

Tennesse-Sierran

The monthly state newsletter for the Tennessee Chapter Sierra Club

Volume 35, Number 12 - December, 2004

Could Tennessee Be The First?

This is the second of a two article series on the need of a bottle bill in Tennessee

By James H. Baker - Chair,
Chapter Bottle Bill Committee

In my last article on the need of container deposit legislation or a "bottle bill", I discussed just some of the most significant environmental costs associated with beverage container litter. Well, what has been done in Tennessee so far to reduce beverage container waste, what would it take to get a bottle bill despite the uphill fight that will occur, and would it be worthwhile?

When one goes to the two web sites; <http://www.bottlebill.org/>, and <http://www.container-recycling.org/>, there is much information about what an uphill fight that we in Tennessee face to get such common sense legislation passed and signed into law.

- **What has been done in Tennessee so far to reduce beverage container waste?**

Tennessee has a litter tax. This is a tax that bottlers and manufacturers of soft drinks and beer must pay to Tennessee Department of Revenue. The proceeds are allocated to the highway fund for programs for the prevention and collection of litter and trash. The specifics can be found at TN Code Annotated - Sections 57-5-201 and 67-4-402. This tax will continue in effect until

- ❖ These taxes waste government resources. Unlike container deposits, they are costly to administer and require a government bureaucracy.
- ❖ Designed to be the "mop", not the valve that cuts off excessive beverage container waste.

- **Does our Tennessee litter tax work?**

From what I see in Memphis and in other areas around the state, the answer is "no". It is also a waste of time to conduct litter education and litter clean ups when the littering continues unabated and the clean up sites soon resemble the "pre-clean up" stage in a very short period of time. In short, Tennessee's legislators must have the political will to face down a well-funded and politically powerful opposition in order to make truly meaningful strides in litter reduction in Tennessee.

- **What would it take to get a bottle bill despite the uphill fight that will occur?**

Two words, "political will". Which is defined as "doing right" by the citizens who elected them, rather than bowing to the pressure that the well-funded and politically powerful beverage industry can and will bring to bear.

- **How do opponents keep bottle bills "bottled up"?**

As stated on the web-site, <http://www.bottlebill.org/>, very large sums of money have been spent to defeat ballot initiatives over the past twenty years. Industry op-

ponents have outspent proponents by as much as 30:1. For example, in 1996, \$3.2 million was spent to defeat the Measure 37 expansion initiative in Oregon. The proponents spent \$400,000.

The web-site also states that these bills are often "bottled up" in state legislatures and the U. S. Congress for about 20 years. The bills seldom get to the floor for a full vote. They often are defeated in small

- ✓ The beverage industry spent over \$14 million dollars in campaign contributions aimed at defeating the National Bottle Bill between 1989 and 1994.
- ✓ Members of an U.S. Senate Committee who voted against the National Bottle Bill in 1992 received an average of 75 times more in anti-bottle bill PAC money than those who voted in favor of the bill.
- Just who are the supporters and opponents of a bottle bill? The web-site lists these, and more:

Partial list of supporters:

American Medical Association
National Association of Counties
National League of Cities
National Resources Defense Council
Sierra Club
U.S. Public Interest Research Group

Partial list of opponents:

Aluminum Association
Anheuser Busch
Can Manufacturers Institute
Coca-Cola Company
International Bottled Water Association
Pepsi-Cola Company

- **Despite what would be a very hard fight, would a Tennessee "bottle bill" be a worthwhile achievement?**

Absolutely! The late Arthur Smith, who was a long-time member of the Tennessee Chapter and a stalwart advocate of a Tennessee bottle bill thought so. So do I. Look at the obvious benefits to the citizens of Tennessee. This law will; supply recyclable materials to a market that is in high demand for such materials, conserve energy and natural resources, create new business and jobs, and it will reduce waste disposal costs, and reduce litter.

Hawaii became the 11th state in the Union to enact container deposit legislation after a long hard struggle. No southern state has a bottle bill. Could Tennessee be the first? With citizen support, and the political will of our elected officials, that answer is "yes".



June 30, 2005 or on June 30 following the enactment of any state or federal law imposing mandatory deposits by consumers on beverage containers sold in Tennessee.

- **What is a litter tax?**

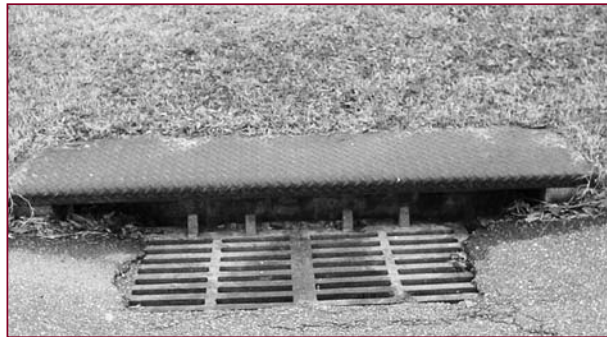
The definition of this tax is on page 11 of the Container Recycling Institute's booklet, "Bottle Bill Toolkit", which is available on their web-site. Litter taxes generate funds to educate the public not to litter. They implement a bureaucracy to oversee litter education and sometimes provide funds for litter cleanup. Cleaning up litter is much like mopping up the floor while the faucet continues to pour out water. Littering, however, continues unabated without a financial incentive not to litter. While beverage container deposit laws have been effective in reaching their goals of litter and waste reduction and energy and resource conservation, litter taxes have failed.

- **Why are litter taxes a failure?**

- ❖ They do **not** provide a financial incentive to **not** litter. They are passed along to we consumers in the price of the beverages we buy. We do not know we are paying it-or why.
- ❖ In most states, these taxes are collected **three** times. Once from the manufacturer, once from the wholesaler and once from the retailer.

committees by narrow vote margins. These defeats can be "credited" to the tremendous influence the well-funded and politically powerful beverage industry can bring to bear on our elected officials.

As stated on this same web-site, a 1996 report by the U.S. Public Interest Research Group revealed that:



Top: Dirty grate - Litter taxes that pay for litter education efforts and cleanups are not working. Tennessee needs a bottle bill! Photo by James Baker

Bottom: Clean grate - "Storm drains are for rain." If Tennessee had a bottle bill; coupled with anti-litter education & enforcement, and more citizens who cared; our storm drains could all look like this one. Photo by James Baker



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Tennes-Sierran

The monthly newsletter of the
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Submission DEADLINE is the 5th of the month preceding the new month's issue.

1. Email and email attached files are preferred. Send to TennesSierran@aol.com either with embedded text messages, or attached files in PC-based formats. Mac users should embed text in body of an email message only.
2. Photographs should be scanned in a .jpg or .tif file format, whenever possible, then either attached to email or mailed via US Postal Service (USPS) on a 3 1/2 diskette or CD Rom. Please include a stamped, self-addressed envelope if you would like your diskette or photo prints returned.
3. Hard-copy handwritten or typewritten articles may be accepted; however, pre-approval from the Editor is required.
4. Any materials submitted via USPS mail cannot be returned unless a stamped, self-addressed envelope is provided.

The opinions expressed in the Tennes-Sierran are those of the contributors and do not necessarily reflect the official views or policies of the Tennessee Chapter, or the Sierra Club.



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Reelfoot Lake with the TCWN

By Charlie Rond

Members of the Tennessee Clean Water Network from across the State recently paddled canoes and kayaks and toured historic Reelfoot Lake as part of their Fall Board meeting in Northwest Tennessee.

Executive Director Renee Hoyos paddled her kayak to lead a string of canoes, including that of TCWN President Axel Ringe, on a morning exploration along the shallow fish-laden waters of Reelfoot. Although the lake existed as an oxbow off the Mississippi River it was propelled into prominence by the great New Madrid earthquakes of 1811 and 1812.

This was an educational weekend as TCWN board member Al Hamilton ferried several boatloads in his "Go Devil" through Cypress tree-lined sloughs and ditches where he questioned tree-cutting and dredging activities by the Tennessee Wildlife Resources Agency.

Rag Point Ditch, though easily traversed, was marked by fallen logs that jutted naturally into the canal while Horse Island Ditch nearby seemed almost twice as wide and deep, its banks lined with numerous stumps and all fallen logs removed.



As we passed a couple of duck hunters, laying out a spread of decoys in advance of the season, we noticed a number of freon containers floating among the decoys. The freon cans had been painted black to vaguely resemble the bodies of ducks or geese. Hamilton motored over to the duck hunters, saying "I'm

not telling you what to do, but those containers are illegal now." Taking the next boatload through the area, he saw the freon contain-



ers had been removed.

We saw distant V's of what appeared to be geese or ducks coming in from the horizon. As they approached we saw they were neither ducks nor geese but instead were Cormorants. Al told us



that hundreds or thousands of Cormorants arrive in migration at this time of year and move on South only when it snows or gets colder. Among all of the flights we never saw a duck or goose.

Back at the lodge a roundtable discussion followed a dinner of burgers, baked beans, potato salad and cheesecake as members discussed Reelfoot issues, experiences and the future of the lake.



Top Photo: This ditch has had the trees cut on both banks without the benefit of any environmental permit. Without any overhanging trees and hidden stumps to slow them down, boaters travel this ditch at a high rate of speed. This is causing excess bank erosion.

2nd Photo: Some duck hunters on Reelfoot Lake paint old freon cans black and use them as duck decoys. This is just one of at least 10 cans that had just been deployed by several

hunters. The hunters were informed that using these cans is illegal. The hunters retrieved this and other cans.

3rd Photo: Dilapidated duck blind that needs to be removed. Note the chemical barrels that were used as floats.

Bottom Photo: Renee Hoyos, the Executive Director of the Clean Water Network, photographs Rags Point Ditch. This ditch is in more of a natural condition. The ditch is easily navigated, only a boater must slow down to avoid the overhanging limbs. This ditch is in danger of having tress cut and dredged to look like Horse Island Ditch.

All Photos by James Baker

Meetings

HARVEY BROOME GROUP (Knoxville)

PROGRAM MEETING: Tuesday, December 14, 7:30 p.m., Tennessee Valley Unitarian Church, 2931 Kingston Pike, Knoxville. We'll end the year with our traditional "Share a Memory" slide show. Bring a few favorite slides or digital images of your 2004 adventures -- vacations, local outings, your backyard, etc. Second most important thing: be sure to bring a plate of your favorite holiday goodies (or any food) for the social hour to follow. Guests are always welcome, but especially this time of year; bring your family, friends, and neighbors. Call 690-3257 or 966-4142 for more information.

STRATEGY MEETING: There will not be a December strategy meeting. Enjoy the holidays!

MIDDLE TENNESSEE GROUP (Nashville)

PROGRAM MEETING: No program meeting for December, HOWEVER, please join us for our annual **Holiday Party** on Saturday, December 18 from 6-9p.m. at the home of Katherine Pendleton at 105 Catamaran Court, Nashville, TN 37217. Home phone # 615-360-3481.

Directions:

- From I 40 take the Stewart Ferry Pike exit and turn right onto Bell Road. Continue 4.2 miles and turn right on Harbor Lights Drive. Continue up the street and turn right onto Catamaran Court.
- From I 24 take the Bell Road Exit and continue on Bell Road past Hickory Hollow Mall. Cross Murfreesboro Road and cross Smith Springs Road. Turn left onto Harbor Lights Drive. Continue up the street and turn right onto Catamaran Court.

STRATEGY MEETING: Due to the Holiday's, the December meeting will be held Wednesday, January 5th, 2005 at 6:30 p.m. Conservation issues are first on the agenda! Bring your re-usable cup and sack dinner, or snack on refreshments provided by our group and get the news on what's happening in our Middle Tennessee Group. All members are invited to attend our conservation and administrative meeting at 2021 21st Avenue South (the old St. Bernard Academy Building). We meet on the 4th floor. We welcome you to be with us to learn of the group's conservation initiatives and community activities. For additions to the agenda or for more information regarding the meetings, send a message to Katherine Pendleton at Katibug1959@aol.com or call 943-6877.

UPPER CUMBERLAND GROUP (Cookeville)

PROGRAM MEETING: Contact Peggy Evans at 931-432-6680 or maevans@TWLakes.net for more information on program meeting dates and times.

STATE OF FRANKLIN GROUP (Tri-Cities)

POLITICAL COMMITTEE MEETINGS: First Monday of every month, 7pm, Holston Valley Unitarian Universalist Church. All SOFG members are encouraged to get active now to help us organize for environmental victory in November! FMI: Dan Grace, Pol.Com. Chair, (423) 926-7035, dangrace@worldnet.att.net.

STRATEGY MEETINGS: Second Monday of every month, 7pm, Holston Valley Unitarian Universalist Church. These Executive Committee/Conservation meetings are open to everyone interested in helping to protect upper east TN's air, water, forests & family farms. To place an item on the agenda, or for direc-

tions to the Church, please contact Linda Modica, Group Chair, (423) 753-9697, lmodica@aol.com.

PROGRAM MEETINGS: Fourth Monday of every month, 7pm, Holston Valley Unitarian Universalist Church. Programs on environmental issues, travel, nature photography are among the many topics featured at SOFG program meetings. FMI: Mary Gavlik, Vice Chair, (423) 434-9535, mlgav@yahoo.com.

CHEROKEE GROUP (Chattanooga)

PROGRAM MEETING: For additional information, contact Rick Gehrke 423-843-9625 or email rick.gehrke@comcast.net

CHICKASAW GROUP (Memphis)

MONTHLY MEMBERS GATHERING - Thursday, December 4, 6:00 - 8:00 p.m. - Otherlands, 641 South Cooper, Memphis, Tennessee. Join us for Chickasaw Group's "FIRST THURSDAY" monthly gathering where Sierra Club members, activists and friends can meet in a casual setting to talk about issues and interests. Contact Membership Chair Jill Johnston <jdjhstn@memphis.edu> at (901) 278-2713 for more information.

HOLIDAY PARTY: Friday, December 10, 7:00 p.m., Burch, Porter and Johnson law offices. You are cordially invited to our annual holiday party on Friday, December 10, starting at 7:00 p.m. at the law offices of Burch, Porter and Johnson. The office is located at 130 North Court Avenue, on the north side of Court Square. For more information, contact Charlie Rond at (901) 452-8150 or chasrond@bellsouth.net

CONSERVATION COMMITTEE MEETING - Sunday, December 12, 2004, 1:00 to 3:00 PM - Otherlands, 641 South Cooper, Memphis, Tennessee. Join James Baker, the Conservation Chair in a casual setting to discuss conservation issues and interests that affect the Chickasaw Group. Contact James Baker at (901) 372-6717 or aubrey_kimo@worldnet.att.net for more information.

STRATEGY MEETING - Monday, December 13, 6:30 p.m. - University of Memphis Alumni Center, 635 Normal Street, Memphis, Tennessee. This meeting of the Executive Committee is open also to all members of the Sierra Club. For more information, contact Charlie Rond <chasrond@bellsouth.net> (by December 8 to place items on the agenda) at (901) 452-8150.

THIRD TUESDAY GATHERING - Tuesday, December 21, 6:00 - 8:00 p.m. - Café Francisco, 400 North Main, Memphis, Tennessee. Join us for Chickasaw Group's "THIRD TUESDAY" monthly gathering where Sierra Club members, activists and friends can meet in a casual setting to talk about issues and interests. Contact Membership Chair Jill Johnston <jdjhstn@memphis.edu> at (901) 278-2713 for more information.

PROGRAM MEETING - No Program Meeting this month.

TELEVISION PROGRAM - Every Monday at 1:30pm, Tuesday at 4:00pm and Wednesday at 11:30am, CST, The Library Channel, Memphis Cable 18, WYPL, "The Nature of Conservation" is sponsored by the Sierra Club. For December TV host Judith Rutschman interviews Debbie Bruce will talk about "Backyard Birding" and what efforts can be made to attract and feed and water songbirds in our backyards. A different program is aired, usually each month, with the program repeating every Monday, Tuesday and Wednesday throughout the month. If any groups or individuals in the community have a special problem or concern, or would like to see a program on a special issue or subject, please contact Judith Rutschman <RUTSCHMAN@rhodes.edu> at (901) 767-5916.

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To subscribe to the Greater Smoky Mountains Coalition (a.k.a. Save Our Smokies - SOS) listserve, just send a blank email to:

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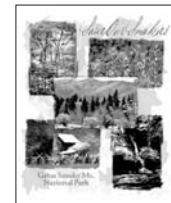
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If you would like to be active in the Save Our Smokies campaign, please contact Beverly Smith at 865/531-8480 or blsmith1300@comcast.com
Your help would be greatly appreciated!

Chickasaw Group News

Cache and White River National Wildlife Refuges

By Charlie Rond

The cutting of trees in a wildlife refuge CAN be a good thing a group of U.S. Fish and Wildlife foresters showed us recently on a tour of the Cache River and White River National Wildlife Refuges in Arkansas.

FWS Biologist Joe Krystofik led John Hill and Bill Saunders of Little Rock (Central Arkansas Chapter, Sierra Club) and myself slogging through ankle-deep water into the Cypress and Tupelo Gum swamp that makes up part of the refuge.

First we saw a heavily canopied Cypress swamp and adjacent bottomland hardwood forest in the Cache River National Wildlife Refuge where the forest floor was covered only in fallen leaves and poison ivy. The over-arching canopies of mature trees blocked out most of the sunlight required by new seedlings or various weeds and grasses. But Foresters Eric and Ryan then showed us where selected trees had been cut to open up the area to sunlight and new growth. There were hundreds of new trees, seedlings to small

saplings, and plants and grasses thick enough to impede walking.

The plants and grasses, as well as the trees, provide nuts, acorns seeds and berries that offer a smorgasbord for wildlife diets as well as bedding and nesting areas. Enhancing and promoting opportunities for deer and other wildlife, Joe explained, is the primary mission of the U.S. Fish & Wildlife Service.

White River National Refuge Manager Larry Mallard seemed to drive a hundred miles through heavy afternoon rain to show us the Lock and Dam sites on the White River including current work underway by the U.S. Corps of Engineers. Tugboats, barges and dredges seemed dwarfed by the massive harbor-like construction at the Lock and Dam site. He showed us huge dredge spoil impoundments, narrow levee and bridge crossings and the canal, which allows river traffic to be lifted from the White River to the Arkansas River.

It was early evening before three tired Sierra Club-

bers and Fish and Wildlife Service officers returned to the new Refuge headquarters and museum at St. Charles, AR.



Above Photo: U.S. Fish and Wildlife Biologist Joe Krystofik listens as FWS forester Ryan describes how he opened up a wildlife area on the Cache River National Wildlife Refuge.

Carnivore or Herbivore?

The Choice Is Yours this Holiday Season

Enjoy the following two articles are submitted from a couple of students attending Belmont University's Reading and Writing About the Environment instructed by Robbie Pinter.

Heritage Turkeys

By Tess-Marie Massey

Most of us will never see a spotted owl in anything other than a newscast, and its impending extinction will not impact our daily routines. However, the Thanksgiving turkey we consider a symbol of our blessings and ingenuity would be sorely missed if there suddenly were not enough this holiday.

In the 1940s, the U.S. turkey industry shifted from primarily growing the Standard Bronze and Narragansett turkeys, which had been the breeds of choice for a hundred years, to a newly imported strain of the British Broad Breasted White providing more muscle mass on smaller frames than the traditional breeds.

These new turkeys were unable to reproduce on their own due to their disproportionate shape, and when attempts at hybridization failed, the industry was forced to resort to artificial insemination. After sixty years of selective breeding in industrial facilities, the U.S. turkey industry is currently producing nearly 300 million BBBW turkeys annually, but they are so top-heavy and plagued with joint problems due to overcrowding they can barely walk during the 2.5 months it takes to mature to a slaughter weight of 10 to 15 pounds. These birds are fattened on medicated feed to compensate for the nonexistent state of their immune systems, and our entire commercial turkey industry is one outbreak away from extinction.

The poor health of commercial birds has also diminished returns on the quality of the meat for the sake of its quantity achieved in a third of the time it takes to raise traditional, natural mating breeds. Anyone who has ever eaten a heritage turkey, such as one of the traditional Standard Bronze or Narragansett breeds, knows the distinct difference in texture and taste, and they will not doubt its superior nutritional value touted by Slow Food U.S.A., an educational organization dedicated to the humanity, culture and quality of our culinary arts.

Unfortunately, the U.S. turkey industry has created a vacuum of genetic diversity for itself by breeding only the BBBWs in sustainable numbers, so they have no recourse beyond continuing their current practices in the short term. Free-range heritage turkey currently sells at an average \$4 per pound in contrast to commercially grown BBBWs at \$.29 per pound. Until both supply and demand for heritage birds can increase, corporate farms will maintain the status quo, and prices will continue to be disparate. Several small preservation farms have recognized the precarious situation our turkey industry has brought about, and they are trying to humanely raise the dwindling populations of some 15 breeds of naturally mating heritage turkeys in the U.S. under the watchful eye of the American Livestock Breeds Conservancy.

The ALBC and its members promote the conservation of many rare and endangered domestic animals, not just heritage breed turkeys, for the purpose of sustainable agriculture believing in a

need for their genetic diversity, various production characteristics suitable to regional and organic farming, and superior conformation and nutritional quality over confined and genetically engineered breeds. The ALBC presently has some 100 breeds of cattle, goats, horses, asses, sheep, swine and poultry on its endangered list and offers education and resources for the breeding community interested in conserving these endangered breeds.

Whether you consider breeding heritage turkeys or just purchasing one for the holidays, every individual action helps to preserve the genetic diversity and culinary history of our culture and leads to healthier more sustainable food for all of us. So take a little extra time this holiday season and ponder the tradition and heritage of our faithful symbol of Thanksgiving, the turkey.

Slow Food U.S.A.
www.slowfoodusa.org

Slow Food U.S.A. is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America. From the spice of Cajun cooking to the purity of the organic movement; from animal breeds and heirloom varieties of fruits and vegetables to handcrafted wine and beer, farmhouse cheeses and other artisan products; these foods are a part of our cultural identity. They reflect generations of commitment to the land and devotion to the processes that yield the greatest achievements in taste. These foods, and the communities that produce and depend on them, are constantly at risk of succumbing to the effects of the fast life, which manifests itself through the industrialization and standardization of our food supply and degradation of our farmland. By reviving the pleasures of the table, and using our taste buds as our guides, Slow Food U.S.A. believes that our food heritage can be saved.

Heritage Foods U.S.A.
www.heritagefoodsusa.com

Heritage Foods USA exists to promote genetic diversity, small family farms, and a fully traceable food supply. We are committed to making wholesome, delicious and sustainably produced heritage foods available to all American consumers. In doing so, we will foster the link between sustainable land use, small-scale food production and preservation of the foods of past generations to future generations.

American Livestock Breeds Conservancy
www.albc-usa.org

The American Livestock Breeds Conservancy is a clearing-house for information on livestock and genetic diversity.

These breeds are threatened because agriculture has changed. Modern food production now favors the use of a few highly specialized breeds selected for maximum output in a controlled environment. Many traditional livestock breeds have lost popularity and are threatened with extinction. These traditional breeds are an essential part of the American agricultural inheritance. Not only do they evoke our past, they are also an important resource for our future.

Sand Hill Preservation Center
www.sandhillpreservation.com

"Sand Hill" is for the 60 plus feet deep of continuous sand on the

farm. "Preservation Center" is because we are trying to preserve old varieties of vegetables, flowers, fruits, grains, poultry and what is left of the native flora and fauna.

The importance of our work here seems to become more and more evident each year. The completion of turkey and waterfowl population studies over the years by both the ALBC and SPPA has shown that our nation is in a critical state when it comes to genetic preservation. The modern turkey population is totally dependent upon man for breeding, special feed and the providing of a sterile environment in which it can grow. Traditional historic breeds have the ability to breed on their own, can forage for feed and can be exposed to wild birds without the risk of immediate death from disease. Please don't misunderstand that traditional turkeys can't get sick, but their vigor allows them to recover and thrive in many instances. We are committed to continue to put as much effort and energy into the preservation of our poultry and vegetable gene pool as we are able.

Good Shepherd Turkey Ranch
www.reaseturkeys.com

Since its inception in 1974, Good Shepherd Turkey Ranch Inc. has strived to produce quality heritage Birds for the discriminating consumer. Good Shepherd Turkey Ranch Inc. produces its quality birds by using natural free-range environments and feeds that are certified organic. Most commercial birds today are grown in confined environments and fed highly medicated feeds. By nature the turkey was meant to have ample exercise to develop strong lean muscle. Commercial production has developed a "hybrid" of yesterday's turkey that hardly resembles its grandparents. Today's bird is bred for an inappropriate amount of white meat at the cost of other equal, if not better, taste qualities. Commercial birds produce less of a layer of fat, and their meat becomes thinner in texture due to the length of growing time. The commercial birds are grown in one half the amount of time that a Good Shepherd Heritage bird is. Most Commercial birds are ready for market in 12 weeks, where the Heritage free-range will take up to 24 weeks to be market ready. Good Shepherd Turkey Ranch Inc. strives to produce a historically natural, free-range, healthy bird for quality dining.

* * * * *

Vegetarianism -

A Venture for Health, Prosperity, and Compassion

By Jennifer Gabriel

"Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet." - Albert Einstein

I have been a vegetarian for three and a half years. Since then I have become sensitive to our society's perception of vegetarianism. My Italian mother still tries to hide a look of disappointment when I abstain from her chicken parmesan and meatball sandwiches. Friends sometimes mock my reasons for being vegetarian. When I ask if there is beef stock in soup at a restaurant the waitress does not hide the irritation my question has caused. I often wonder why people in our society become uncomfortable about vegetarian issues. I have noticed that vegetarians get lumped into a category. The words and ideas used to describe them are "hippies, tree-huggers, peace-lovers, fruity, and new-age." The

Continued on page 6

Outings

All participants in Sierra Club outings are required to sign a standard liability waiver. If you would like to read a copy of the waiver before you participate, please refer to: <http://www.sierraclub.org/outings/chapter/forms/SignInWaiver.PDF>, or call 415-977-5630, for a printed version. Transportation to the outing, including carpooling, ride sharing or anything similar, is strictly a private arrangement among the participants. Participants assume the risks associated with this travel.

HARVEY BROOME GROUP (Knoxville)

No outings plan for December in the Harvey Broome Group

MIDDLE TENNESSEE GROUP (Nashville)

Saturday, Sunday, December 4-5 - Hobb's Cabin Backpack - Join us for our last backpacking trip of the year to Hobb's Cabin.



Ten Essentials for Hiking

Sierra Club Outings offer a variety of wilderness and near-wilderness experiences. It is important to realize that while all trips are guided by a leader, it is ultimately the responsibility of the individual to operate in a safe manner. To this end, the following is a list of essential items, which should be modified according to the particular type of outing. These are:

1. Adequate map
2. First aid kit
3. Compass
4. Rain gear
5. Extra clothing (it is a good idea to always have a wool hat)
6. Matches
7. Knife
8. Flashlight
9. Extra food, water
10. The tenth essential. You decide what is the most important thing to bring!

This is a moderate to strenuous hike of 14 miles round trip. Let's have a cookout over a campfire Saturday night. For additional information and to register, contact Katherine Pendleton at 615-943-6877 or email Katibug1959@aol.com.

Sunday, December 12 - Montgomery Bell State Park Day Hike - Come out Sunday, December 12th at Montgomery Bell State Park for 5-6 miles of moderate hiking without poison ivy. Meet about 10 AM at the park or earlier for carpooling out of Nashville. Call Linda Smithyman at 822-1979 or email at lsmithymanhb@yaho.com to register and for more details.

Saturday, January 1 - 2nd Annual New Year's Day hike at Long Hunter State Park - We will walk the 4 mile Volunteer Trail and perhaps the Couchville Cedar Glade 1 mile trail, then off to brunch somewhere. Meet at 10:00 AM at the Park Office for the first hike of the year! Call Linda Smithyman at 615-822-1979 or lsmithymanhb@yaho.com to register for the hike.

Saturday, Sunday, January 8-9 - 4th Annual Longhunter State Park Backpack - Let's begin the year with an easy 6 mile each way backpack to the overnight campsite on the Volunteer Trail at Longhunter State Park. Bring your favorite "gourmet" backpacking meal to share for a potluck supper on Saturday night. For additional information and to register, contact Katherine Pendleton at 615-943-6877 or email Katibug1959@aol.com.

CHEROKEE GROUP (Chattanooga)

For information on upcoming outings, contact Chris O'Connor at chris_o77@yahoo.com or visit our web site at <http://www.tennessee.sierraclub.org/cherokee/index.htm>

CHICKASAW GROUP (Memphis)

DISCLAIMER - The following activities are not sponsored or administered by the Sierra Club. They are published only as a service to our members. The Sierra Club makes no representation or warranties about the quality, safety, supervision or management of these activities. Transportation to the outing, including carpooling, ride sharing or anything similar, is strictly a private arrangement among the participants. Participants assume the risks associated with this travel.

Old Forest Hike - Saturday, December 11, 2004 - 10:00 am - The Old Forest Trail. "Second Saturday Hikes" Explore the only urban old growth forest of its kind in America. Learn about the forest's history, identify big trees and wildflowers and observe firsthand the impact of natural and human forces on forests in an urban setting. Meet at the bridge next to the parking lot at the end of Old Forest Lane in the center of Overton Park. The informative and entertaining trail map to the self-guided mile-and-a-quarter mile loop hike with seasonal bird watching and wildflower-viewing guides is available for free at the Golf House in Overton Park at all other times. For additional information, contact Don Richardson <donrich@juno.com> at (901) 276-1387. Sponsored by Park Friends.

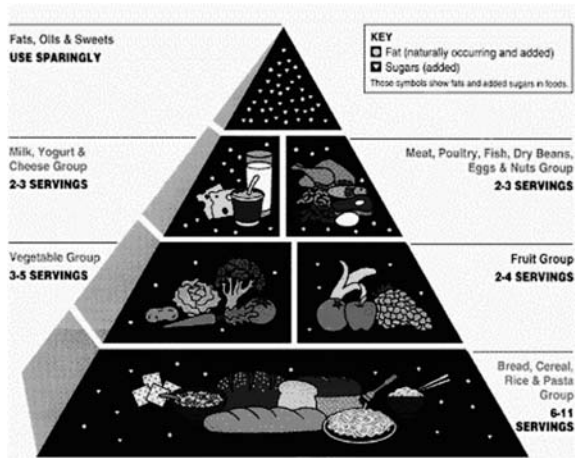
Carnivore or Herbivore? The Choice Is Your's this Holiday Season

Continued from page 5

last one is ironic because research reveals that the first humans sustained on a vegetarian diet. The Bhagavad-Gita the oldest human sacred text (c. 2500-3000 BC) states, "One is dearest to God who has no enemies among the living beings, who is nonviolent to all creatures." Some of history's greatest philosophers, inventors, authors, and religious leaders have been vegetarians. To name a few: Albert Einstein, Henry David Thoreau, Leonardo Da Vinci, Socrates, Plato, Leo Tolstoy, Sir Isaac Newton, Ralph Waldo Emerson, Charles Darwin, Pythagoras, Gandhi, Buddha, and Confucius. I guess those who assert that we need meat for brain function are wrong. All these great figures had similar reasons for becoming vegetarian. Their writing reveals their respect for other living creatures is apart of a deep spiritual connection. Today many people become vegetarian to improve their health. Others do so because they believe that eating meat is damaging our environment and causing other to starve. All these reasons for being vegetarian support peace, health, and preservation of our natural resources. Mainstream society and advertising often send the message that it is healthier to eat meat. Our nation has been raised on slogans like "Beef it's what's for dinner," "Pork the other White Meat," and celebrities endorsing milk all contribute to the misconception that we need high levels of meat and dairy in our diets. If we look closely at the impact meat consumption is inflicting on our bodies and our world we might think differently. We just might understand the predictions and philosophies of early vegetarians who believed there was a spiritual price to pay for acting violently towards animals.

The spiritual relationship of vegetarianism has been reported for thousands of years. In modern America many people perceive vegetarianism as simply a cry to save animals but there exists deeper spiritual reasons. The Bible, the Bhagavad-Gita, the Tao Te Ching, and the Dialects all reveal passages that involve restraining the violence put upon animals. Many eastern religions believe that when an animal is killed the pain and suffering they experience remains in the dead body. When one eats meat they consume the pain and suffering the animal endured. Cellular memory is a concept that modern science uses to explain this effect. It supports the idea that all cells existing in a body possess memory. When an animal suffers and their body bleeds out their cells become filled with the last emotions they experience. Many followers of eastern religions and meditative practices believe the body and mind cannot be clean carrying dead animals' contaminated cells. Hinduism and Taoism believe that the earth and its creatures are all connected. When a part of that connection is damaged the whole system is damaged. Therefore by inflicting pain on animals we are inflicting pain on our own body and the rest of the universe. From a Buddhist perspective not eating meat is a way of sacrificing the body of unnecessary desire with the goal to attain enlightenment. Its theories are also related to the Hindu and Taoist perspective of interconnectedness.

These philosophical perspectives have carried vegetarianism through the ages. New research and awareness reveals that eating meat can lead to a variety of diseases. Yet for the past fifty years advertisers have been telling the American public that our bodies need large amounts of meat and calcium. Just take a look at the food period used up until just two years ago.



USDA and the US Department of Health and Human Services

This pyramid in Figure above recommends that meat and dairy should be consumed at every meal. Recently the Harvard School of Public Health has reassessed the food pyramid: Unfortunately, the information embodied in this pyramid doesn't point the way to healthy eating. Why not? Its blueprint was based on shaky scientific evidence, and it hasn't appreciably changed over the years to reflect major advances in our understanding of the connection between diet and health. A panel of experts now at work revising the USDA's pyramid could create a newer, healthier guide. But that would be a surprise, given that it comes from the branch of the U.S. government responsible for promoting American agriculture, not health. (Harvard School of Public Health 2004)

The last statement regarding the purpose for the pyramid reveals why mainstream America believes that a meat filled diet is healthy. There is more money in meat then there is in grain and vegetables. The Harvard School of Public Health has recently issued a scientifically research based food pyramid that was recently on the cover of Newsweek.

The pyramid in Figure to the left on page 6 reveals that red meat should be consumed as often as butter and sweets and that all other meats can be consumed 0-2 times a day. This sends quite a different message than the original food pyramid. In fact it supports a vegetarian diet. Many other medical authorities support a vegetarian diet.

Studies indicate that vegetarians often have lower morbidity and mortality rates... Not only is mortality from coronary artery disease lower in vegetarians than in non-vegetarians, but vegetarian diets have also been successful in arresting coronary artery disease. Scientific data suggest positive relationships between vegetarian diet and reduced risk for... obesity, coronary heart disease, hypertension, diabetes mellitus, and some types of cancer. (American Dietetic Association)

These food pyramids and quote reveal that vegetarianism is a healthier diet despite the misconceptions advertised for the past fifty years. To learn more about the biological effects of meat and dairy read John Robbin's acclaimed books Diet for a New America and Food Revolution.

The original philosophical, spiritual, and health reasons supporting a vegetarian diet are profound but there exists a macroscopic issue; the meat industry is affecting the rest of the world. We have reached a phase in technology and science where the impact of the meat industry can clearly be seen. Science has given us the means to make large quantities of meat readily available for billions of people. One must wonder how it is possible. Unfortunately with the drive to supply people with all the meat they desire artificial ways of growing animals have developed. Animals are pumped with hormones, live in spaces too small to walk in, and then slaughtered by the billions to feed our growing population. The USDA's National Agricultural Statistics Service reports that "The total number of mammals and birds raised and killed for food in the U.S. this year is expected to reach 9,906 billion."

Not only is this problem affecting the animals that are dying but also to feed this large amount of animals we need land for them to graze. The land used is the rainforest in Central and South America. The Rainforest Action Network reports that 55 square feet of tropical rainforest are destroyed for the productions of every fast-food hamburger made from rainforest beef. "In both 1993 and 1994 the United States imported over 200,000,000 pounds of fresh and frozen beef from Central American countries," reports the Rainforest Action Network. Along with damaging our natural resources people are dying from starvation all around the world. In his book Food Revolution John Robbins reports that while 1.2 billion people suffer from obesity 1.2 billion suffer from starvation. The land used to grow grain to feed cattle is a huge waste of energy and space. This all could be used to feed the poor and starving. "You need 25 gallons of water to produce a pound of wheat, you need 2,500 gallons of water to generate a pound of meat," declares Simone Spearman author of Eating More Veggies Can Help Save Energy. This statistic alone shows that the exorbitant amount of meat consumed each year is effecting the environment, the animals, and the people of this planet. These are just a sampling of a huge body of research designated to revealing the effects of our society's need to consume large amounts of meat.

The original philosophers foresaw that the consumption of meat would negatively affect the earth. Thousands of years before a worldwide exploitation of animals occurred they had an innate sense that hurting living creatures would eventually hurt our entire planet. The spiritual connection and responsibility they felt for the universe is something that many people feel today. People everywhere are finding that by becoming vegetarian they feel more responsible for their bodies and their environment. Sometimes it is difficult to lead a lifestyle that is not supported by mainstream society. It is crucial for those who feel that connection to be resilient, ignore the billboards and commercials, and to take a close look at the medical and environmental research. The choice to become vegetarian supports a high quality of life for animals, people, and the environment all around the world. If we follow the insights of our predecessors like Albert Einstein our world will be better a place to live. As the human race continues to evolve incorporating vegetarianism into our lifestyles would preserve our bodies and our planet. As Henry David Thoreau predicts, "I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals" (Walden 140).

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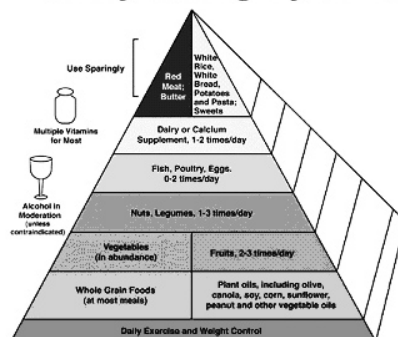
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Healthy Eating Pyramid



Recycling Factoids

Submitted by Jeremy Doochin

In a lifetime, the average American will throw away 600 times his or her adult weight in garbage. This means that each adult will leave a legacy of 90,000 lbs. of trash for his or her children.

Recycling all of your home's waste newsprint, cardboard, glass, and metal can reduce carbon dioxide emissions by 850 pounds a year.

Each of us generates on average 4.4 pounds of waste per day per person.

Enough energy is saved by recycling one aluminum can to run a TV set for three hours or to light one 100 watt bulb for 20 hours.

Americans throw away enough aluminum every three months to rebuild our entire commercial air fleet.

Annually, enough energy is saved by recycling steel to supply Los Angeles with electricity for almost 10 years.

You can make 20 cans out of recycled material with the same amount of energy it takes to make one new one.

Five recycled plastic bottles make enough fiberfill to stuff a ski jacket.

In this decade, it is projected that Americans will throw away over 1 million tons of aluminum cans and foil, more than 11 million tons of glass bottles and jars, over 4 and a half million tons of office paper and nearly 10 million tons of newspaper. Almost all of this material could be recycled.

Incinerating 10,000 tons of waste creates 1 job, land filling the same amount creates 6 jobs, recycling the same 10,000 tons creates 36 jobs.

Every Sunday, the United States wastes nearly 90% of the recyclable newspapers. This wastes about 500,000 trees!

Everyday Americans buy 62 million newspapers and throw out 44 million. That's the equivalent of dumping 500,000 trees into a landfill every week.

American's throw away enough office and writing paper annually to build a wall 12 feet high stretching from Los Angeles to New York City.

If everyone in the U.S. recycled just 1/10 of their newsprint, we would save the estimated equivalent of about 25 million trees a year.

One tree can filter up to 60 pounds of pollutants from the air each year.

It takes 75,000 trees to print a Sunday Edition of the New York Times.

One ton of recycled paper saves 3,700 pounds of lumber and 24,000 gallons of water.

One ton of recycled paper uses: 64% less energy, 50% less water, 74% less air pollution, saves 17 trees and creates 5 times more jobs than one ton of paper products from virgin wood pulp.

Each ton of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4,000 kilowatts of energy and 7,000 gallons of water!

Americans use more than 67 million tons of paper per year, or about 580 pounds per person. Making recycled paper instead of new paper uses 64 percent less energy and uses 58 percent less water.

Every day American businesses generate enough paper to circle the earth 20 times!

Every day Americans recover more than 2 million pounds of paper! That's about 40 percent of the paper we use.

Volunteer Opportunity!

To help the Middle Tennessee Group, to help our senior and disabled recyclers, to have fun and to meet other Sierran's, please consider volunteering at our recycling site at the Elysian Fields Kroger in Nashville. The site is open Saturday mornings from 9:00 to 12:00. You will have at least one other person working with you, and you can choose to volunteer only when it is convenient for you, whether that is just one time, monthly, quarterly, or every few months. Please call Recycling Coordinator David Bordenkircher at 333-3377 (H) or 741-1597, or e-mail him at dabordenkircher@mindspring.com.

We want to give a big thanks to all of our volunteers, and a special thanks to Michelle Pfeffer, who was a frequent volunteer during the summer of 2003.

Paper products use up at least 35 percent of the world's annual commercial wood harvest.

The highest point in Ohio is said to be "Mount Rumpke," which is a "mountain" made up of trash -- at a landfill. Rumpke is one of the nation's largest waste and recycling companies.

One tree can filter up to 60 pounds of pollutants from the air each year.

Each year, Americans throw away 25 trillion Styro-foam cups.

More than 1/3 of all fiber used to make paper comes from recycled paper.

Every year more than 900 million trees are cut down to provide raw materials for American paper and pulp mills.

The nation's overall recycling rate has grown from 11% to 27% in the past 10 years.

There are 7,500 recycling programs in the U.S. and over 3,000 yard waste composting programs.

The steel industry recycled nearly 19 billion steel cans into new products; about 600 cans recycled every second.

We fill 63,000 garbage trucks every day in this country-lined up they would stretch 400 miles.

In 1991, there were more than 7 million copiers in operation in the U.S. These copiers produce nearly 400 billion copies per year (almost 750,000 copies a minute).

One out of every 10 dollars we spend at stores is for packaging. Packaging is 1/3 of our waste by weight or 1/2 by volume.

If every household in the U.S. reused a paper grocery bag for one shopping trip, about 60,000 trees would be saved.

You can make 20 recycled aluminum cans with the energy it takes to make one new aluminum can from bauxite ore.

Recycled glass generates 20% less air pollution and 50% less water pollution

Glass can be reused an infinite number of times; over 41 billion glass containers are made each year.

We use enough plastic wrap to wrap all of Texas every year!

So, What's the Plan?

Twenty-Five Year Plan to Take Shape with Your Input

Challenges & Opportunities Draft Report



Tennessee Long-Range Transportation Plan

By Katy Butcher, TN Chapter representative to the state-wide steering committee to the long-range transportation plan

TDOT has a plan. Or I should say, it has a plan to develop a plan. Not a little plan. And, not just a road plan. TDOT is in the midst of creating a vision for Tennessee's transportation system for the next 25 years that includes all modes of transportation: highways and bridges, aviation, public transportation, bicycle and pedestrian, waterways, freight movement, and railroads. This 25 year plan will have a 10 year plan for investment strategy. It will have a 1-3 year program of projects (based upon a set of criteria developed in the seventeen month long range planning process). Remember the gorilla with the darts- his demise is imminent! For the first time, local and regional transportation plans, public input, and existing but previously separate plans for modes of transportation will be integrated into a comprehensive plan that addresses business, tourism, port, airport, bicyclist, pedestrian, safety, efficiency and quality of life concerns. The goal is lofty but the dedication and muscle and dollars have been committed to make it happen. Thank you, Governor Bredesen. Thank you, Commissioner Nicely.

Sierra Club as an organization is participating in both the regional working groups and the state-wide planning meetings. Your individual input is welcomed and encouraged. Public meetings have been and will continue to be held. Surveys have been and can still be obtained for comments. Visit www.tennessee.gov/tdot or call 1-866-389-8443.

To assist those who are having input into the process, TDOT has prepared a series of reference documents. The first of these outline general trends in demographics and incomes; employment; personal transportation; goods movement; technology; land use; energy; air quality and financial resources. These trends are assessed in light of the challenges they present and the opportunities they provide. A summary of this information follows. For anyone wishing the complete document, please contact Katy Butcher at jlcbutch@comcast.net or 615-226-8925.

25-YEARTRENDSANDTRANSPORTATIONCHALLENGESANDOPPORTUNITIESINTENNESSEE

Demographic & Income Trends	Challenges	Opportunities
A. Overall population growth both within the state and in surrounding states will continue to make increasing demands on the state's transportation system.	1. Maintaining and preserving the transportation network for current and future generations. 2. Balancing the demands of high-growth suburban areas with the economic development needs of lower growth rural areas and central cities.	(a). Achieve and maintain good repair on all elements of the transportation system to ensure maximum useful life. (b). Ensure there is no backlog of deficiencies in all elements of our transportation infrastructure. (c). Maintain the multimodal system on a normal replacement cycle. (d). Implement a full maintenance program for all transportation and transportation-related infrastructure.
B. Population growth in suburban and rural areas and the dispersed development patterns that require longer travel distances to meet daily needs will create greater demand for transportation services.	1. Improving the effectiveness and efficiency of the transportation system.	(a). Reduce travel time and delays. (b). Improve reliability. (c). Provide affordable transportation services. (d). Increase convenience for transportation users.
C. Tennessee's population will become more diverse and continue to age, with increasing numbers of older adults unable to rely on a personal automobile and requiring improved transportation options.	1. Meeting the transportation needs of a diverse population such as the elderly, youth, low-income persons, and persons with disabilities.	(a). Promote greater coordination between various social service agencies providing public transportation services and conventional public transportation service providers. (b). Provide mobility for all population segments. (c). Reduce stress associated with using public transportation in the state. (d). Consider providing developer incentives for building transit-oriented senior living communities.

Employment Trends	Challenges	Opportunities
A. Suburban job expansion will increase reverse commute levels, generating bi-directional, peak-hour highway congestion and accentuating the need for suburban job access for workers residing in center cities.	1. Developing a program that encourages mode choice changes: reduces number of commuters driving alone and increases the use of public transportation, walking, and bicycling, and carpooling.	(a). Shift individual travel choice toward alternative modes. (b). Develop a statewide Travel Demand Management Program to reduce automobile trips.

STATE OF FRANKLIN GROUP ALLOT TERM: JANUARY 2005 – DECEMBER 2006

The SOFG has nine positions open for this term.
Vote for no more than nine.

Single Joint

- _____ Beth Calley
- _____ Douglas Chapman
- _____ Herb Denton
- _____ Steve Ferguson
- _____ Mary Gavlik
- _____ Dan Grace
- _____ Ruth Gutierrez
- _____ Ann Harris
- _____ Frances Lamberts
- _____ Linda Modica
- _____ Catherine Murray
- _____ Larry Proffitt
- _____ Dennis Shekinah
- _____ Dean Whitworth

Mark your ballot for nine candidates.
Put your ballot in a sealed envelope.
Write your membership number on the envelope. Your membership number can be found on your membership card or the mailing label of the TN Sierran, above your name.
Put the envelope inside another envelope and address the whole thing to:

Horst A. Stollberg, 425 Ethel Beard Road, Blountville, TN, 37617-6107.

Ballots must be mailed by December 31, 2004.



The Sierra Club-Middle TN Group
Tennes-Sierran
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Nashville, Tennessee 37212

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