

Spring 2013



RADNOR LAKE REFLECTIONS

Protecting, preserving and promoting the natural integrity of Radnor Lake through land acquisition, environmental education and park support.

Harris Ridge Now Forever Under State Protection

by Steve Ward
Park Manager

Save Harris Ridge was our push since 2010 in an effort to preserve a beautiful 37-acre tract along the southeastern boundary of the natural area. What took a culmination of more than nine years, has been successfully placed under state protection forever! The acquisition of this ridgetop became a perfect example of how acquiring land, even in less-than-ideal economic times, can be done by working together—with landowners who wanted to see this property protected, with a very focused, hard-working friends group and staff; and, most important, with our neighbors, visitors, individual donors and foundations to successfully accomplish this project.

Over the course of one year, Radnor staff and FORL board members led hikes ranging from 1½ to 2½ hours to Harris Ridge in an effort to educate visitors and gain momentum on our efforts to raise \$1 million toward protecting this property forever. The theory was simple: Get



View of Harris Ridge from
Lake Trail

people there, and they will “get it.” And they did. After 44 scheduled hikes with visitors, donors and groups, the project

snowballed, allowing us to close on the property well ahead of our six-year scheduled time frame.

It takes a team. Special thanks to:

- The Harris family
- Radnor Lake support staff
- Friends of Radnor Lake
- The State of Tennessee
- Our donors and supporters

Thank you for your support of this project and for your efforts at Radnor Lake.

What’s next? Our plan is to do all of this again in the near future and to continue to save the last remaining parcels of land in our efforts to protect Radnor Lake.



Large chestnut oak and shagbark hickory are now protected forever.

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A letter from the board: President’s Message

Dear Friends,

During the winter, Radnor shows us her structural foundation. For those visitors who look out across the hills and ridges, the shape of the land is revealed, allowing us to better understand what my wife, the garden designer, would call the “bones of the garden.” Focusing on Radnor Lake State Natural Area’s “bones” helps us understand the reason we have worked so hard to preserve viewshed and watershed around its borders. These are the natural boundaries that help assure that all of us can enjoy the peace we need from the Radnor experience and that the water quality, every ecosystem’s lifeblood, is protected. The viewshed and watershed boundaries are the minimum extent of land we need to protect to give the ecosystem a chance to fulfill its natural potential. As the board president of friends of Radnor Lake, I’d like to share some of what we are doing to make sure Radnor and the Friends organization both have strong “bones” to thrive in the foreseeable future.

Recent accomplishments include:

- adding the Harris Ridge property to the park to include important view and watershed acres ,
- constructing three beautiful new bridges to assure safe footing and better trail maintenance access,
- opening the new Valve House educational trail,
- expanding the invasive plant control, which allows native wildflowers to thrive and helps endangered plant species.

Visitor security is another part of the foundation of Radnor’s success. In support of strengthening safety and the sense of comfort so many find at Radnor, we are installing new surveillance equipment this spring to be used by Radnor’s rangers. We would rather not dwell on the need for law enforcement as part of the necessary foundation of a thriving natural area, but the peace of mind that a walk at Radnor provides is only available when our visitors feel secure. The new equipment will help the rangers leverage their time within the park. Our mutual goal is to achieve higher safety with less time on “parking lot duty” and more time on the trails providing the education we all love.

Regarding the Friends of Radnor Lake organization, our most important foundation for success is a great partnership with the park staff and management team. The full-timers and seasonal employees of the state park bless us all

by going above and beyond the “job” to help us in our shared mission to protect, preserve and promote Radnor. Along with nurturing the critical element of great park relations, the organization has taken three distinct steps to assure we have strong “bones” to keep our successful momentum. First, I am pleased to announce that Gretchen Pritchett is our new full-time operations manager.

The other two steps we have taken to strengthen the organization are to establish a solid financial footing and develop working committees. Our financial health depends on continued support from park visitors who contribute directly in the contribution box, through membership dues, by buying Radnor license plates and by attending fundraising events. Grants from philanthropic foundations and supportive businesses are also essential to cover expenses and to accomplish the park support and land projects we still need to get done. The direct boots-on-the-ground volunteer work that Lyndy Manness coordinates has been the focus of our past volunteer approach, but we have a growing need for volunteers to help make events and projects successful. The working committees we have formed are fundamental to getting it all done.

Engaging with other volunteers for Radnor behind the scenes to help with an event or a project is likely to expose you to the “bones” of our organization. Like the winter time view of Radnor’s hills and ridges, it may not be the prettiest, but working together is the fundamental strength that establishes our strong foundation for protecting, preserving and promoting Radnor Lake. If you’re willing to get more actively involved, please contact us at (615) 251-1471 or visit the website at www.radnorlake.org.

Respectfully,
Greer Tidwell



Greer Tidwell
President, Friends of
Radnor Lake



Volunteers work on pre construction at the aviary site, including invasive-exotic plant removal.

Radnor Lake Aviary Project The Barbara J. Mapp Foundation Grant Awarded to RLSNA

by Steve Ward, Park Manager

After many years on my “wish list,” Radnor Lake will have an aviary. The project is a culmination of more than two years of partnering with The Barbara J. Mapp Foundation, which last year awarded Friends of Radnor Lake a \$150,000 grant to construct an Aviary Education Center. The Barbara J. Mapp Foundation’s mission is to support efforts to protect animals, conserve habitat and improve the bond between people and animals. In addition, the foundation has offered up to \$10,000 matching funds for the construction of the bald eagle pen as part of the aviary and up to \$5,000 matching funds annually for five years to help operate and maintain the center. Since my arrival to Radnor Lake in 2001, this is the largest grant awarded to Friends of Radnor Lake toward environmental educational programming.

This is not the first time we have partnered with The Barbara J. Mapp Foundation. In 2011, the foundation awarded Radnor Lake a generous grant to completely overhaul the reptile exhibits—substantially improving the care of the captive reptiles used for programming by the ranger staff and enhancing the education outreach at Radnor.

After the successful completion of the reptile

exhibits, Norm Miede with the foundation began working with Friends of Radnor Lake board members Charley Hankla and Lester Turner and formed an impromptu aviary committee that also included Debby Miede, architect Marion Fowlkes and myself. We traveled to four sites across the state to look at facilities and consult with experts in the field of caring for and rehabilitating birds of prey.

After conducting those site visits, Marion began putting down on paper the concepts and ideas we had accumulated. Since that time, countless hours have been spent getting the proper permits, including wheelchair accessibility, while incorporating green materials into the project and ensuring that the chosen location was a “good fit.”

Final details of the project and a groundbreaking date will

be announced on our website and in an upcoming newsletter. Until then, a special thanks to:

- Norm and Debby Miede
- The Barbara J. Mapp Board
- FORL board members Charley Hankla and Lester Turner
- Architect Marion Fowlkes and staff
- Walter Cook with TWRA
- Radnor Lake staff
- Friends of Radnor Lake board
- Isaac Okoreeh-baah, ADA coordinator for Tennessee State Parks
- Mike Baron and the folks at Baron Construction
- Nashville Electric Service for donating poles for the project
- Commissioner Bob Martineau, Deputy Commissioner Brock Hill and Director Mike Robertson
- Jeff Wells, director of program services (TSP)
- City of Oak Hill Planning Commission



Radnor staff and members of the aviary team work on the future site details of the Aviary Education Center at Radnor Lake.



Volunteer Days

Fourth Saturday
of the month
Meet at the Visitor Center.
8 a.m. - noon

Check FORL’s website, www.radnorlake.org, for any updates, or sign up to volunteer at Radnor through Hands On Nashville.



Staying Connected Is as Easy as 1-2-3!

- 1

Join the FORL email.
Sign up for our email list at www.radnorlake.org to receive the newsletter and volunteer updates.
- 2

Join Facebook Page.
Stay up-to-date with our Friends of Radnor Lake. “Like” us at www.facebook.com/friendsofradnorlake.



- 3

Sign onto the FORL website. Get the latest updates and information at www.randorlake.org.

Printed on recycled paper.

RADNOR LAKE STATE NATURAL AREA

Steve Ward
Park Manager

Leslie Anne Rawlings
Park Ranger

Sam King
Park Ranger

Jesse Germeraad
Park Ranger

Taylor Smith
Ranger Aide

Chris Corsi
Ranger Aide

Michael King
*Seasonal Interpretive
Specialist*

Lyndy Maness
Secretary

Angelina Clarke
Receptionist

**Radnor Lake State
Natural Area**
1160 Otter Creek Road
Nashville, TN 37220
(615) 373-3467

Park Hours:
6 a.m. until dark
Visitor Center Hours:
Open daily: 9 a.m.-4 p.m.
Closed: noon-1 p.m.

Park Visitor Center:
(615) 373-3467

An event schedule and
other updates are available
at the Visitor Center or
online at
www.radnorlake.org.



RADNOR REPORT

Maintaining Our Trail System

by Steve Ward, Park Manager

Maintaining the trail system at Radnor Lake takes planning, cooperation and countless hours of hard work by the ranger staff and volunteers. With more than 1 million visitors a year, the trails literally take a beating.

Mulching trails at Radnor began years ago with the Lake and Spillway trails. In the past 10 years, the project has expanded to include the Access, South Lake and Valve-House trails and parts of the South Cove and Ganier Ridge trails.

We mulch the trail system for a variety of reasons like reducing impact on our most heavily used trails and minimizing sedimentation and runoff into the streams and lake. A freshly mulched trail defines the path and helps to prevent wet spots.

**“With more than
1 million visitors a year,
the trails literally take a
beating.”**

When muddy areas develop, visitors walk around them to avoid muddy shoes, but this causes unintended problems. The long-term effect is the widening of the path and destruction of wildflowers and native plants as they are crushed. Multiply that times thousands of visitors weekly and you end up with a pig path instead of a trail. Maintaining the trail system with a gravel base topped with a thick layer of mulch helps to prevent this from happening. This often keeps the trail width

narrower and creates a better hiking experience that minimizes the effect of high visitation on the trails. It also simply looks better. The mulch used on the trails must be free of litter. Sharp objects such as wire and string could be detrimental to wildlife and create hazardous conditions for visitors. We never want to introduce manmade items into the natural area.

Keeping fresh mulch on as many of the trails at Radnor Lake as possible is a taxing job. Because the park staff consists of no maintenance personnel, rangers must depend on volunteers to help get the job done.

Trees to Trails

If you’ve ever hiked at Radnor Lake in January, the aroma of cedar might have reminded you of the holidays. That’s because every January the ranger staff and volunteers begin mulching the trails with recycled Christmas trees.

Trees to Trails is a partnership among Radnor staff, the City of Oak Hill and Clean Earth. The program allows Oak Hill residents to leave their trees along their road frontage where it will be picked up, chipped and delivered to Radnor Lake. There is also a tree drop-off option for three to four weeks in January. Residents can bring their trees to the natural area where they will be chipped by Clean Earth.

Taking this program a step further, Radnor staff and the City of Oak Hill expanded the partnership to include the brush and tree limbs downed from storm damage or removed for safety issues. This refuse would have been destined for a landfill, but now it’s chipped and delivered to Radnor Lake as mulch.

Ranger staff and volunteers take it from there, loading wheelbarrows one pitch fork at a time with the freshly chipped cedar mulch. This successful partnership comes at no cost to the natural area, reduces landfill use and benefits everyone involved.

Thank you to the City of Oak Hill leadership and residents, park visitors, the ranger staff and volunteers whose efforts make Trees to Trails a huge success and help Radnor staff maintain one of the best trail systems in Tennessee.



Oak Hill Mayor Austin McMullen, right, joins Ranger Josh Walsh on a freshly mulched trail at Radnor Lake.

Building Bridges

Due to damage from the flood of 2010, the bridges along the Lake Trail could only handle regular foot traffic, unable to support equipment to haul gravel and mulch. Thanks to the generous support of Friends of Radnor Lake, the family of Ken Levitan and funds obtained from Peter Frampton’s Benefit for Radnor Lake Concert last year, two of those bridges have been replaced and are now able to withstand the weight of the trail-mulching equipment.

There is one more bridge to rebuild, and when it is finished, the entire Lake Trail can be mulched utilizing equipment, rather than just wheelbarrows. Volunteer and staff hours now can be concentrated on other trails to continue improving our trail system.

To everyone who has contributed to our trail maintenance...thank you!

We Love Our Volunteers

Volunteer days, which began 11 years ago with a few folks showing up to help, has snowballed into a program that has become a phenomenal resource for getting things done.

Every fourth Saturday of the month, volunteers gather to help park staff complete much-needed projects that range from building and maintaining trails to removing exotic plants. Since the 2010 flood, we have had an outpouring of support to get the natural area and its trails back to top condition. The most recent projects completed by volunteers include building two bridges on the Lake Trail and the construction of the Historic Valve-House Trail.

For two years running, we have received financial support from several



Bridge No. 1 on the Lake Trail was designed by Chris Magill and funded by the family of Ken Levitan. Rangers can now drive equipment provided by the State of Tennessee across the new bridge to mulch more than half of the Lake Trail.

people through Friends of Radnor Lake to support our volunteer program by providing bottle water, gloves, insect repellent, T-shirts and/or lunches for the volunteers.

Once again this year, we have received another grant from our partners at REI in Brentwood. REI awarded Friends of Radnor Lake a \$5,000 grant to fund our volunteer support efforts.

Not everyone can physically do the work, but there are other ways to pitch in as park visitors Rick and Dana Short did. For the past three years, the Shorts have donated numerous cases of bottled water toward our volunteer efforts simply because they appreciate the natural area and the efforts that go into it on a daily basis.

I received a note last year that I would like to share from the Shorts:

“Dana and I wish we could do more, but physical ailments prevent us from doing the labor necessary. The water is Dana’s idea, but we are happy to do anything to help with the volunteers and the rangers. She has been doing this over a three-year period and is very proud to do it. We both

enjoy this park very much. Thanks to the volunteers and staff for providing a safe and beautiful place to walk.” — Rick Short

This is just one example of the kind of support we receive from our visitors and friends at Radnor Lake. Whether it is volunteering your time, providing financial support to our volunteer efforts and/or organizing a group to come help out, it is appreciated. However you choose to do it, thank you in advance for helping us continue to protect Radnor Lake.

Thank you.

How to Sign Up

On the fourth Saturday of each month, except for December, we have a monthly volunteer day at Radnor Lake. Go to radnorlake.org

Program Schedule Announced

Please check our website: radnorlake.org for the March and April Program Schedules or pick them up at the Visitor Center.



Seasonal Interpretive Specialist Sam King leads a sunrise canoe float in Summer 2012. Canoe floats will begin Memorial Day Weekend and run through Labor Day Weekend. Please check our website after May 1st for scheduled times and reservation dates at radnorlake.org.



Luke Barrick, left received a backpack donated by REI for volunteering at Radnor Lake in 2012. James Leininger, right, also received a backpack from REI as well as a calendar from Friends of Radnor Lake for his volunteer efforts in 2012.

www.radnorlake.org

www.radnorlake.org

Water Quality Study Complete

by Lee Boggs

In our continued effort to preserve and protect the Radnor Lake State Natural Area, Friends of Radnor Lake initiated an extensive eight-year water quality assessment with supporting funding from a CSX railroad environmental education grant. The need for this study was related to the increasing suburban development in the Radnor Lake watershed, public concern for lake health and the need to promote public awareness of potential threats to Radnor Lake, including the impending Piedmont Gas pipeline construction.

The study was conducted to determine the quality of the water in Radnor Lake and its feeder streams and to determine its overall health. Radnor Lake is an 85-acre lake, with the deepest point being approximately 50 feet with an average depth of 12-14 feet. Since the lake is the “crown jewel” of the Radnor Lake State Natural Area, FORL wanted to develop a solid baseline of data with which to focus its efforts to preserve this sensitive natural watershed.

FORL contracted with Chris Van Loon, a graduate student at Vanderbilt, to conduct the study. Supporting this effort was the steering committee composed of Steve Ward, park manager; Lee Boggs, FORL board member; Dr. Oliver Yates, Jr., retired chairman of Lipscomb University Biology Department; and Scott Hall, manager of ecotoxicology at Environ International Corporation. Park rangers and students from Lipscomb, Middle Tennessee State and Vanderbilt Universities also contributed.

In 2005, the initial study was performed on the lake and five primary feeder streams in the winter, spring, summer and fall, followed by an annual sampling and analysis until its completion in 2011. Five primary water characteristics were tested: nitrates, phosphates, dissolved oxygen, temperature and pH (alkalinity), all recognized by water-quality specialists as the leading determinates of water quality for a lake and watershed like Radnor. Fecal coliform was also tested to determine if there was any contamination in the lake from septic tanks and/or broken sewer lines in the watershed.

All of the analyses show the quality of the water to be supportive of rare plants, aquatic organisms and upland wildlife, all strong indices of a healthy lake. The



photo by Robin Conover

Tennessee Department of Environment and Conservation water quality standards were used, and all five characteristics were generally good. However, there was an eight-fold increase in nitrate concentrations from 2005 to 2011 and concentrations above recommended ranges for phosphates in three of the creeks downstream of neighboring subdivisions. Dissolved oxygen levels were strong in the feeder streams and good in the lake itself.

Temperature readings averaged well below the 86.9 degree Fahrenheit threshold, and pH (alkalinity) levels were within range. Fecal coliform concentrations were below the 100 cfu/100 mL threshold.

While the quality of the water in Radnor Lake and from the feeder streams is relatively good, there are areas of concern. Nitrates and phosphates contribute to eutrophication, an exponential growth of plant life and algae that die off and create high volumes of dead organic matter that consumes dissolved oxygen in the water. Insufficient dissolved oxygen levels are stressful to and can kill off plant and aquatic organisms. The algae covering Big South Pond, located south of Otter Creek Road near the eastern side of the lake, is a visual example of eutrophication. Future concentrations at current levels will be detrimental to water quality and the overall health of the lake.

The current condition of water quality in the lake can be compared to a person's health. For example, while a person's annual physical exam may show good general health, there may be negative

contributors such as increased levels of cholesterol and blood pressure above recommended ranges. This is the same for the overall health of the water in Radnor Lake. Certain feeder streams indicate high concentrations of nitrate and phosphate. In both instances the negative contributors need to be dealt with now before they damage overall good health. Just as specific causes of health issues are not always clear, direct links between individual or community behavior and water quality are not exactly concluded from this study. However, these data do suggest potential human-related influences on certain areas of the watershed based on readings falling outside of safe range.

Recommendations for action include continued monitoring and evaluation of water characteristics, identification of sources of contaminants (nitrates and phosphates), initiation of efforts to reduce and/or remove contaminants, continued work with the City of Oak Hill on land-use regulations and controls to prevent contamination, initiation of a water quality education campaign, help given to neighboring home-owner associations to reduce nitrate and phosphate discharges to feeder streams and continued focus on acquisition of land in the watershed to protect the quality of water in Radnor Lake. FORL will continue focusing on its mission to help accomplish water quality protection, and park visitors and neighbors can help by avoiding overuse of fertilizers, encouraging others to do the same and supporting environmental education programs at Radnor Lake.

Trail Leads To Historic Valve-House

by Steve Ward
Park Manager

Last fall Radnor Lake volunteers and staff celebrated the opening of the Historic Valve-House Trail at Radnor Lake. This project has been years in the making, with the actual construction of the trail beginning in January 2012.

Volunteers, including MTSU students, REI staff, Friends of Radnor Lake board members and park staff, worked side-by-side in constructing this new trail.

The Historic Valve-House Trail is a rare addition to the trail system that provides visitors with an historical interpretive hike. Signage explains how the lake was created as an industrial site to provide water for use by the L & N Railroad.

Completing the trail is the first phase of this project. The next two phases will be to reconstruct the Valve-house and then restore and expand the caretaker house.

Reconstruct the actual valve-house

This will be a volunteer project we plan to begin in January 2014 if we obtain funding. Reconstruction will be volunteer-based beginning next January.” After getting the appropriate approvals, we plan to deconstruct the current decayed and flood damaged structure and rebuild it in identical size and specifications using as much of the old structure as possible. We will also preserve the large underground valve and install interpretive signage within the structure.

Caretaker House

Once we are able to obtain outside funding, the original structure will be restored and later additions removed. The interior will be remodeled to accommodate the historical interpretation displays from the visitor center. In addition, we would remove existing additions to the structure that are failing and were added at later time periods. This will restore the house to its original shape. Long-term goals would be to have this available for interpretive programming and as a classroom for our education partners.

A special thanks to all who made this happen:

- Park volunteers



Joan LaGrasse (Imagen, LLC), seasonal interpretive ranger Sam King and Dr. Doug Heffington (MTSU) stand by the interpretive Historic Valve-House Trail signage.

- Chuck Robinson, Brenda Mikec and REI
- Friends of Radnor Lake
- Tennessee State Parks
- Dr. Doug Heffington and all of his MTSU students.
- Friends of Radnor Lake board.
- Charley Hankla
- Greer Tidwell
- Gary and Adam Keckley
- Commissioner Bob Martineau
- Deputy Commissioner Brock Hill
- Director Mike Robertson
- Joan LaGrasse and staff of Imagen, LLC
- David Adderley and staff of Hi-Tech Signs
- John Froschauer, Middle Tennessee regional interpreter
- Forestry Stewardship Grant (Tennessee Division of Forestry)
- Tennessee State Parks Iris Fund
- Family and friends of the late Jane Robinson
- Dan Smith and crew at Granny White Market
- Moore and Moore Garden Center staff

Walsh Transfers to Montgomery Bell State Park



Ranger Josh Walsh concluded his last shift at Radnor Lake State Natural Area this past September. Josh and his family have taken an opportunity to transfer to Montgomery Bell State Park.

Josh spent the past four years patrolling the trails, helping visitors and conducting the birds of prey program at Radnor.

We wish Josh and his family the best of luck as they move on and thank him for all his hard work. We will miss him greatly.



Pritchett Joins Radnor Lake

Gretchen joined us in December with focused enthusiasm that has earned her the nick-name “Get-R-Done Gretchen.” She and her husband, David returned to Nashville last year from Florida, and we are lucky they did. Her background in software sales and educational support along with her leadership through service are proving very effective. Gretchen also knows that this is a volunteer organization, so she keeps “fun” on the list of everything we do.

**10TH
ANNUAL
MOOGRASS
JAM!**
**Saturday
May 25, 3pm**
5301 Granny White Pike
BBQ, Bluegrass & FUN for ALL
Benefits Radnor Lake

*Granny White
Market*



The Purple Cow Lives

Friends of Radnor Lake

P.O. Box 40324

Nashville, TN 37204

MONTHLY MEETINGS

Radnor Lake State Natural Area hosts environmental organizations' monthly meetings at the Walter L. Criley Visitor Center. These educational meetings are open to the public. Please call the contacts listed for agendas and other information.

Cumberland-Harpeth Audubon Society

— First Thursday, 7 p.m. Contact: Sheila Shay, (615) 298-5154

Sheila.d.shay@gmail.com

Middle Tennessee Group of the Sierra Club

— Second Thursday, 7 p.m. Contact Adelle Wood, (615) 665-1010

adelleintn@comcast.net

Nashville Chapter of the Tennessee Ornithological Society — Third Thursday, 7 p.m. Contact: Steve Routledge,

(931) 648-0911 routledges@bellsouth.net

TSRA Board Meeting — Fourth Thursday, 6 p.m. Contact: Charlie Wilkerson

ops@paddletsra.org



Want to know more about Radnor's reptiles and amphibians?

New brochures are available at the Visitor Center.

*Funded by the
Barbara J. Mapp Foundation*



FRIENDS OF RADNOR LAKE

Friends of Radnor Lake was born in 1973 when the lake and surrounding hills were threatened by residential development. As the Tennessee State Parks system's oldest and most successful nonprofit support group, FORL has purchased critical properties and supported protection efforts in many other ways.

Friends of Radnor Lake

P.O. Box 40324

Nashville, TN 37204

(615) 251-1471

email: friendsofradnorlake@yahoo.com

www.radnorlake.org