1. Evil Spirit Fighter

In the early days, fevers were blamed on wild spirits. The shrub with yellow flowers, the cinquefoil, was used as a medicine to reduce fevers, and was considered a "potent" agent against evil spirits. Thus, the Latin name of Potentilla, meaning powerful.

2. Tree Music?

Can you hear the flutter of tree leaves around you? This tree music is performed by the quaking aspen. The big leaves and flat stems cause the leaves to "flutter" at the slightest breeze.

The scientific name Populus *tremuloides* means to quake or tremble!

3. The "No-Fir" Tree

Known as the flat, friendly, flexible fir, because of its needles, the Douglas-fir is really not a fir tree at all! As a member of the pine family, the Douglas fir has unusual cones.

If you look closely between the scales you will notice what appear to be "mouse tails" sticking out in between the scales. As the story goes, a group of very fat mice rode out a fierce storm in between the scales of cones. But after the storm had subsided, they remained stuck there forever, because they couldn't back out. Thus, the "mouse tails."

4. Early-Day High Stumps

The undercuts on these old stumps were made by axes, not chainsaws. Much as switch-hitters in baseball, many good axmen cut trees both left and right handed. The Forest Service has stopped the practice of cutting stumps 2-3 feet high because of timber wasted. Can you determine which cuts were made by a left-hander?

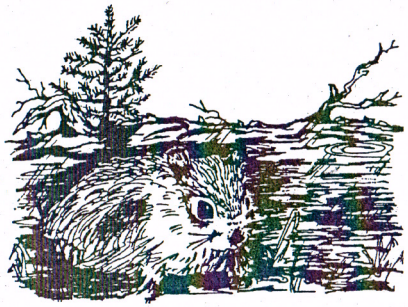
5. Is Anyone Home?

The dead standing tree in front of you is called a snag. Though the tree may have died as a result of lightning, fire, old age, or disease, it is very much alive! It provides a home for many kinds of birds, chipmunks, and mice.

As a danger to man when it falls, its dead, dry wood can also hinder firefighting efforts by producing sparks that travel across fire breaks and start "spot" fires in other places. See if you can spot anymore snags along the trail!

6. Are you Hungry?

Many parts of the low-growing shrub, common juniper are edible. The Indians dried the fruits and stored them for winter. The fruits were then ground into meal or roasted and used as "coffee." In times of acute food shortages, the Indians would sometimes peel off the inner bark and chew it to avoid starvation. Do you recognize the aroma? Today, the berries are still used to flavor gin.



7. The Neighborhood

All of the dead and fallen trees around you are a par of the life cycle of the forest. The wood decayin provides nutrients to the soil for new trees to grow. Th hollow trees provide shelter for squirrels, birds, an other animals.

8. Blue Mountain

Mountains, valleys and ridges get their names from a variety of sources. Sometimes, they are named for th appearance they create. Blue Mountain was named fo the heavy Douglas-fir stands which make it appea bluish in color.

The faded red or yellow trees, however, are dead These trees were originally attacked by the spruce budworm which defoliates the tree. Without needles the tree cannot use sunlight to grow. If the defoliation occurs over several seasons, the tree can weaken and die.

The tree also becomes susceptible to the spruce beetle which bores into the tree and eventually cuts off the flow of food and nutrients to the tree. A healthy tree is able to send a surge of sap to "pitch out" the beetle, but when weak, it cannot.