

# PATH



# WAYS

PIEDMONT APPALACHIAN TRAIL HIKERS

CLUB NEWSLETTER • MAY 2000

## Two PATH Members chosen as ATC Honorees

by Paul Clayton

STONEY FORK, Va. — Earlier this year, the Appalachian Trail Conference asked PATH to choose two honorees from PATH as part of ATC's 75th anniversary celebration. Twenty-eight PATH members cast their votes, and the results are in. I think everyone knew before we started this exercise who the club's overwhelming first choice would be - Gordon Burgess.

Here are some of the comments we heard about Gordon:

"Gordon has the ability to remember the name of everyone who comes on a work trip, and he never forgets anyone. At least two people have told me they became PATH members just because Gordon remembered their names and greeted them with warmth and enthusiasm."

"Not only has Gordon spent many hours for many years working on the AT, he has spent much energy interacting with the people who live along the PATH section of the trail. He has made deep friendships and encouraged the landowners to feel part of the Trail Community which has built a positive relationship between the trail users, trail maintainers and trail neighbors."

"Without Gordon's professional record keeping, the trail between VA 670 and VA 623 may have grown thick with briars and small saplings."

"I think it goes without saying that Gordon Burgess should be the number one candidate for his many, many years of dedicated service to the club and the AT."

"He is the quintessential PATH member. I have heard

*"He has made dear friendships and encouraged the landowners to feel part of the Trail Community which has built a positive relationship between the trail users, trail maintainers and trail neighbors."*

that there are only two maintaining clubs in the ATC which are just that - strictly maintenance clubs, not outing clubs, social clubs, conservation clubs, hiking clubs - PATH and the Maine AT Club. Gordon symbolizes this single-minded dedication to trail maintenance."

Joining Gordon on the honor roll will be the person who has shouldered an enormous load in recent years - Bill Boudman:

"Bill, for his tireless efforts at organizing worktrips, keeping the equipment in good repair, and helping us plan ahead for the work that needs to be done."

"Boudman for his leadership in directing and assigning club members during worktrips, for ensuring that trail equipment is functional and for his endless dedication and volunteer hours to the trail and club."

"His dedication and willingness to plan, start, and finish a job or function...His attention to club members safety, keeping club members attention while working on a project, and keeping

the whole outdoor experience fun."

"Bill is a very hard worker and a fantastic planner."

I think the club can be proud to have Gordon and Bill represent us as the ATC gets ready to honor the volunteer as the theme of its 75th Anniversary celebrations.

Most PATH members realize that the forty or so active maintainers are only about 20 percent of the total membership. Many PATH members are no longer active maintainers. But they once were, and they continue to give their warm support to the club. In the polling, a number of names were mentioned that may not be famil-



iar to some of our more recent members, but who gave exceptional service in the past:

"For many years, Ken [Rose] and Gordon were the organizing force behind the worktrips. Ken organized the work to be accomplished and Gordon recorded the lists of work crews for each work weekend. When there were meetings with the Forest Service or the Park Service, Ken and Gordon were there on behalf of the club."

"Hollyce [Kirkland] has been in on the lean years of work weekends and now on the fat ones. She even help blaze the trail up to the barnyard of Wayne Bruce on Hwy 42."

"Henry [Ford] has done a great deal for the club over the years."

Allen DeHart, the noted guidebook author, was also mentioned. He once was an active maintainer with PATH, and a great advocate and recruiter.

Jim Wood is a past president and former active maintainer and hike leader.

The following currently active members were mentioned, none of whom need introduction: Parthena Martin, Tony Roberts, and John Hartpence.

With this kind of dedication and commitment, it is no wonder that PATH is such a vibrant and effective club. As long as we keep looking outward and bringing people in, we can keep it up. PATH's 100th Anniversary Honoree may be a new member at the next worktrip. ☺

"Bill, for his tireless efforts at organizing worktrips, keeping the equipment in good repair, and helping us plan ahead for the work that needs to be done."

## Chestnut Knob Shelter: Good Times, Work Times

*Editor's Note: Much of the 2000 season thus far has been devoted to the Chestnut Knob area of PATH, overlooking scenic Burke's Garden. Work has been progressing on clearing much of the overgrowth around the shelter that has prevented hikers from enjoying the vistas from the top of the knob. A relocation is also in the works on a part of the AT running north from the shelter to Walker Gap. Paul reflected on some of PATH's involvement with this historic area of the AT to share this history with new members and remind older members of their past efforts.*

by Paul Clayton, PATH President

All the time we have spent on Chestnut Knob recently got me to thinking about our Konnarock project of 1994. Chestnut Knob is a high point overlooking Burke's Garden, Va.

From atop the knob, a spectacular 360-degree view can be had, encompassing peaks as far away as Mount Rogers and Whitetop. The present shelter started life sometime around 1929 as a fire warden's hut. Eventually it became a trail shelter, though an unusual one, built of stone, with a dirt floor, fireplace and low ceiling.

A draft management plan, undated but appearing to be from 1981, suggests that "the remnant stone hut on Chestnut Knob should be removed." Fortunately, the club never acted on this recommendation.

During the summer of 1994, PATH and the Konnarock Crew completely refurbished the Chestnut Knob Shelter. The original low, flat roof was removed and replaced with an offset gable roof with Plexiglas panes under the overhangs.

Concrete was mixed by hand and spread to create a new floor. New bunks were built.

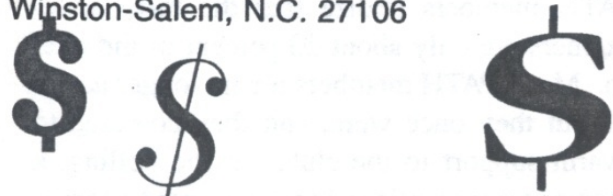
In all, the Konnarock crew spent three weeks on the project. Thirty-one PATH members worked on the project, 18 of them for five or more days. PATH member Jim Ball made around 50 trips up and down the mountain on a Forest Service six-wheeler, hauling in water, gear and supplies. Jim spent 17 days on this project.

Some things to remember: the incredible meteor shower that kept everyone up late one night; Steve Williams' frogmore stew; afterwork drinks overlooking Burke's Garden; the garter snakes in the old chimney; the Mickey Mouse embedded in the concrete floor. ☺

### Year 2000 PATH dues are due now.

Please remit \$15 (individual)  
or \$17.50 (family) to the address below as  
soon as possible. Make check out to  
"Piedmont Appalachian Trail Hikers."

Harrison Marks  
5055 Shady Maple Lane  
Winston-Salem, N.C. 27106





# We'll Miss You, Betsy and Burton

*Betsy Novicki, 50, a long-time PATH member in Raleigh, N.C., died Dec. 20, 1999 of breast cancer — just as our previous newsletter was going to press. Most of us learned the news from John Hartpence, who posted the obituary on our e-mail site. I asked PATH members to share their thoughts. Enclosed are comments from PATH members who had had a chance to know her and work with her.*

..... Karl Kunkel

Don Childrey wrote: "Just thought I'd share a few good memories I have of Betsy. I remember a January weekend spent hiking in the Uwharries with her and Betsy Truscott. We enjoyed a wonderful late night conversation while sitting in our sleeping bags under a bright moon and clear sky. The temperature dipped to twenty or so that night, and Betsy N. was thrilled with her new, down bag. We ended up spending the night tentless, looking up at the stars. The next day we hiked and bushwhacked, visiting an old hand-dug gold mine — complete with hibernating bats, where I did manage to convince one Betsy to venture underground. Later, we enjoyed a high campsite with a nice view of the sunset. We finished the trip at my house where Sandy cooked us a nice Sunday lunch before they headed home. You couldn't have asked for a sweeter, more optimistic trail friend than Betsy Novicki. I will consider have the chance to spend some time with her as one of life's special gifts."

Bill Boudman wrote: "I sent a card to 'Betsy Two's' family. We often referred to her as 'Betsy Two.' (Betsy Truscott was 'One'). She was great fun to be around, she was very cheerful and had a wonderful sense of humor. I will miss her."

Paul Clayton wrote: "I am sure many club members remember her from the days when she was a reg-

ular at Stony Fork, every third Saturday. I also remember a delightful rainy weekend in the shelters at Mt. Rogers with Betsy and several other PATH members, and her patching up errant children and crew members on work trips (as I remember, she was a registered nurse). She will be sorely missed and not forgotten."

(Betsy's husband) Ed Novicki wrote: "I would like to thank all the members of PATH for the outpouring of sympathy and concern for Betsy. I first

met Betsy at a primitive campground and worked side-by-side with her on many occasions on the Florida Trail. I firmly believe that those of us who knew Betsy in this environment are the lucky ones who knew her in her fullest."

After Bill Boudman planted a tree in Virginia as a tribute to Betsy from PATH and sent a card, Ed N sent the following note: "Thank you for the notification of the tree planted in Betsy's honor. The first year that we married, my sons and I planted a tree for 'Stepmother's Day,' so I know what such a gift means to her. Please thank all the members of PATH for their outpourings of love for Betsy."

Karl Kunkel wrote: "I first met Betsy late one evening as I and several other PATH members were huddled around a Stony Fork fire one Friday night. She and a friend had rolled in from Raleigh, a long drive, after a full day of work. They had to park outside the camp area because the gate had been locked. I would later spend a day of blaze-painting with her, her dog and John Locke one chilly October day along the ridge overlooking Burke's Garden. I took a photo of her and her dog, which later appeared in a Sunday edition in the High Point (N.C.) Enterprise as part of an article I did on PATH to recruit new members. She had a great sense of humor and had a good take on life. I learned a lot from her."



Photo by Karl Kunkel



# Burton Rights Passes Away

CLEMMONS, N.C. — Burton Rights, a PATH member and retired Moravian Church bishop, died March 2. He was 69. He served Clemmons Moravian Church from 1960 to 1996. In 1992, he completed the Appalachian Trail, which he section-hiked over a 20-year period. We asked PATH members and supporters to share their thoughts.

Paul Clayton, president, wrote: "Burton Rights was a long-time PATH member, AT thru-hiker and avid camper. He especially enjoyed working with children and instilling in them a love for the outdoors."

Susan Crump, a PATH supporter and newsletter helper, wrote: "He was a wonderful friend of my family and was in school with my father at Chapel Hill. He was a fine mentor and example to many of the young people growing up in the Moravian Church. He will be missed." 📧



*Burton Rights (L) and Ken Rose (R) on 1989 Konnarock work trip, south of O'Lystery.*

## Mike Dawson Honored

*by Vaughn Thomas*

SPARTA, N.C. — Mike Dawson was honored for his 20 years of service with the Appalachian Trail Conference during the annual meeting of the Southern Regional Management Committee of the ATC. The meeting was held March 23-26 at Camp Cheerio.

The recognition was a surprise for him and his wife, Tina, who is faculty advisor for the Outdoor Club at Va. Tech. It was great to see Mike honored for his fine work and dedication to the Appalachian Trail.

The meeting dealt with management matters of the AT in the Southern Region.

Participants included representatives of ATC, southern AT clubs, the U.S. Forest Service, National Park Service, the national forests in the South, and the states of Virginia, North Carolina, Tennessee, and Georgia. Topics of discussion groups included the following: Right of Way and Mountain Top Impacts; Invasive Exotic Species; Advertising, Social Events and Other Activities in the Trail Corridor; Financing Your Trail Work; Cultural Resources; and the Work of the ATC Land Trust. As you can see, there is more to maintaining and managing the AT than keeping the footpath open! 📧

## Thank You!

*Editor's Note — Earlier this year, PATH's board of directors voted to donate \$1,000 to the Appalachian Trail Conference in Harpers Ferry. The money, donated in honor of PATH members who had recently passed away, was part of a windfall, about \$4,000, PATH received as part of the profits from helping host the 1999 bi-annual ATC conference in Radford, Va. In March, PATH president Paul Clayton received the following note:*

Please accept my heartfelt gratitude to the Piedmont Appalachian Trail Hikers for its recent and generous \$1,000 gift. It is our honor to recognize your gift in memory of Hazel Monroe, Charles Wells and Betsy Novicki. As you requested, we have notified their families of your gift. The club's financial partnership, in addition to its remarkable gifts of leadership, time, trail management and maintenance are deeply appreciated. Again, thank you very much for your 2000 contribution.

Sincerely,  
David N. Startzell  
Executive Director  
Appalachian Trail Conference



# April Showers Bring Potluck — and More

by Bill Boudman

SUGAR GROVE, Va. — Twenty-eight dry and energetic folks (2 dogs) showed up for the April worktrip weekend and left a little wet or damp, full of good food and a little tired. Due to the rain, we did not attempt to go to Chestnut Ridge. We will try to tackle that in May. It may be dry then.

We worked on removing the new dump at the Kegley property (south of I-81, near the Settlers Museum), cleaned the trail head at Hwy 86 (party area), put in two trail markers on the Kegley relo for those hikers who complain about getting lost, replaced all the broken RR ties behind Cumbows in the swamp, installed the second Clemson leveler on the beaver dam, and cut six 8-foot locust logs and delivered them to the trail head on 601. The group even car-

ried them in 1/2 mile. We even had one group to monitor 601 south to the river.

We had a very successful work day. We got to finish early and ate around 5 pm. This has to be a first for PATH. On a sad note, PATH member David Emrey's mother passed away in March. See you all next worktrip.



*Editor's Note: Betsy Truscott used the April worktrip to break in her new Lowe Alpine day-and-a-half pack, complete with Camelbak rehydration system (fancy water container with long straw), and her daughter, teenager Worrill Campbell, was informed that a horde of PATH members would be chaperoning her, by convoy, during her prom. ☺*

## Book Reviews



### Book lovers:

For an interesting company that focuses on travel literature, check out the following website [adventurous-traveler.com](http://adventurous-traveler.com) or call 800/282-3963 for a print catalog. I received a print catalog in the mail and noticed that pages 2 and 5 are devoted to books on the Appalachian Trail (probably many of the same titles available from the ATC) One column featured a short account of a thru-hike by Chris Dooley, an Adventurous Traveler employee.

—Karl Kunkel

**A FOOT IN THE SOUTH:** Walks in the Natural Areas of North Carolina by Phillip Manning, illustrations by Diane Manning. Publisher: John F. Blair. \$12.95 paperback. first published 1993. Composition by The Roberts Group (owned by PATH member Tony Roberts and his wife). 256 pages.

I met the author for the first time last fall during a conference of North Carolina writers. He was a guest speaker, lecturing on the history and art of nature writing. He has a solid grasp of this rich history and has transferred it to the pages of his own writing in this book and other titles he has penned. This book presents step-by-step information on 18 walks he has selected throughout the state from the 500 miles of available walking/hiking paths located from the mountains to the coast. He includes information on nature, culture, maps, history of the area, brief bios of local characters, a solid index and addresses for further information. the black-and-white illustrations of flowers and plants by his wife are well-detailed and sure to help those of us who idly pick plants and wonder if they are holding poison ivy or not. This is a well-laid-out reference book that belongs on everyone's shelf and is a good motivator to check out other types of nature writing.

.....Karl Kunkel



# Simply Stated.

**CHOOSING SIMPLICITY: Real People Finding Peace and Fulfillment in a Complex World**  
by Linda Breen Pierce. Gallagher Press, trade paperback \$16.95 348 pages

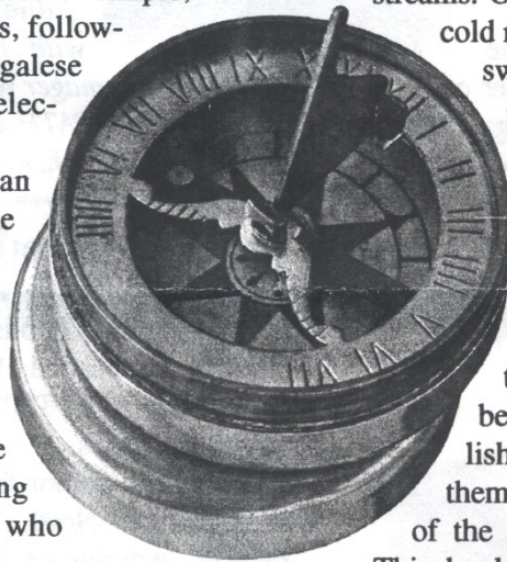
E-mail, voice-mail, beepers, cell phones, the latest high-tech toys, the biggest house, the earn-and-spend grind. The list goes on, and it isn't getting any shorter. With this invasive barrage of stuff in our lives, it is no wonder that some people have begun cocooning and trying to get out of this fray, even if for short periods.

But social isolation isn't the only answer. The author has been intrigued with the notion of simple, more practical, living for over 30 years, following a lengthy visit to a remote Senegalese village that functioned well without electricity or the gadgets of the West.

While chasing a law career as an upwardly mobile baby boomer, she frequently read about the how and why of simple living in our industrial society, but she found nothing about the people embracing this lifestyle. So, she launched her own Pierce Simplicity Study through the Internet, establishing and maintaining close contact with over 200 people who had embraced this lifestyle.

This book chronicles the lives and observations of many of them and how a life bereft of the 'keeping up with the Joneses' mindset has changed them — and challenged them. Some moved from large houses to tiny apartments; some cut their work hours and used the new-found time for personal growth. But they all experimented, often falling and getting up, often testing their marriages to the breaking point, until they and their partners found a suitable lifestyle.

This thought-provoking book contains an abundance of ideas and directions for realistic lifestyle changes, using the experience of others. The scenarios are presented as stories in which the author gets into the minds of these people. To offer still better direction for the serious reader, the book has a lengthy section on support groups, newsletters and books on simple living.



— Karl Kunkel  
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# A Journey North

**"A Journey North: One Woman's Story of Hiking the Appalachian Trail"** by Adrienne Hall. Appalachian Mountain Club Books, [www.outdoors.org](http://www.outdoors.org). \$22.95 hardcover. 256 pages with 40 black-and-white photos. ISBN 1-878239-91-0. January 2000

Adrienne Hall had never heard of the Appalachian Trail when her boyfriend suggested that they hike the 2,159-mile footpath that winds from northern Georgia to Maine.

When she accepts, she does so with no preconceived notions of the trail other than her vision of a romantic outing with lush, green forests and gently flowing streams. Only after they begin does she face the cold reality of a six-month-long life of mud, swarming black flies, aggressive mice, cold rain and cold, tasteless food. That's what she gets and that's what she describes so vividly in "A Journey North," this well-painted journal of her 1996 "thru-hike."

Practically everyone who has thru-hiked the AT feels a need to share the adventure in print. And a fair number of these accounts have been published. Unfortunately, all too many of them have taken on a quality of sameness, of the same trip being retold twenty times.

This book breaks out of the pack, due to the author's willingness to describe the all-too-gritty reality of the trip and the challenges that seriously tests the stability of her relationship with her boyfriend. The author, trail name "Raindrop," also includes interesting reflections on the hike north regarding the evolving environment as civilization creeps closer and the importance of humankind maintaining these natural areas in a world that is getting increasingly reliant on technology.

PATH's section of the AT does not get mentioned, but the author does throw enough of the North Carolina through Virginia stretch of the trail onto the page to make PATH readers feel at home.

Anyone reading this warts-and-all adventure will be impressed with Raindrop's accomplishments, the mental gremlins she defeats and her observations on the history, culture and wildlife she encountered on this trek.

— Karl Kunkel



# PATH Member

## Inks Journey

Book Review: "On the Beaten Path: An Appalachian Pilgrimage: by Robert Rubin.

Lyons Press. \$24.95 (hard). 256 pages.

"On the Beaten Path: An Appalachian Pilgrimage" is one of the better told of the many tales of Appalachian Trail travel. It is literate, thoughtful, and covers new ground on a trail previously trod by so many.

In "On the Beaten Path," Rubin explores not only the trail itself and the thru-hiker subculture, but he also plumbs the inner workings of the long-distance hiker, exploring why some hikers are driven to complete the entire AT and others are satisfied with less.

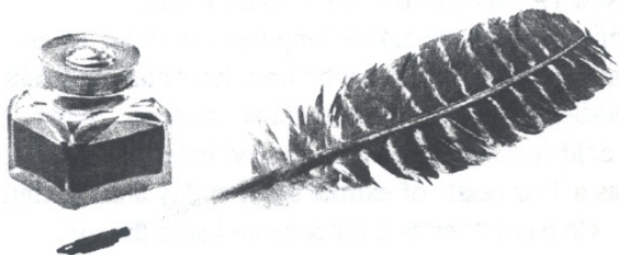
Anyone who knows all or part of the AT will enjoy traveling with Rubin as he works his way up the East Coast past familiar peaks, trail towns, and vistas. But there's much more to this journey than a hike from Georgia to Maine.

Anyone who has experienced doubt or desperation in a career or personal relationship will empathize as Rubin exposes the feelings and fears that impelled him from his job and family and set him afoot, alone on the AT.

In the carefully chosen words that describe this pilgrimage, this journey of discovery, Rubin has crafted a story that will be valuable and appreciated both by those who would read it as a thru-hiker journal as well as those who would read it as the story of a man struggling to free his soul.

— Tony Roberts

*Editor's Note: PATH member and author Robert Rubin, formerly of Durham, N.C., was a previous editor of "PATHways." He recently moved to Harpers Ferry, W.Va., where he is editor of "Appalachian Trailways News," the magazine of the ATC. He remains active with PATH.*



## Random notes

by Karl Kunkel

Lecture at Greensboro, (NC) Publ Library by Tim Blakley, herbalist and teacher, founder of the Natl Ctr for the Preservation of Medicinal Herbs, Rutland, Ohio ([www.ncpmh.org](http://www.ncpmh.org))

*Please note: some herbal terms may be misspelled.*

This information might be a good teaser for anyone interested in learning more about herbs and how people can use them. They are based on notes at a lecture, so do your own research before acting on any of this. None of this is complete. I'm basically trying to learn more about this subject and figured this lecture would be a good way to do it.

Tim spoke to a group of people interested in learning more about herbs and how they can be used as curatives in everyday life. I had seen him speak two years ago on another swing through the state when he worked at Herb Pharm. Two years ago, with the financial backing of Frontier Herb Coop, ([www.frontiercoop.com](http://www.frontiercoop.com) or [www.frontierherb.com](http://www.frontierherb.com)) he started an herb farm and center to teach people how to grow their own herbs to prevent many of these plants from being picked to extinction. He hosts an apprenticeship program twice a year, no cost, running from a week to two months, depending on your schedule. Fills up quickly. Only about 3 of the top 65 herbs on the market are cultivated. Most are picked wild (e.g., along side of road, drainage ditches, etc, not the most pristine places). Doing so causes erosion and destruction of food sources of animals.

He co-wrote a book on the subject: "The Bootstrap Guide to Medicinal Herbs in the Garden, Field and Marketplace" with Lee Sturdivant, paper, 323 pp, \$24.95.

Tim recommended going to regional herb conferences. NC has one in June. The largest, HerbFest 2000, will be Aug 18-20, Norway, Iowa. He highly recommended it. Numerous lectures, workshops, seminars, etc. The fest is sponsored by Frontier Natural Products Coop, the company that sponsored his trip to NC. He is a big supporter of this co (as these notes will reveal) and gave away several bottles of products to attendees. I ended up with an extract for cold and flu and three bottles of Gotu Kola (pennywort), an herb used for memory enhancement — if I remember correctly. I also bought an autographed copy of the book.

He spoke of Rosemary Gladstar, a great herbalist that helped him get into this field about 23 years ago at a Calif herb school.

Herbs can be overpicked to where they cannot pollinate and reproduce. He cited Silfium, a birth control herb used in



ancient times that went extinct 1,600 yrs ago. Society and the population changed dramatically after its extinction. He predicted American ginseng will become extinct this century if people do not start raising it. Ginseng roots are getting smaller, as hunters gather whatever they can. Black Cohosh, used for menopause, is also being overused based on the supply.

Lots of herbs being sold to herb cos are not pure. He and Frontier tested 47 batches of gotu kola (memory, wound-healing, nutritive), and they rejected all 47 for some reason. But someone bought it and packaged and sold it to consumers.

American Ginseng is America's most heavily sprayed crop. Chinese like to add sulfides to their roots to preserve them and make them white. Sulfides can give you a headache or hives. Most herb sellers don't test for these things due to cost of test. They rely on the word of the source. Frontier tests everything, he said.

Try to cultivate echinacea in your backyard. Finches love it.

Tim reminded us to be leery of the term "standardization" as a determinant in the potency of the particular herb. This part wasn't explained well, but basically he was referring to the importance of understanding that the total constituents or chemicals in an herb determine the real strength of an herb, since they all work together. A sole standardized amt as noted on a label, alone, should not be the only thing to look at.

No one has ever died from medicinal herbs alone. Reports of this seldom mention that the person took many things, including the herb. The herb gets blame. Dateline or one of those news shows made a big deal out of a person dying of Kava (a relaxant), failing to mention that he ingested many other things. Ephedra, he did note, is about the only dangerous herbs if misused.

Also, five drops of wintergreen essential oil can kill you.

Not all "ragweed" causes allergies, he said, because there are about 25,000 types of that plant. Some of the plants are pollinated by bees; others by the wind. The wind varieties are the only ones causing allergies.

Tim drinks several types of tea: chamomile, peppermint, lemon grass and stinging nettle.

He also eats a lot of ginger and cinnamon, both for flavor and to ward off bacterial infections. Both of those are also good for eliminating athlete's foot, being anti-bacterials. Just sprinkle it on. Gargle with it if you have a sore throat.

Glucosamine is good for arthritis. he recommended buying it in bulk and then capping it yourself to save money. Wintergreen is good for osteoarthritis. Use in a 25:1 ratio

mixture with another oil.

Essential oils are potent and good as anti-bacterials, anti-fungals and anti-virals. Because of those properties, he recommended using some of them, especially lavender oil, as something to put in your airspace to breathe. He puts a drop or two of lavender on his mustache during airplane trips in which he breathes recycled air to avoid catching colds. For women that do not have mustaches, he recommends that they put a drop or two on the ends of their hair and sniff the fumes periodically. To purify the air in a room, put a drop or two of lavender on a hot light bulb or a light bulb ring. For night use, get an air diffuser.

Lavender has a calming effect to help sleep.

Geranium oil is a good anti-mold agent.

Essential oils are too potent to just put on skin by themselves, so mix a drop or two with about 15 drops of jojoba, which is actually a liquid wax, and perfect for the skin.

To relax, try a bath in which you use one of these essential oils: clary sage, lavender (good for calming down) or peppermint. Use only 2-3 drops, no more than that. Add the drops after filling the tub. Oil is hydrophobic, so it won't mix; it will just cover the water surface, so don't feel you have to add more if the tub is big.

Tim cleans his bathtub, etc, by using lime, orange, vinegar and water.

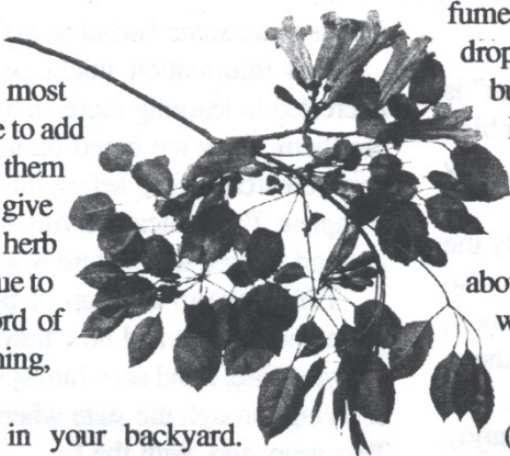
To cure a headache, put a drop of lavender oil on each temple.

40% of oils are adulterated by growers and producers, using cheaper botanicals that can counteract the good properties of the herbal oil. For example, they will sometimes use lavendine (a stimulant and irritant) to cut lavender, which has exactly the opposite properties, giving the user an unwanted reaction. 52% of companies tested are selling adulterated lavender.

Four companies that routinely test everything are Frontier, Aura Cacia, Swiss Aromie and Earth Harmony. Many of the products from the largest and best known companies are worthless. He would not name them — I assume, fearing lawsuits.

One book Tim recommended: "Aromatherapy—the Gentle Art of Healing" by Kathy Keville and Wendy Green. He also mentioned David Hoffman, an author, and the book "The New Holistic Herbal" by Rob McClave.

Echinacea can be taken long-term without ill effects, especially good for athletes who train hard and put stress on their bodies, lowering their immune systems. When Tim feels a cold coming on, he stokes up on Echinacea, taking as much as a 1 oz bottle of extract the first day and continuing to take. He recommends it for acne and sore throats.





### Outdoor Books Available

My friend Nancy Wells has donated Charlie Wells' extensive library of outdoor books to PATH. His book collection was part of his interest in "getting ready" which he enjoyed equally, or better than, "getting out." These books cover subjects dealing with hiking, backpacking, and wilderness survival. I am preparing a list of these books that I can provide to PATH members who may be interested in acquiring one or more of these books in exchange for a donation to PATH.

Requests for the list of books should be addressed to me via email, US Mail, or telephone.

Walt Davis  
213 Brompton Court  
Burlington NC 27215  
Telephone 336-584-1076  
Email WaltD2k@cs.com





*Bridge into the Virginia Tech section at 615, February 2, 2000. Photo by Paul Clayton.*

# Weekend Outings

**May 19-21, 2000:**

Trail Days, Damascus "Trail Town," Va.

**June 16-17, 2000:**

Annual Festival in the Park, Pearisburg, Va., located along the AT. Hikers welcome. Food, Music, Art, etc. [town@pearisburg.net](mailto:town@pearisburg.net)

Don't forget to visit

PATH online at

<http://www.path-at.org/>

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