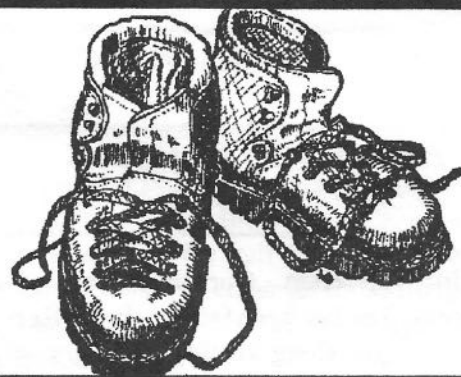


TENNESSEE TRAILS

Monthly newsletter of the Tennessee Trails Association



MISSION: To promote, construct and maintain a statewide system of hiking trails, and to work for the conservation of natural resources inherent to this objective. Sponsor for the Cumberland Trail.



LEAVES OF THREE ? LET THEM BE

The surest way to avoid irritating skin rashes from poison ivy, oak, and sumac is to learn to recognize and avoid contact with members of the Rhus group of plants.

Poison ivy comes in three notched leaflets, 3 inches in length, green in summer and red in fall. It bears blossoms in the spring and berries in the fall. The plant grows as a shrub or vine attached to another plant, tree, or fence. It is found throughout the United States except in the extreme Southwest. Contact may result in a red, raised, itchy rash which may develop blisters. This contact dermatitis appears 8 to 72 hours after contact with the oils of the plant, which are spread by scratching. Pets may also contact the plant and transmit the resin from their fur to you. The rash may persist for one to three weeks.

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Summer Breakaway

August 7-8

Devil's Backbone State Natural Area

Tennessee Trails Association will host high school volunteers from Nashville's Oasis House Nashville Pulse Program to continue building new trail at the Devil's Backbone State Natural Area on the Natchez Trace Parkway. We will leave from Nashville Saturday morning, do trail work, then set up camp at Merriwether Lewis State Park Saturday night. We will do trail work for half a day on Sunday.

If you haven't tried trailbuilding yet, this is an "easy" way to get started—it's not too far a drive from Nashville, and the trail work is primarily raking leaf cover with some mattock work required to level the trail on hillsides. There's about one mile of trail to be built to finish the work started this spring.

Keep in mind that this is high summer! Bring LOTS of water, lunch, sunscreen and bug repellent. We will be able to park immediately adjacent to the trailhead so you can stash extra water in your vehicles.

For additional details, call Arleen Barnett at (931) 707-8333 or abarnett@usit.net

BIG SOUTH FORK *Eric Wilson*
(423) 628-2817 ericavi@InfoAve.net

July trip report - Our July outing in Rugby was a big success. The Erickson family - Peter, Ryan, Peggy, and Charlie - brought along visiting parents, aunt, uncle and cousins and with Gayle Wilson, Eric and Vi we totaled 14 hikers. The weather was just cooperative and we had finished the hike, a dip at the Gentlemen's Swimming Hole and lunch before a huge thunderstorm blew in.

August outings - With continuing hot weather expected, and with a busy but indefinite travel schedule, it seems best to wait until September for our next scheduled chapter outing. Meanwhile Vi and Eric will be around much of the month and we would be happy to join in on any impromptu hikes. Or, if it is just too hot, come by for a refreshing trip to the river. Give us a call at 423 628 2817.

CLARKSVILLE *Suva Bastin*
(931) 645-2849 Stevjune42@aol.com

The Clarksville Chapter meets the third Tuesday at 7:00pm at the Crow Community Center, 211 Richview Road

Lazy August Hike Schedule—staying close to home!! August 7—Land Between the Lakes, North Entrance, Canal Loop Trails. Approximately 4 miles, easy. Meet 9:00 Governor's Square Mall, Sears parking area (front). Call Jack Held 931-645-1348.

August 21—Pennyrile Forest State Resort Park, 3 miles easy. A stop at the Rustic Lodge is a must! Meet 9:00 Governor's Square Mall, Sears parking area (front). Call Jim Hampton 931-647-5899.

COLUMBIA *John Coleman*
(931) 388-9318 jbcoleman@hotmail.com

AUGUST 9TH chapter meeting

Tommy Edwards, TWRA's manager of the Duck River WMA (TVA lands has agreed to do a program on August 9 for the Columbia Chapter of TTA on "Tennessee's Trailside Fauna". A professional wildlife manager and a leader in the Tennessee Ornithological Society, he can share a great deal about both the mammals common in Middle TN (including their tracks and scat) and bird life, residents and migrants!

Edwards can also tell us about the lands that TWRA manages in the area where we might take a hike in search of some of these critters, including the 12,800 acre Duck River WMA and Williamsport Lakes WMA (1,700 acres). Though much of these lands are managed primarily for hunting (mostly fall and winter) and fishing, TWRA is interested in creating opportunities for wider public use of the areas by non-consumptive users, including hikers, bikers, horseback riders, and canoers.

August 28 hike. Murfreesboro Greenway starting at Old Stone Fort Park. This is 3.5 mile (one way) flat paved trail along the West Fork of the Stones River. OK for strollers, bikes. Meet at 8:30 Sat. Aug 28th at 1st Pres Columbia in the lower lot (7th st) to carpool. Contact Julie Hodnett 931-840-5540 or hodnettj@usit.net for more info.

COVE LAKE *Siler McCarty*
(423) 566-1291 emccarty@highland.net

Sat., August 14—SHOOTING STAR EXTRAVAGANZA at Hensley Settlement. We're trying to please everyone this time, hikers and non-hikers. We'll give you 4 choices, but you MUST let us know your choice immediately so we can arrange for transportation. Hensley Campground REQUIRES reservations.

#1—Non-hikers—Meet at Cumberland Gap Park Visitor Center at 5 p.m. drive to Hensley S. for star-gazing, back again around midnight.

#2—Day-hike—Meet at La Follette Food Lion at 7:30 a.m. or Pinnacle at 8:45. Starting at Pinnacle eliminates a big share of the uphill climb. Hike a mostly easy 11 miles to Hensley S. for star-gazing, ride down to Visitor Center.

#3—Overnight Camping at Hensley—Meet at Visitor Center at 5 p.m., camp overnight after star-gazing. On Sunday hike 8 miles, about half of it downhill to Ewing, via the magnificent Sand Cave and White Rocks views.

#4—2-Day Back-Pack Trip—Combine all of the above with 2 days of mostly easy, beautiful hiking on top of the ridge for a wonderful weekend!

Reservations are required. Call Faith or Ed Dippold at 423-566-8026. Does someone have a big van just for transportation? (5th choice!)

EAST TENNESSEE *Esther R Ruffner*
(423) 281-0567 eruffner2@tva.gov

Aug. 8—Diana Stevens will lead a walk in the U.T. Trial Gardens off Neyland Drive and along the riverfront. It will

be an easy 3-4 mile hike. Meet at 6:00 pm at the parking lot entrance to the trial gardens. Call 494-0852 for more information.

August 21—Hike the Cucumber Gap Trail in the Great Smoky Mountains National Park with the East Tennessee Chapter. This 5.1-mile hike is rated easy to moderate in difficulty. It does involve a short climb and 3 stream crossings. Along the trail, we will see a large number of Fraser magnolias, also called "cucumber trees" for which the trail is named. Most of the trail winds through forest and should be relatively cool for a summer hike. Bring your lunch, and lots of water, because we will stop by one of the creeks along the trail for a cool spot for lunch—and an opportunity to cool off the feet. To carpool from Knoxville, meet at Western Plaza Shopping Center, in the area near Kingston Pike, by 8:15 a.m. Or meet at 9:15 a.m. at the trailhead which is just past Elkmont Campground and Ranger Station. Turn left at the campground entrance and left again at the fork to drive to the Little River Trail (about a mile above Elkmont Campground). The first 1.3 miles will be along the Little River Trail from which we will take the Cucumber Gap Trail. Limited parking is available at the trailhead. Call Esther Ruffner, 423-281-0567, if you have questions.

September 11—Ken Cole will lead a hike to Coyote Point on Lone Mountain. This 6.5 mile hike is rated moderate to difficult and involves some climbing. Beautiful views of the Clinch River and surrounding valley can be enjoyed from Coyote Point. To carpool, meet at 9:00 a.m. in the parking lot of 1st American Bank in the Tri-County Shopping Center in Oliver Springs. Car pooling is strongly encouraged because of very limited parking at the trail head. Bring lunch, lots of water, and dress appropriately for the weather. For further information, call Ken Cole at 423-494-6810.

MEMPHIS *Debbie Gilbert*

(901) 454-0613 MemFlyer@aol.com

ANNUAL MEMPHIS CHAPTER PICNIC, Sunday, August 22nd. Once again, the picnic will be at the lakeside home of John and Regina Martin (canoes and paddle boats available). This is a potluck; bring your favorite summer dish and a lawn chair. Socializing starts around 1 p.m., with food whenever we get hungry enough. This is also our August meeting, so bring any business items you'd like to discuss. The address is 3876 S. Lakewood Dr., in the Lake Windermere subdivision near Raleigh. For directions, call 386-3722.

NASHVILLE *Dave Walton* *(615) 646-5355*

Monthly Program Naturalist, Louis Levine, formally affiliated with the Cumberland Science Museum for 19 years, will speak on natural hazards of the trail from spiders to snakes to yellow jackets. Louis will cover all those things you'd rather avoid. Meet at 7:30 pm on Tuesday, August 4 at Radnor Lake Visitor Center.

AUGUST 8 (SUNDAY) TWIN ARCHES. Jim Poteet is coordinating the hike on this Big South Fork trail. Call Jim at 615 - 824 - 7666 to register.

AUGUST 21 (SATURDAY) PERCY WARNER. Meet at trailhead off highway 100 at 8:00 a.m. for a 4.5 or 7 mile option. Hike is rated moderate with elevation changes. Call Elizabeth Gerlock at 615 - 356 - 6260 to register.

AUGUST 22 (SUNDAY). A canoe and kayak trip is being coordinated by Charlie and Jennifer Hann. Call 615 - 941 - 1503 for further details and to register.

AUGUST 28 (SATURDAY) RADNOR LAKE. For this Newcomers hike, meet at the Radnor Lake Visitors Center at 10 am. The hike is 4.5 miles with hills, South Cove and Ganier Ridge trails. We will go to Davis-Kidd afterward. Call James Leininger at 615 - 309 - 8611 to register.

Program your speed dial to 615 - 367 - 7045, the NASHVILLE CHAPTER HIKING HOTLINE, to get the latest information on our hikes.

UPPER CUMBERLAND

Denise Charvoz/Barbara Phifer (931) 738-3595

August—We will take a vacation from hiking this month since many hikers don't enjoy hiking in the heat and also many are vacationing. **MidSeptember—**Date still to be announced. We plan on having a hike and hot dog roast at Burgess Falls. Hopefully, we can reserve a shelter so a threat of rain won't ruin our plans. We will socialize and do more hike planning for the next quarter.

TRIP REPORTS

On June 12, thirteen people which included two little ones on their parent's backs took the beautiful hike into Virgin Falls led by Marnell Cothran. The weather was very hot, but we were rewarded with lots of water going over the

falls after the trek through woods and hills and over rocks and steps. On the way back, many large groups were coming in planning to camp out the night. Personally, I sure was looking forward to my air conditioned bedroom, soft bed, and no bugs.

On June 26, the hike at Denise Charvoz was sabotaged by Mother Nature. We had a royal downpour most of the day. Three people did show up at different times, and we shared some food and conversation. It was a pleasant day after all.

On July 10, only three brave souls, one of them a seven year old boy, ignored the rain and went to Piney River. It rained most of the way there, but we had a nice albeit short walk at Piney River with no rain as we did the hiking. The river was swollen and wild, so we had to forgo the swim. Bill Jones, our leader, pointed out many kinds of ferns such as the Maidenhair, New York, Christmas, and the common Polypody plus many other plants. On the way home, it poured again. We all went in one car and enjoyed getting to know each other. It was a fun day!

Poison ivy

(cont'd from pg1)

Management of the Rash:

Wash the sticky plant oil resin from your skin and clothing (preferably within 5 to 10 minutes of exposure), paying close attention to your hands and fingernails. I have had some success in removing or oxidizing the resin by applying a weak solution of Clorox® in water to exposed arms, hands and legs. The clear fluid from



the blisters will not spread the rash. Calamine lotion may be applied to reduce itching and dry the lesions. The antihistamine in Caladryl® may cause an allergic reaction of its own. 1/2% Hydrocortisone cream may be applied two to three times a day until rash is clear (don't use on face without consulting physician). This is available

without a prescription. For weeping lesions, use Burow's solution (ask your pharmacist; usually mix two Domeboro® tablets or packets to one quart of lukewarm water). Dip a man's handkerchief, thin cloth, or piece of sheet in the solution, wring out slightly, then apply to affected areas for 10 to 15 minutes three to

four times a day. These soaks are very soothing and help to remove the drainage and crusted areas to promote healing. Keep nails short and avoid excessive scratching. Scratching aggravates healing and encourages infection. Be sure to contact your physician if any signs of infection do develop: drainage of pus, increased redness, or fever. Oral Benadryl® (diphenhydramine hydrochloride), an antihistamine may be purchased without a prescription and given to help alleviate the itching. Benadryl is available in tablets, capsules, and elixir form. If the rash covers the face, groin, or more than one-fourth of the body, you should consider contacting your doctor.

How does exposure occur? Poison ivy, oak, and sumac are three of the most common causes of allergic contact dermatitis in North America. The resin of all three contains an active oily ingredient known as urushiol. While the urushiols of the three plants are not identical, they are sufficiently similar in chemical composition for a person allergic to one to react to all three. Because urushiol is in the resin of the plant, rubbing or crushing the plant or a leaf provides sufficient contact for an allergic reaction. Very small amounts of the chemical can provoke a serious reaction in susceptible people. Cases of poison ivy allergy occur most frequently during the spring, summer, and early fall when people spend more time outdoors. A reaction to poison ivy, however, can develop even during winter because urushiol is still present in dead or decaying Toxicodendron plants. The chemical can be carried in smoke particles from burning plants, including branches of poison sumac trees accidentally gathered for firewood. The smoke may expose not only the skin of susceptible persons to the chemical but also their nasal passages, throat, and lungs. Urushiol is transferred easily from one object to another, so clothing or tools that touch the plants, or pets that rub against them, can pick up the plant oil and pass it directly to a person. The chemical can remain active for at least one year and sometimes much longer. Therefore, exposed objects or pets should be thoroughly cleaned with water after contact with the plants. Contrary to common belief, scratching or spontaneous oozing of the rash and blisters will not cause them to spread because urushiol is not present in the blister fluid. If the chemical has not been completely washed off the skin, touching the affected areas and then another part of the body can transfer the chemical and thus the rash. Similarly, the rash cannot be passed between persons, unless urushiol is still present on the skin of the affected individual.



ADOPT-A-TRAIL

TRAIL MAINTENANCE VOLUNTEERS NEEDED! If you would like to be placed on a call list for trail maintenance, contact Rob Weber (423) 533-2620 for details.

If you are interested in maintaining a particular trail or section of trail, please contact Harold Draper, Adopt-A-Trail Coordinator at (423) 689-7757.



NEWSLETTER SUBMISSIONS ARE DUE BY THE 10TH OF THE MONTH. MAIL TO: ANDREW STEVENS, 311 CROSS PIKE ROAD, CLINTON, TN 37716 or EMAIL: stevens@usit.net or phone 423-494-0852

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TTA Web Page:	http://www.tn-trails.org
Cumberland Trail Web Page:	http://users.multipro.com/cumberlandtrail/

ORDER FORM

_____ Hiking Tennessee Trails, 5th Edition	\$12.95
_____ TTA Adopt-A-Trail Manual	3.00
_____ Round Traditional TTA Patch	3.00
_____ 25th Anniversary TTA Patch	3.00
_____ TTA Fanny Pack (Green with embroid	15.00
_____ TTA Window Decal	1.00

SOLD OUT

Prices include postage. Mail your check payable to TTA and mail to: Libby Francis, 2104 Snook Drive, Nashville, TN 37210. Please allow 4 weeks for delivery.

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