



CubRoundtable.com



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RT Newsletter  
Webelos activity badges Fitness and Scientist

Theme: Poles Apart  
PRE OPENING ACTIVITIES  
January: Poles Apart

**Tigers** Ach 2D  
Elect. 14, 31, 32, 49

**Wolf**- Ach 12A  
Elect . 10E, 20D

**Bear** Ach 3B, 11B, 17D, 18B, 19C, 20C,21F  
Elect. 7D, 17  
Map & Compass Belt Loop #3

Pole to Pole

E	S	K	I	N	M	O	E	O	A	O	C	C	E	S
S	R	A	E	B	R	A	L	O	P	I	L	A	L	N
P	E	O	I	S	G	E	D	U	T	J	I	R	O	O
W	H	A	L	E	U	R	E	C	D	C	D	I	P	W
E	Z	I	L	U	I	R	R	A	E	M	C	B	H	E
W	L	R	C	S	G	A	L	P	Q	T	I	O	T	S
N	S	O	V	E	T	H	E	A	S	O	J	U	U	A
X	Q	V	P	N	B	N	U	S	W	D	N	P	O	R
N	F	T	A	H	G	E	O	L	H	D	O	T	S	D
N	A	O	H	U	T	O	R	C	I	T	C	R	A	N
R	S	D	I	T	L	R	A	G	V	P	A	M	U	U
U	I	N	Z	G	F	Z	O	T	S	V	M	W	A	T
J	W	Y	I	O	A	L	Z	N	Q	M	M	B	Z	A
H	L	O	L	Y	A	M	V	K	W	K	W	B	A	Z
F	D	Q	F	X	H	J	Z	L	L	P	J	K	N	A

WORDS FOR THE POLE TO POLE

- |             |        |          |
|-------------|--------|----------|
| ANTARCTIC   | ICE    | PENGUIN  |
| SOUTH POLE  | ARCTIC | ICEBERGS |
| CARIBOU     | IGLOOS | SEALS    |
| TUNDRA      | WALRUS | ESKIMO   |
| NORTH POLE  | SNOW   | WHALE    |
| POLAR BEARS |        |          |



**ANSWERS TO POLE TO POLE**

E	S	K	I	N	M	O	E	O	A	O	C	C	E	S
S	R	A	E	B	R	A	L	O	P	I	L	A	L	N
P	E	O	I	S	G	E	D	U	T	J	I	R	O	O
W	H	A	L	E	U	R	E	C	D	C	D	I	P	W
E	Z	I	L	U	I	R	R	A	E	M	C	B	H	E
W	L	R	C	S	G	A	L	P	Q	T	I	O	T	S
N	S	O	V	E	T	H	E	A	S	O	J	U	U	A
X	Q	V	P	N	B	N	U	S	W	D	N	P	O	R
N	F	T	A	H	G	E	O	L	H	D	O	T	S	D
N	A	O	H	U	T	O	R	C	I	T	C	R	A	N
R	S	D	I	T	L	R	A	G	V	P	A	M	U	U
U	I	N	Z	G	F	Z	O	T	S	V	M	W	A	T
J	W	Y	I	O	A	L	Z	N	Q	M	M	B	Z	A
H	L	O	L	Y	A	M	V	K	W	K	W	B	A	Z
F	D	Q	F	X	H	J	Z	L	L	P	J	K	N	A

**OPENING**

**Opening Ceremony - The Four Directions**

By Grand Canyon Council

**Set Up:**

- Scouts to play each direction: East, West, North, South.
- Den Leader or another Scout as Mother Nature.

Ceremony: (Mother Nature raises arms and looks skyward.)

**Mother Nature:** O Great Creator, bring forth the four directions. (As each "direction" enters one at a time, he lines up behind Mother Nature.)

(East enters meeting area from the east.)

**East:** I am East.

From me comes the sun each day, with its light which all living things need. Just as I am the first direction, Cub Scouting begins with the WOLF.

(South enters meeting area from the south):

**South:** I am South. From me come heat and rains, so all living things might have warmth and water to drink. Just as I am the second direction, Cub Scouting's second step is the BEAR. (North enters meeting area from the north.)

**North:** I am North. From me come cold and snow, so all living things might experience coolness and the beauty of winter. Just as I am the third direction, Cub Scouting's third step is the WEBELOS. (West enters meeting area from the

west.)

**West:** I am West. To me the sun comes at the end of each day, giving the world darkness so all living things might rest. Just as I am the last direction, so the ARROW OF LIGHT is the last step of Cub Scouting."

**Mother Nature:** East, South, North, West -- will you lead us in the Law of the Pack? (All nod, and raise the Cub Scout sign and lead the pledge.)

**East:** The Cub Scout follows Akela.

**South:** The Cub Scout helps the pack go.

**North:** The pack helps the Cub Scout grow.

**West:** The Cub Scout gives good will.

(The four directions return to where they came from)

(Mother Nature turns to assembled pack)

**Mother Nature:** Welcome to all!

**Arrow of Light Ceremony - Pouch Ceremony**

"In addition to the Arrow of Light Award, you will also receive a special pouch your Akela made for you with three items in it. The first item is a pinch of soil to remind you from where you have come, it is the earth that supports all life. It is your parents who gave you life and it is the many Akelas in your life who have given you love, wisdom and the knowledge that you now possess.

The second gift in the pouch is a mixture of herbs and spices. It is to remind you of the powers you have within you. If you were asked to name the single most noticeable herb in the mixture, you might each give a different answer. Just as the strongest power within each person is different. Some will make their mark using their intelligence, others by using their hands, others by helping people, and others by using judgment and common sense.

The third gift in the pouch symbolizes the feather of an eagle. It symbolizes that which had been given to eagles since the time of our ancestors, and it is perhaps the most difficult to understand. Like freedom, the eagle had to soar and survey the land beneath him; so too will you have the freedom to choose the goals in your life and pursue them with eagle's courage. Know who you are, where your powers lie, and

use them to achieve your goals. You are to soar with the eagles." In addition, we had the older Webelos II hand down a large arrow to the younger Webelos I Den to pass down their leadership in the pack. The arrow was wall size to display in the den. The pouch this year was made of denim and I placed the dirt and Herb's in separate snack size baggies. You certainly could embellish more with a leather pouch and wrapping the dirt and Herb's in leaves, origami pouches, or wax paper tied with thongs.

### How to build a Quinzee

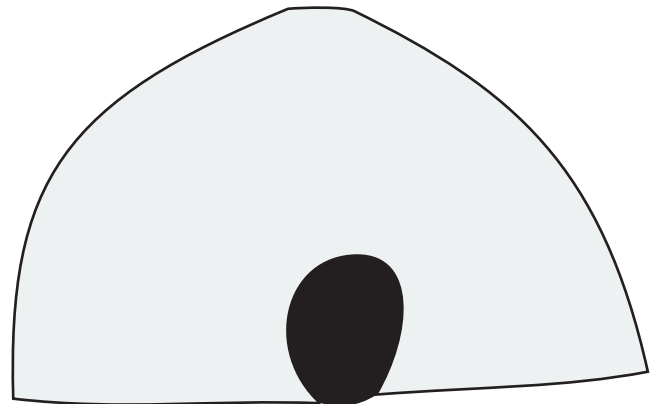
[Http://www.call-wild.com/quinzee.html](http://www.call-wild.com/quinzee.html)

This is a snow quinzee or snow mound hut. Basically, a combination of an igloo and a snow cave. You shovel a pile of snow into the shape and size of an igloo. Let it harden and then hollow it out. The hut is possible because temperature differences exist within the layers of snow. By mixing snow of different temperatures you create a sintering process that causes even powdered snow to harden. For a quinzee with an inside diameter of 1.9 m, mark off a circular area that is at least 2.4 - 2.7 meters in diameter (allowing for the walls). Start piling snow on top of this area by using snow that is from outside the circle. As you shovel, alternate flipping the snow over so that it gets well mixed (1 shovel right side up. 1 shovel throw upside down.) Your pile should get to about 1.8 meters high. Flatten off the top to give it a dome shape, but don't pack down the snow. Poke a couple dozen 30 -45 cm long sticks through the top and sides for your snow pile. These will be your guides to wall thickness when you start digging it out. now you wait for the sintering process to do it's thing. Depending on the outside temperature it might take 1 to 3 hours. The colder it is the faster it will harden. Once it's hard you can start digging. Wear waterproof clothing and work in pairs. The person digging has the toughest job. Make a small opening at ground level. Then slant it upwards so that the sleeping platform is slightly raised. Keep hollowing out till you

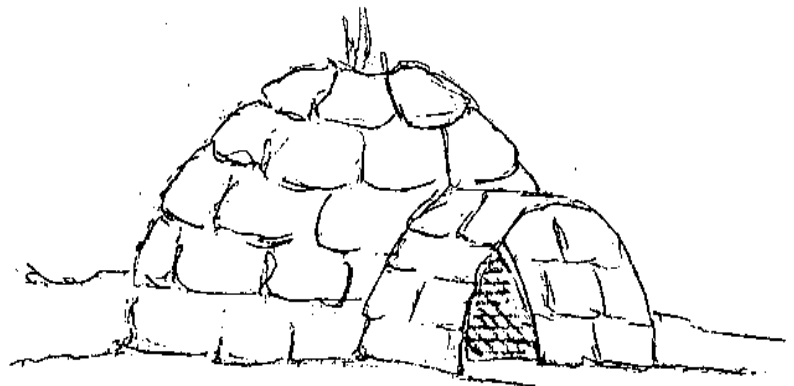
reach the sticks from earlier. Finished walls should be at least 30- 45 cm thick and you should have a dome shaped ceiling. Smooth the ceiling as much as possible to prevent dripping. **VENTILATION:** You will need to make, and keep clear, a ventilation hole in the ceiling. Also, don't shut the door too snugly, allow some air to circulate though it.

To mark your entrance use your ski poles or snowshoes.

In case of rain put a tarp over the roof to protect it from the rain. Remember your ventilation. Also, use a tarp on the floor of the quinzee.



This is an igloo.



## Alaskan Gold Rush

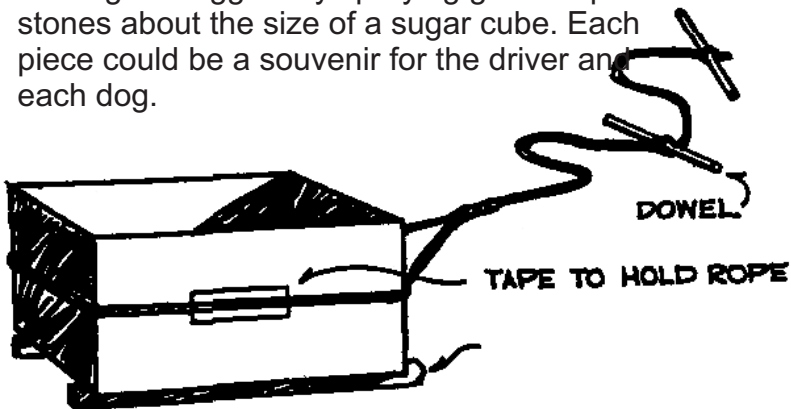
By Heart of America Council

**Material:** A sled for each team (see illustration)  
Gold-painted rocks (size of a sugar cube and one for each boy on the team)

Prepare a sled for each team—a **box large** enough for a Cub Scout to ride in and with sides low enough for the boy to get in and out of. Fasten several ropes to one end of the box so that the “dog team” can pull the sled. This event is done on a smooth floor so that the sled and “driver” can be pulled by three or four Cub Scouts. Also prepare the “gold” which will be in bags or piles at the goal line.

To begin the Gold Rush, each sled driver has his sled on the straight line with his team standing in front of it holding their ropes. At the start signal, the driver must get into the sled, then signal for the dogs to run; The first sled team to get to the goal line, pick up the gold and return to the starting line is the winning team. To get the gold, the driver must get Out of the sled, pick up the gold and get back into the sled before it can start the trip back. At the finish line, the driver must get out of the sled and run behind it over the finish line.

Make gold nuggets by spraying gold lacquer on stones about the size of a sugar cube. Each piece could be a souvenir for the driver and each dog.



## Big Foot

By Heart of America Council

**Materials:** Make four huge cardboard feet (20' x 8")—two left and two right—for two teams. Line up teams at one end of the play area and give each team a set of feet. On “GO”, the first player places the left cardboard print on the ground and steps on it with his left foot. He then places the right foot down and puts his right foot on top of the giant foot. The player then turns around and picks up the left foot he has just stepped on and places it in front of

him. Play continues until the boy reaches the other end of the playing area. The boy then picks up both feet and runs back and gives them to the next player waiting in line. First team to have all boys go across and back is the Winner.



## Polar Bear in the Pit Game

By Heart of America Council

**Materials:** None

Players form a circle. One player is inside of the circle—the “Bear.” While the other boys hold each other’s hands tightly, the Bear tries to break through the ring by force or by dodging under the arms. The Bear may not use his hands to break the grip of the other boys. When the Bear does break through, the other boys try to catch him. The first to tag the Bear is the next Bear.

## Travel Game

**Materials:** Map of Poles to Poles

Playing pieces(markers) per boy  
Get some big peel-and-stick red dots and put them by the names of the large cities you can find on the map. Then use the dots to mark the route connecting all the cities—so the route takes you all over the state. Dots should be close together but far enough apart that little people markers can stand on neighboring dots. Mark one dot as START and another **dot as the place to END the trip.** **For playing pieces you can use the top (solid) part of the old-style push-on clothes pins (not the clip type).** These can be painted and decorated with features—make four, each a different basic color. Prepare a set of 50 playing cards (use index cards cut in half). Mark them like this:

on ten .Move 1 space  
 on five .Lose 1 turn, **STOP FOR LUNCH**  
 on ten .Move 2 spaces  
 on five .Lose 2 turns, **VISIT ZOO**  
 on five .Move 3 spaces  
 on five .**Go back 10 spaces, TOOK WRONG ROAD**  
 .Move 4 spaces  
 .Move ahead 10 spaces, **SHORT CUT**  
**TO PLAY:** (limit 4 players)  
**Mix up the playing** cards and place them face down in a pile. Place the little people at the **START HERE** dot. The first player picks a card and moves what it says, moving his little figure along the route on the map. Then he puts the card back at the bottom of the pile. Continue in turn until the first player reaches the **END**. That player must pick the card with the correct number of moves to take his figure into the destination (**END**) circle.

### North Pole



### Ucks and Ptarmigans

By Heart of America Council

(This is a favorite game of the Inuits, an Eskimo people.)

**Materials:** None

Children line up in two teams (eight to ten per side is a good size. If you have a larger group, you can play the game in shifts, or more than two teams can play simultaneously.)

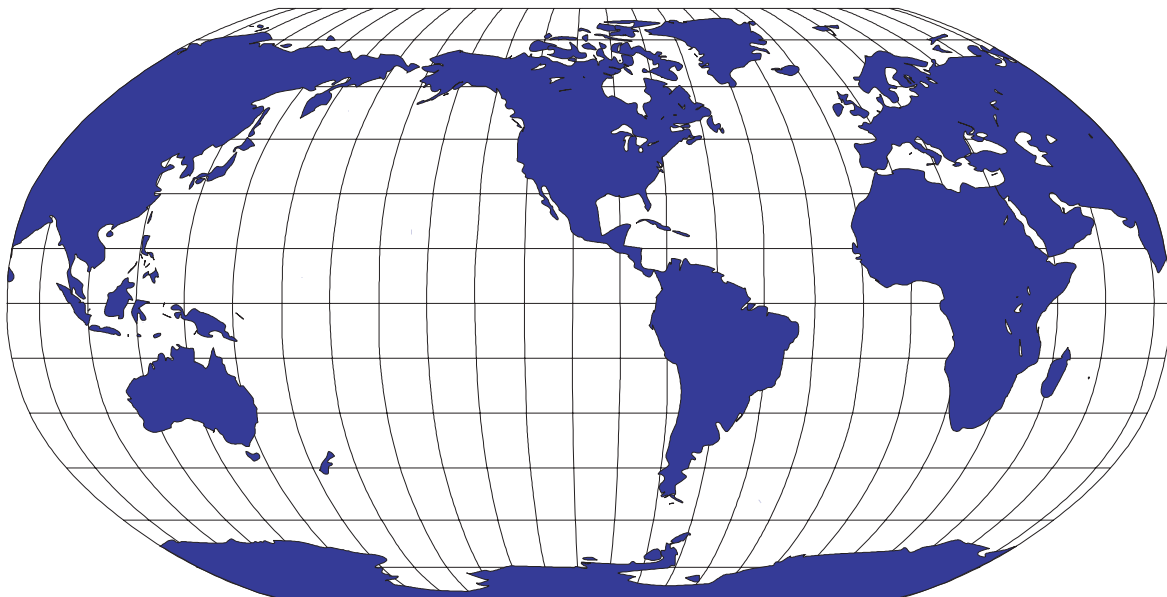
One team, the red birds, which are the Ptarmigans—

represent winter and the setting sun.

The green birds—the Ducks—represent the coming of spring.

The team leaders face each other across a designated line, their teams are lined up behind them. The team leaders grasp each other hands and each team member holds onto the person in front (arms around waists) tightly. On a given signal, the tug of war begins. There is a strict time limit of not more than 30 seconds. The “season” that pulls the other side across the line Wins.

### South Pole



## Shove Winter Out

By great big book of Children's Games

**Players:** 8 or more, plus an adult to supervise

**Ages:** 6 to 12

**Place:** Indoors on large wrestling mat or outdoors on snow or sand

**Equipment:** Hats, scarves, or other markers for half the players; chalk or masking tape (optional)

Best described as a kids' version of Japanese sumo wrestling. Originated in Tierra del Fuego, a group of islands at the southernmost tip of South America, where the harsh winter months predominate. First, players are divided into 2 equal teams, one representing winter, the other representing summer. In case of an extra child they can join the summer team or serve as referee. Teams should easily be identifiable in winter attire. (Natives of Tierra del Fuego use charcoal to mark the foreheads of winter children) A circle of about 12 to 15 feet across is stamped into the snow. Chalk or marking tape if indoors. The winter team start the game inside the circle; summer players remain outside. All contestants fold their arms across their chests and keep them there throughout the game. Anyone caught violating this rule must drop out.

At the signal from the adult supervisor, the summer players enter the circle. Their object is to shove the winter kids out of the circle by using only their back, buttocks, and shoulders.

ABSOLUTELY NO HAND gripping or leg tripping; no head butts, biting, or spitting; and no knee rams or elbow jams! As the winter players are forced outside the circle, they join forces with the summer team in trying to expel the remaining winter team, (once out of the circle, winter players remove their winter attire. The game goes on until all winter players are pushed out of the circle.

The players reverse roles and start a new game.

## Songs



## The Moose

By Heart of America Council

(Tune: Turkey in the Straw)

Oh the moose stood around,  
with one foot on the ground.

Oh the moose stood around,  
with one foot on the ground.

Oh the moose stood around,  
With one foot on the ground.

Oh the moose stood around,  
With one foot on the ground.

Verses:

2nd: Two feet

3rd: Three feet

4th: Four feet

## The Climate

By Heart of America Council

(Tune: Man on Flying Trapeze)

We sing of the Eskimo fearless and bold.

He never feels hot and he never feels cold.

Because where he lives summer never occurs,  
And the rest of the year he wears plenty of furs.

Too-ra-lee, too-ra-lay,

And the rest of the year he wears plenty of furs.

The Hawaiian lives in the tropical belt,

And neither the cold nor the heat ever felt.

Because in the winter his summer begins,

And the rest of the year he wears crocodile skin.

Too-ra-lee, too-ra-lay,

And the rest of the year he wears crocodile skin.

Now we poor unfortunates live in a clime,

that calls for at least three fall suits at a time.

A thick one and thin one for days cold and hot

And a medium weight for the days that are not.

Too-ra-lee, too-ra-lay,

And a medium weight for the days that are not.



### Home on the Snow

By Heart of America Council

(Tune: Home on the Range)

Oh, give me a home,  
Between Fairbanks and Nome,  
Where the moose and the caribou play.  
Where nothing will grow,  
'Cause it's covered with snow,  
From June to the following May.  
Home, home on the snow,  
Where it's mild when it's ninety below.  
But the sun shines for me,  
By the great Bering Sea,  
In the life of a gay sourdough.

### Audience participation

#### Abe, the Left-footed Mule

By Heart of America Council

Divide the audience into five groups and assign each group one of the following capitalized and **BOLDED** sound effects to be given on cue.

**MR. MULLINS:** "Whoa, there!" (gesture as if pulling reins)

**MRS. MULLINS:** "Stop! Stop!" (Holding hands to head)

**ABE, THE MULE:** "Haw, hee! Haw, hee!" (index fingers pointed up like ears)

**ABEL, THE OTHER MULE:** "Hee, haw! Hee, haw!"

**JASPER:** "Howdy folks!" (hand raised in greeting)

This is a story about **MR. MULLINS** and **MRS. MULLINS**, two of our pioneer ancestors and their mule named **ABE**.

**ABE** was left-footed and he did everything just exactly backwards. When **MR. MULLINS** wanted to plow the fields, **ABE** pulled the plow so far to the left that he went in big circles. When **MRS. MULLINS** wanted to go to the village, **ABE** went backwards instead of ahead. "It is very embarrassing!" cried **MRS. MULLINS**. "It is very confusing!" cried **MR. MULLINS**. And **ABE** just cried.

One day their cousin **JASPER** came to visit and he saw **ABE** plowing circles and pushing the wagon backwards. **MR. MULLINS** was so confused. **MRS. MULLINS** was so embarrassed. And **ABE** was so unhappy.

"We'll have to send **ABE** away," said **MR. MULLINS**.

"Or we can never get to the village," said **MRS. MULLINS**.

**MULLINS**. And they loved him so the thought of losing him made them both cry. "Hinmmm," said Cousin **JASPER**. **ABE** is a very handsome mule

even if he is left-footed. So Cousin **JASPER** thought it all over and he said, "Why don't you get a right-footed mule to go along with the left-footed **ABE**?" "Oh yes, why don't we!" said **MR. MULLINS** and **MRS. MULLINS**. So they did; they got a right-footed mule named **ABEL**. Now everything works out very nicely. When **ABE** plows left, **ABEL** plows right. Between the two of them, their field was the straightest in all the colonies. When **MRS. MULLINS** hitches them up to go to the village, she hitches **ABE** backwards and **ABEL** front wards. And away they go at a good fast clip. "We may look strange," said **MRS. MULLINS**, "but we do get to the village in a hurry." So **MRS. MULLINS** is happy. **MR. MULLINS** is happy. **ABE** is happy. **ABEL** is happy. And good old Cousin **JASPER** went home very well pleased with himself.

### Applauses

#### Melting icicle applause

Hang fingers down and say, "Drip, drip!"

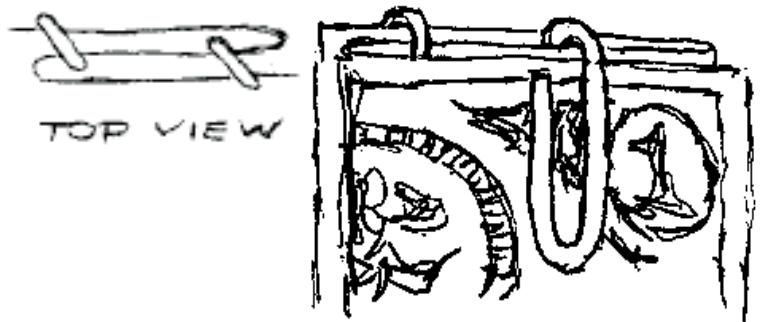
#### Mad scientist aolause

Pretend to hold up a test tube in one hand. Pour something else into it, then something else, then go, "Ha, ha, ha, it is going to work! Oh no!! SSSSSS Boom!"

#### Magic trick

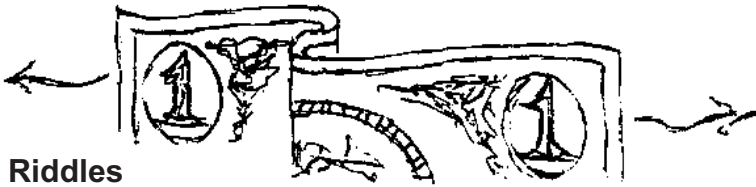
Link the clips

You will need a money note or a piece of paper and two ordinary paper clips. Ask your friends to join the two paper clips together with the note of paper. Fold the note (or paper) into three but do not crease the folds. Clip the folds



Take the two top corners between the fingers and thumbs and sharply pull the note Out straight. The clips will fly off, but surprise, surprise, they v ... together.





### Riddles

**How do you make an anti-freeze?**

Hide her nightie!

**What do you call Eskimo cows? ESKIMOOS!**

**How is a barefoot boy like an Eskimo? HE WEARS (5) NO (W) SHOES!**

### Tongue twisters

Eleven excited Eskimos erected an eerie igloo.

Snowmen seen slightly silly in summer.

Glaciers glide graciously over the ground.

### Scrimshaw Medallions

By Heart of America Council

Materials: 1 Cup of plaster of Paris

2/3 cup of water

Wax paper

Nail or drinking straw

Paper clip

Colored chalk

Clear acrylic spray

Leather or yarn

1. Mix plaster and water.

2. Quickly drop spoonfuls of plaster onto wax paper.

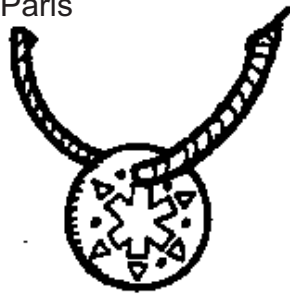
3. Use nail or straw to make a hole before it dries.

4. After it has dried overnight, scratch designs in the plaster using a nail or paper clip.

5. When the design is complete, rub colored chalk over the design and blow away the dust.

6. Apply acrylic spray.

7. Thread a leather or yarn string through the hole.



### Soap Carvings

By Heart of America Council

Materials: Bar of soap, any kind

Kitchen knife

Pencil

Heavy paper

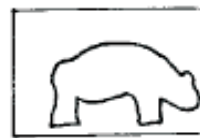
1. Draw a silhouette on paper not bigger than the bar of soap. Cut out and trace on to bar of soap.

2. Take the knife and carve around the outline, cutting off the excess soap.

3. Carefully shape the animal and make it three-dimensional. Sprinkle water on the soap to help mold it easier. Water also gets rid of any mistakes you may make.

4. Cut small notches to show muscle definition.

Try making cross-hatching marks to add texture



### Den Totem Pole

Materials: Assorted cardboard boxes

Construction paper

Masking tape

Scissors

Markers

1. Boxes can be covered with construction paper and cut-paper faces glued in place.

2. Assemble the totem pole with masking tape.

**Variation:** Assemble at a pack meeting for decoration or part of a opening, closing or skit.

### Igloos

By Heart of America Council

Materials: Sugar cubes

Icing

Posterboard

Sponge

Emery boards

1. Start with a circle of posterboard. Add icing for bottom row unto posterboard.

2. Add second row by gluing with icing and placing on top the first row.

3. Continue 3 or 4 rows.

4. Start rounding to row by moving into circle.

5. When last piece is placed use a wet sponge to smooth the entire piece.

6. Let dry good.

7. Use emery boards to lightly sand round and Smooth.

## WEBELOS Scientist

### CANNON HOCKEY

By Heart of America Council

**This** game will demonstrate air pressure. Use round cardboard oatmeal boxes. Cut a hole the size of a penny in the tops. Fasten the lid back to the box tightly. Use a table for a field, with a goal at either end. Have a boy sit at each end of the "field" with a cannon (box) and put a ping pong ball in the middle of the table.

By tapping the back of the box and aiming it at the ball, try to score by putting the ball through your opponent's goal. The Webelos leader can demonstrate the effectiveness of his oatmeal box cannon by using it to put out a candle. Fill cannon with smoke, then aim at cradle, tap back of box, and flame will be put .These cannons are effective up to about six feet.

### Seeing Is Believing

By Heart of America Council

Place a business card vertically along the dotted line between each of the pictures below.

Put your nose on the top edge of the card.

What happens?

Each eye receives a separate image. The brain merges these two images to make one picture.

So the fish pops into its bowl or the spider into its web.

### The Flattened Index Card

By Heart of America Council

By blowing under a bent index card, you can make it flat.

**Materials:** 1 index card

### Procedure:

1. Fold the card in half.
2. **Open the card and place it on a table** near the edge.
3. **Place** your mouth even with the table and blow under the card.
4. Watch what happens to the card.

### Explanation:

Moving air pushes less than static air. The air above the card is not moving and pushes down on the card. When you blew under the card, the air below it was moving. The air above the card was pushing stronger on the card, causing it to flatten.

### Magical Voices

This experiment is great fun if a group of five or more is present. Each person speaks into a bottle of liquid, and then passes the bottle to the next person. At some point, the color of the liquid will change.

**Materials:** 1 bottle phenol red (available in drug stores or pool supply stores)

1 box baking soda

1 cup water

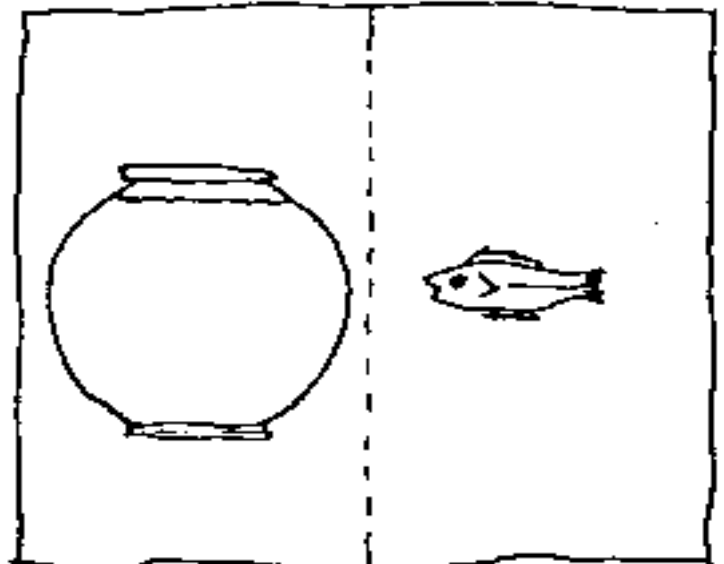
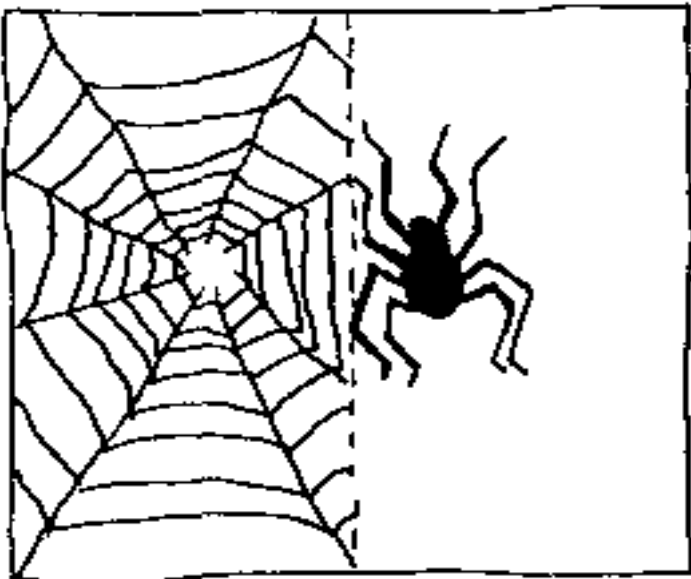
1 clear jar with lid, the jar should hold at least 2 cups (16 oz or ½ liter)

1. Pour 1 cup of water into the jar.

2. Add 2 to 3 drops of phenol red to the water.

Swirl the jar. the color should be red. If it isn't, add 1 to 2 small pinches of baking soda until the solution is light red. 3. Pass the jar from one person to another.

**Each person should hold the bottle** close to the mouth and talk into the bottle. A good phrase is "Hocus Pocus. Make the color change now." Cover the top, then swirl the jar. Pass the bottle to the next person. (Continued next page)



4. After a few people speak into the jar, the color will turn orange and then a bright yellow if more people talk. Keep speaking into the jar until the color changes. If you are by yourself, you can still do this trick.

1. Do steps 1 and 2 above.
2. Blow through a straw into the liquid. Keep blowing until the color changes.
3. To make the yellow turn red again, add 1 or 2 pinches of baking soda.

#### **Explanation:**

Phenol red is a dye that changes color under acidic or basic conditions. When someone speaks or blows, carbon dioxide is exhaled. Carbon dioxide mixes with the water and makes it acidic. People with swimming pools use phenol red to make certain the water is safe for swimming. Adding Chlorine to the water makes it acidic.

#### **A Bottle and Marble**

Pour some sand into a wide-mouthed bottle. Place a piece of cardboard about 5 cm square over the mouth of the bottle. Set the marble on the cardboard and then tap the edge of the cardboard. If the experiment is successful and it may require practice, the cardboard will be set in motion and will go flying off while the inertia of the marble causes it to drop into the Bottle.

#### **Webelos**

##### Fitness

**Russian Hop:** Scouts squatting, ready to move around the circle, feet together, hands folded around chest. Move around circle, leaping upward and forward off both feet. As hop is complete, Scout returns to squat position with arms folded across chest.

**Tortoise and Hare:** Scouts stand at attention, then they start jogging slowly in place. When you say "Hare", the tempo doubles, knees lifting high, arms pumping vigorously. When you say "Tortoise", the tempo slows to an easy jog. Vary the commands for some fun.

**Inchworm:** Scouts assume push-up position, body extended, face down, arms extended fully, hands on floor, fingers spread, pointed forward. Hold hands stationary and walk feet up as close to hands as possible. Then feet stationary, walk hands forward to starting position. Repeat the sequence.

**Gorilla Walk:** Scouts' feet are spread apart, same width as their shoulders. Bend at the waist, grasp ankles, legs straight. Walk forward holding firmly to ankles. Keep legs straight. Conduct a race for speed.

**Sawing Wood:** Scouts pair off facing each other. Grasp hands at shoulder height, fingers interlaced. With a vigorous action, Scouts pump arms alternatively as though sawing wood.

#### **How Much Do You Know About Drugs?**

Fill in the blanks or circle the letter beside the best answer or the most appropriate response.

1. Drugs are chemical substances that cause
  - a. growth of vital organs.
  - b. changes in the human body.
  - c. elevations in temperature.
  - d. decreases in blood pressure.
2. Almost all drugs work by altering the \_\_\_\_\_ of cell activities.
  - a. number
  - b. shape
  - c. size
  - d. speed
3. Which of the following is not a source of naturally occurring drugs?
  - a. animals
  - b. laboratories
  - c. minerals
  - d. plants
4. In the United States, what government agency must approve every new drug before it can be sold?
  - a. American Medical Association (AMA)
  - b. Federal Trade Commission (FTC)
  - c. Federal Bureau of Investigation (FBI)
  - d. Food and Drug Administration (FDA)
5. Drugs that can be sold lawfully with out a prescription are called
  - a. hallucinogenic drugs.
  - b. illegal drugs.
  - c. over-the-counter drugs.
  - d. prescription drugs.
6. Match each group of drugs with the primary effect these drugs have on the human body by writing the correct number on each line.
  - a. analgesics
  - b. anesthetics
  - c. barbiturates
  - d. depressants
  - e. stimulants

- (1) slow down the activity of the central nervous system.
- (2) speed up the activity of the central nervous system
- (3) make a patient feel relaxed and fall asleep more easily.
- (4) relieve pain without deadening other senses.
- (5) produce loss of feeling and sometimes loss of consciousness.
- 7. Which drug is found in chocolate, coffee, cola drinks, and tee?
  - a. alcohol
  - b. caffeine
  - c. cocaine
  - d. nicotine
- 8. Which drug is a factor in at least had of all fatal traffic accidents?
  - a. alcohol
  - b. amphetamines
  - c. caffeine
  - d. nicotine

**Answer Key - How Much Do You Know About Drugs?**

- 1. b
- 2. d
- 3. b
- 4. d
- 5. c
- 6. a. 4
- b. 5
- c. 3
- d. 1
- E. 2
- 7. b
- 8. a



**WEB SITES**

These sites are current as of 11-25-06

[Http://www.antarcticconnection.com/antarctic/wildlife/index.shtml](http://www.antarcticconnection.com/antarctic/wildlife/index.shtml)

Animals found in the antarctic. 17 types of Penguins, 8 types of whales, 6 types of seals and birds like, Gulls, Albatross, Petrels, Cormorants, Fulmars, Skuas, Terns, Sheathbills are part of the 38 species that live south of the Antarctic convergence.

[Http://www.70south.com/resources/antarctic-animals/introduction](http://www.70south.com/resources/antarctic-animals/introduction)

[Http://www.enchantedlearning.com/school/Antarctica/Animalprintouts.shtml](http://www.enchantedlearning.com/school/Antarctica/Animalprintouts.shtml)

[Http://www.antarcticconnection.com/Stuffed arctic animals](http://www.antarcticconnection.com/Stuffed%20arctic%20animals)

[Http://www.coolantarctica.com/Antarctica%20fact%20file/antarctica\\_animal.htm](http://www.coolantarctica.com/Antarctica%20fact%20file/antarctica_animal.htm)

[Http://www.gdargaud.net/Antarctica/index.html](http://www.gdargaud.net/Antarctica/index.html)

[Http://www.arctic.noaa.gov/gallery\\_np.html](http://www.arctic.noaa.gov/gallery_np.html)

[Http://psc.apl.washington.edu/northpole/index.html](http://psc.apl.washington.edu/northpole/index.html)  
North Pole station

[Http://www.nsf.gov/od/opp/support/southp.jsp](http://www.nsf.gov/od/opp/support/southp.jsp)  
South Pole station

[Http://arcss.colorado.edu/](http://arcss.colorado.edu/)

[Http://www.nsf.gov/dir/index.jsp?org=OPP](http://www.nsf.gov/dir/index.jsp?org=OPP)  
Polar Programs

[Http://antarcticsun.usap.gov/2006-2007/sctn11-19-2006.cfm](http://antarcticsun.usap.gov/2006-2007/sctn11-19-2006.cfm)  
Arctic Sun newspaper

[Https://www.cia.gov/cia/publications/factbook/index.html](https://www.cia.gov/cia/publications/factbook/index.html)

CIA Facts about Antarctica, is part of the CIA *World Factbook*, which is produced by CIA's Directorate of Intelligence. The Factbook is a comprehensive resource of facts and statistics on more than 250 countries and other entities.