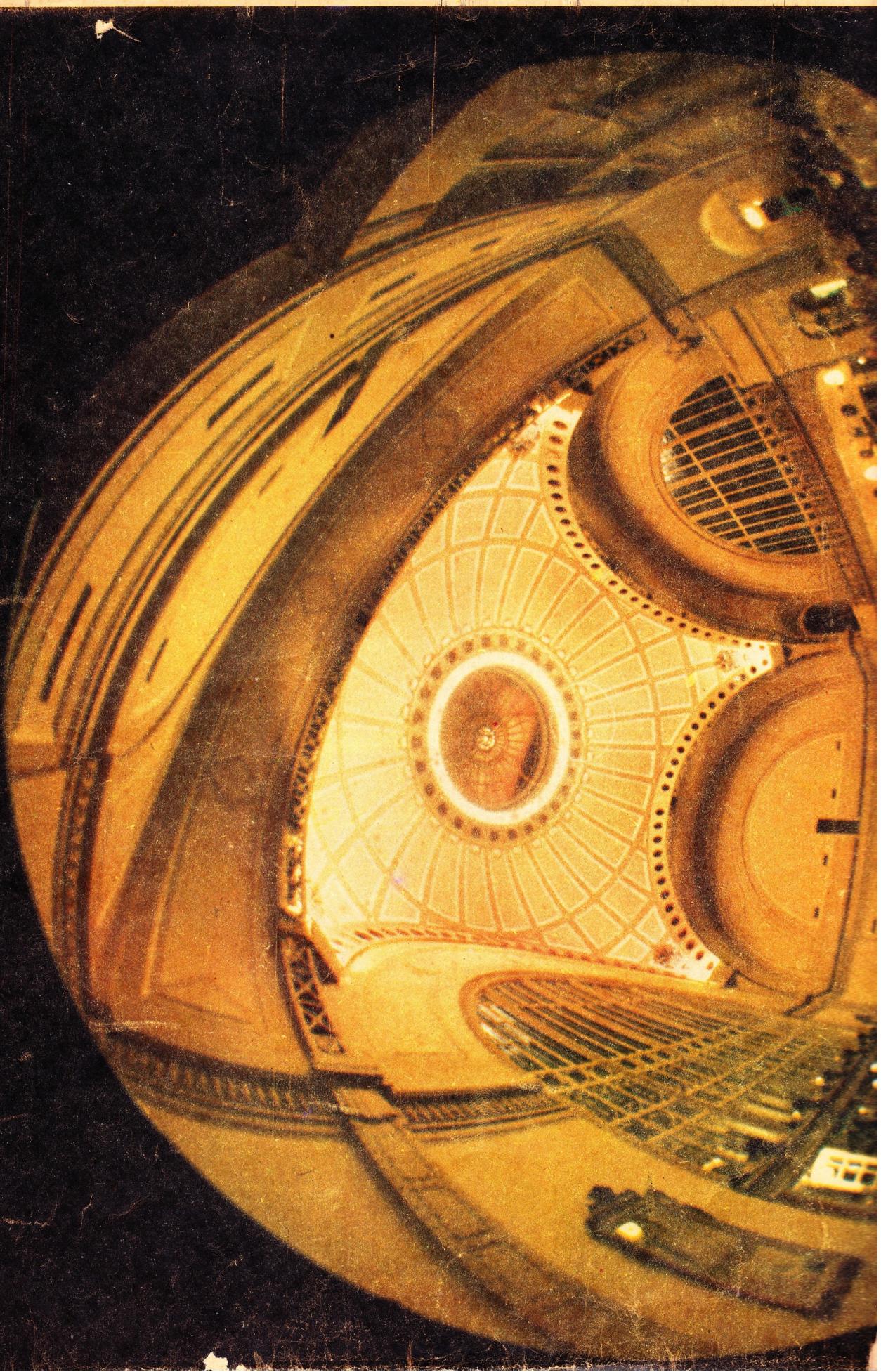


THE ATLANTA
Journal and Constitution MAGAZINE

MARCH 24, 1974



THE ATLANTA
Journal and Constitution MAGAZINE

ANDREW SPARKS, Editor

IKE HUSSEY, Art Director

FLOYD JILLSON, Chief Photographer

CONTENTS March 24, 1974

The Politics of Andy Young 8

By Phil Garner

Atlanta's 5th district freshman congressman is mastering the rules of Washington's inside game

They Built a Hospital Single-Handed 10

By Gregory Jaynes

Retirement was boring so Glenwood and Sarah Carter took on a \$17 million project

Forevermore Mining Coal 12

By Henry Woodhead

Many a man spent years in the black dampness of Lookout Mountain; some would spend more

Down at the Choo-Choo Station 17

By Margaret Shannon

How a man named Casey saved Chattanooga's train terminal and made it a tourist attraction

Troubleshooter for Natural History 36

By John Pennington

Young people in 37 states enjoy museums founded by John Ripley Forbes

Pears Perk Up Spring Menus 48

By Grace Hartley

This plentiful fruit can add fresh spirit and mellow flavor to any course of a meal

Long Walk from Maine to Georgia 56

By Richard Judy

Four months on the Appalachian trail teaches a person a lot about the country and about himself

The Cover

The fisheye lens is a wondrous gadget, for with it a camera can see more than it ordinarily sees and can put a new shape on things. Floyd Jillson aimed a fisheye at the dome-covered waiting room of the 1909 Terminal Station in Chattanooga, Tenn., which has been saved from the wreckers and converted into a restaurant. The develop-



Americana, Brazil

Americana

I read with great pleasure Frances Cawthorn's article "Look Away, Look Away" (Feb. 3). Though I now live in the mountains of North Carolina, I am a "descendant."

Something about the article was more understanding and sympathetic toward the Confederate exiles than anything I have seen. They did get homesick, and they faced many problems and hardships. I heard more about missing churches and schools than anything else.

They did something about both problems and many others, and on the whole made a real contribution to the land of their adoption.

My people have been accused of wanting to own slaves, running out on the hard times at home, being immigrants, etc. I got the impression that they were unreconstructed and broke!

The article brought me home again after more than 40 years.

Mrs. Marion J. Murray
Banner Elk, N.C.

Meal Planning

Grace Hartley's food pages in the magazine have planned many a meal for my family. I had planned to write and ask for a sweet-and-sour sauce for Chinese food and she gave an answer in the Feb. 24 magazine. I would like her to know that her pages have provided many a recipe for my collec-

**LANE E
BUDGE**

special sizes 14½ to 20

flower-detailed denim pantsuit

10.99

Do-all denim does it again—this time in an embroidered western shirt-tunic and pull-on pants. Washable polyester/cotton in blue.



PEACHTREE AT CAIN
NORTHLAKE MALL

CALL A

Operators or
including Su

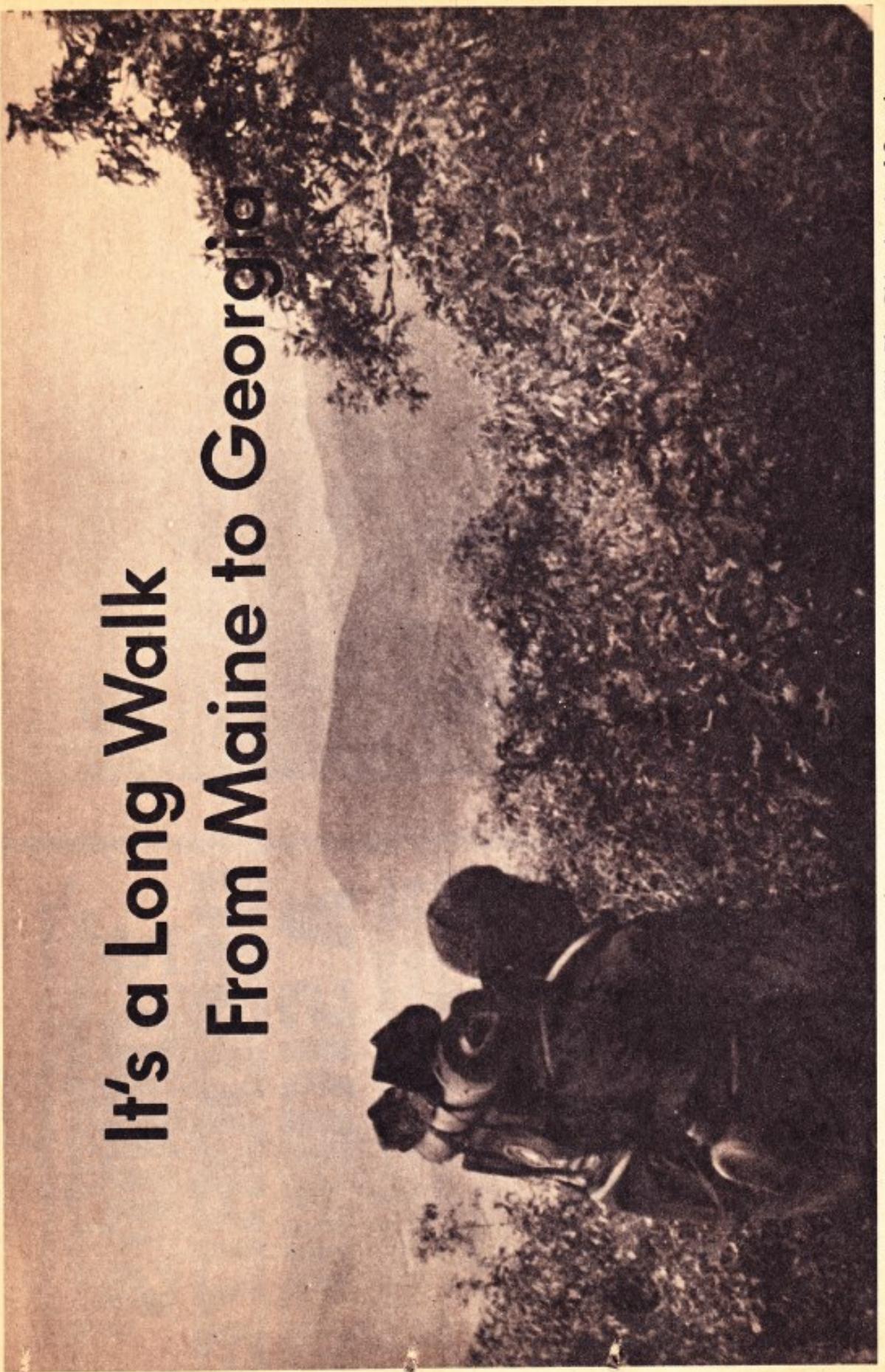
Please send me pants

SIZE COLOR

CHARGE



It's a Long Walk From Maine to Georgia



From Springer Mountain where the Appalachian Trail ends, hiker Richard Judy gazes at the incredible Blue Ridge beauty of Georgia.

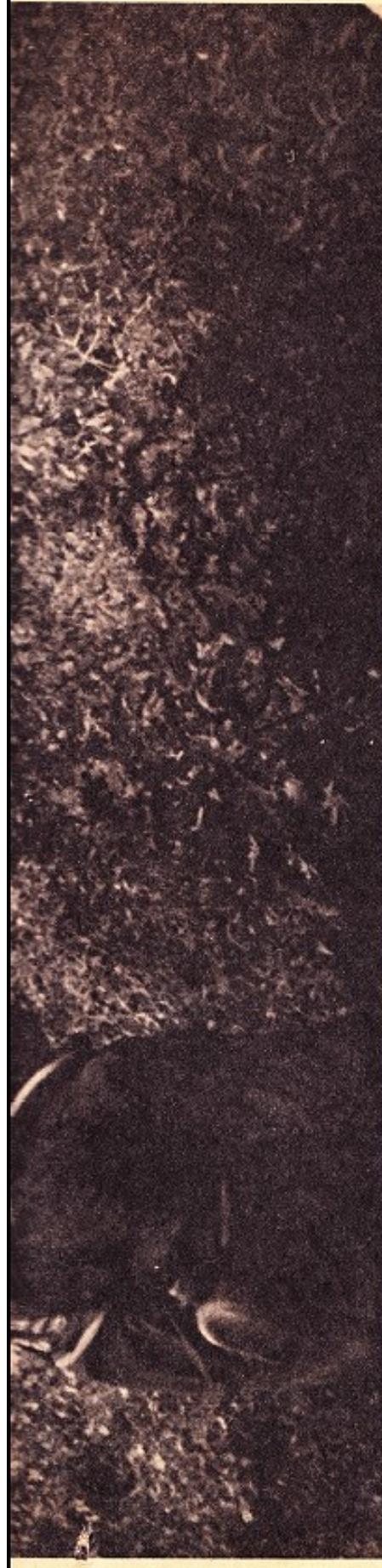
By Richard Judy

6/3/73 My first day on the trail. Took off at 6:45 a.m. The trail to the peak of Katahdin was one of the roughest I've ever seen, but the view was incred-

mountain footpaths in the United States. It juts massively above the wilderness lake country surrounding it, and compared to other "scenic wonders" in this country, it is relatively unknown. After a brief ego trip during which I practiced my Ernest Hemingway scowl while

in the north Georgia Blue Ridge. The trip took 140 days, which is far from a record-setting pace. An ambitious fellow named Warren Doyle made the trip south to north this past summer in $66\frac{1}{2}$ foot-blistering days, thereby setting a new record.

where I saw several big moose. While I was up there, the ground was boggy with a combination of melted snow and spring rain. Every day I hiked in Maine ended with soaked boots and shriveled feet. But the most maddening part of



From Springer Mountain where the Appalachian Trail ends, hiker Richard Judy gazes at the incredible Blue Ridge beauty of Georgia.

By Richard Judy

6/3/73 My first day on the trail. Took off at 6:45 a.m. The trail to the peak of Katahdin was one of the roughest I've ever seen, but the view was incredible.

mountain footpaths in the United States. It juts massively above the wilderness lake country surrounding it, and compared to other "scenic wonders" in this country, it is relatively unknown. After a brief ego trip during which I practiced my Ernest Hemingway scowl while gusts of wind bristled in my sideburns, I took that first spine-tingling step that must begin every journey, even one more than 2,000 miles long. After bounding over more boulders than I care to remember, I was at Katahdin Stream Campground located at the bottom of the huge mountain. My first day was

By Richard Judy

E6/3/73 My first day on the trail. Took off at 6:45 a.m. The trail to the peak of Katahdin was one of the roughest I've ever seen, but the view was incredible . . .

FOR my money there is nothing, absolutely nothing, east of the Mississippi River to compare with the view from Mt. Katahdin on a clear day. The northern terminus of the Appalachian Trail is located on Katahdin's Baxter Peak, and I stood there last June 3 on a flawlessly clear day looking south toward the 2,000 plus miles that lay ahead of me.

Katahdin, accessible only by dirt roads, looms silently and interminably in northern Maine. Its summit can be reached only by some of the ruggedest

The author, who has a degree in journalism from the University of Georgia, skipped graduation ceremonies last spring to get an early start on his 2,000-mile hike. He now works for the Dawson, Ga., News.

mountain footpaths in the United States. It juts massively above the wilderness lake country surrounding it, and compared to other "scenic wonders" in this country, it is relatively unknown. After a brief ego trip during which I practiced my Ernest Hemingway scowl while gusts of wind bristled in my sideburns, I took that first spine-tingling step that must begin every journey, even one more than 2,000 miles long. After bounding over more boulders than I care to remember, I was at Katahdin Stream Campground located at the bottom of the huge mountain. My first day was

The Appalachian Trail is a marked footpath running for about 2,047 miles from Maine to Georgia. Like a big meandering snake, it winds casually along ridgecrests and down into valleys.

Maintenance is handled by the volunteer efforts of a large group of individual organizations governed by the Appalachian Trail Conference whose headquarters are in Harpers Ferry, W. Va. The way is marked by white paint blazes located on rocks and trees at frequent intervals.

After leaving Katahdin, I traversed 14 states before I reached Springer Mountain, the trail's southern terminus.

In the north Georgia Blue Ridge. The trip took 140 days, which is far from a record-setting pace. An ambitious fellow named Warren Doyle made the trip south to north this past summer in 68½ foot-blistering days, thereby setting a new record.

NEW RECORD. But as I followed the white blazes out of Katahdin Stream Campground on the second day of my hike, speed was the last thing on my mind. I was hiking with Jim Smith, a fellow Atlantan, who walked with me through Maine and part of New Hampshire.

where I saw several big moose. While I was up there, the ground was boggy with a combination of melted snow and spring rain. Every day I hiked in Maine ended with soaked boots and shrievled feet. But the most memorable part

But the most macabre part of Maine and of the entire trail would have to be the black flies. These tiny insects attack any spot on the body, exposed or unexposed, and latch on to suck blood. At times they clouded around my head like a black plague while the blood from their bites ran freely down my arms.

It was while I was in the midst of these pests, (the mosquitoes were just as bad, but I don't care to remember them) that I met Bob Brugmann, from New Jersey, who joined me in battling them with the only effective repellent—a sense of humor.

Long-distance hikers refer to themselves as through-hikers, and Bob was the through-hiker's through-hiker if ever one existed. I followed his long hiker's stride out of the boggy lake country of northern Maine and into the rugged mountains of southern Maine, many of

In southern Maine lies the Mahoosuc Range, probably the ruggedest stretch on the entire trail. But it's worth which were above timberline.

Like a meandering snake, the trail winds casually along ridgecrests for 2,047 miles

every bump, bruise and blister. The mountains here with names like Old Speck and Goose Eye are some of the wildest on the trail, and the route which ascends high above timberline to their summits is so rugged only seasoned hikers should attempt it.

IT was in the Mahoosucs that I had my closest call of the trip. Mahoosuc Notch, a magnificent canyon strewn with huge boulders and bracketed by sheer-faced rock walls, not only exhausted me, but very nearly eliminated me.

While I was walking on the edge of a bluff looking for the easiest way to get down, the ground beneath me gave way and I went slipping over the edge. I clamped my hand around a small pine sapling and watched in horror as the roots of the tiny tree began ripping loose from the ground while my body and my 40-pound pack pulled against it. The fall could have easily maimed or killed me, but I managed to muster the necessary strength to inch myself to safety.

6/21/73 I'm definitely getting in good shape, and I'm trimming down. Nice to finish Maine with its messy bogs, mosquitoes, black flies, etc. Still loved it. It's been the greatest physical and mental challenge of my life.

The day I entered New Hampshire my spirits were high, and I was ready to eat up some more trail. Bob and I pulled ahead of Jim as we entered the White Mountains which rival the Mahoosucs in ruggedness and surpass them in beauty.

When we reached the Presidential Range, the weather was reasonably clear. We walked for miles over this section, which is all above timberline and provides the ultimate in unobstructed views.

We hit rain as we reached the heart of New Hampshire's White Mountains. Although we didn't know it at the time, the rain was the beginning of the worst prolonged rainstorm in New Hampshire and Vermont since 1927. The trail became a mudslide, and at times Bob and I had our hands full trying to keep our footing and our sanity in the midst of the freezing rain and muck. At times my hands were so cold that I couldn't unzip my trousers or unbutton my shirt without an effort.

On June 29 we reached Beaver Brook lean-to at the foot of Mt. Moosilauke, and I decided that I'd had my share of mud-slogging for the day. But Bob wanted to reach Georgia in time to get back to high school in the fall, so we reluctantly parted.

6/30/73 Today was the kind of day that could make or break an A.T. hiker. The trail up Mt. Moosilauke was so steep that there were ladders and cables in some places. It was raining so hard that the trail was knee-deep in water in a couple of places.

Several days later the weather began clearing, and as I reached Hanover, N.H., I was feeling like the world's ruggedest hiker. A family near Hanover looked beyond my bearded face and my dirty clothes, and saw a weary person who wouldn't mind joining them for the night and cleaning up a little. It was a pleasant prelude to Vermont's Green Mountains, where I hiked along easier trails and found some nice shelters.

A few days into Vermont I stopped for a break at a place called Gov. Clement shelter. The entry in the register there reads as follows: "Bob Brugmann—Flemington, N.J. Me.-Ga. Stopped briefly in rain." After this entry someone added: "Died on same falling off log over Mill River. It had been raining for two weeks, and he tried to ford the Mill River after the suspension bridge fell—Died age 17—Rest in peace."

THE through-hiker's through-hiker was dead, and when I met his family later on by coincidence, I told them that I wouldn't stop until I hit Springer Mountain because now I was hiking for two people. Bob's brother Jeb had started north from Springer Mountain on the same day that Bob had started from Katahdin. They had planned to meet somewhere in the middle of the trail.

His family was in Vermont during the search for Bob's body. Jeb had left the trail near Roanoke, Va. to come to Vermont, and I met them in Manchester, Ver., after thumbing down to buy supplies.

For a few days after, I hiked along wondering why the best hiker on the Appalachian Trail had to die. But my mind soon became occupied with the trail again, and the magic of the trail began to return.

6/8/73 Just heaved a rock at a mammoth porcupine. Beamed him, but he got away. This place is crawling with them. You even have to hang up your boots at night to keep them from getting chewed up. The nastiest, ugliest creatures I've ever seen—rats included.

After battling these trophy-sized porcupines (if there is such a thing) in Vermont and admiring the sun-dappled forests of the Green Mountains, I began hiking through Massachusetts and Connecticut. The trail was a little easier there and (Continued on Next Page)

THE RALEIGH
1248 Sq. Ft.
4 Bedrooms

CALL NOW FOR
PERMANENT AND

DELUXE
HOMES
QUALITY
FEATURES

DELUXE
HOMES
INTERIOR
FINISH

✓ Solid Foundation
✓ 8' Walls
✓ Subfloor & Oak Fl.
✓ Aluminum Window
✓ 16" Enclosed Cor.
• ½" Sheetrock finis.
Windows trimmed, ba
rods installed • 150 a
and receptacles inst
sink furnished and in
stalled

GET YOUR OWN
PHONE 47

— OR MAIL THIS —

DELUXE HOME BUILDERS, Inc.
7000 South Expressway, Jonesboro, Ga.

I own my lot in _____ County

Please send FREE catalog of home pla

NAME _____

ADDRESS _____

CITY _____

PHONE _____

Only one n

is written

and design

to cover

Atlanta ar

and only on

THE ATLANTA
Journal

(Continued From Page 57)

Make the CAN'T home you home afford...the home YOU CAN

Your
the Miles Way. Your
can still save cash, the extra savings
turn your extra time into more. We trust
you can turn your extra time into more. No high labor cost,
no high material costs, no high payment.
Begin a
bank money, after wages and more. Begin a
spare yourself. Save high, camp down payment. It's
to have home... Our free book tells more.
Do it, we need to have home... Our
you. We furnish special advice, knocking,
here. We furnish special advice, knocking,
your foundation and free is knocking,
new life. Your opportunity is knocking,
new life. Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

Please turn me your FREE CATALOG on Miles build it yourself homes
Homes.

closer to the civilized world.

I pressed on into New York where I battled a mixture of miserable wet weather and even more miserable hot weather. New York was a little disappointing for several reasons. Much of the trail route follows roads, and this is not only dull but also rough on the feet.

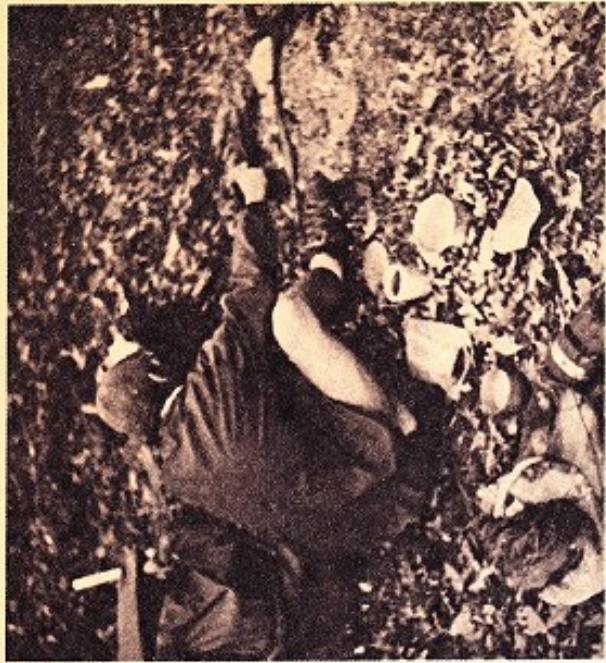
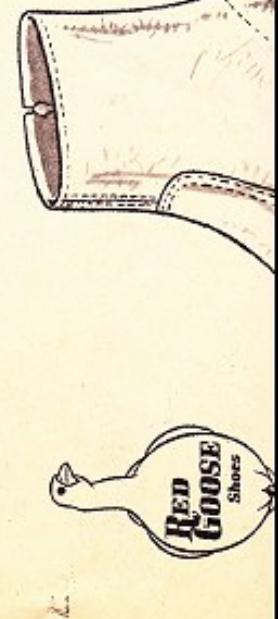
Also vandals have mistreated the shelters so roughly that many have been torn down, and those that remain standing are often in poor repair and bushes of trash are scattered around.

THOMPSON • BOLAND • III

Get ready for
the Easter Parade



Black Patent—8½ to 12—14.00
White Patent—12½ to 4—15.00



Richard Judy cooks breakfast over an open fire.

views of the valleys shrouded by the late morning mist robbed me of hiking time when I took one break after another to gape in silence. The first long section of the trail in Virginia winds through Shenandoah National Park. Through the first part of the park, Bird and I were doused by a depressingly long rain-storm. When it finally cleared, we found ourselves battling the crowds for sleeping space in the shelters and solitude on the trail. Vacationing hikers flock to Shenandoah National Park from some of the big East Coast population centers, and during the summer the crowds ruin any real opportunity for a true wilderness experience. Mobbing the trail, these people hike as if in a panic to see some of America's eastern wilderness before it becomes a victim of man's overzealous ambitions.

Bird and I were glad to leave the park and head for

the mountains.

THEN, I was on my own again. A couple of days later I met my old college roommate, Jay McKinley, whose nickname is Bird. We hiked into Maryland the next day, and I'm glad to say that my memories of Pennsylvania are fond ones. Though the rocks practically destroyed my feet, the country I saw was rich in historical significance and the people I met were generous and fascinating.

Now I was past the halfway point, and I had no doubt that I could finish. Maryland was a quick state with nice shelves and hairy views of the mountains.

hiker I talked to said that once he got so thirsty in New York he began licking leaves for moisture.

But New York still gave me a thrill. One night from a mountaintop I could see the glow of New York City. It amazed me that I could be so close to the huge city and still be in rustic surroundings.

It took only two pleasant days to stroll through New Jersey. The trail route there runs on a level course over the Kittatinny ridge. It is not at all strenuous and is quite beautiful. I was later told that I was seeing the most beautiful country New Jersey has to offer.

Then I hit the Delaware Water Gap, crossed the Delaware River on the Pennsylvania turnpike and found myself in Pennsylvania. Bob Brugmann's parents came over from Flemington, N.J., and treated me to the first decent meal I'd had in days. Jeb, they told me, was hiking up in New Hampshire and headed for Katahdin. Nothing can stop a true hiking freak from hitting the trail.

Pennsylvania left me with about 220 miles' worth of memories of sweltering heat, foot-bruising rocks and beautiful people. My folks took part of their vacation to come up from Georgia and meet me in the little trail town of Port Clinton in the heart of the Pennsylvania Dutch country. It was like a brief sojourn in Nirvana to take my first break from the trail with them.

8/5/73 My first day off the trail. Am amazed at how I love TV. A new situation comedy called 'Watergate' is on. This is a new perspective. All these towns, people, cars and flat land. Ready for some more mountains.

bed me of hiking time when I took one break after another to gape in silence.

The first long section of the trail in Virginia winds through Shenandoah National Park. Through the first part of the park, Bird and I were doused by a depressingly long rain-storm. When it finally cleared, we found ourselves battling the crowds for sleeping space in the shelters and solitude on the trail. Vacationing hikers flock to Shenandoah National Park from some of the big East Coast population centers, and during the summer the crowds ruin any real opportunity for a true wilderness experience. Mobbing the trail, these people hike as if before it becomes a victim of man's overzealous ambitions.

Bird and I were glad to leave the park and head for Virginia's George Washington National Forest. Here, the crowds disappeared as if a switch had been thrown.

On Sept. 1 we were joined

by David Chandler, an old buddy of mine who goes to Georgia Tech. David was rudely introduced to the trail as we ascended from the Tye River Valley to the peak of the Priest, a climb of more than 3,000 feet. However, David accounted well for himself, and we fell into a steady pace.

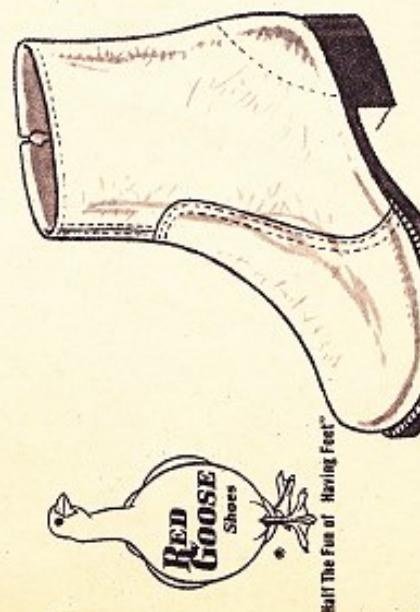
The view from the top of the 4,063-foot-tall Priest was free of haze and one of the most impressive in Virginia. The same day we took a break at Spy Rock, which affords a 360-degree view begging to be photographed.

(Continued on Page 61)



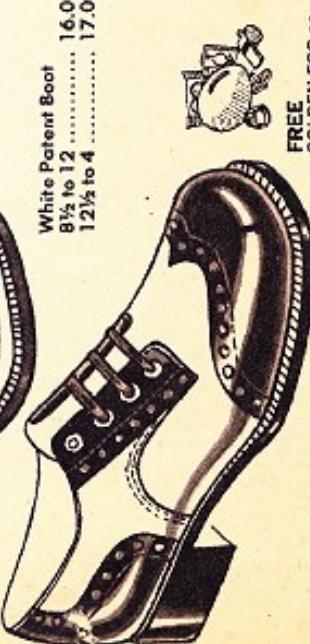
Accurate fitting
is no laughing matter

Black Patent—8½ to 12—\$14.00
White Patent—12½ to 4—\$15.00



Red Goose
Shoes

"Bull The Fun of Haying Fest"



White Patent Boot
8½ to 12 \$16.00
12½ to 4 \$17.00

FREE
GOLDEN EGG as
seen on TV, given
with each pair of
RED GOOSE SHOES

Beige Leather with Blue Patent trim
Brown Leather with Brown trim
Rust Leather with Black Patent trim
8½ to 12 \$14.00
12½ to 4 \$15.00

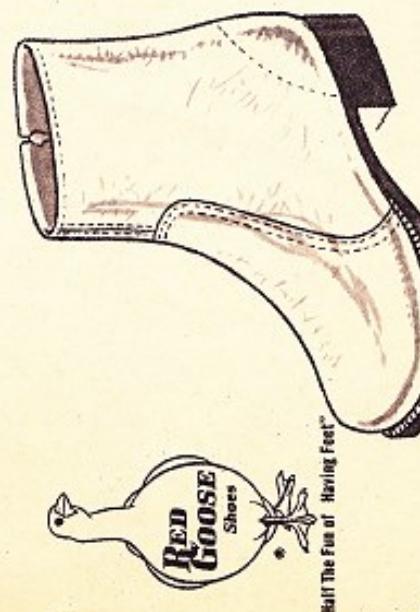
Thompson-Boland-Lee, P.O. Box 1733, Atlanta, Ga. 30301
Add 85c postage, Fulton, DeKalb Co. 4% Tax, Ga. 3%
DOWNTOWN • LENOX SQUARE • NORTH DEKALB • SOUTH DEKALB
GREENBRIAR • COBB CENTER • CUMBERLAND, UPPER LEVEL

the Easter Parade



Accurate fitting
is no laughing matter

Black Patent—8½ to 12—\$14.00
White Patent—12½ to 4—\$15.00



Red Goose
Shoes

"Bull The Fun of Haying Fest"



White Patent Boot
8½ to 12 \$16.00
12½ to 4 \$17.00

FREE
GOLDEN EGG as
seen on TV, given
with each pair of
RED GOOSE SHOES

Beige Leather with Blue Patent trim
Brown Leather with Brown trim
Rust Leather with Black Patent trim
8½ to 12 \$14.00
12½ to 4 \$15.00

Thompson-Boland-Lee, P.O. Box 1733, Atlanta, Ga. 30301
Add 85c postage, Fulton, DeKalb Co. 4% Tax, Ga. 3%
DOWNTOWN • LENOX SQUARE • NORTH DEKALB • SOUTH DEKALB
GREENBRIAR • COBB CENTER • CUMBERLAND, UPPER LEVEL

(Continued From Page 58)

able escape hatch from an otherwise dreary future. Alone with my thoughts over these long stretches of backwoods trails, I could sense my life changing and new ambitions molding.

Next, I hit Damascus, a small southwest Virginia town near the Tennessee border. After stocking up on food, I headed out of Virginia and into Tennessee. During the trip, I avoided the freeze-dried food so popular with many outdoorsmen because of my limited funds. Each day I took a vitamin pill, and for much of the hike I also took as many 12 protein pills in a day. The food value I sought most carefully was protein because I figured it would help me to build my muscles after a rigorous day on the trail. Therefore, I carried small cans of fish such as sardines or tuna and combined them with powdered soup and noodles to arrive at a high protein dinner, which I cooked over my little stove. It was a disgusting concoction, granted, but I was usually so hungry I didn't care what I was eating as long as it filled me up. Other foods in my diet were powdered milk, Lipton dinners, honey, candy bars (I became a Snickers Junky) and Alpen. But my stomach was a bottomless pit, and it seemed I was always hungry. In fact, during the trip I lost 30 pounds.

THEN David and I headed back into hills away from the pandemonium of the big highway. For the next five days we hiked along at a steady clip, battling wet weather and admiring places like Trinker Mountain, Sawtooth Ridge and tranquil farm valleys. During this stretch, we collected about 20 yellow jacket bites between us.

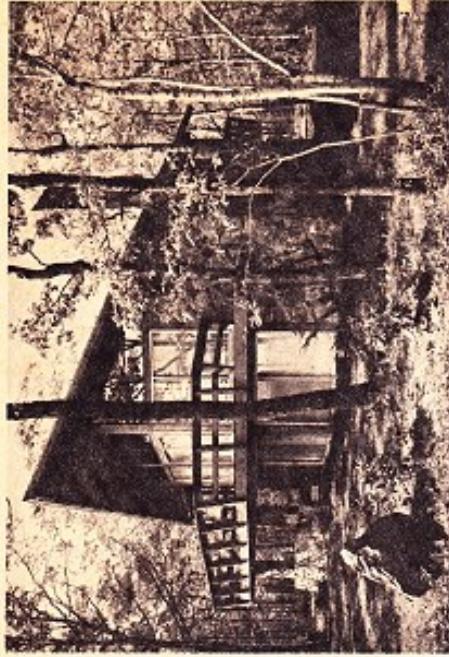
Eventually, the trail crossed a highway near Pearisburg, and we went into the town to see about getting a night's rest before David went to Atlanta by thumb. Here, we met Father Charles Beau soll, a Catholic priest who treated us like brothers. I had heard stories of his kindness from hikers as far north as Pennsylvania. He fed us, washed our clothes, let us take a shower and gave us a place to sleep on that miserable rainy night. Here was still another example of selflessness by a person who lived near the trail.

The next day after a hearty breakfast—compliments of Father Charles—I hit the trail alone and David trundled south. It was strange to be

crossing a number of cleared summits commonly known as balds. Though there is no timberline in the Southern Appalachians such as I'd seen in Maine and New Hampshire, the balds gave us the same "cloudwalking" effect with views that seem limitless in all directions.

When the trail intersected with Interstate 81, it was time for Bird to head back home to start his senior year, and we reluctantly watched him start his long thumbing trip.

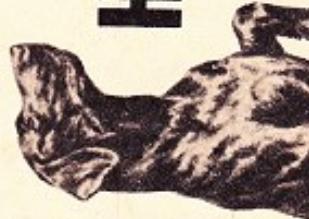
YOU CAN SEE STANMAR HOMES in Alabama, Arkansas, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Illinois, Indiana, Iowa, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New York, N. Carolina, Ohio, Pennsylvania, Rhode Island, S. Carolina, Tennessee, Texas, Vermont, Virginia, West Virginia, Wisconsin, Canada, Puerto Rico and The Virgin Islands.



the custom home that doesn't cost more

Every Stanmar home is individualized to fit your needs, your site, and your budget. If you are planning to build a primary residence or leisure home, send \$2.00 for our fall color brochure, "New Directions in Home Design".

Stanmar © The responsible company.
Box 08, Sudbury, MA 01776 (617) 443-8922
ATLANTA • BOSTON • NEW YORK • WASHINGTON



HEARTWORM DISEASE!

SO, with the distance ahead of me growing shorter as my beard grew longer, I trudged on into the rugged mountains of Tennessee, North Carolina and finally, Georgia.

After experiencing the majesty of such mountains as Big Bald and Roan Mountain, I trudged at a rhythmic clip to Davenport Gap, the gate-

House Doctor

Is your house due for a check-up? Then diagnose its ills. And read the House Doctor for advice on how to put it back in shape.

Sundays in the
Homes Beautiful section

The Atlanta Journal
Conrad C. Gaskins, Publisher
Editorial Staff
The Atlanta Constitution
The South's Standard Newspaper

admiring places like Tinker Mountain, Sawtooth Ridge and tranquil farm valleys. During this stretch, we collected about 20 yellow jacket bites between us.

Eventually, the trail crossed a highway near Pearisburg, and we went into the town to see about getting a night's rest before David went to Atlanta by thumb. Here, we met Father Charles Beausoleil, a Catholic priest who treated us like brothers. I had heard stories of his kindness from hikers as far north as Pennsylvania. He fed us, washed our clothes, let us take a shower and gave us a place to sleep on that miserable rainy night. Here was still another example of selflessness by a person who lived near the trail.

The next day after a hearty breakfast—compliments of Father Charles—I hit the trail alone and David thumbed south. It was strange to be alone again as I stood with my heavy pack atop drizzly Pearis Mountain watching a thunderstorm converging upon Pearisburg. Except for the last day of my hike, the rest of my trip would be in almost constant solitude.

9/13/73 I'll miss David and Bird. They've been superb hiking companions. I don't dread going solo, however. Very, very few people hike along these Virginia trails and I think I'll find the experience unique.

I wasn't disappointed. Trail hiking was the most natural form of living I'd ever experienced, and when I thought back on the money-oriented ambitions of the people I'd known in college, I began to understand why so many young people are breaking away to drift aimlessly these days. The pressureless feel of the open road is an irresistible pull.

with powdered soup and noodles to arrive at a high protein dinner, which I cooked over my little stove. It was a disgusting concoction, granted, but I was usually so hungry I didn't care what I was eating as long as it filled me up. Other foods in my diet were powdered milk, Lipton dinners, honey, candy bars (I became a Snickers junky) and Alpen. But my stomach was a bottomless pit, and it seemed I was always hungry. In fact, during the trip I lost 30 pounds.

So, with the distance ahead of me growing shorter as my beard grew longer, I trudged on into the rugged mountains of Tennessee, North Carolina and finally, Georgia.

After experiencing the majesty of such mountains as Big Bald and Roan Mountain, I tracked at a rhythmic clip to Davenport Gap, the gateway to the Great Smoky Mountains National Park.

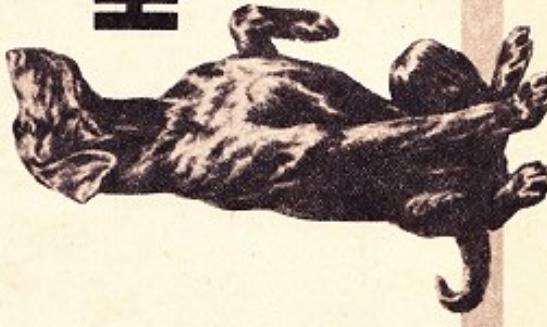
In the Smokies I put in a 27-mile day. I was beginning to smell Springer Mountain now, and I couldn't resist moving a little quicker. While I was in the Smokies, I got my only glimpse of a bear on the entire trip, and it was only a brief one near the summit of Thunderhead Mountain. I also saw two groups of wild boar. One of these mean-looking little creatures squared off with me and began snorting and pawing the ground, but when I made no threatening gesture, he disappeared into the thick undergrowth of rhododendron.

10/10/73 Last night I was awakened by a wildcat. Sounded like a woman screaming. Today I got my last view in the Smokies from

check-up? Then diagnose its ills. And read the House Doctor for advice on how to put it back in shape.

Sundays in the
Homes Beautiful section

The Atlanta Journal
Chas. E. Collier, Inc., Inc.
THE ATLANTA CONSTITUTION
The South's Standard of Magazine



STANMAR[®]

ATLANTA • BOSTON • NEW YORK • WASHINGTON

HEARTWORM DISEASE!

It's spread by mosquitoes
It's often fatal to dogs

STYRID[®] CARCIDE[®]

Synpyridinium chloride-diethylcarbamazine base

Oral Liquid

CARCIDE[®] Syrup

diethylcarbamazine citrate

CARCIDE[®] Tablets

diethylcarbamazine citrate

CYPIP[®] Powder

diethylcarbamazine

® Registered Trademarks of American Cyanamid Company,
Princeton, N.J. 08540

Your veterinarian now has
4 ways to prevent
heartworm infections
in your dog:

Take your dog to your veterinarian for a heartworm check-up soon!

(Continued on Page 63)

Every Stanmar home is individualized to fit your needs, your site, and your budget. If you are planning to build a primary residence or leisure home, send \$2.00 for our full color brochure, "New Directions in Home Design".

If you are planning to build a primary residence or leisure home, send \$2.00 for our full color brochure, "New Directions in Home Design".

appedrine

REDUCING PLAN

Contains one of the

strongest diet.aids



available without prescription

now, ENJOY GOOD EATING and

LOSE WEIGHT! FAT!

TRIM POUNDS & INCHES
NO CRASH DIETS
NO STRENUOUS EXERCISES

Now shed those excess pounds without strenuous exercise and without ever missing a meal. The remarkable APPEDRINE Reducing Plan works 6 ways to help your body get rid of superfluous fat quickly.

The APPEDRINE concept is so dramatic you may start losing weight the very first day, keep losing weight day after day, week after week until you get down to your most attractive size and figure as you follow this extraordinary plan. No fads, no special foods, no defeating hunger.

**LOSE 5, 10, 25 POUNDS & MORE
WITHOUT MISSING A MEAL!**

GET RID OF
UNSIGHTLY BULGES!
LOSE INCHES FROM:



TAKE WEIGHT OFF
THIS WEEK
OR MONEY BACK

Get your APPEDRINE Reducing Plan today and watch your weight go down. This Appedrine Reducing Plan must help you reduce to the size and weight you want to be or your money back. Question?

enjoy
good eating
and
lose

good hot food. Thanks to their generosity, I felt renewed as I hiked up Blood full stride, never taking a break.

While sitting upon a huge boulder on Blood Mountain's summit, I watched a sunset that would have made Peter Max eat his heart out. Then I hopped into my down sleeping bag wondering if all the tales I'd heard about Blood Mountain being haunted were true. According to the A.T.C. guidebook, Blood got its name from an apocryphal story about an Indian battle between the Cherokees and the Greeks. Mingled with the scratching noises of prowling skunks and mice that night were noises I would swear were made by the ghosts of Indians who met violent deaths in that battle.

Though it was getting late in October, the leaves were barely beginning to turn color, showing sprinkled flecks of red and gold over the north Georgia Blue Ridge. My first night in Georgia was spent at Addis Gap lean-to where, by coincidence, I ran into Tommy Fellows, a guy I had not seen since my days at Avondale High School. That night we were visited by what had to be the world's biggest skunk. Fortunately, we kept our cool, and the skunk kept him.

Before noon the next day I was on the rocky summit of Tray Mountain from which I got one of the best views on the trail in Georgia. The sky was crystal clear, and I could see foothills instead of mountains as the Appalachians blended into the Piedmont region to the south.

LATE the next day I pulled into Gooch Gap lean-to, and there to greet me was my old buddy, David Chandler. David had driven up from Atlanta to bring me a steak to eat on my last night before my ride ended. With him was Steve Skinner, an old friend who majors in physics at Georgia Tech. David had to go back that night, but Steve stayed and helped me cook the steak and some baked potatoes. Never again will a steak taste as good as that one.

10/15/73 - "Breathes there the man with soul so dead . . ." Well, my soul's not dead. As I got my first view of the good old north Georgia Blue Ridge and grouse as I walked along, something that had been occurring since I was in Virginia. I also caught a bad cold, my first ailment of the trip, which made me sound a little like Gregory Peck when I talked.

DURING the next couple of days I spooked wild turkey and grouse as I walked along, and the footing slippery, the views and the spooky loneliness made it all worthwhile.

It was a beautiful day for hiking. We took a break beside the grassy field atop Hawk Mountain, and lounged on the rocks next to the little waterfall a few miles from

(Continued From Page 61)

Shuckstack Mountain. The valleys were completely cloaked in a heavy fog, and all I could see were the tips of the Nantahala Mountains sticking out like craggy dunce caps.

After descending out of the Smokies and crossing Fontana Dam, one of the biggest dams east of the Mississippi River, I hiked into the Yellow Creek-Wauchecha-Cheoah region whose name is difficult to pronounce and whose terrain is even more difficult to traverse.

OFTEN compared to the Mahoosuc region of southern Maine, this area is reputed to be the roughest on the trail. However, after nearly 2,000 miles of hiking I shared an endurance with other through-hikers that made me feel easily equal to the challenge.

Though the trail was steep and the footing slippery, the views and the spooky loneliness made it all worthwhile.

10/15/73 - "Breathes there the man with soul so dead . . ." Well, my soul's not dead. As I got my first view of the good old north Georgia Blue Ridge and grouse as I walked along, very quickly. Finally, I was back in my home state. From Bly Gap to Springer Mountain is about 79 miles, and the full realization of what I was about to accom-

FAT!

TRIM POUNDS & INCHES NO CRASH DIETS NO STRENUEOUS EXERCISES

NOW shed those excess pounds without strenuous exercise and without ever missing a meal. The remarkable APEDRINE Reducing Plan works 6 ways to help your body get rid of superfluous fat quickly.

The APEDRINE concept is so dramatic you may start losing weight the very first day. Get your APEDRINE Reducing Plan today and watch your weight go down. The APEDRINE Reducing Plan must help you reduce to the size and weight you want to be. Your money back without question from manufacturer.

LOSE 5, 10, 25 POUNDS & MORE WITHOUT MISSING A MEAL!

The APEDRINE Plan combines the latest scientific, nutritional concepts for fast weight reduction. You eat and enjoy 3 satisfying meals plus 3 delightful snacks every day as your body burns off those nagging excess pounds of fat. No need to go hungry. Now enjoy good eating and still lose that unwanted overweight.

TAKE WEIGHT OFF THIS WEEK OR MONEY BACK

Get your APEDRINE Reducing Plan today and watch your weight go down. The APEDRINE Reducing Plan must help you reduce to the size and weight you want to be. Your money back without question from manufacturer.



buddy, David Chandler. David had driven up from Atlanta to bring me a steak to eat on my last night before my hike ended. With him was Steve Skinner, an old friend who majors in physics at Georgia Tech. David had to go back that night, but Steve stayed and helped me cook the steak and some baked potatoes. Never again will a steak taste as good as that one.

10/20/73 A few minutes ago, a little before 6 p.m., my long walk came to an end as Steve and I took those last few steps to the summit of Springer Mountain. When I reached the summit, Steve clicked my picture and put a period on my adventure.

It was a beautiful day for hiking. We took a break beside the grassy field atop Hawk Mountain, and lounged on the rocks next to the little waterfall a few miles from the end. Despite Steve's good-natured complaints about aching feet and blisters brought about by a cheap pair of hiking boots, we went striding up Springer Mountain's fern-covered summit in plenty of time to catch the sunset. Mingled with the warm feeling of accomplishment was an equally poignant feeling of melancholy as I considered the sadness of having to tear myself away from such a genuine life-style.

Early the next morning the sadness would diminish slightly after I hiked down to Amicalola Falls State Park to be greeted by more than 30 friends and relatives. But as I fired up my trustworthy little camp stove for the last time during my final night under the stars, I knew my ambitions and dreams would never be the same after this 2,000-mile adventure, now over.

was crystal clear, and I could see foothills instead of mountains as the Appalachians blended into the Piedmont region to the south.

DURING the next couple of days I spooked wild turkey and grouse as I walked along, something that had been occurring since I was in Virginia. I also caught a bad cold, my first ailment of the trip, which made me sound a little like Gregory Peck when I talked.

As I pulled into Neels Gap near Vogel State Park, I was feeling weak, and I couldn't help but dread the long climb up Blood Mountain. I felt better after Mr. and Mrs. Earl Crosby, who operated the Walasiyi Inn in Neels Gap, gave me a plate heaped with

easily equal to the challenge. Though the trail was steep and the footing slippery, the views and the spooky loneliness made it all worthwhile.

10/15/73 "Breathes there the man with soul so dead . . . Well, my soul's not dead. As I got my first view of the good old north Georgia Blue Ridge from Albert Mountain and later from Standing Indian Mountain, I was stirred. Tonight, I'm staying at Standing Indian lean-to, and tomorrow, I'll start my last lap.

I left Standing Indian leaning to and knocked off the distance to Bly Gap, on the North Carolina-Georgia border, very quickly. Finally, I was back in my home state. From Bly Gap to Springer Mountain is about 79 miles, and the full realization of what I was about to accom-

WORKS 6 WAYS TO HELP YOUR BODY BURN OFF EXCESS FAT

1. Helps control appetite with one of the strongest diet aids available without prescription.
2. Acts to counteract hunger.
3. Contains a mild stimulant. You feel more alert and alive as your weight goes down.
4. Gentle diuretic action helps your body eliminate excess water.
5. Fortifies your body with important vitamins.
6. Features an exceptional easy diet plan. You enjoy good eating as you lose excess weight.

LOSE WEIGHT FAST...ENJOY LIFE MORE!

REED'S DISCOUNT DRUGS



After the long hike, Judy is met on the trail to Amicalola Falls by his father, R. K. Judy Jr.