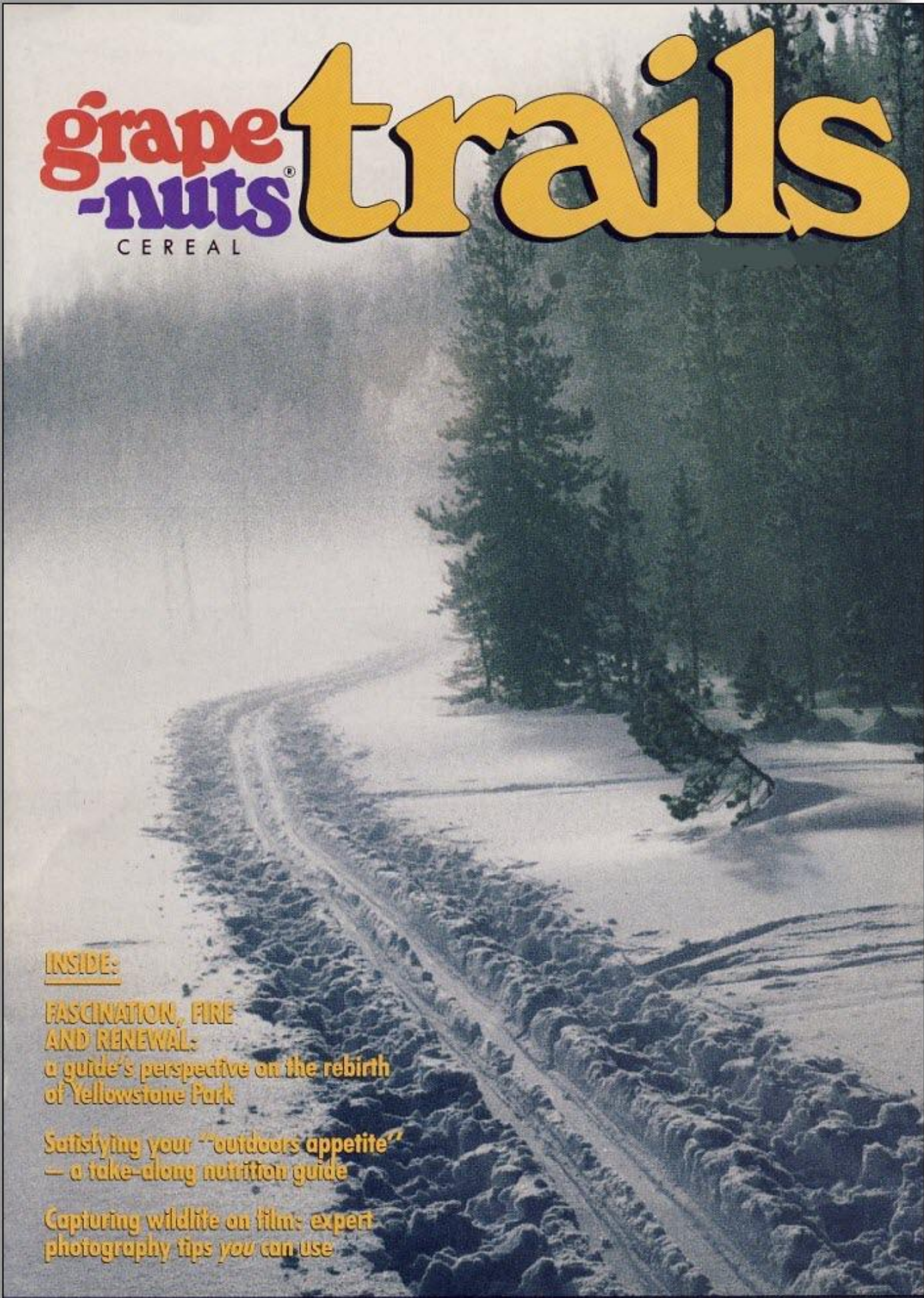




grape-nuts[®] trails

CEREAL

INSIDE:

FASCINATION, FIRE AND RENEWAL:

a guide's perspective on the rebirth
of Yellowstone Park

Satisfying your "outdoors appetite"
— a take-along nutrition guide

Capturing wildlife on film: expert
photography tips you can use

Get new Grape-Nuts[®] Collectibles! See pages 14-15

Fascination, Fire and Renewal

A Guide's Perspective on Yellowstone

Jim Guenther loves leading people through Yellowstone National Park in the dead of winter. "They're amazed," he says, "at the incredible amount of wildlife there is to see."

He describes, too, how their faces light up at the roar of a geyser spouting steam 150 feet into the air against a backdrop of snow. This past winter visitors witnessed an exciting, if eerie, new

spectacle: a mantle of whiteness set against the blackened hulks of trees swept by last year's tremendous fires.

The thrill of watching others experience the awesome sights of Yellowstone for the first time motivated Guenther to form Windriver Field Seminars four years ago. His company's philosophy combines outdoor fun and activity with the study of ecology. Guenther, who for four years served as director of field seminars for the National Audubon Society, considers his seminars and tours to be "recreational learning."

"During the week-long seminar," says Guenther, "we really get to see how Yellowstone's thermal features create a unique winter environment." While surrounding areas might be buried in 8 to 10 feet of snow, he explains, the geyser basins and underground hot pools within the park keep snow levels at around 3 feet,

making Yellowstone a favored winter refuge for large numbers of bison, elk, mule deer and moose.

Their presence attracts smaller predators like coyotes, who hunt field mice in the grasses the larger animals uncover. The hospitable environment even allows a species of fly to survive winter by hovering in a one-inch cushion of heated air directly above the water's surface!

In the wake of fire

Equally amazing to visitors is the aftermath of last year's voracious wildfires, which, by some estimates, seared nearly half of Yellowstone's 2.2 million acres.

But according to Guenther, the effects aren't as visible as one would imagine. "The size and density of Yellowstone's pine forests are so great





Yellowstone's Lone Star Geyser

— and the naturally sparked fires jumped around in such a sporadic fashion—the blackened areas may be hardly noticeable,” Guenther believes, as do many scientists and naturalists, that conflagrations like these are not only inevitable, but essential to the forest’s regeneration and survival. “Fire is a natural phenomenon,” he maintains, “and an important part of Yellowstone’s history.” He attributes the severity of last year’s blaze to the overgrowth of the forests caused by decades of putting fires out.

The recent prodigious burn-off is a rare opportunity to learn more about fires and regeneration. For example, the lodgepole pine tree produces two types of cones. The first is a normal seed-bearing cone—which fire destroys. The second is a more durable, resin-coated cone that survives for decades. When the extreme heat of a fire melts its resin seal, the cone pops open to release its seeds. As a result of this built-in natural defense mechanism, Yellowstone’s lodgepoles, which comprise more than 75% of the park’s forests, will sprout a healthy new generation of seedlings—without the aid of the Park Service.



Jim Guenther (left) and associates survey the winter landscape

Rebirth and renewal

Interestingly, of the hundreds of thousands of acres that burned, roughly only 1% suffered severe damage. The rest is rebounding in fine form—with wildflowers, grasses and seedlings sprouting up everywhere to begin a new cycle.

Although wildlife fared relatively well in the fires, many succumbed to other environmental forces. In fact, far more animals lost their lives to drought and the severity of last winter than were claimed by flames or smoke inhalation. Experts believe the high winter kill is nature’s way of thinning out herds swollen to unhealthy levels by several years of mild winters. Fire, on the other hand, actually benefits wildlife in the long run by enriching the soil with ash to produce more nutritious vegetation.

Experiencing this vital interrelationship between plants, animals and the forces of nature is what visitors taking Windriver field trips find so fascinating.



An elk drinks from Yellowstone's Fire Hole River

“We learn a lot, and we have a lot of fun at the same time,” says Guenther. “It’s fantastic to be able to take others out to see these natural wonders our ancestors thankfully have preserved for us. To watch visitors experiencing them for the first time gives me an indescribable feeling of joy. The sights are so incredible, often people are moved to tears.”

If you’d like more information about Windriver Field Seminars, you can write to Jim Guenther at P.O. Box 196, Wilson, WY 83014. Tel: 307-733-8793.

Perhaps you have an adventure, an unusual pursuit or an interesting hobby. Please share it with us.

Active Lives

Not surprisingly, many people who eat nutritious Post® Grape-Nuts® cereal lead interesting and active lives. We recently caught up with a few to find out just what they’re doing. Let’s meet them.

Enthusiast: The Landis Family

Interest: Adventure travel

Story: For most families, a visit to a theme park or a few days at the beach is excitement enough for a vacation. For Judd and Sheron Landis and their three boys, nothing less will do than shooting the wild rapids of the Snake River in a dory (and sometimes in life jackets alone!), or cycling the volcanic ridges of equatorial Bali.

Other vacations they’ve taken include a white water journey through the Grand Canyon, and a cycling trip through Idaho’s Sawtooth Mountains.

Philosophy: “We’ve always been an active family and trips like these are what we enjoy most,” says Judd, a sociology professor at California State University at Sacramento. “Beyond that, I think

sharing thrilling experiences like these brings us closer together.”



The Landises’ Choice: Backroads Bicycle Touring, which offers exciting 2- to 17-day cycling trips covering scenic spots in the U.S., as well as exotic places around the world. Call 415-895-1783 for their free brochure. ■



Enthusiast: Mary Fry

Interest: Needlework

Story: Taking a leisure activity to its limit or striking out in bold new directions doesn’t always involve a physical endeavor. Case in point: Mary Fry’s specialty is needlework, and the innovation and design she brings to her art have inspired many across the country.

Mary dyes her own fabrics and threads in creating magnificent tapestries by an unusual method she calls “phantom” stitching. She embroiders a geometric or leaf design on fabric, sprays on different colored dyes, then removes the embroidery to leave a unique impression where the stitches have been.

Her widely acclaimed work has been exhibited by the American Needlepoint Guild and the Embroiderers’ Guild of America. She’s also been awarded the former organization’s highest teaching designation, and has coauthored a book on color theory and fiber. (Mary’s book, *Color and*

Fiber, is available from Schiffer Publishing, Ltd., Box E, Exton, PA 19341.)

Philosophy: Mary encourages those who partake in crafts to explore new areas, to try different things. “Don’t be afraid to ask ‘what if?’,” she needles her students. ■



For information on needlework, write to: The American Needlepoint Guild, 5856 Briardale Avenue, Memphis, TN 38119. Tel.: 901-685-0730; or the Embroiderers’ Guild of America, 335 W. Broadway, Suite 100, Louisville, KY 40202. Tel.: 502-589-6956.

How about you? If you’re involved in something you feel might be of interest to other fans of Grape-Nuts®, write to Editor, Grape-Nuts® Trails, General Foods Corporation, 250 North Street, Dept. EL-3, White Plains, NY 10625. We’d all like to meet you!

A Guide to Eating Out

Taking to the outdoors requires ample replenishment of essential nutrients. So we've put together some sound advice for eating on the go.

Eating right. To help maintain energy for outdoor pursuits, try this formula: 55-60% carbohydrates — primarily complex (bread, cereal, rice, potatoes, pasta, fruits and vegetables) — for ready energy; 25-30% fats (polyunsaturated vegetable oils or margarine) for reserve energy; and 10-15% proteins (meats, poultry, fish and low-fat dairy products), which help repair body tissue and build muscle. These figures represent the percentages of total calories consumed.

Planning your outdoor menu. Here are suggested menus that are easy to prepare and "travel" well—while giving you the nutrients you need.

Breakfast Grape-Nuts® cereal with powdered or low-fat milk, or pancakes (from instant mix) with syrup ☞ Sundried apricots, figs, prunes or raisins ☞ Instant coffee, tea or cocoa

Lunch Cup of instant chicken noodle soup ☞ Peanut butter and jelly sandwich, or can of tuna (packed in water) and crackers ☞ Fresh or dried pears or apricots ☞ Container of milk or fruit juice box ☞ Note: Use trail mix, banana cereal bars (see recipe), or candy bars as a bridge between meals.

Dinner Sliced turkey breast ☞ Macaroni salad without mayonnaise (see recipe) or instant mashed potatoes ☞ Mixed dehydrated vegetables ☞ Instant pudding, or dried pineapple

TRAILBLAZER TREATS

Here are some tasty and nutritious recipes which you can easily prepare in advance:

Banana Cereal Bars

1½ cups Post® Grape-Nuts®

Brand Cereal

¾ cup all-purpose flour

¼ cup firmly packed brown sugar

1 teaspoon cinnamon

½ cup butter or margarine

2 medium bananas, mashed

½ cup nonfat dry milk

¼ cup honey

1 egg, beaten

Combine cereal, flour, sugar and cinnamon. Cut in butter until mixture is crumbly. Pat half of the mixture into greased 8-inch square pan. Combine the bananas, nonfat dry milk, honey and egg, and spread in pan over the crumb mixture. Top with the rest of the crumb mixture. Bake in a 350° oven for 30 to 35 minutes. Let cool in pan. Then cut into individual bars or squares and remove from pan. Makes about 16 bars.

Nutritional Information

Each bar contains:

Calories	170
Protein	4g
Carbohydrates	26g
Fat	0g
Cholesterol	20mg
Sodium	160mg
Fiber	1g

Cereal Trail Snack

2 cups Post® Grape-Nuts®

Flakes

1 cup mixed whole nuts, toasted almonds or cashew nuts

¾ cup diced dried apricots or dried mixed fruit

¼ cup sunflower seeds or toasted soybeans*

* Or use ½ cup pecan halves.

Combine all ingredients and store in tightly covered container. Makes about 3½ cups.

Nutritional Information

Each ¾-cup serving contains:	
Calories	210
Protein	6g
Carbohydrates	19g
Fat	14g
Cholesterol	0
Sodium	55mg
Fiber	4g

No-Mayonnaise Macaroni Salad

1 package (10 oz.) BIRDS EYE® San Francisco style vegetables (with topping)

2 tablespoons oil

2 tablespoons vinegar

¼ teaspoon salt

¼ teaspoon pepper

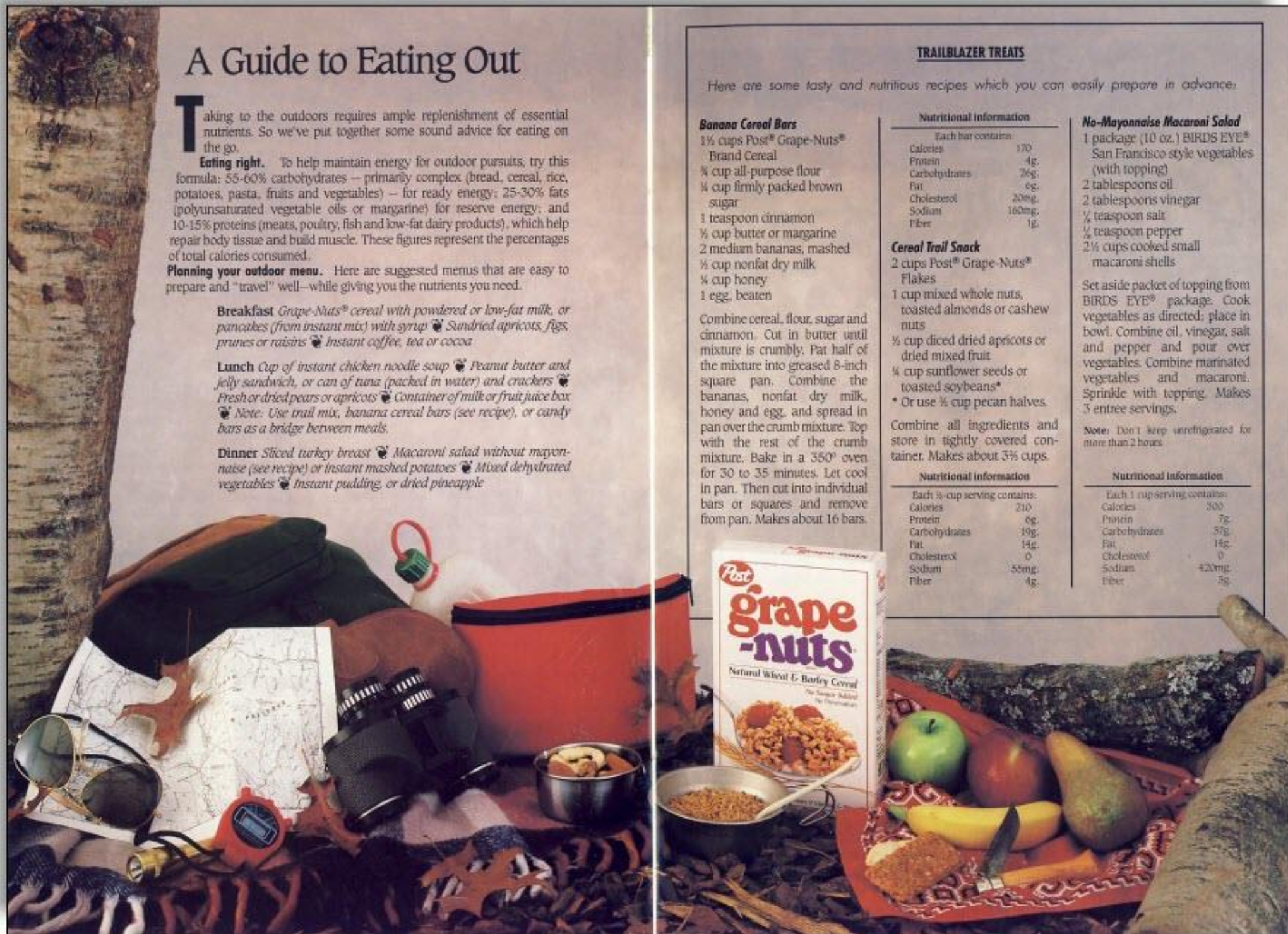
2½ cups cooked small macaroni shells

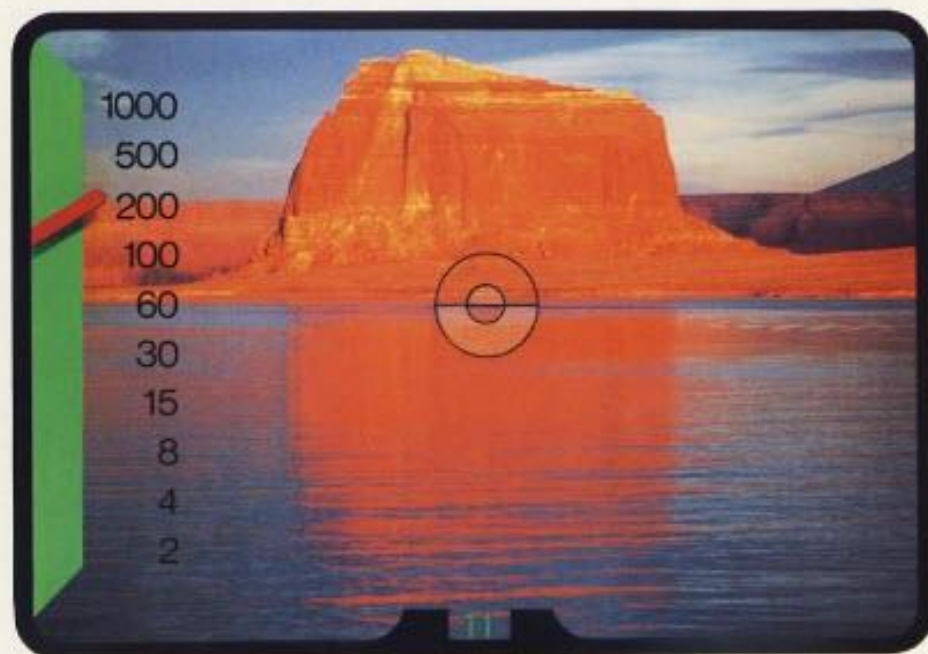
Set aside packet of topping from BIRDS EYE® package. Cook vegetables as directed; place in bowl. Combine oil, vinegar, salt and pepper and pour over vegetables. Combine marinated vegetables and macaroni. Sprinkle with topping. Makes 3 entree servings.

Note: Don't keep unrefrigerated for more than 2 hours.

Nutritional Information

Each 1 cup serving contains:	
Calories	300
Protein	7g
Carbohydrates	57g
Fat	14g
Cholesterol	0
Sodium	420mg
Fiber	7g





PHOTOGRAPHING NATURE

A FEW TIPS TO TAKE ALONG

Ever wanted to take that rare, artistic photograph? Here are some suggestions—compiled from expert sources—to help you do just that!

Landscapes

- When shooting a landscape, you can capture an entire expanse by using a wide-angle lens—28 to 35mm. Or, concentrate on a smaller area by finding a central feature the eye can focus on, using other elements to frame it.

Tip: A medium telephoto lens—focal length between 85 and 135mm—will allow you to

feature a prominent element without significantly restricting your depth of field.

- Remember, if your focal point for the scene is in the foreground and you want to minimize the background, you can open your lens wider and create a blur effect for the background.
- Unless you're shooting a sunset, you should shoot at a downward angle from above to prevent a horizon line from cutting your picture.

Tip: To help you achieve greater clarity in your scenic photographs, use slow or medium speed film with an ASA of 25 to 125.

- Be aware of the benefits of employing filters in landscape photography. For example:

Polarizing filter—Eliminates reflections and intensifies cloud definition and colors (such as making trees brilliant green). Rotate the filter to produce different effects.

Haze filter—A colorless filter that screens out ultraviolet light. Especially recommended at high altitudes. Can be left on camera all the time; will also protect the lens.

Color filters—Use these to balance or correct the colors in your landscapes. Example: in a black-and-white photograph, a yellow filter will darken a blue sky and sharpen white clouds; a blue filter will achieve a misty effect. Be aware that there are different color filters available for black-and-white and color films, and they are differentiated by number and letter.

Animals

- Wildlife are timid creatures, difficult to get close to. If you are able to get in tight on an animal, move slowly and subtly.

Tip: Use a fast film (ASA 400 or higher) and a shutter speed of 1/250 second or faster in conjunction with a powerful telephoto (180mm or longer) or zoom lens; fast film will help steady hand movement that could blur your picture.

Tip: to increase your depth of field for close-ups, select a small aperture (f/5.6 to f/16) and keep the camera steady.

- To freeze an animal in motion, use a film with an ASA of 400 or higher, a shutter speed of 1/500 or 1/1000, and an aperture of f/2.8 or wider. As an option, you might want to experiment with shooting at various shutter speeds, or try to move your camera at the same speed the animal is moving.

Tip: Set your aperture and shutter in advance to be ready at a moment's notice. ■

Perhaps you have a tip on photography, gardening, a handicraft or other activity you'd like to share with us. **Write to Editor, Grape-Nuts® Trails, General Foods Corporation, 250 North Street, Dept. EI-3, White Plains, NY 10625.**

Film Speed (ASA)	Best choice for
100	- bright sun - distinct shadows - electronic flash - high degree of clarity in enlargements
200	- hazy sun - soft or no shadows - electronic flash - recommended for automatic 35mm cameras
400	- natural indoor light - minimum outdoor light - stop-action capability
1000	- all dim light conditions - when small lens opening is required

Condition	Best Shutter Speed	Best Aperture Setting
Bright or hazy sun on light sand or snow	1/250	f/16
Bright or hazy sun (distinct shadows)	1/250	f/11*
Weak hazy sun (soft shadows)	1/250	f/8
Cloudy bright (no shadows)	1/250	f/5.6
Heavy overcast or open shade†	1/250	f/4

*f/5.6 for backlit close-ups
†Subject shaded but lit by sky



Joe Santor/WI