



# Pathfinder Pathways...

A Publication of the Georgia-Cumberland Conference Pathfinders

April 2004

## “Cupcakes and Root Beer”

By Julie A. Manhan

There once was a little boy who wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with cupcakes, several cans of root beer and started on his journey.

When he had gone about three blocks, he saw an elderly woman. She was sitting on a park bench watching the pigeons. The boy sat down next to her and opened his suitcase. He was about to take a drink from his root beer when he noticed the lady looked hungry so he offered her a cupcake. She gratefully accepted and smiled at him.

Her smile was so wonderful that he wanted to see it again, so he offered a root beer as well. Once again she smiled at him. The boy was delighted!

They sat there all afternoon eating and smiling without saying a word.

As it began to grow dark, the boy realized how tired he was and wanted to go home. He got up to leave but before he had gone no more than a few steps, he turned around and ran back to the old woman, giving her a big hug. She gave him her biggest smile ever.

When the boy arrived home his Mother was surprised by the look of joy on his face. She asked, "What has made you so happy today?" He replied, "I had lunch with God." Before his mother could respond he added, "You know

what? She's got the most beautiful smile in the whole world!"

Meanwhile, the old woman, also radiant with joy, returned to her home. Her son was stunned by the look of peace on her face. He asked, "Mother, what has made you so happy today?" She replied, "I ate cupcakes in the park with God." And before her son could reply, she added, "You know, he is much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring; all of which have the potential to turn a life around.

People come into our lives for a reason, a season, or a lifetime.

Take no one for granted and embrace all equally with joy!

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## Outreach Activity Ideas

The NAD website has an article on Outreach ideas called *Love by the Month*. Here's one of the ideas. Hold a backyard barbecue and invite the neighbors. Groups that meet in a church can throw an open house for neighboring businesses or residents.

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**The best kind of leadership is that which produces fellowship.**

- Christian Advocate

## Honor Toolbox



### Insects

Mention "bugs" in any classroom and you're bound to gain the instant attention of your students. Because of the incredible way insects have woven their way into just about every subject of human study, insect-related curriculum represents a wealth of subjects to motivate and inspire students of all ages.

#### Bug Bios

Insects are everywhere!! Insects are often encountered, at least with a little searching, in homes, yards, around building foundations, basements, crawl spaces, flower or vegetable gardens that are NOT heavily sprayed with pesticides, around lights at night, near streams and lakes, abandoned fields, parks, and forests. Dead insects in reasonable condition (for collections) can often be found on windowsills, car grilles, roadsides and walking paths.

Some insects are very sedentary and are easy to catch with a pair of tweezers. Others fly, some pretty slowly and others (like dragonflies) are FAST! Catching insects takes some practice. It is best not to catch dangerous insects such as bees and wasps at first.

Collectors may want to keep an observation notebook to help them keep track of their expeditions. It is a good idea to make labels for insects that include collection date, location and habitat, as well as the collector's name. One optional honor requirement (and I think a really fun one) is to collect and mount 20 insects. Here are some tools that will help make the collecting easier.

#### **INSECT COLLECTING TOOLS**

- **Tweezers or forceps**, to pick up insects
- **35mm film canisters**, to hold small insects
- **Killing jars**, made from peanut butter jars with nail polish remover or alcohol on an absorbent material such as cotton balls or newspaper. Place a crumpled piece of tissue

paper in the jar, to give insects a place to 'hide' so they don't beat themselves up trying to escape. Write 'POISON' on the outside of the jar, so the contents are not mistaken.

- **Collanders** can be used for aquatic collection, to 'scoop' out insects at the water's surface or underwater at the edge of a stream or lake. Aquatic insects include water striders, whirligig beetles, backswimmers, diving beetles, immature mosquitoes, immature dragonflies, and giant water bugs (many of these bugs can bite!).
- **Sweep nets** are used for sweeping the grass of meadows and abandoned fields, as well as catching insects in bushes and up in trees. Because they are made of solid material, sweep nets won't snag like butterfly netting. Unwind a wire coat hanger (or No. 9 wire), bend the wire in the form of a round loop, and thread the wire through the casing of an old pillowcase. Tape the ends of the wire to a dowel rod or broomstick with duct tape or electrical tape, or tighten the wire to the broomstick with a hose clamp.
- **Butterfly nets** are best for catching flying insects. They are assembled like the sweep net, except that the body of the net is made of netting (purchased from a craft store, 1/2 yard will do). Cut and sew the netting material into a 'cone' shape, then fold the edge over and sew a casing through which to thread the wire loop. Attach to a dowel rod or broomstick as described for the sweep net.
- **Beat sheets** are used to collect slow moving and small insects that have been jarred from plants. An inverted umbrella, white pan or sheet of paper is placed under plants. Shake or jar the insects off of plants onto the beat sheet, then grab them with tweezers or shoo them into jars.
- **Light traps** are used at night to catch insects. "Black lights" or ultraviolet lights may be more successful than regular outdoor lighting, but even normal outdoor lights

attract lots of insects. A white sheet placed behind the light may help with collecting since it gives the flying insects a place to land and fewer escape routes.

[University of Kentucky Department of Entomology](#)

Once you've collected the insects you will need to mount them so that they can be examined without damaging them. To get instructions go to the following webpage.

[Mounting Specimens](#)

Here are some additional web pages with information and games that can be used to teach the insect honor.

[Collecting and Preserving Insects](#)

[Insect Projects](#)

[IPM Activities](#)

[Insect Observation & Collection](#)

[Insecta Inspecta World](#)

[Yucky Roach World](#)



## *integrity*

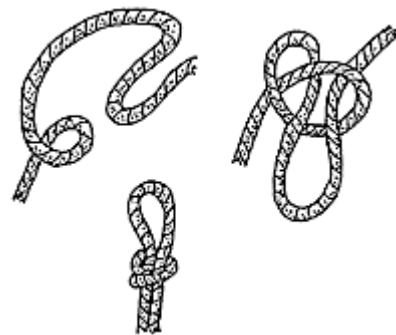
*Integrity is one of several paths. It distinguishes itself from the others because it is the right path and the only one upon which you will never get lost."*

- M.H. McKee

## **Knot this Month** **Hitching Tie**

Use this knot to tie off your stuff sacks and you will always be able to get at your gear quickly. To untie, just pull hard on the free end of the rope and the knot will fall open.

- Tie an overhand knot, but double the standing end of the rope over and pull the looped end through the overhand knot before cinching it tight.



## **Camp Cooking**



### **Trailside Tortellini**

1 box dried tricolor tortellini  
Several ounces olive oil  
Several fresh garlic cloves  
Parmesan cheese  
Optional - Italian bread (packed to prevent smushing)

Fry sliced garlic in olive oil until golden brown, set aside. Boil tortellini per package instructions and drain. Add olive oil/garlic mixture and Parmesan cheese. Mix thoroughly. Serve with warm bread and cold wine.



## BUG-GO

### Description

**B**ug-go is designed to help the players learn to identify some insects while learning which insects are beneficial and interesting facts about others. The game should be played similar to the game bingo.

### What You Need to Play

- [Information sheets and instructions](#)
- [Bug-go player game cards](#)
- [Insect line drawings \(Flash cards\)](#)

To play you will need the Bug-go cards that can be printed from the links listed above. You will also need the line drawings of the insects that can be printed and cut apart to be made into flash cards or overheads to help the players recognize the insects as you call them out.

(**Note:** if you find part of the printed player card or flash card is cut off by your printer, try setting the page margins to zero (no page margins) under the Page Setup option of your browser before printing.)

You will also need small pieces of paper, pennies or other objects to give the players to cover an insect if it should be called and is present on their cards. Small prizes make the game more exciting.

The information sheets contain a list with information about each of the insects on the Bug-go cards. The list can be cut apart and placed in a box or large envelope for drawing the insects.

### How to Play

Play the game by drawing a slip of paper with the insect name and information from the box. Depending on the age of the players, you may also want to show a picture of the insect. If an insect is present on a player's card, they cover the insect with a marker. Players win when they have "bug-go," that is when they have covered insects in a row either vertically or horizontally.

## Computer Connection

### Keyboard Shortcuts

**F**or those of who are computer experts this information is probably old news. But if you are still learning, these shortcuts can sometimes make things a little quicker.

Keyboard shortcuts are convenient because you don't have to remove your hand from the keyboard to grab the mouse and click a toolbar button or menu command. Your fingers are already positioned to use the keyboard, so why not use the shortcuts? You may access the menu using the keyboard:

- Press ALT key (Notice File on the menu bar is selected.)
- Press the key for the underlined letter in the menu name (example - F for File)
- Press the key for the underlined letter in the command name (example - P for Print)

At first it may seem as if you're taking more time to use the keyboard to perform the commands; but if you focus on learning keyboard shortcuts one at a time, they'll become a habit.

The following list includes some of the keyboard shortcuts you may substitute for commonly used commands.

<b>Command</b>	<b>Shortcut</b>
Save document	CTRL+S
Save new document	CTRL+N
Close document	CTRL+W
Print document	CTRL+P
Undo previous command	CTRL+Z
Redo previous command	CTRL+Y
Copy selected text	CTRL+C
Paste text	CTRL+V
Find text or formatting	CTRL+F
Bold	CTRL+B
Italics	CTRL+I
Underline	CTRL+U
Center text	CTRL+E
Insert hyperlink	CTRL+K

My favorite shortcut is the Find command - CTRL+F. It can be used pretty much anywhere. I especially like to use it when searching a web page for a specific word. It saves having to scroll through an entire page.

## Safety Tip

More people lose their LIVES in floods than in any other weather-related event. 80% of flood deaths occur in vehicles, and most happen when drivers make a single, fatal mistake - trying to navigate through flood waters.

- Watch for the following signs:
  - Unusually hard rain over several hours
  - Steady substantial rain over several days
  - Rains in conjunction with a spring thaw
  - A monsoon or other tropical system affecting your area
  - A Weather report
  - Water rising rapidly in streams and rivers
- In hilly terrain, flash floods can strike with little or no advance warning. Distant rain may be channeled into gullies and ravines, turning a quiet stream into a rampaging torrent in minutes. Never camp on low ground next to streams since a flash flood can catch you while you're asleep.
- **DO NOT DRIVE THROUGH FLOODED AREAS!** Even if it looks shallow enough to cross. The large majority of deaths due to flash flooding occur with people driving through flooded areas. Water only a foot deep can displace a 1500 lb. vehicle! 24" of water can easily carry most automobiles! Roads concealed by water may not be intact.
- If the vehicle stalls, leave it immediately and seek higher ground. Rapidly rising water may engulf the vehicle and its occupants and sweep them away. Remember it's better to be wet than dead!
- Do not allow children to play around streams, drainage ditches or viaducts, storm drains, or other flooded areas!
- Be especially cautious at night. It's harder to recognize water danger then.
- Don't try to outrace a flood on foot. If you see or hear it coming, move to higher ground immediately.
- When hiking, follow these steps:
  - Wait for everyone in the crew to arrive at stream, and make a determination to cross.

- Do not walk through a flowing stream on foot where water is above your ankles.
- When walking through or on rocks or logs over a stream, loosen pack buckles so if you fall you can easily get away from your pack and it will not drag you under
- Wait for everyone to cross before continuing (in case the last person needs assistance).
- Be familiar with the land features where you live, work, and play. It may be in a low area, near a drainage ditch or small stream, or below a dam. Be prepared!
- Stay tuned to NOAA Weather Radio for the latest statements, watches and warnings concerning heavy rain and flash flooding in your area, report it to the National Weather Service.
- The National Weather Service will issue a Flash Flood Watch when heavy rains may result in flash flooding in a specific area. In this case you should be alert and prepare for the possibility of a flood emergency that will require immediate action. A Flash Flood Warning will be issued when flash flooding is occurring or is imminent in a specified area. If your locale is placed under a warning, you should move to safe ground immediately.
- Campers/hikers should always determine if local officials, such as park rangers, post local cautions and warnings. This goes along with -- in those areas where it's required -- completing any local tour/entrance/trip plan.

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## Geocaching

It's recommended that you do not place traditional physical caches while on vacation or business unless you have contacted a cacher in the area and have an agreement with them that they will look after your cache for you. If you have a problem with the cache you have no way to check it in a timely manner.



## Hike of the Month

*'The journey is the destination'*

### Mouse Branch Loop Trail

**Directions:** The Tsali Recreation Area is about 17½ miles from Robbinsville in the northeast corner of Graham County. From Robbinsville, travel east on State Highway 143 until you reach the junction with Highway 28. Turn right at the stop sign and proceed south on Highway 28 for approximately 8.4 miles. The entrance to the Tsali Recreation Area will be on the north side of the road and is well marked with signs. About one and a half miles from the entrance there is a parking area and it is a short walk to the various trailheads. The parking area has restrooms and an informational bulletin board. Schedules for the use of the trails by equestrians and mountain bikers is as follows:

- **Mouse Branch Loop Trail**
  - **Hiking** - seven days a week
  - **Horseback Riding** - Sunday, Monday, Wednesday, and Friday
  - **Mountain Biking** - Tuesday, Thursday, and Saturday
- **Tsali Horse Trail**
  - **Hiking** - seven days a week
  - **Horseback Riding** - Tuesday, Thursday, and Saturday
  - **Mountain Biking** - Sunday, Monday, Wednesday, and Friday

Proper safety equipment should be used by mountain bikers at all times. For everyone's enjoyment these trails are designated as mixed use or joint use trails. **NOTE:** Hikers may use any trail at any time, but you may wish to select a trail to walk on a non-bike use day. Be sure to exercise caution and yield when necessary to mountain bikers and equestrians.

- **Trailhead:** The trailhead is located opposite to the entrance of the parking lot.
- **Distance:** This trail is approximately 5.3 miles long and is well used and easy to follow.
- **Difficulty:** It is rated as an easy to moderate hiking trail.
- **Use Guide:** The Mouse is an excellent trail for families and the casual day-tripper. Allow enough time if you intend to hike the entire loop. With a family group on a casual stroll, allow 3-4 hours. For the more aggressive hiker, 2-3 hours should be sufficient time. Bring adequate food, water and protective clothing if your trip is going to be more than a few hours.
- **Description:** From the intersection of the trailhead and County Line Road, you will descend following a dirt road until it crosses a stream. To the left you should see a sign for the Thompson Loop Trail. **DO NOT** turn here, but continue on the road for about a ¼ of a mile. You will come to a small open area with signs for the Mouse Branch Loop Trail. You can choose either direction. It is recommended to take the left fork of the trail. This is a more gradual ascent of the ridge that will overlook Lake Fontana, and the lower Thompson Loop Trail. You will be on an old service road for just under 2 miles when you reach the fork in the road. Turn to your right and you will proceed on a footpath. There are signs at all the road and path junctions showing the trail direction. The footpath is mostly a downhill walk. It follows the contours of the lake and crosses several streams. The footpath eventually rejoins an old logging road that eventually leads you back to the open area where you started your walk. The service road leads to the parking area about ½ mile away. This is a well-used trail and easy to follow. Portions of the trail have suffered fire and storm damage over the past several years. However, the trail still offers a view of nature in recovery and many splendid vistas of the lake and the surrounding mountains.

## Nature Nugget



### The Art of Camouflage

Animals and people hide things for various reasons. Animals in nature hide their young to protect them from predators. Pirates

hide stolen treasure to protect it from being stolen yet again. One of the most effective ways to hide something is by camouflaging it. In this project, you will get to explore how to use camouflage in making art.

**Camouflage** is the "art of concealment." It involves disguising an object, in plain sight, in order to hide it from something or someone. We generally think of camouflage as being used during war. Soldiers often wear special camouflage clothing and smear mud on their faces at night to become less visible. But, camouflage exists in many other forms in the natural world. A chameleon, for instance, changes color to blend in with its environment. A white polar bear is hard to see on an ice floe as is a striped zebra in the African bush.

Animals basically use one of two methods to conceal themselves in nature: *general resemblance* and *special resemblance*. With general resemblance, animals use color to blend in with their habitat so that they're almost invisible. Besides chameleons, other animals that use color to match their surroundings include hares, tree frogs, flounder fish, grasshoppers, and lizards.

With special resemblance, animals use a combination of color, shape and behavior to help them appear like something in their habitat. They are simply mistaken for something else. The walking stick is a great example. This insect becomes almost invisible due to the shape of its body, its coloration and its slow movement. It looks and acts just like a twig on a bush or tree

Some animals have special markings that help to disguise their shapes. The zebra, for instance, has markings that run off its edges into the background. This feature allows the zebra to fade into the background so successfully it's difficult to see its overall shape. Just imagine how confusing a herd of zebras must be to a predator.

Other animals that use special resemblance to conceal themselves include giraffes, leopards, praying manatees, snakes, butterflies and moths, caterpillars, and spiders.

**Materials You Need:** assortment of construction paper; old science or nature magazines with pictures of animals, insects or reptiles; scissors; an assortment of textures cut from magazine illustrations; glue sticks; and colored markers.

**The Project:** Making your own "camouflage art" is easy. Here's how:

- Go through old science or nature magazines in search of cool pictures of animals, insects or reptiles. Choose one of the pictures and carefully cut away the background so that only the animal remains.
- Next, glue the picture on a similar color of construction paper. Decide whether you will use *general resemblance* or *special resemblance* to camouflage your animal.
- Then create an environment that your animal will feel safe to be in. You can use colored markers, colored construction paper and/or textures cut from magazine illustrations to create your animal's habitat.
- When your picture is finished, show it to a family member, classmate or friend to see if they can easily find the animal in your picture.

- [The Art of Camouflage](#)

[Cool Camouflage](#)

[Insect Camouflage](#)

[Make an insect mask](#)

## Camping

### These Boots are Made for Walkin' Finding Boots that Fit



A comfortable, durable pair of shoes is a necessity for anyone who enjoys exploring the outdoors on foot. Whether you enjoy hikes through remote wildernesses or just want to take a leisurely stroll in a nearby forest preserve, the right footwear is critical. If your shoes don't measure up to the rigors of the trail, you may find yourself returning home early--with painful, aching feet.

Consider the following tips when shopping around for walking shoes:

- (1) Look for walking shoes at the end of the day, after you have been active for several hours. This ensures that the shoes you select will fit your feet properly.
- (2) Purchase a pair of thick, absorbent hiking/walking socks. Wear these socks when sizing and selecting your shoes.

#### Picking a style of walking shoe

Before settling on a specific design of walking shoe, consider the following tips:

- (1) Try a variety of shoe designs and sizes to identify the best fit. Don't assume that you will always purchase the same size shoe. Size often varies a great deal between brands and designs.
- (2) Do not buy shoes that are too tight. You must have room to allow your foot to bend. Cramped shoes lead to cramped feet.
- (3) For light hiking and walking, light/flexible shoes offer more comfort than heavy/rigid shoes.

#### Selecting hiking boots

Consider the following tips before you buy hiking boots:

- (1) Be sure to find the correct size boot.
- (2) The upper part of the boot should have as few seams as possible to maximize water resistance.

- (3) Take some time to think about the type of hiking you plan to do. For rugged, demanding hiking, consider boots that are strong, tough and durable. For lighter, day-hiking consider boots that are sturdy but flexible.
- (4) For increased traction, select a boot with deeper treads.

#### Shopping the web for hiking boots and shoes

Hiking boots and walking shoes can often be quite expensive. Fortunately, there are many quality manufacturers, so with a bit of research, you can often find the ideal shoe to serve your needs for many years.

[- About buying hiking boots](#)

Consider the following footwear manufacturers and dealers as you shop:

- [Vasque](#)
- [Birkenstock](#)
- [Merrell](#)
- Hi-Tek
- [REI](#)

ENOUGH TO RAISE AN EYEBROW...

A FOUR YEAR OLD PRAYED: " AND FORGIVE US OUR FRASH BASKETS AS WE FORGIVE THOSE WHO PUT FRASH IN OUR BASKETS."

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