



Tennessee Trails

SUMMER HIKING HAZARDS II: SNAKES !!

This month we continue our discussion of Summer Hiking Hazards. As the title indicates, this month's article is on those most feared denizens of the forest, snakes.

More than likely each of us has, in discussion with prospective members, or attempting to explain to others our love of the outdoors, fielded the question:

WHAT DO YOU DO ABOUT SNAKES?

The first and obvious answer is, of course, avoid them. With the next question being, HOW? Here are a few helpful hints.

First, remember that this is the snake's home, not yours. You are the visitor in its domain. If the snake sees us, it will usually work diligently and quickly to avoid us. It has as great a fear of humans as we do of it. In fact, the snake tends to be the loser in most encounters with humans. Far more snakes die than humans when the two meet. As a general rule, when the snake strikes in a wilderness situation, it has been surprised and the strike is a reflexive action. If you see a snake that obviously hasn't sensed you, stop. Slowly move a safe distance away. Find an alternate path if possible. The most important thing is, use caution.

However, if you happen to be one of the unfortunate few, VERY FEW, that gets bitten by a poisonous snake, recovery is assured if medical procedures are followed.

At home, or close to a vehicle and nearby medical facility, the first thing to do is get treatment from a qualified physician, whether the snake is poisonous or not.

In a wilderness setting, treatment, of necessity, is handled a bit differently. First, determine if the snake is poisonous, and the wound envenomed. This can be done visually or by symptoms.

If the wound was envenomed during the bite (20-30% of bites occurring from poisonous snakes are not), there will be an immediate burning pain. This is often (not always) followed by a peculiar tingling in the mouth, associated with a rubber or metallic taste. This symptom may take only minutes to develop and should be present long before any swelling occurs at the site of the bite. If identification of the snake was not possible, this symptom would indicate the bite was received from a poisonous snake.

The lack of envenomation from snake bites is really not surprising, especially in hiking or backpacking cases, where the snake has usually been surprised

and has struck haphazardly. When a person has been bitten and envenomation has definitely occurred, the following steps can be taken to save the person's life.

1) Remain Calm:

Probably the greatest danger faced from snakebite is hysteria. What most snakebite victims need, aside from quick medical aid, is rest and reassurance.

2) Do Not Apply Cold:

While cold will slow the spread of venom, this has been medically proven to drastically increase tissue damage.

3) Immobilize:

Immobilize the injured part at heart level or slightly above.

4) Constriction:

Apply an elastic band with a firm wrap, or a constriction device from the bite site toward the body. THIS IS NOT A TOURNIQUET!! This should reduce the spread of venom by reducing lymph flow, not blood flow. (When the device is applied, you should be able to slip a finger under it).

5) Suction:

This should take place with a kit designed for the purpose. The old method of "cut and suck" is not highly recommended but will serve. To use this method, make no more

than 2 cuts, 1/8" deep, and 1/8" to 1/4" long, one beside each fang mark, along the axis of the blood supply, then apply low grade suction to the wound.

Another method now in use is a suction device called The Extractor. This is recommended over the "cut and suck" method.

To use this method, make no incisions, as this will actually reduce the effectiveness of the device. Apply the device to the exposed wound and suction venom from the wound.

Either of these are recommended over using the human mouth as a suction device. This should be considered an emergency "last resort" option. This increases the

risk of infection and trauma to the victim, the possibility of envenomation to the person rendering aid, and possible medical-legal complications later on.

As well, any treatment involving a suction of venom from the wound, to be effective, must take place within the first few moments after the bite has occurred, with 30 seconds to one minute being desirable, and no more than 5 minutes afterwards. The amount of venom that will be removed decreases appreciably with each passing moment. If the delay is as long as 30 minutes, suction is practically useless, as the venom extracted at that point will be nil.

If there is no kit available, and no way of treating the bite, the best course is to walk slowly to your vehicle, resting as needed and proceed to the nearest medical facility. The same plan of action is recommended to anyone who has been bitten, even with treatment from a snakebite kit. However, as good rule of thumb, if evacuation to a medical facility is not possible within 1 to 1 & 1/2 hours, immediate treatment is necessary.

Following simple guidelines, taking a few precautionary measures, and following medical procedures as necessary, can keep each wilderness experience a safe and happy one.
Happy Hiking!

State News

Message from the President

Board Meeting

There will be a Board Meeting on Saturday, Aug. 18th at 7:30 p.m. CDT in the restaurant meeting room at Davy Crockett State Park located on Hwy. 64 at Lawrenceburg, TN. Those who wish can meet for dinner at 6:00 p.m. at the park restaurant. Everyone is welcomed.

This is the weekend for Davy Crockett Frontier Days and the Davy Crockett Longhunters Club activities at the park. If anyone can come early, there will be lots going on. Camping is first come, but there are also motels in Lawrenceburg for those who might want to stay over. The Parkview Motel is at 1105 W. Gaines St. Phone # (901)762-2412 and has been recommended as a nice moderately priced motel.

Some of the business we will be discussing will include:

1) Nominees for TTA and Bill Stutz

Awards- Chapters please bring info on nominees. 2) Appropriate use of TTA funds and future plans. 3) TTA brochures committee report. 4) Information on annual meeting in November. Let me know of other items we need to discuss or if you cannot attend. For further information call (901)363-4408.

Wolf River Trails

Larry Smith of the Wolf River Conservancy is looking for volunteers to help maintain the trails along the Wolf River in Shelby Farms by walking the trails occasionally, reporting on conditions and keeping trails free of litter by doing light maintenance as needed and trails marked so they are easy to follow. If you can help with this please contact Larry at (901)458-2757 or me at (901) 363-4408.

Jerri Bull

A Note from the Editors

Yes, folks, the green ink will return next month. This is a temporary expediency while we learn the ropes in order to get the newsletter out on time.

Natchez Trace Trail

Natchez Trace National Scenic Trail Begun In Tennessee

On Saturday June 30 the newly formed Tennessee Natchez Trace Trailblazers turned out 28 enthusiastic volunteers to clear an initial 3 miles of the Natchez Trace National Scenic Trail in Tennessee. They worked mostly on 1.1 miles of trail lying in a wooded area between two country road crossings of the Parkway. A short time earlier N. T. Parkway District Ranger George Herron had extended this section a total 1.5 more miles through mostly open fields lying immediately north and

south of the wooded interval by simply bushhogging through the fields. The 3 mile route had been chosen on May 16 by Marty Luffman, Trailblazers' chairman, Herron, and Parkway Landscape Architect Marcel Crudell.

The Natchez Trace Trail was authorized several years ago by Congress to be a horseback/hiking trail along the Parkway right-of-way, but no funds were appropriated, and it was left to be built by volunteers with the assistance and guidance of the National Park Service.

Volunteer efforts were begun over a year ago in Mississippi where the Natchez Trace Trail Conference was formed and trail work was begun. The Tennessee Natchez Trace Trailblazers was organized last April as a constituent member of the Natchez Trace Trail Conference.

A Trailride is planned by the Trailblazers on the new Tennessee section in August. An initial hike is tentatively planned for November. Stay tuned for information about the hike and future trail-building outings.

Bob Brown

Grassroots Group Forming

Those who know of a state park or natural area which is threatened by encroaching development and want to work together to stop the threat should contact Bob Barnett. The boundaries of state parks and natural areas need to be protected by buffer lands or zones that are free from encroaching development that would be detrimental to the stated purposes of these areas. If you know of such an area that is threatened in some way, you can make a difference by vocalizing your concerns to your state representative or senator and other key members of the legislature. We need people who are willing to be a part of a grassroots citizen lobby to advise legislators that the integrity of our park land needs to

be protected from unwise development. When adjacent or nearby land would be used unwisely to threaten existing parks, then that land needs to be put in the public trust. Protection of land as wilderness, wetlands or as a greenway free from development is in the best interest of the majority of all Tennesseans, not just those people who interested in making a quick buck at the expense of our most precious natural resources- our land, our water and the scenic beauty of Tennessee.

To brainstorm and plan for grassroots lobbying on public land issues, write or call Bob Barnett, Chairperson of the Public Lands Committee of the Tennessee Environmental Council, 5278 Edmonson Pike # 1001, Nashville, TN 37211, (615)831-1136. (Bob will be continuing to work on these public land issues on behalf of TTA as their representative to the Environmental Action Fund, also.)

Trip Report from Our Friends at Sierra Club

Ghost River

This is the story of a canoe trip. A canoe trip that started out like so many other trips. Load the canoes, pack the beer and food, run the car shuttle, etc. However, there was one thing different. We were not sure if this would be a one or two day canoe trip and we would not know until it was too late to turn back. With this in mind, we packed a few extra pieces of gear such as headlamps, mosquito netting and extra spray and everyone had a compass. This was the beginning of what would prove to be a memorable trip into the Ghost River section of the upper Wolf River.

Our goal was to mark a navigable route through the upper Wolf from LaGrange, TN to the Bateman Bridge, which is about six miles upriver

from Moscow, TN. The river above the Bateman Bridge is a vast cypress and tupelo gum swamp. It has been proven a difficult if not impossible obstacle for others to maneuver through in the past.

We began our trip at 12 noon on May 28, 1990, from the bridge just south of LaGrange. At that point, the Wolf River has a discernible channel or channels and the current is pleasant.

Once underway we lost no time in finding a tree to run into. A large oak had fallen into the river and presented no easy way around. It sounds worse than it actually was. It was not a difficult situation if one was willing to get out of the canoe. I did so and straddled the tree, then pulled the canoe's nose as far forward as I could. Then the sternman moved forward as far as possible. This shifts the weight forward and over the log we go. Oh, yeah, I jumped back into the canoe. This feat actually had to be done only once or twice more during the entire trip. Most of the downed trees we encountered presented a route through, over, or around them.

We had not gone far when we encountered an old levee running along the right bank. This dyke or levee surrounded a large standing water marsh filled with water lilies and solitary cypress trees. A large flat-gate had been installed at a low elevation, so the whole affair appeared to be an aborted effort to drain and dry this rather large cypress marsh. While discussing the likely history of this site, the subject of food came up. We decided to canoe a couple more miles before we took a break for lunch. We knew the Ghost River lay ahead of us and we wanted to stop at a point near the beginning of that section of river.

It was not long after we left the levee that the adjacent forests began to change from oaks and hickories to mixes of cypress and

tupelo gum trees. This change coincided with the the frequency of the river banks' disappearance. One minute there would be a bank, the next, nothing. This was not over bank flooding, this is how the river is all the time, sometimes here and sometimes over there.

We came to a large split in the river. There was a small island in the middle, so we decided to stop and eat there, before we ran out of dry land. As we ate our lunch, we all truly felt consumed by this place. A wilderness in our backyards. Just beyond the bank where we were eating, a cypress swamp stretched into seeming infinity. We knew the Ghost River was near.

After we had finished our lunch we hurriedly packed without realizing we were hurrying. We all wanted to begin our adventure into the unknown.

A couple of tree falls and several river bends later the left bank disappeared completely, this was the beginning of the Ghost River. Very shortly, the river banks on both sides disappeared. The river still had a discernible channel and current, but we knew this too, would not last.

The first place we ventured off of the river proper and into the cypress trees is a place we named Cathedral Gardens. This area had a tributary that entered the Wolf and thus provided a channel for us to explore the area. The Cathedral Gardens are a series of dense cypress groves where bright sunshine is dimmed to twilight, broken up by brilliantly lit open water patches covered by water lilies. Each open space shone through the dense forest almost like altars to this wetland wilderness. We canoed from one open spot to another enjoying the sense of exploration.

When we came to our senses we realized that the larger, more formidable section of the Ghost

River still lay ahead of us. So, off we went, back through the lilies and into the lazy current of the Wolf, carrying us deeper and deeper into the Ghost River. Once in the current, the cypress and tupelo gum trees stretched like a house of mirrors to the left and right. An occasional barred owl or pileated woodpecker beckoned us onward.

It was near a very large beaver lodge that I noticed the open channel simply stopped. As we looked around we saw that the entire river was flowing into the trees along the left side of the remaining channel. As we glided into the cypress trees one could not help feeling swallowed up by the swamp. In less than three hundred feet the vast wetland had taken all the current from the river and spread it out over miles of swamp. There was no current to guide you, only your compass and your sense of adventure to tell you which way to go. We knew we were entering the heart of the Ghost River.

The Ghost River now lay before us like a doorway. A doorway into the sights and sounds that have been lost from this part of the country. As we paddled through the vast cypress swamp, we realized that this scene was what greeted the first white men in West Tennessee. The spirit of our long lost meandering rivers live on in the upper Wolf's Ghost River. The voices of the Loosahatchie, Forked Deer, Obion, Tuscuambia, St. Francis, Gray's Creek and countless more, could all be plainly heard as we glided under the towering trees.

It is sad to think that in a little over a hundred years we have turned most of our meandering rivers into straight eroding ditches and drained and cleared millions of acres of wetlands. We have failed to see the value in our wetlands, so we traded clean water and thriving wetlands for eroding soybean fields and short term

economic gain.

Enough preaching! We had yet to find a way through the labyrinth, it is tough standing on a soapbox in a canoe anyway.

We took compass bearings for due west. The water was three to four feet deep and steady so off we went. The button bush was so thick we could only see twenty or thirty feet. If you stood up and looked over the top of the bushes it looked quite strange. The tall trees looked as though they had a fog laying below them. We hit a pace before long. We would canoe a hundred yards or so then take a compass reading then canoe some more.

The shrubbery began to thin before long and the swamp opened up. The canoeing was easy, but it still required occasional compass checks to keep on track. Finally, it opened up so much that the area resumed Reelfoot Lake. We found the old river channel and had a trail to follow from that point on. as we moved through the swamp we slowed to enjoy the wildlife show. Herons and woodpeckers were everywhere and wood ducks called out in the forest around us. Bream and bass popped bugs off of lily pads and turtles came and went on their logs.

Other than a few duck hunters and trappers, this wetland paradise has had few intruders. We knew we were not the first to visit this place, but it was still easy to imagine that our eyes were the first to gaze at this wilderness. I wished time could stand still as the sun steadily sank in the west and we knew we had to press on.

As quickly as it had disappeared, the current came back. In less than a hundred yards the river was sluicing us out of the swamp and back into reality. In short order we were whisked into a wet meadow just above the Bateman Bridge and the end was in sight. This trip was not long enough for me. I shall return..... Larry J. Saith

Trailworkers Needed on Williams Island

The Tenn. Dept. of Conservation last year acquired Williams Island, a particularly rich and significant archeological site located at the entrance to the Tennessee River Gorge. Artifacts found there indicate that the island was visited perhaps 10,000 years ago by native Americans of the Paleo period and later by those of the Archaic period and was occupied more permanently still later by Woodland Indians, then Mississippian temple mound builders and, finally, by the Cherokees. Spanish coins and bits of chain mail suggest that it might have been the site of "Chiaha" where Hernando de Soto sojourned for a time in 1540.

The island is a focal point in the magnificent view from Signal Point, the southern terminus of the Cumberland Trail. Likewise, the most dramatic view of the entrance to the "Grand Canyon of the Tennessee" is seen from the island.

During the week from Monday, August 20, through Saturday, August 25 members of the Tennessee River Gorge Trust will be working to lay in a hiking trail around the 4 mile periphery of the island. TTA members are cordially invited to help with this project during the week and/or on Saturday. Besides the views and fun of helping create an interesting trail there may be an opportunity to observe in the company of a professional archeologist the evidence of man's presence on the island through the centuries.

Call Graham Hawks at (615)266-0314 or Bob Brown at (615)352-7474 for details.



Landfill Proposed on Cumberland Trail Section 2

Does a proposed solid waste landfill near Oliver Springs pose a threat to the Cumberland Trail? Calvin Wenzel, a resident of Oliver Springs and member of Save Our Cumberland Mountains, raised that possibility at TTA's June 2 board meeting.

Remote Landfill Services, Inc., has applied to the State Capital Division of Solid Waste Management for a permit to put a 250 acre regional landfill just outside the city limits of Oliver Springs on an abandoned strip mine owned by Coal Creek Mining and Manufacturing Company. The site lies just northwest of the short section of Walden's Ridge from Poplar Creek Gap to Winters Gap. Coal Creek M. and M. is also the owner of about 40 miles of the Cumberland Trail right-of-way on Sections 2 and 3 managed by State Parks.

The landfill is to have a 1,000 ton per day capacity operating 6 days a week accepting trash from all counties in Tennessee and surrounding states. Oliver Springs residents opposing the dump have formed the newest chapter of SOCM and collected 1500 signatures of like-minded Oliver Springs residents and 1500 other Anderson countians on petitions against the project.

Despite the petitions Oliver Springs town Council signed a contract with Remote Landfill that will provide the city with free dumping for 20 years plus 18 cents per ton of garbage received from outside Anderson County. Meanwhile, however, the Anderson County Commission voted NO to the landfill.

The State Division of Solid Waste Management has responded in writing to citizens' comments submitted during a prescribed comment period.

Its particular response to "a few commentors... concerned about the impact of the proposed site on the Cumberland Hiking Trail" was as follows:

"The State Parks and Trails section of the Dept. of Conservation did not make a formal comment expressing any concerns. However, a representative of this group visited our office and looked at the location of the proposed site. He said that a proposed route for the trail crossed the site but that this route was not chosen. He said that the route for this portion of the trail is along Dutch Valley Road. Ridges between the road and the site screen the landfill operation from the trail route."

SOCM pointed out that, while DSWM is required by a state law to notify the DOC of any actions that may impact a state park or trail, DOC did not learn of the proposed landfill until contacted by a private citizen, and DOC on its own initiative visited DSWM.

The Cumberland Trail route through the old strip mine site was originally blazed along a mine road and used until 1987. Then, a trail crew entering the site discovered a NO TRESPASSING sign apparently posted by someone who had moved into an old residence near the route, Unsuccessful in an attempt to contact this person, State Parks decided to reroute the trail to the crest of the short section of Walden's Ridge between Poplar Gap and Winters Gap.

About this time the services of the trail crew were effectively lost to State Scenic Trails when the crew's control was transferred to State Parks Maintenance. Since this short stretch of the C. T. was evidently not being used by hikers anyway, it was temporarily reblazed along Dutch Valley Road.

Coal Creek M. and M. has indicated to State Parks that the landfill

will not affect the C. T. easement through the site. It has made clear however, that if DOC opposes the landfill all 40 miles of the C. T. easements across Coal Creek land will be subject to cancellation.

TTA's Board directed President Jerri Bull to write State Health and Environment Commissioner J. W. Luna and DSWM Director Tom Teisler opposing the landfill. The Commissioner's reply to Jerri

stated that DSWM is "very close to completing the permitting process" but that he had directed staff to "follow up with you" on the "issue of the Cumberland Trail."

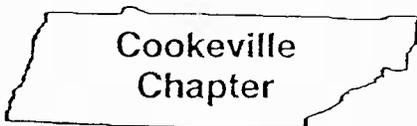
TTA can probably do little more than wait and see what happens. Members, however, might wish to support Oliver Springs SOCM by writing Commissioner Luna.

Bob Brown

Tennessee River Gorge Trust Annual Meeting

The TRGT Annual meeting will be on August 18 and will feature a weekend outing in a cove on the north side of the Gorge. Call Graham Hawks at (615)266-0314 or Bob Brown at (615)352-7474 for details.

Chapter News



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

Cookeville Chapter

July Meeting

David Gallaher presented a program on rappelling to seventeen very interested listeners. Much of his presentation focused on what not to do and use while rappelling and how safe and fun the sport is if done correctly, with proper equipment and safety precautions. Afterwards, everyone enjoyed leftover wedding cake, punch, etc. and looked at pictures and a video of the big event, so the meeting really ended on a cheerful note!

The lesson continued on Sunday, July 8 at Bee Rock with 21 people, including instructors, in attendance. David's professional manner and confidence soon put us all at ease and the difficulties encountered in finding harnesses which fit properly and then getting them on brought us all a little closer together. After a horizontal rappel to teach us how the ropes and gear worked, we moved up to a 50 foot slope and began descending.

It was great fun! Several of us went down twice and then on to the big drop! David warned us not to look down. Instead we should look at our feet and the cliff wall directly in front of us as we descended. This turned out to be excellent advice, as 105 feet really looks like a long way once you are down and looking up to watch the next person coming down. None of those who elected to rappel hesitated on either of the drops. In fact, we all wanted to go again and most of us did. The hardest part about rappelling is walking back up after the rappel! Afterwards we all adjourned to Denise Charvoz's for barbecue, grilled fish and blueberry pie- a necessary feast after such hungry work!

David has agreed to teach us more about rigging and ascending in the near future and we can hardly wait. We really appreciate his generous gift of time and instruction. Our fearless rappellers included Denise Charvoz, Randy and Beth Hammontree, Carol Swindell, Jeff Marquis, Debbie Thibault, and Clint Hestland, all of Cookeville Chapter, James Leininger and Dorothy Sills of Nashville Chapter, and Heloise Shilstat and Bettie Herring of Murfreesboro Chapter.

August Meeting

Our August meeting will be held on Sunday, August 12 at 2:00 p.m. at Denise Charvoz's home in Sparta. This meeting will be a planning and election meeting. We will elect officers, nominate candidates for the TTA and Bill Stutz Awards, and plan our hiking and meeting agenda for the coming year. We need everyone's input, so come out and bring your ideas to make next year even better than our last one! For details call Randy or Beth Hammontree at 526-5242 or 528-8238.

Upcoming Events

August 4- Horseback Riding

While not your standard hike, this horseback trip at Fall Creek Falls should be an adventure. We should be done by early afternoon so there will be time for hiking afterwards, as well. This event is being led by one of our teen members, Jennifer Gaspard. Call the Hammontrees or Jennifer at 526-5242 or 528-8238 for details.

August 11-Virgin Falls Workparty

We plan to work on our chapter adopted trail. For details call Randy Hammontree at 526-5242, 528-8238, or 528-7432.

August 16-19- Moonshine Daze

Celina, Tn

Tenn. state naturalist Matt Pritchard, traditional Cherokee dance demonstration, boat rides on the Obey River and more! Great fun for the entire family! For information call Debbie Thibault at 243-3721 or 243-3136.

August 25- Caney Fork Wade

Since the high water kept us landbound on July 14, we have rescheduled the wade for the 11th. Don't forget your lifejacket and old shoes for this eight mile walk, wade, and swim down the Caney Fork. Call Ross Cardwell for details at 738-2760 or 836-3552.

Trip Reports

Wedding in the Woods

The guests arrived to the sound of distant thunder and gathering clouds. Was there a contingency plan in case of rain? Yes, but it was NOT going to rain on this wedding. Therefore, the wedding party led a caravan of almost twenty vehicles from Cookeville and headed towards Honey Creek. While it did rain for a good part of the way there, Honey Creek Pocket Wilderness was still dry upon arrival. Randy, a hike leader to the core, announced on the ride up that this would be the largest hike he had ever led! 56 people, including the wedding party, then made their way in the back way to Honey Creek Falls, with Randy holding the rain off by sheer will power, it seemed.

After frequent halts for non-hikers and a rescue mission by James Leininger and Jeanne Potter to find 5 lost guests, the ceremony began. It was very much a family affair- the minister was Randy's brother-in-law, the music was provided by Beth's sister and the children of the bride and groom,

and the kids had vows of their own to say. Randy and Beth wrote their own vows and selected poems to recite that fit the occasion beautifully. The ceremony ended with a family embrace.

After a slow trip back out, everyone adjourned to the Hamontree residence for the reception, where some additional 40 people waited impatiently on the lawn for the party to begin! The reception was a great success with lots of friends, family, and food.

While the first TTA wedding may be history now, it will not be soon forgotten by those who attended. Randy and Beth and their family thank everyone who joined them for this very special event in their lives.

Angel Falls Moonlight Hike

A warm summer evening. Windows down. Best girl by your side. Good music. An easy slow cruise on a country road.

Trailhead parking. Family. Good Friends. The lively talk. The smiles. The anticipation of an evening walk in the woods.

Daypacks. Fanny packs. Canteens. Cameras. One last check. Bootlaces? Flashlight? Ready? On to the trail!

A bridge. Children playing in sparkling water. Adults, too. A wonderful place. The trail ahead. A clean smell. The deep green of the early summer leaves. Wildflowers in yellows and blues. Woodland sounds. Insects buzzing, flying in your face. Lots of talk. Too much talk. Hard to enjoy the trail.

A dry stream bed. A stream with a trickle. The dry time of year. A bridge across a clear running creek. Dogs in the water. open canteens. Time for a break. Long climb coming up. Everybody ready? Up the hill.

A rockhouse. A tree top canopy. A view of the river below. Poison ivy. Poison oak. A time to be

careful. Rock steps. Switchbacks. A resting companion. Rustling bushes. A snake? A rabbit?

A Chinese Army Major on a weekend off from armor training at Fort Knox? Who decides to join the group and fascinates some members with stories of Taiwan and is barraged with TTA literature and smothered with good ole Tennessee hospitality? An interesting development.

The summit. Our destination. The Angel Falls Overlook high above the Big South Fork. Sunset. Clear skies. The first star. A planet? Moonrise! A golden fire in distant treetops. A yellow ball. Celestial beauty.

Snapping shutters. Crunches. Munches. Trail snacks. Trail talk. Happy faces. Barking dogs greeting a party of backpackers. More talk. Names and addresses. Times and dates.

Fading light. A last look around. Time to head down. Into the darkness. Flashlights on. Flashlights off. A walk by moonlight. What a night! Circling fireflies. Mysterious shapes. A ghost? A twinkle.

Watch your step. Flashlights on. Flashlights off. What was that? Flashlights on. Flashlights off. A bull frog. Another. Night sounds in the woods. There's a snake! A copperhead? Who saw it? Who knows? On thru the moonlight broken by the canopy. Trail seems longer in the dark.

Distant lights. Closer. Closer. The trail head. The end. Goodbyes on the bridge. Goodbyes in the parking lot. Next time. Next weekend. Don't forget!

A warm summer night. Windows down. Wind in your hair. Best girl by your side. Good music. An easy slow cruise on a moonlit country road.

Paul D. Miller

Buzzard's Roost

I'll Never go there again,

You ask where, I say
Scotts Gulf, my friend,
The natives there, are a restless
lot, sitting in their tall, 4-wheel
drives, throwing their beer cans
on the ground, and it doesn't
bither them a bot.

They all carry snakes in their
back seats, so when they get
hungry, they can stop
and have a snake to eat.

They usually carry copperheads,
but, they couldn't find one
that day, so they caught a
black snake instead.

The larger local pushed the
snake at a younger locals face,
causing the snake to
bite his shirt, and he
nearly became a disgrace.

The younger local
accidentally bumped a lady in
our group, and a few minutes
later, he backed up in
his 4-wheel drive truck to
apologize, and give us a scoop.

After saying "I sorry", he
asked, if we had ever
been to Scott's Gulf, he then
told us how to go, but it was
awful rough.

"It's down the road a piece,
take 2 left turns, drive
10 miles, you'll see some water
that's all achurn."

"There's people there with
paaphlets and alligators are all
over the place," as he dropped
another can out the window,
and it rolled under the crankcase.

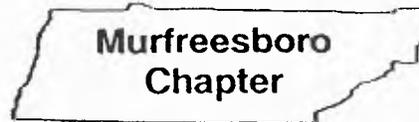
Off he drove, with the rest of
his merry band, they
yelled, as they left, "We're
outlaws and women love outlaws,"
as we threw up our hands.

As we had just enjoyed

a hike to Buzzards Roost,
this event, gave our trip,
an extra boost.

Everyone then drove to the
local Pizza Hut, where
10 hungry folks, ate 4
large pizzas, almost before
they were cut.

Ross Cardwell



Meets 1st Tuesday each month; 7:00 p.m., St.
Mark's Methodist

August Meeting: Aug. 7

Mark Wolinsky, spelunker, writer,
and nature photographer, will be
our guest. He has been a "caver"
since the age of thirteen. His
photography has been published
internationally.

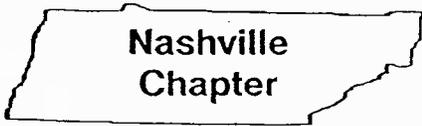
September Meeting: Sept. 4

The meeting place will be changed
to the Biology Building on the MTSU
campus. Butch McWade will present a
program on the attempts to re-
introduce wolves to various parts
of the United States. Two areas in
Tennessee are Land Between the
Lakes and the Great Smoky
Mountains.

July Meeting Report

The July meeting was a great
success, thanks to Marion Dunn's
interesting talk about "her people"
(the Cherokee). She mentioned that
many of the trails and highways
which we have today follow paths
which were first used by the Native
Americans in the area.

Fran Shepherd



Nashville Chapter

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

August Meeting

Join us on Thursday, August 23rd
for a program of Richard Connors'
photography. You may have seen a
few of his remarkable slides of
birds at the December TTA/Audubon
Society Christmas Dinner. For our
program, Richard will show more of
his work, and will explain how he
gets such unusual pictures.

Upcoming Events

Aug. 5- Water frolic and Picnic-
Cummins Falls

Please note change of date from
that on the year's schedule- due to
state board meeting same weekend.

We will go on a Sunday outing to
Cummins Falls on the Blackburn Fork
River near Cookeville. This is a
lovely spot, with a nice pool at
the foot of the falls, and rapids
and cascades above the falls. A
very short, shaded, moderately
steep trail leads from a parking
spot on the road. There is a steep
climb down to the pool. Those who
do not wish to go down can have fun
and be cool on top. The stream is
ideal for wading.

Meet at 9:30 a.m. CDT at the
Cumberland Museum in Nashville or
at 11:00 at the Rise Motel, Burgess
Falls Exit from I-40 near
Cookeville. Take lunch and drink.
Tennis shoes recommended. we need
to carpool as much as possible, as
parking is limited. Call Evelyn
Tretter at 859-0566 for details.

Aug. 25-26 Gene Curp's Birthday
40th Anniversary Sleepover

Methodist Campground Lodge, I-40, Exit 317, Crossville TN. Arrive anytime after 10:00 a.m. EDT. Bring the kids. Gene is springing for air conditioned dorm facilities with hot showers to sleep 32. Bring your own bedding or slumberbags. Full hook-up campground on premises for tents or trailers at \$8 per night or several nearby motels.

The focus will be a pot luck dinner Sat. night about 6:00 p.m. EDT. Bring a covered dish to share and what you want to drink. Swimming, hiking, golf, sightseeing/shopping, canoeing, loafing, sleeping, winery tours, and talk... plenty of that.

A special time will be set aside to tease Gene about his 40th birthday. NO GIFTS- especially gag gifts... the family of the soon to be extinguished request a contribution to charity if you must part with money.

Sunday breakfast will be at the new Crossville Cracker Barrel at 9:00 a.m. EDT. Be there or be square. Come stag or drag. Be joyous. Share in the Pot Luck Dinner. Be casual! RSVP Sara 824-1171 !Reservations Required!

Trip Report

July 4th Week Holiday Hiking

Monday, July 2nd found me shocked as I arrived at Frozen Head State Park and at the entrance was Jimmy Holt of Tennessee Outdoorsman taking a photo of his wife. I certainly did not expect to see a media person as I arrived at Tennessee's wilderness state park. I spent Monday and a small part of Tuesday at Frozen Head. I can hardly believe it was my first visit. It won't be my last.

Tuesday and Wednesday found me exploring the Townsend, Elkmont side of the park. Motels and campgrounds were more crowded than I had ever seen before.

Thursday and Friday found me hiking in the Cosby area going to Henwallow Falls and previewing my Saturday hike.

I was pleased to welcome Gene, Sarah, Sally, Paul, Kate and Julie to the peaceful Cosby Group Camp Friday evening. Trivial Pursuit was not as exciting as the camper who searched the garbage for her keys that mysteriously jumped in a can, but the board game was much odorous.



Saturday was a first for this hiker as we were joined by the Johnsons from Oak Ridge for a climb up Mt. Cammerer. My knee was acting very balky after a slight injury on Thursday so the first was that at Low Gap I turned around. I did not want to burden my fellow hikers if I truly came up lame. And I felt by cutting Saturday's hike short then I would be in shape to hike in to the super special virgin forest on the Albright Grove Nature Trail and I was.

We struggled a little finding the Albright Grove Nature Trail. Once we were amongst those big trees it felt as if we were in another (more peaceful) world and it was quite clear that our struggle to find the trailhead and every step we had taken was worthwhile.

The Smokies were as hot and dry as I had seen them, but still more pleasant than Middle Tennessee. I look forward to a return trip soon perhaps when the temperatures are more moderate. HAPPY TRAILS!

Bob Barnett

News From Our Parks

Fall Creek Falls State Park
(615)881-5708

8/4 Hawaiian Luau.

8/11-8/12 Bicycle Tour- 8:30 a.m.
To Savage Gulf and back.

8/25-8/26 Bicycle Tour- To
Cumberland Mountain State
Park and back.

Historic Rugby
(615)628-2441

8/4 & 8/5 25th Annual Rugby

Pilgrimage.

8/25 Library Bookcleaning.
Volunteers needed.

South Cumberland State Park
(615)924-2980 or 924-2956

8/4 Greeter Falls Excursion. 10 AM.
2-3 mi. Mod. to stren.

8/4 Lake Canoeing. 5 PM. Pre-
register by 8/3.

8/5 Sycamore Falls Exploration. 10

AM. 3 mi. Mod.

8/5 Raven Point Excursion. 2 PM.
2 mi. Easy.

8/11 Greeter Gulf Rock Hop. 10 AM.
7 mi. Very stren.

8/12 Savage Falls. 1 PM. 3 mi. Mod.

8/18 Sycamore Falls Exploration. 1
PM. 3 mi. Mod.

8/19 Hard Core Day Hike. 8 AM. 13
mi. Very stren.

8/25 Collins Gulf Rock Hop. 10 AM.
7mi. Very stren.

Warner Parks
(615)352-6299

8/8 Our Universe- 10:00-11:30 a.m.
Slide presentation.

8/26 Lost Cove Cave Tour. 9 AM.
5 mi. Stren.

8/1 Stream Hike for Kids- 1:30-4:00
p.m. Little Harpeth River.

8/11 Field Astronomy- 9:00-11:00
p.m.

8/4 Biological Stream Monitoring-
9:00-11:30 a.m.

8/15 Mossy Ridge Ecology Hike- 9:00
a.m. to 2:00 p.m. 4.5 mi.

Upcoming Hikes

State

8/18-8/19 Board Meeting, Davy
Crockett State Park

Clarksville

8/11 Swimming Hole Hike- Land
Between the Lakes
Pam Oliva 552-0441

Cookeville

8/4 Horseback Riding at Fall Creek
Falls
8/11 Virgin Falls Work Party
8/16-8/19 Moonshine Daze in Celina
8/25 Caney Fork Wade

Murfreesboro

8/10-8/18 Appalachian Trail
Backpack- Va. Glenn Hanley
898-2104

8/18 Summer Wildflower Walk- South
Cumberland Recreation Area.
Bertha Chrietberg 896-1146

Nashville

8/5 Cummins Mill Picnic & Swim
8/25-8/26 Gene Curp's Birthday
Sleepover

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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