



SUSQUEHANNOCK HIKER

Fall 2015

On Foot in Potter County...God's Country



PO Box 643 • Coudersport, PA 16915 • www.stc-hike.org • info@stc-hike.org

The purposes of the STC are to build and maintain trails, aid in the conservation of wetlands and wildlife, and promote good fellowship through the medium of hiking and nature study.

Membership Categories and Our Legacy

By Wanda Shirk, President
Susquehannock Trail Club



Perhaps the most significant change in the STC's Constitution and By-laws adopted this spring was the new provision for Life Memberships. This update creates incentives that will provide growth and sustainability for our club and trail. The STC now recognizes two kinds of life members:

Honorary Life Members who have given extraordinary amounts of time, work, and leadership over many years of service; and *Paid Life Members*, who give an extraordinary monetary contribution to the club's sustainability.

Honorary Life Membership

At the April 2015 meeting, the club voted to approve Honorary Life Membership to the annual recipients of the Wil and Betty Ahn 'Big Shoes' Lifetime Achievement Award. A recipient is selected annually and honored at our Winter Folic weekend in February. To date, these honorary life members include:

- 2010 – Wil and Betty Ahn
- 2011 – Tom Fitzgerald
- 2012 – Bob Knowles
- 2013 – Tom Leete (now deceased)
- 2014 – Dick Hribar
- 2015 – Bill Boyd

The hours of time these individuals have given to the club and the trail are beyond counting. Honoring them with Lifetime Membership is a small token of our deep appreciation for all that they have done.

Paid Life Membership

Many organizations allow members who make significant financial contributions to be granted the "paid-up-forever" status of life membership. Many STC members are life members of veterans' organizations, the National Rifle Association, or environmental and hiking societies such as the Sierra Club or Keystone Trails Association.

The satisfaction of leaving a legacy to a cause in which a person believes deeply is the main reason for making a "Life Member" donation. Because that person has made a

substantial gift to the organization, he or she is considered to have paid dues in full for life. Such a member has made a contribution to the organization that can begin working long before a bequest left in a will. That is rewarding both for the individual and the organization.

Endowment Fund

Investing life membership gifts wisely is essential to the sustainability of the organization. If large amounts of money are spent immediately rather than saved and invested, the club's future is compromised. If the money is invested so that it earns interest and/or dividends every year, a future is secured. This is similar to a family receiving an inheritance, which can be either spent and dissipated or saved and invested in a trust fund.

Susquehannock Trail Club life membership dues are being invested in an endowment fund with the Community Foundation for the Twin Tiers, headquartered in Sayre, PA. The foundation is a consortium of non-profit charitable organizations in five counties—Potter, Tioga, Bradford, and Sullivan counties, PA, and Tioga County, NY. (For additional information see <http://www.twintierscf.org/>.)

The community foundation pools the money of its individual funds and invests it, primarily through major mutual fund companies such as Fidelity, Vanguard, T. Rowe Price, etc. Each organization's fund then earns on its share of the money in the foundation whatever percent of growth the foundation as a whole experiences each year. Earnings have averaged about 8 percent per year since the Community Foundation was established in 2002. To keep the member organizations' money growing, each organization is allowed to withdraw each year up to 4 percent of its end-of-year balance, but only after that organization has a balance of at least \$12,500. At least 96 percent of each organization's money remains invested at all times.

If an organization doesn't need its payout portion in a particular year, it can leave it in the fund for a future year. As long as it stays in the fund, it will continue to earn interest and dividends for the organization.

Our 4% take-out portion will create a new sustainability for our club and trail. Here's how this works right now, in simple terms, based on one \$500 Life Membership:

- A Life Membership is granted for a tax-deductible \$500 contribution to the STC.
- At 4%, this contribution will return \$20 to the Susquehannock Trail Club every year.
- That is twice the amount a member would pay for annual dues, so it is a great benefit to the STC.
- Furthermore, it continues to give forever—decade after decade into the future, long after the member's lifetime.

In the long run, the money from the endowment fund will help us build bridges and kiosks, add signage, improve parking areas, and add to the printed materials that inform people about our trail.

Our fund with the Community Foundation for the Twin Tiers has already been started with the \$500 Life Member dues of the first three paid life members—Wanda Shirk, Joy Olney, and Bill Boyd. Note that Bill is also an Honorary Life Member, but he is so committed to the mission of the STC that he wanted to contribute to the endowment fund as well. That's just the kind of man Bill is, and it shows again his heart for the trail.

But as stated above, we can't tap into our earnings yet. The endowment will not pay out until we have \$12,500 in the fund. As of October 2015, we have \$4,000 invested. The first three Paid Life Members began our investment with \$1,500. Shortly thereafter, an anonymous donor made a large contribution to the fund to be divided among member organizations in Potter Country. The Susquehannock Trail Club received \$2,500 of that gift because we had already joined the fund before the gift was made. At the moment, we need 17 more life members to reach our \$12,500 minimum payout level (unless we are satisfied to wait until the growth of the foundation's money brings our \$4,000 share up to \$12,500. At 8 percent annually, that will take about 15 years.)

The funding source is not restricted to Life Memberships. Donations of any amount may be made to the trail club's portion of the endowment fund. The fund will also be a place to leave part of your life legacy when you establish your will if the Susquehannock Trail System is something you love and want to give back to forever.

At our September 2015 meeting, the club voted to offer Life Membership discounts to families and "seniors" who are age 65 and older. The rates are:

| | Individual | Family |
|-----------------------|------------|----------|
| Standard | \$500.00 | \$800.00 |
| Senior Citizen | \$400.00 | \$600.00 |

Life Memberships may be paid over 5 years via our installment plan.

Membership Thoughts

By Bill Boyd

I think it's very important to increase our membership, especially to recruit new younger members in their 20's through 50's. A recent questionnaire of our members' ages disclosed that the average age of our membership to be 68 years. Among other things, the rigors of trail maintenance are becoming increasingly difficult for us old-timers.

A nagging question in the back of my mind is: will the club survive? One of our sister clubs, once active in the Quehanna Wild Area, disbanded two years ago for lack of fresh blood. They died out after only 20 years.

A monument we never want to see in the Susquehannock State Forest: Sign Reads: "Quehanna Area Trails Club Hikers and Maintainers 1993-2013"



Photo by: Tom Fitzgerald

In an effort to increase our membership, and maintain the viability of the STC, I would like to propose that each member, sign up a guest member for 2016. Our membership seems to hover just under 300, so if just half of our current members

would sign up a new member, that would increase our rolls by 150. Then if we followed up with the same theme for next year, we could easily top 500 members by 2017, our 50th Anniversary year!

Remember, any person signed up after Nov. 1, is a member for the following year. If you wish to enroll a new member before that date, you can just designate "Dues for 2016." Use this opportunity for a birthday gift, Christmas gift, any other reason to celebrate—or just because it's good for the club. Don't be left out. Make your ten dollars count! ☛



Trail Guide Tidbits

By Chuck Dillon

Mile 14.38. The driveway at the Cherry Springs Hunting Camp was once the main line of the Goodyears' Buffalo & Susquehanna Railroad between Austin & Galeton. The line came up the East Fork of the Sinnemahoning [from Wharton], switchbacked up Shinglebolt Hollow, came across the top of Hogback Hollow, then switchbacked down Water Tank and Upper Dry hollows to the West Branch of Pine Creek which it followed to Galeton.

Personalizing the Trail

By Wanda Shirk, President, STC

Mother Nature and Father Time collaborate in leaving their mark on our physical world, and it is primarily to see their handiwork that we head for the hills—that we go out to hike. Waterfalls, vistas, humongous boulders, and trees so tall that we must crane our necks back as far as they will go to try to see the tops against the blue sky above: these are the gifts of their hands.

In addition to what Nature provides in the way of scenery, what we provide for each other is often essential. Without blazes and cleared pathways, venturing safely into the woods would often be impossible; few could find their way. And we appreciate things like bridges and signage.

The STS is blessed with many beautiful valleys and streams, some vistas, some grand hemlocks and other trees, and perhaps most famously, the Hammersley Pool. However, we have also personalized the trail with our own unique highlights.

“Cardiac Climb”¹ would be just another hill if someone hadn’t given it a special name one day, and every hiker has enjoyed the “Almost Halfway”² sign along the ascent.

The “Old Stove—A Deteriorating STS Landmark”³ is another piece of human interest that always stirs the imagination along the trail.

Best of all, on the STS, is our famous (infamous?) “Spook Hollow” with its introductory admonitions: “Keep to the Center of the Trail. Stay within sight of companions. Refrain from looking back. DO NOT TRY TO RUN.” The “runes” and “mirror-writing” on the back of the sign add to the fun, and that sign, along with numerous others along the trail, notes that it was produced in “Welfare Hollow,” home of our own Jolly Old Elf, sometimes known as “Jasper Reamerstraff,” whose sense of humor has inspired thousands of smiles.

Other trails also have some personalizations that add touches of interest for the hiker. On the Loyalsock Trail, “Ken’s Window,” “Jack’s Window,” “Ann’s Bridge,” and “Mary’s View” hint to the hiker about people who have loved these sections of the trail in decades now long past. On the Donut Hole Trail, someone has secured a wall-phone to a board that is attached to a tree, and though it’s in the middle of a wilderness not reachable by cell-phone service much less by any landline, many hikers have surely tried to lift the glued-tight receiver to see if they could call mom for a ride—or maybe call a pizza place for a delivery! Within the hiking community, folks have differing ideas on how much signage a trail should have, how much clearing

should be done, and how much should or should not be added to (or subtracted from) the raw ingredients of Nature. Best friends Ralph Seeley and trail-building-legend Tom Thwaites were pretty much at opposite ends of the pole. Ralph thought as little as possible should be done in trail clearing, but Tom argued that anything cut away would grow back vigorously, so trail-builders and maintainers should be aggressive with the loppers when trails were opened. (Tom gets the major credit for developing Pennsylvania’s Mid State Trail, and Ralph for the Quehanna and Allegheny Front Trails.) Ralph objected to cutting trees to open vistas, but some who loved to see great views after challenging climbs sneaked behind his back, carved out some hilltop clearings, and posted signs on the Allegheny Front Trail proclaiming a couple of them “Ralph’s Pretty Good View”⁴ (180 degrees visibility) and “Ralph’s Majestic Vista.” These will forever be highpoints on the AFT in more than one way! The little additions to nature—both the cleared vistas and the signs—increase hikers’ pleasure.

In our efforts to make the STS the premiere wilderness hiking trail in Pennsylvania (a designation to which many trails aspire!), we need to keep Nature’s work central and certainly uncluttered, but along an 85 mile trail, there is space for us to personalize and from time to time to add some humor. I would especially like to see maintainers think about adding more “Bob-Webber-style” benches—logs that have been notched with top slabs removed so that hikers have occasional seats to rest, enjoy the scenery, and eat lunch or a snack along the trail, either at vistas, pleasant streamside locations, or other points of interest. Without overdoing it, we can also create or spruce-up appropriate tent sites and fire rings.

Our additions to the trail should always be tasteful, and usually subtle, using natural materials as much as possible, but being creative and sometimes adding a whimsical or humorous touch to the trail can make the trail experience more fun for hikers and backpackers. Here’s a hearty thanks to all those who have added their own personal touch to the trail! ☞

1. The name originated with an offhand remark by the late Delmar Kerr, one of the founding members of the Susquehannock Trail Club. Ironically, Del used it to describe the last short pitch of the Splash Dam Trail up to the Sunken Branch Road. The original “Cardiac Climb” sign was made by Coudersport carpenter Tom Chitester when hardly anyone in the new club owned a router.
2. The “Almost Halfway” sign was inspired by a remark made by forester Bob Laubach when he led a timber-marking crew laden with heavy cans of tree-marking paint on a two-

mile bushwhack along the top of West Darian Ridge about 1965 before the Susquehannock Trail System was even thought about. It was a long tiresome trek with occasional rest stops. At one of the stops, Bob reassured the crew that with "one more hard push, we'll be almost halfway!"

3. The remains of the stove were there long before the STS was founded. It was probably used in a 19th Century logging camp.
4. It makes you think of "Ralph's Pretty Good Grocery" one of the businesses in Garrison Keillor's fictional hometown of Lake Wobegon, MN.



Trail Maintenance

By Bill Boyd

By the end of September 2015, we have amassed over 800 hours of trail care. The following areas have been worked on to one degree or another:

The Shinglebolt Hollow and Camp Beaver woods roads have been Swisher-mowed. The Hribar Route and part of the Plantation Trail have also been mowed. The White Line and Splash Dam Trails have been cleared. The long section from the Short Run Road to Ole Bull State Park has been cleared. Areas along the Three Stone Quarries Trail have been widened and leveled. Our first bog bridge has been put in on the Fish Trail. The Kerr, Hockney Hollow, and Empty Tank Trails, and the East Branch of Prouty Run Woods Road have all been worked on. Some clearing was done on the Rattlesnake and Morgan Hollow Trails. Clearing was done along the Sarah Jane Trail.

A considerable amount of work was done during the club's annual Camporee weekend along the Porter-Pine Trail in the Scoval and Osborne branches of Young Woman's Creek.. This included weed whacking, brush cutting, foot-path digging and leveling, lopping, chainsaw work, and bench building. That section of the STS had been one of the most neglected because of its remote location from the homes of most of the local club members.

Some blowdowns were removed from Lieb Run and Morgan Hollow Trails. A post with signs were installed at the junction of the Culver Woods Road and the Green Timber Hollow Trail. Paint blazing has been renewed at various locations. The Ridge Trail and Jacob Hollow have seen some maintenance.

Those participating in some or all of this work were: Joe Allis, Wayne Baumann, Bob and Helen Bernhardt, Bill Boyd, Gary Buchanan, Pat Childs, Tom Fitzgerald, Larry Holtzapple, Jerry Johnston, Mark and Denise Kelly, Lowell

and Barbara Luft, Roxanne McMillan, Steve Nickerson, Wanda Shirk, Ralph Stockman, Curt and Penny Weinhold, Cindy Zembryki, and John Zimmer.

As of now there are at least five people eligible for the "50-Hours-Plus" trail care award to be presented at the Winter Frolic in February. But there is still time for others to reach that magic number, and there is still a lot of work to be done out there on the trail.

The club now owns a new Swisher mower, a walk-behind, 24-inch, rough-cut machine. This gives us a total of three Swishers for mowing the trails. The other two are individually owned but used almost exclusively on the Susquehannock Trail System.

1926 Ireland Sawmill at the Klein Family Farm



Photo by Tom Fitzgerald

The logs for our future trail shelter have been slabbed and sized at the sawmill. We got a later start than anticipated on the project. We wanted to build the shelter out of larch logs because

of the superior decay resistance of the wood of that species. But after several weeks of searching, we were unable to find any larch trees of the right size close enough to a road to cut, skid, and load without professional logging equipment. Finally we gave up and settled for Scotch pine logs from a plantation on a club member's property. The overwinter delay will work out okay as it will give us plenty of time to get all of the materials together and construction plans better organized.

We bid a sad farewell to Chuck and Mary Dundon who are moving from the area. They have been the caretakers of the East Fork Crossover Trail. But as luck would have it, almost immediately Dan Tice and his crew

Loading the shelter logs



Photo by Tom Fitzgerald

from Bear Trap Lodge stepped up to maintain that section. They have already done some preliminary trail care. We thank the Bear Trap crew for their help, and wish the Dundons well in their new location. 5¢

Autumn Hike

By George Wolfe

Pileated Woodpecker



Photo from Wikipedia

Our autumn weekend at our Potter Camp featured two great hikes. We first scaled the steep Dickinson Trail, connected to the STS at the top of the mountain, and followed the STS to PA Rt. 144. Several spectacular vistas and a gorgeous segment of the STS!

We will revisit this area as

there are many alternatives at the top of Dickinson Trail, including picking up Twin Sisters Trail. On day two we set off to find the historic switchbacks of the turn of the 20th Century B&S Railroad, and were rewarded with a wonderful hike. The switchbacks are quite evident and can be found just off Junction Road at the intersection of Switchback Rd. not far from Rt. 44 at Cherry Springs. The switchbacks descend the mountain and the boldness of the undertaking is evident as significant dynamiting must have occurred to allow for the right of way. One can well imagine riding the rails up the steep rise and then on to an ultimate destination of Buffalo, NY. We spotted a Golden Crowned Kinglet and a Pileated Woodpecker. ☞



Welcome New Members

By Lois Morey, STC Secretary

Bruce & Ruth Collender
Center Hall, PA

Joy Olney
Ulysses, PA

Chuck Hagar
Mill Hall, PA

Paul Jr. & Sandy Serfass
Cross Fork, PA

Janet Long
Coudersport, PA

Joshua Wallin
St. Petersburg, PA

Dustin Martin
New Providence, PA

Luke Wiers
Willard, OH



Next Newsletter Deadline

All articles must be received before **December 19, 2015** to be included in the next edition of the *Susquehannock Hiker*.

Email your articles to info@stc-hike.org no later than Wednesday **December 12e, 2015**, or mail them via the U.S. Postal Service to **PO Box B, Robinson, PA 15949**, by **January 5, 2016**. ☞

Song for a Guitar

By Lincoln Fitzell

Leafy stars blossom



Photo from www.gonecampingblog.files.wordpress.com

Come lie by the fire and hear the night sigh
While leafy stars blossom and smoke stings the sky.
For our queen is a gust in the tents of the moon,
And her fragrance is closeness of flame, and as soon.

The rocky earth's bosom has nurtured our will
But shadow lies soft in the cleft of the hill.

And our queen is sweet
shade by the grassy breeze
blown

Where sunlight steps naked
from river to stone.

While we flash in the future like jays in a pine,
Or puzzle at crossroads the day's wrinkled vine,
Our queen sits in scarlet,
the sun on her gown,
And her beauty is warm as
a trouble in town.

Our queen sits in scarlet



Photo from <http://sdotblog.seattle.gov/>



STS Circuit Hiker Award

Congratulations to the following who are the most recent inductees into this distinguished group!

1106 Greg Vincent
Kitchener, ON, CAN

1110 Susan Hershey
Millersville, PA

1107 Jeanette Vincent
Kitchener, ON, CAN

1111 January Abel
Millersville, PA

1108 Ross Carson
Lestowel, ON, CAN

1112 Scott Cronk
Erie, PA

1109 Christy Carson
Lestowel, ON, CAN

Four-Year-Old Leaves Adults in the Dust

By Tom Fitzgerald

The revelation that the Susquehannock Trail Club is becoming increasingly geriatric, has caused my wife, Jayne and me to give serious thought to the future of the club. We are among the founding members at ages 76 and 67. Will there be anyone to follow when we're gone?

Crossing the new log bridge



Photo by Tom Fitzgerald

With these sobering statistics in the backs of our minds, Jayne and I decided to do our part to introduce new blood to the trail. We currently have only one grandchild, Evan, and until he started pre-school classes this fall, Jayne took care of him during the week. At least once a month we took him up to the old family homestead near the Susquehannock Trail System where another three of our adult children live.

One year ago shortly after his fourth birthday in early October, our daughter Bronwyn and I took Evan on an STS hike of less than two miles which featured two stream fords, mudholes in an old railroad grade, and crossing a creek on a cable.. He loved it, especially the mudholes.

Log investigation

(Story in the Spring 2015 issue)



Photo by Tom Fitzgerald

Seven months later in early May this year, our daughter Kari and I took Evan up the B&S Trail, across the ridge top on sections of the Ewing and Crooks trails, then down Barnes Hollow to the Sunken Branch Road where Jayne waited for us with the car. The hike started out by crossing Lyman Run on the Fish Trail bridge, then a second

stream crossing on a logs with balance poles. Crossing a stream that way really turned Evan on. Then came the B&S trail which climbs the hill at grades up to 30 percent. Evan, now 4½, was running up the trail so fast that we had

to keep shouting at him to stay in sight. We old folks just couldn't keep up!

Up on top of the ridge, the sky darkened and a brief spit of light rain hit us. Evan got a little worried then, but the shower quickly ended. Then we turned off the STS and headed down an old CCC trail into Barnes Hollow. It led through fallen trees, big rocks, and running water where we refilled our canteens. The whole hike was about three miles. Afterward on the way home, we stopped at a Sheetz convenience store for a treat. Evan was wide awake in his car seat during the one-hour ride back to the house. He finally fell asleep in mid-evening watching a show about railroad trains on television.

Less than three weeks later, Evan was back in the area, and we took him out again. This time, our daughter Bronwyn went along once again. Jayne dropped us off at the Thompson Road trailhead, and drove on down to the Fish Trail parking spot along the Lyman Run Road where we had started the previous hike. Bron, Evan, and I hiked east on the Ridge Trail and south on the Jacob Trail. This time Evan was a little slower and a little more inquisitive. We started early enough in the day that we knew we would be out of the woods long before dark. We let him set the pace and stop to investigate anything that caught his attention. He began to notice there were different kinds of trees and wildflowers, and asked about the drumming of a pileated woodpecker in the distance. He started collecting broken pieces of fallen tree branches and a bracket fungus. He dug into rotten logs with his bare hands and climbed on the biggest rocks and fallen trees he could find along the trail. The ultimate thrill was "crossing the river" near the bottom where the trail switched sides in Jacob Hollow. Total distance: just under four miles. As usual, he was still going strong at the end.

Close Clearance



Photo by Tom Fitzgerald

Evan has now turned 5. Will we take him out again on the STS? You bet we will! ♪

Breakfast on the Trail

By George Reamerstraff



Autumn is a beautiful season for backpacking the trails and enjoying the Great Outdoors without the heat, humidity, and bugs of summer. But this season also brings with it fall weather with its typical cool mornings. When you roll out of that sleeping bag into the autumn chill, you'll

probably want something more for breakfast than a granola bar and a swig of cold water.

May I suggest a nourishing hot breakfast cereal my innovative wife, Gemeina, concocted years ago at our ill-fated restaurant in Northeastern Pennsylvania? She called it Glop, from the sound of it cooking, and also for the consistency of the finished product. (Do not confuse Glop with "GORP," whose name is an acronym for "Good Old Raisins and Peanuts." GORP is a mixture often used by hikers and others as a quick-energy trail snack. Although Glop and GORP may both contain raisins, GORP is dry, and is usually eaten in hand. It is recommended that Glop be eaten with a spoon.)

Suggested ingredients are listed below. Use as many or as few as you like.

- 1t oatmeal
- 1t split peas
- 1t lentils
- 1t brown rice
- 1t wheat berries
- 1t brown vinegar
- ½t turmeric
- ½t ginger
- 1T virgin coconut oil
- 1T wheat bran
- 1 teabag decaffeinated green tea
- 1 small chunk broccoli with stem
- 2 cloves of garlic
- A few small slices of onion
- 1 egg
- 1 pretty good gob of peanut butter
- A handful of raisins or a few prunes
- A few shakes of sea salt with trace minerals
- 1 cup of water

For breakfast on the trail, pre-mix the dry ingredients at home and pour them into a zip-lock plastic bag. Examine the egg, wash off any hen manure on the shell, dry it, and place it gently in the same bag. Chop the moist ingredients like garlic and onions into small bits and carry them in a separate bag. The small sticky items like raisins and the

greasy stuff like peanut butter may be carried in the same bag. The coconut oil and vinegar should be carried in tightly-sealed plastic bottles. The coconut oil will melt at 76° F., and could leak out of a plastic bag.

Dip a cup of water from any clean mountain stream or spring, place it in your cooking pot along with all the ingredients except the egg. Add extra water if necessary to thoroughly soak up all the dry items. Add the vinegar right away, as it will help the hard items like the split peas soften up faster, and also reduce the tendency for the pot to froth up and boil over. Stir occasionally. Add the egg and stir it in. When the mixture has boiled down enough to be more gloppy than soupy, remove from the heat, stir in the peanut butter and coconut oil and allow it to stand until the Glop is cool enough to eat without burning your mouth. Serves two casual hikers or one challenge backpacker.

A lot of people don't get enough calcium in their diet. You might as well eat the eggshell while you're waiting, and give your health an extra boost.

The version given above is *Modified Glop*. As with a fine musical theme, the advantage of this recipe is the range of modification that can be tolerated without violating the recipe's basic integrity (Glop and Variations). It depends on how fancy your culinary taste is, or how much you want to carry in your pack. If you like almond butter, use that instead of peanut butter. If the Glop cooks too dry, add more water. If it's too soupy, dump in some potato flakes, cornstarch, or extra bran. If you have dill pickle brine on hand, replace ¼ of the water with it and omit the vinegar. If you desire a smoother viscosity, add a gob of edible yellowgrease (preferably real butter) or slop in some olive oil. If you favor a more mucilaginous consistency, add a teaspoon of psyllium powder (Metamucil or generic equivalent). If you like it stringy, mix in some mozzarella cheese. If your preference is pastiness, blend in a teaspoonful of buckwheat flour. If you want a sharper flavor, give it a shot of hot pepper sauce. If you desire a coarse crunchy chewiness, stir in a crumbled granola bar or a handful of GORP. If it tastes too sweet, use fewer raisins. If you prefer a finer texture, omit the split peas or broccoli. (Caution! Fewer ingredients may reduce the nutritional content.) If it's still too coarse, or if cracked wheat is not available, substitute Ralston or Wheatena. You can even tint it for greater eye appeal by mixing in crushed beets (red) or chopped spinach (green). It's all Glop, just the same.

Some breakfast lovers have been so impressed by this cereal that they have been overheard to softly repeat its name over and over when they eat their first bowlful. ☞