

Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Summer 2024 • Volume 62 • Number 3



Volunteer issue:

French Creek SP trail maintenance

Saucon Rail Trail garden

Kirkridge AT shelter privy

Communication volunteers needed

Plus:

Meet this year's Ridgerunner

Climate Change dangers

100 milers and top leaders

No more *Footnotes* after the 2024-25 winter issue

After 62 years, our newsletter will be going away!

That is unless someone steps up and volunteers to be the new editor. By then I will have completed 80 issues of this quarterly publication. It is time that someone else takes over.

You do not have to do it the way I do. It can be produced in a word processor such as Microsoft Word, Apple Pages or Open Office, which is free and better than either of those.

You will need reasonable language and organizational skills, and the willingness to put some effort into the newsletter. You will be rewarded with a chance for self-expression and creativity. I will mentor and guide you during the transition. *Eric Pavlak, Editor, .eric@outings.org*

We need a web content manager

A great opportunity to be creative and enhance your skills and expand your experience! Things that you can use in your day job.

We need a volunteer to assist our webmaster in managing and updating our chapter website.

In addition to this you will be responsible for the ongoing blog posts and updates to copy/text, images and graphics across the website. You have a lot of opportunity to use your creative juices (within the branding guidelines of course) to make the website an awesome place for the community members.

For more information, contact our webmaster Raun Kercher at webmaster@amcdv.org.

Ridgerunner 2024, John Czartorijskij

John Czartorijskij, this year's AT Ridgerunner, works a 40-hour work week on the trail that includes weekends through late summer. He is an AMC seasonal employee whose job is to meet and greet trail users, educate them about Leave No Trace, all the while helping to preserve the unique trail experience for future generations.

The Ridgerunner program on the Appalachian Trail is now in its 32nd year. Our chapter and the larger AMC, along with neighboring clubs, have been directly involved in supporting this program in Pennsylvania for all of those years,

The program has been coordinated by the Appalachian Trail Conservancy (ATC) and the National Park Service, with a continuing grant from the Pennsylvania Department of Conservation and Natural Resources from the Land and Water Conservation Fund.

The section of trail covered stretches 43 miles in northeastern Pennsylvania from the Delaware Water Gap to Lehigh Furnace Gap, and includes Wind Gap, Little Gap and Lehigh Gap. It includes 24 miles of the trail maintained by our DV Chapter.

There are two other ridgerunner programs on the AT in Pennsylvania, one in the Cumberland Valley and the other in southern PA near Michaux State Forest.

John thru-hiked the trail in 2022, and he brings that enthusiasm, knowledge and experience to the job.

— Bill Steinmetz

Leader Appreciation Picnic and Campout, Saturday July 13, Green Lane Park

Free, all leaders invited! Plan to be there!

Leaders! We appreciate all you do! Registration is open for our leader appreciation picnic with optional campout that will be held on Saturday, July 13 in Green Lane Park. This special event is for active leaders as well as inactive leaders who would like to start leading again! There will be free food, fun, discussion, give-aways and short info sessions. Details are in ActDB and will be emailed to leaders via the Leader Line.

If you aren't yet on the Leader Hotline, go to <https://amcdv.org/leadership/leader-hotline>. Registration is required for this event. Please register with Leadership Chair Mary Toomey at leadership@amcdv.org and note whether you'll attend the picnic, camp-out, or both. We hope to see you there!

— Mary Toomey, Leadership Chair

Piljo Yae photo.



Appalachian Footnotes

news from the

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Volunteers keep park trails hiker ready

By Susan Weida

A huge multiflora rose bush was growing into the walking space of the popular Boone Trail in French Creek State Park. The bush towered over the heads of the trail work crew. Multiflora rose (*Rosa multiflora*) is an extremely vigorous plant invading natural areas of the northeast United States. The goal for the trail crew that day was to remove growth that was directly impacting the trail path. Working to manage this invasive was a good introduction to trail maintenance for that day's trail crew, most of whom were first time trail workers.

Jay Gross is the leader and organizer of AMC trail care in French Creek, where his passion for maintaining and building trails is put into action. In addition to doing much of the work himself, Jay actively strives to educate and engage those who participate in hikes he leads to take the next step and work to keep the trails in good shape.

Jay posts trail work events in the park on the AMC-DV website and also on the AMC-DV Meetup site to reach out to a wide community. On this early June day, he had a crew of four women with little or no experience in doing trail work. They were there because they enjoy hiking in the park, many with Jay on his popular Sunday morning hikes. Jay's role with the group that day was to instruct them in trail maintenance principles and provide a lively bit of encouragement as they worked. His instructions with managing the multiflora invasions were to "focus on anything that grows in or near the trail and cut as close to the base as possible."

As a first time trail worker for the day, Ann said that she came to do trail work to give back to the park where she enjoyed many hours of hiking. Jay noted that he became a trail work leader in the park for the same reasons.

He has been leading hikes in French Creek for more than seven years and thinks it is an ideal place for weekly hikes due to its 40 miles of trails within in the park and more than 70 miles when the trails in Hopewell Furnace National Historic area and several adjacent natural areas are included. This allows him to create a wide variety of hikes.

All the miles of trails also create the huge challenge of keeping the trails open to hikers. Jay works closely with park staff to make sure the trail crew efforts are coordinated with the park needs.

One of the staff he works closely with is Jared Brandt, a park ranger and naturalist. Jared noted that although the park has a dedicated maintenance crew, these employees have many other tasks in the park, such as maintaining buildings and camping areas. These needs often take precedence over maintaining trails. In addition, many of the paid staff are seasonal and not available to do some of the important work the volunteer crews do in the winter.

Jared repeated his appreciation of the volunteer trail workers and crews multiple times. In addition to maintenance, the volunteer crews work with the park in building and re-routing trails and graveling hot spots on trails where there has been erosion. Those who are trained as sawyers often clear blowdowns on very short notice.

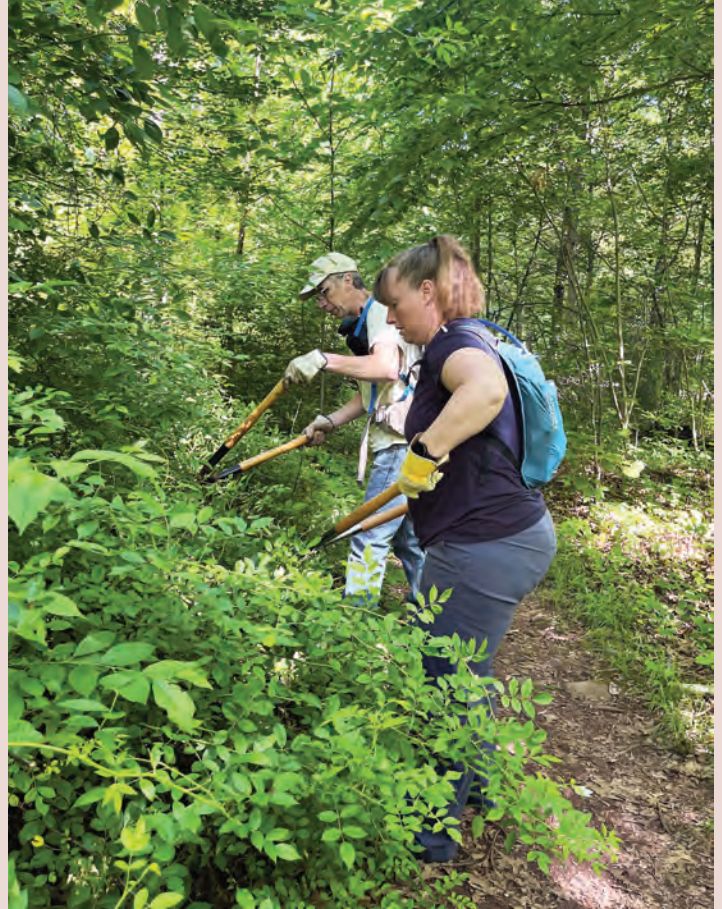
Close communication with park rangers is needed, as French Creek also has sensitive areas where trail crews need to take special care. The Six Penny area of the park has many rare and sensitive plants which require a specialized approach to trail work. There is also much fascinating history in the park which requires trail crews to engage in special care. This includes CCC (Civilian Conservation Corps) sites and evidence of a free antebellum African American community with ties to the Underground Railroad and the charcoal industry. The site is currently being studied by a professor and students at Muhlenberg College.

"People don't realize who maintains the trails, they think it is paid staff doing the work," noted Jared.

Jay's efforts to provide an entry to trail work by engaging people who love to hike in French Creek is a great way to bring more people into service keeping those trails clear and ready for all to enjoy.

If you want to participate at French Creek or at any of the other locations our chapter serves, look for an opportunity on the DV activities calendar or our Meetup site to join Jay or one of our other trail crews as a volunteer.

The trail workers that morning made good progress in controlling the invasion of that huge multiflora rose bush onto the Boone Trail, and then moved on to the next area needing work. Smiles and sweat were all part of a job well done.



Heather O'Donnell and Jay Gross cut back invasive plants along a trail in French Creek State Park. Susan Weida photo.

Volunteers create and maintain native plant garden at Saucon trailhead



By Joanie Schultz

The Saucon Rail Trail Native Plant Garden was created in 2014 by a team of Penn State Master Gardeners with a vision.

Maryann Snyder, a newly minted Master Gardener at the time, remembers seeing a huge bed of invasive Japanese stiltgrass growing at the trailhead site, and imagining that it could be replaced by a meadow consisting of native plants, providing what she hoped would be an opportunity for teaching. She and the other gardeners got to work weeding, digging, laying cardboard, and soon the meadow was created and new insects were attracted.

"I wanted to make a difference," she said. With the native plant meadow thriving, "There was much more life out here, but it was still not really teaching."

In 2022, Snyder's team transformed what she called "a random meadow" into a native plant garden, with paths and signage allowing visitors to closely view and identify the plants growing there. Many new volunteers were added to the roster.

Today, a true community has grown up around the garden, allowing even folks who are new to gardening to learn about plants. Snyder will often teach a proper planting technique or distribute the specific tools to get at different kinds of roots. Sometimes she shows newbies a sample of the certain weed to be found, pulled and tossed into the weed bin that day, saying, "It's like a treasure hunt."

Helping to maintain the garden offers social and emotional rewards, Snyder said. "It's fun to be with new people, out in the fresh air."

Becoming a Master Gardener requires passing an exam after 40+ hours of classroom work and 50 hours of volunteer service. But it doesn't stop there. Ongoing hours of training and volunteering each year are needed to stay current in the program. Snyder says she views her proficiency as a responsibility to share the wealth of her research-based knowledge and information with others.

The term "native plant" refers to those plants that grew in North America before European settlers arrived. They attract pollinators and share a mutually beneficial relationship with wildlife, especially insects. Some insect species are known as "specialists" because they look for specific native plants as food sources. Probably the best-known example of this is the monarch butterfly and its host, the milkweed plant.



Monarch butterfly caterpillars are specialists that find milkweed species *Asclepias tuberosa*, commonly known as butterfly weed, in the garden. Maryann Snyder photo.

Native plant garden, continued from the previous page

Snyder explains how the interrelationship between native plants and insects spills over into a wider swath of nature. For example, moths and caterpillars, which are attracted to the native plants, then become the soft protein food that birds need to feed their babies.



Maryann Snyder points out the water retaining features in the stem of the *Silphium perfoliatum*, or cup plant.
Joanie Schultz photo

"It's more than just beauty. One small act contributes to the health of the planet," she said.

After years of enjoying traditional gardening, Snyder said her eyes were opened to the benefits of native plants and the relationship between plants and the creatures around us. "I always loved gardening, but when I learned that the plants being used were mostly from Europe and not doing anything to support life, I switched over. I had to change the way I garden," she said.

For backyard gardeners, using native plants brings activity and movement to the yard. "Non-native plants do about as much for the life within a garden as a statue," she jokes. "Attractive, but not helpful."

Researchers have shown that increasing native plants anywhere can attract insects for their whole life cycle, according to Snyder.

"An oak tree may be a host plant to a species that lays its eggs on it, then the egg hatches and the insect eats the oak leaf," she explained.

Introducing others to the wonders of native gardening is a passion for Snyder, and her face lights up when she talks about her community involvement with the Saucon Rail Trail garden.

"People discover us; they find us," she said. She relates a story about the neighbor who had long admired the garden in passing, and how he decided to pitch in as a helper after he retired. She describes a woman she calls "a special friend of the garden," who drives almost an hour to help the garden in a myriad of ways, volunteering and providing financial support.

Snyder is a former professional educator whose career included working with kids in adventure-based counseling. She says it's important to draw kids outside, and whenever children stop by the garden on weekends, the volunteers often stop their work to engage with the kids.

"I'm a kid at heart, so I'm all about this!" Snyder said. She smiles broadly as she describes the delightful young children who live across the street from the garden, who call out greetings to volunteers as they work, and visit the garden with gifts of hand-made drawings and crafts related to the plants and insects.

Volunteers come to the garden according to their own availability, and that's fine with Snyder.

"Sometimes it's the right time for people," she explains.

Among the helpers, there's Christine, who was previously employed as a professional gardener at the Shakespeare Garden in New York City's Central Park. Then there's Joanna, a willing worker who shows up with her dog, Benji, prepared to take direction for the tasks of the day. There is a place for everyone, with diverse strengths and backgrounds.

"The garden draws people together who share an interest in gardening, of different expertise," said Snyder. "It's a work in progress."

As a leader, Snyder believes in teamwork and humility, and tries to give inspiration to the volunteers and continue to make it fun. She says folks who tend the garden form social connections and support one another.

"Native plants don't scream at you. People who volunteer love being outside and examining things closely," she notes. "If dragonflies appear, they take a moment to appreciate."

Snyder stops to marvel at a perfectly formed spiderweb, and as we watch, the spider quickly chases and catches its prey. She points to an ordinary looking plant at the corner of the garden, called a cup plant, a member of the Aster family, which she says will produce a big bloom later in the season.

"See, it's like a little bird feeder," she said, as she pulls the leaves back to reveal the structure of the stem which holds dozens of tiny puddles of dew to provide a natural water feature for pollinators.

Snyder sums up her hope for the native plant garden as "a place for learning about native plants and habitat gardening, and an experience to connect volunteers and the public in general to their community and the natural world."

The Saucon Rail Trail garden is located at the Reading Drive trailhead adjacent to the multi-use Saucon Rail Trail, a popular biking and walking destination that offers varied scenery, history and interesting geological features.

To learn more, visit <https://sauconrailtrail.org>.



A community of volunteers works together to create and maintain the garden. Maryann Snyder photo,



The new privy at the Kirkridge Shelter on the AT was built by our trail work volunteers

By Greg Bernet, Trails Chair

The Delaware Valley Chapter officially took over the responsibility for a new section of the Appalachian Trail last year between Fox Gap and Delaware Water Gap, PA, including the Kirkridge Shelter and privy (outhouse).

We immediately went to work and performed trail maintenance and improved the blazing. We completed the corridor monitoring with new volunteers, and we staffed the group of shelter stewards who take care of the shelter and privy with some new volunteers and some regular stewards from the Leroy Smith Shelter. They did a great job maintaining the shelter.

The one sore spot, however, was the privy. This old structure was not doing its job anymore, and we were constantly hearing complaints from thru-hikers and reports from the Ridge-runner that the thing was often overflowing. We decided it was time to build a new one.

With financial assistance from the Appalachian Trail Conservancy and the technical knowledge of Lee Mott, a regular volunteer for the AT in New Jersey with the New York-New Jersey Trail Conference, we began work in September of last year. Lee, Andy Marzano, Paul Benson and I graded the site by digging, removing many rocks and leveling the soil. Lee, Paul, and I returned in November to build the base of this double-wide composting privy. We were joined by Mike Saft, another regular Trail Conference volunteer with carpentry experience.

Luckily for us, Lee Mott has already built at least eight privies for the AT in New Jersey, so he knows what he is doing. While we waited through the winter season, Lee was busy at his home in Milford, PA, building the frame for the privy with the help of Mike.

continued on the next page



Privy, continued from previous page

Come spring time, Lee and Mike loaded the frame pieces on Lee's truck, hoping not to be noticed, for the height and weight may have bent some regulations. They brought them to Kirkridge where Paul Benson and I joined them for the construction. We worked an entire day each week of May and completed the construction.

The next steps are painting the inside and outside, opening the privy to hikers, and then demolishing the old privy and removing the debris.

This new one is a moldering privy, a type of composting toilet, which uses native micro organisms and invertebrates in a composting process. Given the correct conditions, the material will compost aerobically and the invertebrates will consume the waste material and release it back to the soil. Over time, a clean, safe soil will remain and will be dispersed safely on the forest floor.

The base of the privy is double-wide so that as one half of the bin fills up, the entire structure is then moved to the other side of the bin. When one side is filling up, the older waste on the first side will have time to turn to compost. After a time, the entire structure is moved back to its original position, and so on. It is a thing of beauty! I'm sure hikers will like it and no one will mourn the passing of the old privy.

Praise is certainly deserved for Lee Mott, who engineered the whole thing, for Mike Saft and Paul Benson for their expertise in construction and for Andy and me who helped do the grunt work!



Photos by Greg Bernet, except for the one to the left, which is by Bill Steinmetz

Our cover photo is also by Greg Bernet, and shows Mike Saft (NY-NJ Trail Conference) left and Paul Benson (AMC-DV) right

Valley Forge trails crew leader Jose Ibarra honored by the National Park Service with 2023 VIP Safety Award

Jose Ibarra, leader of our chapter's Valley Forge trail crew, has been awarded the 2023 VIP Safety Award by the management of Valley Forge National Historical Park.

In presenting the award, the National Park Service cited:

"Your exceptional leadership as the Trail Enhancement, Assessment, and Management Team Crew Captain throughout 2023 was an outstanding contribution to our

overall park safety culture. The TEAM Team's productivity and high morale is in great part due to your conscientious effort to communicate and coordinate with the VAFO maintenance staff, as well as your careful attention to the needs of the six Crew Leaders, seven Crew Members, and other Crew Volunteers."

The Dangers of Climate Change

By Richard Puglisi

Climate change is happening now and unless we implement an immediate plan to reduce greenhouse gas emissions we will be facing its effects in the not so distant future. And what if we don't act quickly? What effects will climate change have on our forests, ecosystems, and wildlife?

Let's start first with some grim facts. The Pennsylvania Department of Conservation and Natural Resources back in June 2018 prepared a Climate Change Adaptation Plan. According to data compiled for the plan, by the middle of the century the northeast region can expect to see 20 to 30 more days above 90° F with Pennsylvania projected to be as much as 5.4 degrees F warmer. And the annual precipitation is expected to be eight percent higher by that time.

It doesn't look any better at the Penn State Extension website which predicts the Mid-Atlantic region temperatures are projected to increase on average 5.27 to 9.11 degrees F by the end of the century and total precipitation to increase with more rain coming during the winter months.

And finally, the New Jersey Department of Environmental Protection 2020 Scientific Report on Climate Change predicts that annual precipitation in New Jersey is expected to increase by 4 percent to 11 percent by 2050. And by 2050, there is a 50 percent chance that sea level rise will meet or exceed 1.4 feet and a 17 percent chance it will exceed 2.1 feet.

If we don't act quickly, we can expect to see some alarming changes in the forests, ecosystems and wildlife such as the ability of birds to find food. Some species of trees will see increased stress. There will be greater occurrences of insect outbreaks. And our woodlands will be threatened by new invasive species and diseases.

Actually, we are already seeing the effects. In Pennsylvania climate change is fueling and favoring the growth of invasive species due to the warmer, wetter climate. Hemlock trees at Rothrock State Forest in Huntingdon County and at Bald Eagle State Forest in Snyder County, sometimes 200 years old or more, are falling down. The culprit is the hemlock woolly adelgid, an insect native to Asia and first found in Pennsylvania in 1967. The adelgid attaches to the base of a hemlock needle, and, over seasons, sucks a tree's sap and nutrients. When left untreated, hemlocks weaken and die within five to 10 years.

The Pennsylvania Department of Conservation and Natural Resources has been successfully treating the hemlock woolly adelgids, but the same warm, wet conditions have given a boost to other invasive insects such as the spotted lanternfly and spongy moth.



Valley Forge. June 7, 2023 Looking toward the southern end of Mt. Joy. Smoke from Canadian wildfires has turned the air grey and the early afternoon sky pink.

The same temperature increases due to climate change are contributing to harmful algal blooms such as the annual occurrence at Blue Marsh Lake in Berks County. Such blooms tend to form in water bodies during periods of warm weather and heat waves when they have high concentrations of phosphorus and nitrogen due to agricultural runoff. They prevent aquatic plants and animals from accessing the sunlight and oxygen they need to survive. These blooms can also prevent fish, shellfish, and other animals from breathing by clogging their gills. Scientists predict that harmful algal blooms will become more common, severe and wide-ranging in the future.

New Jersey also is seeing the effects of climate change. Atlantic White Cedar forests that are close to the coasts are dying. Storm surges and rising sea levels are inundating many coastal freshwater wetlands with saltwater killing the trees. The cedars are suffocating due to their salt-intolerant roots. Coastal woodlands like these are critical ecosystems in the United States, as they filter pollutants, act as natural barriers and store carbon in the ground.

The 2023 United Nations Climate Change Conference closed with an agreement that signaled the "beginning of the end" of fossil fuels. While this sounded great, we need to continue to pressure our leaders to truly eliminate their use once and for all, and in doing so, protect our forests, ecosystems and wildlife not so much for us but for future generations.

2023 most active participants

ranked by mile equivalents:

Hiking – 1 mile = 1 mile
 Backpacking – 1 mile = 1 mile
 Snowshoeing – 1 mile = 1 mile
 Biking - 1 day bike ride = 10 miles
 Paddling – 1 day paddling = 10 miles
 X-C skiing – 1 day trip = 10 miles
 Alpine skiing – 1 day trip = 10 miles
 Trail work – 1/2 day = 15 miles
 Conservation - 1/2 day = 15 miles
 Shelter Watch – 1 visit = 10 miles
 Volunteering – 1 outing = 10 miles

Jane Richter	1777.98
Gregory Bernet	972.3
Jay Gross	797.8
Patrick Grannan	602.85
Dave Hoke	545.7
George Rockett	510.8
Walter Auyeung	509.75
Larry Priori	494.25
Lois Rothenberger	490.3
Sue Auyeung	489.4
Adrian Noble	476.2
Jerry Taylor	475.38
Richard Hudson	444
Hannah Tyburski	420
Theresa Oravec	411.25
Jerald Srodes	384.55
Jose Ibarra	375
Robert J Coia	374.45
Richard Einstein	365.98
Dave Schofield	365.28
John Rowen	361.78
Paul Schulke	354.1
Jeffrey Lippincott	346.88
Susan Weida	345.2
Angie Holler	340.18
Lisa Kleiman	340
Welles Lobb	326.35
Patricia Merkel	320.13
Debbie Walsh	308.25
David Kenosian	307.9
Scott Holloway	306
Nancy Marciniak	297.23
Allison Hudson	294.5
Kathy Ciliberti	289.6
Suzanne Loprete	280.1
David Rabold	261.85
Michelle Thompson	246.1
Theresa Berntsen	243.9
Margaret McDonald	240.63
Joseph Nanfara	240.6
Robert Willenbacher	238.2
Carol Broadbent	237.85
Peni MacMeekin	227.65
Peter Jarrett	222.7
Mary Morley	216.58
Brian Sisko	216
Aida Gibbard	214.4
Susan Mosley	210.28
Jennifer Hubbard	203.5

Patrice Luongo	201.38
Dan Loughner	199.08
R. Phelps	192.3
Janet Nielsen	189.3
Holly Adams	189.2
Marty Keck	184.7
Cameron Smith	183.58
John Loyer	180.6
Annette Sheldon	179.2
Mike Manes	176.5
Robert Hileman	176.3
Stan deRiel	173.2
Richard Kowal	164
Susan Bickford-Martin	163.8
George Cagle	163.5
Tom Sherwood	163.3
Judith Shabrach	163
Jerzy Sliwinski	161.6
Martin Mersky	160.93
Marianne Carbine	159.4
John Buzdygon	150
Joel Levitt	150
Doug Wilson	147.5
Jeffrey Schrager	144
Shelley Harvey	142.9
Rich Pace	142.74
Joanie Schultz	142.5
John Rogers	134.75
Linda Cooper	134.28
Janet Penner	132.7
James Bloom	131.5
Lynn Fraser	131.5
Deane Bartlett	129.7
Mark Gotlib	128.8
Michael Ahern	127.7
Cindy Benedict	127
Jamey Hutchinson	126
Lennie Steinmetz	123.4
Amy Newman	120.1
Daniel Schwartz	120
Midori Wakabayashi	119.5
John Garner	117.1
Kayleen Soffer	117.1
Joanne McDonald	116.8
George Scherer	114.9
Kieutien Manes	112.8
Sally Hodge	112.7
Tim Zaengle	111.7
Claire Tanzer	111.65
Tim Merkel	110.85
Thomas DeAngelo	108.4
Rand Salani	107
Carolyn Seith	105.23
Tammy Brown	104.9
Roger Brown	104.9
Christine Han	104.3
Beth Stearns	103.95
Lisa Lombardo	102.3
Geraldine Chmiel	100.75
Linda Ahern	100.7

2023 top leaders

four or more leads

Michael Ahern
Rich Armington
Sue Bergmann
Gregory Bernet
Theresa Berntsen
Susan Bickford-Martin
Tammy Brown
Roger Brown
Steven Campanelli
Lisa Chou
Stan deRiel
Richard Einstein
Judy Farrell
Barbara Fritzing
Jeff Fritzing
Patrick Grannan
Jay Gross
Dave Hoke
Richard Hudson
Jose Ibarra
Robert Coia
Peter Jarrett
David Kenosian
Mark Kern
Lisa Kleiman
Joel Levitt
Welles Lobb
Peni MacMeekin
Mike Manes
Margaret McDonald
Curtis Moeckel
Christian Morrow
Joseph Nanfara
Adrian Noble
Rich Pace
Janet Penner
Jennifer Percival
Larry Priori
George Rockett
Lois Rothenberger
John Rowen
Rand Salani
Paul Schott
Joanie Schultz
Daniel Schwartz
Annette Sheldon
Tom Sherwood
Brian Sisko
Jacob Sitkin
Jerry Taylor
Hannah Tyburski
Diane Ullmer
Julia Watson
Susan Weida
Barbara Wiemann
Doug Wilson
Tim Zaengle