



## NEWSLETTER OF SEQUOYAH HIKING CLUB

TAKE ONLY PICTURES \*\*\*\*\* September 1999 \*\*\*\*\* LEAVE ONLY FOOTPRINTS

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### AUGUST MEETING

Luci Alexander, Bobbie Arp, Tom Burris, Johanna Cooley, Elbert Croft, Faye Daniel, Joyce Denton, Paul Gamble, Lee Roy Holt, J. D. Jones, Houston and Freda Lowry, Richard and Betty Spurling and Liz Yates gathered at Bert's Hometown Grill for the August meeting of the Sequoyah Hiking Club.

The treasurer reported that the club's checking account is being charged a fee, probably because our balance is below the minimum amount for free checking. She will check to see if we can get an account that does not charge a fee. It was voted to contribute \$100 to Habitat for Humanity in support of the September 18 Hiking for Habitat for Humanity. Sequoyah Hiking Club is participating in this venture by planning and leading the hikes.

Considerable time was spent discussing hikes for September and October. It was pointed out that frequently there are not many hikers taking the Saturday hikes, and it might be better to decrease the frequency of Saturday hikes. There has been good participation on the Wednesday hikes.

### HIKES

The Hiking for Habitat for Humanity will be Saturday, September 18, 1999, and if the weather postpones the hike, the rain date is Saturday, September 25, 1999. The meeting time for the hike will be 9:30 A.M. at the Indian Boundary Lake boat ramp in the Tellico District of the Cherokee National Forest. For those who want to pool cars for the trip from Madisonville, meet at the old Wal Mart parking lot at 8:30 A. M.

There will be two hikes, both led by Sequoyah Hiking Club members. One is a 3.6 mile, easy hike around Indian Boundary Lake. The second hike is from Double Camp to Farr Gap which is 6+ miles and rated as a moderately difficult hike. The hikers will have to drive a short distance from Indian Boundary to the start of the second hike.

Habitat for Humanity will provide drinks, sandwiches and trail mix free of charge for the participants.

Hikers are requested to get sponsors who will agree to give some amount (50¢, \$1, \$5 or more) for each mile hiked. Or a sponsor might prefer to donate a set amount. A form that can be used for getting names of sponsors is included with this newsletter. For more information call 442-8886.

All proceeds received from this hike will go toward building homes for Monroe County families who qualify for help in attaining adequate housing for their families.

### CHANGE IN A HIKE

The hike planned for Saturday, October 16 to Beaver Dam Bald has had to be changed because of a hunt in the Tellico Mountains. The October 16 hike will be on the Little River Trail at Elkmont. See the calendar of events.

### WHY IS IT CALLED.....?¹

**Mt. Mingus**, between Indian and Newfound Gaps, carries the name of Dr. John Mingus, one of the early landowners along the Oconaluftee River. He was one of the organizers of the Epsom Salts Manufacturing Company that in the 1830's worked the mineral deposits of the Alum Cave.

The highest peak of the Smokies was known to the Cherokees as Kuwahi, the mulberry place. Later the whites referred to it as Smoky Dome. When S. B. Buckley published his name list after his explorations in 1858, he gave it his own name, Mt. Buckley. This received no common use, for Guyot (pronounced Ghee-o) writing after his visit the next year, said, "I have heard of but one name applied to the highest point, and that is Mount Clingman."

Gen. Thomas Clingman, soldier, statesman and mountain lover, to whose explorations and writings we are indebted for much of our early knowledge of the Carolina mountains, had been of great assistance to Guyot. Let him tell of the naming of the peak:

"He [Clingman] caused Mr. Collins to cut a path of six miles to the top, which enabled me to carry there the first horse, kindly loaned to me by Col. Robert G. A. Love, that was ever seen on these heights. It would seem natural that the names of the three gentlemen of the party and not one only, should be recalled as being applied to the three highest peaks that comprise this group. The central or highest peak is, therefore designated as **Clingman's Dome**, the south peak is next in height as Mt. Buckley, the north peak as Mt. Love."

¹ Fink, Paul M., *That's Why They Call It...* 1964

### 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

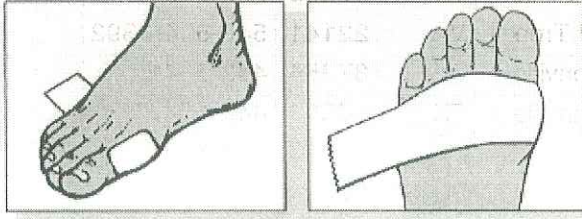
\$12 per year

#### Footsteps

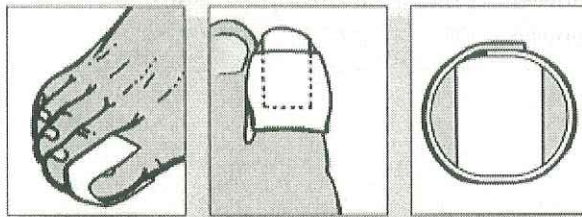
Monthly newsletter

## BLISTERS

### Method for Taping to Prevent Blisters



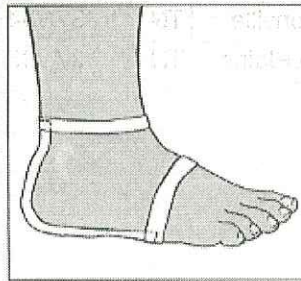
*Figure 1. For blisters on the balls of the feet: Use a strip of tape 2 inches wide and long enough to go around your foot. Place tape on floor, adhesive side up, and place foot at a right angle to tape. Pull tape edges over the foot without stretching tape. Cut the forward edge of the tape to the contour of your foot, making sure the edge of the tape does not touch the base of the toes.*



*Figure 2. For blisters on the toes: Use a small strip of tape and wrap it from the base of the toenail around the tip of the toe to the bottom of the toe, so that the edges are even. (This step can be omitted if blisters on the tips of the toes are not a problem.) Now wrap a strip of tape around the circumference of the toe. Overlap the edges slightly on the top of the toe. Do not extend the tape far enough that it will dig into the skin between the toes.*

*Figure 3. For blisters on the heel: Place a large piece of tape over the entire heel, keeping the foot and ankle flexed up as the tape is applied. Using a 1-inch strip of tape, cover the forward edge of the heel tape, bringing the ends of the strip to overlap on the top of the foot. Use another strip to cover the back edge of the heel tape, overlapping the ends of the strip in front of the ankle.*

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### Treatment of Blisters

To treat intact blisters when one plans to limit activity until the blister heals, apply moleskin with the center portion cut out and placed over the blister. Place a piece of gauze over the moleskin and cover it with a piece of tape or adhesive knit.

If one plans to continue activity, the blister should be drained. Clean the area with alcohol and make several small holes in the side of the blister using a sterile needle. Apply gentle pressure to drain the blister, clean and dry the skin and apply an antibiotic ointment and a blister-care product (see below). Do not remove the outer layer of dead skin.

The site should be checked daily for redness or purulent drainage which are signs of infection.

If the fluid in the blister is cloudy and purulent, it should be drained and dressed as above, and one should limit activity until the infection resolves. The blister can be soaked daily in warm water and kept elevated as much as possible. If this condition does not improve rapidly, one should consult a physician.

If the blister is ruptured, treatment depends on the condition of the outer layer. If it is intact, apply an antibiotic ointment and a blister-care product. If the outer layer is torn, carefully cut away the loose skin, clean with soap and water, apply an antibiotic ointment and a blister-care product.

*Ask your physician when in doubt.*

### Blister Care Products

The following products are available in drug stores and specialty stores. The application of these products may change the fit of the shoe.

**Moleskin** is cotton padding with an adhesive backing to provide cushioning and reduce friction.

**Adhesive felt** with adhesive backing is available in various widths.

**Compeed** is flexible polyurethane film on an absorbent, adhesive layer. This functions as a second layer of skin and should be placed on the blister and covered with tape or adhesive knit.

**Spenco Second Skin** is a hydrogel pad that can be cut to size and placed over the blister to reduce pain and friction. It should be covered with tape or adhesive knit.

**Adhesive knit** is a flexible, breathable fiber that conforms to the foot and adheres well even in the presence of moisture.

**Spyroflex** is a polyurethane membrane with an adhesive inner layer and water permeable outer layer. This should be cut to size, placed over the blister and covered with an adhesive knit.

**Coban** is a self adherent wrap that is flexible and conforms well to the foot. It should not be applied too tightly.

### Conclusion

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 to help get active people back on their feet quickly.