



# THE FOREST FRIEND

SUMMER 2023 EDITION



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*"I thank you God for this most amazing day, for the leaping greenly spirits of trees, and for the blue true dream of sky and for everything which is natural, which is infinite, which is yes."*

*- e.e. cummings*

*"Nature is pleased with simplicity. And nature is no dummy."*

*- Isaac Newton*

**KSF Foundation**

**7500 Kanawha State Forest Drive  
Charleston, WV 25314**

## Letter from the Chair

By John Hughes

### Who said “Ain’t no cure for the summer time blues”?

Summer time is one of the best times of year to enjoy Kanawha State Forest. The forest offers everything a family can enjoy. Hike under the canopy of the trees, picnic at one of the shelters, camp in the campground, shop at the gift shop and now you can horseback ride on the park’s back roads. With the cooperation of the DNR and new stable operators, the stables have been upgraded and opened for business.

With the onset of Summer, the forest’s big event is just around the corner. **Rock the Park ’23** will take place **August 19<sup>th</sup>** on the lawn in front of the park office thanks to the sponsorship of the Kanawha State Forest Foundation and WV Culture and History. This year, Kanawha State Forest will host rock and blues music provided by Heavy Hitters, Minor Swing, Emmalea Deal & the Hot Mess, Jim Snyder, and Three’s Company Blues. The event will start at noon and go until 5 pm. Mark your calendar and don’t miss this event.



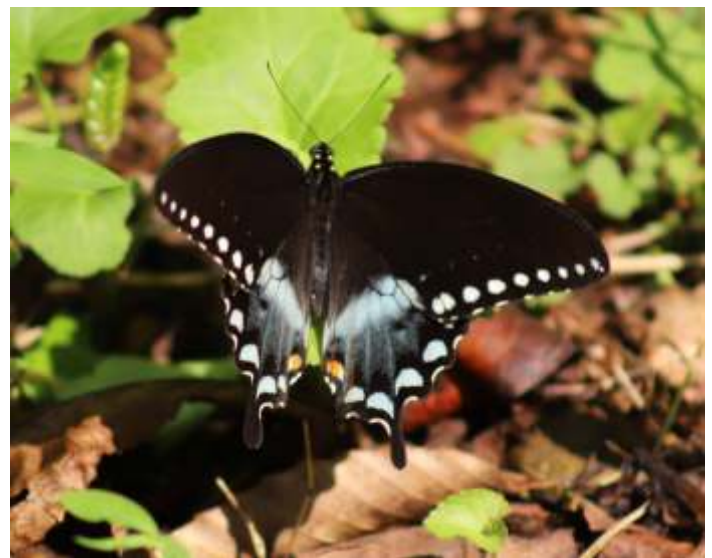
On August 12<sup>th</sup> the trail committee will be dedicating the new Middle Ridge Trail connector located at the top of 4 mile. This connector is phase one of making Middle Ridge Trail a 13-mile user friendly trail. Special thank you to major donors Bob & Ann Orders, Greater Kanawha Valley Foundation, WV

American Water and all other donors for their support. The foundation is still working with WVDEP to secure the funds the state gave us to complete the final front section.

Kanawha State Forest Foundation has been working hard to improve our services to our members. The Foundation website has been upgraded thanks to Luanne McGovern, please check it out at **KSFF.org**. You can find past newsletters, current and past events, photos and more. This year’s outdoor classrooms have been a huge success thanks to Dr. Rebecca Linger and the Kanawha Valley Master Naturalists. The grade school kids had a great time learning about owls, bears, insects, trees, plants, and stream ecology.

So beat the heat and get out and bike, hike, run, picnic, camp, horseback ride but by all means enjoy Kanawha State Forest!

If you didn’t know the answer to the title of this message, Eddie Cochran wrote and sang Summertime Blues in 1958 and the WHO did it in 1968.



Spicebush Swallowtail  
*Papilio troilus troilus*  
Photo by Dale Porter

The above photo was taken in the arboretum. The most common larval hosts for the Spicebush Swallowtail in West Virginia are spicebush and `sassafras, both of which are present in the arboretum.

## Introducing Tiffany Jarrett

Hi, my name is Tiffany Jarrett. I'm originally from Craigsville, Nicholas county. it's a small town with only one red light, where I grew up and helped take care of my grandma. I recently just moved to Charleston. I graduated from Richwood High School and completed the forestry program at our Votech in 2012. From there I went to Glenville State College (University). I graduated in 2016 with a BS in Natural Resource Management with a minor in Environmental



Science and an AS in Forest Technology. My interest in nature education came from visiting the cranberry glades and nature center on the Monongahela National Forest as I child. I loved learning about the diverse environment and animals at the nature center. I wanted to spread knowledge and happiness like the rangers showed me. My goal as the naturalist for Kanawha State Forest is to bring more people into the forest and get them excited to learn about nature. I want the guest to feel welcome and make them happy. I want to leave a mark so they will come back to make more memories and learn why nature is so important. My favorite part of the forest is the nature center and arboretum because I love trees.

## Meet Squirt! The Nature Center Turtle

*By Rebecca Linger*

There is a permanent resident in the Nature Center who is thriving just swimmingly. Squirt is a red-eared slider of indeterminant age. He came to the Nature Center from Marshall University, where he lived along with two of his "sisters." The other turtles were adopted by a member of the Forest Staff, but Squirt lived in the previous nature center in a very small aquarium, without access to dry land. The naturalist at the time realized that he needed a better enclosure with opportunities to roam and "slide," and to that end built the current 100-gallon, 20 square foot habitat.

Red-eared sliders are native to our area and due to their ability to reproduce, they are not threatened or endangered. In other areas they are considered an invasive species and are a nuisance to our neighbors to the southeast of us. Sliders are so named due to their behavior of sunning themselves on rocks adjacent to the water, then, when threatened, they slide into the water and swim away.

You may be familiar with red-eared sliders. They are commonly sold as hatchlings for pets. Unfortunately, owners often tire of this long-lived pet and release them into the wild, hence the invasive nature of the species. Red-eared sliders can live as long as 30 years in the wild, and up to 40 years in captivity.



Most turtles carry bacteria that can make humans sick. Red-eared sliders are no exception. They can convey salmonella and leptospirosis. It is important to remember to wash your hands after handling any turtles, even the box turtle you've moved out of the road.

So, the next time you're in the Forest, stop by the Nature Center and say hello to Squirt. He's a friendly fellow, just keep your hands away from the water. He thinks your fingers are sausages!



**My Favorite Trails**

*By Wayne Stevens*

*Photos by Wayne Stevens*

Hiking is one of my favorite activities and I have hiked all trails in Kanawha State Forest a minimum of three times with the exception of Bays Fork, which I've hiked only one-third of the trail. Of all the trails the following are my favorites.

**Rocky Ridge** is one of my favorites due to the beautiful rock formations along the ridgetop. The limestone rocks and large trees accentuate the beauty of the area. To access the trailhead, park in the lot at Johnson Hollow, with shelters 6, 7, and 8 on the left and walk across the main road. The trail sign is located by the utility area on the left. It can also be accessed by following Pigeon Roost Trail and bearing right at the intersection with Rocky Ridge.

**Beech Glen Trail** is located approximately nine miles from the mouth of Polly Hollow. Hikers can walk Polly Road with eleven creek crossings or follow Polly Trail with beautiful views of Polly Hollow, especially when there is snow. Be sure to take the unmarked turnoff to the road to reach Beech Glen Trail. Beech Glen trailhead is located on the left side of the road. It is a beautiful trail with many beech trees and one area that is at least 70% beech trees, hence why it is called a glen. A huge rock wall formation is near the top section of the trail. The intersection with Wildcat Trail is close and can be used to return to Dunlop Hollow and back to Polly Hollow.



**Rocky Ridge**



**Rocky Ridge**



**Rocky Ridge**

**Wall Fork Trail** will lead you to the best areas of the Old Growth Forest at KSF. The trailhead is located across the creek by the shooting range. Follow the yellow blazes through a beautiful valley with a huge rock I call ship rock due to its shape. Continuing along the trail, you'll see the trees increase in size. Located near the top are some of the biggest trees in the Forest. I was amazed the first time I saw them. Continue to the top and you will be at what I believe is the highest point in the Forest at 1,590 feet elevation. The out and back distance is approximately 5.8 miles.

**CCC Snipe Trail** is located behind the headquarters building at the Forest. This is an interpretive trail that helps explain the Forest's coal mining history. A base for a coal tippie is located at the beginning of the trail. An old, sealed mine is located near the end of the trail. Signs near the mine give information about the mine and the people who worked it. A spring near the mine continues to flow, even during the driest weather.

Forty nine trails are located in KSF and all have unique characteristics and all are beautiful.

## Nature's Medicine Cabinet

By Rebecca Linger

Photos by Rebecca Linger

### Yarrow - (*Achillea millefolium*)

The scientific name of this plant belies its medicinal use. *Achillea millefolium* might make you think of Ancient Greece's great warrior Achilles, who led his army to victory over the Trojans. Herodotus, the great historian, tells us of Achilles' use of a beautiful white flower that was used as a poultice to staunch the flow of blood from grievous wounds. He wrote of the yarrow in this case, and the plant does contain achilleine, a compound that is styptic in nature. The aerial parts of the plant also contain betonicine, azulene, which have anti-inflammatory properties. A tea can be made from the flowers and leaves that will treat upper respiratory infections. The white flowers display in a corymb and are rather flat-topped and start blooming in late spring and last until fall. The leaves are quite feathery and stand erect in multiple stems. The plant is easily cultivated and makes a nice addition to a wildflower garden.



### Joe Pye Weed (*Eupatorium purpureum*)

One of the common names of this plant can tell you how it can be used in the body. Joe Pye Weed, or gravelroot, adheres to the Doctrine of Signatures, where the shape of a plant or where it grows can tell you what part of the body it can treat. With Joe Pye Weed, you will find this plant growing in swampy ground, often with its roots in the gravel of a stream. Compounds in the roots are thought to help dissolve kidney and bladder stones (the gravel of the body). Although the plant can grow quite high (up to 10 feet), Joe Pye weed is a favorite of butterflies and a good plant to leave if you find it growing wild on your land.



## Kanawha State Forest Foundation Membership Renewal

We ask our members to renew their membership each year in January. If you have not recently done so, please renew your membership now. An Individual Membership is only \$15.00 and a Family Membership is only \$25.00. Members can do so by writing a check payable to Kanawha State Forest Foundation and mailing it to:

John Fischer, Treasurer  
100 Wills Drive  
South Charleston WV 25309

You can also pay conveniently online with a credit or debit card by going to the Membership Tab on the Foundation's website - ksff.org

Donations are always appreciated so we can continue our educational programs and various improvement projects at the Forest.

Thank you for your continued support of the Foundation.

### History Brief - Dale Porter

The New Dominion, September 2, 1882, Page 1, Column 2, Morgantown, W. Va.,

### The Outlook of the Kanawha Valley, *Kanawha Gazette*

The present out-look for the Great Kanawha Valley is now very promising.

On Davis Creek, 4 miles below Charleston, a standard gauge railroad with steel rails is being constructed from the Great Kanawha River to the black band iron ore and coal deposits, on the head waters of Davis Creek. This black band iron ore crops out also on the Coal river side of this mountain.

At the mouth of Davis creek, the same company is erecting a furnace where iron will be made from this black band ore. Both the Davis Creek furnace and railroad will be completed this fall. Boston capitalists are doing this work and own 3500 acres of land on Davis Creek.

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### NEWSLETTER ARTICLE SUBMISSION

- When submitting articles for the newsletter, please submit photos as separate files. Do not embed them in the article. It makes it very difficult or impossible to place in the newsletter format.
- Please identify the photographer.
- Identify persons featured in photo when possible.
- Submit articles and photos by deadline.

The Foundation reserves the right to accept or reject any article submissions.

**Deadline for Fall Edition of the  
*Forest Friend* is October 10, 2023  
for early November publication.**

### The Forest Friend

Edited by Rebecca S. Linger  
Layout by Dale A. Porter

We are looking for a volunteer to take over the layout of the quarterly newsletter. If you are interested, please contact Rebecca Linger.

