



## From The Editor's Desk:

Except for the most unfortunate eastern North Carolinians living along the river floodplains and perhaps some up East, I suppose many of us could say this has been a very droughty year. Certainly it has not been normal, with extensive floods in many parts while others were quite parched. I suppose Gayther Plummer, former climatologist of Georgia, is reasonably satisfied that dryness has been the rule over much of his state. In our home rain gauge, we had J: 6.0, F: 5.2, M: 3.7, A: 3.15, M: 5.9, J: 5.65, J: 4.85, A: 0.5, S: 2.45, O: 3.75; 10 month total: 41.15 inches. So if we get another 6 inches in November and December, we will have our average 47 annual precipitation. But it has not been evenly distributed at the usual 3.92 monthly average we normally have. This apparently was true for Roanoke, VA area, based on the letter from the Cuttlers in the last issue.

Some of you may know I attempt to make predictions of fall leaf color yearly. I am getting requests for my prediction in July and who can have any good prediction based on

some facts that early in the year? Also our Public Information office asked if I could expand to include the East, so being the sucker for sticking my neck out, I looked at the rainfall patterns up through July or so and found severe drought reported for portions of NY, OH, PA, MD, VA, WV, NC, TN, and GA. Reasoning that the growth of the trees was curtailed but that photosynthesis would store compounds, I imagined that these areas would shunt their energy into other pigment production. This depends on whether the trees do not wilt and turn brown of course. It also depends on the drought not completely ending with a second flush of tree growth. It depends on a normal fall with cool to light frosty weather around late September and early October for the usual timing of leaf change. Would any of you folks in the above states PLEASE send me your evaluation of the quality of leaf color this year compared to the previous few? I would appreciate it very much.

No one has come forward with the quote in  
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## CONSIDER THE ENDOWMENT CONTRIBUTION

WHEN YOU MAIL IN  
YOUR DUES

Our Endowment Chair, Don Windler, gives us some good financial questions and answers to consider inside.

MAKE  
THE CASTANEA  
ENDOWMENT  
YOUR FAVORITE  
CHARITY!

## 50th Annual Spring Wildflower Pilgrimage

The 50th Annual Spring Wildflower Pilgrimage will be held April 27, 28, 29, 2000 in the Great Smoky Mountains National Park (GSMNP), Gatlinburg, TN. Since the beginning of this program April 27-29, 1951, many people have been dedicated to its cause. The first year was primarily a one-day event with an evening talk on a Friday night, ten different conducted walks on Saturday followed by another evening presentation. An impromptu Sunday morning field trip was offered if enough people were interested. The Friday evening talk entitled "Wildflowers of the Great Smokies" presented by Art Stupka attracted 300 people. The Saturday walks, consisting of one bird, one photography and eight wildflower walks, included 150 "pilgrims" The Saturday evening presentation was a movie in color entitled "Wildflowers of the Alleghenies" presented by H.P. Strum with 250 people in attendance. The number of people attending the Sunday morning trip was not recorded. The following year the pilgrimage officials recorded an overwhelming crowd of over 700 participants.

Over the past 50 years the pilgrimage has steadily increased in attendance and has grown to meet the demand. The 49th Wildflower Pilgrimage had 101 walks led by 98 leaders over a full three days with evening programs each night. There were 1,000 pilgrims per day. Even though the major emphasis is still viewing spring wildflowers, the diversity of natural history topics covered on walks has also grown. This past year half of the walks were focused on wildflowers. The other half were divided among a diversity of 18 other natural history topics ranging from viewing algae through a microscope to learning about bear habits and exploring the Cherokee culture.

This coming year is a time for us to look to the future and to reflect on the past. A number of negative impacts on the environment are threatening the unique biological communities in the southern Appalachians and especially the GSMNP. Biotic changes in different biological community structures within the park have made it apparent that the biodiversity within the park is not well understood. This

lack of knowledge has generated a new research initiative to develop a comprehensive inventory of all the biota within the park. Mr. Keith Langdon, Biological Inventory and Monitoring Coordinator for GSMNP, will be looking toward the future of GSMNP when he discusses this new research initiative termed the "All Taxa Biodiversity Inventory (ATBI)" on Thursday evening. On Friday evening we will be looking at the history of the Wildflower Pilgrimage through the thoughts and words of a person who is synonymous with the Wildflower Pilgrimage since he has been part of it throughout its 50 years. Dr. Ed Clebsch, a scholar, plant ecologist, plant taxonomist and first-class naturalist will give a retrospective of the past 50 pilgrimages.

The field trip program for this next year's pilgrimage will repeat the 101 trips offered in 1999 with a few additions. Two new features to the program this year will be studio based art classes, in conjunction with the Arrowmont School of Crafts (in Gatlinburg), and a Sunday

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## Letters To The Editor:

In the last issue I thought the "Mystery Shoot" might stimulate some mental searching for the form suggested and apparently it did though no direct responses were sent in. Thus I inquired of some colleagues by e-mail and this is some of the responses.

Paul said, "I did not recognize the 'mystery shoot'" while John noted, "I considered the silhouette to be 'poison oak' because of the *Quercus falcata*-like terminal leaflet on the left side. However, I reject the idea because it was

too different from what I try to stay away from" and Larry exclaimed, "I especially liked the silhouette quiz. I DID NOT recognize it at first, but knew it must be woody. I searched and searched, reading EVERY word of the issue. DO THAT AGAIN."

I also sought some response to the "Vascular Plant Family Synopsis" and got some mixed responses. They varied from it was "outstanding and a I hope to see more" and "I think the synopsis is a great idea. The format of presentation of Asteraceae is very good, and I hope it will be followed for other families" to "To be

honest, I thought the taxonomic synopsis was tedious and too abstract. Novices can't get much out of technical write-ups without having something to look at. But that's just my opinion. I hope you get others who say they like it and you can keep it." If any of you are "novices," I know that the Asteraceae are one of the most difficult to start with so maybe they'll be more comprehensible as we go forward. **But, do let me and Jeff Polonoli know if you think this will be helpful as you do your homework on this "vascular plant" self-study.** —Ed.

## Have you remembered the SABS in your will?

If your answer is "I don't have a will." You are not alone. More than half of Americans die without leaving a will.

### Why should I bother to have a will prepared?

A will or trust allows you to control what will happen to the assets that have accumulated during your lifetime. Without a will or trust, your estate will be divided according to a formula spelled out in your state's law. It may not even be close to what you hoped would happen. And the

courts may appoint a high priced executor to execute the distribution at your expense.

A carefully planned distribution can result in your heirs paying less tax and allow you to make a tax free major contribution to the charities of your choice. We hope that the SABS will be included in your gifts.

### Do I have enough assets to be concerned?

You may have more assets than you think that are subject to estate taxes. For Estate tax purposes,

it must include any stocks or bonds that you own, notes or debts owed to you, real estate (at current market value), Cash and bank accounts, business interests, retirement death benefits, life insurance, jointly owned property, and any other taxable property. If you add up all of these assets, and they are under \$650,000 no federal estate taxes will be due. That figure will gradually go up to \$1,000,000 in 2006.

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## WILD Ideas

Ideas are born from inquisitive minds. Perhaps some of us have had speculative thoughts that turned out to be basically correct when the facts were properly evaluated. Researchers often are driven by hunches and due to discipline must work for years to come to publishable conclusions. Many of us do not feel that these wild ideas should be left unexplored but personally will not have an opportunity to probe them further. This is the basis of this column. The wild idea needs to have some factual basis, though it does not necessarily need to be fully supported as in a reviewed publication

### What's the Big Deal?

Great Smoky Mountains National Park has gotten a lot of press recently over THE BIG BIODIVERSITY INVENTORY. Frankly, I think that other places in North America support high biodiversity, too. Yes, GSMNP has a lot going for it, in that it packs a bundle of biodiversity into a small space—for example, 1492 native and alien plants (White's 1982 flora listing).

I am a coastal plain guy and few seem to care about the coastal plain. Thousands of enthusiasts attend Wildflower Week in the Smokies, but how many go to the Everglades or to Apalachicola National Forest? I suspect that people's concepts are encumbered by the following: wicked heat, chiggers, ticks, poisonous snakes, yellow flies and mosquitoes, nasty dark swamps, energy-sapping humidity. Besides, the Smokies are pretty — great big shady trees, lots of colorful wildflowers.

So here's my proposal: take an area of the coastal plain equal to that of GSMNP for the inventory. But where? What areas on the coastal plain have baseline data on biodiversity, from which to make decisions about funding? One can get a bird (and usually mammal and herp) list for nearly all national parks, forests, and refuges, but not a plant list. One can get reasonably complete plant lists for Everglades NP and Okefenokee Swamp, but that's about it.

Or is it? I find that there are scattered bits of data in the literature and in people's file drawers, but it takes persistence. Here are some interesting statistics, derived partly from my own research. Two counties (Richmond, Scotland) of the NC Sandhills and lower Piedmont support 1371 plants in virtually the same area as GSMNP. Nearby Fort Bragg, a much smaller area wholly within the Sandhills, supports 1112 species. In the Florida panhandle, Eglin AFB, a bit smaller than GSMNP, supports at least 1086 species (totals for these two military bases were derived only from species recorded during plant community/rare species inventories). Escambia, the westernmost FL county, has 1637 species documented; Santa Rosa 1311; Okaloosa 1114; Walton 1227—all in a region considered under collected. Adjacent Baldwin County, AL has 1498. Ichauway Plantation in southwestern Georgia has 1013 in less than 28,000 acres. The Savannah River Plant in SC has 1322; the NJ Pine Barrens; about 1000; Cameron Parish, LA, 1103; the Texas "coastal bend" (parts of six counties) 1368.

To help put the coastal plain in perspective, consider this—I recently went through Alan Weakley's flora of NC-SC-VA and tallied all species occurring in the flat country: 3398 out of a total estimated flora of 4500 (75%). This is very close to the 72% arrived at by Bostick for the RAB flora (*Castanea* 46: 140-53). Thus, 40% of the three-state landmass supports 75% of the plant species. In Texas, the coastal plain supports 3467

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# BOTANICAL EXCURSIONS

## The Jewelweed Factor

By George Ellison

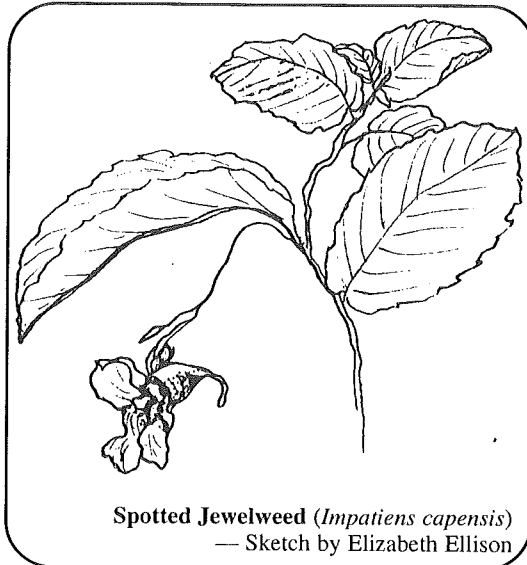
Jewelweed or touch-me-not is one of our most consistently interesting and appealing wildflowers. Many recognize the plant from the time it appears in early spring as a pale green seedling, on through the long and showy flowering period, and into fall when its pods become explosive seed distribution mechanisms triggered by the slightest touch. Since it embodies all of those elements involving beauty and folklore, and clever pollinator attraction and seed distribution devices that make the study of plants such a fascinating endeavor, a book could be written about jewelweed.

Two species grow in the southern highlands: spotted jewelweed (*Impatiens capensis*, sometimes designated *I. biflora*), which has orange flowers with reddish-brown spots, and a nectar spur bent underneath and parallel to the flower; and pale jewelweed (*I. pallida*), which has lemon-yellow flowers only sparingly dotted with red markings, and a nectar spur bent at a right angle to the flower.

Through the years, I've written about the origins of the plant's common names and various aspects regarding its natural history in a weekly "Nature Journal" column published by the Asheville (NC) *Citizen-Times*. This summer I wrote a column focused upon the plant's widespread reputation as an antidote for poison ivy or poison ivy induced rashes.

Numerous anecdotal and lay press claims for the plant's effectiveness exist. For centuries, the watery juice extracted from its leaves and stems has been utilized to reduce poison ivy/oak irritation. Today, over-the-counter medicaments containing jewelweed are marketed that are reputed to be an effective remedy—sometimes even as a preventative—for poison ivy/oak dermatitis.

I have never led a summer or fall plant identification workshop when the plant's medicinal prowess wasn't a topic. Sure enough, this summer a Smoky Mountain Field School workshop I was conducting came upon a stand of spotted jewelweed soon after exiting the Sugarlands Visitors Center near Gatlinburg



Spotted Jewelweed (*Impatiens capensis*)  
— Sketch by Elizabeth Ellison

TN. Bingo!—someone in the group commenced babbling jewelweed medicinal lore.

Fred Gibbs, a retired physician now residing in Asheville, has participated in a several of my Field School and North Carolina Arboretum workshops this year. As is his nature, Fred didn't have anything to say during the jewelweed soliloquy at Sugarlands. But the following week I received this e-mail:

"George, thought this article would interest you: "Treatment of poison ivy/oak allergic contact with an extract of jewelweed" by D. Long, N.H. Ballentine, and J.G. Marks, Jr., "*American Journal of Contact Dermatology*," vol. 8 (Sept. 1997), 150-3.

"Despite claims, few scientific studies testing the effectiveness of jewelweed have been performed. OBJECTIVE: ... test the efficacy of an extract of jewelweed (*I. biflora*) in the treatment of experimentally induced allergic contact dermatitis poison ivy/oak. METHODS: A randomized, double-blinded, paired comparison investigation was performed. Ten adult volunteers were patch tested to urushiol, the allergic resin in poison ivy/oak. For each volunteer, one patch test site was treated with an extract prepared from the fresh stems of jewelweed; the remaining site was treated with distilled water to serve as a control. Sites were

examined on days 2, 3, 7, and 9, with reactions graded on a numerical scale. RESULTS: All subjects developed dermatitis at each patch test site. There was no statistically significant difference in the objective scores at the sites treated with jewelweed extract versus the distilled water control sites. CONCLUSION: This study demonstrated that an extract of jewelweed was not effective in the treatment of poison ivy/oak allergic contact dermatitis."

"Looking forward to our next outing. See you then, Fred."

I'm always prepared for reader outbursts when I write about snakes, but the response (e-mail, voice mail, fax, and face-to-face) to this jewelweed report was astonishing. Talk about slaying the messenger! You'd have thought I'd attacked motherhood, apple pie, and the American flag. 100% of my 50 or so respondents were pro-jewelweed as a medicinal plant. One lady in Franklin, NC, called to say she extracts jewelweed fluids in her blender and then freezes it in trays. Jewelweed extract cubes are applied as needed for everything from poison ivy to bee stings to dry skin.

And now, *Chinquapin* editor Dan Pittillo has come forth with more pro-jewelweed information. Several days ago Dan mailed me the following excerpt from James A. Duke's *The Green Pharmacy* (NY: St. Martin's Press, 1997), p. 358:

"Jewelweed (*Impatiens capensis*). I'm not the only fan of jewelweed for preventing the unpleasant symptoms that develop following exposure to poisonous plants. Increasingly, at workshops where I mention it, participants chime in with their own jewelweed stories. I'm well aware that these stories, and my own, are what scientists call anecdotes and therefore are open to scientific skepticism. But seeing is believing. Pile up all the anecdotes, and they make a pretty convincing case.

"Of course, experimental evidence is even better. That's why, whenever I teach a three-day class on medicinal herbs, I treat my students to a dramatic little demonstration. I find a poisonous plant, usually poison ivy, I apply its juice to the sensitive undersides of both of my wrists. A minute or two later, I wipe one wrist with a ball of crushed jewelweed leaves and stems. Three days later, the wrist that I didn't treat with jewelweed shows the typical itchy, blistering poison-plant rash. The wrist rubbed with jewelweed invariably shows much less of a rash, and sometimes none at all."

Duke also notes that Dr. Robert Rosen at Rutgers University has isolated "the active ingredient in jewelweed as a chemical called lawsone," which "binds to the same molecular sites on the skin as urushiol." Urushiol is the

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# Southern Appalachian National Forests: No Timber Removal?

Considerable discussion is taking place within the conservation community about ending USDA National Forest timber removal. The issue revolves around practices that began soon after the pioneers established homesteads in the region. In those early days of William Bartram (mid 1770s), European settlers considered most of the region as wilderness in the negative sense of something to be conquered (made suitable for farming), dangerous (filled with beasts), and worthless (wood of old growth trees was in endless supply and hardly useful in the economy). By the late 1800s, the forest resource was being tapped for needed building materials and industrial logging increased, especially with the invention of steam powered engines for removing and processing timber into lumber. By the early 1900s, timber clearing had become so intense and the post-clearing landscape had become so devastated and impacted, that the preservationists of that time, including Teddy Roosevelt, John Muir, and more locally, Horace Kephart, began the movement to establish national parks for preservation of the landscapes. Not to be completely closed off from access to timber resources, the utilitarian use advocates convinced Congress that some portions of the land should be established for resource extraction. At this point, the US Department of Agriculture National Forests were established with a mission of resource extraction, as an alternative to the US Department of Interior National Park Service's (NPS) mission of landscape preservation.

Through most of the 20th century, the United States Forest Service (USFS) operated under a multiple-use management philosophy, theoretically balancing the uses of national forests. A growing wilderness movement eventually caused the removal of many areas from resource extraction. In recent decades, the USFS has come under increasing attack for perceived emphasis on timber extraction over other values on non-wilderness designated lands. The timber management has included destructive road-building, clearcutting, and logging of marginal areas on steep terrain.

Now we come to other thrusts in resource use, typically identified as "development," — primarily the building of second homes and resorts for the wealthier segment of society, but also the provision of public recreational opportunities. Preservationists and conservationists recognize the intensity of

ecosystem impacts resulting from this development, while developers downplay the impacts and argue for the economic benefits to counties and local communities.

The process is complicated and confusing to most people, and other factors are involved. Nearly everyone supports the notion of clean air, water, and landscape beauty. Wilderness is now usually viewed as something positive: it is a place for recreation, visitation (leaf lookers in air conditioned private autos), relaxation (away from the asphalt jungles of cities), challenge (hikes to peaks over 6000 feet elevation), and excitement (finding a new plant or seeing a black bear). As more wealthy people own second homes with beautiful views, the private ownership attitude intensifies and less land is available for use by average citizens. If longstanding local landholders own larger tracts, their taxes increase as higher prices are paid for adjacent developable tracts.

Many states have timber production programs in state forests where sustainable forestry may or may not be practiced. On private lands in the region, clearcutting and high-grading (cutting the best trees, leaving inferior ones for future growth) are widespread. Combined with development, one result is that much of the available private land is being removed from timber management, and many of the tracts are being mismanaged. The few large timber company holdings are quickly being sold for development and higher cash returns than are possible in a timber production economy. This has resulted in timber industry reliance on contracts with larger, better managed tracts, such as those within the national forests. Another factor is that many employees of the USFS are timber industrialists, not multiple use managers.

The USFS operates at the direction of Congress under the administration of the President of the US. The USFS Chief is directed by the President to carry out Congressional law. Congress has been managing the amount of timber production, presumably based on standing crop availability. This latter point, standing crop, has often been exaggerated, because the tree size has been diminishing in many ranger districts. This has resulted in rangers exploiting more specialized tracts (those that really require specialized logging, such as with helicopters or cable-logging) or being unable to fulfill the dictated

quotas. One might suppose that if the quotas could not be filled, that the timber prices would rise rapidly, but instead there continues to be investment maintaining roads, removal of inferior timber trees, etc., with less income from timber sale contracts.

Preservationists recognize that there has been rapid clearing of private lands as well as clearcutting of national forests during past decades. Many regional county governments have been reviewing private forest management plans and their requirements and methods for timber removal. The timber companies that moved south from the Northwest are interested in income, not long range best management and are bidding for timber sales to their advantage. They are pushing for national forest contracts to keep their production systems going. Meanwhile, other segments of society, the recreationists and developers, are looking for new territory to explore or exploit for personal use. An argument raised by preservationists is that all National Forest lands should be used for non-consumptive purposes, such as recreation, and they are advocating a no timber cutting policy on those lands. They assume that there will be considerable timber removal from private holdings as the value of timber increases. They also assume that the forest openings created by timber removal on private lands will allow for viable populations of early successional species co-existing with late-successional species within the region. In this view, those species requiring old growth forests eventually will have more territory on the public lands in which to exist. The idea is to have the old growth units connect with each other so that larger animals, such as black bear, elk (?), forest bison (?), mountain lions (?), wolves (?), etc., will be able to exist in a redeveloping "wilderness" that has all but disappeared.

It is hardly clear how the assumptions and facts will interplay to yield better regional ecosystem management. Will it be better for human society to push more for preservation of the regional forests (usually as established wilderness) or to continue the direction now taking place? We suggest that the NPS and the USFS are the best forest ecosystem managers in the Southern Appalachian region, not the private landholders. The mission of NPS is more preservation oriented than the USFS, with the exception of designated wilderness

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## Timber Removal?

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within national forests. Only a few large private landholders have enough resources to support good ecosystem management (primarily because of the established tax structure). Many of these latter large private tracts are quickly moving from private holdings to public holdings, usually with assistance from conservation organizations such as The Nature Conservancy and various conservation trusts recently established throughout the region. The USFS is in the best position to manage regional timber production in all Southern Appalachian states (from Pennsylvania south to Alabama); it also administers the lands that have the greatest value for other uses particularly those associated with landscape-scale ecosystems.

### Should timber production cease in Southern Appalachian National Forests? Evidence and support can be offered on both sides of this question.

#### NO:

- National Forest personnel are established silviculturists with good records
  - Bent Creek, Coweeta and other experiment stations have world-class recognition
  - Trained rangers with good silvicultural staff
- Good managed forest production lands
  - Oak production
  - Cove hardwoods (yellow poplar, black cherry, etc.)
  - Pine plantations (mainly white pine)
- Support of local economies from timber sales (including cash returns to schools)
- Support of wildlife management programs
  - Big game such as bear, deer, wild turkey, wild boar
  - Grouse and other small game species
  - Trout stream maintenance
- Maintenance of clean water
  - Many municipal watersheds
  - Lower silt loads than private areas
- Rare plant and animal protection
  - Botanical areas
  - Natural areas
  - Required environmental assessment procedures under NEPA

#### YES:

- Encourage expansion of private forest management programs
  - Emphasize state forest assistance for timber production
- Move economies to other sources
  - School support from states or local sources
  - Encourage local forest timber operators
  - Increase timber value to private land holders
  - Develop service industries supporting tourism and recreation instead of extractive industries
- Encourage private game reserves for successional species
- Increase roadless and wilderness areas
  - Reduce impact on rare plant and animal populations of old-growth areas
  - Expand old-growth ecosystems
  - Connect corridors for wild animals, such as elk, bison, black bear
- Insure cleaner water
  - Better trout stream management
  - Less silt in municipal watersheds
- Improve recreational areas

### Below are a few questions that we would like you to think about.

•Should the USFS continue to manage for timber production in the Southern Appalachian region, or, should all regional National Forests be managed for other uses and benefits that have increased in value as population growth and development pressures demand that other values should be emphasized and maintained?

•Can regional economies be better sustained by managing resources for the tourism and recreation industries rather than the timber extraction industry?

•Should the scarce public lands (the only places where large landscapes and ecosystems still exist) be used for timber production, when there is actually more potential timber production possible on private lands if managed properly?

What are your views on this subject? SABS may eventually wish to have a position on this major issue. Let us know what you think.—J. Dan Pittillo and Mike Baranski

## Book Corner

*[If you know of books that might be of particular interest to the lay readers of our organization, please submit a brief paragraph of 3-8 lines for consideration in the newsletter. Longer reviews should be sent to Audrey Mellichamp for inclusion in Castanea.-Ed.]*

Walter Kingsley Taylor's **Florida Wildflowers in Their Natural Communities** (University of Florida Press, 400 pp, 500 color photos, 6 maps, 12 drawings, references, index. \$24.95. ISBN 0-8130-1616-9 [call to order 1-800-226-3822]) is one of the best books lately to consider natural communities as an integral part of the text. Eight distinct community types, which included a listing of indicator species, are recognized and well-discussed for the non-specialist. Distribution maps indicate the extent of each community type but the bulk of the text consists of photos and brief descriptions of many of Florida's rich wildflower assemblage. It is laid out like a typical wildflower picture book, but the species are arranged within their community types. This is good and bad, because the reader looking up a species may not know its habitat, and should be advised to look in the index first. The photos vary from good to poor, and not helpful in identifying the plants. This would be a much better than average introduction to Florida communities for professionals and informed laypersons who might be visiting the region to look at plants.—Larry Mellichamp, Biology Department, UNC Charlotte, Charlotte, NC 28223.

For those computer users that like to have a ready resource of scenic and floral images, characteristics, and habitat information, Kenneth J. Stein's **Appalachian Flora and Scenic Vistas** (1999, Appalachian Flora, 3510 Indian Meadow Drive, Blacksburg, VA 24060) offers a good resource. The CD comes with programs that can be used on either PC's or Mac's for reading and viewing the images. It also includes a video program that would be suitable as a kaleidoscope of images that could be played continuously for gatherings of various sorts. The excellent photos of wildflowers and a few scenes blend from one image to another in several formats: rising raindrops, expanding or contracting drops in a pool, turning transparencies, or expanding bubbles. The CD case is only 5 inches square and 3/8 inch thick, so it is easily carried but the viewing will require the equipment and source of power, so it would not be the type of book one carries to a rustic retreat or on a field trip to check floral identities.—J. Dan Pittillo

## Will

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### Where can I get advice on wills and trusts?

Most of you who read this are either working at a college or university, or graduated from one. Most colleges and universities have foundations that will be able to provide information on things to consider when you make a will. Outside your school, banks frequently have estate planners and tax lawyers on staff to help their clients. There are also free lance estate planners that could help you, but picking one is like choosing a doctor. You're better off with a referral.

### Why should I include gifts to SABS and other charitable organizations in my will?

Here are a couple of reasons to do this. The best reason is that the Society can use the assets to benefit interests that you have held during your life. Your will allows you to help the society to fund projects you never felt able to contribute to during your lifetime. A second reason is that a substantial tax-free contribution can help your heirs to reduce the estate taxes they will have to pay. These taxes may amount to 55% of your estate value over \$650,000.

### What would the SABS do with your money?

That is totally up to you. You can designate exactly what you would like the funds to be used for. If possible, it would be good to contribute your money as an endowment. If that is done, the money you give remains unspent and only the earnings can be spent. It will perpetuate your gift.

The Society has a list of meritorious projects

that they would like to support. Among these are the development of a fund to sponsor symposia, a fund to underwrite student research grants, a fund to support travel money to aid student attendance to the spring meetings, a fund to help pay for occasional long papers that would not readily fit into a *Castanea* issue, a fund to support outreach activities by the society including popular writing and videotapes, and an outstanding ecology paper award similar to the R. & M. Windler Award for Systematics papers. (This would require a donation of \$15,000 to \$20,000 and would allow you, with the approval of the SABS Council, to a name for the award.)

The list above does not include the *Castanea* Endowment, the R. & M. Windler Award Endowment or the Core fund, each of which could use support.

### How would I know what words to put in my will or trust document?

The verbiage is quite simple, but you must be sure to include the exact legal name of the organization and the amount you wish to give or percentage of the assets you want to go to our society.

EXAMPLE: I bequeath the Southern Appalachian Botanical Society, the sum of \_\_\_\_\_ dollars to be used for the following purpose: \_\_\_\_\_.

**NOTE: If you plan to add a gift to the Society to your will, it is advisable to inform the secretary treasurer of SABS who will keep it confidential at your request—Don Windler**

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## Look Again by Dick Smith

Reprinted with permission from *Shortia* 9:4 (winter 1987-88).

The western Carolina mountains are well known as a meeting ground for northern and southern flora, and the overlapping of ranges affords many interesting comparisons. A good example of this is represented by two small evergreen ferns: Common Polypody (*Polypodium virginianum*) and Resurrection Fern (*P. polypodioides*).

Common Polypody has earned the name Rock Cap Fern by its habit of growing on the tops of boulders. It is essentially a northern species and because of its predilection for rocky habitats, is found mostly inland.

Resurrection Fern, on the other hand, is widespread throughout the southern states and extends into the tropics. In warm regions it is a conspicuous epiphyte where it spreads along the horizontal limbs of massive live oaks. In our area it occurs in various situations—at the foot of trees, on logs, in crevices on rocky banks, etc.

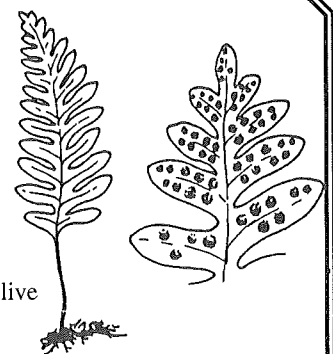
Both have fronds that are once-divided into rather blunt segments. These are widened at their bases, and the sinuses between them often stop short of the midrib. The sori, which are limited to the upper leaflets, are round and disposed in two rows.

Besides being the smaller of the two, Resurrection Fern has a copious covering of minute scales on the underside (these are absent from Common Polypody). It also curls and turns brown when dry, which makes it appear dead, but it has the ability to quickly revive and regain its green color when moisture returns, hence the common name.

**Ed. note:** Since this column was first published in late 1987, the taxonomists have concluded (at least in the *Flora of North America*, probably to be the standard to follow) that the diploid form (*Polypodium appalachianum* Hauffler and Windham) should be separated as a species from the allopolyploid (*P. virginianum* L.). The former has smaller spores (sporangiasters or paraphyses or sorus hairs, less than 52µm) while the latter has larger ones (greater than 52µm). *P. appalachianum* is widest at the base while *P. virginianum* is wider in the middle. These are, however, variable as they can back-cross, making differentiation difficult.



*Polypodium polypodioides*



*Polypodium virginianum*

# Vegetation of the Presidential Range, New Hampshire

The view in this photo is toward the west from a point on NH 16, 8 km (5 mi.) north of Pinkham Notch. It is a section of the White Mountains called the Great Gulf, a ravine bordered by steep slopes and an almost vertical headwall. Such a ravine is known as a glacial cirque. On the horizon are two peaks of the Presidential Range: Mt. Washington, left, elev. 1917 m (6288 ft.); and Mt. Jefferson, right, elev. 1742 m (5715 ft.).



Mt. Washington, New Hampshire—photo by Richard W. Rhoades

Three zones of vegetation are visible. On the lower slopes, foreground, is a forest of northern hardwoods and red spruce (*Picea rubens*). On the upper slopes below timberline is a forest of red spruce and balsam fir (*Abies balsamea*). Red spruce and balsam fir increase in abundance with elevation. Just below timberline both species exist as dwarf trees along with dwarf paper birch (*Betula papyrifera*). Above timberline is the alpine zone. In the lower portion of this zone is a discontinuous krummholz of black spruce (*Picea mariana*) consisting of dwarfed trees that grow in rock crevices or in the shelter of large rocks. Some of these trees (all are <1 m high) are as old as 120 years.

Nine plant communities occur in the alpine tundra on Mt. Washington (Bliss 1963). These occur along two gradients, one related to snow depth, and the other to soil moisture. On windy, exposed sites where there is little or no snow covering *Diapensia lapponica*, a low, tussock-forming shrub. Where snow cover varies, a community of dwarf shrubs occurs.

of fellfields (rock-strewn areas) and occasional alpine meadows dominated by grasses and sedges. Some typical plants of fellfields are a grass (*Trisetum spicatum* var. *pilosiglume*), mountain sorrel (*Oxyria digyna*), mountain avens (*Geum peckii*) crowberry (*Empetrum nigrum*), and *Diapensia lapponica*.

The alpine flora includes 74 species of vascular plants (Pease 1964), two of which are tentative endemics. Endemics are characteristic in areas of great age, whereas few endemics occur in glaciated areas. Of the remainder, 26 species have a wider distribution in arctic-alpine areas of North America and 46 species also occur in Eurasia.

Literature cited.

Bliss, L.C. 1963. Alpine plant communities of the Presidential Range, New Hampshire. *Ecology* 44:678-697.

Pease, A.S. 1964. *A flora of northern New Hampshire*. New England Botanical Club, Inc. Cambridge, Mass. 278 p.—Richard W. Rhoades

Dominants are bear-berry (*Arctostaphylos alpina*), bilberry (*Vaccinium uliginosum* var. *alpinum*), and Lapland rosebay (*Rhododendron lapponicum*). Snowbank communities are most common on east- and southeast-facing slopes. On north- and northwest-facing slopes sedge meadows are on the higher peaks, and a sedge-rush-dwarf shrub community is prevalent on the lower slopes.

Overall the alpine zone consists mostly

## Wildflower Pilgrimage

Continued from page 25

morning wildflower walk. The studio based art classes will be a pilot program, and the Sunday morning wildflower walk will be offered this year, if enough people are interested, to recreate the atmosphere of the first pilgrimage.

Last year we started a student educational program called the "Founders' Fund." The title for the fund is to honor those people who were instrumental in starting the Annual Wildflower Pilgrimage program. The purpose of this fund is to generate revenue to allow qualifying students to attend the pilgrimage free. Contributors of \$50.00 or more receive a gold Wildflower Pilgrimage Founders' Fund lapel pin. We have a good start on our goal of \$10,000. If we receive enough funds this year, we hope to implement

this program at the 51st pilgrimage.

The enthusiasm of the pilgrims and walk leaders creates the momentum that makes this event happen each year. The large number of people participating in the pilgrimage year after year, and its continuance and steady growth for 50 years make it one of the premier events of its type in the USA. The 50th Anniversary of the Annual Wildflower Pilgrimage will be a milestone for all who have participated in its activities over the years. We encourage everyone to come and join us on this momentous occasion. Trip registration, evening events, a wildflower plant display and many of the trips begin at the Mills Auditorium in Gatlinburg, TN. Visit us at our web site: <http://www.goldsword.com/wildflower/pilgrimage.html>—Ken McFarland, Eugene Wofford and Patricia Cox

## Botanical Excursions

Continued from page 27

active poisonous agent in poison ivy.

"If applied quickly after contact with a poisonous plant," Duke concludes, "lawsome beats the urishol to those sites, in effect locking it out.... The greatest concentrations of lawsome are not necessarily found in jewelweed leaves. Although the leaves have some lawsome, there may be more in the reddish protuberances that resemble little prop-roots extending out from the lower stem near ground level. Apply the juice from the crushed red knobs, and you'll probably get better protection."

So there! As radio commentator Paul Harvey is fond of saying, "Now you've heard the rest of the story." What do you think?

## WILD Ideas

Continued from page 26  
species out of the state's total of 5524. There, about 35% of the land area supports 63% of the plant species.

I can find no published lists for Croatan (NC), Francis Marion (SC), Ocala (FL), Osceola (FL), Apalachicola (FL), Conecuh (AL), De Soto (MS), Homochitto (MS), Kisatchie (LA), Angelina (TX), Davy Crockett (TX), Sabine (TX), and Sam Houston (TX) National Forests, all within the longleaf pine range and all supporting high plant diversity. They would make fine Master's thesis topics, as well as potential sites for THE BIG INVENTORY. Similarly, military bases, national wildlife refuges, state parks, state forests, and wildlife management areas are without lists. Such lists may be available in some form, tucked away in file drawers, but they need ferreting out.

So, what's the big deal? GSMNP is already well known. There are plenty of areas in the coastal plain that rival GSMNP in biodiversity. Let's look for some bigger diversity areas to inventory! Let's direct some inventory money to poorly known but equally diverse areas!—  
Bruce A. Sorrie, Southern Pines, NC

## From the Editor's Desk

Continued from page 25  
the last issue: "In land where there is no kind of cherry trees, after the old growth, which consists chiefly of spruce, pine, beech, and birch (exceedingly tall and large), has been felled and burnt on the ground, there springs up the next summer an immense number of these cherry trees." I also mentioned this clue: "This statement was made in 1785 and quoted in a recent 1993 book by a very famous author." Would it help if you knew the very famous author is Henry D. Thoreau? [No kidding, it is Bradley P. Dean's edited Thoreau manuscript never published].

I got some interesting responses on the "Mystery Shoot." (See the e-mail letters on page 26). I've heard locals call it "poison oak" so often, that I think I finally did find the real thing. I presume that this is one "sport" that will fail to appear in plant catalogs as the "new introduction" vine for the next millennium! If anyone wants a specimen of this novelty, I know where to find it.

## New Members: Welcome!

You joined one of the more diverse regional botanical organizations in the country and we hope we can share some interesting insights into the botanical world with each other.

Claude Bailey, Jr., Hendersonville, TN  
Kevin Caldwell, Penrose, NC  
Jennifer Clevinger, Harrisonburg, VA  
Thomas Dierauf, Charlottesville, VA  
Mary Douglass, Yemassee, SC  
Bob Edgin, Sumner, IL  
Johnnie Gentry, Fayetteville, AR  
Dana Madsen & Steve Schulze, Seneca, SC  
Martin McAllister, Rarden, OH  
Jess Peirson, Huntington, WV  
Donna Scheungrab, Raleigh, NC  
Matt Smith, Raleigh, NC  
Jake Weltzin, Knoxville, TN

### *Complimentary addressed issues:*

*Please share with your interested friends who might wish to become members of SABS. Thank you - Ed.*

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