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The Hemlock

Volume 3, Issue 3 (December 2009)

"In seed time learn, in harvest teach, in winter enjoy." ~William Blake

Winter Returns!

It's snowing as I'm writing this, and I must admit that I am feeling absolutely no "winter dread." It might be because I bought a pair of snowshoes a few weeks ago, and I'm pulling for a lot of deep snow so that I can go out and play. But I also like the challenge of winter. Winter forces us to dig deep into our inner resources. Can I keep the house warm? Can I make it to school? When I lived in Texas, I always felt that I hadn't really "earned" my springs. May you all enjoy the end of the semester and your break--we'll see you in January.

The Environmental Club

The Environmental Club has received SCC approval and has had its first officer elections. Congratulations to the following on their newly elected positions: Danielle Tolton (President), Michael Mehrazar (Vice President), Samantha Hippler (Secretary), and Clayton Snyder (Treasurer). The Club will begin regular meetings at the start of next semester. Please contact Danielle Tolton if you would like to be included on the email updates. The Environmental Club seeks to increase awareness of local and state-wide environmental

issues and do our part to take a stand in helping the Lock Haven community a greener place.

Cherry Springs State Park

--by Adam Russo (LHU Secondary Education English Major)

"The stars are the jewels of the night, and perchance surpass anything which day has to show."

--Henry David Thoreau

Many people are unaware that Lock Haven is about an hour south of one of the darkest places east of the Mississippi River. Cherry Springs State Park, a region surrounded by state forest and devoid of most light pollution, is located towards the central part of Potter County, and the drive from Lock Haven is quite simple. Start off by crossing the Jay Street Bridge and turn right onto Rt. 664 North. After 17 miles, Rt. 664 becomes Rt. 44 North; continue for another 38 miles, but take your time—the road is extremely curvy and poorly paved! You'll pass over Little Kettle Creek and eventually see the state park sign on your right, but keep driving until your see a sign for the astronomy field. If you plan on camping for the night, you must turn off your headlights upon entering the astronomy field, but a parking lot is available off to the right for visitors who plan on staying for a couple of hours. For park rules and regulations, visit the DCNR website.

My recent trip to Cherry Springs was memorable because I made the trip during the second night of the annual Leonid meteor shower. I was completely humbled when I looked up at night sky. The sight of so many stars and the shadow of the Milky Way made me feel as though there was some kind of omnipotent force at play, and I felt minute under the night sky. I grabbed my flashlight, put a red cover over the lens to minimize glare, and headed toward the middle of the astronomy field. Once I found a good spot, I plopped myself on my back and took in the sight above me. No more than five minutes passed before I saw a

streak of a greenish hue make its way across the night sky. Although my stay only lasted about two hours, my friends and I saw a total of about 20 meteors.

My experiences at Cherry Springs have both been during the early winter, but the state park has a variety of activities throughout the year. Amateur astronomers gather annually for the "star parties" that are held at Cherry Springs. The Black Forest Star Party is hosted by the Central Pennsylvania Observers of State College every Fall, and the Cherry Springs Star Party is held every June by the Astronomical Society of Harrisburg. One must register to attend these events (links are available here under the Star Parties section), but other public events are always available. The park's website has a calendar of events that includes everything from meteor showers and aurora borealis viewings to the annual Woodmen's Show that is held on the first weekend of August. Other activities include the nearby Susquehanna Trail, a 15-mile mountain bike trail, and campgrounds.

Cherry Springs State Park is a great weekend getaway or night retreat for all Lock Haven University students. For more information, check out the park's website.

Snowstorm on the Loyalsock Creek

--Nathan Fought (LHU Art Major)

As many of you know, Nathan has regularly contributed his stunning nature photographs to The Hemlock. Nathan graduates this semester, but fortunately has promised to continue sending us examples of his work. The opening of his Senior Exhibition is Friday, December 11, at 8 p.m. in Sloan Gallery.

Walking, Birding, Becoming: Ecopsychology

--Lynn A. Bruner, Ph.D. (LHU Assistant Professor of Psychology)

From 1997 until 2002, I worked in the Counseling Center at the School of the Art Institute of Chicago (SAIC), trundling back and forth daily on the elevated trains between my apartment in Evanston and my office in the Chicago Loop. After only a few weeks of work at SAIC, I realized that many of my art student clients were struggling with a sense of groundlessness. One painter complained that she felt smothered by the city. "The buildings press in on me from one side, and the lake presses in on the other side…I know that I should find Lake Michigan comforting but it is oppressive. I can't breathe." I realized that at home she was accustomed to spending great amounts of time outdoors: she was a hiker, a gardener, and a birdwatcher. In Chicago, she was literally cut off from the earth. In our second session, we went for a walk across Michigan Avenue to Grant Park. We took off our shoes and sat in the still-warm September grass. We listened to the moving leaves and to the songs of migrating birds. We breathed in the earth; we picked up grass and crushed it in our hands, smelling sharp sweetness. It was a refresher course in being grounded, for both of us. Having recently moved to Chicago from central Pennsylvania, I was also feeling disconnected. In fact, my search for home brought me back to Pennsylvania five years later. Home, to me, has always meant green and curving hills, trees full of birds, and a kind of grounding in the life of the earth that I could not find on city streets.

Lately, the field of psychology has been increasingly tuned into issues of climate change, sustainability, and conservation. In March 2008, the *Monitor of Psychology*, the monthly magazine of the American Psychological Association, included a number of articles on using the knowledge and techniques of psychology to help people change their behavior, thinking, and habits

regarding the environment. It's a recognition that in order for people to change their behaviors toward the planet, they are going to have to change their attitudes and emotions. They are going to have to feel a sense of personal responsibility and personal connection to the ecosystem, something that ecopsychologists call a "positive, self-inclusive attitude toward nature" (Price, 2008, p. 51). The interest of ecopsychology, then, is how to help overly urbanized, technologically dependent, ungrounded people to regain their connection to the earth.

Richard Louv, author of *Last Child in the Woods: Saving our Children from Nature Deficit-Disorder* (2005), emphasizes that connecting to the earth is an issue of healthy psychological development. "Beyond the health and cognitive benefits children may gain from free and unstructured play outdoors, nature also provides them with a sense of wonder and a deeper understanding of our responsibility to take care of the Earth." In the last twenty years, overdevelopment of open lands, increased parental and school-based structuring of children's lives, and the enormous availability of video games and DVDs have pushed children indoors. But children who spend more time playing outdoors actually show improved cognitive skills (Wells, 2000); another study found that access to nature and green spaces can help increase children's resilience, or their ability to "bounce back" from stressful situations (Wells & Evans, 2003). In a 2004 study by Kuo and Taylor, researchers found that children with attention-deficit hyperactivity disorder showed significantly fewer symptoms when they engaged in outdoor activities rather than indoor ones, even when they seemed to be expending a similar amount of energy. Because of these findings and others, Louv cofounded the Children and Nature Network, a national organization devoted to helping children reconnect with nature.

Adults need to reconnect as well, and it doesn't have to mean a trip to Yellowstone, a degree in environmental science, or the purchase of a kayak or an expensive pair of hiking boots. Spending time outdoors and paying attention may be enough to spur increased psychological well-being. Two summers ago, I was doing some off-duty counseling with my eight-year-old niece. She had become increasingly fearful about thunderstorms, to the degree that she sometimes refused to go outdoors on overcast summer days. I helped her learn the names of cloud formations, encouraging her to learn to read the skies – to recognize

stratocumulus and to understand just what was going on in those loud thundery explosions. At the same time, I helped her to connect to ways that she could calm herself by breathing deeply, grounding her feet, and calming her thoughts, so that she could feel more relaxed even on the truly stormy days. I was surprised to hear my sister say, "Until this worry about thunderstorms, I didn't really notice clouds." I realized that I often didn't notice either: how often did I look up, on a given day, except to check whether I needed an umbrella? How often did I place my feet on the earth, rather than on streets and sidewalks? When was the last time I had explored my own back yard? And how did all of that contribute to my own level of stress?

In a recently published book, *Ecotherapy: Healing with Nature in Mind* (Buzzell & Chalquist, 2009), psychotherapists are encouraged to consider these issues when working with depressed and anxious clients. When clients keep a log of time spent outdoors, many are surprised to find that their average outdoor time may be as little as 15 minutes a day, walking between buildings and cars. Increasing environmental engagement can be a way to help people become more centered in themselves and connected to others; gardening, hiking, bird-watching, caring for pets, and becoming active in environmental conservation can all have healing value. Ecopsychology emphasizes that we must learn that we are a part of the greater world, lest we become trapped in the endlessly self-reflective worlds of our own making. Just a simple increase of outdoor time can help us understand this.

How does this translate to everyday life? It doesn't take much energy or time for me to stand still for a moment before getting into my car: to look up at the color of the sky, to feel the sun's weight on my hair, to notice the juncos in the shrubs by the parking lot. I've been walking in my neighborhood more often, feeling the hills under my feet. And lately I've been taking a quiet moment every evening when I bring in my bird feeder, as I try to protect it from the predations of bears, raccoons, and the occasional enterprising possum. Some nights I can see the Milky Way, if I take my time, and don't look at it directly. Why? Turns out that the rods in my eye, which are better than cones at seeing faint light, take a little while to fully activate (which is why it takes time for our eyes to adjust to a dark room). Also, there are more rods involved in peripheral vision. So if I take my time outdoors in the dark, and am willing to gaze off into the distance, I'll see the Milky Way and better

experience the great depth of the night sky. I breathe in the night air in brightening starlight: wood smoke and oncoming frost. I plant my feet. I look. When I come back into the artificial light of my house, I always feel a little more human. More of a thinking, sensing, noticing, temporary resident of the planet. Just like you.

For More Information:

- Buzzell, L., & Chalquist, C. (Eds.) (2009). *Ecotherapy: Healing with nature in mind.* San Francisco, CA: Sierra Club Books.
- Kuo, F. E., & Taylor, A. F. (2004). A potential natural treatment for Attention Deficit/ Hyperactivity Disorder: Evidence from a national study. *American Journal of Public Health, 94*(9), 1580-1586. doi: 10.2105/AJPH.94.9.1580
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- Novotney, A. (2008, March). Getting back to the great outdoors. *Monitor on Psychology, 3* (3), 52-54.
- Price, M. (2008, March). Changing behaviors by degrees. *Monitor on Psychology, 39*(3), 48-51.
- Wells, N. M. (2000). At home with nature: Effects of "greenness" on children's cognitive functioning. *Environment and Behavior, 32*(6), 775-795. doi: 10.1177/00139160021972793
- Wells, N. M., & Evans, G. W. (2003). Nearby nature: A buffer of life stress among rural children. *Environment and Behavior, 35*(3), 311-330. doi: 10.1177/0013916503035003001

Madisonburg

--by J. M. Price (LHU Exploratory Studies Major)

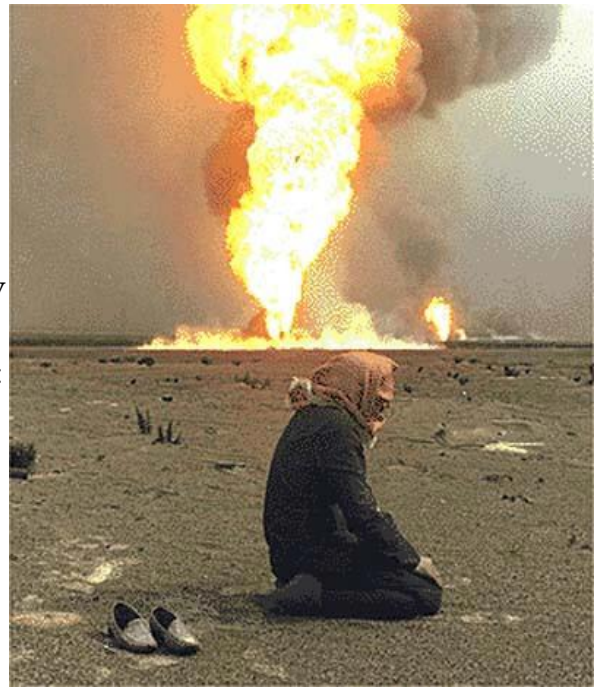
Done in the style of Carl Sandburg's *Chicago*

Green House for the World,
Saddle Maker, Stacker of Pallets,
Player with Manure and the Nation's Amish Buggy Factory;
Placid, rolling, moseying,

‘Burg of Big Mountain:
They tell me you are sleepy and I believe them, for I have seen your
bountiful bovines in slumbering shafts of sunlight on the fields.
And they tell me you are a pretender and I answer: yes, it is true I have seen
the amish-men talk of scripture and dance to animal music in one breath
And they tell me you are isolated and my reply is: On the road sides
and dirt streets where I have seen no store for ten miles
And having replied so turn once more to those who scorn at this my
village, and I give them back the scorn and say to them:
Come and show me another mountain with lifted arms granting so much
to those who grace her hillsides, so soft and tender and green
Singing verdant verses amid the cackling call of horse hoof on horse hoof, here is a humble
demure Lady set vivid against the scarlet charlatan cities;
Gentle as a suckling lamb nuzzling its mother, radiant as a diamond glinting
behind smoke screens
Secretive
Coquetting
Alluring
Promising
Hiding, smiling, inviting
Under the dusty ashes, light winking in its facets under cover of black
Under the glowing protection of anonymity, sighing as a young girl sighs,
Sighing even as covert paramours sigh who have never been alienated,
Rejoicing and laughing that under their ardent embrace is a beat, and in their
beat is the heart of the earth,
Rejoicing!
Rejoicing the placid, rolling, moseying, ardent sighs of Big Mountain, covert and alluring,
hiding, proud to be Green House, Saddle Maker, Stacker of Pallets, Player with Manure
and Amish Buggy Factory to the Nation.

The Environmental Impact of War: A Review of Select Websites

--Joan Whitman Hoff, Ph.D. (LHU Philosophy Professor)



In the many debates concerning the morality and ethics of war, one important area and issue is often overlooked: the effect it has on the environment. War has a direct and indirect impact on humans and the environment in which they live. It has the potential to undermine the integrity of both humans and the environment in which they live. Some of the most significant environmental problems resulting from war include the following: Pervasive chemical warfare and chemical waste; "atmospheric plume"; land mines; nuclear waste; lack of water; human and animal carnage and the spread of disease; and the impact on ability to secure sustainable development. There are many interesting websites that can help to foster a better understanding of these problems and also help to encourage awareness and a call to action regarding the problems.

Lenntech, a company that deals in water treatment solutions, sponsors a site that highlights the 1992 Rio Declaration that war undermines sustainable development. It identifies the significant increase in such devastation since the late-twentieth century.

The America's Defense Monitor website provides a transcript of a 1999 interview with the Senior Attorney of the Environmental Law Institute on the environmental impact of war. There have been various protocols and amendments that have focused on identifying ways in which the environmental devastation resulting from war can be avoided. The ADM website also has available a video on the environmental impact of war.

A 2000 essay published by the UN Chronicle Online discusses the Balkans Task force,

focusing on the impact the war had on Kosovo. It expresses concern over the fact that cleanup has been slow and expensive. Also of note is the particular type of devastation that results from "modern warfare."

The Environmental Literacy Council provides some facts about the non-intentional impact of war. According to their site, most damage does not result from "weapons specifically aimed at destruction"; rather, it is due to gas leaks, landmines and other chemical hazards.

The Peace Pledge Union in the UK highlights some of the damages resulting from such hazards as Agent Orange and the testing of the nuclear bomb. They note that that governments fail to address these problems and often try to deny or minimize them.

The photojournalist, Zoriah, has photos and blogs from his work as a war photographer. The images are striking and help to tell a story of the human and environmental impact of war, and the socio-economic conditions in which they are often framed.

There are numerous blogs that address this issue. Denim and Tweed provides a venue for discussion on the topic from a more religious perspective. A blog that highlights problems with greenhouse gases can be found on the Mother Nature Network. The Environment Management blog "provides an introduction to Environmental Management Systems, and provides links to many other environmentally oriented pages."

Books on the topic include The Environmental Consequences of War: Legal, Economic, and Scientific Perspectives by Jay Austin andCarl E Bruch; and The Gulf War Aftermath: An Environmental Tragedy by Muhammad Sadiq and John Charles McCain.

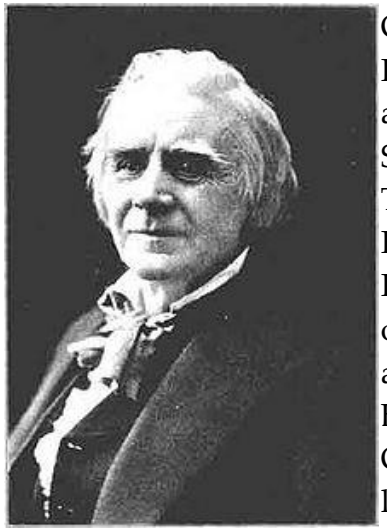
There are many other sites and books addressing the problems we face with respect to the environmental damage caused by war; but hopefully this short overview will provide some reasons why war is problematic not only in human and economic ways. The damage caused to the environment, which yields continual problems for people and other living things, cannot and should not be ignored; they certainly cannot be morally justified.

Hike of the Month: Ole Bull State Park

--by Bob Myers

This hike takes you to another of our great state parks--one that was threatened with closure during the recent budget crisis. It involves an hour drive each way, but the trip is well worth it. Ole Bull State Park offers great camping, fishing, and hiking, and it is the site of some very unusual local history. I'd recommend boots for this hike, which takes about an hour. A map of the hike is available on the park's website.

To get to Ole Bull S.P., turn right after you cross the Jay Street Bridge and follow the signs for Rt. 664 North. After 17 miles, Rt. 664 becomes Rt. 44 North--continue to follow it for another 24 miles to Oleona--turn left onto Rt. 144 South and go one mile to the entrance of Ole Bull State Park. Turn right into the park and follow the road to the large parking area. A few yards to the left of the restroom, you'll see signs for the orange-blazed Susquehannock Trail. Follow the blazes across the pedestrian bridge over Kettle Creek and left (west) along the stream. You'll quickly come to a tall metal monument to Ole (pronounced **Oh**-lay) Borneman Bull.



Ole Bull (1810-1880) was a Norwegian violinist, who came to Pennsylvania in the middle of the nineteenth century to establish a utopian community. A political activist, who chafed under Sweden's sovereignty over Norway, Bull founded the National Theatre in Norway in 1849; his writer and stage manager was Henrik Ibsen. Bull had fallen in love with this area while touring Pennsylvania in the 1840s, and in 1852 he bought 17 square miles of land in Potter County. In the Fall of 1852, 150 settlers arrived and began building four communities: Valhalla (modern-day Ole Bull S.P.), New Norway, New Bensen, and Oleanna (modern-day Oleona). Construction began on Ole Bull's "castle" Nordjenskald, located on a high bluff overlooking Kettle Creek. However, the community seems to have been doomed from the first by a shady land contract that limited them to building and farming only on the sides of the

mountain. The castle was never finished, and, by the following spring, most of the settlers had either returned to Norway or dispersed to other settlements throughout the United States. The failed effort inspired a mocking folk song "Oleanna," and the playwright David Mamet used the name of the community for the title of his play *Oleanna* (real estate speculation is featured in both *Oleanna* and Mamet's play *Glengarry, Glen Ross*). In 1920 Pennsylvania established Ole Bull State Park, and in 2002 the citizens of Norway erected this monument to commemorate the 150th anniversary of Bull's efforts.

This two-mile hike takes you to the foundation of Ole Bull's unfinished castle and then on a short loop through the mountains. From the monument, continue to follow the orange blazes of the Susquehannock Trail (ST) west as it crosses Ole Bull run and climbs the hill. After a few hundred feet, the ST and the Daugherty Loop Trail (DLT) branch off to the right--instead follow the Castle Trail to the left, passing a snowmobile trail to the right. When you reach the top of the hill you can see the foundations of Ole Bull's castle. Return to the ST/DLT intersection and follow the yellow blazes of the DLT as it ascends gradually up Ole Bull Run through a hardwood forest. After about a quarter mile, the DLT branches to the right and crosses the run on a wooden bridge. Continue to follow the yellow blazes across the side of the mountain. Soon you'll enter a evergreen forest with Balsam Firs, Norway Spruces, White Pines, and Pitch Pines. After descending a wooden staircase, the trail parallels the park, makes a u-turn, and then returns to the Ole Bull monument.

For the story of Ole Bull, I am indebted to Susan Hutchison Tassin's *Pennsylvania Ghost Towns: Uncovering the Hidden Past*.

Environmental Focus Group
Bob Myers (chair), Md. Khalequzzaman, Lenny Long, Jeff Walsh, Danielle Tolton, John Crossen, Sandra Barney, David White, Tom Ormond, Ralph Harnishfeger, and Barrie

Overton. The committee is charged with promoting and supporting activities, experiences, and structures that encourage students, faculty, and staff to develop a stronger sense of place for Lock Haven University and central Pennsylvania. Such a sense of place involves a stewardship of natural resources (environmentalism), meaningful outdoor experiences, and appreciation for the heritage of the region.