

TENNESSEE TRAILS

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JULY 1986

LONG HUNTER STATE PARK

- From Tennessee Dept. of Tourist Development -

Imagine walking through the heart of a great wilderness, just as early hunters and settlers did more than a century ago. Picture carpets of wildflowers along quiet trails, hardwood forests and rocky cedar glades filled with wildlife, and lakes teeming with fish and water fowl. Imagine this wilderness within shouting distance of a large 20th century city and you will have some idea of the attraction of Long Hunter State Park.

Located on the eastern shores of Percy Priest Lake, the park is only 25 miles from the modern skyline of Nashville, yet it provides a wilderness experience for all who cross its boundaries.

"The park is a 30-mile shoreline sanctuary for animals and plants," says park manager Reggie Reeves. "The Department of Conservation has developed an area where people can enter a scenic and passive environment and leave civilization behind for the day. Best of all, the park has specially created paths and picnic areas for the handicapped and elderly."

Property for the park was acquired by the U.S. Army Corp of Engineers during the creation of Percy Priest Lake in 1968. In 1972, 2,400 acres were leased to the state for the creation of a state park.

Careful attention has been given to the preservation of habitats for wildlife and endangered wildflowers; yet, the park provides many areas for picnics, swimming, hiking, primitive camping, boating, fishing, and nature photography. Planned activities include environmental, interpretive and recreational programs for the public school groups and other organizations.

Of special interest is the barrier-free area around Couchville Lake, a body of water formed when Priest Lake began to fill. Located within sight of the park office is a fishing pier and boat dock.

A generously paved parking lot and sidewalk system lead off to a picnic pavillion and the Lake Trail, a paved, handicapped accessible nature trail that runs two miles around the lake with excellent views of the park's woodlands and wildlife.

"We have seven trails in addition to the Lake Trail. One of these is the Nature Loop located near the park office, which takes hikers into the cedar glades. Here many rare and endangered spring and summer wildflowers -- such as prairie clover and Nashville breadroot -- can be seen. The air is scented with glade mint as woodpeckers and songbirds sound off in the trees, making the city seem a million miles away," says Reeves.

Also of interest is the newly opened <u>Volunteer Trail</u> (adopted by Nashville chapter of TTA), named in honor of the people who built many of the park's trails. The Volunteer Trail winds for six miles near the shoreline and covers a variety of elevations and terrain.

Dogwood, hickory, oak, persimmon, and maple trees form a canopy over the trail as trillium, trout lilies, ferns, and jack-in-the-pulpit rise from the forest floor. An overnight camping area near the end of the trail loop provides primitive campsites on a first-come-first-served basis. A free-use permit is required for overnight.

For those who walk the Volunteer Trail in the spring, great stands of purple iris and paper narcissus may be a surprise, but they are mute testaments to earlier residents of the park. The stands of iris and narcissus mark the locations of homes of a vanished community called Seven Pints. Even before the homesteaders, others walked the woodlands, following the fertile lands along Stones River.

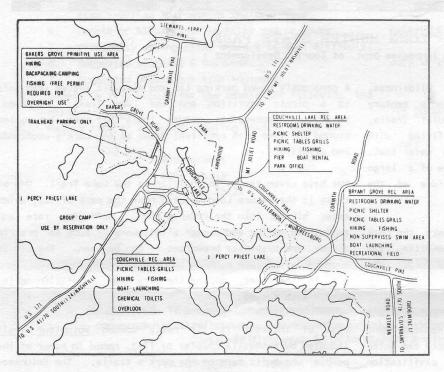
Before recorded history, Archaic-period Indians hunted and gathered food in the region. A principal camp site rich in stone tools and flint chips of 800-500 B.C. was discovered

near the park's Volunteer Trail. The site is now covered by the waters of Percy Priest Lake.

By the time white men explored the region, the area was a vast hunting ground for many tribes such as the Chickasaws, Choctows, and Cherokee. In 1766, Col. James Smith and Uriah Stone explored the area. In 1770, 40 men, including James Knox, John Baker, Kasper Mansker and Uriah Stone, spent so many months in the region that they came to be known as Long Hunters. It is for these men that the park was named.

The park can be reached by State Route 171, a major connector between I-24 and I-40 in southeast Davidson County. It is open from 7 a.m. until dark in the summer and 8 a.m. until dark in the winter. Boat ramps are open 24 hours a day.

Information about the trails and scheduled activities can be obtained by calling the park office at (615) 885-2422. When possible, scheduled activities will also be published in the TENNESSEE TRAILS.



WE HAVE NOT INHERITED OUR PARKS FROM OUR GRANDPARENTS; WE HAVE ONLY BORROWED THEM FROM OUR GRANDCHILDREN.





Adopt-a-Trail CHAPTER COORDINATORS

CHATTANOOGA -- Jeri Shutters
CUMBERLAND MOUNTAIN -- Howard
Ray Duncan (615-879-8245)
MEMPHIS -- Bob Barnett
(901-767-9347)
MURFREESBORO -- ??
NASHVILLE -- Pat Anderson
(615-383-2355)



CHATTANOOGA — Dot Lingerfelt
(615 - 842 - 8043 or 751 - 3292, wk.)

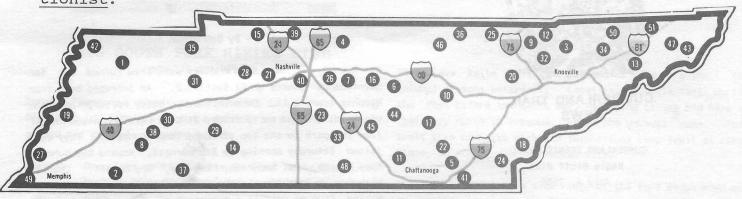
CUMBERLAND MTN. — ??

MEMPHIS — Gene Jacobson (901 - 755 - 9073)

MURFREESBORO — Maryedith McFarlin
(615 - 896 - 1344)

NASHVILLE — Evelyn Tretter (615 - 859 - 0566)

The following is a list of state parks with their features itemized. This was taken from The Tennessee Conservationist.



TENNESSEE OUTDOOR RECREATIONAL AREA SYSTEM	lnn		Sites	ant	J. Br	Picnic Sites		Boat Rentals		Group Camp	Group Lodge	Snack Bars	Nature Trails	Playground	Golf Course	d	Store		Boat Cruise	on Building	Skeet Range	Interpretive Center	Boat Launch Ramps	ıls	Tennis Courts	Backpacking	Canoe Access Sites
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50 Trail of Lonesome Pine 615/588-7695	-	+			-	-				-	-	-	0	-	9						-	-	-	-	-	-	+
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CUMBERLAND TRAIL NEWS

CUMBERLAND SCENIC TRAIL Eagle Bluff Hike July 4, 1986

Time: 10:00 a.m. (EDT) to 3:30 p.m.

Place: Cumberland Trail Office, Cove Lake State Park

Bobby Harbin, Park Manager of the Cumberland Scenic Trail, has scheduled and publicized a July Fourth hike to a destination fitting the occasion - Eagle Bluff on the Cumberland Trail, overlooking Jacksboro. A shuttle will take hikers from Cove Lake State Park past an ancient Indian burial mound and past Eagle Bluff Lake to the foot of Cumberland Mountain. The hike will be along the historic Kentucky Road to Eagle Bluff at the top, thence along the Cumberland Trail to a gap jsut short of the southern end of Cumberland Mountain, where the CT leaves to descend to Cove Lake.

A side trip of approximately 1 mile will be made to the actual end of the mountain where, atop the "Pinnacles" there is a spectacular view of Bruce Gap through which passes I-75. The descent to Cove Lake on the CT passes varied and interesting ecosystems, both natural and manmade. For more information, contact Bob Brown (615-748-4816 wk.).

BOY SCOUTS CUMBERLAND TRAIL REPORT

On May 17, the Boy Scouts of the Great Smoky Mountain Council Troup 374, led by Scoutmaster Jim Purcell of Crossville, did a great job clearing winter debris and early spring growth from their adopted Brady Mountain segment of the Cumberland Trail. Mid-afternoon clearing was brought to a halt by a large timber rattler which was rapidly dispatched with an axe. Most decided it was about time to knock off for the day anyway. The following Saturday, Russell Jarrell and I did some blazing and swingblade work on the northern end of Brady.

TTA CUMBERLAND TRAIL WORK/PLAY
WEEKEND REPORT

- By Bob Brown -

On May 30, another high quality work crew turned out for maintenance chores on CT Section 2. An intrepid band from Memphis (Jeri Bull, Gene Jacobson, Betty Porter, and Ann Lindholm) arrived early Friday at Cove Lake and hiked the CT from the park to the top of Cumberland Mountain. They were joined Saturday morning by Bob Barnett, Howard Ray Duncan, Mary Thieme, Pat Anderson, Bob Day, and myself. Charlie Klabunde, a long time leader in TCWP and the Smoky Mountains Hiking Club as well as a supporter of TTA, completed the volunteer crew, although two other members from Oak Ridge, Caroline Weaver and Ann D. (sorry, Ann...didn't catch your last name), arrived later and did some lopping litter pickup on the trail near the park.

Trail manager, Bobby Harbin, and his assistant, Joe England, led the crew on a productive and enjoyable pruning and grooming session from the Firetower Road to Campsite #3. Despite hazy conditions, there were impressive views of Dutch Valley to the east and Red Oak Mountain to the west, especially from "Lunch Rock" where a pair of Black and White Warblers came almost close enough to touch.

A chain saw quickly cleared a downed tree from another overlook and a Whizz Witch Weedeater made fast work of herbaceous and small woody growth along the way. Klabunde, Duncan, and Barnett teamed up to clear away a tangled deadfall at the only water source, and, shortly after, everyone sat down in a grove of big maples to admire one of the prettiest campsites anywhere.

Songs of Black and White, Pine, and Hooded Warblers, Carolina Wrens, Red-Eyed Vireos, and Scarlet Tanagers were frequent. Blooming Houstonia, Golden Ragwort, Coreopsis Major, Pipsissewa, and Goat's Rue were plentiful, and some Laurel blossoms were left. Blooming Skullcap, Blue-Eyed Grass, Fleabane, Indian Pipe and White Milkweed as well as a couple of Pink Lady slipper plants were seen.

On Sunday, the group opted for a short hike up the old Kentucky Road to Eagle Bluff to allow more time for the Memphis folks to get home. The view of Powell Valley was most rewarding. Everyone really appreciated Bobby Harbin's hospitality and he certainly appreciated our help.



Bob Brown



BIG SOUTH FORK HIKING CLUB UPCOMING ACTIVITIES

Donald Thompson, president of the Big South Fork Hiking Club, would like to extend a welcome to each of you to attend any of their upcoming hikes.

July 25 Overnight on Mt. LeConte in Great Smoky Mountains.

Meeting time and place will be decided at a later
date.

For more information on any of the Big South Fork Hiking Club's trips, call or write Donald W. Thompson, 944 Monticello Road, Somerset, KY, 42501, 606-679-7563.

NEWS FROM OUR PARKS



MONTGOMERY BELL STATE PARK

The staff of Montgomery Bell would like you to know about the following scheduled events for July:

- July 4 The Louisville Hiking Club will be walking some of the more available 13 miles of Montgomery Bell's trails. For more information, write to 914 Charles Street, Louisville, KY, 40204. Also on the 4th, the park will be conducting exciting and educational events. Call the park at 615-797-9052.
- July 13 The musical melodies of the Nashville Symphony can be enjoyed at the park's ballfield/camper checkin station on this afternoon. For more information, contact Vicki Loose at 615-446-4542.

BIG SOUTH FORK TRAIL UPDATE SLAVE FALLS TRAIL

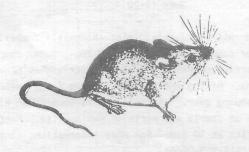
- By Howard Ray Duncan -

The Slave Falls Trail is a delightful hike to a small (in volume) 70 foot waterfall. Local legend tells that during the days before the Civil War, escaping slaves hid here on their way north to freedom, hence the unusual name. This trail also connects with the Twin Arches Loop Trail at Jakes Place, an old pioneer homestead site.

The trail begins on a side ridge of the Fork Ridge Road and is nearly level for the first mile. A short spur trail takes you down to view one side of the falls. Approximately 2 tenths of a mile from this spur (on the main trail), sharp-eyed hikers should be able to spot Needle Arch to the south of the trail (on the right). This neat little natural bridge can be seen from the trail and is easily reached.

Shortly after passing Needle Arch, the trail leaves the ridge top and drops into Mill Creek. After crossing, another spur trail allows you to view the other side of Slave Falls. By continuing for approximately 2 miles along Mill Creek, you will reach Jakes Place and the Twin Arches Loop Trail. At this point, you may go left to the Arches or right to Charit Creek Hostel. The trail is currently being maintained by members of the Cumberland Mountain Chapter.

To reach Slave Falls, drive to the Fork Ridge Road off Highway 154. The Fork Ridge Road is a gravel road located two miles north of the 154/297 intersection at Sharp Place, or 1 1/2 miles south of the Pickett Park office. You have two options for beginning the hike. You may begin at the Middle Creek Trailhead (.7 miles down Fork Ridge Road which gives you a 3 mile longer hike) or you may drive approximately 1.8 miles further (past Middle Creek Trailhead) to the point where the trail crosses Fork Ridge Road. You can park your car at the old sawmill site which is .2 miles up the road. There will someday be a developed trailhead at this site. Next month I will discuss the Blevins Farm Loop Trail.





HUDSON BAY TRAIL BARS (Warning!! Bears love these, too!)

2 Cups brown sugar 2 Cups melted margarine 1/3 Cup light Karo syrup 1 Cup sliced almonds 1/3 Cup honey

1/2 to 1 tsp. almond extract 9 1/2 Cups rolled oats 1 Cup shredded coconut

Cream 1st four ingredients together until well mixed. in remaining ingredients. Spread in a greased pan to a thickness of about 1/2". Bake at 350 degrees for approx. 15 to 20 minutes until golden brown. Cool 4 hours before cutting. Cut into bars and pack them for your next trip!



CUMBERLAND MOUNTAIN CHAPTER

CHAPTER MEETING July 12, 5:00 p.m. Pickett State Park

The Cumberland Mountain Chapter of TTA will hold its July meeting at Pickett State Park. This is a super, special event. We will meet at 5:00 p.m. to begin the COOKOUT! After eating, there will be a short HIKE around the Pickett Lake. When finished with the hike, we will be treated to HOMEMADE ICE CREAM!! While enjoying the ice cream, we will be able to view a special PROGRAM. It isn't guaranteed that a great deal of business will be conducted but we can guarantee lots of food, fun, and fellowship. If you miss this one, you'll surely regret it. P.S. Everyone is welcome to attend.

ROCK ISLAND STATE PARK July 19-20

Come one and all for this joint Nashville-Cumberland Mountain Chapter camping trip on July 19-20. Some campers will no doubt arrive on Friday, July 18. Activities planned include swimming, hiking and eating. Bring food, drinks, swimming and camping gear. Rock Island is located on Highway 70 S, south of Sparta and north of McMinnville. Meet us at the park office at 10 a.m. For more information, contact Evelyn Tretter (615-859-0566).

TRIP REPORT

Cumberland Mountain Chaper Homecoming at Rugby June 14, 1986

Twelve enthusiastic TTA members turned out for our first "homecoming" meeting. The potluck supper was absolutely the best ever with all kinds of delicious foods. Several members enjoyed hikes around Rugby before dinner, while everyone took a walk after dinner.

After our walk, we all came back to the Rugby Community Library for extra dessert and a slide show. We reviewed the history of the Cumberland Mountain Chapter from January 1, 1982 through January 1, 1984. It was very interesting to see scenes from the "good ole days". A special thanks to everyone for preparing the delicious food. Also, thanks to the kind folks at Rugby for allowing us to use their facilities.

-- Howard Ray Duncan



MEMPHIS CHAPTER

JULY CHAPTER MEETING July 17, 7:30 p.m.

Meet with us on July 17th, at 7:30 p.m. in the Scout Building behind Kingsway Christian Church, 6310 Poplar. Doug Wetter will show slides from some of the National Parks in the United States, primarily featuring western parks. Doug has hiked in most of the National Parks and should have some interesting information and slides. Bring yourself and bring a friend!

> TISHOMINGO STATE PARK CANOE TRIP July 26, 1986

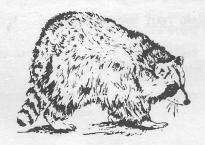
On July 26, the Memphis Chapter of TTA will take the 9:00 a.m. canoe trip down Bear Creek, then picnic in the park. We will need to leave the church parking lot by 6:15 a.m. in order to make the 8:40 check-in time at Tishomingo. Since only eight canoes are available, please notify me by June 20 (submitted late), if you intend to go. This is a Class I stream, and is easy for beginners. Time for the eight mile float is about three hours. Bring plenty to drink, snacks, sunscreen, and wear shoes that you don't mind getting wet. Cotton gloves also come in handy. For more information, call Ray Burkett at 358-7150 or 377-3449.

MISCELLANEOUS NEWS FROM MEMPHIS CHAPTER

- By Jerri Bull -

A neat place to visit and hike is the Mousetail Landing State Park in Perry County, Tennessee. This park is near the Tennessee River. More information will be given on this park in the lead article of the August issue of Tennessee Trails.

The Memphis Chapter also enjoyed camping and working on the Cumberland Trail as described in Bob Brown's article in this issue. Our thanks to Bobby Harbin, Ranger at Cove Lake State Park, and to Bob Brown, as well as to all of you from the other chapters who helped make it a great weekend!



NASHVILLE CHAPTER

CHAPTER MEETING July 24, 6-ish

Hey Gang! We're having a picnic! Leave all the usual chapter business at home, bring a pot of food to share, something to drink for yourself, and lots of friends! The fun will be at the Two Rivers Wave Pool Park at Shelter #3. We have reserved the shelter from 3 p.m. until 11:00 p.m., though we don't really expect to begin until after 6:00. The shelter is outside of the wavepool fence and is the farthest from the pool. When entering the park (Briley Parkway, Two Rivers Exit), you will see a sign telling you to go right for the Wave Pool and left for the Picnic Shelters. Go left. This is a great opportunity to get to know each other and to introduce friends to TTA. If you need more information, call Pat Anderson (615-383-2355).

ROCK ISLAND STATE PARK July 19-20

As mentioned in the Cumberland Mountain Chapter section, we are co-hosting an outing to Rock Island. This promises to be a fun outing for all, so come on out! Nashville members are to meet at the Cumberland Museum at 8 a.m. for the trip up.



- By Dot Fowler -

We extend our deepest sympathy to Pat Anderson on the loss of her brother to cancer on June 17. The funeral was held in Daytona Beach, Florida.

If any of you would like to get the monthly schedule of events for the South Cumberland Recreation Area, call Pat Anderson at 615-373-2355.

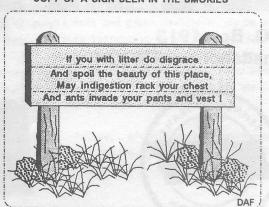
Two of our newer members, Donna Mehus and Ginny Beck hiked Mt. LeConte in June. It was their first trip to the mountain and both raved about the trip.

Another enthusiastic new member, Bob Day, came back from the Cumberland Trail Work/Play trip (described earlier in this issue) glowing with praise and delight over the trip and the area. I got the distinct impression he would have preferred to stay on the mountain rather than return to the city. Sounds like a great trip for all!

Enclosed in this issue of <u>Tennessee Trails</u> is a questionaire we would like you members to fill out. By sending us your answers to these questions, our officers and board of directors can better judge what is needed to make TTA an even better organization. Please send in as soon as possible.

Alan Stokes asked me to pass along that his phone number has changed to 615-868-7186. By the way, folks, if you move, be sure to let us know. Send your new address to Dot Lingerfelt, P.O. Box 4913, Chattanooga, TN 37405.

COPY OF A SIGN SEEN IN THE SMOKIES



HIKE LEADERS

SCHEDULED JULY HIKES

When scheduling a hike:

- A. Submit a detailed description of your upcoming hike in time for its inclusion in the preceding newsletter (deadline 15th of month). Please include the following:
 - 1. Date of hike
 - 2. Time and place to assemble
 - Number of miles to be traveled and/or length of time involved in reaching the trailhead
 - 4. Length of hike itself in miles and/or hours
 - 5. Difficulty rating (1-5, where 5 is most difficult)
 - 6. Suggested clothing & footwear
 - 7. Suggested provisions &/or equipment
- B. Submit a trip report for the newsletter following the hike.
- C. Mail a list of all participating hikers' names to:

Bob Barnett 4294 Goldie Memphis, TN 38122

CUMBERLAND MOUNTAIN CHAPTER:

July 19-20 Rock Island State Park Campout Details in this

MEMPHIS CHAPTER:

July 26 Canoe Trip, Tishomingo State Park Details in this

NASHVILLE CHAPTER:

July 19-20 Rock Island State Park Campout Details in this issue.

TTA CUMBERLAND TRAIL WORK/PLAY WEEKEND:

July 4 Eagle Bluff Hike Details in this issue Bob Brown (615-748-4816 wk.)

OBJECTIVES: 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. Regular dues are \$8.00 per year; \$3.00 for students and family dependents.

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P.O. Box 4913 Chattanooga, TN 37405



