



# Friends of White's Woods Monthly Newsletter



September

## Predicting and Managing Pollinator Health in a Changing World.

On September 25, 4:00-5:00 p.m., Dr. Christina M. Grozinger will present a webinar regarding the global and local decline in pollinator populations and strategies identified in recent research that might improve pollinator resilience.

Every plant that flowers requires pollination to reproduce. In Pennsylvania, the primary pollinators are bees, flies, butterflies, beetles, and hummingbirds. Pollinators are vital to the production of healthy plants in Pennsylvania's natural areas, gardens, and agricultural crops.

Multiple interacting factors are driving declines in managed bee and wild pollinator populations. These factors include landscape conditions, poor nutrition due to reduced abundance and diversity of flowering plant species, negative impacts of pesticide use, increased disease pressure in dense populations of managed bees, and changing climate.

Studies by Dr. Grozinger and her research team have demonstrated that access to improved nutrition can improve outcomes for bees exposed to diverse stressors. They have also identified the most important land use and weather factors associated with honey bee abundance and diversity. The team is currently developing artificial intelligence-enabled automated monitoring systems to improve the ability to monitor both bee species and community dynamics.



*Dr. Christina Grozinger*

Dr. Grozinger is director of the Huck Institutes of the Life Sciences at Penn State University and former director of the PSU Center for Pollinator Research.

More information about pollinators can be found at the following websites: [Center for Pollinator Research](#); [Honey and Pollen Diagnostic Lab](#); [Beescape](#); and [INSECT NET](#).

To register for this ZOOM webinar, *Predicting and Managing Pollinator Health in a Changing World*, September 25, 4-5 p.m., email [info@friendsofwhiteswoods.org](mailto:info@friendsofwhiteswoods.org)

## INDIANA FREE LIBRARY & FWW HOST ACCLAIMED WRITER DARYLN BREWER HOFFSTOT

Meet author DarylN Brewer Hoffstot at the [Indiana Free Library](#) (IFL) on Wednesday, September 3, 2025, 6 – 8 p.m.

Hoffstot has chronicled the fields and forests of her western PA farm for nearly four decades. Her work has appeared in *The New York Times*, *The Boston Globe*, and *Pittsburgh Quarterly*. She has also earned national recognition, including a Best American Science and Nature Writing Notable Mention and a 2024 Science/Environment Award. Voluntary pre-registration is available at the [IFL website](#).

Hoffstot will speak about her recent book *A Farm Life*, which includes 27 exquisite essays about birds, trees, mammals, fungi and other aspects of the natural world. Filmmaker Ken Burns described this book as “a terrific story.” Signed books by the author will be available for purchase.



*IUP Honors College Student Lucas Rowcliff*

## Big Day for Barberry!

On September 20<sup>th</sup>, from 10 a.m. to noon, leaving from the College Lodge parking lot, FWW will host a community-wide barberry removal event in White's Woods. Led by IUP volunteers participating in the INTO THE STREETS community service program, 50-70 volunteers will work together to protect our forest. This large event has been held every Fall & Spring since 2023. PLEASE JOIN US!

## UPCOMING WEBINARS AND EVENTS

**Saturdays: Invasive Plant Removal.** 10 a.m. to noon. **Please help!** Sign up at the [FWW website](#) and/or watch for FWW email announcements.

**September 3, 2025:** Author DarylN Hoffstot, *A Farm Life*, Indiana Free Library, 6 p.m.

**September 20, 2025 - IUP Into the Streets!** FWW will work with volunteers to attack the barberry again! FWW members will coordinate work with students & other community groups. College Lodge Parking Lot, 10 a.m.-noon.

**Sept. 25, 2025 Predicting and Managing Pollinator Health in a Changing World.** Dr. Christina M. Grozinger, Director, Huck Institutes of the Life Sciences Pennsylvania State University, noon-1:00 p.m.

**Sept 27, 2025 – FWW at Indiana Farmers Market.**

**October 5, 2025 – Walk in Penn's Woods,** 1-3 p.m., 12<sup>th</sup> Street Entrance.

**October 14, 2025 – FWW Annual Meeting, Stewardship Plan Update, Invasive Plant Update, Long-term Planning, Refreshments, 6:30 p.m.** Zion Lutheran Church.

**October 24 - Ron Murphy, Whispers in White's Woods: A Cryptozoological Hike,** IUP Anthropology and FWW, 12<sup>th</sup> ST WWNC Entrance, 6 p.m.

For more information, visit: [friendsofwhiteswoods.org](http://friendsofwhiteswoods.org)  
Like us on FaceBook: Friends of White's Woods, Inc.  
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## SIX THINGS TO KNOW ABOUT TREES

The earthday.org [Canopy Project](#) has identified six special things that people should know about trees:

1. Trees communicate and share resources with each other through an underground network that is sometimes called the “Wood Wide Web.” Protection of this fungal network, which connects different trees and plants, is likely to be a key to protecting the health of forests.
2. Trees “remember” stress, such as a drought, and learn from it. In subsequent droughts, trees know how to conserve water.
3. Trees emit chemicals that are calming for humans, reducing blood pressure and boosting immune system activity.
4. Trees are natural air conditioners. Urban trees can reduce temperature by as much as 9 degrees. Completely shaded areas can be as much as 20 degrees cooler – or more.
5. One tree can absorb as much as 48 lbs. of carbon every year.
6. Trees don’t have fixed life spans and, unlike humans, don’t die of old age. We know of some trees that are over 4,000 years old.

To learn more, visit the earthday.org [Canopy Project](#).

## BIRDS IN WHITE’S WOODS

American Redstarts are smaller birds, about the size of Black Capped Chickadees. [Redstarts are warblers](#)—colorful, active insectivores, who grace a forest with an especially sweet song. They like open deciduous forests, such as the White’s Woods Nature Center. Redstarts are migrating forest songbirds, residing in Pennsylvania from late spring to autumn, when they journey to Central and South America.



In Jamaica, Redstarts are called “Christmas birds,” because they arrive there in December. Male Redstarts are splashed with orange (see picture); females are mostly black and yellow. Like most forest songbirds, Redstart populations are declining. Mitigating climate change and protecting habitat will help.

## SAVING WHITE’S WOODS: JAPANESE BARBERRY

FWW volunteers have worked hard for three years to control invasive barberry, putting in about 450 hours of work since March 31, 2025 alone. The Natural Heritage Area, home to the widest diversity of plants and trees in White’s Woods, is largely cleared of barberry. Other areas are in good shape, too. But the barberry seedbank will last for years. Every year, for years to come, we will need to collect small barberry plant re-growth. It is not hard work. It doesn’t take long. But it is a critical step for hanging on to the progress we have already made. There are still heavily infested areas where we will work next year, too. [Please sign up](#) at the FWW website to help protect our forest. Also, please attend the FWW Annual meeting, Oct 14<sup>th</sup>, 6:30 p.m. for more updates.

## CLIMATE FORESTS UPDATE

The new federal government efforts to completely remove [key protections for national forests](#), rollback the [Endangered Species Act](#), the [Clean Air Act](#), and the [Clean Water Act](#), cut [Park Service and Forest Service staff budgets](#) (including staff) to levels that cripple basic operations, and [halt government recognition](#) of the accelerating threat of climate change threaten to set U.S. environmental progress back decades – so far back that it is nearly unbelievable.

### ROADLESS RULE RECISSION

The public will have a brief opportunity to push back against the Roadless Rule Recission sometime in the next few (three?) weeks.

With overwhelming public support, in 2001, the U.S. Forest Service adopted the Roadless Rule that protected 58 million acres of national forest, [preventing destructive logging](#), road building, and oil and gas development. Roadless areas [protect our oldest trees](#), assure clean water and air for nearby communities, protect threatened species, [limit wildfires](#), and provide public access to the little U.S. wilderness that remains. There are already [370,000 miles of roads](#) in national forests.

The current administration announced the recission of this rule on June 23<sup>rd</sup>. If previous/recent patterns hold, the administration will provide only a 14-day public comment period before their final decision. (In 2001, the complete public review period was 18 months.) Democracy only works if people participate. Petitions are available to sign and contacting federal representatives is critical.

[Sierra Club Roadless Rule Factsheet](#)

Sign-on letters that are available now (more will be available soon):

[Roadless Defense Campaign](#)

[Environment America](#)

[Sierra Club](#)

Contact your [U.S. Senators](#) and

[U.S. Representatives](#).

[Climate Forests](#) is a coalition of over 130 environmental and conservation groups, including FWW.

For more information, visit: [friendsofwhiteswoods.org](#)

We welcome feedback. Email us at:

[info@friendsofwhiteswoods.org](mailto:info@friendsofwhiteswoods.org)

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