I pulled the first tick of the season off my body today. *Ixodes scapularis*. The black-legged tick, or, as most people know it, the deer tick. The one that brought us Lyme disease. He (She? They do look slightly different, but I was too busy flushing it down the toilet to notice) was crawling up my leg, probably en route to my ears or scalp, where the skin is thinner (easier to snuggle in) and cover is plentiful.

I’ve had Lyme disease twice already. That isn’t surprising: I live in the Hudson Valley. I hike a lot. However, I’m pretty sure that, in both cases, the offending ticks were from Long Island. Ten days after visiting relatives there, I woke with “flu-like” symptoms and beautifully clear and definitive bullseye rashes. In one case, the rash was on my leg; in the other it was on my abdomen. I was lucky; in half the cases there is no rash. Mine were easily identified and just as easily treated with a round of doxycycline.

Some of my friends and family have not been so lucky. No fever, no rash, no immediate symptoms that you’d associate with a tick bite. But eventually joint pain and inflammation, facial paralysis, and memory loss drove them to seek treatment. *Borrelia burgdorferi*, the virus responsible for the disease, was able to thrive and multiply in their bodies and cause serious damage before a diagnosis was made and treatment begun. In some cases the damage was permanent.

The Lyme Research Alliance (lymearsearchalliance.org) lists more than 140 symptoms that can be associated with chronic Lyme. Symptoms can be musculoskeletal, respiratory, digestive, neurological, psychiatric, and cognitive, and include everything from double vision to obsessive-compulsive disorder. Clearly, this is a very versatile bug— it seems almost anything can be a symptom of Lyme. The fact that so many possible symptoms are shared with so many other diseases can make diagnosis problematic. That’s probably why, no matter what complaint I call my doctor with, his first response being, “Lyme disease”.

2017 promises to be a banner year for deer ticks. Here’s what you can do to have a safer summer.

by Dana Bennet

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Elected Officers

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<thead>
<tr>
<th>TITLE</th>
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<tbody>
<tr>
<td>Chapter Chair</td>
<td>Daniel Jones Jr.</td>
<td><a href="mailto:Jones.daniel.jr@gmail.com">Jones.daniel.jr@gmail.com</a></td>
<td>845-797-9161</td>
</tr>
<tr>
<td>Vice Chair</td>
<td>Peter McGinnis</td>
<td><a href="mailto:Pmcgin1@aol.com">Pmcgin1@aol.com</a></td>
<td>845-454-4428</td>
</tr>
<tr>
<td>Secretary</td>
<td>Ellen Zelig</td>
<td><a href="mailto:ellenzeligcrs@aol.com">ellenzeligcrs@aol.com</a></td>
<td>845-518-0488</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Ralph Pollard</td>
<td><a href="mailto:ralphpollard@verizon.net">ralphpollard@verizon.net</a></td>
<td>845-462-3389</td>
</tr>
<tr>
<td>Chapter Director</td>
<td>Bill Beehler</td>
<td><a href="mailto:WVBee@aol.com">WVBee@aol.com</a></td>
<td>845-473-5557</td>
</tr>
<tr>
<td>Chapter Director</td>
<td>Christopher Cring</td>
<td><a href="mailto:christopher.cring@gmail.com">christopher.cring@gmail.com</a></td>
<td>845-249-5305</td>
</tr>
<tr>
<td>Club Director</td>
<td>Jean-Claude Fouere</td>
<td><a href="mailto:jcfouere@gmail.com">jcfouere@gmail.com</a></td>
<td>845-462-0142</td>
</tr>
<tr>
<td>Alt. Club Director</td>
<td>Brenda Harding</td>
<td><a href="mailto:Brendaharding99@yahoo.com">Brendaharding99@yahoo.com</a></td>
<td>845-565-8566</td>
</tr>
<tr>
<td>Past-Chapter Chair</td>
<td>Lalita Malik</td>
<td><a href="mailto:lalitamalik@aol.com">lalitamalik@aol.com</a></td>
<td>845-592-0204</td>
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Committee Chairs & Other Volunteers

<table>
<thead>
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<th>TITLE</th>
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<tr>
<td>Conservation</td>
<td>Sayi Nulu</td>
<td><a href="mailto:sayileela@gmail.com">sayileela@gmail.com</a></td>
<td>845-264-2270</td>
</tr>
<tr>
<td>New Members</td>
<td>Jennifer Anderson</td>
<td><a href="mailto:djanderson@fairpoint.net">djanderson@fairpoint.net</a></td>
<td></td>
</tr>
<tr>
<td>Publicity</td>
<td>Skip Doyle</td>
<td><a href="mailto:skipnewyork@yahoo.com">skipnewyork@yahoo.com</a></td>
<td></td>
</tr>
<tr>
<td>News Media</td>
<td>Michele Van Hoesen</td>
<td><a href="mailto:michelevh8@yahoo.com">michelevh8@yahoo.com</a></td>
<td>845-691-7442</td>
</tr>
<tr>
<td>Education Chair</td>
<td>Don Urmston</td>
<td><a href="mailto:murmston@gmail.com">murmston@gmail.com</a></td>
<td>845-457-4552</td>
</tr>
<tr>
<td>Social Events</td>
<td>Carole Marsh</td>
<td><a href="mailto:Nanagrace91@aol.com">Nanagrace91@aol.com</a></td>
<td>845-849-2044</td>
</tr>
<tr>
<td>Webmaster</td>
<td>Georgette Weir</td>
<td><a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>845-462-0142</td>
</tr>
<tr>
<td>Newsletter Co-Editor</td>
<td>Dana Bennet</td>
<td><a href="mailto:dana.f.bennet@gmail.com">dana.f.bennet@gmail.com</a></td>
<td>845-247-7259</td>
</tr>
<tr>
<td>Database Admin</td>
<td>Eli Cohen</td>
<td><a href="mailto:Ebc12533@yahoo.com">Ebc12533@yahoo.com</a></td>
<td></td>
</tr>
<tr>
<td>Outings Co-Chair</td>
<td>Sue Mackson</td>
<td><a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>845-471-9892</td>
</tr>
<tr>
<td>Outings Co-Chair</td>
<td>Ginny Fauci</td>
<td><a href="mailto:gefauci@gmail.com">gefauci@gmail.com</a></td>
<td>845-399-2170</td>
</tr>
<tr>
<td>Trails Chair</td>
<td>Tom Amisson</td>
<td><a href="mailto:tamisson@aol.com">tamisson@aol.com</a></td>
<td>845-592-1572</td>
</tr>
<tr>
<td>Water Trails &amp; Paddles</td>
<td>Russ Faller</td>
<td><a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>845-297-5126</td>
</tr>
<tr>
<td>NY-NJ Trail Conf. Del.</td>
<td>Salley Decker</td>
<td><a href="mailto:sadecker2002@yahoo.com">sadecker2002@yahoo.com</a></td>
<td>845-454-4206</td>
</tr>
<tr>
<td>MeetUp</td>
<td>Sayi Nulu</td>
<td><a href="mailto:sayileela@gmail.com">sayileela@gmail.com</a></td>
<td>845-264-2270</td>
</tr>
</tbody>
</table>

Be a Raffle Ambassador!

The ADK ANNUAL RAFFLE is going on now, with the drawing on Monday, July 31. This year’s raffle consists of three items: the ever popular Hornbeck boat, a custom-built fat tire bike by Spa City Bicycleworks, and a Perception kayak donated by EMS.

You can buy tickets at https://www.adk.org/adks-2017-annual-raffle/. Tickets are $5 each or six for $25.

If you would like to become a raffle ambassador and sell tickets, contact:

Sunday Conine
Annual Fund Manager, ADK
Sunday@adk.org
518-668-4447, ext. 42

DEC and NYC State Parks Announce First-Time Camper Program

The NEW YORK State Department of Environmental Conservation and the Office of Parks, Recreation, and Historic Preservation have announced that New York State will provide free First-Time Camper Weekends throughout the summer of 2017.

The First-Time Camper program will make trying camping for the first time easy, by providing a turnkey camping experience for families, especially those from underserved communities who have never camped before. The new campers will be provided with a family tent, sleeping bags, sleeping pads, camp chairs, lantern, and even firewood. A Camping Ambassador will meet families at the campsite and help them get set up with a camping 101 lesson.

There are two campgrounds in the Catskills that will be hosting weekends:
July 7-9 North/South Lake
Aug. 4-6 Kenneth L Wilson

If you know of a family that might benefit from this program, more information and registration materials can be found on the DEC’s website: http://www.dec.ny.gov/outdoor/109909.html

Get Free Reflective Decals for Your Paddles

To RECEIVE a free reflective decal for your paddles, send a note and self-addressed stamped envelope to:

NYS Parks Marine Services Bureau
Safe-N-Sight/If Found Stickers
Albany, NY 12238

Save the Date!
Mid-Hudson Annual Fall Picnic!

Sunday, October 1, 2017,
12 NOON,
Norrie Point Park
at the gazebo by the river,
Hikes and paddle times and locations to follow

www.midhudsonadk.org
MID-WEEK HIKES: The leaders offer hikes of varying difficulty to different areas of the Mid-Hudson Valley. Hikes may be followed by a stop for refreshments. Leaders: Ginny Fauci, gefauci@gmail.com or 845-399-2170, and Lalita Malik, lalitamalik@aol.com or 845-592-0204. They will be held every Thursday, weather permitting. To add your name to the Mid-Week hike list, go to the bottom of the weekly email to update your subscription.

TUESDAY EVENING PADDLES: Leader: Dave Webber, webberd1@yahoo.com or 845-242-9905. Paddling on the Hudson River at spots between Beacon and Norrie Point. On the water at 5:30 PM and paddling for 1.5 to 2 hours. Often a refreshment stop after. For the Hudson River you need a kayak at least 13.5 feet long with front and rear bulkheads. To add your name to the Tuesday evening and Mid-Week paddle list, go to the bottom of the weekly email to update your subscription preferences and select Kayaking.

MID-WEEK PADDLES: Leader: Glenda Schwarze, schwar582@aol.com. Glenda will lead quiet-water two hour paddles with beach put-ins. Starting in May, they will be held on the second and fourth Thursdays of every month. To add your name to the Mid-Week paddle list, go to the bottom of the weekly email to update your subscription.

HARRIMAN DOG-FRIENDLY HIKES: Susan Sterngold and her dogs lead hikes every day in Harriman. Dogs will be on all the hikes, and you’re welcome to bring yours. Hikes are scheduled a few days ahead of time. To receive notifications of the hikes, please join her yahoo group, http://groups.yahoo.com/group/harrimanhike. When signing up, click on Special Notices and mention you are a Mid-Hudson ADK hiker.

LEAD THE WAY!
Do you have a special place you like to visit that you want to share with other ADKers? We’d love to have you join our outing leader group! We’re looking for hikers, bikers, walkers, paddlers, snowshoers, cross-country skiers, etc. Please send an email to Ginny Fauci, gefauci@gmail.com or (845) 399-2170, or to Lalita Malik, lalitamalik@aol.com or (845) 592-0204. We’ll schedule a short, easy hike with some training to get you started!!

GENERAL OUTINGS GUIDELINES
- Notify Leader of your intent to join an outing at least two days prior to the outing.
- Be at designated meeting place ten minutes prior to the scheduled departure time.
- Car pooling is encouraged. Riders are expected to share the expenses equally at a rate of $.20 per mile plus any tolls and parking fees incurred.
- Dogs may be allowed on some outings; check with trip leader. If allowed, bring a leash, be able to control your dog, and provide for its needs (especially water).
- Guests are welcome to participate in two outings. After that they are encouraged to become members of the Mid-Hudson Chapter of the ADK.

PADDLE GUIDELINES
- PFDs (Personal Flotation Devices) must be worn while on the water.
- On "Big Water" trips, such as those on the Hudson River (see exceptions below), Long Island Sound and Lake George, the minimum boat length is 13.5 ft. and boats must have dual bulkheads or flotation bags in bow and stern, unless the boat is a sit-on-top kayak. Canoes do not come under these "Big Water" requirements.

Hiking Guidelines
- Wear sturdy footwear as required for season and type of outing.
- Be equipped with water, lunch, snacks, extra clothing and foul weather gear.
- Hike Ratings indicate relative degree of difficulty, and may vary with terrain, weather, season, etc. Check with Trip Leader to verify that the trip is suitable for your ability.
- For more hiking tips/preparedness, check out: https://midhudsonadk.org/outings-calendar/hiking-tips/

HIKE RATINGS
- Class A - Difficult: More than 1500’ climb or more than 8 miles total distance
- Class B - Moderate: Less than 1500’ climb and 6 to 8 miles total distance
- Class C - Easy: Well-graded trails and less than 6 miles total distance
- Walk: Less than 4 miles total distance; suitable for children

www.midhudsonadk.org 3
JUNE 10

**Kingston Kayak Festival**

Sat, June 10, Kingston Point Beach, 53 Delaware Ave, Kingston, NY, 10 AM - 4 PM

Contact: Russ Faller russoutdoors@yahoo.com or 845-297-5126 (before 9:30 PM)

A fun-filled day for you and your whole family, whether you’re paddlers or have never paddled before. Bring the kids, grandchildren, spouse, partner and friends.

Don’t let the name fool you. It’s not just kayaks. It’s also canoes and stand-up paddleboards (SUPs) for you to try. The emphasis is on education, demonstrations, lessons and guided tours for beginner paddlers as well as experienced paddlers.

(Experienced paddlers should bring their boats & gear.) Our Mid-Hudson Chapter has a big presence at this festival. Members of our Chapter enter free (bring your ADK card). Others are asked for a $10 donation to the non-profit Forsyth Nature Center.

Go to www.midhudsonadk.org & click on “Kingston Kayak” Fest under “Outings” for the schedule of events.

Fri, June 9: Black Rock Forest Preserve (7.8 mile loop, A hike)

Leaders: Georgette Weir and Jean-Claude Fouere georgette.weir@gmail.com or 845-462-0142 (H) before 9 PM


Sun, June 11: Hudson River Paddle from Norrie Point State Park (10 miles, experienced paddlers)

Leader: Dave Webber, webberd1@yahoo.com or 845-242-9905

Paddle up around the rock ledges of Mills Norrie State Park, explore Esopus Island, lunch at Vanderbilt’s Bard Rock. Kayaks must be a minimum of 13.5 feet with dual bulkheads or floatation bags in bow and stern. PFDs must be worn. Bring lunch, snacks and water. Rain Cancels. Confirm with leader. Be ready at 9:30 downstream, to explore various highlights of the park. These will include the visitor center, Hessian Lake, Fort Montgomery, and the Trailside Museum (small fee). This area is rich in history. Bring your camera, lunch and 2 quarts water. Confirm with leader for meeting place and time.

Sun, June 11: Bear Mountain Three Bridges (approx. 6 miles, C+ hike)

Leader: Louis Ruidisch, ruidisch3@gmail.com or 845-896-9332 (c), 845-453-0871

Enjoy numerous photo opportunities as we walk across the Bear Mountain Bridge, Popolopen Bridge on US Rt. 9W and the Popolopen suspension footbridge, further downstream, explore various highlights of the park.
July at a glance

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<tr>
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<th>RATING</th>
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<tr>
<td>Sat, July 1</td>
<td>Hudson River/Mansions</td>
<td>Russ Faller</td>
<td><a href="mailto:outdoorsruss@gmail.com">outdoorsruss@gmail.com</a> or 845-297-5126</td>
<td>A paddle</td>
</tr>
<tr>
<td>Sun, July 2</td>
<td>Bashakill Paddle</td>
<td>Shari Aber</td>
<td><a href="mailto:shnaber@yahoo.com">shnaber@yahoo.com</a> or 914- 489-065</td>
<td>C paddle</td>
</tr>
<tr>
<td>Wed, July 5</td>
<td>Kakaking Presentation</td>
<td>Don Urmston</td>
<td><a href="mailto:murmstom@gmail.com">murmstom@gmail.com</a> or 845-549-4671</td>
<td>C paddle</td>
</tr>
<tr>
<td>Fri, July 7</td>
<td>Fahnstock State Park</td>
<td>G Weir &amp; JC Fouere</td>
<td><a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a> or 845-462-0142</td>
<td>B+ hike</td>
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<tr>
<td>Sat, July 8</td>
<td>Shaupeneak Ramble</td>
<td>Ginny Fauci</td>
<td><a href="mailto:gefauci@gmail.com">gefauci@gmail.com</a> or 845-399-2170</td>
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<tr>
<td>Sat, July 8</td>
<td>Hudson River Paddle/Cold Spring</td>
<td>Dave Webber</td>
<td><a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a> or 845-242-9905</td>
<td>A paddle</td>
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<tr>
<td>Mon, July 10–Fri, July 14</td>
<td>Champlain Canal Paddle</td>
<td>Don Urmston</td>
<td><a href="mailto:murmstom@gmail.com">murmstom@gmail.com</a> or 845-549-4671</td>
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<td>Sat, July 15</td>
<td>Wappinger’s Creel/Hudson River</td>
<td>Russ Faller</td>
<td><a href="mailto:outdoorsruss@gmail.com">outdoorsruss@gmail.com</a> or 845-297-5126</td>
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<tr>
<td>Sat, July 15</td>
<td>Mianus River Gorge</td>
<td>Sue Mackson</td>
<td><a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a> or 845-471-9892</td>
<td>C hike</td>
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<tr>
<td>Sun, July 16</td>
<td>Cope’s Lookout</td>
<td>Roberta Forest</td>
<td><a href="mailto:robertaforest@gmail.com">robertaforest@gmail.com</a></td>
<td>A hike</td>
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<tr>
<td>Sun, July 16</td>
<td>Neversink Reservoir</td>
<td>John Ragusa</td>
<td><a href="mailto:john.ragusa@bnymellon.com">john.ragusa@bnymellon.com</a> or 917-692-1159</td>
<td>C paddle</td>
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SUN, JUNE 18: Echo Lake from Platte Clove (8 miles, B hike)

Leader: Sue Mackson, suemackson@gmail.com or 845-471-9892

A long flat walk in an area with lots of wildflowers and several interesting stone areas left over from quarrying. Initial uphill—no challenging; at the end, walk down to the lake on eroded trail. The return is uphill but under 500 ft. I’ll be looking for orchids and we should see Mountain Laurel in bloom. Call by June 17 for carpool information. I’ll plan to be at the Route 9W/299 Park and Ride at 9 AM.

SAT, JUNE 24: Birchen Trail (6-7 strenuous miles with scrambling, A hike)

Leader: Roberta Forest, robertaforest@gmail.com

Meet at 9:30 AM at end of Pine Road off Butterville Road. Joint with Mohonk Preserve. Mohonk members free, day pass of $15 for non-members. This may be applied to a yearly membership. Confirm with leader.

Sun, June 25: High Banks Preserve, 132 River Rd, Ulster Park, NY (3 miles, C+ hike)

Leader: John Ragusa, john.ragusa@bnymellon.com or 917-692-1159

The newest of the Scenic Hudson preserves. Contains bluffs offering superb vistas of the Hudson River as well as extensive wetlands, wildflower-filled meadows, hardwood forests and shoreline along Lake Esopus. Meet at the Scenic Hudson trailhead at 11 AM. Bring picnic lunch. Will go to a local winery down the road for some tastings after the hike for those interested. Heavy rain cancels. Confirm with leader.

July 2017

Sat, July 1: Gilded Age Mansions of the Hudson River Paddle (11.5 miles, experienced paddlers)

Leader: Russ Faller, outdoorsruss@gmail.com or 845-297-5126 (before 9:30 PM))

This will be a paddle, with historic commentary, at the following locations: Maid of the Meadow Lighthouse, Mills Mansion, Vanderbilt Mansion and Mt. St. Alphonsus. Launching at Esopus Meadows Point, we’ll go with the ebb tide, disembarking at the Mills and Vanderbilt Mansions for outside tours. Then paddle back to our starting point. Paddlers should have experience on the Hudson River. Kayaks must be a minimum of 13.5 ft. and with dual bulkheads or flotation bags in bow & stern. Canoes welcome. PFDs required. Bring lunch, snacks & water. Rain cancels. Contact leader for meeting time.

Sun, July 2: Paddle the Bashakill (easy, beginners welcome)

Leader: Shari Aber, shnaber@yahoo.com or 914- 489-0654

We’ll launch from the southernmost put-in off of 209 and paddle upstream. This is a leisurely paddle and we will take our time, looking at wildlife along the way. Bring your binoculars and/or camera. We’ll go at least as far as the Haven Road Bridge, possibly further if water levels permit. Contact leader for details.

Wed, July 5: How to Get Started Kayaking Presentation at the Mt. St. Mary Desmond Campus at 1:00 PM

Don Urmston, murmstom@gmail.com or 845-549-4671

All ADK members are welcomed to attend and help out—no kayak experience is necessary.

www.midhudsonadk.org 5
Fri, July 7: Fahnestock State Park (6-8 miles, B+ hike)

Leaders: Georgette Weir and Jean-Claude Fouere, georgette.weir@gmail.com or 845-462-0142 before 9 PM
Six to eight mile hike around Canopus Lake on the AT and then some. Exact route will be decided closer to the day. Possible swim at Lake Canopus. Bring water, snacks, and lunch and dress for the weather. Contact leader for meet time and place.

Sat, July 8: Shaupeneak Ramble; Joint with Mohonk Preserve (6-8 miles, B hike)

Leader: Ginny Fauci, gefauci@gmail.com or 845-399-2170
We'll start at the top and hike all of the upper trails around Louisa Pond and beyond. Contact leader for time and meeting place.

Sat, July 8: Hudson River Paddle from Cold Spring (10 miles, experienced paddlers)

Leader: Dave Webber, webberd1@yahoo.com or 845-242-9905
Paddle from Scenic Hudson’s Foundry Dock in Cold Spring up to Bannerman’s Island and on to Dennings Point. Perhaps over to Plum Point and Moodna Creek if conditions are good and the group in favor. Kayaks must be a minimum of 13.5 feet with dual bulkheads or flotation bags in bow and stern. PFDs must be worn. Bring lunch, snacks and water. Rain Cancels. Confirm with leader.

Sun, July 9: Mianus River Gorge (5 miles, C hike)

Leader: Sue Mackson, suemackson@gmail.com or 845-471-9892
We’re losing our hemlocks, so come see this hemlock ravine (always shady) in Westchester County. Many of the trees, hundreds of years old, have been lost. The trails are wide, soft, and flat. We’ll spend an afternoon there and perhaps stop for a light meal afterward. Meet at 1:30 PM at the Route 52/Taconic Parkway Park and Ride. No dogs. Mostly no picnicking. Confirm with leader.

Sun, July 16: Cope’s Lookout (7 strenuous miles with various scrambles, A hike)

Leader: Roberta Forest robertaforest@gmail.com
Meet 9:30 AM at Mohonk Preserve Visitor Center for shuttle to start. Joint with Mohonk Preserve. Mohonk members free, day pass of $15 for non-members. This may be applied to a yearly membership. Confirm with leader.

Sun, July 16: Neversink Reservoir Paddle, Liberty, NY

Leader: John Ragusa, john.ragusa@bnymellon.com or 917-692-1159
Paddle on the pristine waters of the Neversink Reservoir, part of the NYC water supply system. Highest reservoir in elevation of all NYC reservoirs. Beautiful scenery, surrounded by wilderness on all sides. Look for bald eagles. Kayak and canoe rentals available on site (highly recommended). If you bring your own kayak or canoe, you must have a DEP Access Permit which you can obtain free at www.nyc.gov/dep and it must be steam cleaned prior to being placed into the reservoir at an authorized steam cleaning vendor. There is a steam cleaning vendor two miles from the reservoir at the Neversink General Store. Meet at 11 AM at the cove. Bring picnic lunch and empty water bottle. We will refill in the reservoir. Carpooling recommended. I have room for three others. Boat and kayak rentals are right there. You won’t have to deal with permits and steam cleaning if you rent! If you plan on renting, please let me know so I can reserve from the boat-rental vendor. Rental fees are very reasonable. Confirm with leader. Directions: Take I-84 west to the Route 17 interchange (exit 4W). Take Route 17 west towards Binghamton. Travel past Monticello. Take Liberty exit 100A. At end of ramp, make right onto Route 55/County Rt. 16 (Neversink Rd). Continue about five miles. Make left onto Aden Rd. Entrance to cove on right. Parking available.

August 2017

Sat, Aug 5: Vanderbilt Estate, Hyde Park (Walk)

Leader: Sayi Nulu, sayinulu@yahoo.com or 845-264-2270
We will walk to the gardens and then take a trail in Vanderbilt Estate. Bring water, snacks, and lunch and dress for the weather. Meet at visitor parking lot at 10 AM. Confirm with leader.

Sun, Aug 6: Annsville Creek Paddle, Peekskill, NY

Leader: John Ragusa, john.ragusa@bnymellon.com or 917-692-1159
Meet at the Annsville Creek Paddlesport Center. We will paddle in the large inlet off the Hudson River where the Annsville Creek flows out from. It is protected from waves and rough waters. Look for many types of water fowl. We will paddle during high tide so we can paddle up into the creek. Meet at 11 AM at the Annsville Paddlesport Center. Free parking and if you don’t own a kayak or canoe, rentals are available right there. Easy put-in. Bring a picnic lunch. There’s a beautiful park we can paddle to on the Peekskill side to have lunch and a swim for those interested. Heavy current may make it a little challenging to paddle back.
**SAVE THE DATE! LABOR DAY WEEKEND!**

Friday, September 1 to Monday, September 4  
Paddling and Camping up the Jordan River (Adirondacks)

**Leader:** Russ Faller, outdoorsruss@gmail.com  
or 845-297-5126 (before 9:30 PM)

We’ll launch into the Carey Falls Reservoir, with its wide sandy beaches, then go up the Jordan River to base camp. On Sunday, we’ll explore the upper reaches of the river in empty boats. This is a wild and remote area in the northwest Adirondacks, offering the ultimate in solitude. The portage is cart friendly. Carts available for rent in Tupper Lake. Late Friday afternoon arrival, but you could catch up with us Saturday morning. Contact leader to register by August 25th.

Rain cancels. Confirm with leader. **Directions:** Take Route 9 south. Just before Peekskill, you will come to a traffic circle, locally known as the Annsville Circle. Take the first right out of the circle heading towards the Bear Mountain Bridge (Routes 6 & 202). As you leave the circle, immediately to the left is the entrance to the Annsville Paddlesport Center

**Fri, Aug 11:** Bike & Swim at Minnewaska State Park Preserve (approx. 11 miles)  
Leaders: Georgette Weir & Jean-Claude Fouere  
georgette.weir@gmail.com or 845-462-0142  
before 9 PM

We will bike the Upper Awosting Carriage Road to and around Lake Awosting, stopping at the beach for snack/lunch and swim. Return via Hamilton Point Carriage Road. Optional: End your outing with another swim at Lake Minnewaska. Contact leader for meet time and place.

**Sat, Aug 19:** Black Creek Paddle (easy, beginners welcome)  
Leader: Shari Aber, shnaber@yahoo.com  
or 914-489-0654

We will launch from 299 in the town of Lloyd and paddle upstream through the marshes as far as we can. Then we will head downstream, passing our put-in and continue another mile or two through a wooded area until the creek veers and drops off. Contact leader for details.

**Sat, Aug 26:** Kayak Skills; Rescue Class  
White Pond, Carmel, NY  
Leader: Don Urmston, mrurmston@gmail.com  
or 845-549-4671

Bring your kayak, bring your gear. Come learn how to do a wet exit, T-rescue, self-rescue, paddle float rescues, and more. Try rescues yourself, or just observe how they are done—it’s up to you. All skills levels are welcome. Contact leader for meeting time.

**Sat, Aug 26:** Southwest Hunter and Hunter (10 miles, 2400’ ascent, moderate paced A- hike)  
Leaders: Joe Ferri, newpaltz33@yahoo.com or 914 489-1582 & Shari Aber, shnaber@yahoo.com  
or (914) 489-0654

This is a loop hike through some very pretty and varied terrain. We will climb two peaks—Southwest Hunter is technically a bushwhack (though there is an unmaintained trail to the canister). On Hunter, the second highest Catskill peak, you can climb to the top of the fire tower for some spectacular views. Contact Shari Aber for details. (

**Sun, Aug 13:** Stissing Mountain  
(4 miles, 950’ ascent, B hike)  
Leader: Sue Mackson, suemackson@gmail.com  
or 845-471-9892

Short, but steep, with a fire tower at the top. This is a loop hike through some very pretty and varied terrain. We will climb two peaks—Southwest Hunter is technically a bushwhack (though there is an unmaintained trail to the canister). On Hunter, the second highest Catskill peak, you can climb to the top of the fire tower for some spectacular views. Contact Shari Aber for details.

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**Break Free!**

is to organize the outings; this involves generating and collecting the needed permission forms, acquiring the needed medical clearance by the school, and negotiating a fee waiver or reduced fee for specific activities, outlining the needs for the outing. Transportation is the responsibility of the students.

Our calendar has been full. This winter, students participated in trips to Keno for archery, Belleayre Ski Center for skiing and snowboarding and The Inner Wall for rock climbing. This spring started with a stroll in the Black Creek Preserve. For some first-timers, the experience was a pleasant surprise. “I had fun,” one student said. “I need to do this more often.”

Upcoming events include trail work at Minnewaska State Park for I Love My Parks Day and a hike to Bonticou Crag. The last outing, scheduled in June, is at Kingston Point Beach, for kayaking with Kingston Parks and Recreation and students from Miller Middle School’s outdoor program. (Eighth-graders from Miller will transfer into Kingston High as freshmen in the fall.)

It has been a successful first year for the Break Free OAC. Looking toward the 2017-18 school year, students have discussed having a set schedule of activities in place both for meetings at school and for outside activities before the school year begins. Securing transportation so that more students can be involved in the activities has also been discussed. “And maybe a camping trip?”

**Break Free members enjoy Black Creek Preserve**
OutingsLog

Tom Buckley’s description for his April 22nd hike (below) will be his last as a trip leader for MHADK. For approximately four years, Tom has been leading hikes, helping us learn all the paths at Wonder Lake State Park and the marvelous stone chambers in Fahnestock and renewing our acquaintance with many of that park’s trails. Tom is busy preparing to leave the area. We will miss his dark chocolate, his careful leadership and careful summaries. Tom, come back to visit—and to lead a hike now and then. All our best wishes to you and your family.

February 9: Quick Response X-C Ski #3
Stony Kill Environmental Center
Leader: Russ Faller

We set out just when the snowflakes started to thin. We had to dig out our parking spaces, but we didn’t mind. We got in 3 hours of skiing before it got dark. First we skied the Mueller Pond Loop twice. Once to break trail and again to glide in our own tracks. There was a foot of fresh powder! Then we went over to the Manor House (which was plowed out by then) and skied the Verplanck Ridge Loop. Again we had untracked powder! We skied on the so-called “ridge” watching the sun set behind a real ridge on the west side of the Hudson River. Excellent! Ron Gonzalez was the only intrepid skier who turned out to accompany the leader (2).

February 10: Quick Response X-C Ski #4
Minnewaska State Park Preserve
Leader: Russ Faller

It was a bluebird day at Minnewaska. As always, there were awesome views along the Castle Point Carriage Road. We started on the Upper Awosting Carriage Road, circled around to Castle Point, then glided back to Lake Minnewaska. Snow conditions and grooming were excellent. Everyone had a great time. Participants were: Betsy Silverstein, Paul Silverstein, Sam Doran, Carol Doran & the leader (5).

February 11: Quick Response X-C Ski #5
Fahnestock Winter Park
Leader: Russ Faller

They say, “Three strikes and you’re out.” But we’re just getting started! This was the third X-C ski in 3 days! This time we went to Fahnestock Winter Park, to enjoy the groomed trails there. And we had a great time. Snow conditions and grooming were excellent. We broke up into 3 sub-groups according to skills levels and pace, then met back at the Acorn Café for lunch together. The State has renovated both the insides and exteriors of both buildings, as well as the patio. As usual, there was a roaring fire on the patio, so that people could sit at the picnic tables and feel comfortable. We ate inside the café. Some bought food, others ate what they had brought. Most of us had a hot drink from the café. The area around the buildings and patio was filled with skiers. Everyone was polite and very friendly. We chatted with strangers. A really nice social event. Participants were: Carla Barrett, Karen Snowman, Lisa Runyon, Tom Amisson (all ADK) and Lanaya Ballou, Carolyn Jacobs, Jane Rod, Mia Kreutz, Rachel Raden, Julie H. Case (all guests from AMC) and the leader (11).

February 11: Quick Response X-C Ski #5
Fahnestock Winter Park
Leader: Tom Buckley

Six hikers joined me for an enjoyable winter trek of approximately six miles. Two days earlier, more than a foot of snow fell on the trail, so I was expecting that the deep snow might slow our progress, but we got lucky. I was the first person at the parking area where we were meeting. Shortly thereafter, a caravan of about a dozen cars arrived, and many people got out and put on snowshoes. It was an AMC snowshoeing outing, and they were going to use the Catfish Loop Trail, too. As I waited for the final ADK hiker to arrive, the AMC group got started onto the trail. Soon we, too, were ready to go. We were pleasantly greeted with a well groomed treadway, courtesy of all the people snowshoeing well ahead of us. The overcast skies and slightly above freezing temperatures combined to keep the trail conditions very favorable for us throughout the rest of the day. Due to the heavy snow conditions, it was very easy for me to point out the abundance of blueberry fields that line the Catfish Loop Trail in the areas with strong sun exposure. Some hikers have already made plans to come back when the blueberries are in season. The Catfish Loop Trail is one of the original trails in Fahnestock. I pointed out the tree that has an original red metal blaze on it. Based on the numbers of people we met, it still remains one of the park’s most popular trails, but next time we will try another trail. Members: Peter Cantline, Vicky Contino, Rose DiBona, Craig Brown, Guests: Cindy Tanacea, Kathy Cravinho.

February 26: Beacon “Nobody’s Fool” Walk
Leader: Chris Cring

Rosemary Williams, Sam Doran, Carol Doran, Lorraine Laufer, Lalita Malik, Sharon Slocum, Daniel and Anita Jones, Vicky Contino, Marsha Kramer, Connie Haven, Rose DiBona.

February 28: CIA Tour & Prix Fixe Lunch
Leaders: Eli Cohen & Alice Renna

A lovely fifty-degree day greeted thirteen members and two guests at the Culinary Institute in Hyde Park. We divided into two groups, and student tour guides took us into an area of Ruth Hall that very few non-students ever visit. We were in awe as we watched student chefs work with chocolate, sugars and fondant. Then lunch at the Caterina DiMedici Restaurant.

March 5: Teatown Lake Reservation
Leader: Sue Mackson

It was spring and then became winter. The temperature was in the high sixties when I scouted the trails at this lovely park—and down in the high twenties, low thirties six days later, when John Ragusa, Connie Haven, Rudy LaPar, Al Poezl, Marsha Kramer and I walked a loop around Teatown Lake, where the ice was partially frozen, the sky was blue, and our cheeks still felt the sting of the cold. But the sun and walking warmed our bodies. The men and I enjoyed the natural history exhibits at the visitors center, a pleasant, warm place to sit, while Connie and Marsha walked an extra loop. Long way to go for short hike, but Teatown is worth visiting. It has trails pleasant underfoot, and lots of live animals and educational programs and a wildflower preserve for the spring.

www.midhudsonadk.org
March 12: Peach Hill at Dusk  
**Leader: Sue Mackson**

Three clear, cold days were the perfect preamble to a walk up a trail at Peach Hill. Sunset was easily seen over the western slopes above the Hudson River. Tom Meyering and a fellow-hiker were generous in leading the way to the best lookout areas in the park. We admired the enormous work accomplished to clear out the overgrowth in two sections of apple orchard. Snow had fallen several days before, but the cold kept us crunching it, rather than slipping on ice or sinking perilously. We walked down the hill, around, up the hill (there are several miles of loop trails at the site) and stood looking east at the dusky sky silhouetted hills and then—a sliver of glowing orange which grew and rose and remained almost football shaped and lingering. From Left: Annette Caruso, Doug Kramer, Judith Ahrens, Jim (I failed to get his late name), Friends of Peach Hill, Sue Mackson, Tom Meyering (Recreation Director, Town of Poughkeepsie), Enrique Gonzalez, Katharine Hess.

March 19: Esopus Meadows  
**Leader: John Ragusa**

The day was sunny and beautiful. We met at 10 AM at the trailhead and, because of the recent heavy snowfall, we snowshoed on the blue, yellow and red trails. The hike was about 2.5 miles and there were eight of us, including the leader. All had a nice time. After the hike, we enjoyed a picnic lunch along the river. Members: Pete Cantine, Stephen Apolito, Carla Barrett, Susan Mack, Marie and Annette Caruso, Vicky Contino.

April 8—13: AT in VA Backpack, Manassas Gap—Big Meadows  
**Leader: Russ Faller**

Ten MH-ADK & AMC-NY/NoJ members got together to hike fifty-four miles on the Appalachian Trail in Virginia. Spring was much more advanced there. We enjoyed many wildflowers that Tom Amisson identified for us. The weather was wonderful—only an hour and a half of light rain—except for one day when the temperature hit eighty-five degrees. Without leaves on the trees, there was no shade, and we had to hike 13.3 miles with limited water. But we made it to Elkswallow Gap for lunch and, to our delight, found a store with an outside picnic area. We chowed down on deli sandwiches, beer, and ice cream! Another feast provided was by a friend of Tom Dinnel, who met us at a road crossing with a van filled with chips, cakes, fruit, and juices. We chatted with the first wave of Thru-Hikers, who left Springer Mountain in January. One said he ran into snow and ice, but maintained a pace of thirty-five miles a day with only one rest day. Our group included: Tom Amisson, Chris Bickford (both ADK), Barry Donovan, Jessica Doh, Mike Pellicciotti, Tom Dinnel, Christina Katopodis, Tom Larna, Frank Zarb (all AMC) and the leader.

April 12: Long Dock, Denning’s Point, Madame Brett Park  
**Leader: Lou Ruidisch**

Although two hikers who originally expressed interest were unable to attend, three other intrepid hikers, including the leader, enjoyed one of the best days so far this spring, as we explored and poked around Denning’s Point. Although the bridge over the railroad tracks is currently closed for repairs, we carpooled to Madame Brett Park to complete a second loop. After enjoying our lunch overlooking the roaring Tiaraonda Falls, we proceeded along the boardwalk and into the Fishkill Creek estuary to enjoy the sights. Participants included Sayi Nulu, Rosemary Williams, Jean McAvoy, and the leader.

April 12: Sam’s Point Hike  
**Leader: John Ragusa**

We met at the Sam’s Point Visitors Center at noon. The day was warm and sunny. There were five hikers including the leader. We started on the Loop Trail, ascending up to top of the plateau for some beautiful views of the surrounding area. We then took a side trail to the Verkeerder Kill Falls, where we hiked through an area that was devastated by a huge wildfire last spring and witnessed the rebirth and regeneration of rare dwarf pitch pine trees, unique to this area. We had lunch against the backdrop of the beautiful Verkeerder Kill Falls (see photo on page 10). After lunch, we hiked along Lake Maratanka, one of the five sky lakes of the park. We passed some noisy wetlands with loudly croaking bullfrogs. On the other side of the lake, we saw the remains of berry-picker shacks. Our hike was about six miles and took some four and a half hours. All said that they had a great time: Ellen Kelly, Marsha Kramer, Ellen Kelly and A. Powell.

April 18: Audubon Trails in Sharon, CT.  
**Leaders: Jennifer & David Anderson**

Thirteen of us met on a crisp morning at the Sharon Audubon Center in Connecticut to hike along streams and woods trails to a boardwalk at the edge of Bog Meadow Pond. We stayed for a while to enjoy the expansive display of water and a couple of beaver lodges, then looped back to the starting point on the Fern Trail, passing Ford Pond—named for Clement and Keyo Ford, who donated their farm of more than a thousand acres to the Audubon Society in the early nineteen-sixties. We picnicked, then visited an impressive outdoor aviary for raptors unable to survive otherwise. Some of us lingered to enjoy the grounds, some headed home and five went on to explore Audubon’s Miles Wildlife Sanctuary, a few minutes away, where many songbirds and an osprey were observed along the Pond Loop Trail. Judith Ahrens, Pat Conroy, Victoria Contino, Robert Cook, Betty Isler, Doug Kramer, Kealy Salomon, Sharon Scoum, Vivian Sukenik, Ray Winchcombe and guest Esther Williams.

April 18: AT from Bulls Bridge  
**Leader: Sue Mackson**

It wasn’t hot, it wasn’t raining. The temperature was what you’d want on a spring day. The sky was blue and the Housatonic’s water was roiling as we followed the trail winding above it. Lots and lots of hepatica—white hepatica, blue hepatica, sometimes large clumps of them. Not many other flowers. We crossed over the bridge of the Ten Mile River and rested and refreshed at the lovely lean-to facing a meadow. Al Poelzl, Ellen Kelly, Jeff Gross, Gwen Cardarelli, and Carol Gray.

**Bantam River paddle.**

Russ Faller
April 22: The AT and The Three Lakes Trail Hike in Fahnestock State Park - Leader: Tom Buckley

In spite of the light morning rain, six hikers joined with me on Earth Day to explore a couple of the trails that showcase the very active beaver activity in Fahnestock State Park. Throughout the hike, we saw numerous intricate dams built by the beavers. The most impressive dam was the one we decided to stop at and have lunch so we could better observe the handiwork of nature’s engineers. This particular dam was very long and quite wavy, unlike most of the other dams we saw, which were fairly straight or only slightly arched. During our hike, we also observed the numerous beaver lodges on the ponds created by the beaver dams. All the lodges had been created in previous years, but new limbs lining the outside of some lodges indicated the beavers were doing some spring touch up. While the beaver dams and lodges were impressive, the most amazing moments came when we were able to see the fields of recently downed fresh trees and the weathered old tree stubs from years of beaver engineering. We also saw a plethora of trees that the beavers were in the process of felling. Fresh wood chips lined the base of many trees. In fact, some of the wood chips appeared to be less than a day old, due to their scent and color. Some trees were just days away from falling to the ground. We hiked approximately six miles on Earth Day, and while we did not actually see any beavers, we certainly got an appreciation for their contribution to one of New York’s wonderful state parks.

April 29: Mohonk West Trails - Leader: Mike Phipps

Our ten-mile loop hike over Millbrook Mountain to Gertrude’s Noses offered sweeping views of the Shawanagunk Valley! Overall it was a nice day, warm but with overcast skies and threatening rain. Eight hikers completed the trek in six hours. Our group, all with differing levels of fitness and pace, were sometimes spread out, but came together in the end and a great time was had by all.

Ticks!

Continued from page 1

response is usually “Let’s do some Lyme tests!”

Tests that flunk the test.

Another reason diagnoses are problematic lies in the tests themselves. The most common are the ELISA (enzyme-linked immunosorbent assay) test and the Western Blot test. Both are designed to detect the anti-Lyme antibodies in the blood. The CDC recommends that doctors first order an ELISA, to screen for the disease, and then, to confirm it, a Western Blot. But the tests aren’t always sufficiently sensitive, and a patient’s antibody levels can fluctuate, depending on numerous factors. (For one thing, the disease itself inhibits the immune system.) This means a lot of false negatives—between twenty and thirty percent of infected patients test negative. The physician’s clinical evaluation is the test that counts.

Don’t blame Bambi!

To stay healthy, the best strategy is to avoid the virus in the first place. But that’s going to be especially difficult in the Hudson Valley this year. While it is true that blacklegged ticks do like to congregate on deer, they are just as likely to be found on mice, chipmunks, squirrels, and other rodents. For ticks, all you need is a little fur and a ready blood supply and it’s home, sweet home. The white-footed mouse, or deer mouse, is a particularly efficient transmitter of the Lyme virus. These mice are believed to infect some ninety-five percent of the ticks that feed on them with Borrelia, and each mouse can accommodate as many as a hundred ticks around its head and ears.

The Hudson Valley is perfect habitat for the white-footed mouse: wooded areas broken up by farms, roads, and developments, which means a nice rural lifestyle for these country mice. That wasn’t always the case. As Rick Ostfeld, an ecologist at the Cary Institute of Ecosystem Stud-
ies, in Millbrook, told an NPR reporter, three hundred years ago the area was entirely forested. The settlers clear-cut it for agriculture. Since then, much of the forest has come back, but not all. Hence the mice. “They tend to thrive in these degraded, fragmented landscapes,” Ostfeld explained. That’s because their predators—owls, hawks, and foxes—prefer larger forested areas. The summer of 2016 was a banner season for our white-footed friends. They prospered. They multiplied. The Hudson Valley was crawling with them. And that almost certainly means more ticks and more tick-borne illnesses this summer.

**Know the enemy.**

The blacklegged tick comes in small, smaller, and smallest. Larval ticks (about the size of a grain of sand) are active in August and September but don’t become dangerous until their first taste of blood from an infected host. Engorged larvae molt over the winter and emerge in May as pinhead-size nymphal ticks. Most cases of Lyme disease are transmitted from May through July, when nymphal-stage ticks are active. Because they’re so small, they are more likely to crawl up you undetected. Their saliva contains a numbing agent and an anticoagulant, and you probably won’t feel the bite. Adult-stage deer ticks (about the size of a sesame seed when not engorged, with the female being slightly bigger) become active in October, and remain active throughout the winter whenever the ground is not frozen. Blood-engorged females survive the winter in the forest leaf litter and begin laying their fifteen hundred or more eggs around Memorial Day. Those eggs hatch in July, and it starts all over again.

**And the really bad news?**

It’s not just Lyme. The blacklegged tick can carry other pathogens that cause other nasty diseases. Among them: Anaplasmosis, a bacterial infection that affects the cardiovascular system. Babesiosis, a malaria-like parasitic disease. And—the most serious and mysterious—Powassan disease, which can cause devastating damage to the nervous system and death. It takes the Lyme virus about twenty-four hours to get into your blood stream from the time you are bitten. It takes the Powassan virus just twelve. A single tiny *Ixodes scapularis* could be carrying all the pathogens that cause all these conditions. In theory, one bite could give you a four-way co-infection!

**Are you scared yet? Here’s what you can do to have a safer summer.**

1. **Dress for Success!**

I’ve been on a fair number of ADK hikes in the spring, summer, and fall, and I’ve come across only one person whose fashion sense always comports with good tick avoidance. It might be ninety-five degrees, but she’ll be wearing light-colored long pants (tucked into white socks), a light-colored, long-sleeved shirt (with the collar buttoned all the way up) and a hat. (You know who you are!) Oh, and the minute you get home, put those clothes in the dryer for five minutes or so. Dry heat will kill the ticks; water doesn’t do it. So dry, wash, dry.

2. **Good chemistry.**

Spray those fancy pants (and shoes and socks) with permethrin, a clothing-only repellent that kills ticks on contact, before they can attach to the skin. Or buy permethrin-treated clothes, available at most outfitters. They’re supposed to remain effective for seventy washings. Never spray permethrin on your skin! It’s a neurotoxin. For your skin, you could use DEET, which is great for mosquitoes but not as effective against ticks. Some people say repellents that contain essential oils of lavender, lemongrass, eucalyptus, rosemary, sage and/or thyme work. I’m not sure that’s true, but you’ll smell nice.

3. **Tick Patrol!**

Make some time every day (March through November) to check your body for ticks, especially on days when you’ve been hiking, paddling, gardening or just chaise-lounging. Shower. Get naked. If you’ve got a partner, make like monkeys and give each other a thorough grooming. Run your fingers through the hair. Remember, those pinhead nymphs are just as potent as the adults. Groin! Armpits! Behind the ears! If you don’t have a partner, I’m afraid you’ll have to use a mirror.

If you find an embedded tick, you get to practice your tick-removal skills. (If you have dogs, you’re probably already an expert.) Use fine-pointed tweezers or special tick-removal tweezers, holding them as close to the skin (near the head of the tick) as possible, and gently pull straight out at the same angle the tick went in. (You can get a Red Cross Tick Removal Kit at TimeForLyme.org.)

Don’t kill him—you want to take him alive. Put the tick in a ziplock bag with a slightly moist cotton ball. If you bring it to your local health department, testing is faster and easier if it’s still alive. If, somehow, the tick should die while in your custody, don’t dispose of the body. Knowledgeable health-care professionals can identify it and gauge how long it’s been on you, by comparing the size of its engorged body to the size of its head—and assess the likelihood of your becoming infected.

For more information on all kinds of ticks and tick-borne diseases, check out The University of Rhode Island Tick Encounter Resource Center (tickencounter.org).

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**Larva**

*about the size of a grain of sand*

**Nymph**

*about the size of a pinhead*

**Adults**

*about the size of a sesame seed*

**Male**

**Female**
Stay Connected...

Adirondack Mountain Club: www.adk.org
Mid-Hudson Chapter: www.midhudsonadk.org
NY/NJ Trail Conference: www.nynjtc.org

To make a change of address, phone, or email, send a message with specifics to adkinfo@adk.org or call 1-800-395-8080 x2

To be included in the Mid-Hudson Chapter email list or to change your email, please send a message to ebc12533@yahoo.com