

■ Ideas about how to make a summer camp adventure at home / D2

■ A roundup of religious services for the week / D4

DO IT!

D1 FRIDAY, AUGUST 27, 1993

DOCTOR JOCK There's no kidding around about youth fitness

■ **HEALTH:** Kids who don't play and get enough exercise often grow up hostile and face physical problems



The problem is kids don't play outside anymore. They are afraid. They feel unsafe.

Their playgrounds are battlefields. They hide out in front of the TV, where their sense of danger deepens.

The problem is kids who

Mitchell Sheinkop

just naturally want to go out to play and have fun can't do that in the '90s. Physical education classes have vanished. School yards close early. The streets aren't safe. Parents can't afford \$55 for a community basketball league.

The problem is kids who don't play, and don't get enough exercise, often grow up hostile, overweight, undernourished and at high risk for heart disease, stroke, etc.

The problem is we're ignoring a youth fitness crisis that is crippling our country, medically and morally. It's not a pretty picture.

Which is why Nike and the Boys and Girls Clubs of America have started another picture going, a dream, a shared vision of what America could be like in the year 2000 if the United States were a world leader in youth fitness. They asked more than 70 youth fitness leaders recently to imagine:

■ Imagine a country where boys and girls, ages 6 to 18, choose to do something physical and fun at least three times a week.

■ Imagine an America where parents, schools, community groups and yes, even TV, promoted physical fitness as the key to helping kids grow up healthier and happier.

■ Imagine every neighborhood filled with healthy, well-developed kids having fun in a safe environment.

It's DR. JOCK's dream, too, and since we share this vision with Nike, the Boys and Girls Clubs, all the teachers, coaches, community youth leaders, politicians, athletes and others brought together for Kids Movement: A National Summit on Youth Fitness held at Georgetown University this past June, we also decided to share some of the summit's recent findings:

■ People don't seem to care that kids are unfit. It's not seen as a big deal. P.E. classes are killed and no one protests. Physical activity for kids is seen as unnecessary. (Summit re-



Leader Brett Williams (in front) leads the Poway Backpackers down the trail. Banner Peak and Mt. Ritter are in the background.

Despite carrying 40 pounds on your back over rough terrain, hiking gets you close to nature and makes for . . .

Happy Trails

Story and photos by CINDY WEBB

Carrying 40 pounds on your back over tough terrain may not sound like your idea of a relaxing vacation. But for backpackers, it is a dream getaway. Imagine being able to listen to the silence after climbing to the top of a 10,000-foot mountain decorated with white snowcaps, taking in the view of the green forest that lies below.

When backpacking, you are able to get this close to nature. Because of this I have been hooked on the sport ever since my first trip eight years ago. I have taken 11 backpacking trips with the same group, the Poway Backpackers, each summer. The group is unique because it focuses on kids, and provides them with hands-on experience in map reading, first aid, menu planning and cooking, physical fitness, star-watching, and of course, backpacking. Poway Backpackers is associated with the Poway Unified School District and is led by two teachers, Eddie Lindros and Dennis Bueker, who have been taking kids on backpacking trips for 21 years.

The program's goal is to hook other young people into backpacking and also to teach them to appreciate the wilderness. Every year is different, and each summer new bright-eyed kids come to the meetings for their trip, most not knowing what to expect.

Although he was only a first-time backpacker, Madison Hildebrand, an energetic seventh-grader at Bernardo Heights Middle School, saw the experience this way:

"Backpacking makes you feel like you are a part of the world," he said. "You learn to live without the three T's — TV, traffic, and toys."

Madison was part of a trip I took this summer with 17 other leaders and 70 kids from Bernardo Heights, Rancho Bernardo High, Mt. Carmel and other area schools.

On each trip, five groups trek different routes throughout the Sierra Nevada, meeting again on the last day. The kids must attend two meetings to plan menus and to learn backpacking basics.



Above, the Poway Backpackers hike down from Island Pass in the Sierra Nevada Mountains. Below, a Poway Backpacker hikes down the trail.



A typical backpack should be about one-third of your weight. It might include these essentials: rain poncho, water bag and purifying kit, a water bottle, tent, wool socks and liners, maps, food, fuel, cook kit, flashlight, sierra cup, first-aid kit, sleeping bag and pad, and tarp.

On group trips, more gear is needed, and it is divided among the group members for carrying purposes. Group members should plan to add about 8 pounds to their packs.

The Poway Backpackers' most recent trip was typical: eight days on the trail averaging 65 miles, to Mammoth and Yosemite in the Sierra Nevada.

After a day of preparations, including dividing up food and equipment, our group left at 5:45 a.m. from Poway on a canary-yellow school bus.

At one point during the drive,

Please see TRAILS, D3 >

Roughin' it is easy with right stuff

■ **CAMPING:** A tent and some helpful creature comforts beats a hotel any night especially when it comes to saving money

MADELINE DAVIDSON / Fresno Bee

FRESNO — Asphalt or pine needles. Canned air or fresh: Wake-up calls by Ma Bell or Ma Blue Jay.

For the price of three nights in a modest hotel, you can dress your campsite with new, add the old from home and fill your dreams with sheep instead of stress.

Tent camping, even when you start from scratch, is a bargain.

Mike Camp, the camp equipment buyer at Fresno's Herb Bauer Sporting Goods whose name really is Camp, claims he can outfit a family in a basic, medium-priced gear for right around \$375. Try spending a weekend at a Hyatt on the beach for under \$400.

Of course, there's no room service at Mono Hot Springs.

I bring room service along.

In place of linen and a rose on the breakfast tray, I settle for a tin mug of java and a pine cone. One thing about campgrounds. You can leave the pretensions at home.

But be sure to take along your sleeping bag, a rainproof tent and the bug spray.

For the first-time campers or the old-timers whose tent and utensils look like a garage sale, Camp suggested essential equipment: a 9-by-12-foot tent that sleeps four, \$129-\$159; two sleeping bags, at \$50 each; a propane stove, \$40; a propane lantern, \$25; an oversized ice chest, \$50; and a 5-gallon water cooler, \$25.

Bill Canning, a Fresno man who spends as much time on the trail as he can, offered what he called his tent camping-bring-list. See accompanying checklist.

"First things first, though," said Canning, "These days you won't get into many camp-

Please see STUFF, D2 >

Beekeeping: It's one honey of a hobby

■ **HIVES:** Many people buzz with excitement over the busy little insects

LORI MOODY
Los Angeles Daily News

LOS ANGELES — As Judy Rosen peers into the beehive in the back yard of her Northridge home, the buzzing gets louder in response to the intrusion.

Bees fly near her unprotected face. A few land on her clothing.

Rosen welcomes each and every one of the creatures.

"They are used to me being near," Rosen said. "I sit here and talk to them."

Rosen is one of several people in Los Angeles County who keep bees for fun and sometimes for profit. They are hobbyists who may have one or two hives or are referred to as sideliners who have five to a couple of dozen colonies, compared to professionals who may have hundreds or thousands of colonies.

But beekeepers are worrying about diseases and the expected arrival of the aggressive Africanized honey bee in California next year.

"Hobbyists dote over their bees," said Mike Pearson, Los Angeles County's chief bee inspector. "They love their bees and are concerned about their welfare and treat them like their children."

"Professional beekeepers are concerned about their bees but don't have time to dote over the

Please see BEES, D2 >

CHILDREN'S READING CORNER

Lack of labor plagued Rip

United Feature Syndicate

The story that follows, "Rip Van Winkle," is named for its central character, a kind but not so hard-working man who lived in the Catskill mountains several hundred years ago. The story has the feel of a legend, a tale handed down by generation after generation. But it was written by the American writer Washington Irving who is also the author of "The Legend of Sleepy Hollow."

After you read Rip's tale, you might write your own "legend." How would you feel if you woke up from a nap to discover that you had slept for 20 years? What would your friends be doing? What would you do?

—E.D. Hirsch Jr.

Please see READING, D2 >

Please see YOUTH, D2 >

highest due north at 10 p.m., local time.

Compiled by C. Eischen

Your kids can look for them with their binoculars.
■ At dinner time, serve an

or until food is tender. To avoid burns from hot steam, unwrap the package carefully.

TRAILS: They can make hikers happy

Continued from D1

leader Eddie Lindros blurted over the loudspeaker, "The mountain on your left is Mount Whitney, the highest mountain in continental North America." From the excited looks on the kids' faces, we could have been on a carnival ride. By the time we reached the group campsite at Horseshoe Lake in Mammoth, the kids were eager to hit the trail the next morning.

We all awakened to Eddie's voice shrieking, "Good morning to you... Wake Up... WAAAKE UP!" After packing up our sleeping bags and eating breakfast, the five groups gradually separated, saying goodbyes, to begin their adventure.

As we shouldered our heavy packs for the first time, all the kids marveled at the fact that their feet were harder to lift off the ground. Still, they were confident.

"I can carry 40 pounds," said Amanda Nowell, a freshman at Rancho Bernardo High. "It's really very light."

It's ironic how light your pack always feels — until you start hiking. Then you wonder whether the lawn chair or the playing cards you brought were worth it.

"Let's motate," yelled leader Brett Williams, copying the ritual call that Eddie uses to begin a hike.

The truths of backpacking rapidly became evident as we headed up the trail. After half a mile, the kids began to shuffle, and complaints of soreness floated through the line of hikers. All the leaders are prepared for the gamut of excuses:

"I'm tired."

"I can't walk."

"How much farther, anyway?"

All these complaints are common for first-time backpackers. Because the pack will put more pressure on your body, it's a good idea to take along some moleskin to keep your tender feet from becoming hamburger

meat. Moleskin can also cushion sore hipbones that are rubbed by your backpack's waist belt.

Backpacking is a hard sport that takes hard work, but the leaders know that the kids can conquer the trails. Because the sport can be physically grueling, it is a good idea to get in shape before a trip by running, walking, or swimming regularly for at least a month before.

The kids on the trip must pass a fitness test in which they have to be able to run 1½ miles. Also, plan on hiking an easy 3 to 5 miles the first day to adjust to your pack and other factors such as heat or altitude. Eventually, you can build to more mileage. We averaged 8 miles a day.

Ultimately, the key to a successful backpacking trip is mental toughness. One of the goals is for the kids to gain awareness of their own abilities. Although this is more difficult for some than others, they all mature on the trail.

"Some days I was so tired that I wanted to camp on the trail," said Jason Artino, a seventh-grader at Bernardo Heights Middle School, "but after I got to camp, I was so proud of myself."

Even after a rough day, every one makes it to camp. Pain disappears as the kids blow off steam by swimming, boot skiing on the snow, and exploring nearby rocks and caves. The reason most kids return year after year to backpacking is because of these activities and the friendships they make.

"You work hard, you get to go to different places — and then you get to have fun," said Jason.

Some of the "fun" is dreaded by a few backpackers. "Do we have to swim today? But it's soooo cold," begged Michele Segal, a Rancho Bernardo High School freshman, as I prodded her into the water for the daily mandatory swim. Others, like Madison, took flying leaps into the water. It's a good idea to swim daily to cool off and wash away the grime of the trail.

BACKPACKING TRIPS

If you are interested in taking a backpacking trip, the following organizations take backpacking trips:

■ **Poway Unified School District Backpacking.** Contact: Dennis Bueker at 484-6064 or 538-1112, or Eddie Lindros at 485-4850 or 748-4103.

Poway Backpackers usually take three trips a summer. Trips are open to students in the Poway Unified School District, as well as other area schools.

■ **Special outdoor programs offered by A-16.** Call or visit a local A-16 store to make reservations for a wilderness adventure.

For more information on trips, and trip dates throughout the year, call any of the A-16 stores. Call 283-2374 in San Diego, 755-7662 in Solana Beach, and 234-1751 at Hor-

ton Plaza.

■ **San Diego Chapter of the Sierra Club.** The Sierra Club offers many activities and services related to the wilderness. It has backpacking trips and classes year-round. Many trips are taken in the local Anza-Borrego wilderness area. The club also features special Focus on Youth programs and inner-city outings for local youngsters.

For more information, call 299-1744.

■ **San Diego Hiking and Backpacking Club.** This club goes on day hikes every week and takes backpacking trips almost every month, year-round. The club is open to the public.

For information, write to the club at: P.O. Box 161068, San Diego, Calif. 92176.

Compiled by Cindy Webb

Nightly campfires are a time to play games and tell mysteries. If bears might be in the area, campers take turns on bear watch hourly at night. Most backpackers hang their food from a nearby tree to keep the bears from stealing it. It's always a good idea to check with park rangers on bear sightings and proper ways to hang food.

This year, hiking was a challenge because of the heavy winter snows, which hadn't totally melted off the trails. We brought along climbing rope for dangerous terrain, but on most days we were just extra-careful.

One day we had to hike up a huge hill that was covered by icy snow. We suddenly forgot the weight of our backpacks as we concentrated on the terrain. Each step had to be carefully executed as we wedged the sides of our boots into the snow to stabilize ourselves.

I was on "lag patrol," keeping track of the slowest hikers. As Poway High School freshman Wyly Jones began climbing more slowly, I moved a few steps ahead of her to coach her up the hill. Suddenly, she was overcome with fear and

stopped. She looked below her at the snowy slope, which dropped off about 200 feet into a partly frozen lake.

"I can't do it," she screamed up to me. "I'm scared and I'm going to fall." Terrified, she lost her grip and began to slide down the snow.

Amanda and her dad, Dan Nowell, yelled with me, "Dig in! Dig your hands and feet into the snow!"

Wyly clutched the snow and stopped her slide. About 200 feet above us, the other kids in our group waited at the top of the climb. They saw the situation and began cheering, "Good job, Wyly! You can do it! Don't give up!"

Wyly slowly began to climb again, and she gained confidence in herself. The kids had all pulled together to accomplish a tough climb with the help of teamwork.

At the end of the trip, Wyly remembered that day — and her fellow campers.

"You work as a team," she reflected. "Anything you do affects everyone else. You realize that you can do a lot more than you had thought."

READING: Sharing literature with kids

Continued from D1

In a village high in the Catskill Mountains, there lived a simple, good-natured fellow by the name of Rip Van Winkle. He

shoulders but say nothing. Then he would seek refuge outside of the house.

Rip used to console himself with the company of a group of

gust a personage could not escape the scolding of Dame Van Winkle when she appeared in search of her husband.

One day, seeking to escape

Rip to assist him with his burden, and together they clambered up a narrow gully. Passing through a deep ravine, they came to a hollow that looked