

**1996 CELEBRATING TENNESSEE EASTMAN HIKING & CANOEING CLUBS 50th**  
**ANNIVERSARY**  
**August 1996**

**THE TENNESSEE EASTMAN**

# HIKING & PADDLING NEWS

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NEXT TWO MONTHS			
Date	Description	Rating	Leader
Aug 8 - 12	Konnarock Crew, Cliff Ridge Relocation	Finish Up	J. DeLoach
Aug 10	<b>A.T. Hikes #9 &amp; 10, Carvers Gap to U.S. 19E</b>	M	C. Moorehouse
Aug 10	<b>A.T. Hike #9, Carvers Gap to Yellow Mt. Barn</b>	M	G. Luttrell
Aug 11	<b>A.T. Hike#10, Yellow Mt. Barn to U.S. 19E</b>	M	G. Luttrell
Aug 17	Third Saturday Maintenance	Satisfying	T. Malone
Aug 17	Nolichucky Gorge, 1st Timers Trip	II-IV	D. Fuller
Aug 24	<b>A.T. Hike #11, Carvers Gap to Hughes Gap</b>	M	S. Wilson
Aug 31-Sep 2	Multi-Club, Apple Tree Campgrounds	Interesting	C. Moorehouse
Sep 7 - 8	Hiwasee	II	E. Montgomery
Sep 14	<b>A.T. Hike #12, Hughes Gap to Iron Mt. Gap</b>	M	K. Edgar
Sep 21	Third Saturday Maintenance	Satisfying	T. Malone
Sep 28	<b>A.T. Hike #13, Iron Mt. to Indian Grave Gap</b>	M	C. Moorehouse

## 1996 Anniversary Hike Reports

**NOTE TO ANNIVERSARY SECTION HIKERS:** Remember to keep a log of the sections as you hike them (see March newsletter), to turn in after you have completed all sections. Call the editor if you need another copy of log sheet. One sheet per person or couple.

### **A.T. HIKE #5, WATAUGA DAM ROAD TO U.S. 321:**

Saturday June 8, 1996

Frank Williams reporting.

Eight hikers gathered to enjoy the chaos of this anniversary hike. They were Doug and

Donna Niemi (From the Mt. Rogers Club), Steve Woody, Garry Luttrell, Emmett Dougherty, Steve and Jill Wilson, and Frank Williams. Garry and Steve Woody started at the blue-blazed trail in Hampton and hiked over Pond Mountain to Watauga Dam Road. Emmett Dougherty hiked to Watauga Dam Road before we could drive there. We arrived back at the cars at about 11 AM. We did not even have time for lunch. Part of the trail is under water, but no major problem.

**A.T. HIKE #2, HIKE FROM LOW GAP TO MCQUEENS GAP:** June 15, 1996, Collins Chew reporting. This was the "official" completion of the section hike #2 which was only partially completed on the scheduled day in March because of deep snow. Only Steve Woody and Collins Chew made the hike as many others have done this section independently. This day was much warmer and more pleasant. On the return we clipped some stinging nettle and briars and removed the three new blowdowns which appeared in late Spring.

**A.T. HIKE #6, U.S. 321 TO DENNIS COVE:** June 22, 1996, Frank Williams reporting. Only two people, Sheldon Thompson and I, enjoyed this summer's day walk across Pond Mountain and along the Laurel Fork. This made for a very simple car shuttle and we did not get lonely on the trail. We met about 25 hikers and joined about 40 others at the falls for lunch. The thermometer on my pack read 70 degrees during our 1PM lunch, so we picked a good day to escape the heat of the city. We were on the trail at about 9:30 and back at the car about 2PM, so you missed a great, pleasant, quick and cool hike.

**A.T. HIKE #6, U.S. 321 TO DENNIS COVE:** July 6, 1996, Cris Moorehouse reporting. We met at 8:15 AM in Colonial Heights. After spotting a car at Dennis Cove we drove to U.S. 321 and started our hike. We met some hikers from Ohio who had their driver's side window broken out at U.S. 19E. Another car there had also been broken into. We returned to Colonial Heights by 4:30PM. Participants were Derrick and Bill Stowell, Kathy Hall, Whit Parham, and Theona and Cris Moorehouse.

**HW 91 TO WATAUGA DAM ROAD** July 6, 1996, Garry Luttrell reporting. This was a spur of the moment hike, where I spotted one car at Watauga Dam Road, and had my wife drop me off at HW 91. I also carried a swing blade, and cut weeds from Vanderverter Shelter south to the point where Ed Oliver cut a few weeks prior.

## **WORKING ON THE A.T.: MAINTENANCE UPDATE**

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**WHITE ROCKS MOUNTAIN AND DENNIS COVE:** Saturday May 18, 1996, Greg Kramer reporting. Two people X 6 hours = 12 total hours. Previous maintenance trips had found several blowdowns too big for handsaws. This trip was to take the big ones out. We met under more optimistic circumstances than last trip. With both trees being near an access point we drove first to White Rocks Mountain. We parked the truck and walked in about 1 hour, taking some other small things we left out along the way. We cut down the big one. We did have one small scare. The large tree uprooted a smaller tree. As I cut the smaller one out, the trunk stood back up, very quickly. Had I not prepared for this, I could have been hurt. This was something talked about during the Forest Service Chainsaw Training Class. I recommend the class for anyone using a chainsaw. We then left and drove to Dennis Cove. This tree was partially cut out of the way previously. We decided to take it out all the way. This turned out to be harder than the first, because it was a tree that broke off 9 feet in the air and was leaning

on its own stump. Participants were Tim Frederick and Greg Kramer.

**CUT NETTLES ON MCQUEENS KNOB:**

June 20, 1996.

Collins Chew reporting

Two X 4 hours = 8 total hours.

Participants were Collins Chew and Chester Bruner. What better way to spend Midsummers Eve than clipping nettles on McQueens Knob? Leaving Colonial Heights in rain at 5:45 PM, we arrived at McQueens Gap at 7:00 PM under blue skies. We had about one hour and cleared the dense growth of nettles from the gap to beyond McQueens Knob --about 1/2 mile. There are other nettles on the section but these were by far the worst and all had been clipped on one side the week before. Through hikers at McQueen Knob Shelter reported few problems although they had learned to recognize the nettles. We arrived back in Colonial Heights at 10:00 PM.

**YELLOW MOUNTAIN BARN TO STAN MURRAY SHELTER:** June 29, 1996, Ed Oliver reporting. Participants: Derrick and Bill Stowell, and Ed Oliver. Three X 11 = 33 total hours. We cut the weeds between Yellow Mountain Gap and the Stan Murray Shelter. This section of trail is in good shape. We met several hikers and backpackers. One of the backpackers said that he had cut the weeds between Bradley Gap and Little Hump Mountain and asked if it would be OK if he cut the weeds between Little Hump and Yellow Mountain Gap on Sunday. We told him to go ahead and cut as many of the weeds in this area as he felt like cutting. We also met Dixie from Mahoney's. She and her husband plan to cut the weeds from Grassy Ridge to the Stan Murray Shelter in the next week or so.

**MAINTAIN ADOPTED SECTION TRAIL NORTH OF HUMP MOUNTAIN,** July 5, 1996. Ed Oliver reporting. Participants: Frank Williams, Carl Fritz, and Ed Oliver. Three people X 9 = 27 total hours. We cut the weeds on this section. We also removed two blowdowns from this section, which is now in good condition. The camping area at Doll Flats was exceptionally clean. We only found two pieces of litter on the entire section.

**WORK ON STILES ON HUMP MOUNTAIN** June 17, 1996, Darrol Nickels reporting. 1 person X 8 hours = 8 hours total. Darrol went with the Forest Service people and the person who plans to graze Hump Mountain to see where the materials for the stiles are stored and to agree on where and how the stiles are to be built. One stile will be located a little trail north of Bradley Gap. The second stile will be located near the point where the trail enters the woods trail north of Hump Mountain. Darrol will try to work on the stiles this week. He may need to get other club members to help on a Saturday trip.

**WORK ON STILES, TRIP #2:** June 18, 1996, Ed Oliver reporting. Frank Williams and Darrol Nickels. Two people X 8 hours. = 16 total hours. Frank and Darrol started installing the posts for the fence that will be part of the stile. They installed one post when they were forced off the mountain by a rain storm. They walked in from Shell Creek. Next time, they will try to find a better way to the work site.

**WORK ON STILES, TRIP #3:** July 2, 1996, Derrick Stowell reporting. Participants: Darrol Nickels, Frank Williams, and Derrick Stowell. Three X 9 = 27 total hours. We left Colonial Heights at 8:00am. We parked the car near Yellow Mountain. We hiked to the work site and installed fence posts and fence rails. We returned to Colonial Heights at 5:00PM.

**WORK ON STILES, TRIP #4:** July 7, 1996, Ed Oliver reporting. Participants: Derrick Stowell, Frank Williams, Darrol Nickels, and Ed Oliver. Four people X 10 = 40 total hours. We completed all of the stiles on the trail south side of Hump Mountain except for installing a

gate at the stile. The gate will be constructed this week and installed soon. Darrol will contact the Forest Service people and have them move the rest of the fence materials to the site of the stile on the trail north side of Hump Mountain.

## UPCOMING EVENTS

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**KONNAROCK CREW - CLIFF RIDGE RELOCATION:** (Scheduled for August 8-12, 1996)  
Leader: Joe DeLoach. Rating: Satisfying to Finish Up! We had received four weeks of Konnarock Crew time this year to complete the relocations on Cliff Ridge above the Nolichucky River, and hopefully to do something else on our A.T. section. For various reasons, we will only be able to complete the Cliff Ridge relocation. Only is not a fair word though because this project is such a good improvement over the former A.T. route. We are on the last of the ten relocation's, about midway between the River and Temple Hill Gap. Don't want to mislead anybody; this is a long walk in (at least two miles). But, there is a great deal of satisfaction when that last stretch of a long relocation is finished and you know that you've contributed to the building of a safe, stable Trail. The Crew will show up late on Thursday afternoon, August 8 and will be with us until Monday, August 12. Volunteers are encouraged to come out any time during that period but we will have organized trips on Saturday and Sunday. These trips will leave from the parking lot between Burger King and McDonalds in Colonial Heights at 8:00 AM. Bring lunch, work gloves, and plenty of water. We'll furnish the tools but please let me know that you're coming so we'll know how many tools to bring and will be looking for you. We have several members who have already worked five days with the Crew and have earned T-shirts and several more who are close. Come help us finish this rewarding project! Please contact Joe if you'd like more information.

**A.T. HIKE #9 AND #10, CARVER'S GAP TO 19E:** Saturday, August 10-11, 1996. Leader: Garry S. Luttrell. We'll do this 13.6 mi. hike the easy way from Carver's Gap to 19E, so it will be on the moderate side of a difficult hike. Contact the hike leader for meeting time, place, and further details.

**A.T. HIKE # 9 & 10, CARVERS GAP TO U.S. 19E:** Leader: Cris Moorehouse. Rated moderate. I plan to do this hike in one day. We will start early at Carvers Gap and hike through to U.S. 19E. Call trip leader for meeting time, place, and details.

**THIRD SATURDAY MAINTENANCE:** August 17, 1996. Meet at 8:00 AM between MacDonalds and Burger King. Call Ted Malone or Ed Oliver for details.

**NOLICHUCKY GORGE FIRST TIMERS TRIP,** August 17, 1996. Dewey Fuller reporting. The Noli gorge is a spectacularly scenic class III-IV run through mostly National Forest. This time of year, barring any heavy rains from hurricane activity, the river should be at a nice (lowered) level suitable for those looking for something a little more challenging than class III water. Experienced gorge runners are of course also welcome. Please call Dewey Fuller for details.

**A.T. HIKE #11, CARVERS GAP TO HUGHES GAP:** Saturday, Aug. 24, 1996, rated moderate. Leader Steve Wilson. Join us at the parking lot between MacDonalDs and Burger King at 8AM for a 8:15 departure. This is a short hike, 4.6 miles, and rated moderate only because of the terrain. Call trip leader for more details.

**1996 MULTI-CLUB ANNOUNCEMENT:** Scheduled for August 30 to September 1, 1996. The

1996 Multi-club campout will be held this year at primitive Appletree Group Camp (USFS) near Nantahala Lake in Western North Carolina. Because of the remote location, the NHC will be providing meals from Saturday breakfast through Monday breakfast. Registration deadline is August 15th if meals are involved. For information or registration, write Kay or Jack Coriell, 704-369-6820, 358 Sanders Rd., Franklin, N.C. 28734, or contact Cris Moorehouse.

## **For the Record**

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I talked with one of our club members who is being treated for Lyme Disease. In addition, I read the following article, and thought we should all be aware of the symptoms and treatment. Editor.

### **Ticks Ticks Ticks, Time to Be Careful**

by Trish Mims

Summer is already here and so is the annual tick standoff. These small-to-microscopic parasites are actually arachnids. The several infectious diseases that they can transmit make them a major problem. Preventive action is the key to defeating these spider cousins. Information is the other weapon in the battle. Lyme disease and Rocky Mountain Spotted Fever are the main diseases carried by ticks. (Lyme disease was first reported in Lyme, Connecticut.)

Before a person can contract Lyme Disease, the tick must have the infection and it must feed on its host for 24 hours before it can inject its spirochetes or bacteria. About two-thirds of infected people develop a rash at the site of the bite; a red to purplish spot 2 to 20 in. in diameter.

Flu-like symptoms including fatigue, fever, headache, chills, stiff neck, and muscle aches, can appear before or after the rash. Almost 15% of untreated people develop encephalitis, meningitis, or paralysis of the face. Heart problems occur in 5 to 8% of untreated people and about half of untreated people develop arthritis.

The good news is that antibiotics are useful against all stages of Lyme disease, particularly the first. While diagnosis is getting more accurate all the time, it is still a problem. If you have any symptoms, be sure to let your doctor know that you're an outdoors person and suggest the possibility of a tick-related disease. When administered early in the infection, these antibiotics wipe out the spirochetes and cure virtually all cases of Lyme disease.

In the later stages treatment is much more difficult, so look for the ticks on your body and be aware of the symptoms. While Lyme disease has surpassed Rocky Mountain Spotted Fever as the most common tick disease in this country, RMSF is still present and can be serious. Initial symptoms as in Lyme Disease are flu-like such as headache, high fever, chills, painful bones and joints and general growing weakness. These appear 2 to 14 days after contact with infected ticks. Central nervous system problems range from insomnia to delirium and coma. Treatment with antibiotics is effective if started early, but untreated RMSF may last weeks and even months and result in brain or heart damage.

Again, the best strategy in the tick war is prevention and early discovery. Use insect

repellents, wear hats, and protective clothing and see a doctor if you suspect any tick related disease. *Reproduced with permission of Trish Mims. This article first appeared in the June-July, 1993 issue of hiker.*

**ATC CLUB PRESIDENTS MEETING IN HARPERS FERRY: JUNE 28 - 30**, Garry Luttrell reporting. Steve Wilson and I represented TEHCC at the biennial meeting of the A.T. Maintaining Club's Presidents at the Mather Training Center in Harpers Ferry, W.Va. After some opening remarks by Maureen Finnerty, NPS, and Bill Damon, Forest Service; Dave Field, ATC Chair, lead the group through a full agenda Sat. and half a day Sun. Some of the breakout sessions and workshop topics included: Planning and Policy Development, Structure Management, Corridor Monitoring, Hiker Information, Trail Advocacy, Fund Raising, and dealing with developments that affect the A.T. A lot of emphasis was placed on Club's completion of Local Management Plans and development of a Memo of Understanding between the various clubs and the ATC.

**APPALACHIAN TRAIL COMMITTEE MEETING:** July 2, 1996, Joe DeLoach reporting. Number of Participants  $8 \times 3 = 24$  Members Present Joe DeLoach, Ray Hunt, Garry Luttrell, Darrol Nickels, Ed Oliver, Steve Perri, Bill Stowell, and Derrick Stowell Major item of business was the proposed ORV trail going up Little Horse Creek on Hump Mountain. The A.T. Committee agreed to oppose such a trail based on the precedent it would set in the Roan Highlands, the difficulty of enforcement for the Forest Service, and the noise and visual impact. Joe will write a letter to Paul Bradley expressing our opposition.

Other issues:

- 1) We agreed to endorse the land swap at Watauga Lake, which would result in acquisition of two high priority tracts immediately adjacent to the A.T.
- 2) We discussed the problems with Konnarock this year and agreed to use the final week in August on the Cliff Ridge relocation.
- 3) We reviewed some of the wording in the Wilderness Act and related regulations. Joe will be attending a meeting on July 15 to discuss use of power tools in Wilderness areas. Frank Williams met with the Sierra Club at the same time to discuss the possibility that they could help maintain the A.T. in Wilderness areas. One possibility would be for them to adopt a section in an existing Wilderness area. Joe will follow up with Frank on his meeting.
- 4) Garry updated the A.T. Committee on the recent A.T. Club Presidents' Meeting that he and Steve Wilson attended. A major topic was the clubs' Local Management Plans and Memoranda of Understanding between the club and their agency partners.
- 5) Ed and Joe described a meeting with Paul Bradley, Olin Mason, and Morgan Sommerville at Carvers Gap to discuss the A.T. on Round Bald. At that meeting in May, Olin committed to getting all the biological evaluations completed that would allow a relocation on the front side of Round Bald to be approved. Such a relocation could begin as early as next year. Starting at Carvers Gap would eliminate the need to haul gravel to the back side of Round Bald, and mechanized equipment could be used to build the relocation. We need to check on the financial status, including what to do with the check we have already received for gravel for the back side, and funding for next year. The possibility that Eastman could help with the funding was raised as was the need to pursue this soon. Joe will discuss funding with Morgan.
- 6) The Wilderness ridge runner observed two of our members spraying poison ivy in Laurel Fork Gorge, which upset the Watauga Ranger District. This is the one of a series of incidents, along with the metal/plastic blazes and the relocation of the A.T. at Hwy. 421, that have not pleased the Watauga RD. We agreed to desist from any further spraying until if and when the

Forest Service approves it. Joe and Bruce Cunningham will work on the approval. We also learned that the Wilderness Ridgerunner had removed all the metal/plastic blazes from the section between Hwy. 321 and Watauga Dam Road, without painting new blazes in. Joe has asked the Watauga RD not to do that and has repainted blazes around the lake, but not for the entire section. Ed will ask Jim Mann if he can paint the blazes (ED - if Jim is not available let me know)

**A.T. INCIDENT REPORT:** Garry Luttrell reporting. I receive a FAX from ATC: Dr. Paul Young reported; "While walking along the trail, I noticed dislodged rocks and loose dirt. Dr. Young said the trail "looked like a dirt road with the tire tracks from an ATV". He then encountered a white male in his 30s on an ATV between Nick Grindstaff Monument and Turkey Pen Gap at about 3 PM on 7/6/96. (**Webmaster's note: access to the A.T. at Turkey Pen Gap has been CLOSED**)

**LECONTE TRAIL TRIP:** Cris Moorehouse reporting. Eight hikers met at the Cracker Barrel at 8 AM Saturday the 13th of July to plan our route to LeConte. We decided to go up and back the Trillium Gap Trail. We had an easy walk up to Grotto Falls, climbing only 520 feet in 1.5 miles. We then went to Trillium Gap, and then on to the lodge. We climbed about 3,400 feet from the Gap to the top. We left the parking area at 9:20 AM, and arrived at the lodge at 1:30 PM. It was too foggy to see the sunset, but many walked up to the ridge anyway. We had the same heavy rain and thunderstorms that seem to hit whenever I am there. The next morning we left soon after breakfast (9 AM) and were back at the parking area at noon. Joining me for the trip were Paulette and Joe Hall, Gene and Duran Doran, Whit Parham, Kathy Hall, and Theona Moorehouse.

**LECONTE CREEK TRIP:** Dewey Fuller reporting. As is usual for a Mount LeConte creek trip, the day started early. The Bristol contingent left Bristol before 5:00 AM, picked up Jon Mather in Colonial Heights at about 5:15 and headed for the meeting designed meeting place, Cracker Barrel restaurant in Pigeon Forge. After a hearty breakfast it was time to hit the creek. This year creek trippers were hard to come by and only 5 out of 12 opted to rock hop and bushwhack their way to the top. The rest of the group set up shuttle and ascended the mountain via Rainbow Falls trail. Now creek trips are in general a pretty low-tech affair. However, this year Jon brought along an altimeter watch which allowed us to follow our progress, elevation wise that is, as we made our way up Cannon creek. All of the LeConte creeks are steep, but Cannon has a series of sheer rock bluffs which require some careful scabbling to negotiate around them. After about six hours of slipping and sliding on wet, sometimes slimy rocks for the first part of the trip and of steep bushwhacking through dense undergrowth and blowdowns for the second half we reached the Boulevard trail about 4:00 PM leaving us plenty of time to hike to the lodge and clean up before dinner. Creek trippers this year were Jon Mather, Eric Rouse, Dave Skotty, Tim Dawsey, and Dewey Fuller. Those taking the less scenic route were Kathy Fuller, Jennifer Rouse, Dave Allen, Dana Outlaw, Mary and Barry Street, and Sador Black.

**To contribute an article contact Cris Moorehouse  
Newsletter Editor.**

**TERC HIKING & CANOEING CLUB  
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