

FOSR OFFICE
PO Box 410
Front Royal, VA 22620
(540) 636-4948
FAX (540) 622-6073

Issue III 2003

FOSR LABORATORY
c/o Shenandoah Univ
1460 University Drive/
Gregory Hall
Winchester, VA 22601
(540) 665-1286
FAX (540) 665-4644
E-mail kanderse@su.edu

All the rivers run into the sea; yet the sea is not full . . . Ecclesiastic 1:7

President's Notes:

This year, unlike 2002, has been a banner year for rain. Ground water levels are as high as they have been in many years. The Shenandoah River and its tributaries are running full. But annual rainfall is not always a measure of water wealth. Poland gets plenty of rain, but its lakes, rivers, and groundwater are so polluted that much of the water is unusable.

Last year the waters of the Shenandoah were very low and covered with green algae. At the same time the Chesapeake Bay reported: fewer nutrients being flushed into the Bay, which meant less algae blooms and sediment in the water. The result was the clearest water in recent memory --"

This year, the tributaries feeding the Bay, were flushed of the dense algae blooms of 2002 and sediment resulting in "oxygen-starved water stretched more than 100 miles down the Bay."* Yes, *We All Live Downstream*. If we in the Shenandoah River Basin remove more-and-more water we can expect more algae bloom in years of low rainfall. If we don't protect our river and stream banks we can expect more algae bloom and sediment to flow into the Bay in a year of heavy rainfall.

What does all this mean to us, the Friends of the Shenandoah River? We can help to find ways to store and save excess surface water. We can plant buffers along the rivers and streams in both urban and rural areas to slow run off and thus reduce the sediment entering the Bay.

For the past 14 years you and our partners have helped to let the public know about the health of the River by collecting water samples, analyzing the water and reporting and posting the results (See web page www.fosr.org). We are all being called on to do more. Governor Warner, via the Secretary of Natural Resources office, is in the process of initiating a new series of "strategies to reduce excess quantities of nutrients, (nitrogen and phosphorus) and sediment from entering the waters of the Bay and its many tributaries."

One of our first steps is to increase FOSR membership to enhance our ongoing water testing and to broaden our scope of communications. FOSR will be sending out recruitment letters but there is a special request to you as a supporting member. It is for you to reach out and recruit a new FOSR member. (See application on back of Newsletter). The more people we have involved the more energies we have to implement the protection and restoration strategies. Please join us in this effort.

**Bay Journal, Alliance for the Chesapeake Bay, September 2003.*

Meet the 2003-2004 FOSR Board Members:

President: Milton Boyce
President Emeritus: Fran Endicott
Executive Vice President: Meryl Christiansen
1st Vice President: Don Orr
2nd Vice President: George Ohrstrom, II
Treasurer: Bud Nagelvoort
Recording Secretary: John Simperts

Charles Vandervoort
Charlie Newton
Steve Sagar
Glen Hickerson

Staff:
Program Director: Karen Andersen
Intern Lab Assistant: David Gunnells

***The FOSR Board meets the second Tuesday of each month.
Contact Karen @ (540) 665-1286 for meeting location.
Please come join us!***

LET US WORK TOGETHER AND DO IT RIGHT

Meryl Christiansen-Executive Vice President

Much water has passed through the Shenandoah Valley since that warm August evening when a noisy and angry crowd of citizens gathered at the Front Royal Fire Hall to address the damnation of their beloved fishing river by industrial chemicals discharged from the Avtex Rayon Plant in Front Royal. The meeting purpose was to protest the closing of the Shenandoah River to fish consumption poisoned by poly chlorinated bi-phenyls. The meeting evolved into plans to create an organization to represent all those who wanted the river preserved and protected, in other words a voice for the River!

A steering committee was formed who were charged with writing of Articles of Incorporation to request Commonwealth status as a non-profit corporation. In like manner, a set of by-laws was created. Many ideas were suggested as to the needs of the river. From these discussions a major fact emerged... little was known as to the source of much of the pollutants in the river, and neither federal nor state agencies could produce reliable data on sources of nutrients, sediment, toxic chemicals. Data that is essential to permit clean up efforts. The paucity of data prompted the founding citizens to cite monitoring as a primary mission, added to the mission was that of education of the citizens of the valley to the importance of the Shenandoah to their lives. And the by-word was "Keep it simple"!

A great phrase, "keep it simple", and it worked fairly well for a number of years, but FOSR has grown and evolved over the past fourteen years into a major river force that interrelates with Federal, Commonwealth Agencies, Soil and Water Districts, Foundations, Universities, and other citizen groups. Members sit on many committees, hold governmental assignments, and formulate policies. FOSR data is wide used in major governmental projects. In other words, FOSR operation is not simple anymore!!! Many of us have worked to create this complex many faceted creature capable of much useful to our river society. It is essential that it be skillfully and carefully managed. The Board of Directors of FOSR is in serious need for new members - Members with new ideas, management skills, fund raising capabilities all driven by the future hopes for a clean Shenandoah.

Please Volunteer for the benefit of the community, valley and the Commonwealth...

SPECIAL EVENT- RIVER CLEAN UP in CLARKE COUNTY



On September 27th, the Friends of the Shenandoah River is sponsoring the 6th annual river clean-up in Clarke County. Many organizations will be participating including the Boy Scouts, Horseshoe Cure Benevolent Association, Clarke County Litter Prevention Committee, Powhatan School and, of course, Friends of the Shenandoah. Individuals and other organizations are welcome. The clean-up crew will assemble at Lockes Landing just east of Berryville on the River at 9 AM, rain or shine. Bring your own

canoes, gloves, oyster tongs, and insect repellent. Stretches of the river will be assigned at that time along with stretches of roads adjacent to the river. If the river is too high we'll just clean up the roads. VDOT orange litter bags will be provided and VDOT will again be asked to pick up and haul to the landfill the mountain of junk we will collect including tires. The Horseshoe Curve Benevolent Association will be holding a hotdog/hamburger barbecue under the Route 7 bridge from 2-3 after the pick-up for participants. If the river is in bad shape after the hurricane the barbecue will be at 1. Call Bud at 955-4463 if you plan to participate. It makes great exercise and helps to keep the river and surroundings healthy and beautiful.

COME JOIN THE "PREMIER VOLUNTEER CITIZEN WATER MONITORING TEAM"

Monitors are needed in Warren, Clarke and Frederick Counties
For information on how you can become a volunteer monitor please contact Don Orr (540) 635-4866 or Karen Andersen (540) 665-1286



Sept 18 through Oct 18, 2003

Water monitoring is being coordinated around the globe. World Water Monitoring Day is an international effort to draw

attention to issues that affect watersheds throughout the world.

Citizens and schools will monitor water quality and enter the information in an international database. The FOSR will be submitting water quality data during the month.

For more information contact Karen (540) 665-1286

STATE OF THE RIVER by Charles Vandervoort

Most and Least Polluted Sites on the River, June, July, August 3002

The two tables below shows the five monitoring sites with the lowest and highest average nitrogen pollution over the June – August 2003 time period.

JR07, JR10, JR01, and NR05 are regular members of this notorious group of high polluters. There is one newcomer: JR13. It replaced JR06 which was a member last quarter but has dropped a couple of ranks below the high ranking group.

These five sites (all in Rockingham county) have very high average levels of nitrogen concentrations. For example, the top site JR07 at Cooks Creek-North River has an average level of nitrogen pollution of 8.55 – this is close to the level of 10.0 ppm that can cause methemoglobinemia (blue baby syndrome). The values of the other monitoring parameters are also shown. Impaired values start at 1.0 for nitrogen, 0.2 for phosphorus, 1.0 for ammonia, 7.0 for turbidity, and less than 5.0 for dissolved oxygen. The level of pH should be between 6.5 and 8.0.

SITES WITH WORST POLLUTION

Site ID	Nitrate PPM	Ortho Phos PPM	Amm PPM	pH	Turbidity. NTU	DO mg/L	Type	Name
JR07	8.55	0.11	0.06	7.84	19.48	8.06	tributary	Cooks Creek-North River
NR05	8.12	0.44	0.11	8.15	5.32	9.53	tributary	Cedar Run, Rock Co.
JR10	6.32	0.07	0.05	7.79	13.48	8.94	tributary	Pleasant Run-North River
JR01	6.21	0.68	0.10	7.77	10.91	8.24	tributary	Muddy Creek-North River
JR13	4.59	0.04	0.03	8.04	1.95	9.28	tributary	Cub Run-North River

The sites with the lowest levels of nitrogen pollution include two newcomers: GA22 and NS52. The very high average turbidity level for GA21 of 11.25 was caused by a spike on 6/21/2003 which reached 48.8 NTU . This site is notorious for occasional very high turbidity levels that are not correlated with the usually good values of the other parameters.

SITES WITH LOWEST LEVEL OF POLLUTION

Site ID	Nitrate PPM	Ortho Phos PPM	Amm PPM	pH	Turbidity, NTU	DO mg/L	Type	Name
FP14A	0.03	0.01	0.02	7.20	0.60	8.35	tributary	Jeremy's Run
GA22	0.07	0.01	0.03	7.52	1.22	8.70	tributary	South River/Back Creek
FP15	0.08	0.01	0.01	7.43	1.55	8.70	tributary	Overall Run
NS52	0.08	0.02	0.01	8.40	1.55	9.15	tributary	Cedar Creek @ 606
GA21	0.10	0.02	0.16	7.88	11.25	8.34	tributary	South River/Jones Hollow Creek

VISIT THE FOSR WEB SITE AT www.fosr.org

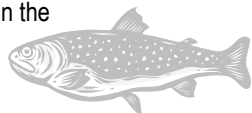
To view the complete data sets from all of the water monitoring sites or just the sites you may be interested in.

BROOK TROUT RESTORED TO REDBUD RUN AT FAY SPRING

By Bud Nagelvoort

At 1:30 PM on August 27, 2003, native brook trout were re-introduced to Redbud Run at City of Winchester property at Fay Spring in Frederick County, Virginia, by the Virginia Department of Game and Inland Fisheries.

One hundred and five fish were released in the 1/8th of a mile of Redbud Run on City property. The fish ranged from 3 to 9 inches long with many pairs of mature



males and females selected for spawning efforts this fall in the gravel beds at the upper end of the stream. Re-establishing this beautiful species of trout in suitable habitats is a major objective of the Virginia Department of Game and Inland Fisheries.

Brook trout are the only trout native to the eastern half of the United States. (Technically brook trout are not a trout, but are a member of the char family along with Lake Trout and Arctic Char. However, they are popularly known as trout along with brown trout introduced in the U.S. from Europe and rainbow trout introduced here from the western U.S.)

Brook trout require cold, clean water for survival. Until this year the presence of cattle in the stream on City property degraded the stream banks and disturbed the stream bottom making it unsuitable for brook trout.

However, in the year 2001, at the initiation of the Lord Fairfax Soil and Water Conservation District, the City, under the direction of Frank Sanders, Director of Public Utilities, entered into an agreement with the USDA Farm Service Agency and Natural Resources Conservation Service to participate in the Conservation Reserve Enhancement Program (CREP) to fence cattle out of the stream, provide off stream watering for the cattle, and create a 100 foot buffer along the stream planted to hardwood trees for long term stream protection and wildlife habitat. This work is almost complete with only a culvert crossing remaining to be installed shortly. The CREP program pays essentially all the cost for the stream protection, about \$25,000.

The re-introduction of brook trout at Fay Spring is one part of a program by the Winchester Chapter of Trout Unlimited and The Opequon Watershed (founded by Steve Bauserman, current President, Jim Lawrence) to create a Redbud Run Greenway the full length of Redbud Run. This Greenway will include 30 acres of flood plain at the Mc-Tiernan property proffered to the County on Supervisor Lynda Tyler's recommendation. It is also planned to be tied in to the 3rd Battle of Winchester battlefield. A walking trail for wildlife and battlefield viewing is anticipated along with a carefully managed, limited access catch-and-release recreation trout fishery on Redbud Run.

What does this have to do with Friends of the Shenandoah River? Not much. Except that the goal of the Friends' monitoring program is to provide data indicating whether or not water quality is improving or declining in the watershed. Clean water means healthy fish populations and attractive recreational fishing as well as water safe for swimming. Both of these conditions are goals of the Federal Clean Water Act. The work at Fay Spring on Redbud Run indicates what can be accomplished in cleaning up part of a watershed. The Friends' monitoring program tells us where other efforts need to be made to achieve the same purpose.

ABSTRACT: The "Health of the Shenandoah River in Warren County"

The "Health of the Shenandoah River in Warren County" report is the fourth in a series of six being prepared by the Friends of the Shenandoah River (FOSR). These cover all of the counties in the Shenandoah River watershed in Virginia. Reports are on the FOSR web site, www.fosr.org. Hard copies are also available, contact Karen @ (540) 665-1286.

It was found that the surface waters in Warren County are less polluted than those for Clarke, Page, and Shenandoah County in Virginia covered in our earlier reports. In Warren County, and except for the sewage treatment plant, the average level of nitrogen (nitrate-nitrite) is almost always less than the impaired level. The average level of phosphorus (ortho-phosphate) in the South Fork and many of the tributaries are slightly above the impaired level, and ammonia and turbidity are mostly at unimpaired levels, although they show high peak concentrations from time to time. Trends in the concentration of pollutants were generally down.

Overall the nitrogen concentration (nitrate-nitrogen) measured in parts-per-million (ppm) averaged only 0.65 ppm for the South Fork of the Shenandoah River and 0.41 for the tributaries. This is well below the impaired level for nitrogen of 1.0 ppm. Even the sewage treatment plant in Front Royal, with a nitrogen concentration of 1.74 ppm of its effluent, is doing a good job of cleaning up its waste compared to STPs in other counties in the Shenandoah River watershed. The average nitrogen levels are declining.

The average ortho-phosphate level in the South Fork and its tributaries varied between 0.05 ppm and 0.58 ppm. And though most of the tributaries are shoe phosphorus levels above the impaired level of 0.1 PPM; this is well below the "severely" impaired level of 2.0 PPM. Only Leaches Run and Flint Run are unimpaired. The Manassas Run level of ortho-phosphate at 0.58 PPM was the highest. The trend in phosphorus levels is declining.

The average levels of ammonia, pH, and turbidity are usually good, though ammonia and turbidity show sometimes large fluctuations (spikes) above the average. The exception is Manassas Run that has an average level of ammonia above the impaired level in addition to the aforementioned high level of P. The average turbidity of Snake Run is also slightly above the impaired level.

The spikes in levels of ammonia and turbidity are associated mostly with heavy rainfall; for example, a downpour of 2.5 inches of rainfall in one hour can cause a soil loss of almost 6 tons per acre from soils with poor groundcover. Failed septic systems and control problems in STPs can also cause temporary high levels. The spikes can be seen in the graphs in the main body of this report. And it is the high peak levels in turbidity that, in a very short time can destroy bottom dwellers and fish eggs, and spikes in ammonia can kill fish quickly.

DON ORR RECEIVES “OUTSTANDING CITIZEN ACTIVIST AWARD”

Don Orr, First Vice President of the Friends of the Shenandoah River, was one of eight individuals from Virginia to receive the “Outstanding Citizen Activist Award”. The awards were presented by Joyce Brooks, from the Virginia Department of Environmental Quality, at the 2003 Citizens for Water Quality Summit held in Charlottesville, Virginia on July 26, 2003.

Don Orr is one of the Founding members of the FOSR which was formed in 1989. For these past fourteen years Don has been a FOSR Board member and has held many positions. He has been a volunteer water monitor, volunteer laboratory assistant and for several years he has been the “Monitor Coordinator” relating to and giving leadership to the efforts of over one-hundred volunteer monitors. Don is responsible for the coordination of the bi-weekly collection of water samples from the Shenandoah River and its tributaries encompassing the entire Shenandoah River basin all the way to Harpers Ferry WVA. Don has always been one of the first to volunteer to represent the FOSR at festivals and fairs and other special events. Don is one of the FOSR’s most loyal and dedicated members.

Don, thank you for service and dedication !



Shenandoah Watershed Roundtable

Many of you attended the Shenandoah Watershed Roundtable conference at the JMU College Conference Center in May 2003. During that event, a number of action items were suggested and endorsed by the broad cross-section of Valley citizens attending. At a follow-up meeting in New Market on August 11th a diverse group joined in the roundtable process and echoed many of the earlier suggestions.

A summary of the action items coming out of the Saturday morning discussions follows:

1. Build on the work of the four Roundtable work groups by creating task forces for each group to keep things going,
2. Develop a water quality campaign including up-to-date information on farming and its economic benefits, impacts,
3. Support a basin-wide initiative on in-stream flow (water quantity),
4. Promote the availability and usefulness of water quality information such as the GIS database that Tom Benzing is developing,
5. Form a task force to create a vision of what a watershed community is and what is needed to move the effort forward,
6. Hold another conference/roundtable,
7. Support environmental education about water issues in the broad sense, for both adults and in the schools,
8. Help bring people together to work on tributary strategies (reducing nutrients)
9. Develop a Directory of supportive organizations/funding sources/groups who are working in the watershed,
10. Develop a listserv (but be sensitive to the fact that not everyone has email or computers, and develop other ways to communicate with these people).

The group that met in August also recommended that we hold another major watershed conference in 2005. Taking a break in 2004 will give everyone a chance to attend the nationally organized River Network ‘River Rally’ conference expected to be held at Wintergreen Resort in Nelson County, Virginia in May 2004.

The participants came up with a number of other suggested actions, ranging from support of environmental education about water issues to bringing people together to work on tributary strategies. The Pure Water Forum is moving ahead with plans to create an online information clearinghouse and networking center at: www.purewaterforum.org, where you will be able to share information and opinions on water related issues. From there you can join in discussions on any number of topics. The site will also serve as a gateway to the new interactive map of the Shenandoah Water Quality GIS (Geographic Information System) called the ‘Water Window’, which should be online very soon.

*Bruce Lundeen
Shenandoah Valley Pure Water Forum, bruce@purewaterforum.org*

Study: Growth Raising Local Water Demand

Northern Virginia Daily

Thursday September 11, 2003

By Laura K. Davis

Long-term community involvement is essential for river management in localities, Don Orth of Virginia Tech told local officials and members of the Northern Shenandoah Valley Regional Commission at a committee meeting Wednesday.

Orth presented a preliminary report on a study — known as the Minimum Instream Flow Action Plan for Aquatic Resource Management in the North Fork — which is a cooperative effort of towns in the valley, Virginia Tech, the U.S. Geological Survey and the Virginia Department of Environmental Quality. The goal is to help localities establish river management plans by providing them information on the North Fork.

In his presentation, Orth told members of the commission's technical advisory committee, which is studying the issue, that water demand in the valley is increasing, according to results from tests at two sites on the river. The demand comes from an increase in the region's population, he said.

"It's a pervasive issue that affects all of these counties," he said, noting that future demand will come from areas throughout the river basin, not just one concentrated spot. Demand can be agricultural, industrial, municipal or from electric power, among other reasons, he said.

"How are we going to manage flows during drought conditions?" Orth asked. "We don't have large storage facilities in this basin."

The answer, he said, should come from a community-based effort to form a water management stem.

Getting information from the report to local officials as

soon as possible is important, said Frederick County Supervisor Lynda J. Tyler.

"We need to get proactive about this," Tyler said after the presentation.

The next steps in this process, Orth said, should establish a system of warnings: watch stream levels, drought warning levels and restrictions and emergency drought levels.

Flow alerts and river monitoring programs are recommended so communities can be prepared, he said.

"How are we going to manage flows during drought conditions? We don't have large storage facilities in this basin."

Don Orth, of Virginia Tech, regarding future water needs in the region

Officials at the meeting discussed having an alternative water source for the valley, such as a reservoir. Roanoke built a sidestream reservoir to supply the city with water during drought periods, Orth said.

Orth also spoke about the water-shed's characteristics, river trends, water quality and habitat analysis for fish during the presentation.

As for fish in the river, Orth said other studies have found that their population is strongly related to a river's flow. When a body of water contains a toxic form of ammonia, animals such as juvenile mussels can die. He noted that researchers found dead fish in the river.

When a river has a low flow, he said, there's a steep decline in habitat.

He also said the Shenandoah River has a high potential for runoff, which can come from fertilizer on farms and poultry

plants.

Results of the study will be completed in October, he said.

But officials said research on the river won't end with this study.

"There's obviously a demand for future research," said Tom Christoffel, senior planner with the Northern Shenandoah Valley Regional Commission.

"This is a huge milestone, and yet we're in some respects just starting,"

Local meteorological consultant Jim Giraytys said he has questions about land issues around the river and that more "what, if" scenarios should be examined in the future.

For example, a poultry plant affects the river, but how would this change if the plant closed?

In other business, Christoffel said the commission is working toward a regional water summit for the Shenandoah Valley.

Also at the meeting, Jennifer Krstolic of the U.S. Geological Survey presented a proposal on a South Fork study of the Shenandoah River. The study would be similar to the North Fork research, focusing on habitat mapping, fish habitats, water quality and hydraulic site analysis.

"Basically, it's a larger river [than The North Fork]. It's going to take more intensive time doing field work," said Krstolic, the project's chief;

The planned four-year study, which needs \$578,477 in funds to get under way, would begin in 2004 after the North Fork study ends.

Contact Laura Davis at ldavis@nvdaily.com

Shenandoah-Potomac Tributary Strategy Revision

In April, 2003, nitrogen, phosphorus and sediment reductions objectives were set for each river basin in the Bay at the level needed to remove the Bay from the list of impaired waters. Tributary Strategies now must be re-written to reflect how Virginia intends to accomplish the pollution reductions by 2010. The Strategies must be completed by April 2004. All of the Bay jurisdictions, including three previously not involved, (New York, West Virginia & Delaware), are undertaking this challenge.

The Shenandoah-Potomac Tributary Strategy revision kickoff meeting for the Shenandoah Basin was held on August 12th at the New Market Rescue Squad, where attendees were presented with specific nitrogen, phosphorus, and sediment reduction goals for the Shenandoah Basin. It is the task of the Shenandoah basin partners to identify the practical, cost-efficient, and equitable practices that will allow us to achieve those reductions, both locally and ultimately in the Chesapeake Bay.

The Regional offices of DCR, working in cooperation with DEQ, will convene a series of collaborative planning sessions to develop a specific set of practices that could result in these reductions. The first Shenandoah Tributary Strategy Team took place on September 18th at the New Market Rescue Squad. The first Potomac Tributary Strategy Team meeting took place on September 12th at the Bull Run Library in Manassas.

For more information about Tributary Strategies, go to www.naturalresources.virginia.gov.

For specific questions about the Shenandoah, please contact Tamara Keeler, DCR Shenandoah Regional Manager, at (540) 332-8955 or tkeeler@dcr.state.va.us or Julie Jenkins, DCR Shenandoah Watershed Field Coordinator, at (540) 332-9238 or jjenkins@dcr.state.va.us

For specific questions about the Potomac, please contact Marc Aveni, DCR Potomac Regional Manager at (540) 347-6422 or maveni@dcr.state.va.us, or Keshia Cheeks, DCR Potomac Watershed Field Coordinator at (540) 351-1590 or kcheeks@dcr.state.va.us.

GROWING NATIVE October 18, 2003



Growing Native is project to restore the Potomac River and Chesapeake Bay Watersheds. Your trees could save a watershed. Yes, those oaks in your backyard, that white ash by the garage—they all play important roles in the survival of the Potomac River and its surrounding landscape. Those acorns and other tree seeds strewn about your property are more than just food for squirrels - they are the seeds of future forests.

Join with thousands of volunteers who will collect native tree seeds—such as acorns and walnuts—which will be grown into seedlings for stream- and river-side restoration projects throughout the region.

The main collection day of *Growing Native* will take place on October 18 at public sites—such as parks, golf courses, churches and schools throughout the region. **But you may also collect seeds anytime this autumn, right in your own backyard!** Seeds collected from your yard may be brought to drop-off locations throughout the region or sent directly to your state nursery.

For More Information Contact:
Bryan Seipp, Coordinator
coordinator@growingnative.org
(703) 276-2777 ext 207

Potomac Watershed Partnership

One of FOSR's Own Appointed to Chesapeake Bay Restoration Fund Advisory Committee

State Senator Russ Potts announced the appointment of six local residents to state boards and commissions at a recent press conference.

Bernard "Bud" Nagelvoort a long time member of the FOSR and current Board member was appointed to the Chesapeake Bay Restoration Fund Advisory Committee.

"It's not just to protect the Chesapeake Bay, but also to protect rivers and streams in this area," Nagelvoort said. He emphasized the importance of the Shenandoah Valley having representation on the board.

Friends of the Shenandoah River
PO Box 410
Front Royal, VA 22630

Non-Profit Org.
U.S. Postage
PAID
Front Royal, VA
Permit No. 4



WE ALL LIVE DOWNSTREAM

JOIN THE FRIENDS OF THE SHENANDOAH RIVER IN THEIR MISSION
"To protect and restore the aquatic environment of the Shenandoah River and its tributaries"

Yes, I would like to be a member of The Friends of the Shenandoah River (FOSR)

<input type="checkbox"/> \$10 Student	*NAME _____
<input type="checkbox"/> \$20 Individual	ADDRESS _____
<input type="checkbox"/> \$30 Family	_____
<input type="checkbox"/> \$50 Sustaining	Telephone _____
<input type="checkbox"/> \$100 Coporate	E-mail: _____
<input type="checkbox"/> Other/Donation	<small>One way you can help defray costs and conserve paper is to have the FOSR newsletter e-mailed to you.</small>

Please make checks payable to: ***Friends of the Shenandoah River***
and mail to:
PO Box 410
Front Royal, VA 22630

*If you do not wish for the FOSR to exchange your info with other environmental groups, please check box