



A JOURNEYS

THE MAGAZINE OF THE APPALACHIAN TRAIL CONSERVANCY

July — August 2011

INSIDE: From Trail To Table | A Stewardship Story | Dawsonville, Georgia

A JOURNEYS

THE MAGAZINE OF THE APPALACHIAN TRAIL CONSERVANCY

Volume 7, Number 4
July — August 2011

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The Appalachian Trail Conservancy's mission is to preserve and manage the Appalachian Trail — ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and for centuries to come.

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E-mail: editor@appalachiantrail.org

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On the Cover: Vivid flowered clover blooms in the lush grass between the A.T. and farmland that parallels the Trail below South Mountain in Boiling Springs, Pennsylvania. "I remember the flowered grass was actually in the border of the farmed field and the Trail," says photographer, and Boiling Springs resident Linda Norman. "There is usually grass to set off the Trail. Sometimes the farmer cuts closer to the Trail and we lose the [flowers]; but that day, it was beautiful, and I took this and others in the early morning sunrise."

Over the last five years, Linda has donated countless images to *A.T. Journeys* and the Appalachian Trail Conservancy, and once again, her talent and generosity has allowed us to bring to our readers the pastoral scenes that intermingle with the Trail in the Cumberland Valley of Pennsylvania ("Trail to Table" page 10).

She continues to hike along this nearby portion of the Trail every morning, rain or shine, with her two golden retrievers Bedford and Emmie, and very often, her camera.

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STEWARDSHIP STORIES. THE APPALACHIAN TRAIL IS STEEPED IN THEM.

One particularly poignant story involves a kind, generous, and forward thinking woman and her beloved Massachusetts summer home — a Trailside farm, set on 90 verdant acres of field and forest.

"When Mary Margaret Kellogg donated her cherished farm — known then as 'April Hill' — to the Appalachian Trail Conservancy (ATC) in 2004, she envisioned her gift being used to foster a conservation, historic preservation, and environmental ethic through education and pastoral stewardship of the land," says ATC's conservation resources manager Adam Brown. Since then, ATC has been actively engaged in following through on this wish at the Kellogg Conservation Center (page 20). In an article written some years ago for ATC about the farm, Mary Margaret wrote: "It is a beautiful area, a special space, and I feel proud that I have done my best to preserve and protect it and to share it for the future."

As for the continuing story of Mrs. Kellogg and the farm that now carries her name, a somber note was recently hit. Mary Margaret Kellogg passed away on May 23 at the age of 94, just as we were putting the finishing touches to the July-August issue of *A.T. Journeys*. ATC would like to dedicate this very appropriate issue to her, with the hope that it encompasses her exceptional vision, and exemplifies her own exquisite stewardship story. "For all her worldly experiences and opportunities, Mary Margaret was very down to earth. She had a wonderful enthusiasm for the simple, natural beauties of life and was happy when others appreciated them and respected them as she did," says long-time friend Eileen Vining, whose husband Ted today affectionately tends to the Kellogg Conservation Center grounds as its official caretaker. "She dearly loved the farm and wanted it to be active and alive with agricultural activity. She considered it to be a healing place, and was most pleased to share the soothing effects of its natural beauty. Her efforts to conserve not only her property but a whole tapestry of landscapes around her and along the A.T. leave a stunning legacy for us all." ♡

Wendy K. Probst | *Managing Editor*
Steve Paradis | *Chief Operating Officer*

A memorial service for Mary Margaret Kellogg will be held at Simon's Rock in Berkshire County, Massachusetts in August, 2011.

A.T. Journeys welcomes your comments, story suggestions and photographs. Queries may be submitted via e-mail to editor@appalachiantrail.org.



Mary Margaret Kellogg "at home" on the farm.



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THANKS FOR THE ARTICLE BY the Gatewoods (Disappearing Giants, *A.T. Journeys* May/June). I was unaware that those old [American chestnut] roots are still sprouting. The fact that their census territory ended at the Loft Mountain Campground [caught my attention]. It was just south of that point along the A.T. that, almost six decades ago, I filmed the silvery skeletons of long-dead American chestnut trees. I wonder if those skeletons are still there.

Woody Thomas
NAPLES, NEW YORK

IT WORKED. BECAUSE A.T.

Journeys carried my “hiking partner wanted” notice in the March-April issue, I located a partner and finished my final section hike of the Florida National Scenic Trail in April. Many thanks! Your magazine performs a great service to hikers by running these.

George “Poet” Meek
ARLINGTON, VIRGINIA

MY WIFE AND I RECENTLY

discovered, or should I say, once again discovered, how small the world gets when you are an A.T. thru-hiker. Early in May, we read the article, “A Family Affair” in the May-June issue of *A.T. Journeys*. The article was of great interest to us because we live in Maryland, the home state of the story’s author, and hiked on Roan Mountain during our 2006 thru-hike — and again in 2009 before Trail Days. Reading the tale of the “Garrett Guy Getaway” brought back fond memories. Several weeks after reading the story, we found ourselves in Alaska, where we hiked and traveled around the Kenai Peninsula by RV. On our last day, we returned to Anchorage to drop off the RV, but first made a stop at a local gas station.

I was wearing a t-shirt that said “2,175 Miles” on the front and had a pencil drawn map of the A.T. on the back. As I entered the tiny booth where I was to pay for the gas and propane, the gentleman running the station said, “Hey! 2,175 miles! That’s the Appalachian Trail!” I told him that my wife and I had thru-



hiked the A.T. and he immediately reached under a pile of receipts, newspapers, and other clutter on the counter and excitedly asked, “do you get this magazine?”, while proudly holding up the May-June issue of *A.T. Journeys*. I told him that we did, at which point he immediately turned to the article “A Family Affair” and let me know that the story was about his family. He even pointed himself out in the photo on page 41. “That’s me, Nelson, there on the right.” We talked for a few more minutes about Roan Mountain, both of us reminiscing and comparing notes regarding our respective journeys there. What were the chances that two people, living about as far from each other as is possible in the U.S., would have a common bond? The world had just become a bit smaller, simply because we are both part of the family of hikers that spend time on the Appalachian Trail; and *A.T. Journeys* became a common connection point.

Randy “Windtalker” Motz
GERMANTOWN, MARYLAND

YOUR MAY-JUNE 2011 ISSUE

had beautiful pictures. However, you should have devoted more space on Appalachian Trail Conservancy (ATC) Board resolutions and candidates. The [ATC] Biennial occurs every two years and it’s the only place where members can voice their opinions in a public forum. Surely board resolutions and board members

deserved more space in your magazine, especially since they’re up for a vote. Please, the next time, at least once every two years, give more space and consideration to important board work.

Danny Bernstein
ASHVILLE, NORTH CAROLINA

GREETINGS, AS A RELATIVELY

new member of the Appalachian Trail Conservancy, I want to thank you for your service. I look forward to receiving the magazine every couple of months and keeping up with your efforts to support the Trail. On May 27 I was on the Trail section hiking from Springer to the Nantahala Outdoor Center. Specifically, I was camped at Chattahoochee Gap, and this was the night of [what may have been] the century’s largest tornado outbreak in the U.S. At the time I set up my tent I didn’t know what was coming, but the ferocity of the weather revealed itself in due course. Quite frankly it was pretty frightening but in the end all was okay. I’m now home planning the next trip. ♡

Wes “Bonjour” Pruett
FAIRMONT, MINNESOTA

EDITORS NOTE

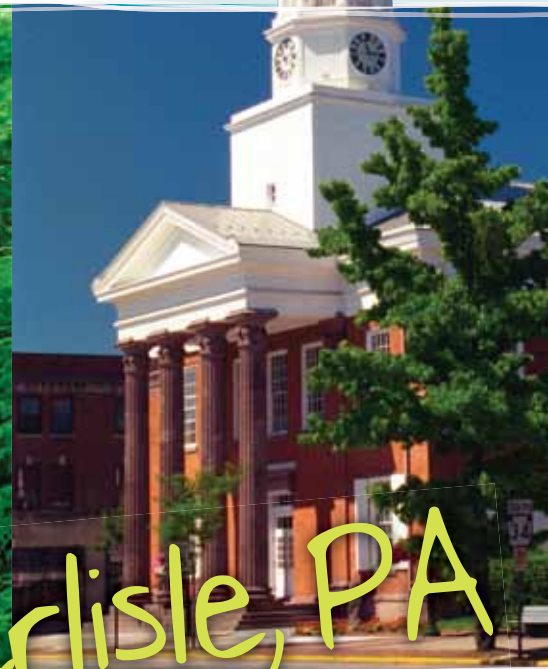
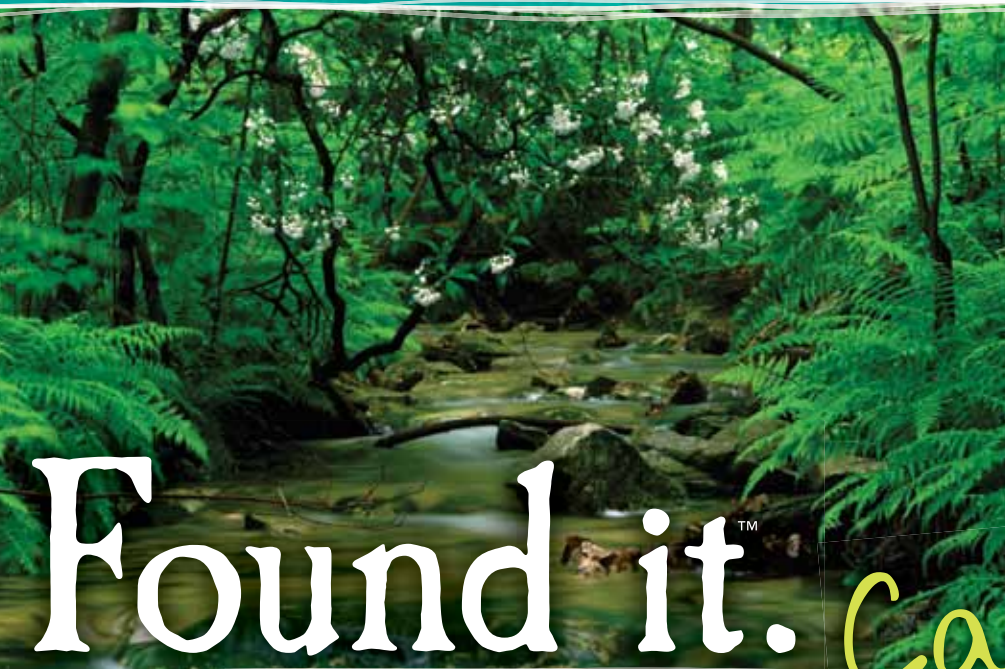
The plastic packaging of the May/June issue of *A.T. Journeys* magazine was a one-time only situation due to a last-minute glitch during printing production. We assure you, we understand our readers’ concern about this and we do not plan to use this type of packaging in the future.

A.T. Journeys welcomes your comments. The editors are committed to providing balanced and objective perspectives. Not all letters received may be published. Letters may be edited for clarity and length.

Please send them to:
E-mail: editor@appalachiantrail.org

Letters to the Editor
Appalachian Trail Conservancy
P.O. Box 807, Harpers Ferry, WV 25425-0807

Looking for the perfect getaway with outdoor and historic adventures?



Found it. Carlisle, PA

The historic town of Carlisle is noted for its restored architecture and tree-lined streets—once walked on by George Washington, Molly Pitcher and other icons of early America. If history is your passion, this town offers landmarks, museums, and an augmented reality walking tour that allows visitors to see history with new eyes.



Lunch at the Green Room Bistro & Juice Bar

For those seeking a relaxing day away, there is a diverse collection of shops and restaurants in Carlisle that have banded together to create a unique experience for visitors to browse and collect treasures from the Valley.

Foodies will not be disappointed with this town’s eclectic restaurant selections with tastes from all over the world. Find Moroccan, French, English, Japanese, Italian and Belgian mixed in with authentic diners and cafés all within a few blocks.

Outdoor enthusiasts will appreciate the easily accessible Appalachian Trail and biking, hiking, beaches and more at nearby state parks.



Downtown Carlisle Harvest of the Arts

September 24, 2011
10 a.m. to 4 p.m.

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IT HAS BEEN A BUSY SPRING HERE AT THE APPALACHIAN TRAIL Conservancy (ATC). In early April, a Weeks Act Centennial Celebration was held at the Biltmore Estates near Asheville, North Carolina, where ATC was presented with an award by USDA Forest Service southeast regional forester, Liz Agpoa. The award was given to Dave Startzell to recognize ATC's contributions toward the conservation of more than 56,000 acres in the eight national forests crossed by the Appalachian Trail in the eastern U.S.


ATC's second annual awards gala was held in Washington, D.C. in mid April at the Library of Congress. Honorees Rebecca Barnes, western region trail coordinator for the Massachusetts Department of Conservation and Recreation; Dennis E. Frye, chief of interpretation and education for Harpers Ferry National Historical Park; H. Thomas Speaks, forest supervisor for the Cherokee National Forest; and William and Sharon Van Horn, ATC and Nantahala Hiking Club volunteers from Franklin, North Carolina. They received awards for their outstanding service from Congressman Jim Himes of Connecticut, Congresswoman Shelley Moore Capito, Congressman Chuck Fleischmann of Tennessee, and Congressman Heath Shuler of North Carolina respectively. Honorees were nominated for their work in securing Appalachian Trail Community designations for Unicoi County, Tennessee; Franklin, North Carolina; Harpers Ferry/Bolivar, West Virginia, and Great Barrington, Massachusetts.

The Appalachian Trail Community Designation program provides tools and support to local communities that capitalize on the Trail as a community asset for outdoor recreation. The program is designed to provide incentive for conservation of the Trail's signature landscapes while giving communities the opportunity to grow rural economies that



sustain rural heritage and quality of life. This program recognizes communities for promoting awareness of the A.T. as an important national asset. It increases local stewardship of public lands, supports community initiatives for sustainable economic development and conservation planning, and supports healthy lifestyles for community citizens.

The Weeks Act and our Appalachian Trail Community Designation program both play a role in our mission to protect the Appalachian Trail. The Weeks Act was the foundation for our land acquisition program that put the A.T. on public lands. The Appalachian Trail Community Designation program engages local communities to protect the A.T. through land use policies and conservation planning efforts. It provides incentive for conservation of the Trail's signature landscapes while giving communities the opportunity to grow rural economies that sustain rural heritage and quality of life.

Visit an Appalachian Trail Community after your next hike. You will find a warm welcome. 

Bob Almand | Chair
Dave Startzell | Executive Director



Located in the officially designated A.T. Community of Unicoi County, Lake Nottely is known for black and striped bass, walleye, and rainbow trout. The current health of waterways and surrounding woodland such as this is due largely to the success of continued conservation efforts recently celebrated at the Centennial Celebration of the Weeks Act.
appalachiantrail.org/atcommunity

PHOTO COURTESY LAURA MOWELL PHOTOGRAPHY/BLAIRSVILLE-UNION COUNTY CHAMBER OF COMMERCE

The Appalachian Trail Community Designation program recognizes communities for promoting awareness of the A.T. as an important national asset.

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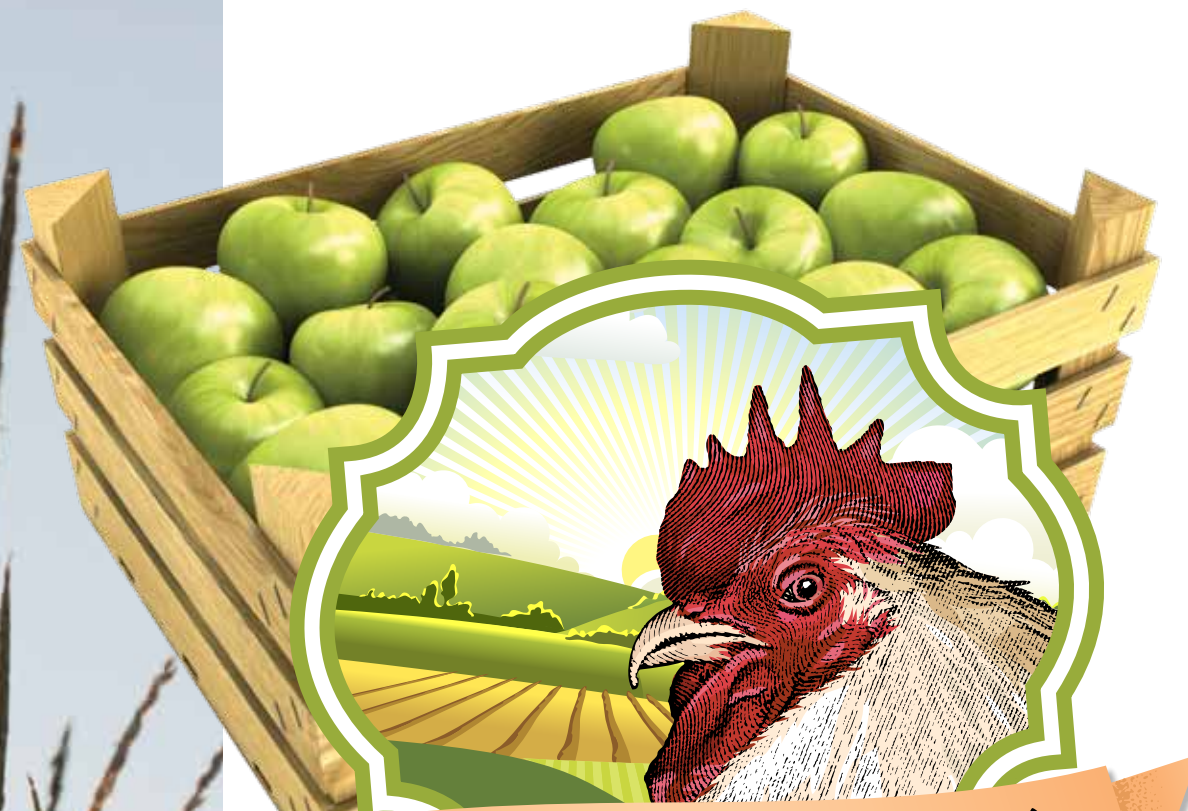



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From Trail to Table

IT'S DUSK AS YOU DESCEND SOUTH MOUNTAIN

on the Appalachian Trail into the Cumberland Valley of Pennsylvania. The world opens up to a massive expanse of fields and valley; the air is moist with settling dew and the dim lights of farmhouses and silhouettes of silos surround you. As you walk north into Boiling Springs you cross through fields that have been farmed by the same family for seven generations, back to the post-Civil War era of the 1880s. Some of the fields you see will be farmed for generations more — preserved as National Park Service (NPS) Lands as part of the experience of the Trail.

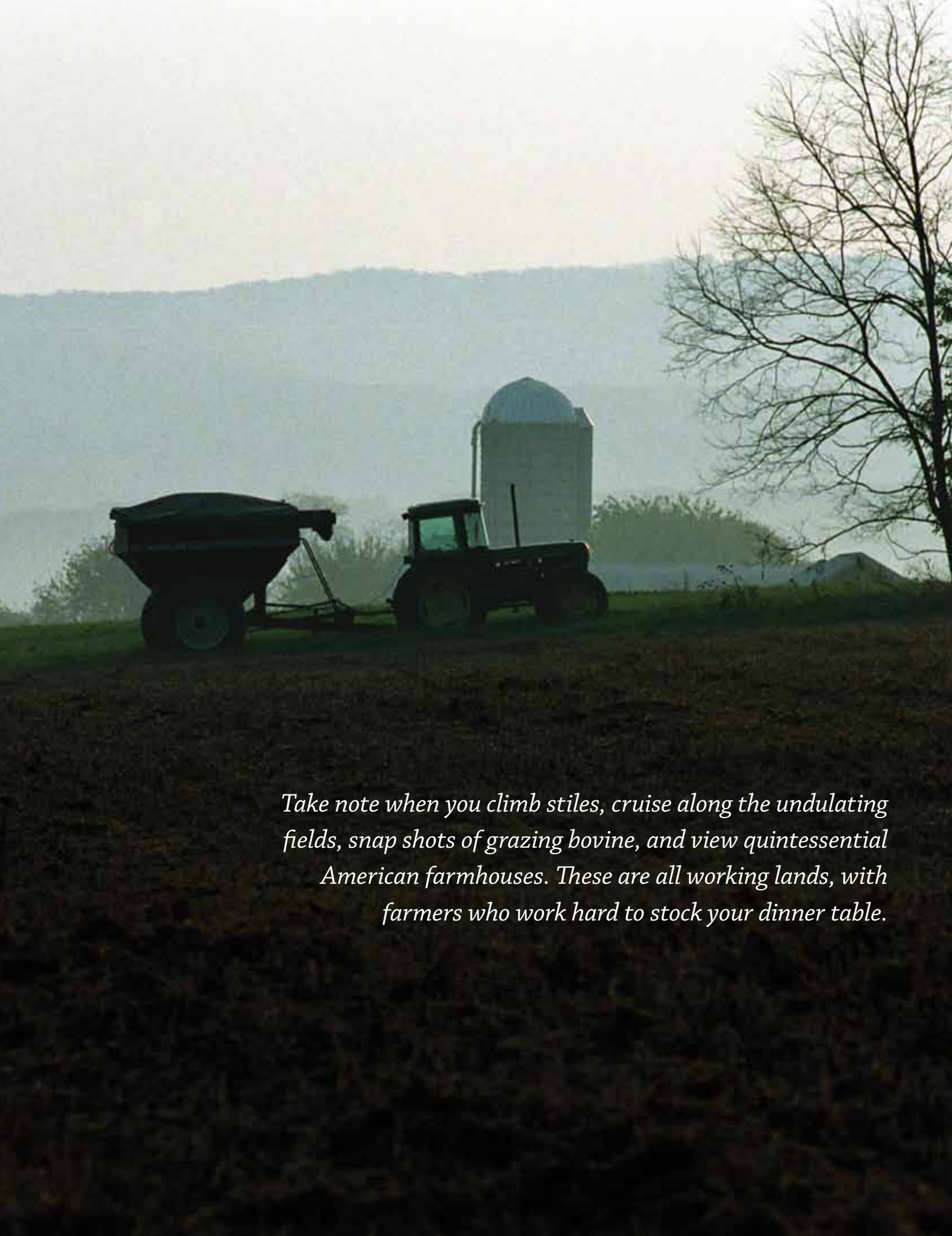
These particular NPS lands are farmed by Sheldon Brymesser. His family's proud farming heritage goes generations back, and generations forward. He and his sons Mike and Matt own Brymesser Farms LLC, an operation that farms about 1,000 acres of land; some are NPS lands managed in cooperation with the Appalachian Trail Conservancy (ATC) and the National Park Service. Brymesser Farm cares for more than 250 dairy cattle and has an additional 400 calves growing into the job of milk production. The Brymessers need all this land to raise corn, soybeans, and hay to feed their cows, ultimately for the production of thousands of gallons of Pennsylvania milk. This milk is a product of some of the richest and most productive soil in the United States, running the length of the Cumberland Valley and traversed by the Trail. Approximately 400 acres of Appalachian Trail (National Park Service) lands are leased in the valley, and 96 of these acres are farmed by Brymesser Farms.

Sunrise peaks through a row of corn on Trailside farmland in Boiling Springs, Pennsylvania.

PHOTO BY LINDA NORMAN

Along the Trail, take note when you climb stiles, cruise along the undulating fields, snap shots of grazing bovine, and

BY KIM WILLIAMS



Take note when you climb stiles, cruise along the undulating fields, snap shots of grazing bovine, and view quintessential American farmhouses. These are all working lands, with farmers who work hard to stock your dinner table.

view quintessential American farmhouses. These are all working lands, with farmers who work hard to stock your dinner table. Many of these farmers work in cooperation with the Appalachian Trail Conservancy and the National Park Service as part of a concerted effort to maintain these farm lands along the Trail — lands that are part of a larger and extremely important cultural landscape. The farmers labor to ensure that these lands are treated well, so that many generations can view the same bucolic and healthy scene. They also work closely with ATC and the NPS to make sure that best management practices are in place.

From Georgia to Maine, you'll find a cornucopia of food, both animal and vegetable, being produced on or near Trail lands — lands that become "foodscapes." Smell that sweet alfalfa as you walk through the Brymesser's field and you are really smelling thick, cold milk and creamy butter. There is also a developing market of powdered milk, a product that goes from the Brymesser Farms into the Land O' Lakes cooperative, and can end up all the way in China, where it is in big demand.

A tour of the Trail's foodscape will bring you across Virginia and Maryland where you will find some portions of publicly leased lands of the Trail corridor. You will view cattle grazing and pastured crops such as soybeans, or you may spot unique farming ventures like the Texas Longhorn Cattle of Audrey and Joe Willard's Pleasant Valley Farm outside of Boonsboro, Maryland, which graze partially on leased NPS lands. Up north, in Vermont, in the aptly named Prosper Valley, ATC oversees leases to farmers who use A.T. lands for pasture. One of the most iconic northeastern food products, maple syrup, is produced on Trail lands, through sugaring, in states like Vermont, New Hampshire, and Massachusetts. With more than a thousand taps on leased lands, most of the sugaring by-product ends up in local markets. ATC's own Kellogg Conservation Center, a 90-acre farm nestled among the Berkshires in the Housatonic Valley in western Massachusetts, works in cooperation with a local farmer who hays a portion of the property to support his dairy operation.

Benton MacKaye, the visionary of the Trail, wrote in 1921 in *An Appalachian Trail: A Project in Regional Planning* that one of the crucial elements of the Trail should be "food and farm camps." As companion to both the Trail and surrounding Appalachian Trail communities, these food camps would be clusters of land between the ridges, producing food for the local communities and "coming as visitors they would become desirous of settling down in the country — to work in the open as well as play. The various camps would require food. Food and farm camps should come about as a natural sequence." Since MacKaye's early vision, the NPS and ATC have

worked to permanently secure lands that are utilized and leased locally for farming. Wedged between Appalachian ridges, rich fertile lowlands like the Cumberland Valley in Pennsylvania and the Prosper Valley in Vermont make ideal areas for these "food camps."

Cloudland Farm, located .02 miles from the Trail in North Pomfret, Vermont, goes back generations in the Emmons family. Roughly a mile of Trail lays in the corridor adjacent to the Emmons' 1,000-acre farm property (of which this bit of corridor is formerly part) and a tiny bit of treadway sits on the farm land near the road crossing.

In years past, before subsequent relocations, the Trail crossed through much of the Emmons' property and there is an old shelter (Cloudland Shelter) still located on the property, which is maintained by the Emmons. Historically, the farm raised Jersey cattle, Southdown sheep, and Berkshire pigs, produced maple syrup, and supplied ice, harvested from their pond, to places like Boston. Today, Cloudland Farm specializes in Black Angus beef, but also raises chickens, turkeys, pigs, and horses. They have a certified tree farm and also have a market, which hikers can access. Bill and Cathy Emmons operate the farm and have three generations living there currently. If you want to enjoy bounty from the farm, their market sells Angus beef steaks, ground beef, roasts, beef sausages, beef jerky, roasting chickens, and pickles. They also offer other locally made products like jams, maple syrup, bread boards, and hand-turned wooden bowls.

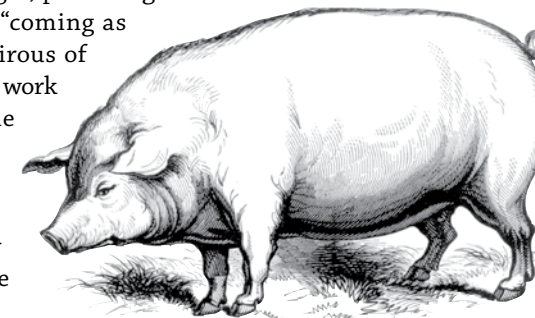
Cloudland Farm provides a special "farm-to-table dining experience" on Thursday and Saturday evenings in a brand new addition, post-and-beam building, constructed with timber harvested from the farm. The

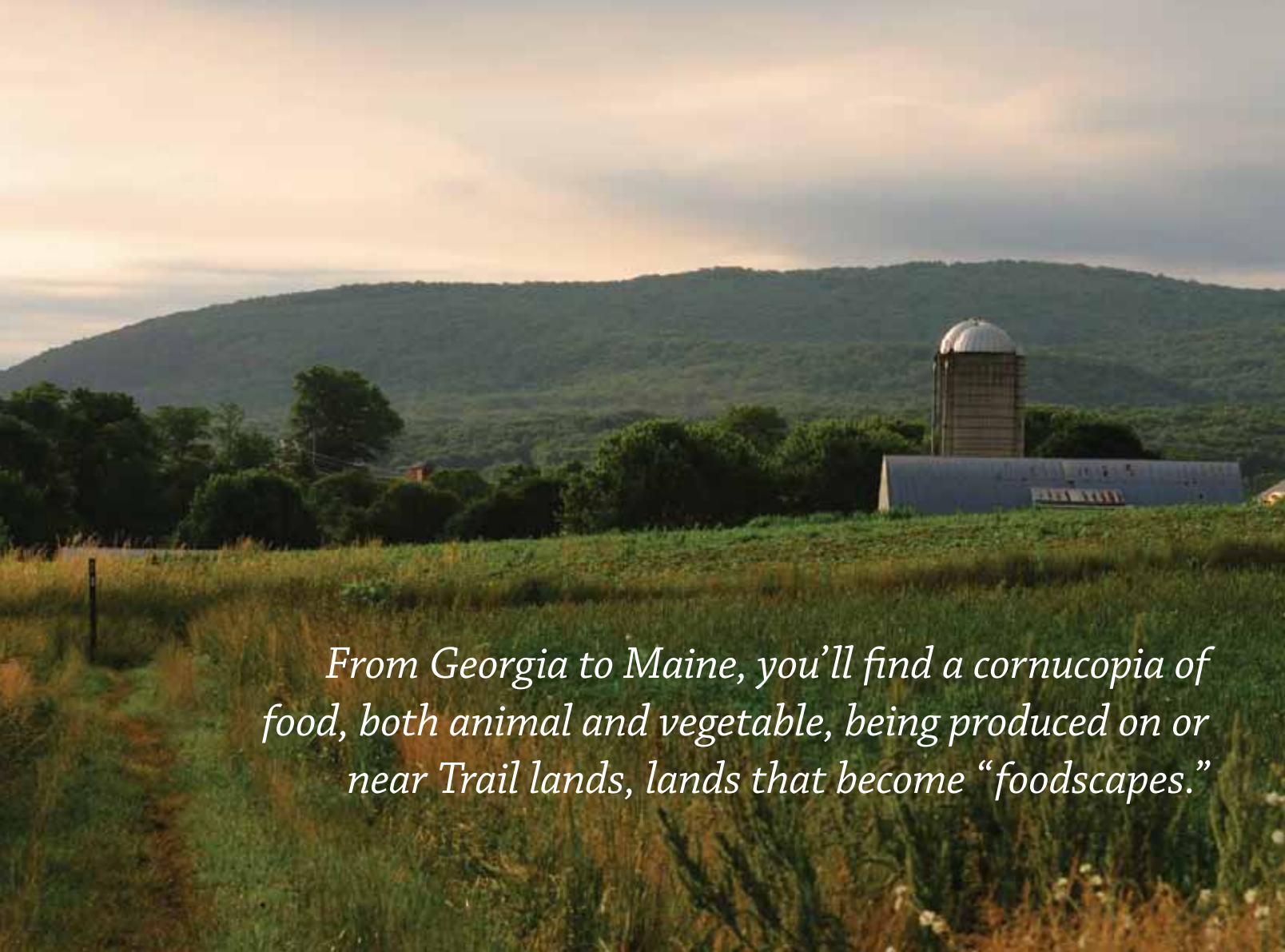
menu includes items like Vermont sourdough with Cabot butter; Cloudland Farm braised beef roulades filled with tarentaise; sautéed ramps and Cloudland bacon served with spinach risotto; creamy fiddlehead soup with crème fraiche; and, for dessert, a warm carrot cake, crème fraiche ice cream, and a carrot anglaise.



Left: A tractor and grain cart in the morning mist at Brymesser Farms; Above: Sheldon Brymesser and his sons operate about 1,000-acres of Trailside farmland, where corn, soybeans, and hay are grown to feed their cows — ultimately for the production of thousands of gallons of Pennsylvania milk.

PHOTOS BY LINDA NORMAN



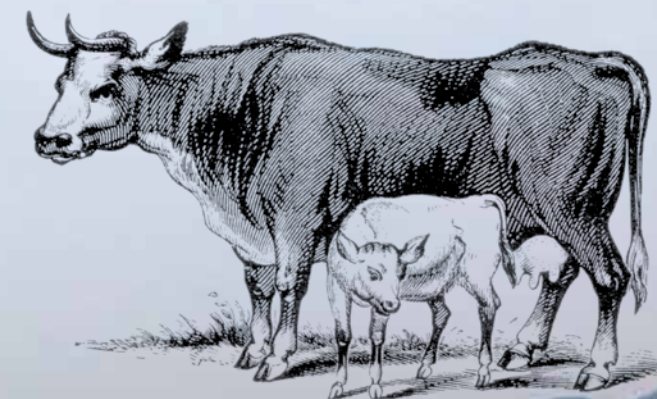


From Georgia to Maine, you'll find a cornucopia of food, both animal and vegetable, being produced on or near Trail lands, lands that become "foodscapes."

As with Cloudland Farm, agricultural lands not in public protection but adjacent to the Trail are just as important to the Trail experience. Views along the Shenandoah and the Kittattinny ridgelines in Pennsylvania display a patchwork quilt of farmland, some of which are under heavy growth pressure. Pennsylvania — one of the highest producing agricultural states along the Trail — is sixth in the nation in loss of prime farmland. Conversely, it is the leader in the nation for purchasing permanent easements from farmers, many of which are adjacent to the Trail. At his Pennsylvania farm Sheldon Brymesser has permanently preserved 165 acres of his own land adjacent to the Trail. Asked why he decided to give up the majority of his development rights to preserve this comparatively small swath of acreage of his land, Sheldon remarked it was "time to preserve some" after seeing so many surrounding areas, with some of the best soil in the nation, grow housing developments. Preservation programs like the one Sheldon voluntarily opted into (in partnership with the State of Pennsylvania and Cumberland County) help to pre-

serve the A.T. experience, maintain MacKaye's vision of "food camps," and uphold the viability and integrity of the foodscape. Farmers survive better financially if they are surrounded by other farmers. Prices for equipment and supplies are cheaper, and sending product to market is easier. A critical part to the farmer's viability is their farming community and access to reasonably priced land.

The next time you walk open fields with osprey flying overhead and grain or legume underfoot, the next time you stop at a restaurant or a general store near the Trail, consider where your food comes from — whether it was produced on lands directly relating to the Trail or to adjacent farmlands. Your support and appreciation maintains their viability — these foods are helping to preserve your A.T. experience. ↗



Clockwise from above: A white blaze and mowed grass denote the A.T. as it runs alongside Bymesser Farms. By Linda Norman; Pastoral farmland views from the A.T. are a regular site in much of Virginia. By John Cammerota; Cows, owned by farmer Jim Lewis, graze and meander next to the A.T., where it crosses "Gulf Stream" in Woodstock, Vermont. BY MATT STEVENS

| TRAILHEAD |

conservation EFFORTS AWARDED

The USDA Forest Service Southeast Region celebrated the centennial of the Weeks Act at the Biltmore Estate in Asheville, North Carolina on April 8. Passed on March 1, 1911, the Weeks Act authorized acquisition of lands for formation of the eastern national forests (see the March-April issue of *A.T. Journeys* for the full article), with the first acquisition occurring just east of Asheville — the 8,000-acre Curtis Creek tract. It is not an over statement to say that the Appalachian National Scenic Trail would not exist without the Weeks Act. (The A.T. passes through eight national forests for approximately half its length.) There are now 25 million acres of national forests in the eastern United States.

At the Biltmore celebration, USDA Forest Service southeast regional forester Liz Agpaoa presented awards to 14 individuals and groups who have made key contributions to conservation over the past century. Appalachian Trail Conservancy (ATC) executive director Dave Startzell, representing ATC, was one of the recipients. Also in attendance from ATC were ATC Board chair Bob Almand; prospective ATC Board member and Carolina Mountain Club member Lenny Bernstein; Sara Davis and Dwayne Stutzman, who are long-time Carolina Mountain Club and ATC volunteers; and Morgan Sommerville, ATC's deep south regional director.



NPLD volunteers dig in the dirt at Yahooola Creek Park in Dahlonega, Georgia. PHOTO COURTESY OF THE NATIONAL ENVIRONMENTAL EDUCATION FOUNDATION.

National Public Lands Day

THE 17TH ANNUAL NATIONAL PUBLIC LANDS DAY (NPLD), WHICH celebrates our public lands with service projects, will be on September 24th of this year. NPLD began in 1994 with three sites and 700 volunteers. It proved to be a huge success and became a yearly tradition. Since the first NPLD, the event has grown by leaps and bounds. Last year, 170,000 volunteers worked at more than 2,080 sites in every state. NPLD volunteers:

- Removed an estimated 450 tons of trash
- Collected an estimated 20,000 pounds of invasive plants
- Built and maintained an estimated 1,320 miles of trails
- Planted an estimated 100,000 trees, shrubs and other native plants
- Contributed an estimated \$15 million to improve public lands across the country

Eight federal agencies, nonprofits, and state, regional, and local governments participate in the annual day of caring for shared lands. NPLD educates Americans about critical environmental and natural resource issues and the need for shared stewardship of these valued, irreplaceable lands; builds partnerships between the public sector and the local community based upon mutual interests in the enhancement and restoration of America's public lands; and improves public lands for outdoor recreation, with volunteers assisting land managers in hands-on work.

In addition to National Public Lands Day being a fee free day in many federally managed lands, volunteers who participate in National Public Lands Day at federal land sites are rewarded with coupons for free entry into their favorite federal public land areas that have entrance fees. NPLD volunteers who work at a site managed by the Bureau of Land Management, National Park Service, U.S. Army Corps of Engineers, U.S. Fish and Wildlife Service, or USDA Forest Service will receive a coupon good for a "fee-free" day at any site managed by those agencies. The coupon is usable for one year — from September 24, 2011 to September 23, 2012.

For more information visit: www.publiclandsday.org



DOGS and the A.T.

DOGS ARE PERMITTED ALONG MOST OF THE TRAIL, BUT THEY IMPOSE additional responsibilities on the hikers who bring them along. If you want to hike with your dog, be considerate of others (and your dog) by planning carefully, educating yourself about local regulations, and keeping your dog controlled at all times.

Leashes are required on more than 40 percent of the Trail, including: Delaware Water Gap National Recreation Area, Pennsylvania and New Jersey; Maryland (entire state); Harpers Ferry National Historical Park, West Virginia; Shenandoah National Park, Virginia; and Blue Ridge Parkway, Virginia. Additionally, dogs must be leashed on the more than 500 miles of A.T. land administered by the National Park Service (NPS). In practice, it can be difficult to tell when you are on NPS-administered A.T. lands. We recommend dogs be leashed at all times, as a matter of courtesy to other hikers and to minimize stress to wildlife.

Take special measures at shelters. Leash your dog in the shelter area, and ask permission of other hikers before allowing your dog in a shelter. Be prepared to "tent out" when a shelter is crowded, and on rainy days. During the hotter months of the year, be sure to never overexert your furry companion, and always allow him to rehydrate and rest often, as dogs can overheat and face illness and even death if subjected to overexertion in hot weather.

DOGS ARE NOT ALLOWED IN THREE AREAS ALONG THE TRAIL:

- ⊘ Baxter State Park, Maine
- ⊘ Bear Mountain State Park Trailside Museum and Wildlife Center, New York (alternate road walk is available)
- ⊘ Great Smoky Mountains National Park, Tennessee, and North Carolina

TRAIL ETHICS for dogs and their owners

People hiking with dogs should be aware of the impact of their animals on the Trail environment and their effect on the Trail experience of others.

- 🐾 Do not allow your pet to chase wildlife.
- 🐾 Leash your dog around water sources and in sensitive alpine areas.
- 🐾 Do not allow your dog to stand in springs or other sources of drinking water.
- 🐾 Be mindful of the rights of other hikers not to be bothered by even a friendly dog.
- 🐾 Bury your pet's waste as you would your own.

GAUGE ON THE A.T., BROWN MOUNTAIN, VIRGINIA/BY SARAH KRISTIN



A Model A.T. Community

BY JULIE JUDKINS

THE 25TH ANNIVERSARY OF TRAIL DAYS IN DAMASCUS WAS SOMETHING

special this year with the Appalachian Trail Conservancy (ATC) designating Damascus as an official Appalachian Trail Community, the first town to receive this status in Virginia. The anniversary celebration drew approximately 1,500 hikers and more than 20,000 festival-goers into Damascus, a town with a population of 1,070. The multi-day event brought hikers and visitors together for music, workshops, food, gear vendors, and not even the indecisive weather could hold back the flair in the hiker talent show.

The Appalachian Trail Community designation ceremony celebrated a decades old partnership between Damascus and the Trail community. Mayor Jack McCrady emceed the ceremony, saying: "All who know and love Damascus appreciate that it was hiking, biking, and other forms of ecotourism that brought the town out of its economic slump in the late 80s. The town is a strong advocate of the long term wellbeing of the A.T., for not only the many natural resources it encompasses, but the cultural resources as well. The A.T. runs down Laurel Avenue, our most traveled street, and outfitters have an interdependent relationship with A.T. hikers. We are known as the friendliest town on the Trail, and it is fitting that Damascus has received this designation and hopes to become the standard by which the Appalachian Trail Communities are measured."



The Trail runs directly through the town of Damascus — now a designated A.T. Community. PHOTO BY LAURIE POTTEIGER

Trail Days also drew trail managers and volunteers from the National Scenic and National Historic trails to the area who attended the Partnership for the National Trails System's (PNTS) biennial conference. Attendees came from all over the country — including the Iditarod in Alaska and the Ala Kahakai in Hawaii.

Following the designation ceremony, the annual hiker parade that marches through downtown Damascus showed off the diversity of trails and hikers, and displayed the new A.T. Community signs presented to Damascus (which conveniently doubled as a shield from rocketed water balloons).

The ceremony and festival were a perfect kick-off for the PNTS conference, which was co-hosted by the Overmountain Victory Trail Association, the Town of Abingdon and ATC. Its theme: "Healthy Trails – Healthy Communities," focused on how trails can contribute to human, environmental, community economic, and educational health.

Damascus is a model to the National Trails System in serving as a gateway to trails and outdoor recreation, leading its citizens and visitors to healthy lifestyles and telling the stories of their heritage.

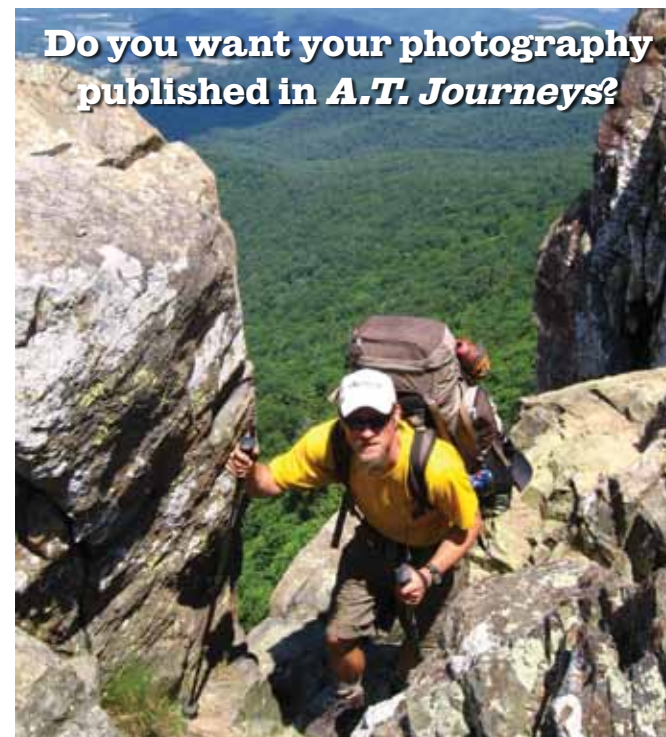
With the first day of the PNTS meeting focused on the A.T. at Trail Days, day two celebrated the Overmountain Victory National Historic Trail (which intersects the A.T. in the nearby Roan Highlands). Led by captains dressed in Revolutionary War garb, conference attendees were literally marched out to a site where, in 1780, southwest Virginia men gathered before marching over the mountains to the Battle of Kings Mountain. After a reenactment of the campaign of the Overmountain men to the battle, participants visited Revolutionary War interpretive stations, where they were able to do such things as practice bayonet strikes into moving apples and learning about how the Cherokee started fire with flint, and shout the traditional Overmountain cry of "Hip, Hip, Huzzah!"

The conference was filled with workshops, both classroom and mobile, plenary sessions, special speakers, and — most importantly — a contingent of youth scholarship participants who brought new blood, views, and perspectives to our National Trails System.

Thousands enjoyed an entertaining weekend in Damascus biking, hiking, dancing and eating. They will be sharing stories all across the country, smiling of memories made, and dreaming of their next A.T. adventure. ▲

ATC Board Amends Bylaws

The Appalachian Trail Conservancy Board of Directors has amended the organization's bylaws to provide more flexibility in decision-making when it comes to reassignments of Trail-maintenance sections among clubs, voting unanimously at its spring meeting to allow the Stewardship Council or other designee to devise a policy for situations when all parties agree on a change. Previously, the board itself had to make all reassignment decisions, and that rule was retained for cases involving inadequate performance.



Do you want your photography published in *A.T. Journeys*?

Send photos (2MB or larger) of hikers, shelters, campsites, and scenic shots from Maine to Georgia to: editor@appalachiantrail.org.

"SLEDDOG," SHENANDOAH NATIONAL PARK. BY JOHN CAMMEROTA

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LONESOME LAKE HIKE, NEW HAMPSHIRE. BY PATRICIA COMEAU

Family Hiking DAY

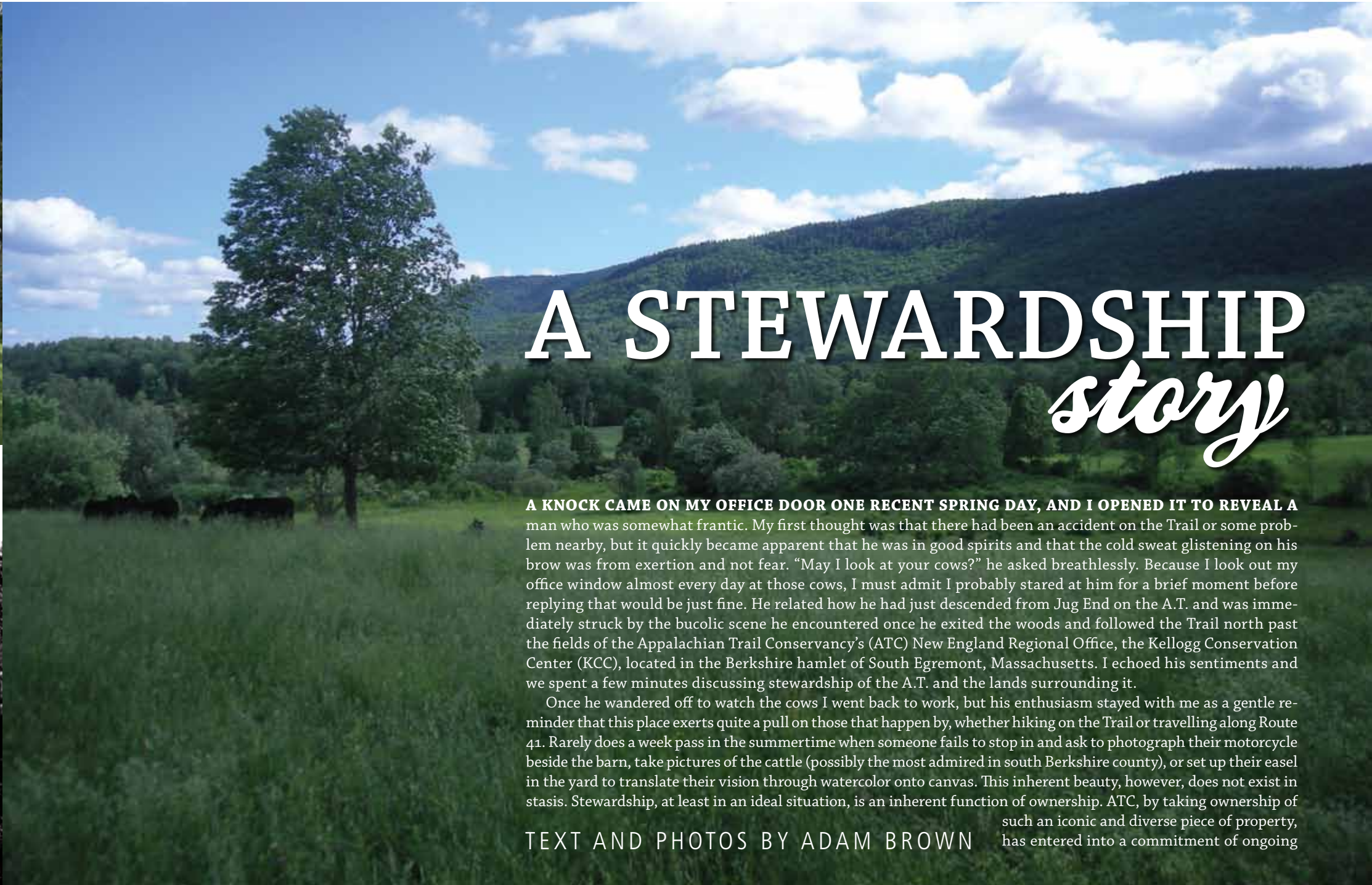
Coming to an A.T. section near you!
Get your family out on the A.T. to celebrate your favorite Trail, or introduce your children and grandchildren to America's premier footpath.

September 24, 2011

For more information visit: appalachiantrail.org/FamilyHike



Clockwise from right: Organic, grass-fed beef cattle, owned by property caretaker Ted Vining, graze both ATC and NPS lands; Looking southwest across the property where the A.T. follows Jug End Ridge; The restored, 267-year-old building, which is on the historic register, exerts quite a pull on those that happen by.



A STEWARDSHIP *story*

A KNOCK CAME ON MY OFFICE DOOR ONE RECENT SPRING DAY, AND I OPENED IT TO REVEAL A man who was somewhat frantic. My first thought was that there had been an accident on the Trail or some problem nearby, but it quickly became apparent that he was in good spirits and that the cold sweat glistening on his brow was from exertion and not fear. “May I look at your cows?” he asked breathlessly. Because I look out my office window almost every day at those cows, I must admit I probably stared at him for a brief moment before replying that would be just fine. He related how he had just descended from Jug End on the A.T. and was immediately struck by the bucolic scene he encountered once he exited the woods and followed the Trail north past the fields of the Appalachian Trail Conservancy’s (ATC) New England Regional Office, the Kellogg Conservation Center (KCC), located in the Berkshire hamlet of South Egremont, Massachusetts. I echoed his sentiments and we spent a few minutes discussing stewardship of the A.T. and the lands surrounding it.

Once he wandered off to watch the cows I went back to work, but his enthusiasm stayed with me as a gentle reminder that this place exerts quite a pull on those that happen by, whether hiking on the Trail or travelling along Route 41. Rarely does a week pass in the summertime when someone fails to stop in and ask to photograph their motorcycle beside the barn, take pictures of the cattle (possibly the most admired in south Berkshire county), or set up their easel in the yard to translate their vision through watercolor onto canvas. This inherent beauty, however, does not exist in stasis. Stewardship, at least in an ideal situation, is an inherent function of ownership. ATC, by taking ownership of such an iconic and diverse piece of property, has entered into a commitment of ongoing

TEXT AND PHOTOS BY ADAM BROWN



stewardship with an eye towards enhancing forest health, agriculture, wildlife habitat, and preserving the historic elements of the farmhouse and outbuildings.

FARM

ATC has begun actively stewarding the 97 acres of field and forest at the KCC, and embarked on developing a stewardship plan for the property that encompasses all of the landscape elements present on the site: agricultural fields, pastures, orchards, forested hedgerows, perennial streams, a pond (constructed circa 1836), and mature hemlock-pine-hardwood forests. It has been apparent since ATC has owned the property that very few management decisions could be made solely by ATC, and that responsible stewardship requires working with a variety of partners to achieve common goals at the landscape level. For example, about half of the property (49 acres) is enrolled in the Massachusetts Agricultural Preservation Restriction (APR) program that aims to limit uses that are in conflict with agricultural lands, such as development, and ensures that local land remains in active cultivation. The Massachusetts Department of Agricultural Resources and USDA's Natural Resource Conservation Service (NRCS) have been instrumental in providing guidance and funding to help derive the maximum outcome from the APR lands. This includes cost-share funding through an Environmental Quality Incentives Program (EQIP) grant for fencing, invasive plant control, cover crops/erosion control, forest stand improvement, nutrient management, hay field recovery and restoration efforts, watering facilities for livestock, a native pollinator project, and establishing a windbreak/shelterbelt to protect the property from prevailing winds and snow build-up in the winter. These efforts began in 2011 and will take place over a four year period, enabling ATC to obtain funding for land management that it otherwise would be unable to provide.

FOREST

Another example of active stewardship at the Kellogg Conservation Center is the Tree as a Crop project. Although there are approximately 50 acres of forest on the site, this effort focuses on a four-acre stand of forest on the northern and western side of the property that is primarily a red pine (*Pinus resinosa*) plantation. ATC was approached by NewPage Corporation, Rodale, Inc., and the Rodale Institute about using the stand as a demonstration project for educating small landowners on what they can do to help steward hedgerows and woodlots, with the ultimate goal being to grow native hardwood tree species that would aid in carbon sequestration, wildlife enhancement, and provide a steady crop of valuable wood upon maturity.

Opposite page from top: The four-acre Tree as a Crop portion of the red pine stand, prior to harvest; The logger uses a forwarder to load harvested logs for transport. Carlen Emmanuel and Duane Elsasser of Rodale, Inc. tour the pine stand prior to harvest; Red pine logs are ready to be taken to the landing where they will be loaded onto a truck for transport to the mill. This page: Tom Ryan, Massachusetts DCR forester, explains details of the ongoing timber harvest to students from Berkshire Community College.

ATC's land protection manager, Carlen Emanuel — already a licensed forester by the Society of American Foresters — applied for her Massachusetts license in order to implement the project. Having received her certification to operate in the state, she enrolled the property in the Massachusetts Department of Conservation and Recreation's Stewardship Forest Program and completed a Forest Management Plan that would guide all future forestry decisions. ATC discovered, in the midst of planning, that a majority of the forest stand was infested with insects known as red pine scale and red pine adelgid, and were diseased and dying. This prompted a change



in the direction of the project with the focus becoming to remove the standing trees before the disease rendered them completely worthless. Once the competitive bid process was completed and a timber harvest cutting plan generated with guidance from the county forester, the trees were harvested for pulp and saw logs over the course of several weeks by a state-licensed logger working for Hull Forest Products, Inc., using a cut-to-length and forwarding system and complying with all relevant state forestry statutes. The trees were of little value and ATC was faced with paying to have them removed. Instead, four years of funding totaling \$90,000 from the NRCS was secured through the Farm Bill and helped cover timber harvest costs and pay for subsequent invasive plant control in the stand — funded by Eco, Inc. — as well as the other agricultural efforts under the EQIP grant.

When the harvest was complete, a focused replanting effort was undertaken on four acres of the former red pine plantation. Funding for 1,300 native hardwood seedlings was provided by Rodale, Inc. and NewPage Corporation. The trees were planted by hand over the course of two days this past spring with help from ATC, Rodale, and NewPage staff, as well as volunteers from a local school, and from the community. The remaining six acres are being left to regenerate by natural recruitment.

FACILITY

When visitors drive up to the Kellogg Center, the first thing they usually notice are the numbers "1744" posted above the front door of the house. It is always amusing to see their eyes widen when I explain that is not the street number but the



The story includes local farmers and landowners, foresters, volunteers, and members of the local community.

date that the original house was constructed. This makes it one of the oldest intact and surviving homes in Berkshire County and, as a result, it is listed on the National Register of Historic Places by the Massachusetts Historical Commission.

There are, as one might expect, a multitude of challenges associated with managing a 267 year-old structure. It can be argued that financial stewardship is equally important as — even intricately linked to — facility maintenance in a property of such quality and age. ATC contracts with a caretaker, Ted Vining, who lovingly oversees building and grounds maintenance, as well as some agricultural operations, in an effort to maintain the historic and pastoral setting. There is a steady flow of maintenance work, not to mention a backlog of other capital improvements, which must be accomplished just to maintain the status quo of the buildings (to say nothing of improving or enhancing them), and ATC is beginning to explore options allowing for long-term stewardship of this unique facility. A lack of financial forethought, planning, and active property management would effectively eliminate any hope for preserving this pastoral property as it stands: fields succeed into forest, invasive plant species proliferate, and winds conspire to destroy fences and join forces with weather to blister even the most conscientious of paint jobs.

FUTURE

Future planned stewardship efforts at the Kellogg Conservation Center include invasive plant control for the entire 97-acre parcel in 2011, calcareous fen restoration in 2012, fencing for cattle in 2012 and 2013, as well as working to establish a field on the property adjacent to the A.T. footpath as enhanced pollinator (bee and butterfly) habitat — the first of its kind for NRCS in western Massachusetts. There are also plans to continue to use the property for educational venues, such as hosting an oxen logging demonstration to highlight tradi-

tional methods of forest management practiced on the property in the era prior to mechanization.

When Mary Margaret Kellogg donated her beloved farm (known then as “April Hill”) to ATC in 2004, she envisioned her gift being used to foster a conservation, historic preservation, and environmental ethic through education and pastoral stewardship of the land. ATC has been actively engaged in following through on this wish as it dovetails with our mission, but as one might expect there is broad room for interpretation. This is the tricky part of land management; when there are numerous stewardship options to choose from it can appear an easier choice to do nothing. Mother Nature, in the case of the red pine stand, manifested a choice to ATC: pay to harvest the trees while they still contain some value and may still be utilized, or do nothing and let the trees fall down then pay to clean up and dispose of the damage. The former option — by partnering with organizations that have access to useful resources, having a plan, and being proactive — is the definition of good stewardship; the latter choice relegates the landowner to being reactive and trying to play catch-up while risking damage to natural and financial resources.

Similar to the cooperative management system used to steward the Appalachian Trail and its corridor lands, the relationship of effective partnerships to effective land management cannot be overstated. Although frequently underutilized, many state and federal programs offer economic assistance to landowners who actively steward their holdings or offer enrollment in programs that connect them with natural resource professionals able to impart significant knowledge relevant to their geographic location.

FRAMING THE STORY

ATC’s land stewardship efforts provide a unique opportunity to tell a good story. In the case of the Kellogg Conservation Center, the story includes local farmers and landowners, foresters and other natural resource professionals, state and federal partners, volunteers, and members of the local community. Even the casual visitor, hiker, or birder to the Trail in this area benefits from landscape-level conservation stewardship. Sweeping views are not limited by man-made boundaries, nor is the flora and fauna in this pastoral respite — just take a hike up to Jug End, and take a look for yourself. ⚡



Clockwise from top: Jess Powell, a senior from California, and James Harris, director of communications, from the Berkshire School in Sheffield, Massachusetts, plant seedlings; NewPage employees assist in the rainy-day planting; Bags containing native hardwood seedlings; Local organic farmer, oxen teamster, and former A.T. thru-hiker Rich Ciotola prepares his team of paired oxen, Lukas and Larson, for a demonstration of traditional and “light on the land” log-skidding methods.

Adam Brown is ATC’s conservation resources manager at the Kellogg Conservation Center. To help support our ongoing stewardship efforts at the Kellogg Conservation Center, please contact Royce Gibson, ATC’s director of membership and development at membership@appalachiantrail.org.

This page: Katahdin stream on the A.T.
(Hunt Trail), Baxter State Park, Maine;
Right: West Carry Pond, Maine.

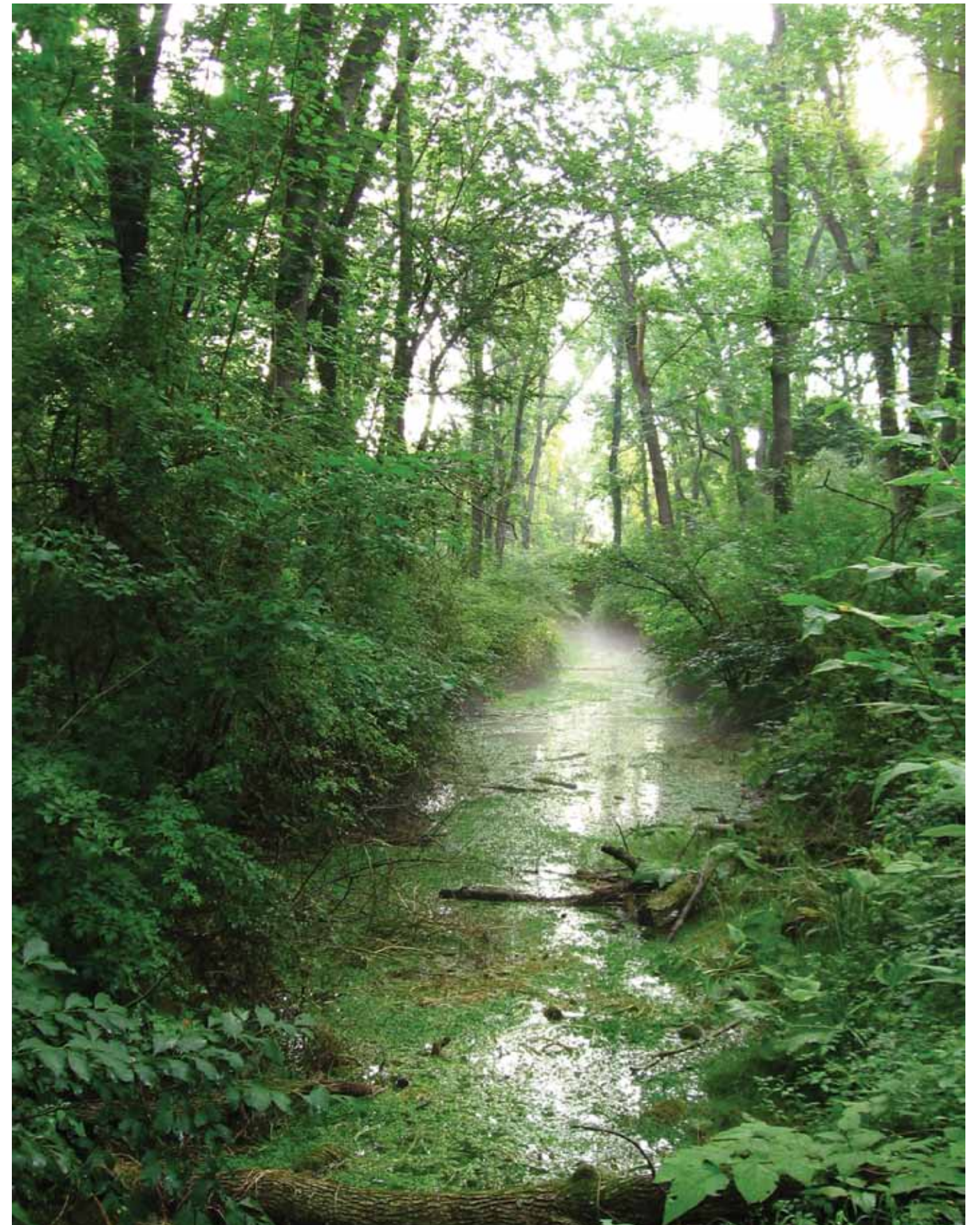


The Elements of Inspiration

John "Calmwater" Cammerota is a northeast Pennsylvania ridgerunner for the Appalachian Trail Conservancy; he also thru-hiked the Trail in 2007. "One of my favorite aspects of backpacking is waking up somewhere new every day," says John. "There is a sense of satisfaction when everything you need is carried on your back. I love the feeling of freedom that the outdoors brings; there are so many inspiring elements in the wild, the easiest way for me to remember them all is to take photos."



From left: Luna Moth — Delaware Water Gap, Pennsylvania; Mist by Smith Gap, Pennsylvania.



From left: Frog — Clarence Fahnestock Memorial State Park, New York; Misty morning in Cumberland Valley, north of Boiling Springs, Pennsylvania.



Where Waterfalls are

KING

DAWSONVILLE, GEORGIA

Hikers find their mountain spirit in the town tucked at the southern terminus of the A.T., which lays claim to the slogan, “where waterfalls are king and Mother Nature reigns supreme.” Sitting in the foothills of the northeast Georgia mountains, amidst the peaceful setting of tumbling waterfalls, rippling rivers, and lakes and forests with color palettes that reflect the changing seasons, is Dawsonville — a meeting place and activity center that dates back to the Cherokee Indians.

Dawsonville is a friendly community that prides itself on its patriotism and unabashed love of parades. The town is mindful of its stewardship of its surrounding natural resources, which are comprised of the cascading 729-foot Amicalola Falls, the 1,020 acres of natural beauty within Amicalola Falls State Park, the heavily forested 24,000-acre nature preserve at Dawson Forest Wildlife Management Area, its shoreline along pristine Lake Lanier, a conservancy for kangaroos, and of course, its leg of the Appalachian Trail. The town also works to preserve the small-town atmosphere that encompasses pumpkin patches, corn mazes, and Christmas tree farms; and charming festivals that celebrate

things like spring, wildflowers, and even moonshine.

As the birthplace of NASCAR racing, Dawsonville is the place to hear about storied legends like Lloyd Seay, Roy Hall, Raymond Parks, and Gober Sosebee — true risk takers who loved the thrill of being chased through the hills. NASCAR and the history of moonshine are narrated at the Georgia Racing Hall of Fame where visitors see souped-up vintage race cars and other racing memorabilia. The story continues at the Dawsonville Pool Room, a shrine to Bill Elliott — that’s “Awesome Bill from Dawsonville” — the favorite watering hole for the royalty of NASCAR and home of the famously delicious Bully burger. Cooked to juicy perfec-

tion and topped with cole slaw, the Bully burger is a must for hungry hikers intent on experiencing the local flavor — but it isn’t the only taste bud-tempting treat in Dawsonville. The Varsity Jr. — the world’s largest drive-in — fits the bill for diners who prefer screaming waiters to race car drivers and who crave the chili cheese dogs, onion rings, fried pies, and frosted orange drinks this Atlanta icon is known for.

The Southern Terminus Access Trail to the Appalachian Trail begins at the Amicalola Falls Visitors Center in Dawsonville. Hikers can test their mettle for the long haul by scaling the 425 or so steps to Amicalola Falls and then climbing through the Amicalola River watershed to Springer Mountain where the A.T. adventure really begins. For those who want that last bit of luxury before leaving “civilization” behind — and for those who are making their final footfalls of a long A.T. journey — the environmentally-friendly Len Foote Hike Inn of-



The 729-foot Amicalola Falls in Amicalola Falls State Park.

TEXT BY KATHY WITT
PHOTOS BY BOB BUSBY



Clockwise from top right: The environmentally friendly Len Foote Hike Inn; NASCAR and the history of moonshine are narrated at the Georgia Racing Hall of Fame; The Kangaroo Conservation Center is a 87-acre wildlife preserve facility dedicated to the protection of Kangaroos and other endangered Australian species; Photos of A.T. hikers at the Amicalola Falls State Park Visitors Center; Amicalola Falls State Park naturalist Andrea Tucker with a rescued horned owl.



Dawsonville is mindful of its surrounding natural resources, including Amicalola Falls, Dawson Forest Wildlife Management Area, Lake Lanier, a conservancy for kangaroos, and of course, its leg of the A.T.

fers hot showers, family-style meals, and soft beds. You do have to hike five miles through the Chattahoochee National Forest to reach it, but many hikers consider it a jumping-off point to gather with family before hitting the Trail. “Hikers spend time with their family here before they leave,” says Eric Graves, the inn’s executive director. “Family members can hike to Springer to see them off and then return to the inn for a second night. We also see hikers who have flown in to Atlanta and don’t want to start with a ‘zero day,’ so they hike to us to get moving. These are the ones who have planned their trip and have a good idea what they’re getting into. Our favorite hiker [though] is the one who stumbles in the door looking for help already. We do pack shakedown and try to get them back out on the Trail.”

Dawsonville has a number of hiker-friendly amenities, both for those beginning and ending their trek. Amicalola Lodge is WiFi-equipped for hikers seeking access to the Internet. Laundry facilities are available at the campsites at Amicalola Falls State Park. A Food Lion is the closest grocery store to the Trail and, in season, fruit stands crop up along Dawsonville roads. North Georgia Outfitters, which opened about a year ago, provides shuttle service for hikers all along Georgia’s portion of the A.T. “We give rides from Atlanta, Gainesville, and Dawsonville to Amicalola Falls and Springer Mountain, and we pick up at these places for return shuttle,” said owner Greg Gor-

don. “Hikers also ship items to us to hold for them.” Gordon says the staff at North Georgia Outfitters has met hikers from all over the world who come to Dawsonville to begin their A.T. quest. “Most start out to do a thru-hike, but some end up calling us before they get out of Georgia to come get them,” he says. “Georgia is one of the toughest sections and people just don’t always prepare physically or mentally.” The most common problem Gordon and his staff see? Too much stuff. “Hikers’ packs weigh entirely too much and they wind up [wanting to get rid of some of it],” he says.

For hikers and visitors who find themselves in Dawsonville in the fall, there are a couple festivals that showcase the heritage and community-centric sensibility of the area. The Annual Moonshine Festival, on October 22 and 23, recalls Dawson County’s history during the Prohibition era and the Great Depression of the 1930s, when running moonshine through the foothills of the northeast Georgia Mountains was a way of life. The free-admission festival has a parade, storytelling, vintage racecars, music, crafts, and festival foods. The Annual Veterans Day Celebration, scheduled for Friday, November 11 kicks off with a parade at 4 p.m. through downtown Dawsonville — and it is quite a sight as crowds gather along the streets to show their support for veterans and active military. ⚡

For more information visit: Dawson.org

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Judith “Judo” McGuire



What do you do in your professional career?

I am a nutritionist who worked in international development for more than 35 years.

I hear you have traveled quite a bit; can you tell us a little bit about that?

For my doctoral research I lived for almost two years in a small village in Guatemala studying women’s work and energy expenditure. Since then I have worked in more than twenty developing countries as well as in the U.S. on nutrition policies and programs. My itinerary was determined by high malnutrition rates. I’ve worked the most in Latin America because I speak Spanish and because, when my children were young, the traveling was less demanding. As a result of my travels, I have come to appreciate what we have in the United States — not just the modern comforts but also the incredible natural wealth we have in our national parks and forests.

Were there any places that you became particularly attached to?

Once, when I was in Sri Lanka, I had the opportu-

nity to climb the sacred mountain (Sri Pada, also known as Adam’s Peak) during the pilgrimage time. I climbed the mountain at night and arrived at the peak at dawn. It was magical and a little scary because of the crowds of pilgrims.

What other languages do you speak?

[Besides being fluent in Spanish], I speak enough French to work in francophone countries.

Tell us about your volunteer work with the Appalachian Trail Conservancy (ATC) and the Potomac Appalachian Trail Club (PATC).

I started volunteering for my local A.T. maintaining club, PATC, in 2008, the year after my A.T. thru-hike. I would like to go out with every Trail crew in PATC and then become an overseer for a small piece of the A.T. I’ve already been out on four Trail crews and one cabin crew. I have also just finished revising and editing a Trail guide for PATC.

I’m ashamed to admit that even on my thru-hike I really had no idea what ATC was, except that I could buy my Trail maps from them. I didn’t even know

I have come to appreciate what we have in the United States – not just the modern comforts but also the incredible natural wealth we have in our national parks and forests.

about the pictures ATC takes of thru-hikers, but I stopped by when I reached Harpers Ferry out of curiosity. After my hike, I vowed to give back to the Trail as much time as the Trail had given to me. So I contacted ATC and after a stint at putting together hiking packets, I asked Laurie Potteiger [ATC’s information services manager] to consider me for a position as an ATC Visitors’ Center volunteer. Now I work once a week during the “high season” answering emails, mail, and phone calls, and welcoming visitors (including thru-hikers). I love it. Laurie is a joy to work with and the other ATC staff members are good humored, committed, and great colleagues. I’ve worked there for three years. Just recently, a family came through who had just finished a very short hike on the A.T. and their nine-year-old boy was completely won over. He raced over to the relief map and tried to find the portion they had hiked, and vowed he would hike the whole thing. He was so excited that his parents made him an ATC member on the spot. I particularly love seeing older women get excited about the Trail and, as an “old lady” thru-hiker myself, I’ve encouraged many mature visitors to follow their dream and hike the A.T., whether as a thru-hike or in sections.

As a member of ATC’s Stewardship Council, what is your role?

Perhaps I serve as a voice for energy conservation and climate change. I’m a community activist and have become particularly interested in energy conservation and efficiency as an important strategy to avert a climate catastrophe. In my community work, I have gotten to know a certified building energy expert. I brought him out to ATC headquarters to go through the building and make some recommendations about reducing its energy consumption. We submitted an informal report to ATC and as a result I was appointed to the stewardship council in 2010. My first assignment was to the Energy and Climate Change Committee. While there are opportunities for improving the energy efficiency of ATC, this requires some upfront investment. Due to the generosity of some other volunteers, new energy efficient windows were installed at critical places at headquarters. But ATC’s own energy use pales in comparison

to that of Trail users, especially car travel to the Trail. As part of my work for the stewardship council, I’m currently undertaking a project to pull together information on the carbon footprint of A.T. users and maintainers to see whether there are opportunities there for reduced energy use. This includes getting information about public transportation options for using the Trail into a more user-friendly form.

What is it about the A.T. that keeps you so heavily involved?

There is a mystique about the A.T. that’s hard to convey to the uninitiated. Even before my thru-hike the idea that I could walk in nature with just a backpack from one side of the country to the other entranced me. Then, on my hike, I fell in love with the immense multifaceted community that supports the A.T. My thru-hike changed me personally in many profound and positive ways, and volunteering is my way of living my gratitude.

As a college and graduate student, I hiked extensively in the White Mountains of New Hampshire with a college hiking club that became both family and community for me. I met my husband there and many years later, after a particularly spectacular backpacking trip in the Enchantments, in the Northern Cascades of Washington, we decided to get married. Throughout my working years I continued to hike but retirement offered me the opportunity to return to my roots and fulfill a dream. I had wanted to hike the A.T. since I heard a talk by Ed Garvey in the early 1970s and read his book, *Appalachian Hiker*. But education, career, and family contrived to defer that opportunity. I’m glad, though, that I waited until I was 57 years old to hike the Trail because I appreciated its beauty, the community, and its mere existence all the more.

Plans, hopes, dreams for the future?

I have started a “bucket list” of hikes I want to complete before I get too old. Last year I hiked the John Muir Trail and this year I’m hiking the Wonderland Trail. I’ve also begun re-hiking the A.T. in short sections. I think I’d like to become the oldest woman to thru-hike the Trail but I’ll have to wait at least a dozen years for that. ♡



Far left: Judy on Pinnacle Ridge Saint Sunday on the Coast to Coast Path, in the United Kingdom in 2009; Above: On Mount Whitney at the end of her John Muir Trail hike in 2010.

Judy is an ATC Life member. In addition to her other volunteer work, she has written three feature articles for *A.T. Journeys*. She has a PhD in nutritional biochemistry.

Recipe for a Trail Name

TEXT AND PHOTOS BY CHRIS A. COUROGEN



BEFORE SHE EVER SET FOOT ON THE Appalachian Trail, my youngest daughter was already thinking about her Trail name. Having heard stories about how hikers are known on the Trail by colorful nicknames that pretty much replace their real name, she was determined to have one of her own. The origin of the concept of Trail names on the A.T. is murky. Exactly when, and how, the idea of hikers shedding their real world identity for a Trail world persona is a mystery.

Casey Courogen — before she became “Cookie Monster” — during a previous overnight hike (her first ever) on the Mid State Trail in Pennsylvania.

Longtime hiker and Trail historian Warren Doyle, who heads the Appalachian Trail Institute in Tennessee, says the first he heard of a hiker going by a Trail name was in 1973, when a police officer hiking to raise money for the American Heart Association became known as “Heart Fund Fuzz.” Within a few

years it became a part of the Trail culture. Laurie Potteiger, the Appalachian Trail Conservancy’s information services manager, traces the boom in the use of Trail names to the 1983 publication of *The Philosopher’s Guide to the Appalachian Trail*, the first full-blown published A.T. guide book. The author, Darell Maret, used the Trail name “the Philosopher” and in subsequent versions of the guide, referred to contributors by their Trail names. “In 1983 when my husband thru-hiked, most people did not use Trail names,” Potteiger said. “By 1987, when I thru-hiked, almost everybody had one.”

In 1980, only about a quarter of the hikers who had their picture taken as they passed through Harpers Ferry had Trail names; by 1990, that figure had risen to around 90 percent. In recent years, 99 percent of thru-hikers reported Trail names and the concept has spread to section hikers, “Trail angels,” volunteers, and others with a connection to the A.T.

Trail names tend to be colorful, descriptive caricatures. Often they originate from an aspect of a hiker’s personality. Sometimes their origin is in an event, or incident along the Trail. My daughter’s Trail name came the latter way. She is a petite creature; at home we call her “Midge,” short for midget. But as we drove to the Trail head on Peters Mountain, north of Harrisburg, Pennsylvania, the then 12-year-old told us that was her “home” nickname. On the A.T. she was going to be “Squeak.”

Her self-given Trail name lasted for exactly half of her first hike, an out-and-back trek to the old Earl Shaffer Shelter, to take photos of what was the last standing shelter built by the A.T.’s first thru-hiker before it was finally dismantled and turned into an exhibit for the Appalachian Trail Museum. We had decided to give the hike a dual purpose. In addition to getting the photos to go with a story I was writing about the shelter, we planned to do a little “Trail magic.” Like Trail names, Trail magic was another A.T. tradition that captured my daughter’s imagination when she first heard about it, so I consulted some hikers about an appropriate way to do Trail magic. One suggested that we carry some treats with us on a hike, so my daughter would get to meet some hikers and hear their stories. She liked the idea, so the night before our hike to the old shelter, my daughter, and her older sister, baked a batch of oatmeal raisin cookies to share along the way.

She encountered her first hiker in the parking area at the trailhead. “Berf,” a 68-year-old thru-hiker from Florida, was there when we pulled in. My daughter walked over to where he was sitting on a rock taking a break, offered him a cookie, and struck up a conversation. Having climbed hard out of Duncannon that morning, Berf was still taking his break when

we started down the Trail. He caught up to us, and passed us, just beyond the power line that crosses the A.T. maybe halfway to the shelter. We caught back up to him at Table Rock, a spot where a big rock outcropping makes for an incredible view of Clark’s Creek Valley below.

We hung out with Berf for awhile at Table Rock, taking pictures and talking to him about his journey. He was carrying a heavy pack, around 40 pounds, he told us. He preferred a lighter load, but he was carrying a lot of food. It was a compromise he had made to reassure his wife, who was alarmed by how skinny he looked in photos he sent her. Berf said he had lost a lot of weight on his hike — too much. He was at the point where he had started to burn lean muscle instead of fat. His wife made him promise to carry more protein. My daughter agreed with Berf’s wife. He was way too skinny, she said, as she offered him another cookie when we reached the Peters Mountain Shelter, a two-story affair that had been built to replace Earl’s old lean-to.

A little later, when Berf offered her an empty baggy from his pack to hold a moth she had caught for her upcoming seventh grade bug collection proj-

ect, my daughter passed on using it for the insect, instead filling it with about a half-dozen more cookies. Berf’s weight loss was certainly not due to lack of appetite. As we packed up our stuff to head back to the car, my daughter noticed he had emptied the bag, so she refilled it with the last three cookies in her stash. That was when Berf looked at her with a smile and said, “thanks cookie monster.”

As we started back on the Trail to the parking lot, my daughter looked at me and said, “I think that should be my Trail name.” “What should be your Trail name?” I asked. “Cookie Monster,” she said. “But I thought you are ‘Squeak,’” I said. She had been dead set on that when we left the house that morning. She’d even insisted I mention it when we had written in the register at the shelter. “Nah, I’m Cookie Monster,” she replied. “Berf is a hiker, and your Trail name is always cooler when another hiker gives it to you than when you give it to yourself.”



“Berf”, the hiker who gave her a “cool” Trail name, takes a photo of “Cookie Monster” atop Table Rock on Peters Mountain, north of Duncannon on the A.T.

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white rocks

A Tale of Extraordinary Partnership

BY KAREN LUTZ

SOMETIMES PATIENCE, PERSISTENCE, AND perseverance pay off. Such was the case with the White Rocks project in Cumberland County, Pennsylvania where partners prevailed and protected 840 spectacular and significant acres adjacent to the Appalachian Trail.

The name “White Rocks” refers to an exposed outcrop of ancient quartzite rock. Geologically, the spiny ridge is the northern terminus of the Blue Ridge, the very same eco-region and geologic formation that A.T. hikers traverse as they work their way to northern Georgia through Shenandoah National Park, the Blue Ridge Parkway, and the Great Smoky Mountains National Park. The quartzite ridge’s significance is confirmed by the fact that it is listed on Pennsylvania’s inventory of state geologic heritage sites.

In the early 1990s the National Park Service (NPS) acquired several parcels from a local, family-owned company in an effort to protect the Trail. While those acquisitions were critically important, they provided pedestrian public “passage” but less than perfect protection for the A.T. experience. Since that time the Appalachian Trail Conservancy (ATC) and our partners attempted repeated efforts to acquire the critical habitat and spectacular un-

broken forested viewshed from White Rocks, but were stymied each time due primarily to a difference in opinion in the owner’s perceived value of the land versus the actual appraised value. In the meantime, this beautiful, forested, open space was marketed to developers — and at one point a proposal for construction of 274 homes on 277 acres in the primary viewshed was submitted for municipal approval. The A.T. community quickly mobilized their partners to save these four important parcels.

ATC’s regional staff secured a commitment for federal funding through the Land and Water Conservation Fund (LWCF) to cover half the cost of the project with the help and generous support of (then) Senator Arlen Specter. (*A.T. Journeys* readers might recall that LWCF funds are generated from off-shore oil leases and have been the primary funding source for land acquisition to protect the Trail.) Staff also secured funding from Pennsylvania’s Department of Conservation and Natural Resources (DCNR) Bureau of Recreation and Conservation for the remaining half of the acquisition costs. ATC and our friends at DCNR have long enjoyed a strong partnership, as much of the Trail through the commonwealth traverses lands owned and administered by their bureaus. DCNR identified the White Rocks project as their highest land acquisition priority. Deputy Director Cindy Dunn spoke at the dedication about the importance of protecting the South Mountain landscape.

While all of the partners agreed that this was a very worthy project, perhaps not unexpectedly, a number of legal issues arose during the process all of which needed to be resolved prior to the NPS taking title to the four tracts. The federal government had their hoops to jump through, as did the state. Of course ATC is also bound by our own policies and procedures and could not unduly expose the organization to financial or other liabilities. The law firm Patton-Boggs generously provides pro bono legal services to ATC and their counsel guided our organization through the sticky legal process, a service that proved invaluable. Numerous meetings and conference calls between ATC staff, the NPS solicitors, DCNR solicitors and our counsel from Patton Boggs took place to work through the many complex and significant legal issues.

Despite the generous funding from the state and federal governments, additional funding was needed to cover pre-acquisition costs including survey work, deed research, environmental assessments, and staff time. Three local clubs, including the Mountain Club of Maryland, the Cumberland Valley A.T. Club, and the Susquehanna A.T. Club, challenged their peers and raised nearly \$30,000 to help with project costs. Their leadership, most notably club presidents Rosie Suit, Jim Foster, and Karen Balaban, worked diligently to encourage their membership to contribute to the cause and protect this property in their neck of the woods. Hundreds of donations ranging from \$2 to \$2,000 poured in. Donors committed to the project reached deeply into their pockets to give what they could. Sandy McCorkel, a second generation president of the family corporation proved to be a formidable negotiator. Don King, the highly skilled NPS chief of land acquisition and his associate Chuck Blauser proved to be equally formidable. Ironically, King began his 30 plus year career negotiating land acquisition from the family matriarch, Ms. McCorkel’s mother.

The Central Pennsylvania Conservancy, a local land trust active with protecting open space in south central Pennsylvania also helped. Executive director Debra Bowman was instrumental in her effort to begin to build a relationship and trust with the land owner. However, she recognized that the scope of this project was beyond the capabilities of her organization and she asked ATC to take the lead. Because the project had such significance for the A.T., ATC readily took the reins and, with the help of agency, club, and individual partners, pulled off this remarkable achievement.

The White Rocks project was dedicated on a damp chilly morning in early April when a crowd of about a hundred ATC and Trail club members, neighbors, elected officials, and agency partners

gathered to celebrate. Shireen Farr, executive director of the Cumberland Valley Visitors Bureau served as the emcee. State Senator Pat Vance noted that beyond the recreation resource that the project preserved, the protection of White Rocks helps to preserve residential and municipal well-heads and the high value Yellow Breeches Creek, a renowned cold water fishery. County commissioners and township supervisors also addressed the crowd praising ATC for our efforts. ATC was

Early on it was clear that by working together and pulling resources, we would all succeed.



From far left: Morning on the White Rocks Trail; hiker Frank Guerriero enjoys the view from White Rocks — the name refers to an exposed outcrop of ancient quartzite rock. Geologically, the spiny ridge is the northern terminus of the Blue Ridge, the very same eco-region and geologic formation that A.T. hikers traverse as they work their way to northern Georgia.

awarded plaques from both Monroe and South Middleton townships for our hard work and ongoing efforts to preserve open space. ATC’s executive director Dave Startzell and NPS A.T. Park Manager Pam Underhill commended the effort.

The theme of the day and the White Rocks project tagline was “You Made It Happen!” Like so many of the extraordinary efforts that ATC has been a part of, the White Rocks project is a textbook case of cooperation and partnership. Early on, it was clear that no one organization had sufficient resources to make it happen, but by working together and pulling resources we would all succeed. It didn’t go un-noticed that the crowd that gathered to celebrate the protection of White Rocks was indeed diverse. It included staunch devotees of every persuasion. We are all familiar with the term “Trail magic” but the real magic of the A.T. is that it transcends political partisanship and spans stark ideological differences. Perhaps that is the real story of the Appalachian Trail. ⬆

PHOTOS BY LINDA NORMAN

Karen Lutz is ATC’s Mid-Atlantic regional director.



Clockwise from top left: Dave Startzell receives a letter from Senator Joe Manchin — signed by Senate members in the 14 states the A.T. passes through — commending his years of conservation service; Sharon and Bill Van Horn receive an award from Congressman Heath Shuler; Bob Almand and Royce Gibson with Senator Manchin as he puts the final touches on the Senate's letter to Dave Startzell.

IN THIS ISSUE WE CELEBRATE OUR CORPORATE PARTNERS. FOR THE second year in a row UPS has underwritten and provided volunteer support for our Awards Gala in Washington, D.C. This year we not only had a spectacular lineup of honorees but also generous members of the House of Representative and U.S. Senate to honor them by presenting the awards. The gala was co-chaired by West Virginia's own Senator Joe Manchin, III and Congresswoman Shelley Moore Capito.



We are honored to have the support of such a broad spectrum of the corporate world. UPS, Home Depot, NewPage, DHL, Boeing, American Trucking Association, SusanGage Catering, BNSF Railroad, and others we welcome back for the second year of support. We are pleased to add Visa, Comcast, CSX, and Toyota as first time supporters. You, as members, have a choice when buying and we encourage you to look to those companies that are supporting ATC first when making your decisions.

This year's gala honored our agency and volunteer partners in the Appalachian Trail Community™ program. Our honorees : Rebecca Barnes from the Massachusetts Department of Conservation and Recreation, Dennis Frye from the Harpers Ferry National Historical Park, Tom Speaks from the Cherokee National Forest, and volunteers Bill and Sharon Van Horn of Franklin, Tennessee, were lauded for their efforts by Representatives Jim Himes, Shelley Moore Capito, Chuck Fleischmann, and Heath Shuler respectively.

Senator Joe Manchin presented the Appalachian Trail Conservancy's (ATC) executive director, David Startzell, with a letter of commendation and congratulations for his years of service to the Appalachian Trail and ATC. The letter was signed by members of the U.S. Senate from the 14 states the Appalachian Trail passes through.

We send our sincere thanks and appreciation to all who participated in this year's gala. We again congratulate our honorees for their remarkable service to their agencies and to the Appalachian Trail.

In May the ATC Board of Directors voted to rename our Stewardship Fund in honor of David Startzell, who started it 25 years ago. They also directed this department to begin a campaign to raise \$2,181,000 for the fund. The amount is in celebration of the miles of Trail Dave has helped protect during his time with ATC. We will provide our members with a complete detail of the campaign in the next issue. ⚡

All the best to you,
Royce W. Gibson | Director of Membership & Development
Amy McCormick | Corporate & Foundations Manager

You can find a complete list of our corporate partners at appalachiantrail.org/partners.

MARCH — APRIL 2011

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PUBLIC NOTICES

For Your Information

Beginning this season, AMC's **Hiker Shuttle route is connecting with two Concord Coach Lines** stops — in North Conway and Lincoln, New Hampshire — and has added a stop at the White Mountain National Forest Lincoln Woods Visitor Center. For more info visit: www.outdoors.org.

Due to the inability to marshal the necessary resources to stage an event of the quality that people have come to expect, the Rutland Long Trail Steering Committee has decided to **cancel the 2011 Rutland Long Trail Festival** that was to be held August 6, in Rutland, Vermont. The Rutland Hard-Core Trail Project, originally scheduled for the following day, August 7, has also been canceled. The Committee would like to thank all those who have supported the festival in the past and apologize for any disappointment this cancellation has caused.

Like to **read about A.T. treks?** There is a complete listing of all published memoirs at www.atmemoirs.com.

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selling the surplus at cost plus postage. Send \$2.00 for each to: D. Innamorato, 9500 Marston Lane, Montgomery Village, Maryland 20886, or contact: (301) 869-7386.

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Trail walkers will enjoy the short walk to the A.T. and the Darlington Trail. Property for Sale. Privacy and panoramic views from this Blue Ridge Mountain cliff house. This property is located within 20 minutes of downtown Harrisburg, Pennsylvania. The property sits on 12.9 acres of forested mountain ground. Two bedroom, two bathroom home has a great room, modern kitchen, two stall garage, outdoor hot tub, lower level family room, and large pole building. Contact: Tony at sjojaw@hotmail.com.

A.T. Maps: New York - New Jersey Maps and Books, \$8; Complete Potomac Appalachian Trail Club Shenandoah Park - Susquehanna River, \$35. Or your choice of selections. Excellent condition. Shipping included. Contact: atconquered@yahoo.net.

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Opportunities to **Live and work in Harpers Ferry**, West Virginia. The Mountain House lodging business (half of the Town's Inn) is for sale, and the building in which the business is located (175 High Street) is for rent or for sale. In addition, we are looking for someone to rent (\$1,500 / month) and run the restaurant in the Town's Inn (179 High Street). Contact: Karan at KaranTownsend@gmail.com.

Lost and Found

Found: A pair of **prescription eye glasses** on May 7, 2011 near the Pinefield Hut Shelter, MP 75 on Skyline Drive. Contact: Bubblegum (804) 477-5397 or JERRYTHROCK@aol.com.

Lost: **olive green 'zip-off' leggings**; on Trail between Cold Springs Shelter and Tellico gap above Franklin, North Carolina on Thursday, April 7. Contact: gartinedavis@yahoo.com. ⬆

Public Notices may be edited for clarity and length. Please send them to:

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Public Notices
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AS I SEE IT



MOST OF THE TIME ON THE APPALACHIAN TRAIL IT'S PACK UP, EAT, HIKE, EAT, make camp, eat, sleep, repeat, but sometimes you get to a campsite early, or you have a quick dinner and you find yourself with a little downtime.

Most of the time you use this time to hang out with everyone at the shelter and to get to know your fellow thru-hikers, but it's also really nice to use this time to do something on your own. A lot of people bring books out with them on the Trail. Some people carry the whole book and other people cut books into sections and have each section mailed to them as they hike along. I've even seen a few hikers reading books on Kindles or other e-readers.

I decided to download two books onto my iPhone. It took me a while to decide what two books to bring. I finally decided on, *Peace is Every Breath* by Thich Nhat Hanh and *Winnie the Pooh* by A. A. Milne.

Both books are about living in the present moment and finding joy in small things. Thich Nhat Hanh approaches these topics by talking about spirituality and meditation. He tells his readers to focus on their own breathing and to find peace through the constant in-out pattern of breath. *Winnie the Pooh* is a children's story, but you can read some of the same lessons in it. Pooh lives his life in the present moment, and rarely worries about consequences. He notices the small things around him and those things make him happy. When he finds himself in a hard situation, he sings himself a little song and makes the best of it. I thought both books would give me good things to think about on my hike. ⬆

Both books are about living in the present moment and finding joy in small things.

MINI SELF-PORTRAIT: ETCHING AND AQUATINT ON PAPER. BY AVERY FORBES

Avery Forbes is a teacher and artist who has been dreaming about hiking the Appalachian Trail ever since she was 11 years old and met a thru-hiker on a camping trip in Maine. She recently spent two years working as a fifth grade teacher on the Pine Ridge Indian Reservation in South Dakota as a Teach for America Corps member. She is currently thru-hiking the A.T. The above is an excerpt from her blog, which she writes for her students as she hikes: averyforbes.com.

"As I See It" is a monthly column from guest contributors representing the full range of ATC partners, members, and volunteers. To submit a column for consideration, please email journeys@appalachiantrail.org or write to Editor/As I See It, Appalachian Trail Conservancy, P.O. Box 807, Harpers Ferry, WV 25425.



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