. At about the mid-point of the section, there is a stretch perhaps 100 yards long that is overgrown with vines that occasionally pull smaller trees down across the trail. A maintainer should be prepared with loppers and hand saws to deal with issues in the section. Larger blowdowns can be reported for follow up by crosscut crews. This area is Wilderness, so hand tools only are permitted to be used.

If you are interested in learning more about the opportunity available on the Pass Mountain Trail, contact District Manager **Tom Moran** at twmoran19@gmail.com.

Help Wanted

Wood Sign Maker- contact John Hedrick at C 703-403-1479,

jhedrick@erols.com

Shelter Volunteer

Henry Horn ~ 301/498-8254, shelters@patc.net

Rocky Run Shelter [Original] ~ PATC Map 5-5

Paul Gerhard Shelter ~ PATC map F

District Manager

Co- District Manager ~ Tuscarora Central [Map L]

Bill Greenan, wpgreenan@yahoo.com

SNP North District Blue blazed ~ Map 9

Tom Moran, (703) 715-0050, twmoran19@gmail.com

Dickey Ridge Trail ~ Low Gap to AT (2.2 mi)

Fork Mountain Trail ~ Co ~ Piney Ridge Trail to Hull School Trail (1.1 mi)

Jeremys Run Trail (middle) ~ Co ~ 8th Ford of Jeremys Run to junction Knob Mt. & Neighbor Mt. Trail (2.7mi)

Pass Mountain (lower) ~ Co~ "break point" to US 211(1.32 mi)

Piney Branch Trail (upper) ~Co~ AT to Power line (2.2mi) (bottom needs help)

Piney Ridge (upper) ~ Co ~ Service Rd. by Range View Cabin to Fork Mountain Trail (2mi)

Sugarloaf Trail ~ Co ~ AT (Hogback Mt.) to Pole Bridge Link Trail (1.4 mi)

Tuscarora Trail ~ SNP Boundary to Thompson Hollow Trail (1.5 mi)

SNP Central District Blue blazed [north] ~ Map 10

Patrick Wilson ~ pwilson@hsc.edu

Eugene "Buz" Groshong ~ 540-522-6749, buzgroshong@verizon.net

Josh Fuchs (703) 346-4842, jrfuchs48@gmail.com

Corbin Cabin Cutoff from AT to Nicholson Hollow Trail at Corbin Cabin (1.4mi)

SNP Central District Blue blazed [south] ~ Map 10

John Hedrick ~ 540/987-8659, jhedrick@erols.com

Rock Spring Parking/Cabin/Hut ~ Rock Spring Parking to AT/AT to Rock Spring Cabin & Hut (.2mi)

Rock Spring Cabin/Hut Spring Trail ~ Rock Spring Cabin & Hut to spring (.1mi)

SNP South District Appalachian Trail ~ Map 11

Bob Pingry ~ 434-981-5094, bobpingry@gmail.com

AT ~ Co ~ Loft Mtn Camp Store trail to Loft Mountain Amphitheater trail (1.3)

SNP South District Blue blazed ~ Map 11

James Surdukoski ~ 434-459-1122, buslsurdukowski@gmail.com

Brown Mountain - Brown Mountain Summit to Big Run Portal Trail (3.5 mi)

Gap Run Trail - Junction of Rocky Mount Summit Trail to bottom of Gap Run (1.50mi)

Pennsylvania Tuscarora ~ Maps J & K

Chris Firme ~ 717-794-2855, bncfirme@innernet.net

Dave Trone ~ 717-778-1308, traildavidt@gmail.com

Pete Brown 410-207-2921, trailpete@gmail.com

PA Tuscarora [J] ~ Fowler Hollow shelter to Hemlock Rd (2.2mi)

PA Tuscarora [J] ~ Mountain Rd. to Jct. PA 641 (6.2mi)

PA Tuscarora [K] ~ Alice Trail to Yellow Blazed Trail (4.2mi)

PA Tuscarora [K] ~ Yellow Blazed Trail to PA 456 (6.7mi)

Tuscarora Central ~ Map L

Bill Greenan ~ wpgreenan@yahoo.com

Co-District Manager needed!

Tuscarora Trail ~ Burnt Mill Bridge to Lutkins Passage (3.2mi)

Tuscarora Trail ~ Meadow Branch to Eagles Nest Parking (2.2mi)

Tuscarora Trail ~ Eagles Nest Mt. Parking Lot to Meadow Branch Trail (3mi)

Tuscarora Trail ~ Lerrick Overlook to Lucas Woods Trail (2mi)

Tuscarora Trail ~ Sleepy Creek Registration to Hampshire Grade

Road (5.6mi)

Tuscarora Trail ~ Hampshire Grade Road to High Rock (2.7mi)

Tuscarora Trail ~ Co ~ Lucas Woods Trail to Powerline (3.5mi)

Tuscarora Trail ~ Sleepy Creek WMA Border to VA 671 (Shockeysville Road) (4.1mi)

Tuscarora Trail ~ US 50 (Back Creek) to Gore Access Trail (1.3mi)

Tuscarora Trail ~ Co ~ Powerline to Dry Gap (3.5mi)

Devils Nose Connector Trail ~ Devils Nose Parking Area to Tuscarora Trail (.5mi)

Spruce Pine Hollow Trail ~ Tuscarora Trail to Spruce Pine Hollow Park Trailhead (.10mi)

Massanutten South ~ Map H

Paul Boisen, (540) 246-5662, paulboisen@hotmail.com

Massanutten South Trail ~ Pitt Spring to Morgan Run Trail (1.4 m FR 65) (3.3mi)

Roaring Run Trail ~ Catherine Furnace to TV Tower Road (3.8mi)

Pitt Spring Lookout Trail ~ Massanutten South Trail to lookout point (.27mi)

Great North Mountain ~ Map F

Mike Allen ~ 540-333-3994, michaelallen0056@gmail.com

North Mt. Trail ~ Stack Rock Trail to VA 720 (4.3mi)

Stack Rock Trail ~ Forest Rd 252 to North Mt. Trail (1.5mi)

Long Mountain Trail ~ Trout Pond Trail to FR 1621 (4.4mi)

Big Schloss Trail ~ 2.3 Mile Marker of Mill Mt. Trail to Big Schloss View (.3mi)

Mill Mt. Trail ~ Wolf Gap to Big Schloss Cutoff Trail (2.8mi)

Gerhard Shelter Trail ~ Tuscarora Trail to Vances Cove (1.5mi)

North River Map-National Geographic Trails Illustrated #791

Lynn & Malcolm Cameron, (540) 234-6273, slynncameron@gmail.com

Braley Pond Loop ~ 491, 496, 654 from Braley Pond Parking to Braley Pond Parking (3.6 mi)

MD Montgomery County Parks ~ Map D

Lynn Gallagher ~ (301) 320-4862, or lynn.t.gallagher@gmail.com

Cabin John Trail ~ Seven Locks Rd to Tuckerman Lane

Prince William Forest Park

Dennis Calhoun, 703-583-4386, dennis_calhoun@comcast.net

Carl Nicholson, 703-314-6365, cwnicholson@gmail.com

South Valley from Scenic Drive [3rd Intersection] to North Orenda Road (1.1 mi)

Maryland National Battlefield Parks – Antietam & Monocacy

Mary Ann Lepore ~ H 814-942-0670, C 814-327-8526

shastalepore@msn.com

Antietam NBP

Final Attack Trail ~ Burnside Bridge to Snavely Ford Trail (1.74mi)

Monocacy NBP

Junction Trail (1.mi) plus Best Farm Trail (1.5mi)[one maintainer for both trails]

Worthington Farm Trail ~ Worthington House to through [including] Ford Loop (1.6mi)

Brooks Hill Trail ~ Worthington House to High Water Bypass Trail (1.9mi)

Gambrill Mill Trail (.5mi) plus Dam Ruins Trail (.3mi) [one maintainer for both trails]