



TORREYANA

A NEWSLETTER FOR
TORREY PINES
STATE RESERVE

Volume 3, Issue 1

January 2002

Ystagua 4 --- Which plants did the Indians eat?

by Maryruth Cox

There is little or no archaeological evidence to show which plants the Ystaguans ate, but we can infer their diet by comparing the plants used by post-Spanish Indians with the plants known to be in the Torrey Pines area today.

Let us imagine the little community of Ystagua, perhaps six or seven huts nestled in Sorrento Valley near the juncture of Peñasquitos and Carroll canyons. On a warm spring morning about 600 years ago, we might have seen a small group of women and children leaving the village carrying their hand-woven baskets (made from *Juncus*, bunch grass, and scrub oak stems), climbing up onto the mesa. At the top of the steep trail they'd see a shimmering swathe of flowers -- violets, onions, sun-cups, hyacinths, and more. They would gather greens from the golden violets, dig bulbs from the onion and hyacinth plants, and nibble on the green tops of the onions.

The children would shout, excitedly: "Come!" They had found a patch of *Dudleya* and were munching on the long green finger-like leaves, rather like fresh asparagus.

When everyone had full baskets, they would descend a precipitous canyon, returning to their village. On the way they would discover a shady spot with miners' lettuce, sepals as big as nasturtium leaves, very tasty in salads or cooked as greens.

TPDS January Calendar

January 5, 9 AM – Un-decorating and Lodge Cleanup Party

January 19, 7:30 AM – TPDS Board Meeting

January 19, 9 PM – TPDS General Membership Meeting and Program

Happy New Year!

Later in the summer and early fall, the villagers would collect berries, deep purple elderberries that could be eaten right away or dried like raisins for future use; lemonadeberries that made a cool acid drink; and manzanita berries that were cooked in soup.

The Ystaguans had to go up-canyon to gather good acorns from the live oaks. The scrub oaks along the coast that we see in the reserve today did not have such good-tasting nuts and were only used when necessary. We know that the Indians at Ystagua had metates and manos and were able to crack nuts such as jojoba, pine, and
(continued on page 7)

The *Torreyana* is published bi-monthly by the Torrey Pines Docent Society with Torrey Pines Association editorial assistance. Items for publication should be submitted to the editor at: lmartin7@san.rr.com (Word file attachments preferred) or left in the *Torreyana* mailbox at the Lodge.

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President's Message

As I drove up the hill Saturday morning, I thought "what a wonderful day for a gathering!" Blue skies, accented with an occasional whimsical cloud, the air slightly cool but clean and fresh from the recent rain, the ocean sparkling with sunlight. The ambiance of Torrey Pines confirmed my feelings of the moment.

As I approached the Lodge, I detected a glowing fireplace and the pleasant sounds of people enjoying one another. Again a variety of appetizers, salads, main dishes and desserts were delightfully received.

Thank you Cynthia Dukich and David French for co-chairing the Lodge decorating and the Holiday Potluck. Our appreciation is also extended to all who participated in the decorating and the efficient cleanup after the pot-luck. Kudos again to the Talberts, Bob and Jane, for their never-ending efforts to provide wonderful coffee and refreshments.

It was good to see new, active, and supporting docents and staff commingling and sharing in our special place, the Torrey Pines.

Peace and good cheer,

Georgette Camporini

P.S. Don't forget the Lodge un-decorating and clean-party January 5th beginning at 9 AM. See you there!

Lagoons for Laypeople

by Marc Gittelsohn

Docents are invited to join a new course, "Lagoons for Laypeople: Focus on San Dieguito Lagoon," to be offered through the San Dieguito Adult School beginning February 6, 2002, at the Powerhouse Community Center in Del Mar. Sponsored jointly by the Del Mar Community Connections and the San Dieguito Lagoon Committee, its eight weekly classes will be on Wednesday evenings 7:30-8:45 PM. There will also be a Saturday morning walk in the Lagoon led by TPDS's own Barbara Moore.

Learn about one of nature's richest biological habitats in this new series designed for the nonspecialist, using San Dieguito Lagoon as its case study. See how these fragile examples of our disappearing wetlands can be preserved and restored. Classes will also cover lagoon history, legislation, geology, hydrology, plants, animals and birds. In addition to lectures, there will be discussions, slides, films and handouts. You can enroll in the class after January 17th (for a \$10.00 fee) by calling the San Dieguito Adult School at 1 (760)-753-7033. The School's winter/spring catalog should appear in the second week of January. For further information now, call Marc Gittelsohn at (858) 755-8768.

Brown Pelican

Pelecanus occidentalis

by Don Grine

Audubon described the Brown Pelican as "one of the most interesting of our American birds because of its 'graceful glide' and its bill which functions both as a dip net and cooling mechanism." The bird is common along our San Diego coast but uncommon even a few miles inland. Its large size (6.5 feet wingspan), big bill, and "S" shaped neck in flight make it easy to identify.

BEAK LIMERICK

Dixon Lanier Merritt (1910)

A wonderful bird is the pelican
His beak can hold more than his bellican
He takes in his beak
Food enough for a week
But I'm darned if I see how the helican

Merritt's limerick is accurate, the pelican's beak really holds about three times the amount his belly can. In fact, the expandable gular pouch can hold about 18 pounds of fish and water, over twice the average pelican weight of eight pounds. The pouch is not used to carry fish but only as a dip net to catch them. After catching fish, a bird will turn its beak down to allow the water to drain, then swallow the fish headfirst. Young are fed by regurgitation. We often see a Heerman's Gull following a Brown Pelican, then landing near it on the water to steal a fish while the pouch is being drained.

To maintain the pouches' flexibility, a pelican does stretching exercises. It will throw back its head to a vertical position to stretch the length of the pouch and will sometimes turn the pouch inside out to stretch the width. The pouch is plentifully supplied with blood vessels so it can be fluttered to cool the bird on a hot day.

Pelicans soaring a foot from a wave are

"slope soaring." They are using the updraft over an obstacle to provide lift. As each wave passes, they turn off and catch the next one. They also use the Reserve cliffs for slope soaring.

Brown pelicans were nearly wiped out twice... by man. Around 1900, they were being shot for feathers for ladies' hats and because fishermen thought they ate too many fish. In 1903, the first National Wildlife Refuge, Florida's Pelican Island, provided some protection. More laws protected the birds from being shot everywhere. However, by 1960, wide use of DDT and other pesticides led to high concentration in all fish-eating birds. The pesticides caused thinning of eggshells so that the weight of an incubating bird crushed them. Banning of pesticides has lowered the levels of concentration sufficiently -- pelicans have been taken off the Endangered Species list.



The Birds of Torrey Pines

December 1, 2001

Pacific Loon 1
Common Loon 3
Pied-billed Grebe 5
Eared Grebe 5
Western Grebe 50
Brown Pelican 31
Double-crested Cormorant 18
Great Blue Heron 6
Great Egret 16
Snowy Egret 28
Black-crowned Night-Heron 4
*Canada Goose 8
Green-winged Teal 14
Mallard 23
Northern Pintail 43
Cinnamon Teal 1
Northern Shoveler 38
Gadwall 26
American Wigeon 246
Lesser Scaup 30
Bufflehead 29
Red-breasted Merganser 1
Ruddy Duck 37
Osprey 2
White-tailed Kite 1
Red-shouldered Hawk 2
Red-tailed Hawk 7
American Kestrel 5
*Merlin 1
California Quail 8
American Coot 143

Black-bellied Plover 5
Killdeer 7
Greater Yellowlegs 9
Willet 24
Whimbrel 1
Long-billed Curlew 1
Western Sandpiper 42
Least Sandpiper 1
Short-billed Dowitcher 3
Bonaparte's Gull 1
Heermann's Gull 2
Ring-billed Gull 207
Western Gull 68
Royal Tern 12
Forster's Tern 17
Rock Dove 1
Mourning Dove 23
White-throated Swift 76
*Black-chinned Hummingbird 2
Anna's Hummingbird 20
Belted Kingfisher 2
Nuttall's Woodpecker 1
Northern Flicker 9
Black Phoebe 20
Say's Phoebe 10
Cassin's Kingbird 3
Scrub Jay 11
Common Raven 21
Bushtit 50
House Wren 3
Marsh Wren 1
Ruby-crowned Kinglet 1
California Gnatcatcher 1
Hermit Thrush 3
Wrentit 16
Northern Mockingbird 1
California Thrasher 1
European Starling 25
Orange-crowned Warbler 1
Yellow-rumped Warbler 80
Common Yellowthroat 10
Spotted Towhee 1
California Towhee 15
Savannah Sparrow 16
*Fox Sparrow 1
Song Sparrow 22
*Lincoln's Sparrow 1
Golden-crowned Sparrow 1
White-crowned Sparrow 79
Red-winged Blackbird 21
Western Meadowlark 19
Brewer's Blackbird 14
House Finch 178
Lesser Goldfinch 7

TOTAL SPECIES - 84

*Uncommon to Rare in the Reserve
Weather: Clear and Cool, 60 +degrees
0 Cloud cover, S. West Wind,
Water level - high

Observers: Gary Grantham, Barbara Anderson, Kathy Estey, Don Grine, Twinx Hauer, Joe Musser, Vernie McGowan, Hank and Jane Baele

Docent Chronicles

Holiday Party, December 15th:

Docents here, docents there, docents scattered everywhere, on the porch, the patio and inside the Lodge – everyone enjoyed the good food and bonhomie of the annual TPDS Holiday party. The weather cooperated and provided a beautiful, crisp, sunny day for this well-attended festive event.

After all that good food was consumed, the Society's outstanding docents were recognized. Receiving awards were Don Grine, "Docent of the Year;" 10-year active docents, Jim Cassell, Susan Ferguson, Mayo Stiegler and John Huber; and "Docents of the Month," Hank and Jane Baele.

A past President of our Society (1995), Don Grine has been an active docent since 1993. His many volunteer docent activities include the weekend public walks, bird counts, articles and reports for the *Torreyana*. He inaugurated the "Special Walks" Program and is active in the Children's Program. Don also participated in revisions of the TPRS Bird lists. He is the Training Officer for the coming year.

For the past six years, in addition to other volunteer duties, Jane and Hank Baele have coordinated the monthly bird counts in all four areas covered -- the lagoon, extension and seashore; Sorrento Valley Road to the railroad; woodland trails of the Reserve proper and open ocean; and the Flintcoat area.

Future speakers/presenters: Mary Knox Weir has an exciting lineup of interesting speakers booked for the coming year, beginning January 19th, when Richard Carrico, an

anthropologist/archeologist friend of Steve Buscaren, will speak at our general membership meeting. On February 16th, Ruth Alter and Dr. Tim Gross will conduct a discussion of the archaeology of the Torrey Pines area and demonstrate native tool making. In March, Pat Schaelchin will read from her new book, the "Newspaper Barons," including biographical material about the Scripps family. In April, hummingbird lady Marian Stacey will speak to the membership. Her hummers will have babies by then and she will tell us all about them. Steve Buscaren will return in May to continue his video and talk about Baja California Indian peoples.

Docent Irv Hansen: According to his wife, Edigna, Irv died peacefully at home on Dec. 1st, surrounded by his children and grandchildren. The previous day, Irv reminded them that he had a TPDS book that needed to be returned to the library. Edigna said he truly loved his docent work at the Lodge and his docent friends.

On December 10 at Mission San Luis Rey, Rangers Kaye and Hackett joined a dozen docents to celebrate Irv's life. Edigna's German family flew in for the occasion. Family members sang German hymns during the special memorial mass conducted by Father Don Coleman. Instead of flowers (at the family's suggestion), the TPDS board made a contribution to: Innovative Hospice Care Vitas Healthzare Corporation, 8880 Rio San Diego Drive, Suite 950, San Diego, California 92108. (Barbara Wallach is preparing a bio for the March *Torreyana*.)

Notes from the Bookstore: There are three exciting new books available for sale in our Bookstore: "Geology of San Diego County, Legacy of the Land," by Frederick W. Bergen; "More Adventures with Kids in San Diego," by Judy Goldstein Botello

and Kit Paxton; and "California State Parks," by Rhonda and George Ostertag.

Have you read a book that would be a great addition to the bookstore? If so, write down the title, author, publisher, and ISBN number and put the information in Karen Griebe's box or call (858) 272-2867. All suggestions will be gratefully accepted and reviewed.

Recently, the TPA reprinted the 1949 booklet documenting the history of Torrey Pines. The project was funded by a grant from the Hattie Ettinger Conservation Fund. The booklet is now available for \$3.50. Bill Everts beautiful illustrated book, "Landscape and Legacy," is still available in hard or soft cover.

When you make a docent book sale, please check the price list to see if there is a 20% docent discount. Thanks.

An invitation from new Docent Iris Geist

Please join us for a housewarming potluck on January 12th at 3 PM at the new Geist residence, 11224 Caminito Aclara, San Diego, CA 92126. RSVP at 858-693-7471 (Iris Geist), and ask for directions. (Iris was just elected Secretary of the TPDS Board. Ed.)

January Sunset by Joan Winchell

**Here where the ragged land
ends and
everything is absorbed into sea
on Flat Rock the tide pools spill
rivers of flame**

“TORRe-bay”

By Judy Schulman

Shhh...don't tell my boss that you have seen this article. She thinks I am a model employee who never goofs off: I don't want to destroy the illusion I have created. Like many employees, I must admit to spending some non-work related time "playing" on the computer. I was introduced to e-bay earlier this year. An e-mail friend of mine wrote that he had seen a postcard of the Carpinteria Torrey pine on e-bay. I registered, made a bid, and won. I was hooked!

I now look daily on e-bay to see what is offered under the heading of Torrey Pines (okay and a few other headings). What I will be sharing with you are some of the more unusual items that I have found.

First of all not every one knows how to spell the name of our beloved tree. I have found items under "Torry" and "Tory," (perhaps by someone who thought our park was named after naturalist Roger Tory Peterson). Then there are the people who just don't

know much about Native American cultures. Did you know that there is a group of people called the Torrey Pines Tribe of Indians? Well someone on e-bay did and he was trying to sell a basket made by them.

Now on the international front, there is a Japanese company called Sango that makes china (talk about being "disoriented"). They have a design called "Torrey Pine." It doesn't look like a Torrey pine to me, but it is pretty.

The art world can be found on e-bay too. But oh the difference on prices! One person offered a painting for \$5,000. Another person offered a painting for a 1 cent (somehow I can just see his parents saying that his work is so bad that no one would give him a penny for it). I hope that wasn't the case. I liked his work better than the more expensive piece. Then there was the artist who was truly confused. Not only did he not know what kind of climate we have here, but also he didn't know his botany. He included our tree as part of his Tropical Flowers series.

Torrey pines have also been a part of the advertising world. In 1923, Red Crown Gasoline, a Standard Oil company, put out a beautiful colorful full-page magazine ad touting the wonders of their gasoline. The view looked through the trees toward the lagoon. The ad was entitled a "California Offering" and suggested that both our view and their product were available to Californian consumers.

Torrey pines can also be a toy. Unfortunately the offering was not a miniature tree. Instead it was a model car from the days of the Torrey Pines Road Race held here in the 1950s. It was a 1/43, Ferrari LM, 1955, Torrey Pines #76, Ernie McAfee Top Model. I hope this means more to you driving enthusiasts than it does to me.

The most frustrating items that I find on e-bay are related to the golf course. Everything from golf balls, clothing items, to tee-times. They frustrate me as they get in the way of the really interesting things. Happy bidding!

Letters to the Torreyana

More on Lagoon pollution...

We need careful observation of the debris dumped at the edge of the Lagoon at the north end of Sorrento Valley Rd., near the intersection with Carmel Valley Road. There have been no official responses from the Regional Water Quality Control Board or the State Resource Department to the inquiries made by Jessie LaGrange in October. A follow-up inquiry will be made.

Maryruth Cox

To submit a letter to the *Torreyana*, please send an e-mail to lmartin7@san.rr.com or leave hard copy in the *Torreyana* mailbox at the Lodge.



Docents honored at the Holiday Party December 15

From left to right: Jim Cassell, Susan Ferguson, Mayo Stiegler, John Huber, Don Grine (Docent of the Year), President Georgette Camporini, Hank and Jane Baele

Tidings from the TPA

by Jan McMillan

Thanks to everyone who contributed time, money and/or moral support toward preserving open space and the natural environment this past year, especially at Torrey Pines State Reserve. And may 2002 be a better year for everyone, worldwide!

As mentioned often in this column, the Torrey Pines Association Board of Counselors spends considerable time addressing projects that threaten either the wildlife or waterways in the Reserve and will continue to do so. However, at the beginning of the New Year, it's good to remind ourselves of the importance of the *people* who protect and interpret the wonderful resources that millions of visitors enjoy every year—the State Park ranger staff. Under the leadership of Supervising Ranger Allyn Kaye, the staff maintains all facilities, including the historic Lodge, all parking lots and restrooms, water and sewer lines, roads, trails and interpretive signs. Along with a wonderful group of volunteer Docents, these rangers and aides welcome visitors to the park and introduce them to the Reserve's distinctive wildlife, geology and archeology. They keep the peace and make sure that visitors respect the Reserve. And they perform all these tasks with good cheer!

Although their work increases as fast as the increase in regional population, funding for personnel has not increased proportionally, and the Reserve is short-staffed. As budget time approaches, individuals may wish to urge the Governor to maintain or increase the level of funding for parks and reserves, including money for increased staff. As interpreters and protectors of natural resources, these dedicated people provide some of the greatest truly *open* classrooms in the world.

A TPA update:

On preserving wildlife corridors—the Sorrento Valley Road Task Force has completed its recommendations. Look for news of a public hearing soon. Some may ask “Why are wildlife corridors so important?” The TPA concurs with numerous other organizations who believe the importance of preserving space for animal passage cannot be overstated, that keeping passageways open is a regional as well as a local issue.

For example, as documented by the San Diego Tracking Team and the Friends of Los Peñasquitos Canyon, deer and other animals still feed in the Los Peñasquitos marsh and

then, by way of an increasingly constricted pathway underneath Interstate 5, move from Torrey Pines to Los Peñasquitos Canyon and Del Mar Mesa. From there, they can travel to the Black Mountain open space and Lusardi Creek and on to the San Dieguito River Valley and points east. For now, these animals are still free. They are not fed in the San Diego Zoo but can find food and water on their own. They are also a quiet part of the landscape that not only keeps reserves like Torrey Pines alive but add immeasurably to the County residents' quality of life. Take those corridors away and we have all lost something.

The TPA continues to address other road issues

including the City of San Diego's proposal to widen Torrey Pines Road, the final planning stages of the Carmel Valley Road Enhancement Plan and the widening of Interstate 5.

And, so that people may continue to learn about the value of the Reserve, the TPA is funding a new video and updating the projection room at the Lodge. A grand opening is slated for the coming Spring. Watch for an announcement!

Report on Carmel Valley Community meeting

by Therese Tanalski

Engendered by the 1991 – 1997 S. D. sewer system expansion, the conservation effort that spawned the Multi-species Conservation Program (MSCP) results in the largest protected wildlife guardianship in the world -- 172,000 acres, of which 54,000 have already been acquired by the City of S.D. Eighty-five species, one-third being threatened, are to be preserved. There is controversy over “soft line” boundaries and concern about balancing property rights with conservation.

While the players in this game were all there, few affected citizens attended this November 27th meeting at the Carmel Valley Library. Chair Jim Whelan, wildlife biologist who now works for developers, presented a sympathetic view of the compromises he and others worked out with the City, with emphasis on how the MSCP will benefit the public.

Land owners and Carmel Valley Planning Group representative were critical about previous comments not being taken into account. Community members present included TPA president Jan McMillan, Mel Hinton, Jan Fuchs and Alice Tang.

Five ownerships (93 acres total) in line with the new Jewish Academy, with 37.67 acres proposed for development, are under EIR consideration. Sale of development rights affects land prices. The subject of siltation control was dealt with summarily, as if all solved. That this area's character will change materially with these plans is a foregone conclusion.

Ystagua 4, cont. from page 1
the acorns. The jojoba and pine could be eaten raw or cooked in soup, but the acorns required extensive treatment to be edible. First the shells had to be cracked to get the nuts out; then the nuts had to be ground into flour. The flour was soaked and rinsed in fresh water to remove the bitter tannic acid.

Luckily, Ystagua was located near the confluence of two big drainage areas and usually had fresh water year-round. The acorn flour was put in a sandy depression at the bottom of a shallow stream and left until its bitterness was gone. When the flour was removed from the water, the center part was used for bread, and the outer layers were cooked in soup so that any sand sticking to the flour could settle out.

We know that the Indians had pots to cook in because the diggings at Ystagua have yielded shards of brown pottery ware (Yuma). Perhaps they had rabbit stew for dinner with roasted lily bulbs and onions with a salad of miners' lettuce and golden violets. Rather tempting!

References: "Santa Isabel Ethnobotany" by Hedges and Beresford; "Edible and Useful Plants of California" by C.B. Clarke; "TPSR Plant List" by R. L. Irwin

A Reminder for Docents -- Your TPDS annual dues are due NOW! And, remember -- Docent Training begins January 26. Tell your friends and neighbors to "Make Tracks to Torrey Pines." Contact Training Officer Don Grine for more information.

Many thanks to Vernie McGowan for proofing and distributing this issue to TPDS members -- Ed.

Protecting the Resource...

I don't know how it affects you, but it breaks my heart to see mountain bike tracks on our hiking trails. These unsightly blemishes create ruts that can become damaging floodways during coastal rainstorms. And evidence of campfires is a real **heart stopper** for those of us with residences adjacent to the Reserve, for obvious reasons. Then, there are the runners! My gosh they can give a body a fright, hurtling around blind corners into our path, or running four-abreast up the Lodge Road, forcing the rangers and maintenance vehicles to wait for them to yield. It's nice to know that our visitors are concerned about their physical fitness, but where are their "manners?"

As Cynthia Dukich will remind us in "Trail Patrol Manners," (to be published next month), most visitors don't come to TPSR to break the rules. In fact...most visitors don't have a clue. I try to follow Ranger Greg Hackett's advice -- "Don't take it personally." But it's hard to spend so much time and energy on these trails and not have a sense of ownership.

For instance, I tend to take it personally when I find litter on the trails, especially stuff like the disposable diaper my husband and I found decorating a California buckwheat one early Sunday morning. We could have followed the fresh stroller tracks and confronted the offending parents, but how would we prove it was "their" infant's offal?

Other litter doesn't offend as much as it stirs the imagination. Like the loveseat Mike discovered while guiding a group of friends through the Extension last fall. Based on its size and weight, getting it there had to be a team effort, which led us to fantasize about its intended use. Was it a transient's potential bedstead, or a cozy love-nest for teens skipping study hall at Torrey Pines H.S.? We'll never know...

Anyway, the discovery reminded me of my earliest encounter with "Love in the Extension." Shortly after Mike returned from deployment in the Persian Gulf, I was practicing my guided tour spiel as we

strolled along the trails. As I chattered away, a young man suddenly appeared on the sandstone bluff ahead, just west of the D.A.R. trail. He seemed to be digging at something in the cliff-face, rhythmically moving back and forth. Without thinking, I cleared my throat noisily, and said, "Excuse me." The startled "deer in the headlights" look I got should have prepared me for what came next, but it didn't. "You're off-trail," I said with authority. He repeated, quizzically, "Off trail?" Then the second head appeared from the brush, a curly-haired lass wearing the same startled look, and not much else! Finally, I understood what I'd interrupted. Blushing like crazy, I explained that they had ventured off trail, possibly damaging the sandstone face of the bluff. Mike and I looked away while the amorous couple pulled on their clothes and scrambled down. (Mike was behind me, silent as a monk, letting me handle the situation.) Later, he told me he could hardly suppress a giggle while I explained the TPSR regulations to our bemused visitors. He wanted to know what I would have said to them if they'd been doing the same thing "on" the trail. Hmmm. Good question. Greg?

Since then, I've found a bizarre assortment of undergarments on and off trail. Perhaps the overwhelming splendor of the Reserve and all that fresh air has an aphrodisiac effect on the young at heart.

These days, most folks seem to base their ethical code on "what they can get away with." We probably shouldn't expect a whole lot more from visitors to TPSR. I try to believe that most of our guests will respect our special place, but when the ranger staff can't be there to explain the rules, it's up to us to interpret the regulations for Reserve visitors, even when their behavior is rude and offensive.

Oh boy, there I go again, taking it all personally. Maybe I'd better sign on for a refresher course. See you in Ranger Hackett's Trail Patrol Seminar in 2002!

Linda Martin
Torreyana editor