

Official publication of the Tennessee Trails Association

VOLUME XX NO. 7

JULY 1988

NATURAL-ly BETTER

— A Compilation of Sundry Things by Dot Fowler —

Recently, the paper chase caught up with me and in a moment of sheer desperation, I started filing the many stacks of papers which had accumulated over the months. In the process, I ran across a number of clippings on natural solutions to a variety of problems. Some of these I found amusing, others appalling, and still others fascinating. I guarantee none of them, but would like, regardless, to share some of them with you. These were clipped from newspapers, early issues of *Foxfire* magazine (of Rabun Gap, Georgia fame), and the book, *Cheaper and Better* by Nancy Birnes.

"Thank God, men cannot as yet fly, and lay waste the sky as well as the earth!" These prophetic words were spoken by Henry David Thoreau back in 1861 and we've certainly proven them true. Now that we are finally spending money to clean up outside air, we're told that our buildings are *sick* and we must contend with inside pollution (not the Bubba's-had-beans-again variety). Well, trust NASA to find a remedy.

NASA was trying to develop a biological air purification system for space stations and through their experiments, it was discovered that eight to 15 well-placed ordinary spider plants will continuously purify the air in an average home. Three other plants which seem to be equally effective are the Chinese evergreen, the peace lily, and the golden pothos.

If you've had a problem with being mauled by deranged deer while hiking

through the woods, I have just the ticket for you — Deer Repellent. I'm told this also works on flowers and other things deer eat. Cut 1 yard of old sheeting, cotton, or muslin into small squares of about 4" by 4". Mix 1/4 Cup bloodmeal with 1 Cup hair clippings and place a tablespoon of this mixture in the center of each square. Bring the ends up and secure. Hang these packets wherever deer are to be repelled. I'm afraid to ask what bloodmeal is.

To get rid of wasps, tie a small, skinned catfish over a pan of water. Wasps will gorge themselves until they fall into the water and drown. Sounds fishy to me. For the destruction of fleas, build tiny twig fires at night around your house. The fleas will jump into the fires and burn up (along with your house).

I found lots of *natural* cures for whatever may ail you. I couldn't help remembering, though, what a fellow named Moliere (circa 1670s) once said: "Nearly all men die of their medicines, not of their diseases." Keep this in mind when reading some of the following remedies.

Snake Bite — immediately spread ammonia over the bite and then swallow a few drops of ammonia mixed with water. Pray.

Dysentery — Drink strong, sweetened tea and then eat five ounces solid cheese with bread. Everyone knows that cheese is binding.

Measles — Drink diluted sheep manure to insure that the measles will "pop out."

Pimples — Try rubbing your face with a wet (yes, wet) baby's diaper. Works every time if you can stand the smell. Does wonders for your social life.

Jangled nerves — Make a tea of elder flowers by steeping them in boiling water only a few seconds, then strain. Tea may be sweetened with honey or taken plain.

Kidney trouble — Put about four spearmint leaves into an cup and pour boiling water over them. Cover until cool and drink.

Fever — Boil 1/2 Cup of wall ink vine leaves in a quart of water. Give two teaspoons three times a day.

Dandruff — Combine 1 Cup cider vinegar, 6 crushed aspirins, and 1/4 Cup witch-hazel. Store in a tightly capped jar. After shampooing, gently massage this rinse into your hair and leave on for 10 minutes. Rinse with warm water.

Cough — Mix 2 tablespoons diced onion with 1/2 Cup honey in the top of a double boiler and cook very slowly over very low heat for 2 hours. Strain mixture through a coffee filter or cheesecloth and discard. Allow liquid to come to room temperature before using. Give adults 1-2 tablespoons every 4 hours and children 1 teaspoon every 4 hrs.

Cumberland Trail News

Independence Day Weekend On the CT July 1-4

Bobby Harbin will teach an evening class Friday, July 1, on basic knots, safety harnesses, belays, and techniques for rockclimbing and rappelling. On Saturday we will practice the fundamentals of this exciting sport on some of the milder bluffs and boulders along the Cumberland Trail. Meet at the Cumberland Scenic Trail office in Cove Lake State Park at 6:30 p.m. EDT on Friday and at 8:00 a.m. EDT Saturday.

On Sunday, if anyone is interested in a 10-12 mile canoe float on the Clinch River, we can rent canoes and gear from Clinch River Outdoors (\$22.00 per canoe). The Clinch offers varied scenery from open fields to the wooded bluffs of Coal Creek. It is a safe float trip with no rapids or major hazards and the rate of flow requires little paddling for a 4 to 7-hour trip. Alternatively, a day hike on CT's Section 2 from Cove Lake to Lake City could be made. Meet at the CT office in Cove Lake at 8:00 a.m. on Sunday.

On Monday, July 4th, the annual hike up the Old Kentucky Road will be made to Eagle Bluff and then on the CT along the crest of Cumberland

Mountain and out to the Devil's Racetrack overlooking Bruce Gap and I-75 and, finally, down the mountain to Cove Lake for a total of six miles. Anyone wishing a longer hike might join me for a nine or ten-mile walk on the CT from Big Creek Gap at LaFollette to Cove Lake, hopefully joining the other hikers for lunch at Eagle Bluff. Meet at the CT office in Cove Lake at 7:00 a.m. on the 4th for the long hike and at 10:00 a.m. for the Eagle Bluff hike.

For more information, call Bobby Harbin at 615-566-0905 or Bob Brown at 615-748-4816 (no later than Friday, June 26 if interested in the Clinch River canoe trip).

State News

Important Parks Bill

Taken from *The Tennessean*, June 13, 1988, Editorial Page

In 1984, then Sen. Howard Baker said of the last bill he was to sponsor in the Senate: "No bill which I have introduced has a greater moral imperative than that which I introduce today."

Senator Baker's bill did not pass, but a similar one is now being pushed by Rep. Morris Udall. The bill would establish an American Heritage Trust, a self-perpetuating trust fund to purchase and renovate public park land. The idea for such a dedicated trust fund was a key recommendation of the President's Commission on American Outdoors, which was chaired by former Governor Lamar Alexander.

This is how it would work. Currently, unappropriated money from the Land and Water Conservation Fund — which is now about \$5.2 billion — is thrown into the federal kitty. The American Trust Fund would convert the LWCF into a dedicated interest-bearing trust fund. All unused LWCF money would revert to the trust fund. This new fund would make as much as

Quotable Quote

"Do what we can, summer will have its flies. If we walk in the woods, we must feed mosquitoes."

— Ralph Waldo Emerson
"Prudence," *Essays*, First Series, 1841

\$1 billion in additional dollars available by the early 1990s.

The bill also extends to 2015 the Historic Preservation Act, which helps local governments identify, protect and restore historic resources.

At least 30% of the American Trust fund interest would be dedicated to state purposes and another 30% would go to federal parks. Ten per cent would go for municipal parks, and another 10% would be available to states that wanted to establish their own trust systems. The remaining 20% would be allocated by Congress.

Nashville has an enviable amount of municipal park space. But what if the Warner family and others hadn't seen fit to give that land to the city? Could

Nashville afford to buy sizable acreage for city parks at current prices? No — and every other city and state are in the same shape.

Industrial developments, business complexes, and residential communities are necessary for living and working, but without trees, rivers, and expanses of green, parts of this nation would be unbearable. The wealthy can afford to buy places that buffer them from the world. But everyone, regardless of income, sometimes needs an oasis.

Before this nation had a government, or a bureaucracy, or a deficit, there was only the land. The American Heritage Trust would give the U.S. a chance to make a precious investment in its own land. Each member of the Tennessee delegation is urged to support the legislation.



By Alan Stokes

Update on Zoo Issue

In the past six weeks, numerous efforts to stop the zoo from being built at Long Hunter State Park have been made by TTA as well as other groups, including a large mailing by the Sierra Club. Letters such as Mrs. Abernathy's have been sent to Conservation officials, local authorities, and to Krogers (see reply in Letters section), who helped in a recent zoo fundraising campaign. In addition, Nashville's Channel 4 featured the issue as its lead-off story on June 12, interviewing Sierra Club's Joe McCaleb and our own Bob Barnett as well as Connie Cloak from the Zoological Society. Seen walking along the endangered Volunteer Trail were Bertha and Jim Chrietberg.

Bob Barnett, on a tip from Bertha Chrietberg, contacted Connie Cloak of the Zoological Society concerning unused Corps of Engineers land in the Jones Mill Boat Ramp area. Ms. Cloak replied on May 26 stating, "Jones Mill and several other sites in the Percy Priest Lake area were eliminated early in our selection process as not meeting the established selection criteria."

Ms. Cloak went further to say, "As you know, we conducted a very thorough selection process and evaluated the various possible sites on several criteria. The Long Hunter site ranked by far the highest, both by the rating system used by the Site Selection Task Force, and independently by the zoo planning firm of Coe Lee Robinson and Roesch.

"...Part of the application process for the land must address the zoo's role in the overall masterplan for the park now and in the future. Use of the park is going to change in various ways whether a zoo is a part of it or not.

"As we begin the planning process that will lead to creation of a concept landuse plan and other materials for the sublease application, we are seeking a wide range of interests, viewpoints and expertise. The application process will include various public meetings. Contrary to your recent letter to the *Banner*, we have not yet petitioned for the site. Your concerns

Letters

Virginia Abernathy
6501 Grayson Court
Nashville, TN 37205

Dear Dr. Gill,

I am writing you, in your capacity as Commissioner of Conservation, to express my opposition to locating a zoo at Long Hunter Park. A zoo would entirely change the character of Long Hunter. The qualities hikers seek on wooded trails (quiet, solitude, natural beauty) are not compatible with the great amount of traffic that would be generated by a zoo.

I speak for both myself and my husband. Although Long Hunter is on the other side of Nashville from us, we seek it out on weekends for the solitude it still offers. Percy Warner Park, which is much closer and more convenient for us, is already showing signs of overuse and crowding, especially on weekends.

The attractive qualities of Long Hunter would be devastated by a zoo. Metropolitan Nashville and surrounding counties may need a zoo, but it should *add* to the quality of life, not detract from it by taking one of the remaining natural areas.

Population growth is threatening our region and nation. Let us preserve all we can from the consequences of too many people.

Sincerely,
Virginia Abernathy

Krogers Food Stores
2620 Elm Hill Pike
Nashville, TN 37214

Dear Mr. Barnett:

We certainly appreciate the letter you sent us regarding the Zoological Society of Middle Tennessee. We were very pleased that you are in support of a zoo for Middle Tennessee.

The Kroger Co.'s support of the zoo stems around its concept. As you stated, zoo's are educational as well as fun. Unfortunately, we are not involved in the decision regarding the location of the zoo. We appreciate your concerns and I have taken the liberty of sending a copy of your letter to Connie Cloak.

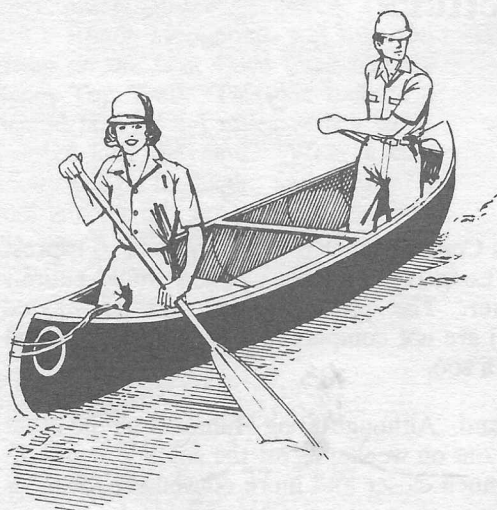
We appreciate your letter and please let me know if The Kroger Co. can assist the Cumberland-Harpeth Audubon Society, the Middle Tennessee Chapter of the Sierra Club or the Tennessee Trails Association in any way.

Sincerely,
Libby Duer
Assistant Advertising Manager
The Kroger Co. - Nashville

are recognized and your viewpoint welcome. In responding to some of these points, I am anxious to make it clear that I do not see us or our organizations to be antagonists at all.

Please let's keep the dialogue open and straightforward."

On a recent trip to Long Hunter, Bob Barnett found the park to be heavily used by numerous groups and in-



dividuals — from birders to sunbathers, from folks fishing to hikers, from Girl Scouts camping to picnickers. He further states, "At the present time, Long Hunter is meeting diverse recreational needs for increasing numbers of people. Hopefully, Long Hunter State Park can continue to flourish as it is."

If you would like to voice your concerns, write to Commissioner Elbert T. Gill, Department of Conservation, 701 Broadway, Nashville, TN 37219-5237.

NOTE: If your chapter or community has its own hot issue to be aired, such as middle Tennessee TTA chapters' zoo issue, let us hear about it.

TTA BOARD MEETING

The third TTA Board of Directors meeting of 1988 will be held at the Beersheba Springs cabin used by a number of us in the past. The meeting itself will be held Saturday, August 13th, at 7:30 p.m. CDT. A potluck supper will be held at 6:00 so bring a dish to share. Directions, and other details will be placed in the August newsletter.

A special thanks to Sonny Adair, one of the current lease-holders of the

cabin, for hosting the meeting. All TTA members and their guests are welcome to the meeting though board members will get first dibs on beds. Plan to bring bedding regardless.

Awards Time!

It is time, once again to nominate recipients for the Bill Stutz and TTA awards which will be presented at the Annual Meeting. These nominations must be submitted by August 13th when the Board of Directors will make the final selection from your nominations.

Bill Stutz Award — one nomination per chapter. The candidate should be an active hiker (or actively involved in hiking, as was the case with the 1987/88 recipient, Dot Fowler). A one-page letter should be submitted with the chapter's nomination stating why its candidate should be named the winner, including what the individual has done for the chapter and/or the statewide organization.

TTA Award — any member can nominate a candidate who may or may not be a member of TTA and can be a single individual or a group. Submit a one-page letter stating why this person or group should receive the award. It is presented to the person or group who has made outstanding contributions to TTA or to the furtherance of trails and natural resources in development of programs or other opportunities within Tennessee.

Mail your nominations to Bob Barnett, Route 4, Box 245, Lebanon, TN 37087. Call him at 615-449-4012 if more information is needed.

News From Evan Means

Evan writes that he shipped the revised version of *Tennessee Trails* to the publisher on April 7th. He adds, "I thank the members of TTA for their support and help in bringing the book up to date. Bob Barnett, Bob Brown, Berth Chrietberg, and the members of the Memphis Chapter all

gave extra efforts to the project. I thank Randy Hedgepath for his excellent re-write of the South Cumberland-Savage Gulf trail descriptions. It fit exactly into the available space.

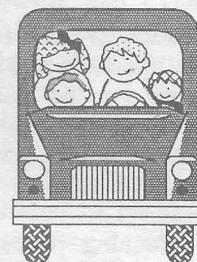
"I regret that I was unable to add any trails, other than substitutes for those that had been abandoned, like the Honeysuckle Trail for the Handicapped. My job was to bring the descriptions in the book up to date. I was not allowed to add any pages. I apologize to Deborah Beazley of the Warner Park Nature Center for giving her trail description the *Reader's Digest* treatment. I think I got all the pertinent information into the available space.

"Others who gave valuable help were Wilma Marine, information officer for Cherokee National Forest, and the district rangers, and Scott Seiber and the folks at the Land Between the Lakes. Dwayne Wyrick and Dave Engbretson, at Frozen Head State Natural Area were especially helpful. Ken Humphreys came through promptly, as usual, with information on Historical Hiking Trails.

"I haven't received any information from the Globe Pequot Press on the publication date of the revised edition."

Auction Alert!

Paul Goldstein (Memphis) went on a cross-country trip recently and sent Bob Barnett a collection of "priceless junk" for this year's auction. 5,000 miles worth of Goldstein collecting...



Carpool
Coordinators

CHATTANOOGA: Dot Lingerfelt,
615-842-8023
MEMPHIS: Gene Jacobson,
901-755-9073
MURFREESBORO: Maryedith
McFarlin, 615-896-1344
NASHVILLE: Evelyn Tretter,
615-859-0566

There may be other priceless items the Post Office wouldn't touch.

David Stidham, beware! There are items here you've never dreamed of auctioning before, even in your strangest dreams. — Bob Barnett

Memphis Chapter

Canoe the Spring River

Hardy, Arkansas

July 17th

Carpool from Oshman's parking lot at 6:00 a.m., or meet at Spring River Oaks Camp and Canoe Rental (just upstream from Many Islands) at 10:00 a.m. If you wish to camp on Saturday night, call 501-856-3885 for reservations. As usual, for canoeing, bring a lunch and plenty of liquids, plus adequate sun protection and a change of clothes. A pair of cotton gloves can help make the trip easier on your hands. For additional information, call Ray Burkett at 901-386-8613 before July 10th. I may be at Boy Scout Camp at Hardy part of the week of July 10-16.

Memphis Chapter News

Take note of our summer schedule: there will be no regular monthly meetings at the church during July and August. On July 12th, however, at 7:00 p.m., there will be a planning session for the annual meeting at Gene Jacobson's. Call her at 755-9073 if you would like to participate.

We will also be meeting soon to plan our 1989 hiking calendar. If you have suggestions for places you would like to go, or if you would like to volunteer to lead a hike, please call Betty (363-0213) or Jerri (363-4408).

Special Notice

After making an informal survey of Memphis Chapter members, I have learned that absolutely no one is interested in any way in any type of fundraising project. I also learned that some members were more than

willing to give a small donation to the chapter treasury instead of having to sell or buy something. If you would like to make a donation to help build up our bank account, please send me a check made payable to *Memphis Chapter, TTA*. Mail to

Betty Porter, Treasurer

3056 Clearbrook

Memphis, TN 38118

Trip Report

Big Hill Pond State Park

May 21, 1988

Our last hike of Spring was a good one — eight miles at Big Hill Pond State Rustic Park. Walking sections of four trails to make a big loop around the lake, twelve of us, including two first-time hikers, were treated to two sightings of male scarlet tanagers. Also, at a place where the trail is very close to the lake, we tried not to interrupt a turtle preparing a place to lay her eggs.

The day was beautiful and not too hot, and the trail was well marked and in good condition. We really enjoy hiking at Big Hill Pond and look forward to going back in the Fall, especially after tick season. This day must have set a record for the most ticks picked off skin and clothes! — Betty Porter

Song For the Unbroken Land

By Debbie Gilbert (Memphis)

I will dream of Alaska:
world of wideness and wonder,
where mountains knife through clouds,
skyscrapers primeval, carved by God.
I will walk the sacred ground
yet unscarred by greed,
and I will hear thunder:
of rolling storm,
of running caribou —
it is all the same.
I will know the fleetness of seasons
as one mere creature,
one speck on the infinite plain,
and I will survive
...or die,
if the land decrees.
Wolf-song lulls me to sleep;
I dream...
and I become Alaska.

Trip Report Wolf River Expedition

Four canoes found their way through the slow waters of the Wolf River on May 29. All canoes carried 3 people except one, so we had a good turnout on such an "iffy" expedition. No rain and low water put the trip in jeopardy, but much to our surprise, there was plenty of water for us to maneuver through the cypress trees and knees.

We saw at least six banded water snakes, as few water turtles and fish, two pileated woodpeckers, and even watched an owl make its way through the thick cypress forest. It's amazing so much wildlife abounds so close to "civilization".

I'd like to add, the Norvells experienced a *first*. Sweet "baby" James went for his first canoe ride. Complete with life vest and paddle, our almost-three-year-old James spotted "fishies", snakes, birds, and the ice chest filled with goodies to eat. Oh, and one more thing — I experienced a *first*, too — canoeing and maneuvering at three months pregnant! Happy paddling! — Jill Norvell

Murfreesboro Chapter

Summer Wildflower Walk And Lost Cove Cave Tour

August 20th

Meet at 9:00 CDT at the South Cumberland Recreation Area Visitor Center, located about three miles from I-24 on Highway 56 between Monteagle and Tracy City. The area behind the Visitor Center abounds with a variety of summer wildflowers, including the yellow fringed orchid, blazing star, and cardinal flower. After the easy stroll through these meadows with Bertha Chrietberg, the group will meet in the picnic area for lunch. Bring your own lunch and beverage.

Immediately following lunch (12:30 p.m.), Randy Hedgepath will take the group on the Lost Cove Cave trip via Buggy Top Trail. This will include a rugged hike of 4-5 miles with a steep descent into the cave. Wear hiking boots, bring a flashlight, and plan for a cool trip on this hot, August day into the cave's 58° temperatures. Buggy Top Trail has its own display of summer wildflowers, including the rare Cumberland rosinweed.

For more information, contact:
 Bertha Chrietzberg
 1715 Elrod Street
 Murfreesboro, TN 37130
 615-896-1146

Randy Hedgepath, Ranger
 Naturalist, SCRA
 615-924-2956

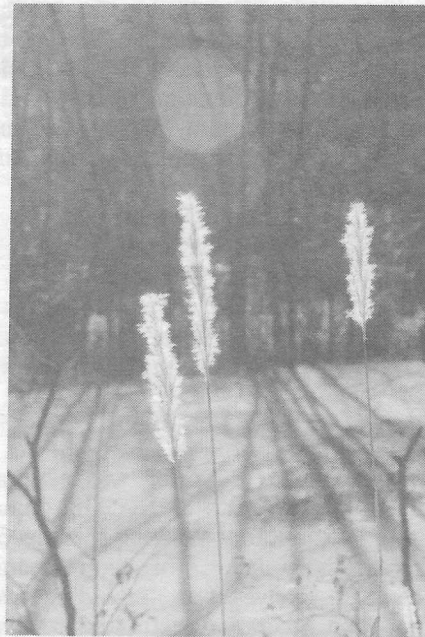
Nashville Chapter

Fourth of July Blowout Dale Hollow Lake

Make plans to join TTA members for the 4th of July weekend at Dale Hollow Lake. Campsites # 25-27 at Willow Grove have been reserved for TTA folks for Friday, Saturday, and Sunday nights. Bring your own food, camping gear, lawn chairs, and if you have one, your boat. Also bring a little moolah to help share the costs.

This promises to be a terrific weekend in honor of life, liberty, and the pursuit of happiness (or a tan?) at one of the state's most beautiful lakes. You haven't lived until you've joined a TTA campout.

Directions: Take I-40 E to exit #288 (Rt. 111) and travel north on Hwy. 111 (it will become Hwy. 42) through Livingston. Approximately 8 miles past Livingston, turn left on Hwy. 294 which will take you to the Willow Grove campgrounds. For more information, such as carpooling to this event, call Marilyn Wolven (226-4663) or Pat Anderson (383-2355).



By Alan Stokes

Canoe Trip Down Duck River July 16

The Duck River provides the perfect, pastoral setting for a leisurely float trip. Our trip will be six miles long and last 3-4 hours plus a lunch stop (paddlers should bring their own lunch and drinks).

Canoe rental will be \$18.00 per canoe. Persons wishing to take their own canoe can obtain livery service. Also, for those wishing to camp after the trip, nearby Henry Horton State Park has a super campground.

Pre-registration for this trip is required no later than July 7th. To sign up and get other details, call Todd Yann at 615- 847-2530 (home).

TTA/SIERRA CLUB HIKE Natchez Trace National Parkway July 16th

Celebrate the 50th anniversary of the Parkway with a 5-mile dayhike starting at the Meriweather Lewis Monument at milepost 385.9 on the Parkway (about 100 miles south of Nashville). We will leave the Cracker Barrel on I-65S at Harding Place at 7:30 a.m. We will hike part of the original Trace and

cool off in Little Swan Creek. Please pre-register by calling Gene Curp at 256-2566 (work) or 824-1171 (home).

Chapter Picnic Meeting July 28, 6:30 p.m.

Our last picnic of the summer will be held at Shelby Park at the picnic tables along the river (canceled if it rains). Bring a dish to share.

Dr. Paul Somers, who was our scheduled May speaker called to apologize for not making it and will come to our picnic to give an informal and brief talk on the Shelby Bottoms area. He will return in November to give us a slide presentation and discuss the possible impact of the zoo, the super collider, etc.

Spend a relaxing summer evening with us as we eat supper along the river and hear some interesting tidbits on the surrounding area.

To get to Shelby Park, cross either the Shelby Avenue or Victory Memorial bridges and turn right on South 4th. Go to the end of 4th and turn left on Davidson Street. Davidson St. will take you past the Naval Reserve Center and into the park. If road forks, stay on river side. Look for us near the picnic shelter.

Trip Report Neversink

David Stidham and a young friend, Robert, and I camped Saturday night at Shellmound Recreation Area, Nickajack Lake (there is a fee for camping after all — not free as reported). We had a lovely site on the lake. In the afternoon, we watched a big barge go through the lock and then drove around to Nickajack Cave, which we could see across the lake, and walked the short distance to the mouth of the historic cave, which harbors endangered bats. We had a free show of daredevil young people jumping and diving from high rocks.

Next morning, Pat Anderson and Dorothy Sills drove from Nashville and we proceeded to Neversink in

Alabama, which all agreed is a natural wonder well worth the trip. Leisurely trip home over the Cumberland Plateau by a different route. — Evelyn Tretter



HEY DAD, I WONDER WHY THEY CALL THIS THE DUCK RIVER...

Rainbow Dragon

- By Bob Barnett -
(Nashville Chapter)

The woods were awakened with the roar of the dragon's fire breath.

No auditory hallucination was this as the uncommon sound had the woods' residents scurrying seeking safety.

Time provided a gentle silencer for what sounded like a roar, rapidly became a mere alien hiss.

Once again the woods were nearly silent except for our footsteps shuffling on the trail.

Then the balloon, propelled by hot air, loomed serenely on the horizon as it silenced images of fiery dragons by painting a floating rainbow above our heads.

News From Our Parks

Warner Park Nature Center Nashville, 352-6299

- 7/6 Kid's Reptile Class — 9:00-10:30 and 1:00- 2:30. Registration opens 6/22.
- 7/9 Adult's Reptile Class — 9:00-11:30. Registration opens 6/27.
- 7/16 Organic Gardening — 9:00-Noon. Registration opens 7/5.
- 7/20 Bugology 101 — 9:00-10:30. Registration opens 7/6.
- 7/21 Bugology 102 — 7:00 p.m.-9:00p.m. Registration opens 7/7.

Natchez Trace State Park

- 7/2 2nd Annual Ice Cream Festival — Free ice cream, music, and a day of fun activities
- 7/16 1st Annual Summer Cooker — An outdoor barbeque (nominal fee). Contact Mark Knapke (901)968-3742
- 7/30 Hose Down — It'll be you against the Henderson County Volunteer Fire Fighters on the swim beach. Come prepared to get wet.

Fall Creek Falls Pikeville, TN

- 7/4 Fourth of July Celebration — parade to Campground A followed

by watermelon, cake, and games.

- 7/16-18 Canoe Workshop — Learn basic strokes on placid Fall Creek and then gain experience on the Collins and Hiwassee rivers.

South Cumberland Recreation Area

615-924-2980

- Every Saturday Raven Point Excursion — Meet at 10:00 a.m. at Visitor Center. 2 miles, easy
- 7/2 & 16 North Rim Roundabout — Meet at 10:00 a.m. at the Savage Gulf Ranger Station with a lunch or snack. Strenuous, 5 miles
- 7/2 Long's Mill Pools — Meet at 2:00 p.m. at the Stone Door Ranger Station. 3 miles, moderate
- 7/3 & 10 Wet and Wild! — Meet at 2:00 p.m. wearing rough-bottom wading shoes for a hike to Savage Falls via the creekbed. Moderate/easy, 4 miles
- 7/3 Fiery Gizzard — Meet at 1:00 p.m. at the Grundy Forest Parking Lot for a walk to Sycamore Falls. 3 miles, easy
- 7/3 Laurel Gorge Rock Hop — Meet at 2:00 at the Stone Door Ranger Station for an adventure in Laurel Creek Gorge. 1 mile, very strenuous

- 7/10 Dry Cave Excursion — Meet at 5:00 p.m. at the Visitor Center to walk to a small cave inside a sinkhole of Roark's Cove. Bring a light. 1 mile, strenuous

- 7/16 Wild Edible Plants — Meet at 4:30 at the Visitor Center. Taste test follows a 30 min. demonstration.

- 7/16 Star Watch — Meet at 9:30 p.m. at Savage Gulf Ranger Station.

- 7/17 Lost Cove Cave Tour — Meet at 10:00 a.m. at Carter Natural Area parking lot with a lunch. 4.5 miles, strenuous

- 7/17 Tennessee Wildflowers Picture Show — 4:30, Visitor Center

- 7/23 Mountain Bike Trip — Meet at 2:00 p.m. at Savage Gulf Ranger Station for a 20 mile wilderness bike trip. Strenuous

- 7/24 Foster Falls Plunge Pool — Meet at 1:00 at Foster Falls Picnic Shelter. 1/2 mile, strenuous

- 7/24 Collins Gulf — Meet at 2:00 at Savage Gulf Ranger Station. 3 miles, moderate

- 7/30 Savage Falls Overnighter — Reservations needed by 7/22. 3 miles, easy

- 7/31 Orchid Hunt — Meet at 2:00 at Savage Gulf Ranger Station. 1 mile or less.

Upcoming Hikes

CUMBERLAND TRAIL

7/1-4 Independence Day Weekend — details this issue

MEMPHIS CHAPTER

7/17 Spring River Float Trip — details this issue

8/21 Kamp Kiwani Picnic — details from Jerri Bull next issue

MURFREESBORO CHAPTER

8/17 Appalachian Backpack — details from Glen Hanley next issue

8/20 Summer Wildflower/Lost Cove Cave — details this issue

NASHVILLE CHAPTER

7/1-4 Willow Grove Campout/Boatout — details this issue

7/16 Natchez Trace National Parkway

— details this issue

7/16-17 Duck River Canoe Trip — details this issue

7/24 Lost Creek Cave — no details received

8/6-7 Tims Ford Lake Campout — details from Bob Barnett next issue

8/20-21 Rock Island Splash & Campout — details from Pat Anderson next issue

TENNESSEE TRAILS is printed by Budget Rapid Printers, Nashville, 327-1068

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.

Mail dues and address changes/corrections to: TTA, P.O. Box 4913, Chattanooga, TN 37405

1988 TTA OFFICERS AND BOARD OF DIRECTORS

PRESIDENT: Bob Barnett, Lebanon, TN, 449-4012

VICE-PRESIDENT: J. T. Jones, Jackson, TN 901-422-1444

PRESIDENT-ELECT: Pat Anderson, Nashville, 383-2355

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