

FOOTSTEPS

NEWSLETTER OF SEQUOYAH HIKING CLUB

TAKE ONLY PICTURES ***** August 1999 ***** LEAVE ONLY FOOTPRINTS

Sequoyah Hiking Club

Officers

President
Paul Gamble
Vice-President
Bobbie Arp
Secretary
Liz Yates
Treasurer
Johanna Cooley
Editor
Helen Maxwell

Purpose

- 1-To plan and enjoy hikes in local areas.
- 2-Little organization
- 3-Few rules
- 4-No by laws

Meetings

4th Monday of each month

Dues

\$12 per year

Footsteps

Monthly newsletter

JULY MEETING

The July 26th meeting of the Sequoyah Hiking Club was at Bert's Hometown Grill. Bobbie Arp, Johanna Cooley, Faye Daniel, Paul Gamble and J. D. Jones were present. Faye Daniel joined the club and is our new member for August. She has made several hikes with the club in the last few months. We welcome her to the club.

Gov. Don Sunquist's recent announcement of "Tennessee Looks Good to Me", a new statewide initiative to mark the new millennium by making Tennessee a cleaner, more beautiful place to live, stimulated the Sequoyah Hiking Club to start a new hiking policy. That policy will be to carry trash bags on all hikes and pick up cans and other trash that can be carried in trash bags in an effort to make our part of Tennessee cleaner and more beautiful and a place we can be proud to call home. When you join a club hike, please bring a trash bag to use to remove trash from the

trail. The club and leaders will try to bring extra bags for anyone who wishes to help in this project.

HIKES

The hike around Indian Boundary Lake on June 2 failed to be reported in a previous *Footsteps*. Hopefully this report will make amends, however belated it is. Tom Burris, Johanna Cooley, guest Faye Daniel, J. D. Jones and Liz Yates met at Wal Mart at 9:00 AM for the trip to Indian Boundary. There were thunderstorms threatening as they left Madisonville, but beautiful sunshine and light breezes awaited them at Indian Boundary. There were lots of wildflowers: galax, wild hydrangeas, partridge berry, flame azaleas and a lot of little colonies of Indian pipe. After a lunch break, they checked out another short hike on Citico Road. Three newly mowed wildlife lots and road bed with a lot of laurel in bloom were found.

WHY IS IT CALLED ALUM CAVE?

Alum Cave is at an elevation of about five thousand

feet on the southern flank of Mt. LeConte. Not properly a cave, it is rather a sheltered recess formed by a great ledge jutting out of a mountainside. A hundred feet from floor to rocky roof, it is so deep that wind-driven rain never penetrates to moisten the ankle deep dust under foot. Cherokee tradition tells that it was first seen by chief Yanugunski who as a youth tracked a bear to its den in the cave.

The walls at the back of the cave are encrusted with a rime of alum and saltpeter, left by the evaporation of ground water that leached it from the rocks. The deposit has been worked for its minerals from very early days. In the 1830's a group living on the Oconaluftee River formed the Epsom Salts Manufacturing Company to exploit the Alum Cave, and later, during the Civil War, its products were of great value to the Confederacy. As late as the early part of this century traces could still be found of the log hoppers and vats used then.

BLISTERS

Blisters are a common, often preventable problem for active people. When blisters do occur, there are a number of treatments available to minimize pain and risk of infection and help get active people back on their feet quickly.

Blisters are caused by friction, moisture and heat, and one or more of these conditions can be altered to help prevent blisters.

Shoe fit: One should try on shoes late in the day to allow for swelling of the feet. If athletic socks or orthotics are to be worn, they should be worn when trying on shoes. The location of blisters can indicate specific shoe problems. If one is bothered by heel blisters, it suggests that the heel cup is too wide. Blisters on the tops or ends of the toes or the outer borders of the first and fifth toes suggest that the toe box may be too tight or too narrow.

Socks: The right socks can decrease moisture and friction. Synthetic socks have wicking properties that decrease moisture. Double layer socks decrease shearing forces and friction but minimize wicking abilities. Socks should fit snugly.

Skin tougheners: Applying tincture of benzoin or soaking the feet in black tea or a Betadine solution 20 minutes twice a day for one or two weeks can help form a protective coating and toughen the skin. They do discolor the skin.

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Blisters, continued from p-1

Shoe laces: Laces can create pressure points. Different lacing techniques should be tried to eliminate pressure points. If heel slippage is a problem, the shoe should be laced normally until the last eyelet, then the lace should be threaded through the eyelet on the same side, creating a small loop. The opposite lace should then be threaded through the loop on each side and cinched together to hold the heel in place when the laces are tied. For localized pain under a lace or eyelet, the shoe should be laced normally but skip the eyelets over the painful area.

Gaiters: These devices fit over the shoe and ankle to prevent dirt and rocks from getting into the shoe and increasing friction.

Insoles: There is evidence that athletic insoles decrease the incidence of blisters by diminishing shearing forces.

Fresh footwear: Changing shoes and socks frequently helps keep feet dry and clean, reducing the likelihood of developing blisters.

Hydration: Dehydration causes loss of skin turgor

and makes the skin more prone to blister. Maintaining proper hydration during exercise will help prevent blisters.

Taping: Tape forms a barrier between the skin and socks, reducing friction forces. There are many types of tape available. Elastic, porous tape conforms to the foot and is very effective in preventing blisters.

To be continued next month with treatment of blisters and tips for taping.

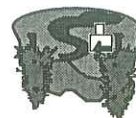
CALENDAR OF EVENTS



Aug 23, Monday - Be present at our regular monthly meeting to help make plans for our fall hikes and events.

Sept 18, Saturday - Hike for Habitat for Humanity at Indian Boundary. Definite plans will be discussed at the August meeting.

Liz Yates*
4600 Little Valley Rd
London, TN 37774



SEQUOYAH HIKING CLUB
Helen Maxwell, Editor
951 Laurel Lake Circle
Madisonville, TN 37354