



Make A Difference

From TRPA Magazine & Living Green

Here are some ideas for actions you can take to begin to make a positive difference for Planet Earth!

Encourage your family, friends, and co-workers to look over this list and try a few of these life style changes. Start with one or two and add a new one regularly. Don't be discouraged, every little bit helps. Kick off the decade right by making a commitment — with these positive changes, you can make a difference!

Recycling

- Recycle aluminum, glass, newspaper, cardboard, tin, white paper and colored paper
- Buy products in recyclable containers
- Avoid plastic packaging
- Avoid disposable plates, cups, and utensils
- Use cloth diapers rather than disposables
- Use a coffee mug instead of disposable cups
- Use both sides of paper sheets
- Recycle used motor oil
- Compost food wastes and yard debris
- Mend and repair rather than discard and replace
- Buy packaged goods in bulk
- Buy used goods (junk yards, thrift stores, garage sales)
- Bring your grocery bags back to the store for re-use
- Use rags instead of paper towels
- Use re-chargeable batteries
- Use re-cycled paper products

Transportation

- Walk, bicycle, or carpool
- Drive a fuel-efficient car
- Keep your car well-tuned
- Live close to your place of work
- Call ahead before you shop and consolidate errands

In the Work Place

- Walk, bicycle, or carpool to work
- Use recycled paper products
- Avoid styrofoam products
- Start an office recycling program
- Use paper wisely
- Set a positive environmental example

Trees

- Plant native trees
- Don't buy products made from tropical hardwoods
- Buy living Christmas trees

Home Energy Use

- Insulate, caulk and weather-strip your home
- Install a timer on your thermostat
- Insulate floors with carpeting
- Install double-paned windows
- Wear a sweater rather than turn up the thermostat
- Install a solar water heater
- Insulate your water heater and storage tank
- Keep your water heater at 120°
- Use energy efficient appliances
- Use fluorescent in place of incandescent light bulbs
- Turn off lights and appliances when not in use

- Plant trees to shade your house in the summer
- Hang your clothes in the sun to dry
- Keep lint screen and outside exhaust on dryer clean
- Don't burn green wood
- Put a catalytic converter on your wood stove

Water Conservation

- Install a water-saving showerhead
- Take showers rather than baths
- Install a space-occupier in your toilet
- Install sink faucet aerators
- Turn off the water when shaving and brushing teeth
- Use a broom rather than hose to wash walkways
- Wash your car with a bucket of soapy water
- Water plants and lawn in the morning to minimize evaporation
- Install a drip-irrigation watering system
- Plant drought-tolerant plants

Pesticides/Eating Habits

- Eat more fresh fruits, whole grains, and vegetables, and less meat
- Buy organic foods to discourage pesticide use
- Grow your own food using alternatives to pesticides
- Volunteer to start or keep a community garden
- Buy foods without additives and preservatives
- Avoid highly processed foods
- Support food co-ops and farmers' markets

- Buy foods grown or produced locally
- Be creative with leftover food
- Avoid single-serving containers

Hazardous Products

- Use biodegradable soaps rather than detergents
- Use alternatives to toxic household products
- Wash your car with non-toxic cleaners
- Dispose of household hazardous wastes properly
- Use rechargeable batteries
- Purchase appliances with alternatives to ozone-damaging chlorofluorocarbons
- Think about purchasing a car without air conditioning to avoid using CFCs or avoid using present air conditioner
- Purchase a halon-free fire extinguisher
- Keep hazardous chemicals in spillproof containers and keep out of reach of children

Activism

- Educate yourself and others on environmental issues
- Purchase from environmentally responsible businesses
- Support small, local businesses
- Know the voting records of your elected officials and vote!

Fact: Every year, the U.S. dumps enough office and writing paper to build a "Memo Wall" 12 feet high from Los Angeles to New York.

- Write letters to your representatives supporting environmental action and mandatory re-cycling laws
- Get involved in local politics to influence local environmental policy decisions
- Support responsible recreation
- Take time to learn about and enjoy nature
- Volunteer to help with community projects and to maintain local parks and wilderness areas
- Pick up litter along the highway near your home
- Speak out on issues you believe in
- Pass along ecological wisdom to your children
- Practice responsible family planning
- Divest your stock holdings in companies that pollute
- Support community plans for mass transit and bike paths

Earth Day Activities

The Nashville chapter of Earth Communications Office, representing the entertainment industry is planning a free concert on April 22 in downtown Nashville. Headliners under consideration for the concert are Rodney Crowell, Roseanne Cash, and the Bellamy Brothers. Booths for environmental groups and education exhibits will be part of the concert activities.

In Chattanooga, dozens of local groups are participating in a weekend of events, culminating on April 22 with "Earth Day, Every Day". There will be premiers of plays, special hikes, demonstrations of environmental activities exhibits, voter registration, and a special inter-denominational religious service and gospel sing next to the Tennessee River. An Earth Day T-shirt design contest was held in January. The winning design will be used for a special commemorative shirt.

In Knoxville, the East Tennessee Earth Day Coalition is planning an entire week of activities. Speakers, films, music, tree- plantings, athletic events, and more will be part of the celebration.

State News

Environmental Action Fund

TTA joined the Environmental Action Fund (EAF) this year and appointed Bob Barnett as our representative. EAF is pushing a bill in the legislature that would create a Natural Resources Land and Outdoor Recreation Area fund. This money is very much needed to prevent the loss of wild and scenic lands to development.

Please contact your representatives in the state legislature by phone or by letter to request their support of this legislation. To obtain your legislator's phone number and address, call 741- 3011. For more information on EAF activities, contact Bob Barnett at 831-1139.

Adopt-a-Trail

Radnor Lake is a lovely gem in the midst of the hustle and bustle of Nashville. The trails at Radnor Lake are heavily used but some are in need of adopting, including Ganier Ridge. Sally Garrard of TTA's Nashville chapter adopted the South Cove Loop Trail at Radnor Lake years ago and reports that she has found the park personnel very cooperative in providing guidance and tools when needed.

If you are interested in adopting one of Radnor Lake's scenic trails, contact James Leininger, TTA's Adopt-a-Trail Coordinator at 790-7855 for more information.

TSRA Paddling Clinic

Tennessee Scenic River Association will be sponsoring an "Introductory Paddling Clinic" May 5-6 at Henry Horton State Park in Chapel Hill. There is a \$25.00 registration fee and registrants must be at least 10 years old and able to swim. Registration deadline is April 13. Registration forms can be obtained by writing to TSRA, P.O. Box 15904, Nashville, TN 37215 or by calling Roger Beverage, 834-7389 (Nashville).

Special Olympics

Special Olympics is a sport training/physical fitness program for mentally retarded children and

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Special Olympics

Special Olympics is a sport training/physical fitness program for mentally retarded children and

adults. The Tennessee Special Olympics group would like to begin a hiking program. We need knowledgeable people who would be willing to train coaches and/or

athletes in the fine points of hiking. If you are interested, please contact: B.J. Levis, Tennessee Special Olympics, Campus Box 39, Peabody College of Vanderbilt, Nashville,

TN 37203, 322-8292 or 1-800-228-5225.

Cumberland Trail News

C.T. Section 3 Backpack March 17-18

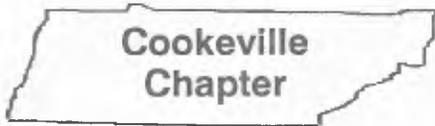
This will be a joint hike with the Smoky Mountains Hiking Club. Starting from the intersection of Tennessee highways 61 and 62 at Oliver Springs, we will climb out of Winter's Gap and follow the 1500-foot crest of Walden's Ridge nine miles to our campsite beside a tumbling mountain stream in a forest of big tulip trees, maples, and hemlocks.

After crossing Little Emory River early the second morning, we climb Whetstone Mountain and descend into the Butler Creek drainage. At 15 miles we cross Fairview Road and climb again to the 1500-foot contour. We remain at this level while traversing the southeast flank of Little Brushy Mountain through beautiful open hardwood forest just below its precipitous piney crest. We end at Mossy Grove Church on Fairview Road in sight of Lone Mountain (the wooded top of which was white with hoarfrost when this hike was scouted last December).

When this backpack was first done in April of 1987 we had great views of Windrock, Big Brushy, Frozenhead, and Old Mac Mountains to the northwest and Gregory and Stratton Balds far to the southeast.

The hike is moderately difficult. We will meet at the City Hall in Oliver Springs at 8:30 a.m. EST on Saturday. Call Bob Brown in Nashville at 352-7474 (home) or Charles Klabunde in Oak Ridge at 483-8055 for details.

Chapter News



Cookeville
Chapter

Meets 1st Tuesday, 6:00 p.m., 558 Burton Lane

March Meeting

In preparation for the beginning of the wildflower season, Dr. B.F. Jones from Tennessee Tech will speak to the chapter about wildflowers, as well as present an extensive slide display of the wildflower photographs he has collected over the years. For those of us who are interested in wildflowers, this should prove quite fascinating, as we anticipate an excellent presentation by Dr. Jones.

In April, continuing the wildflower theme, and in preparation for the Wildflower Pilgrimage to Fontana,

NC, Bonnie Greene of the Cookeville chapter will present her slide show and give a brief lecture on what to expect on the pilgrimage. David Gallaher has also agreed to present a brief slide show entitled "Wildflowers of the Okefenokee Swamp".

So, those of you that want to bone up on wildflowers will have ample opportunity at our next two meetings!

New Meeting Location/Time

The monthly meetings of the Cookeville chapter have been changed from the first Thursday to the first Tuesday of each month. In addition, the location has been changed from Pennebaker Hall at Tennessee Tech to 558 Burton Lane in Cookeville. For directions or details, call Debbie Thibault at 243-3721, Randy Hammontree at 528-8238, or Beth Gaspard at 526-5242.

Our first meeting at our new location was held on Tuesday,

February 6, and was a smashing success! With our largest attendance ever, our original plan of soup, salad and dessert turned into a full-fledged potluck supper with which everyone seemed delighted. In addition, we were quite fortunate to have Alfred Ballinger speak to the chapter on "The Backpacker — You and the Outdoors." This was an informative, well presented lecture on what occurs when we expose ourselves to the elements.

Despite the title, this presentation wasn't exclusively for backpackers but was common sense, beneficial material for anyone who is outdoors on a regular basis, at any time of year. Alfred is an avid outdoorsman, as well as an experienced backpacker, and teaches several courses at Tennessee Tech on backpacking, climbing, and orienteering. We may be fortunate enough to have Alfred return later in the year to teach a short course on map and compass use, if there is sufficient interest.

Virgin Falls Hike March 10

This will be a variation of the normal trip into the falls. We will place a car in Scott's Gulf, then carpool to the trailhead. This will allow us to enter and exit without retracing our footsteps. We plan to meet at McDonald's in Sparta at 9:00 a.m. For further details, call Bonnie Greene at 836-3696.

Savage Gulf Backpack — Stone Door Connector Trail March 24/25

This will be an overnight trip along the Connector Trail from the Stone Door to Hobbs Cabin campsite. Mileage will be a total of 18 miles. The weather is always unpredictable, so be prepared! For details, call Randy Hammontree at 528-8238.

Frozen Head Chimney Top Trail March 31

This will be a 3.5 mile trip to Chimney Rock. While this is a strenuous trail, the views and the wildflowers should make this well worth the effort. For details, call Paul Miller at 573-2875.

Trip Report Eagle Watch Trip

January 20th marked the ninth annual Eagle Watch at Dale Hollow Lake. Threatening clouds and forecasted showers did not stop 142 enthusiastic individuals from joining the Corps of Engineers staff in search of the majestic American Bald Eagle.

On the morning tour, participants boarded the open barge in cloudy but fair weather with the hope of sunshine and a glimpse of the great bird. With binoculars in hand, eager bird watchers spotted several eagles soaring high on the brisk winds, with one or two opportunities for a close sighting of a perched eagle.

The afternoon tour started out with less wind but lots of rain. This

group, however, had a much better opportunity to see more of the birds perched in the tree tops near the lake. It seems that cold weather is the ideal time to spot birds at rest in the tree tops. Regardless of the weather, participants had an enjoyable day seeing a total of 20 eagles and are looking forward to next year's trip. — Debbie Thibault



Meets 3rd Thursday, Kingsway Christian Church, 7:30 p.m.

March Meeting March 15

Martha Waldran of the Tennessee Ornithological Society will talk about the development of Ensley Bottoms as a bird sanctuary in southwest Memphis. She'll show slides of bird species that can be found in the area.

Chewalla National Forest March 10

Meet us March 10th at Kingsway at 7:30 a.m. to carpool or at the park office at 9:00 a.m. Our hike will be approximately 10 miles in length (unless we get lost). Bring lunch and water. For more details, call Julie Barham at 452-0085.

Work Day at Shelby Forest March 17

We're looking for a few good men—we're building a bridge, and we need strong bodies! All TTA members are urged to help us work on the Chickasaw Bluffs Trail. Meet at 9:00 a.m. at the Poplar Tree Lake parking lot. Wear old clothes and gloves, and bring gardening tools. Celebrate St. Patrick's Day by working in the green outdoors! Call Jerri Bull for more information at 363- 4408.

Chickasaw Bluffs Trail March 24

Now that we've worked on the trail, we can enjoy it with an 8-mile hike. Meet at the park office at 9:00 a.m. Call Mary Ann Martin for more details at 366-4863.

Super Cities Walk for Multiple Sclerosis April 1

Several of us plan to join this 15-kilometer walk. If you'd like a registration form, write to: Multiple Sclerosis Society, 618 Oakleaf Office Lane, Suite 5B, Memphis, TN 38117-9855.

Trip Report Wapanocca, January 6

A dreary, cold day didn't dampen our enthusiasm for a visit to the Wapanocca National Wildlife Refuge. We enjoyed the walk and spotted quite a few woodpeckers, even though it seems as if we are always a week too late (or too early) to see the many ducks and geese that stop at the Refuge for food and rest. Even the turtles and snakes were out of sight, keeping warm, I guess.

In a letter Jerri Bull received after the hike, a Refuge official said that the number of ducks is down everywhere, not just at Wapanocca. Also, sections of crops planted especially for the waterfowl are in parts of the Refuge where we ordinarily don't walk. We will schedule this hike again in 1991 and hope to choose the perfect day.

Trip Report Village Creek

Gray skies and intermittent drizzle set the scene for the Memphis chapter's second outing of the year on January 20th.

Ten hikers, including three newcomers, plus our faithful four-legged friends Amber and Maggie, turned out for the hike at Village Creek State Park, a forested area

which includes some historical sites in eastern Arkansas.

The trail traversed hilly woodlands, crossed over a dam by the lake, and followed part of the 19th century Memphis to Little Rock military road. Prior rainy days had turned much of the path into a creek, which only Amber and Maggie enjoyed.

Although it was too early for wildflowers, there were plenty of ferns. Only one solitary flicker was spotted, but several hawks were seen on fenceposts and in trees on the drive home. — Freddi Felt

Trip Report

Reelfoot Lake, January 27-28

Our annual trip to Reelfoot Lake was fun even though we saw only a few eagles and geese. High wind and rain kept the eagles in protected areas of the refuge and a warm January caused the geese to return north. Also, the Naturalists at the park told us that the large crowds of people who come to view the birds are making the eagles very shy.

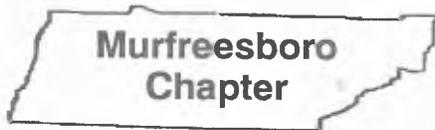
In spite of the weather, we did get in a nice short walk close to the Air Park Inn and a six-mile fast hike in the Walnut Log area. The Saturday night program focused on vanishing species and featured live animals: an alligator, Gopher tortoise, Golden eagle, and wolf. Lunch at Boyette's proved they haven't lost their touch with fried everything; however, for the best fried pies in West Tennessee, a side trip to Flippin's Hillbilly Barn is an absolute must!



March

- By Debbie Gilbert -

It came in like a lion, went out like a lamb;
In like a hog and went out like a ham;
In like a tiger, out like a cat;
In like a hornet, out like a gnat;
In like a Doberman, out like a poodle;
In like a beefsteak, out like a noodle.
In with the fury of winter's last fling,
Out with the sweetness of sun-dappled spring.



March Meeting

The March program will be "Backpacking for Beginners", by Tom Shepherd. He will discuss equipment and show how to pack a pack most efficiently. Anyone wishing to bring their pack and/or equipment, please do so. This program is in preparation for the trip which Tom is planning on March 24-25.

Beginner's Backpack March 24-25

This hike was originally scheduled for March 17th but has been postponed to March 24&25 in deference to St. Paddy's Day celebration. We'll be hiking the Foster Falls Trail. Anyone, beginners or not, wishing to go, please contact Tom Shepherd at (work) 893-1360, pager 254, or home, 895-2098.

February Meeting Report

Dr. Terry Witt, Murfreesboro physician spoke to us about his birding trip to the Dry Tortugas. The Dry Tortugas are actually seven coral reefs, seventy miles west of Key West, Florida. He saw about 100 species of birds while there. Dr. Witt showed us many beautiful

slides of the birds and the islands, and gave us some interesting facts about the area's history.

Hiking Schedule Change

Cathy Williams' hike on the Mossy Ridge Trail in Percy Warner Park, scheduled on May 29th, has been changed to May 12th. Please make a note of this on your schedules.

Other Murfreesboro News

Black Fox Springs is a wetlands and marsh in Murfreesboro and is the source of Todds Lake. Black Fox Springs is being destroyed by construction in the area and many citizens, including some TTA members, are working to make a park of the this area. An environmental education center and boardwalk trail have also been envisioned. Representatives of several state agencies will be visiting Murfreesboro soon to see if they can help with this project.

TTA made news in the the latest Rutherford County magazine with an interview with Bertha Chrietzberg and a picture of nine members on a hike at Old Stone Fort State Park. Hopefully, this publicity will bring us many new hiking enthusiasts.

Trip Report Stones River Battlefield

On January 20th, the day began blustery but improved considerably by the time we began hiking. Five intrepid TTA members assembled at the battlefield at 9:00 a.m., to first view a film strip orientation of the battle. Then we joined park historian, Charles Spearman, for the hike, which included a historical

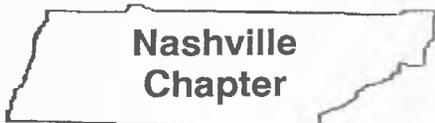
Quotable Quote

"If you wish to be happy for a year, plant a garden.
If you wish to be happy for a lifetime, plant a tree."

— Proverb

narrative as we stopped at points along the trail.

Yvonne Mingle, Heloise Shilstat, Dot Woodland, Billie Freitag and myself not only had an enjoyable hike but an interesting history lesson. — George Williams



Meets 4th Thursday, 7:30 p.m., Cumberland Museum

March Meeting March 22

Our March program will be the photography of Karina McDaniel, a photographer with the State's Media Services. Karina is also a serious nature and wildlife photographer. She will present a slide show of her work with locations ranging from the Smokies to Sanibel Island and will discuss her approach and methods.

As usual, those interested will gather after the meeting at Shoneys, Demonbreun Street, for closing banalities and coffee.

Public Forum March 15

Metro Nashville Mayor Bill Boner has accepted an invitation to be the guest speaker at a public forum on conservation issues. The Mayor will discuss the state of the environment and public health in Nashville.

This forum will be held on Thursday, March 15, at 7:30 p.m. at the Cumberland Museum. This meeting is free and open to the public. Because the Mayor's schedule can change on short notice, feel free to call the Mayor's office at 259-6047 on March 15 to check his schedule. For more information, call James Galloway at 665-1627 (evenings).

Fossil Rock Falls Joint TTA/South Cumberland State Park Hike March 3

Join Randy Hedgepath and me for two short but tough hikes to some of the most spectacular areas in the state with several waterfalls, rock shelters, and very deep gorges. The areas are located in the vicinity of the South Cumberland Visitors Center and are both rated very strenuous (Class V). Boots are a must and you should wear clothing that is snag resistant since we will be bushwhacking through gorges with no trails.

The trip will start with Fossil Rock Falls (approximately 1 mile in length), return to the Visitor Center for lunch, then head out to Anderson Falls (also 1 mile).

Meet at the South Cumberland Visitor Center (near Monteagle) at 10:00 a.m. (CST) or call Kevin Kimbro for carpool information from Nashville at 615-333-0629. Call Randy Hedgepath at 615-924-2980 for general information.

Montgomery Bell Hike March 17

Meet at the Cracker Barrel off I-40 West, Charlotte Pike exit at 9:00 a.m. (earlier if you want breakfast), or meet us at the Montgomery Bell Park office at 10:00 a.m. The park is about 40 minutes from Nashville (30 mins. from the Cracker Barrel). The trail is 8 miles and moderate difficulty — only one steep grade.

Bring lunch, water and wet weather clothes (last year we had quite a rain). It is a loop trail and for those who want to hike 4 miles, you can do so from the same trail. We had a great time last year with a big group and hope to see you there this year. Please call prior to Friday evening, 3-16 if you have any questions. — Mickey Sutton, 833-1992 (home) or 320-6933 (work)

Cedars of Lebanon Hike/Camp-out March 23-24

We will be hiking the 4¹/₂ mile Hidden Springs Trail and doing light maintenance as we go (picking up trash, removing downfalls, and trimming growth). If needed we will paint some blazes.

Meet at the parking lot for the Hidden Springs Trail at 10:00 a.m. Bring lunch, water, gloves and tools if you have them. I will be camping in the campground at Cedars of Lebanon on the 23rd and would welcome company. Bring food to share and tall tales to tell around the campfire.

We'll take a short night hike on the 23rd and will hike the 2-mile Cedar Forest Trail at 8:00 a.m. Saturday prior to the longer hike at 10:00. Please pre-register by calling Bob Barnett at 831-1136.

Bicycle Tour

Linda Bowman's Bicycle Tour has been post-poned to a drier time of year. Look for this trip to be re-scheduled in the Fall.

Trip Report Bledsoe Creek Night Hike

January 10th was a great night for hiking with temperatures just a little nippy. Fifteen folks came, including some new members that are neighbors to the park.

We walked along the shore and up on one of the park's highest ridges. About the only animal sounds we heard were bats going through the trees overhead.

Thanks to everyone who came. I hope it was a nice way for Kathleen Kitzmiller to spend her birthday. We finished the evening with a post-hike stop at *The Shack*.

Trip Report Virgin Falls

Perfect weather conditions and excellent cooperation from everyone

made for a fun-filled hike for 29 fellow hikers (10 of whom were first-timers with TTA) plus three four-legged friends.

The stream at Big Laurel Creek was forded with little trouble as we made our way to the overlooks. The Caney Fork Valley was seen with outstanding clarity with no clouds or haze to obstruct our view for miles, making for a true wilderness experience.

As we made our trek toward the falls the weather remained nice with the sun shining through the trees to ward off the slight nip in the air. The approach to Sheep Cave proved to be quite a treat as we were blessed with an unusual cascade-like waterfall. The highlight of the trip was, as always, Virgin Falls, with reports from a hiker that a beautiful rainbow was clearly visible from the top.

I would like to thank everyone who participated and hope one and all had as good a time as I did. I hope we can meet again under such favorable conditions. — Kevin Kimbro

Trip Report Pecks Corner Backpack

Snow greeted us as we drove in Friday evening and an invigorating 20° was the morning reading. A total of seven winter wanderers made the winter assault on Pecks a complete success. The Cookeville chapter was delayed due to a boulder and car encounter blocking the road. They hiked in just behind the advance party.

A true Middle Tennessee contingent was assembled with hikers from Hendersonville, Nashville, Tullahoma, Murfreesboro, and one spy from Knoxville. A mere 9.3 miles with a 3200 foot climb was not enough for these thoroughbreds. A 3-mile dash to Eagle Rock just before sunset was just the spice needed to develop and appetite for dinner. The dutiful leader and some more than able assistants had smoke issuing from the chimney to greet the returning peak baggers!

Superbowl Sunday dawned without rain and the battle cry of the day was "It's all downhill from here!" We learned on Hughes Ridge just how often and steeply a trail can climb and achieve a NET 400 foot descent. These ridge runners hiked out in better than 2 mph in spite of the 3 R's of hiking — rocks, roots, and run-off.

This was a truly wonderful bunch and a great time — a fine way to start the year. I resolve to try to repeat the experience as often as possible on as many trails as possible!
— Gene Curp

Trip Report Snow Hike

How do you lead a snow hike at Old Stone Fort State Historical Area with no snow? You proceed to Plan B and end up on the Hidden Passage Trail for a 10+ mile hike in partly cloudy, moderate weather.

Clear, beautiful Thompson Creek was practicing to be a river, and kept us from crossing to see Double

Falls down a side trail, but Crystal Falls was double-wonderful.

The Hidden Passage Trail is a Class II, well-blazed, well-signed, delightful way to travel on foot through part of the Cumberland Plateau. The trailhead is on Highway 154 from Jamestown, in Pickett State Park.

Thanks to Charlie, Sally, Dorothy, Debbie, Teresa, and James for hiking along. — Pat Anderson

Trekker Bars (From Backpacker Magazine, July 1987)

8 oz. unsalted butter or margarine
3/4 cup honey, plus 1/2 cup to be used later
2 cups whole wheat flour
1 cup quick cooking oats
1/2 cup wheat germ
1/4 tsp. almond or orange extract
4 eggs, beaten to blend
1 1/2 cups sliced almonds
1 cup unsweetened carob or chocolate chips
1/2 cup chopped dates
1/2 cup chopped dried apples
1/2 cup shredded unsweetened coconut

Preheat oven to 350°. Cream butter and beat in 3/4 Cup honey until blended. Stir in flour, oats, wheat germ, and extract. Pat mixture evenly into 9x13" pan. Combine eggs, 1/2 cup honey, almonds, carob or chocolate chips, dates, dried apples, and coconut in large bowl. Spread evenly on the butter mixture and bake in preheated oven 30-35 minutes or until brown. Cool and cut into bars. Yields 2 dozen delicious trail bars. — Submitted by Kevin Kimbro

News From Our Parks

Montgomery Bell State Park Burns, TN 797-9052

4/1-5 Fun and Fitness Camp — week-long workshop offers unique way to vacation and improve your health at the same time. The camp includes many fun and adventurous activities as part of a great exercise plan, and

a special, healthy menu of delicious foods.

Fall Creek Falls 615-528-6578

3/3 Fall Creek Thaw — 9.3 mile plus 1 mile family fun run. 11:00 a.m. CST

Warner Park Nature Center Nashville, 352-6299

3/17 3rd Exotic Plant Removal Day — removing shrub honeysuckle. 9:00-3:00 with 1 hour lunch break.

South Cumberland State Park

615-924-2980

- 3/3 Fossil Rock Falls — see write-up in Nashville Chapter section of this issue.
3/4 Tumbled Rock Bluff — Meet at 1:00 p.m. at Sewanee Tiger Stadium. 2 miles, easy.

- 3/10 Horsepound Gulf — Meet at 10:00 a.m. at Savage Gulf Ranger Station; 5 miles, very strenuous.
3/11 Old Stagecoach Road and Blue Bluff Overlook — Meet at 1:00 p.m. at Savage Gulf Ranger Station; 3 miles, moderate.
3/17 Ranger Falls Hike — Meet at 10:00 a.m. at Stone Door Ranger Station; 7 miles, strenuous.
3/18 Cator Savage Historic Site — Meet at Stone Door Ranger Station at 1:00 p.m.; 3 miles, easy.

- 3/24-25 Raven Point Overnighter — Meet at Visitor Center at 10:00 a.m. Camp at Raven Point where a hot supper could be delivered. Your order will be taken upon arrival. Participants must supply their own gear and food for breakfast and lunches. Reservations required by March 23rd; 10 miles, strenuous.

Upcoming Hikes

CLARKSVILLE

- 3/10 Longhunter State Park
3/24 Savage Gulf

COOKEVILLE

- 3/10 Virgin Falls
3/24-25 Savage Gulf/Stone Door Connector
3/31 Frozen Head Chimney Trail

MEMPHIS

- 3/10 Chewalla
3/24 Shelby Forest State Park

MURFREESBORO

- 3/17-18 South Cumberlands Beginners Backpack
3/18-23 Appalachian Trail Backpack

NASHVILLE

- 3/3 Savage Gulf
3/10 Grassmere Volunteer Day
3/17 Montgomery Bell Lake Hike
3/23-24 Cedars of Lebanon Hike/Campout
3/25 Bicycle Tour — postponed

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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

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All submissions for the newsletter due no later than the 15th of each month.

Come Hike With Us!
Tennessee Trails Association
P.O. Box 4913
Chattanooga, Tennessee 37405