

# **TRC HIKING CLUB**

OCTOBER, 1983



Addressee, please note change of building number here \_\_\_\_\_ and return to Eastman Employee Center, B-310. Hiking Club. My Name is \_\_\_\_\_

Dept. No. \_\_\_\_\_ Payroll No. \_\_\_\_\_

DATE			TRIP	RATING	LEADER
Oct. 1-2	Sat., Sun.	2 Days	Big Walker Mt. Backpack	M	D. Hrivnak
Oct. 8	Sat.	1 Day	Trail of the Lonesome Pine	D	G. Newland
Oct. 22	Sat.	1 Day	AT, Carvers Gap to Hughes Gap	M	S. Banks
Oct. 22	Sat.	1 Day	Dennis Cove - White Rock Loop	M	R. Culbertson
Oct. 23	Sun.	1 Day	AT, U.S. 58 at Mt. Rogers to Damascus	M	K. Edgar
Oct. 30	Sun.	1/2 Day	Warriors Path Park	E	P. Worsham
Oct. 2	Sun.	1 Day	Nolichucky Gorge	III/IV	G. Porter
Oct. 23	Sun.	1 Day	Nolichucky River (Below Unaka Springs)	I/II	G. Tustin

ATTENTION: If you have any Hiking Club Maintenance Equipment which is not signed out please return it. We are short 2 weeders, 1 pack basket and 2 small bow saws.

## BACKPACK TO HIGHROCK ON BIG WALKER MT. Oct. 1 & 2 (M)

This trip will consist of a moderate 2 1/2 mile hike to Highrock, one of the most impressive overlooks in the area. Water is available near the clearing where we will camp. Plan to leave at 9:30 a.m. from B-215. The hike will start just outside of Crandon, Va., a two hour drive from here. If everyone desires we will take a short side trip to Dismal Creek and falls for lunch before heading back on Sunday. We should be back in Kingsport by 4:30 that afternoon. For more information, contact Dave Hrivnak (246-5084).

## NOLICHUCKY GORGE CANOE TRIP, Class(III-IV), Sunday, October 2, 1983

The gorge section of the Nolichucky from Poplar, N.C. to Unaka Springs, TN is the most difficult section of the river and one of the most beautiful. The 8 mile trip is through a narrow 2000 foot gorge with a river gradient that averages about 40 feet per mile. This run is usually considered a "big water" trip with powerful currents and large holes although at lower water levels the trip becomes more technical. This section of the river presents hazards to both equipment and people, and those electing to make this trip should be intermediate to advanced paddlers, knowledgeable in both self-rescue and rescue of others, and have people safety equipment (including a Coast Guard approved life vest, spare paddle, and throw rope). Helmets are mandatory and extra floatation for the canoe is recommended. Meet at Colonial Heights McDonalds at 8:00 a.m., Sunday, October 2. Bring extra clothing, lunch, etc. Be prepared for cool/cold weather conditions. The driving time is about 1 hour each way. Pre-register with Gordon Porter, B-284. Send your name, telephone number, and canoeing experience. List similar rivers which you have paddled.

TRAIL OF THE LONESOME PINE HIKE, Oct. 8, 1983 (D)

The club maintains the TLP from Va. state line to TN-Route 70. This hike will cover approximately one half of our section from TN-Route 70 to Looney Gap. We will take all day to cover the 6 1/2 miles and car shuttle. Bring clothing to match the weather and 2 quarts of water. The distance is not very long but there are a lot of ups and downs, with good views from the ups. For information, call Gordon Newland. Meet at 8:00 a.m., at B-215 Parking Lot.

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POND MOUNTAIN HIKE - TUESDAY, October 11, 1983 (M) Note date change!

This Pond Mountain hike is rated moderate and the distance is approximately 6 miles. Because this hike is scheduled for a weekday, TUESDAY, we will leave from the north side of the TEC Employee Center at 8:00 a.m. on October 11, 1983. We should return to Kingsport by 5:00 p.m. Contact Frank Oglesby at 245-5447 if interested in this trip

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HUGHES GAP TO CARVERS GAP - AT - Saturday, Oct. 22, 1983 (M)

This hike will cover the section of the AT from Hughes Gap to Carvers Gap, a distance of 4.6 miles. Although this is a fairly short hike mileage-wise, there is a considerable amount of elevation gain (4800 feet), and the hike should therefore be rated moderately difficult. Bring a lunch, water, rain gear, and sturdy boots or shoes. Be prepared for cool and/or wet weather. Meet at the Eastman Personnel Building (B-215 on Lincoln Street in Kingsport at 8:00 a.m. This is a joint Tennessee Eastman Hiking Club/State of Franklin Group, Sierra Club hike. Additional information can be obtained and/or additional meeting points can be arranged by calling the trip leader, Steve Bank at 349-6420.

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DENNIS COVE - WHITE ROCK LOOP, SATURDAY, Oct. 22, 1983 (M)

This is a nine mile loop hike starting in Dennis Cove. From Dennis Cove we follow an abandoned railroad bed that runs along Laurel Fork River (for approximately 3 miles) to Frog Level. We cross the Laurel Fork River 11 times (1/2 the crossings are across logs with cables strung across to hold onto), so we will be doing some rock hopping. From Frog Level we will climb 1400 feet along a jeep trail to where it intersects the Appalachian Trail just below White Rock Fire Tower. We should have a spectacular view from the fire tower of all the fall colors. From the White Rock Fire Tower we follow the Appalachian Trail back to Dennis Cove. We will leave B-215 at 8:00 a.m., Saturday, Oct. 22, 1983. Bring water, lunch, rain gear, waders, and sturdy shoes. For more information, call Rick Culbertson at 239-9795.

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AT - U.S. 58 NEAR MT. ROGERS TO U.S. 58 NEAR DAMASCUS, SUNDAY, Oct. 23, 1983 (M)

This should be a pleasant hike in Southwest Virginia along old railroad beds, across railroad trestles, and alongside clear mountain streams. Both ends of the section are on U.S. 58, making car placement easier. The hike is fairly long (11.5 miles) but is mostly relatively gentle downhill terrain. Hopefully the changing leaves will provide a pretty backdrop. Bring lunch, water, rain gear, good shoes and a flashlight. We will gather at B-215 at Eastman at 8:00 a.m. Call Kevin Edgar at 239-5742 for more information or to arrange to be picked up en route.

FALL COLORS CANOE TRIP, I-II - SUNDAY, Oct. 23, 1983

We will paddle the Nolichucky River below Unaka Springs. This popular section of the river is quite fun to paddle and has some interesting and varied scenery. Be sure to bring a life jacket, spare paddle, and lunch. Since the weather can be quite cold this late in the season, plan to bring wool clothing or a wetsuit. Meet at the B-215 parking lot at 8:00 a.m. You will be notified if there is a change in plans if you pre-register by calling Jerry Tustin at 246-8918.

WARRIOR'S PATH PARK, SUNDAY - Oct. 30, 1983 (E)

Warrior's Path Park has a variety of short hiking trails offering good views of Fort Patrick Henry Lake. We will hike one or more of these trails as time permits. This hike is rated easy based on length, but some short stretches of steeply ascending and descending trail will be encountered. We will meet at the B-215 parking lot at 1:00 p.m. For more information call Paul Worsham at 239-5672.

Park Trails: 1. LAKE SHORE TRAIL - An easy walk along the lake shore brings you to many fine old forests and good views of the far shore. 1/2mile. 2. LAKE HOLLOW TRAIL - Wander along the water's edge and visit with many of the local animals and plants. Try around dawn or dusk for the most wildlife activity. 3/4mile. 3. HOLSTON BLUFFS TRAIL - This trail brings you to some of the more unique shorelines in the park, with steep rugged bluffs high above the water, rich woodlands, and interesting views of a late 1800's railroad grade. 3/4mile. 4. RIVER BANK TRAIL - A short invigorating walk along the banks of the river. In the autumn, you will find views of the ruddy hills, in the spring and summer, wildflowers will abound. 1/2mile. 5. WOODLAND RIDGE TRAIL - Experience the peace of the oldest forests in the park, and share the excitement of a forest full of wildlife. The main loop of this trail is also used as a horse trail. Main loop - 1 mile, to overlook along ridge - 2 miles. 6. DEVIL'S BACKBONE TRAIL - One of the more challenging trails in the park also has some of the richest rewards. Be sure to visit the ridgetop overlooks and to cool your feet in the clear rushing waters of Fall Creek. 2 1/2 miles. 7. OVERLOOK TRAIL - This is the easy way to get to the top. Enjoy the rich forests and the fine views across the lake. 1/2mile.

FALL DINER MEETING, EASTMAN CABIN, BAYS MOUNTAIN - November 6, 1983 SUNDAY

Make plans now to attend the Fall Dinner Meeting. The program will include two slide presentations: One on the Club's hikes in New Hampshire and Yosemite National Park and One on Boundary Waters Canoeing. Watch for more information in the November newsletter. Make your reservations early.

FOR THE RECORD

Mt. LeConte - July 30 & 31, 1983 - Steve Falling

Our group of nine hikers escaped the 90° plus temperatures of Kingsport to enjoy the 20° cooler summit of Mt. LeConte in the Smoky Mountains. The clear, sunny weekend was spent hiking the Alum Cave Trail to LeConte Lodge and the Boulevard Trail to Newfound Gap. In addition to outstanding views from Mt. LeConte summit, Myrtle Point and The Jumpoff, some of our group spotted a bear. The hikers were Betty Moss, Greg Kramer, Judy McClanahan, Nancy Graham, Judy Davidson, Dennis Heileman, Helen Heath and Julie and Steve Falling.

Mt. LeConte via Roaring Fork - July 30 & 31, 1983 - Stan Murray

For the 21st consecutive year, a hardy band of creek climbers maneuvered their way to the summit of Mt. LeConte, third highest peak in the Great Smoky Mountains National Park. This year the route was up Roaring Fork, starting at Grotto Falls. For some strange reason, we took the left branch of Roaring Fork instead of the right, and while we missed what some people think is the lost Dome Falls, we saw some fine new waterfalls. It was generally agreed that the route was sufficiently steep; yet the group was strong and arrived at the lodge before 4 p.m. Newcomers to the creek climb were David and Sharon Cotey, Eric Middlemas and Dewey Fuller. "Old-timers" were Powell Foster, Linda Jewell, Darrol Nickels, Gordon Newland, Pat Dougherty, Cindy Dougherty, Allan Murray and Stan Murray. Next year's trip will be up Boulevard Branch. The announcement will come out in the fall.

Nolichucky Canoe Trip - August 13, 1983 - Ira P. Maupin

The canoe trip, on the Nolichucky, scheduled for August 13, 1983, was cancelled due to the low water level in the river. TVA reported the river was running at 560 CFM on Friday and the consensus opinion was that, at this level, there would be too much grinding and scraping of bottom rocks. Six people had indicated an interest in the trip.

# first aid for snakebite

## SYMPTOMS

The symptoms of snakebite can be divided into two categories:

1. **Mild-to-moderate.** Mild swelling or discoloration, mild-to-moderate pain at the site of the wound, tingling sensations, rapid pulse, weakness, dimness of vision, nausea, vomiting, and shortness of breath.
2. **Severe.** Rapid swelling and numbness, followed by severe pain at the site of the wound. There may also be pinpoint pupils, twitching, slurred speech, shock, convulsions, paralysis, unconsciousness, and no breathing or pulse.

## FIRST AID

The victim of a snakebite must have prompt medical attention. The most important step is to get the snakebite victim to the hospital quickly. Meanwhile, take the following first aid measures:

1. Keep the victim from moving around.
2. Keep the victim as calm as possible and preferably in a lying position.
3. Immobilize the bitten extremity and keep it at or below heart level.  
If the victim can reach a hospital within 4 or 5 hours and if no symptoms develop, no further first aid measures need be applied.
4. If mild-to-moderate symptoms develop, apply a constricting band 2 to 4 inches above the bite, but not around a joint—elbow, knee, wrist, or ankle—and not around the head, neck, or trunk.  
The band should be  $\frac{3}{4}$  to  $1\frac{1}{2}$  inches wide, not thin like a rubber band. The band should be snug but loose enough for a finger to be slipped underneath. Watch for swelling. Loosen the band if it becomes too tight, but do not remove it. Periodically check the pulse in the extremity beyond the bite to insure that the blood flow has not stopped.
5. If severe symptoms develop, keep the victim lying down and comfortable and maintain his body temperature. If breathing stops, give mouth-to-mouth resuscitation. If there is no pulse, perform cardiopulmonary resuscitation (CPR)—if you have been trained to do so.

As soon as possible make an incision over each fang mark and apply suction immediately. Apply a constricting band if that has not already been done, and make cuts in the skin through the fang marks. Use a sharp, sterilized knife. Cuts should be no deeper than just through the skin and should be  $\frac{1}{2}$  inch long, extending over the suspected venom deposit point. (Because a snake strikes downward, the deposit point is

usually lower than the fang mark.) Cuts should be made along the long axis of the limb. **Do not make cross-cut incisions. Do not make cuts on the head, neck, or trunk.**

Apply suction with a suction cup for 30 minutes. If a suction cup is not available, use your mouth. There is little risk to the rescuer who uses his mouth, but it is recommended that the venom not be swallowed and that the mouth be rinsed out.

If the hospital is not close — that is, if it cannot be reached in 4 or 5 hours — take the following measures:

1. Keep trying to obtain professional care, either by transporting the victim to a place where medical care is available or by using an emergency communications system to obtain medical advice.
2. If no symptoms develop, keep trying to reach the hospital and give the general first aid described above in steps 1, 2, and 3.
3. If any symptoms at all develop, apply a constricting band, make incisions, and apply suction immediately, as described above in steps 4 and 5.

## Other Factors To Consider

**Identifying the snake.** If you can kill the snake without risk or delay, bring it to the hospital for identification, but exercise extreme caution in handling it.

**Cleaning the bitten area.** You may wash the bitten area with soap and water and blot it dry with sterile gauze. You may apply dressings and bandages, but only for a short period of time.

**Medicine to relieve pain.** Do not give the victim alcohol, sedatives, aspirin, or any medicine containing aspirin. Some painkillers, however, may be given. Consult a doctor or other medical personnel for specific medications that may be used.

**Snakebite kits.** Keep a kit accessible for all outings in primitive areas or areas known or suspected to be snake infested.

It is not recommended that cold compresses, ice, dry ice, chemical ice packs, spray refrigerants, or other methods of cold therapy be used in the first aid treatment of snakebite.

The information on this poster is based on a report prepared for the American Red Cross by the National Research Council of the National Academy of Sciences.

## American Red Cross



Snakebite prevention practices that can eliminate needless illness and worry may be learned in a Red Cross first aid course. Call your chapter to enroll.