

# A Trail To Every Classroom

## Let's Move! Along the Appalachian Trail



Harpers Ferry, WV (March 8, 2011) – The Appalachian Trail Conservancy (ATC) and the National Park Service (NPS), who cooperatively manage the Appalachian National Scenic

Trail are promoting *Let's Move!* the nationwide initiative led and launched by First Lady Michelle Obama, through two signature programs - A Trail to Every Classroom and the new Appalachian Trail Community™ program. These Appalachian Trail (A.T.) programs will link and support *Let's Move!* Outside and *Let's Move!* Cities and Towns initiatives by promoting healthy lifestyles to communities from Georgia to Maine.

“*Let's Move!* Along the Appalachian Trail is the perfect inspirational tool to begin a lifetime of outdoor activity, adventure and self-discovery,” says Julie Judkins, Community Program Manager of the Appalachian Trail Conservancy.

The Trail To Every Classroom program is a professional development opportunity for K-12 teachers that focuses on building place-based service-learning curriculum on the A.T. Students engaged through the Trail to Every Classroom program will be encouraged

to achieve the Presidential Active Lifestyle Award with a portion of their daily activity steps taking place on the A.T. Increasing physical activity is one of the 5 pillars of the *Let's Move!* initiative, and the A.T. provides not only a lifelong physical activity for students and families, but also a learning laboratory for lifelong study and active citizenship. To date we have trained 230 teachers and engaged more than 15,000 students in place-based service-learning curricular activities. Our goal is to engage 50,000 students by 2015.

The Appalachian Trail Community™ program provides tools and support to local communities that capitalize on the Trail as a community asset for outdoor recreation.



Union Academy Students atop Siler Bald (NHC)



Students remain alert at A.T. double blaze on the way down from Siler Bald (NHC)

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By now, just about every one of us living in the eastern United States has had a day or two of spring-like temperatures. If you are an outdoor enthusiast, chances are you dug out the t-shirt packed away last fall, grabbed your hiking shoes or sneakers, and took the warm weather in while it lasted.

With spring officially upon us, this edition highlights outdoor initiatives that focus on health and physical activity - two items the Appalachian National Scenic Trail naturally promotes. Some of you may be familiar with Mrs. Obama's *Let's Move!* initiative to fight childhood obesity ([www.letsmove.gov](http://www.letsmove.gov)) or The President's Challenge and Active Lifestyle Award ([www.presidentschallenge.org](http://www.presidentschallenge.org)) - these are two national programs helping people - both adults and children - to become healthier by increasing their fitness levels to enjoy happier and healthier lives.

Our initiative, *Let's Move!* Along the Appalachian Trail encompasses the philosophies of both national programs and asks you to challenge your students, your families and yourself to engage in a more active, healthy lifestyle. The President's Challenge website provides a useful tool to keep a daily log of your activities which could ultimately lead to achieving a Presidential Active Lifestyle Award. While some of you virtually log your fitness miles along the A.T., here's another opportunity that will keep you and your students moving and counting! ♦

Happy Trails!

Jess  
Volunteers &  
Outreach  
Appalachian  
National  
Scenic Trail



# Students to Establish Trailhead in Buckfield

By: Matt Hongoltz-Hetling  
Submitted by: Caleb McNaughton, TTEC Alumni



CHILLY LESSONS — Science students Alyssa Therriault, left, and Lauren Henderson brave subzero temperatures in February to determine what type of forest biome surrounds the school.

BUCKFIELD, Maine — When the snow melts, Buckfield Middle School students are going to be hard at work in an effort to turn an old railroad bed into a valuable community resource. “Bucks on Track,” is an effort started by local teachers to build a trailhead kiosk and a walking trail that will provide rich learning

opportunities for all who use it. The effort will neatly complement other initiatives at the school. The trail along the railroad bed will connect with a three quarter-mile nature trail on school grounds, which, in turn, leads to a student-run garden project... [and will] ... neatly complement other initiatives at the school.

“Community is important” is the lesson that Caleb McNaughton, a science teacher at the school, hopes children will take away from the unique learning experience. “They’ll be learning while doing, but also making the community a better place, and that’s part of the service component of the program,” said McNaughton.

As they build a kiosk, create educational materials, and develop and implement unique plans for inventive ways to use the trail, students will also be learning more traditional lessons.

A proposal that Language Arts Teacher Gretchen Kimball presented to the Buckfield Board of Selectmen on March 1, contained several examples of the academic lessons that can be learned through the project.

English lessons include writing educational materials, such as “Leave No Trace” statements, that will be posted along the trail. Social Studies lessons include exploring the relationship between the unique environment of the area, and the way that it has been influenced by the local community’s heritage. Math students will use geometry to solve real-world problems as they determine values on the railroad bed. Science lessons will include identifying different types of trees and learning about systems of biological classification. There will also be lessons including web-page creation, and artistic projects.

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Students to Establish Trailhead in Buckfield

The exact details of the project, however, are only limited by the imaginations of the students involved. "We want students to take ownership of this," said McNaughton, "so we'll be very open to ideas."

One creative idea is making "quests" along the trail that challenge trail users to achieve specific educational goals. For example, a proportional simulation of the solar system might be laid out on the trail.

Other teachers involved with the project include Lindsay Marston and Annette Caldwell. The four teachers were inspired by a learning initiative that encourages schools to build curriculum around the Appalachian Trail.

McNaughton sees the project as going on for years to come. "It's definitely a continuing project," he said. "It will be in different phases. Each year, we'll try to build on the year before. Every group is going to have a totally different dynamic, and will take the project in a new direction." McNaughton says that the trail is currently used by recreational vehicles, and that the program will not interfere with that usage. "We want to get on board with what's already going on at the railroad bed," he said. ♦

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NPS Photo

The program is designed to provide incentive for conservation of the Trail's signature landscapes while giving communities the opportunity to grow rural economies that sustain rural heritage and quality of life. Launched in 2010, this program recognizes communities for their part in promoting awareness of the A.T. as an important national asset. It increases local stewardship of public lands, supports community initiatives for sustainable economic development and conservation planning and supports healthy lifestyles for community citizens. *Lets Move!* Cities and Towns will be promoted as a next step to the Appalachian Trail Community designation process. There are over 50 communities

within two miles of the Appalachian Trail that we have the potential to engage through this program.

"*Lets Move!* Along the Appalachian Trail is one effort to make this national icon a relevant and valued recreational asset in local communities from Georgia to Maine," stated Rita Hennessy, Assistant Park Manager, Appalachian National Scenic Trail.

For more information about the Appalachian Trail Community™ program, visit [www.appalachian-trail.org](http://www.appalachian-trail.org). For more information about the *Let's Move!* initiative visit [www.letsmove.gov](http://www.letsmove.gov). ♦

Javier Folgar  
Appalachian Trail Conservancy



NPS Photo

## Share Your Stories with Us

To keep the Trail to Every Classroom (TTEC) program alive - we want to hear from you! Celebrate some of your curriculum achievements with us by sending news of your activities and photographs that document your journey. Photos can be submitted with your stories, however, be sure they can tell a story on their own - action or activity shots are best. All individuals captured in the photo must have filled out/signed a National Park Service/Appalachian Trail Conservancy photo release form.

Submissions can be sent electronically or via regular mail to:

Jessica Liptak, TTEC  
Appalachian Trail Park Office  
P.O. Box 50  
Harpers Ferry, WV 25425  
[Jessica\\_Liptak@nps.gov](mailto:Jessica_Liptak@nps.gov)

Newsletter Submission  
Deadlines:  
May 20, 2011  
August 20, 2011  
November 20, 2011  
February 20, 2012

# Grant Opportunity . . .



The State Farm Youth Advisory Board (YAB) was established in 2006 with the mission of empowering youth to play a leading role in improving public K-12 education through service-learning and creating sustainable change in local communities.

Each year, 30 diverse students, ages 17-20, from across the United States and Canada design and implement a

\$5 million-a-year signature service-learning initiative. Grant applications are now available! Applicants may request from \$25,000 to \$100,000 based on a required budget which outlines project expenses. Request for proposals must be submitted online by May 2 at 5 p.m. CST. Complete details and contact information is available at [www.statefarmyab.com](http://www.statefarmyab.com).

Each grant request must focus on one of these issue areas: natural/societal disaster preparedness; driver safety; financial education; environmental responsibility; or accessing higher education/closing the achievement gap.

To be eligible to receive a grant from YAB, applying organizations must be a public K-12, charter, or higher education institution; non-profit organizations are also eligible if they are able to demonstrate how they plan to impact student achievement within the public K-12 curriculum. All applicants must have a youth contact and adult administrator, as the programs must be youth-driven and youth-led. ♦

## TTEC Alumni Opportunity



# Konnarock Trail Crew - Alumni Opportunity

When: July 7-11, 2011    Where: Sugar Grove, Virginia    What: TTEC Trail Crew Week    Who: YOU!

TTEC Alum - Be a part of the first TTEC trail crew week! After many requests to see what trail building involves and teachers itching to learn more, the first TTEC Alumni crew week is here! Join us in Sugar Grove, Virginia this summer for an unforgettable experience on the Appalachian Trail Conservancy's flagship crew program. Founded in 1983, Konnarock's two crew teams cover the Appalachian Trail from Rockfish Gap in Virginia to the Trail's southern terminus at Springer Mountain in Georgia.



NPS Photo

This will be a great opportunity to meet other teachers from all along the Appalachian Trail and share your stories and curriculum ideas while digging in the dirt! The experience of working together, learning new skills and backcountry living make for an unbeatable combination of fun. No trail building experience is necessary! The Appalachian Trail Conservancy provides training, equipment, and room and board. Crews are transported in U.S. Forest Service vehicles from Sugar Grove to a backcountry campsite near the project site.

**Base Camp** - The Konnarock Crew is hosted by the Mount Rogers National Recreation Area at its Sugar Grove Work Center. The main building houses dining and recreation facilities, an office, and the crew's tool room. Separate buildings provide a large, institutional kitchen and two shower houses, with bathroom and laundry facilities. Crew members sleep in simple cabins ("pods") near the shower houses, with beds and electricity. You will stay at base camp Wednesday night before heading out on crew and again on Monday when you return from the project site.

**Crew Week** - Crew members arrive on Wednesday (July 6th) in time to get settled in, eat dinner, and attend an orientation session that evening. Thursday (7 a.m.) starts with a hearty breakfast followed by any last minute preparations and departure to the project site. Volunteers work a five-day week in the field, from Thursday morning through Monday night. You will return to base camp Monday night for a delicious dinner and thank-you ceremony where you'll receive your official Konnarock Crew Volunteer T-shirt!

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National Park Service  
U.S. Department of the Interior

Appalachian National Scenic Trail  
P.O. Box 50  
Harpers Ferry, WV 25425

## ATC's Biennial Conference



July 1 - 8, 2011  
Emory & Henry College  
Emory, VA

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### TTEC Alumni Opportunity

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[www.virginia2011.org](http://www.virginia2011.org)

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Projects - Two separate crews of 10 will be sent out to work on projects for the week. Crew 1 will be building new trail on a five mile relocation near Pearisburg, VA with the Outdoor Club at Virginia Tech. Crew 2 will head south to work with the Tennessee Eastman Hiking Club to dig new trail on Roan Mountain, TN. Konnarock Crew leaders will demonstrate how to build trail in a sustainable way and orient you to the tools needed to do the job. How to apply . . . space is limited . . . so sign up today! Go to [www.appalachiantrail.org/Konnarock](http://www.appalachiantrail.org/Konnarock)

Be sure to select Week Seven (7/7-7/11) to sign up for the TTEC Alumni only week. You must be a TTEC Alumni to register for this opportunity. Not available July 7-11? Feel free to sign up for any week with Konnarock or another trail crew along the AT!

Give ATC a call at (540) 953-3571 or email [crews@appalachiantrail.org](mailto:crews@appalachiantrail.org) with any questions. ♦



A 2009 Konnarock Trail Crew



### Join the Journey! Become a Member

When you join the Appalachian Trail Conservancy, you become a member of the distinguished group of people dedicated to preserving and protecting the Appalachian Trail. Every dollar we raise goes to support ATC and maintainer club efforts to conserve the footpath, viewsheds, and environmental and cultural resources along the now 2,181 mile Trail.

As a member, you will receive the following benefits:

- *A.T. Journeys*: The Magazine of the Appalachian Trail Conservancy, focusing on conservation efforts and celebrating the stories of our volunteers, hikers and Trail communities.
- Discounts at the Ultimate Appalachian Trail Store.
- An Appalachian Trail Conservancy decal and patch.
- An ATC Member card.

Join by phone (304.535.6331, ext. 120), or on the web by completing an on-line form at [www.appalachiantrail.org/join](http://www.appalachiantrail.org/join).