

**KIDS AND MONEY: SHUT DOWN THE PARENTAL ATM**

October 2008

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

# Scouting®

## GO DEEP

**Phoenix Troop 109  
Finds Adventure  
Above and Below  
Ground**

**Chili  
Tonight!**

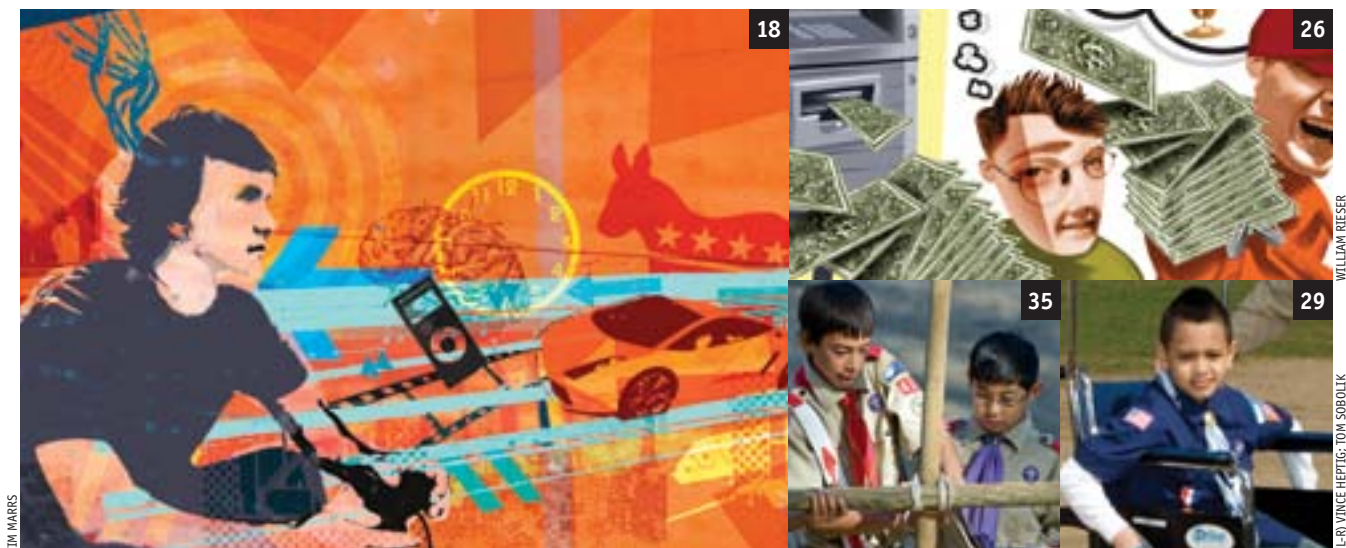
**3** Zesty  
Recipes

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That Can Ruin  
Your Hike









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### About our cover:

Strolling upright through a guided tour of a "show cave" requires little exertion. But for the Scouts of Troop 109, a trip through a "wild cave" meant an adventure of a lifetime. The Scouts, like Kyle Combes (pictured), squeezed through Arizona's Crystal Cave and found some unforgettable sights inside. Join freelance writer Michael Rutland on page 22 as we explore these amazing underground caverns—and experience the bumps along the way. Cover photograph by Vince Heptig.



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

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## News Briefs

EDITED BY JOHN CLARK

### Items of interest for leaders of Cub Scouts, Boy Scouts, and Venturers.

#### President honors Little Sioux Scouts

Surviving an EF 3 tornado is a tough way to get an audience with the President of the United States. But a group of Boy Scouts and Scout leaders from the **Mid-America Council** made the best of their opportunity.

The 115 boys and 10 adult leaders from Nebraska and Iowa were present at Iowa's Little Sioux Scout Ranch when a twister tore through the campsite and killed four of their peers on June 11.

begun helping one another even before emergency crews arrived.

"These young men left even the most experienced of the paramedics awestruck, amazed by how they used their Scout skills and triaged the situation well before the responders arrived," said Chief Scout Executive Robert Mazzuca, after learning of the disaster and visiting the site.

"It is a case study in how to do things right in a terrible situation like this. Our Scouts have left a lot of lessons for others to learn."

Although some of the Scouts felt a bit ambivalent about the occasion, Sam Wendt of Troop 812 summed up the group's feelings to Omaha's KETV: "Everyone needs to know that we're grateful here," Wendt said, "but we wish that we could be seeing the president for different reasons other than losing friends."

Later in the day, three of the boys and their junior leader training course director met with journalists at the National

Press Club and then met the rest of the group at the Capitol, where congressional delegations from Nebraska, Iowa, and South Dakota honored their courage and their actions.

On a weekend in early August, the Boy Scouts, leaders, and families returned to Little Sioux Scout Ranch to memorialize those who were killed and begin the process of rebuilding the campsite.

"I [was] deeply saddened by these terrible losses," Mazzuca has said. "At the same time, I am very proud of the way our Scouts and leaders responded. Even in the face of incredible challenge, they epitomized the very best about being a Scout." •



**President George W. Bush honors survivors of the deadly tornado that hit Iowa's Little Sioux Scout Ranch in June. In all, 115 boys from the Mid-America Council met the president in the East Room of the White House on July 31.**

Accompanied by family members, leaders, Scout Executive Lloyd Roitstein, and other council professionals, the boys journeyed from Omaha, Neb., to Washington, D.C., on July 31. Arriving that morning in the nation's capital, the Scouts were given a police escort to the White House and taken to the East Room.

There, President George W. Bush praised the courageous assistance they gave their 48 fellow Scouts who suffered serious injuries in the storm—four were still in wheelchairs during the White House visit.

Hundreds of downed trees hindered rescue efforts. But one emergency medical technician on the scene reported that the youngsters had

PHOTOGRAPH COURTESY OF CHRIS GREENBERG/WHITE HOUSE



## Getting to the 2010 Jamboree

**D**o you know what it takes to get your Scouts signed up for the 2010 National Scout Jamboree?

By now, you surely know the BSA's 100<sup>th</sup> birthday bash will take place July 26 to Aug. 4 at Fort A.P. Hill in Caroline County, Va., near Fredericksburg and Washington, D.C.

You also know that about 43,000 boys and adult leaders will attend. Scouts will participate in plenty of exciting outdoor activities that include confidence courses, bikathalons, buckskin games, as well as hone their Scout skills, tune up their physical fitness, and learn lessons in environmental conservation and our nation's heritage.

According to John Alline, BSA's national jamboree director, participants will be selected by the more than 300 Scout councils across the country. Still, a quick study now of the qualifications will give them, and you, a leg up on the application process.

Scouts must have:

- received approval from their Scoutmaster or Varsity Scout Coach and the local council jamboree committee.
- attained the rank of First Class Scout.
- completed the sixth grade, or at least reached the age of 12 by July 1, 2010.
- attended a pre-jamboree training experience.
- demonstrated troop activity for at least six months prior to July 1, 2010.

Additionally, Scouts cannot have reached their 18<sup>th</sup> birthday by Aug. 3, 2010, to be eligible.

For more information on qualifications for Boy Scouts or unit leaders, or to register, visit [www.bsajamboree.org](http://www.bsajamboree.org).

Start now to give your Scouts their best shot at joining the festivities.



PHOTOGRAPH BY MARK DUNCAN



These include four \$20,000 awards (payable at \$5,000 per year) and one \$48,000 scholarship (up to \$12,000 for four years).

In addition, the Hall/McElwain Merit Scholarship pays a varying number of Eagle Scouts \$1,000 awards.

As merit-based awards, these are available to students from their senior year in high school through their junior year in college.

Expect fierce competition. NESA receives more than 5,000 scholarship applications each year. It awards fewer than 100. Scholarship committees form each year in the BSA's four regions: Northeast, Southern, Central, and Western. The NESA Scholarship Committee makes all final determinations.

Eagle Scouts can find an on-line application at [www.nesa.org](http://www.nesa.org) after Nov. 1, or they can pick up one at their local Scout council service center, or from NESA, 1325 W. Walnut Hill Ln., Irving, TX 75038.

Make sure the application arrives no later than Jan. 31, 2009.●

## Scholarships for Eagles

**E**agle Scouts who will graduate from high school in spring 2009 and plan to attend an accredited college or university that awards a bachelor's degree can apply now for a **National Eagle Scout Association (NESA) scholarship.**

## in addition to their Eagle Scout rank, the candidates must have acceptable SAT and/or ACT scores, as judged by the review committee, and demonstrate leadership in Scouting and strong participation in activities outside of Scouting.

NESA awards a varying number of national \$3,000 scholarships each year from its general fund, in addition to the Mabel and Lawrence S. Cooke Scholarships.

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Make sure the application arrives no later than Jan. 31, 2009.●

## Don Murphy, 1918-2008



Don Murphy

PHOTOGRAPH COURTESY OF THE MURPHY FAMILY

**D**on Murphy, founder of the pinewood derby, died July 1, 2008, in Torrance, Calif.

As Cubmaster of Pack 280C in Manhattan Beach, Calif., in 1953, Murphy was seeking a project for his son, who wasn't old enough to participate in the Soap Box Derby. Murphy had built model airplanes, cars, and boats when he was a kid in La Porte, Ind., and hit upon the idea to create a miniature version of the Soap Box race.

Murphy designed a small car carved out of soft pinewood, created the rules, and named the event. The Management Club at North American Aviation, where he worked, sponsored the first derby, paying for wood and other materials.

"Originally, the block of wood we included in the kit was carved down in the forward third to a kind of cockpit," Murphy told Scouting

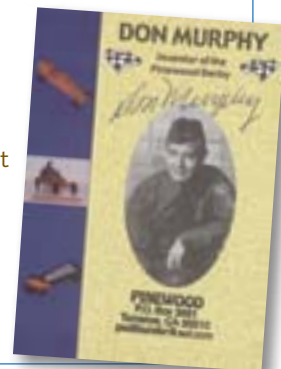
magazine in a 1999 interview. "We put the wood, wheels, and nails into a brown paper sack with an assigned number."

Cub Scout dads built the original ramp—31 feet long—with a battery-operated signal at the finish line made from doorbells and flashing light bulbs to identify the winner.

The concept caught on. Within a year of its debut, the pine-wood derby had been adopted for use in all Cub Scout packs. Estimates suggest that more than 100 million Cub Scouts have participated in the event over the past 55 years.

Murphy recalled that he wanted "to devise a wholesome, constructive activity that would foster a closer father-son relationship and promote craftsmanship and good sportsmanship through competition."

Mission accomplished.



## Say hey, globally

Radio-ready and Web-wise Cub Scouts, Boy Scouts, and Venturers take note: The **51<sup>st</sup> annual Jamboree-on-the-Air (JOTA)** and **12<sup>th</sup> Jamboree-on-the-Internet (JOTI)** takes place Oct. 18-19.

Sponsored by the World Organization of the Scout Movement, the two events allow youths to make contact with Scouts and Guides from all around the world via short-wave radio and personal computers.

Cub Scouts, Boy Scouts, and Venturers can make contact with other youngsters in more than 150 countries. BSA officials expect about a half-million Scouts and Scouters to participate.

For JOTA, young amateur radio enthusiasts get to experience the excitement

of exchanging Scouting adventures and other ideas in conversations with their peers. Dens and patrols must visit local, licensed ham radio operators to help extend their greetings, while many local councils and districts will set up special stations to transmit the signals.

Similarly, many councils and districts sponsor events and provide computers for JOTI, in which Scouts can work with leaders to send e-mails, visit Scout chat rooms, and exchange audio and video presentations. Register for JOTI at [www.joti.org](http://www.joti.org), and then check out [www.scout-link.net](http://www.scout-link.net) for a safe, supervised chat site. You can take part in both JOTA and JOTI for 48 hours—all day Saturday and Sunday.

Find more information on participation—language translation service, making appointments for contacts beforehand, certificates, and patches—at [www.scouting.org/international/highlights](http://www.scouting.org/international/highlights). After you've experienced one or both events, you'll find a printer-friendly version available on the Web site of a report you can complete and e-mail to [intnldiv@netbsa.org](mailto:intnldiv@netbsa.org) along with your photos. Your comments will be forwarded to the European Region for inclusion in its annual report. ●

## The great (tasting) outdoors

If it were a movie, the commercial's voiceover would bellow, "Ripped from the pages of *Scouting* magazine!"

But it's not a movie. It's a book: *The Scout's Outdoor Cookbook* (Globe Pequot Press, 2008).

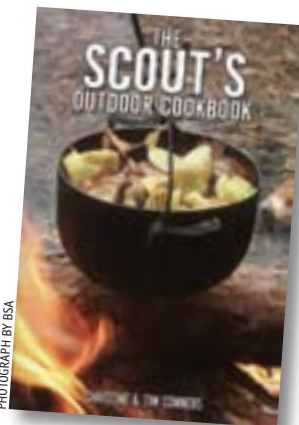
Still, the wife-and-husband writing team of Christine and Tim Conners of Statesboro, Ga., did rip their recipes from the pages of *Scouting*.

In the book's acknowledg-

ments, the authors dish out credit for kick-starting the project to us for providing hundreds of recipes that were entered in the magazine's popular camp-cooking contest.

"Through this treasure trove of data," write the Conners, "we were able to make contact with dozens of experienced camp cooks.

Their recipes and advice



PHOTOGRAPH BY BSA

became an invaluable foundation and springboard."

Recognizing the undeniable importance of camp cuisine to the BSA, the Conners compared notes with almost 200 outdoor chefs from across the United States.

## Color Merits Attention

Look for a striking change in the design of the BSA's **merit badge pamphlets**.

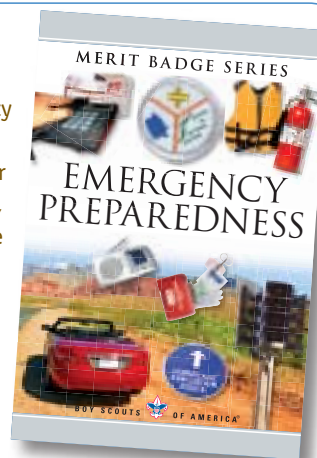
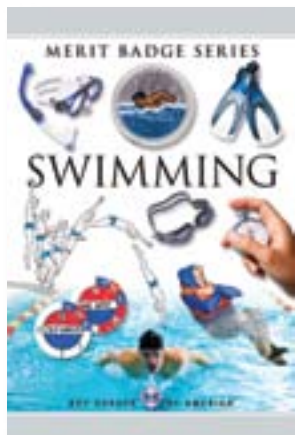
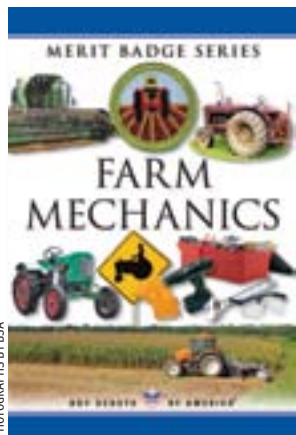
Instead of the long-standing black-and-white design, you'll find them all in full color with snazzy photos that draw young readers to each adventurous topic.

Check out the hot-red convertible on the cover of *Emergency Preparedness*, the vibrant yellow tractor on *Farm Mechanics*, and the cool, blue water on *Swimming*. All three titles will see major revisions.

Other titles with updated information for 2008 include *Auto Mechanics*, *Engineering*, *Lifesaving*, *Motor Boating*, and *Radio*.

And with the debut of the new look, the series shrinks to 119 titles because of the merger of *Architecture* and *Landscape Architecture* into one pamphlet.

Pick up your new merit badge pamphlets, which will sell for \$4.49 each, at the local Scout Shop nearest you, or place an order on [www.scoutstuff.org](http://www.scoutstuff.org).



PHOTOGRAPHS BY BSA



Organized into sections titled Breakfast, Lunch, Dinner, Breads, and Snacks and Desserts, the trade-size paperback features more than 340 recipes for cook pots, skillets, tin foil, Dutch ovens, grills, and more.

Wash down all that fresh-air fare with items from the Drinks section, which offers liquid concoctions with comical names such as "It's Orangealicious!" (it is), "Lousy Lemonade" (it isn't), and "Fire Starter Cider" (it won't, we presume).

Bonus how-to's include tips for getting started in outdoor cooking, simple instructions for low-impact cooking, buying advice for equipment and tools, and even a handy guide for cooking in a cardboard box—with duct tape.

BSA Supply No. 34537, \$19.95

## How to foil trailer theft

**I**magine preparing to attend the fall district camporee with your Scouts and discovering that the troop's trailer and all the camping equipment stored inside were missing. Besides ruining your trip, trailers and equipment are expensive to replace.

Phillip Moore, assistant director of the BSA's Insurance and Risk Management Service, says a recent upsurge in **stolen trailers and camping equipment** is being reported across the United States. Since many chartered organizations such as churches and civic groups do not have the space to secure trailers and store equipment, which often is kept onsite in the trailers, they make an attractive target for thieves.

So if you don't want to shell

out thousands for new stuff, take the advice of the BSA's Insurance and Risk Management Service, which recommends two easy steps to lock down your trailer and thwart thieves.

First, purchase a wheel lock similar to boots used by police officers on illegally parked cars. Find one by checking out a local boat dealership.

"The wheel lock is a visible deterrent and does not allow the trailer to be moved," Moore says.

Second, always park your trailer so that its rear doors butt up against a wall or some other permanent structure. Situate it against parking blocks or a curb so that

it cannot be turned or moved. "Many trailers have locks that can be used on the trailer hitch," he says. "But if a trailer hitch lock is the only deterrent used, thieves can still maneuver the trailer around. And once the trailer is moved, thieves can cut the lock and steal the contents."

Of course, if the thieves want the trailer badly enough, Moore says, they still might get it. But a little extra effort, and very little expense, on your part can convince them it's not worth the hassle. **S**



## Fuel for Thought During Fire Prevention Week

**S**uccessful camp-outs demand appetizing hot meals and adequate lighting. That's why Scouters take stoves and lanterns into the great outdoors.

But according to Richard Bourlon, leader of the BSA's Health and Safety team, knowledgeable adult supervision remains a must when you're storing or handling chemical fuels, especially when filling stoves and lanterns.



PHOTOGRAPH BY MICHAEL ROYTEK

In conjunction with **Fire Prevention Week** (Oct. 5-11), Bourlon reminds campers that the BSA maintains detailed guidelines for fuel safety and fire prevention, and he offers this refresher course on some of the major dos and don'ts:

- Use compressed- or liquid-gas stoves or lanterns in Scout facilities only where and when permitted.

- Operate and maintain them according to manufacturer's instructions.
- Keep gasoline and kerosene in well-marked, approved containers (never glass) and store in a ventilated, locked box at a minimum of 20 feet from buildings and tents.
- Let hot stoves and lanterns cool before changing or refilling cylinders.
- Refill liquid-gas stoves at a safe distance from any flames.
- Always fuel a stove, heater, or lantern outdoors.
- Do not operate a stove, lantern, or charcoal grill in an unventilated structure.
- Never fuel, ignite, or operate a stove, heater, or lantern inside a tent.
- Place stoves on a level, secure surface.
- When lighting a stove, keep fuel containers and extra canisters a safe distance away.
- Do not leave a lighted stove or lantern unattended.
- Do not overload the stovetop with heavy pots or large frying pans.
- Bring empty fuel containers home for disposal.

"Remember that you're prohibited from using flammable or combustible liquids such as gasoline, diesel fuel, alcohols (rubbing

or denatured), naphtha, lighter fluids, or oils to start any type of fire," Bourlon says. He recommends solid-type starters that are "just as effective, easier to store and carry, and safer."

So before your next camp-out, get smart about all of the BSA's Fuels and Fire Prevention guidelines at [www.scouting.org/healthandsafety](http://www.scouting.org/healthandsafety) in the "Guide to Safe Scouting." Check additional info on the National Fire Protection Association Web site at [www.firepreventionweek.org](http://www.firepreventionweek.org).



PHOTOGRAPH BY ROY JANSEN



# Front Line Stuff

EDITED BY MARK RAY

## Getting Parents Excited About Scouting

**Scouter N.L.** has noticed that inactive Scouts tend to have uninvolved parents. She asked how other Scouters get parents excited about the program.

### PROMOTING INVOLVEMENT IN THE ORDER OF THE ARROW

**I've been trying to get as many of my Scouts involved in the Order of the Arrow as possible. What's the best way to get Scouts who are Arrowmen excited about OA functions?**

A.M.  
Ligonier, Pa.

Send your answer to Front Line Stuff, Scouting Magazine, 1325 W. Walnut Hill Ln., P.O. Box 152079, Irving, TX 75015-2079. Responses will appear in Scouting's *January-February 2009* issue. We also solicit new questions and pay \$50 for each one used in this column.

\*\*\*

SUBMIT RESPONSES OR A NEW QUESTION ELECTRONICALLY, OR VIEW SELECTED RESPONSES FROM PAST COLUMNS, AT [www.scoutingmagazine.org](http://www.scoutingmagazine.org).

**We found ways** to include the whole family. For example, we took a family hike and held a picnic where the boys cooked for their families. We had athletic events and obstacle courses the whole family could participate in. As a result, other siblings and parents became friends as well. Within a matter of months, we had an adult at every event with every boy

Pack Committee Member A.W.  
Newark, N.Y.



**We have two** den leaders. When one is working with the boys, the other is talking with the parents, asking questions and doing the business of Scouting. This is a time to build relationships with the adult members of the boys' families.

Den Leader P.R.  
Sellersburg, Ind.

**One of my favorite** things to do at a Cub Scout roundup is to ask a few parents if I can take their cars for a spin. The parents are usually very hesitant. I then ask them which is more valuable to them: their car or their child. Roundup is the time to get all parents involved. Ask them what they can do for the pack, not whether they can

help. Have a list of positions that need to be filled and let them choose.

Venturing Crew Advisor W.G.  
New Prague, Minn.

**Only one or two** families attended camp-outs during my first year with our pack. To show how much fun these camp-outs were, we started taking pictures of the stuff we were doing. We then created display boards and made sure to set them up at every pack meeting. Since then, we've had an increase in attendance year after year. As new families join, they see the fun and can't wait to go.

Pack Committee Chair M.J.  
Clearwater, Fla.

**Rather than worry** about parents who don't participate, I do right by parents who do. When camping, I bring my Italian coffeepot and serve my favorite blend of espresso; another dad brings a cooler with fresh cream. At times, parents cook in their own "patrol" and enjoy gourmet meals. As adults learn to make each other a little more comfortable, taking their boys on outings becomes a treat and not a chore.

Assistant Scoutmaster C.J.G.  
Pittsburgh, Pa.

**Our troop policy** is that every parent must do something. We post a signup board at the beginning of May with jobs listed. At the end of May, we have a parent meeting where we fill the empty spaces with those who haven't volunteered. Parents want to sign up first so they have better choices.

Assistant Scoutmaster M.K.  
Alpharetta, Ga.

**Leaders with active** unit parents have several characteristics: They are enthusiastic about their roles. They have a vision that is shared and supported by other leaders. They find roles that excite volunteers and give them room to fill those roles. They find resources to make the unit suc-

ILLUSTRATION BY BILL BASSO



cessful and efficient. They respect their volunteers' time and find ways to thank them for their efforts.

*Roundtable Staff Member C.S.  
San Jose, Calif.*

**This problem occurs** when the parents don't understand what is required of them. At their very first meeting they need to be told that Scouting is a commitment that must be made by the child and the parent and brought to fruition through the den leader. In Cub Scouting the parent is the one who helps the child complete his projects, read and study his assignments, and earn his badges. We den leaders can guide the child, but we can't be his parent.

*Webelos Den Leader R.S.  
Wichita, Kan.*

**To draw in a parent**, we talk about the positive things we have seen their son accomplish and discuss the potential their son has. Then we invite the parent to a committee meeting (after promising no ambushes with an assignment!) or to a

family-friendly activity where they can get to know the leadership better and gain an understanding of the program.

*Assistant Scoutmaster M.S.  
San Jose, Calif.*

**Good communication** with parents is essential. Speak directly to them, not through the Scouts. Explain in detail what you are doing and how the activity will help their Scouts advance. Parents want to see their kids advance; they just don't always know what will help in the process.

*Den Leader B.B.  
Manhattan, Kan.*

**Invite parents** to events where Scouts perform activities and display skills. Encourage them to participate in the activities with their children. Interest will surely develop among the elders.

*Scouter R.G.  
Gujarat, India S*

**Make Scouting** a great social occasion. Be sure your events can involve siblings.

Have a cookout at your leader meeting. Ask parents and siblings to help with activities. If your pack makes Scouting fun for the whole family, more parents will get involved, which will make a pack grow and thrive.

*Tiger Den Leader J.O'C.  
Broken Arrow, Okla.*

**Involving parents** in your program requires helping them get to know each other. One idea is to have breakout sessions during meetings; another is to use a "get-to-know-you" game during a court of honor.

*Scoutmaster J.N.  
St. Charles, Ill.*

**Ask your troop** parents their opinion about anything. Invite them to roundtable and then go out for coffee. Tell them what their boys are doing in Scouting. Thank them for the work that they do for the unit.

*Scoutmaster B.W.  
Ocala, Fla.*

**TroopMaster® 2008\* NEW!**

- NEW version with latest advancement changes for 2008!
- Tracks all advancement, personal data, OA, Mic-O-Say, Varsity, Venturing, and Sea Scouts, activities/attendance plus fundraisers, LDS Duty To God award and much more!
- Personal data is now encrypted. Hide sensitive data items.
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**PackMaster® 2008\* NEW!**

- NEW version with numerous user-suggested enhancement!
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- Includes latest BSA advancement/recharter changes.
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## YEAR OF THE VOLUNTEER PROFILE:

# John W. Kennedy

By rescuing a Scout troop, he saved himself from a life of anger and bitterness. Now this Venturing Crew 77 Advisor from Madison, N.J., guides young people in an effort to give something back—and save even more lives.

**L**ike many Eagle Scouts before him, John W. Kennedy of Madison, N.J., visited his old troop soon after college graduation. What he saw impressed him: 35 Scouts and a lot of adults. What he heard distressed him: No one wanted to be Scoutmaster, so the troop would soon shut down.

Not willing to let that happen, Kennedy and two friends, Dave Carey and Bob Beaman, took over Troop 7. They were all in their early 20's, and none of them knew how to run a Boy Scout troop.

"We were doing it by the seat of our pants. We couldn't figure things out," Kennedy said. "Thank goodness there was training available. We learned a great deal by going to council training and watching what the older Scoutmasters did with their troops at camporees. It was a heck of a good learning experience."

That was in 1978. Thirty years later, all three friends remain active in Scouting. Kennedy is still involved with Troop 7, although he now spends more time as Advisor to its sister unit, Venturing Crew 77. Several times he has tried to transition completely to district and council positions, but each time he's been drawn back to his old troop by its leadership needs—and by a debt he can never quite repay.

Simply put, Kennedy believes his involvement with Troop 7 saved him from a life of anger and bitterness—or worse. When he was a teenager, his father died unexpectedly, leaving him mad and confused. "It would have been real easy to turn to the dark side," he said.

But Troop 7's leaders, men like Ben Russell and Dennis Spencer, wouldn't let that happen.



"These guys came out of the woodwork, and they kept showing up to support me and to kick my younger brother, Ed, and me in the butt when we needed it," Kennedy said. "These guys didn't have to do that. They really didn't. They had their own lives, their own children. They didn't need to spend time with me."

And so, time after time, Kennedy has returned to Troop 7. "Every time the troop would go through a hiccup and we'd lose some key adults, I'd wind up coming back," he said.

At one point, the troop had gotten down to just four active Scouts, not enough to recharter. "We found a kid in the parking lot shooting hoops," Kennedy said. "We signed him up, and I paid for him so we'd have our five kids."

Within a few years, the troop had grown to 45 members, and that basketball player had become an Eagle Scout.

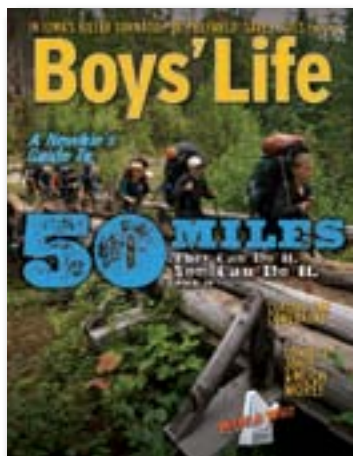
Five years ago, Kennedy realized the troop had a different kind of problem. Its older members, including his son Sean, were getting bored and threatening to quit. Kennedy sat them down and told them about Venturing. From that conversation sprang Venturing Crew 77, chartered to Elks Lodge 1465.

Today, members of the coed crew spend many hours working with the Colonial Crossroads Chapter of the American Red Cross. They participate in monthly training on disaster relief, sheltering, first aid, CPR, and related topics. They've planned blood drives, participated in disaster simulations, and helped train more than a thousand people in CPR. Several who have graduated continue to volunteer with the Red Cross at college.

The crew members also have plenty of fun. Each year, they participate in activities such (*continued on page 39*)

BY MARK RAY | PHOTOGRAPH BY TOM SOBOLIK





# Boys' Life® Preview

*Boys' Life* magazine helps make your Scouting program and your Scouts excel. Research shows that boys who subscribe to the magazine advance farther, spend more time outdoors, and stay in Scouting longer than those who don't.

Check out these exciting articles designed to make advancement easy and fun, scheduled for publication in the October 2008 issue of *Boys' Life*:

## Meet Stanley: A Cub Scout Feature

Imagine a 34½-pound hunk of silver and nickel that can't go anywhere without its own bodyguard. Some men spend their lives dreaming about holding it. It sold for \$50 in 1892, but experts now consider it priceless. The NHL's greatest prize, the Stanley Cup, has seen a lot of amazing happenings in its history—both on and off the ice. Read about the zany ways players have spent their day with the Cup, and learn all about "Lord Stanley."

PHOTOGRAPH BY COREY RICH



## Get in Shape for Adventure: A Boy Scout Feature

You've had that big high-adventure trip circled on your calendar for months, but are you ready? Check out these workout tips to get you prepared to climb, backpack, canoe, or cycle your way to fun and merit badge advancement. What's the best way to strengthen your legs for that heavy backpack? How can you get your arms ready to tame the river with a paddle? Consider *Boys' Life* your personal trainer for adventure.

## Stepping Up: A Feature for All Scouts

Just three days into their first adventure as Boy Scouts, the novice hikers of Troop 4007 already had endured rain, snow, hail, and a burned-out campsite. Not exactly a warm welcome. But the sights of central Washington (not to mention the big rainbow trout) made their 50-mile backpacking journey worth it. Follow these brave new recruits on the expedition that helped kick-start their jump to the big leagues. Welcome to the Boy Scouts, fellas.

PHOTOGRAPH BY JEFF KOVALSKY/CORBIS



LET'S LOOK AT



PHOTOGRAPH BY COREY RICH

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# Worth Retelling

EDITED BY JOHN CLARK

Do you have a Scouting story—serious or humorous—to share with our readers? If so, write it up in 200 words or less and send it to *Scouting Magazine*, 1325 W. Walnut Hill Lane, P.O. Box 152079, Irving, TX 75015-2079, or use the online form on *Scouting's Web site*, [www.scoutingmagazine.org](http://www.scoutingmagazine.org). If we print it, we'll pay you \$25.

## Rude awakening

About 4 A.M., while camping at Aransas Wildlife Refuge, a troubled Scout insistently saying, "Help me! Help me!" awakened me. The boy wasn't screaming, but his voice seemed reserved, as if he was purposely keeping it quiet.

I jumped from my cot, went outside, and found the sounds coming from another campsite about 100 feet away. Joined by another man with a lantern, I approached the boy's tent and found him crouched in the back—as far as he could get so as not to upset a skunk that had crawled into the tent during the night.



The skunk, seeing the light, calmly walked out of the tent and away into the night—without using its offensive defense.

The boy was shook up, but I'm sure the experience gave him something to talk about for years to come.

**Melvin E. Kronk**

*South Texas Council Advisory Board  
Corpus Christi, Tex.*

## Canine caught in grizzly deed

Our first weekend backpacking trip on the Asbury Trail, Great Smoky Mountains National Park, was a great trip except for an unexpected guest.

A bear dog wandered into the park and became lost. Our Scouts caught the dog in hopes of returning it to its owner.

The next day, two adult friends named Doug and Marlow joined us at our campsite. Unlike

our group, which brought only freeze-dried food, they brought real groceries.

That night, everyone was encouraged to store their food properly because we were in bear country, and our Scouts did. Still, at about 2 A.M. I heard Doug call out to Marlow that there was a bear in camp and that it was outside his tent.

I sat up in my own tent trying to decide how I was going to protect our kids from this intruder. Then I heard Marlow laughing and telling his friend, "Doug, go back to sleep. It's just the bear dog."

"Thank goodness," Doug replied. "I only have a pocketknife."

Doug had left his frying pan under the edge of his rain fly, and the dog was licking it clean.

**Clyde Ross**

*Morganton, N.C.*

## Get smart

While holding our Scout-O-Rama at a local park, Ken, one of our younger Scouts, put up posters advertising the event on town light poles.

One of our men advised us that it was illegal to do so and suggested we remove them. Ken was quite upset about this, but I told him not

to be—that we learn from our mistakes.

Then, facetiously, I added, "That's why I'm so smart"

"Gee, Mr. Wilson," Ken said, innocently looking up at me. "You must have made lots of mistakes."

**John R. Wilson**

*Payson, Ariz.*

## Check it for teeth marks

I accompanied my son on a 50-mile bike ride with his troop on a beautiful, sunny fall day in Vermont. Unfortunately I had brake trouble that caused me to fall behind for a quick repair.

By the time I caught up with the group, I found my son off to the side of the road with a scowl on his face.

"What's wrong," I asked.

"Flat tire," was his terse reply.

When I asked him about possible causes, he mentioned seeing a dead squirrel in the road a short while



before the air went out. As we inspected the tire for signs of the culprit, we saw a squirrel's tooth embedded in the rubber.

Though we were familiar with the "snakebite puncture" that can occur from riding with low tire pressure, the "squirrel bite" was a new one on us.

**John J. Chesarek**

*Troop 70*

*Saint Albans, Vt.*

### Too little sizzle

**O**ur Scouts had backpacked into the Uinta wilderness area in Utah. Some of them were working on their Cooking merit badge, and Jay decided to cook a steak as part of the requirement.

The steak was quite thick and almost too large for his frying pan. So after waiting awhile, I went by to check on Jay to see how he was doing.

"Mr. Hawkins, my steak is cooked," he told me, "I want you to taste it so you can pass me off on the requirement."

The steak was burned totally black,

but when I cut into the hunk of meat with my knife, it was blood red. I asked Jay if he thought the steak was cooked properly.

"Yes," he answered. "It's cooked just the way my mom does them at home."

**Lloyd Hawkins**

*Troop Committee Chairman*

*American Fork, Utah*

### They didn't bring any leftovers

**A**fter her son's first Council Camporee, the mother called me with a concern. Her new Scout told her that the Scoutmasters had left the Troop unsupervised in the campsite to eat dinner at a local restaurant: Cracker Barrel.

She was relieved when I explained that the adults had attended a "cracker barrel," a meeting at the Camporee that we held only a few feet away from the boys.

**Marsha Lovick**

*Kinston, N.C.*

### An old, old patch

**I**n an attempt to get the boys to accept more responsibility for planning

events, I called the senior patrol leader to the front of the room to make a point between his office and that of the Scoutmaster.

With our left shoulders to the audience, I pointed to the senior patrol leader's patch and asked, "What does this patch say?"

With great vigor, all of the boys replied, "Senior patrol leader!"

I then pointed to my shoulder and asked, "What does this patch say?" They all replied, "Scoutmaster!"

Thinking I was going to make great strides with the illustration, I asked the troop, "Now, what's the difference between these two patches?"

With unabashed enthusiasm, one of my assistant Scoutmasters in the back of the room shouted, "About 30 years!"

**Bob Hamilton**

*Scoutmaster, Troop 62*

*Steilacoom, Wash. S*

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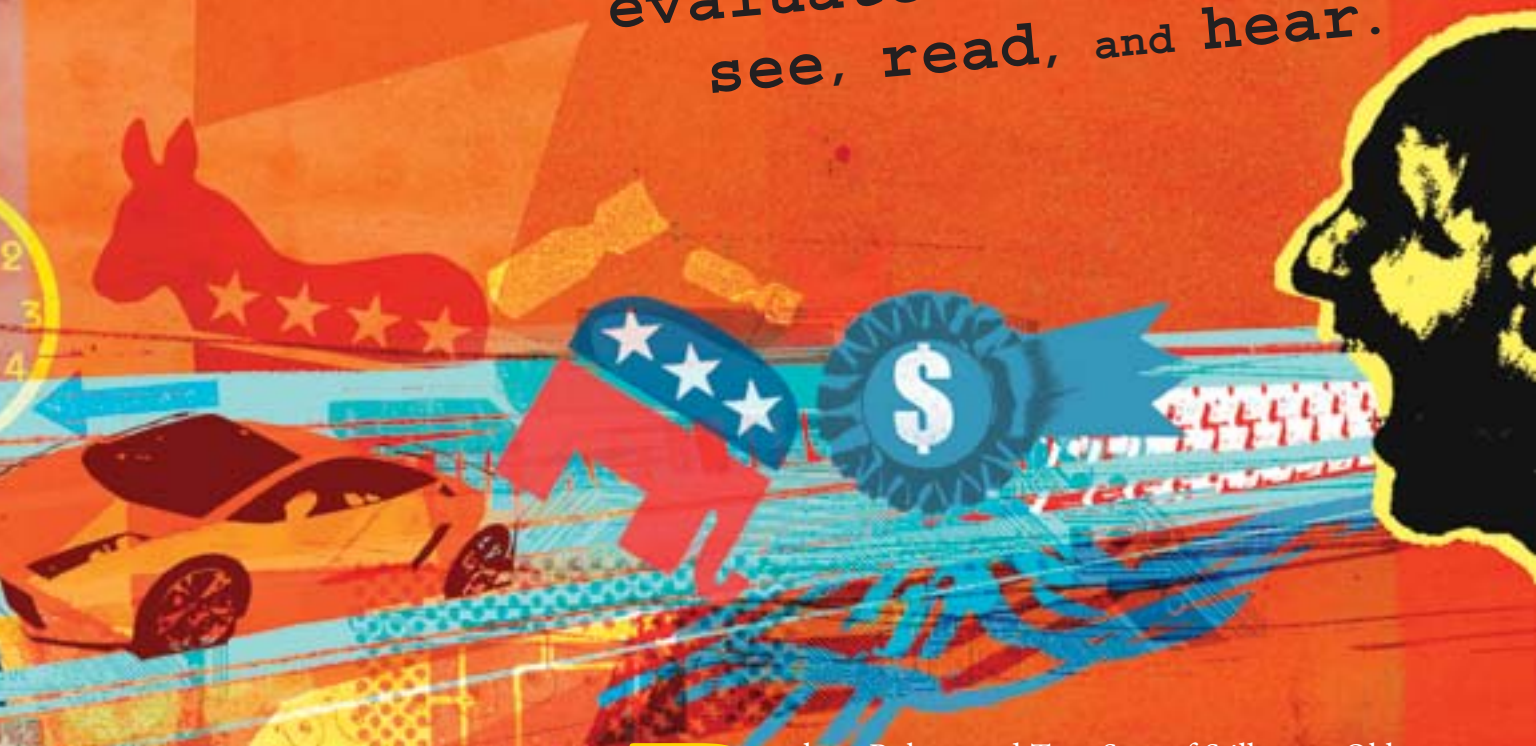






# mixed messages

Media constantly bombard us.  
Some of it's good, some bad.  
That's why schools and Scouting  
believe teaching media literacy  
can help young people critically  
evaluate everything they  
see, read, and hear.



**B**rothers Robert and Tom Step of Stillwater, Okla., don't believe everything they see on TV. Infomercials, for example. "When people say the knives they demonstrate are so sharp and all, I don't think that's true," asserts 12-year-old Tom, a Boy Scout in Troop 802.

"And the acne stuff," adds 13-year-old Robert. "Everyone says their product is the best, but sometimes the before and after pictures look like different people."

BY SOPHIA DEMBLING ILLUSTRATIONS BY TIM MARRS

Robert and Tom don't watch much television. But when they do, a parent is usually nearby, answering questions and creating teachable moments about advertising and other media messages.

"There are a lot of weird shows out there, and lots of times there are questions," says mom Cheryl Step. "The boys ask, 'What are they doing?' Or, they hear a word and want to know what the word means."

Cheryl also might discuss with the boys the payment plan for those infomercial knives, to help them figure out the product's total cost despite low monthly payments. Or she might seize an opportunity to affirm the family's values.

"They had questions about one of the home makeover shows," Cheryl recalls. "My kids pointed out to me that the people often say 'Oh my God, oh my God.' I explained that some people don't consider that to be using God's name in an improper way. We talked about how different people use different words."

The Steps are working to keep the media in perspective.

## Messages from every direction

We live in a media ecosystem, where the ubiquity of media is unprecedented. Piped-in music puts us in the mood to spend. Talking heads spin the news. TV, computers, radio, newspapers, music, and movies pump out a cacophony of messages clamoring for attention. And we are just starting to understand the media's power to shape and reshape our values and worldview.

Kids need help developing sharp

## Sources of Media Literacy Education

**R**ead Bob McCannon's suggestions on how to raise media-savvy children at [http://acmecoalition.org/files/ACME\\_kids.pdf](http://acmecoalition.org/files/ACME_kids.pdf).

PBS has a lively interactive Web site for kids called Don't Buy It, <http://pbskids.org/dontbuyit/>. Kids can see the manipulation behind cover-girl photographs, learn about the trickster magic of food styling, and make their own ads.

Read about the Minnesota "Say Yes to No" campaign at <http://www.sayyestono.org>.

critical thinking tools to hack through their media jungle. That's why courses in "media literacy" are showing up in school curriculums and Scouting programs. And for many adults, the fast-paced reality facing today's young people seems alien and intimidating.

"It's a whole new world, this whole digital media environment, and it's changing so quickly," says Kathryn Montgomery, a professor at American University's School of Communication. "That makes it a real challenge to figure out what to teach your kids. Parents need to be educated as well."



Teenagers especially, with their relatively large disposable incomes, find themselves the target of diverse media messages. Advertising teaches them what David Walsh, founder and president of the National Institute on the Media and the Family, calls "More, Easy, Fast, and Fun."

Walsh, author of *No: Why Kids—of All Ages—Need to Hear It and Ways Parents Can Say It*, believes that the media's relentless "Yes!" message of instant gratification can interfere with kids' development and their ability to succeed.

Minnesota has made Walsh's book the backbone of its "Say Yes to No Campaign," a statewide program designed to introduce media literacy to schools, parents, and groups, including the BSA's Northern Star Council in Minneapolis/St. Paul.

At a recent Webelos Scout event, for

example, leaders distributed surveys to boys and their parents that prompted discussion about how adults could and should monitor kids' Internet, TV, and video-game use.

## Watch your kids' video games

Richard Neuner, the council's marketing chair, knew that his then-14-year-old son, Ben, played video games. But Neuner had never thought much about it until he saw Walsh's presentation.

"What was new to me," Neuner says,

"was the very graphic illustrations of violence and pornography that's imbedded in some of the video games that I've seen on the floor of our house and in other parents' homes."

When he approached Ben with his concerns about the content of one particular video game, his son's response didn't surprise him. "Ben said, 'Dad, it's not real. It's a game,'" Neuner recalls.

But according to Bob McCannon, co-president of the Action Coalition for Media Education, kids (and adults, too) often don't perceive the subtext or effects of the music they listen to, the Web sites they visit, the TV shows they watch, the games they play, or the thousands of advertisements they encounter daily.

In his presentations to schools and other groups, McCannon illustrates his message by citing a beer commercial that





uses a “blonde joke” punch line.

McCannon says the joke always gives the kids a laugh, and even he concedes that it’s funny. But he also encourages youngsters to look beyond the easy laugh. “I ask, ‘Who’s the joke on here? What color is her hair? Do we have those kinds of jokes elsewhere in our culture?’”

In that way, McCannon leads students toward the connection between blonde jokes and sexism. “Advertising, as does most mass media, conveys much more than just desire for individual products,” he says. “It conveys attitudes and values and lifestyle choices.”

For that reason, Neuner told his son he didn’t care if the video game wasn’t real and that he didn’t want the game in the house. “I said, ‘I’m so concerned about this game in terms of respect for women and in terms of the values that you’re saying you uphold, that I would ask you to think seriously about whether this is a game you want to own.’”

### Question, don’t strong-arm

Steering kids toward good decisions about media is not a matter of strong-arming them. That can backfire. McCannon cautions adults not to rail at kids about media they find distasteful or wrong-minded.

“Many media educators tend to do that—they show a lot of examples of bad things and talk about why they’re bad

or ask why they’re so bad.”

The trouble is, says McCannon, kids may like that bad media or laugh at blonde jokes and other poor taste in advertising. After all, ad-makers spent millions of dollars making sure their ads are effective.

“Ads are the most carefully crafted media that our civilization has produced,” says McCannon. Make kids feel guilty about buying into these expensively crafted messages, and they might shut you out. Instead, he says, make like Socrates and ask questions (see sidebar). The goal is teaching kids to think critically, not telling them what to think.

Neuner did not insist that Ben give up the video game, but Ben made that

choice anyway.

“He came back to me the next day and just handed me the game,” Neuner says. “He said, ‘I can’t really say that I understand, but if you feel this strongly about it, then something must be wrong.’”

“That’s pretty much everything a parent could want to hear,” Neuner concluded with a laugh.

Of course, not all media is bad. (After all, the magazine you hold in your hands is part of the media.) The term covers newspaper articles as well as Janet Jackson’s wardrobe malfunction, PBS’s “American Experience,” as well as Fox’s “America’s Next Top Model.”

“I have taught for years that all media are good and bad,” says McCannon. “There is almost never any piece of media that is value-neutral.”

Part of the trick is teaching kids healthy skepticism, not dark cynicism.

“Cynicism is ultimately negative and can be pretty soul destroying,” says McCannon. “Skepticism, on the other hand, is that affirmative attitude of inquiry that allows you to learn and teach others. Skepticism is what Socrates died for.”

### Create a dialogue

Leading kids to a healthy media diet also requires mutual respect. When their 15-year-old grandson, Kevin Somers, came to live with them, Cerie and Stan Segal of Plano, Tex., knew he had grown up on a diet of hip-hop and sitcoms. World traveled and avid about current (*continued on page 46*)

## The Socratic Method of Evaluating Advertising

**P**retend you are Socrates and ask these questions about advertising:

- Who paid for the ad?
- Why does the company need to advertise?
- What group is targeted by the ad?
- What about the ad leads one to that conclusion?
- What is the ad’s “text” and “subtext?”
- What kind of culture(s) does the example create?
- What value(s) is reinforced?
- What techniques of persuasion are used?
- What is not told? What related stories are missing?
- How does the example try to move emotions? Is it simple/complex? Is it logical?

- Is it closer to fantasy or reality?
- Does it use stereotypes?
- In what ways does this depict a lifestyle that is healthy and unhealthy?

McCannon also encourages giving kids the opportunity to make media themselves to gain a deeper understanding of how media work. A class with younger children might involve creating a cereal box that makes kids want to buy the cereal, while older kids can make videos.

“The trick is to get them to make media about something that informs them and causes them to recognize that communicating something of value is important,” he says.

# A Magical

**Phoenix Scouts discover natural wonders above and below ground on their spring break adventure to southern Arizona.**

**F**rom his rocky perch at Inspiration Point, Eagle Scout Kyle Combes gazed across the canyons of southern Arizona's Chiricahua National Monument. Hiking with his buddies from Phoenix Troop 109, Kyle's incredible view offered a great excuse to stop and catch a breath while tackling the park's toughest trail: Big Loop. The boys and leaders savored the chilly air left by retreating storm clouds and watched slender ribbons of snow drift down and disappear into the ravine.

This was the third day of Troop 109's spring break outing. And although the day hikes were challenging and the scenery beautiful, the trip's main event was still in doubt.

Back in the planning stages, the Scouts researched hiking trails they

BY MICHAEL RUTLAND | PHOTOGRAPHS BY VINCE HEPTIG

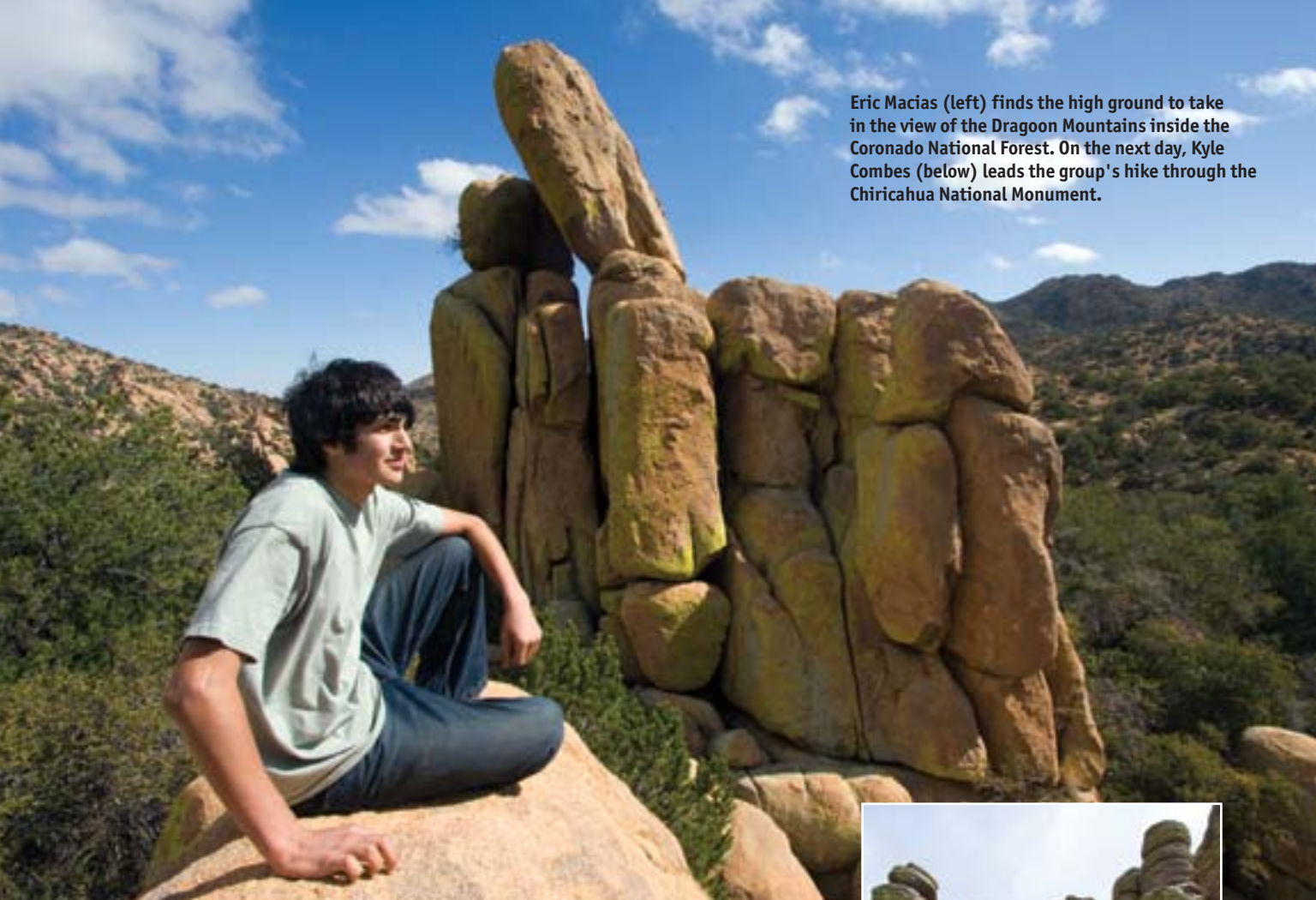


# 1 World

A person wearing a red t-shirt, blue jeans, a helmet with a headlamp, and gloves is standing on a rocky ledge inside a cave. They are looking upwards, and the headlamp is on. The background is a textured rock wall.

For Kyle Combes and Troop 109, the trip inside Arizona's Crystal Cave unlocked sights beyond imagination.





Eric Macias (left) finds the high ground to take in the view of the Dragoon Mountains inside the Coronado National Forest. On the next day, Kyle Combes (below) leads the group's hike through the Chiricahua National Monument.



could take from a centralized base camp. Then, committee chairman Keith Nissen and assistant Scoutmaster Brad Nabours asked if the boys wanted to visit a “wild” cave. The Scouts answered with an enthusiastic “Yes!” and the troop made arrangements to explore Crystal Cave.

Caves are divided into two categories. “Show” caves, managed by private groups or government agencies, have walkways, decorative lighting, and guided tours. “Wild” caves, on the other hand, often just have openings in the ground with no paved trails or lighting. And sometimes, they have locked gates and require permission for entry.

That was Troop 109’s problem. They had permission to explore Crystal Cave, but the Forest Service’s key to unlock its gate hadn’t arrived before the group left Phoenix.

Would the Scouts forfeit a large part of their trip? Or could the troop’s leaders figure out another way to get the key?

### A walk in the snow

That uncertainty lingered in the Scouts’ minds as they began their first hike in the Cochise Stronghold of the Coronado National Forest.

They followed a network of snaking paths that crossed the midsection of the Dragoon Mountain range and ran alongside giant slabs of pink-orange granite. The trail then meandered through thick stands of oak and juniper before ending

### Know Before You Go

**T**he easiest way to **start caving** is to join a local club. There are hundreds throughout the nation.

Visit the National Speleological Society at [www.caves.org](http://www.caves.org) for information about locations and how to cave safely.

The BSA also offers guidelines on cave safety, under the “Sports and Activities” section of the *Guide to Safe Scouting*. Find all the information you need at: [www.scouting.org/HealthandSafety/GSS/toc.aspx](http://www.scouting.org/HealthandSafety/GSS/toc.aspx).

at a dry creek bed. It was tough, but there was enough free time to absorb views of unexpected greenery.

“There are a lot more trees and plants than I was expecting,” said Brian Hickerson as he checked out the valley that stretched into the distance. “When you think of southern Arizona, you think of empty desert.”

The Scouts also were surprised that an





Chris Nabours (in red) and his fellow Scouts tromp through a snow-covered trail still wondering whether a leader's quest to gain entry into Crystal Cave will succeed.

area just a short drive from the Mexican border could have snow. A cold front had appeared on the horizon that afternoon and quickly turned the sky an iron gray. The temperature dropped and so did a sprinkling of the white stuff.

Shivering around the campfire that night, as spurts of powder continued to fall, the group brainstormed ideas for getting the key to Crystal Cave.

"We were at the make-or-break point," Nabours recalled. "We had to make a decision."

The next morning, Nissen drove three hours to the ranger station that managed Crystal Cave. Nissen knew that there was

no guarantee he could get a key, but it was a last-ditch effort to save the day.

Meanwhile, the Scouts and other leaders headed to the Chiricahua National Monument. If the Cochise Stronghold's abundance of vegetation challenged the notion that southern Arizona was all sand and scrubby cactus, this area eliminated it. The monument is part of a geological rarity called a "sky island"—an isolated series of mountains that rise above the surrounding grassland "sea."

During the night, the storm that dusted the troop's campsite swung east and stalled over the monument's rock spires and canyons, depositing the bulk of

its snow on the trails and formations. Drifts almost a foot deep appeared on either side of the road as the troop drove into the park, and more traced the edges of the area's ponderosa pine, Engelmann spruce, and Soaptree yucca.

The Scouts picked Chiricahua's Big Loop Trail because it passes through the park's most scenic wilderness. In 9.5 miles of up-and-down hiking, the Scouts saw all the main sights: Echo Canyon, Heart of Rocks, Big Balanced Rock, and Mushroom Rock.

But it was the sight of Nissen at the trail junction to Inspiration Point that most impressed the Scouts. Nissen wore a big smile and held something in his hand.

Was it? Yes! (continued on page 47)



Shining moment: Keith Nissen is the day's hero after traveling to Tucson to find the key.

## Caves You Can Visit

The best place to see the underworld's wonders is in a "show cave," where you can also learn about its geology and how to protect its formations from damage. For a complete list, check out the National Caves Association at [www.cavern.com](http://www.cavern.com). In the meantime, check out these fab five:

**Moaning Cavern** of Vallecito, Calif., boasts the largest vertical chamber in a California public cavern. The entire Statue of Liberty could stand inside! Visitors can make an optional 165-foot rope rappel into the main chamber, and a

challenging three-hour caving "adventure trip" encourages exploration.

**Natural Bridge Caverns** near San Antonio, Tex., features a 75-minute walking tour through a half-mile of one of the most spectacular show caves in the state. For the more daring, the Adventure Tour provides a physically demanding excursion into an undeveloped cavern.

**Grand Caverns**, Grottoes, Va., opened in 1806, makes it America's oldest show cave. Gigantic stalactites hang from the ceiling, and stalagmites thrust upward from the rocky

floor. Cathedral Hall, 280 feet long and more than 70 feet high, is one of the largest rooms of any cavern in the Eastern United States.

**Wind Cave National Park**, Hot Springs, S.D., is as beautiful above ground as it is below. It contains one of the world's longest and most complex caves and 28,295 acres of mixed-grass prairie, ponderosa pine forest, and associated wildlife.

For two decades following its discovery in 1881, the cave was managed as a tourist attraction. But after a long legal battle between the owners, the federal

government stepped in. On Jan. 3, 1903, President Theodore Roosevelt signed a bill creating Wind Cave National Park. It was the country's eighth national park and the first one established to protect a cave.

**Meramec Caverns** in Stanton, Mo., is one of 6,000 caves surveyed in the state. Located in the Meramec Valley, the caverns contain some of the largest and most unusual formations in the world, including an ancient limestone "Wine Table" and an entire seven-story mansion.







**Kiplinger's Janet Bodnar dispenses some free advice on how to teach your kids the value of a dollar and how they can budget their cash.**

**M**eet Janet Bodnar. She's an authority on teaching your children sound money-management skills.

As the mother of three, Bodnar knows a lot about kids. As deputy editor of *Kiplinger's Personal Finance* magazine, where her column "Money-Smart Kids" appears regularly, and the author of *Raising Money Smart Kids* (Kaplan, 2005), she knows a lot about money.

You might have seen her on the morning news programs (NBC's "Today," CBS's "Early Show," ABC's "Good Morning America"), or chatting with Oprah, or giving expert opinions on Fox, CNN, and PBS. She's also frequently quoted in publications such as *The Wall Street Journal* and *Parents* and *Glamour* magazines.

## Shut Down the Parental ATM

Bodnar's down-to-earth advice "avoids the patronizing finger wagging," as *Time* magazine once put it, to distill her knowledge and experience into solid strategies that families can use—right now.

In this recent interview with *Scouting* magazine, Bodnar discusses a wide range of issues related to kids and money.

**SCOUTING:** Why is it important that parents teach their kids the principles of sound money management?

**BODNAR:** So that someday they can

BY JOHN CLARK  
ILLUSTRATIONS BY WILLIAM RIESER



function independently. You want to teach them that money is a useful tool, that it can be used for practical things. But you don't want them to get too emotionally tied up with it, or be afraid of it, or hoard it, or covet it, or overspend. You just want them to have a healthy attitude toward money.

**SCOUTING:** You want to teach them the value of a dollar, right?

**BODNAR:** Yes. But you also want to teach kids certain values that are attached to that dollar. And different values may be important to different families. You might want to teach them about charitable giving or gen-

**SCOUTING:** Such as?

**BODNAR:** Such as starting when they begin to ask financially oriented questions. Say they want to go to McDonald's, but you tell them that you don't have any cash, and they ask, "Why don't you just go to the cash machine and get some?" Instead of responding with something like "Do I look like I'm made of money?" you can use that opportunity to teach them a lesson.

**SCOUTING:** How?

**BODNAR:** Well, you can ask them where they think money comes from and see what they say. They probably think there's a little printer in the ATM machine

because that's what they've seen all their lives. But try giving them a little explanation about the machine being just like their piggy bank at

can start an allowance at about age 6 or 7. Once kids get into first or second grade, they start learning about money in school and have a better psychological sense of how much things cost and how far money will go.

**SCOUTING:** How much should parents give their kids?

**BODNAR:** That's going to vary from family to family, depending a lot on your economic circumstances. If I had to give a guideline, I'd say you should start with a weekly allowance that's equal to half a child's age. Obviously, that amount can go up as the kids get older. By then, though, you'll know how well they handle money and whether they can live responsibly with it.

**SCOUTING:** Should allowances be linked to chores?

**BODNAR:** No. I find that many parents have a tough time managing a system where the allowance is tied to chores. They lose track of what the kids actually have done, so the system falls apart. I recommend a two-part allowance system.

**SCOUTING:** How does that work?

**BODNAR:** The first part is the basic allowance, which is not tied to chores—at least, not regular household chores such as taking out the trash, or cleaning their rooms, or unloading groceries from the car. But that doesn't mean the kids get money with no strings attached. The allowance has financial strings.

**SCOUTING:** What do you mean by "financial strings"?

**BODNAR:** Kids have to take on certain responsibilities for buying things themselves. Young children, for example, could start with collectibles, or refreshments at the movies, or items they might buy at the dollar store.

As kids get older, say in middle school, you can expand their allowance and their responsibilities: taking their own money to the mall with their friends on weekends and buying movie tickets or snacks after school.

By the time they're in high school, they should be getting a clothing allowance so that they're making decisions on larger amounts of money: how much to

(continued on page 44)



ity with friends, or maybe you want to teach them about personal responsibility or deferred gratification and saving.

**SCOUTING:** At what age should parents begin the process?

**BODNAR:** You don't want to introduce sophisticated concepts too early, especially about money, which is so abstract anyway. Whatever you do should be done in an age-appropriate way.

home. Sometimes, you can tell them, the ATM gets empty until Mom or Dad refills the bank with a deposit. That gives them an easy-to-understand idea of how a bank works without getting into the whole Federal Reserve System.

**SCOUTING:** What are some effective methods of teaching kids how to manage money?

**BODNAR:** Giving an allowance is one of the most effective methods. You



# Here's To Your Health

A weekend's variation on the traditional camporee educates New York Scouts about challenges faced by people dealing with disabilities and disease.

BY HEATHER MILLAR PHOTO-  
GRAPHS BY  
TOM SOBOLIK

**R**obert Marble, an assistant Scoutmaster for Troop 357 in the Flushing neighborhood of Queens, N.Y., listed all the things to think about when navigating a wheelchair through a door:

- Lean forward so that the chair doesn't flip backward, throwing you out of it.
- Reach for the knob.
- With one hand on the door handle, back the chair up with your other hand.
- Somehow manage not to veer sideways or to crash into anything.
- While still holding the door open, roll through the opening.

Oh yes, and don't forget to pull the door shut as you go through. Don't use your feet to help. That's cheating.

Daniel Lepore, a Scout from Troop 49 in Bayside, listened intently from the seat of a wheelchair and then made his first go at the doorway. He got stuck on the approach, made another attempt, banged into the doorway, forgot to close the door, and started over again. He struggled to figure out how to pivot the chair. Finally, success!

"It's so complicated!" the sixth-grader said as he jumped up, obviously happy that his wheelchair ride was just an educational experiment.

## Aid and comfort

On a blustery April Saturday, several hundred Boy Scouts, Cub Scouts, and leaders gathered at the athletic field at the southern tip of Alley Pond Park, the second-largest park in the New York City borough of Queens. Here, between a tennis complex and off-ramps of the Grand Central Parkway, they hosted "Scout-Aid Exposition," a weekend-long effort to raise awareness about physical disabilities, diseases, and other health issues.

Dave Risueño, chairman of the Queens Council Activities Committee, said that, in a way, he's been getting ready to plan an event like Scout Aid for all his 32 years as a Cubmaster.

"I'm an amputee," Risueño explained after starting the event with a flag-raising ceremony. "In 1976, I was picking up my in-laws on Christmas Day. As I was loading my car, a hit-and-run driver pinned me between two bumpers and shattered my leg. My oldest son was 6 years old then. After I lost my leg, I figured, 'I can't teach him how to run or play sports anymore.' So I got involved in Scouting."

For decades, Risueño—who still hikes and camps—has been teaching boys how to cope with disabilities by example. With this variation on the spring



Navigating in a wheelchair poses some unexpected difficulties for Kevin Leung of Pack 255.

camporee, Risueño, Alan Perl, Scoutmaster of Troop 138 in Fresh Meadows, and the other members of the Queens Council Activities Committee hoped to go beyond a simple start to the camping season: getting Cub Scouts and Boy Scouts to pick a disease or disorder, learn about it, and then take that knowledge out into the community.

"OK, now you've got to carry both crutches under one arm... No, you can't leave one at the bottom. How will you get back down again? ... OK, now jump. Jump up! Good!"

Once he'd made it safely down the stairs, both crutches and all, Bucca beamed. "It was surprisingly hard," the fourth-grader said, a little out of breath. "It was hard to balance."

**“People used to think about Scouting as just helping little old ladies across the street. It's broadened tremendously. Now it means helping people in many different contexts.”**

It took two years of planning—reaching out to organizations such as Light-house for the Blind, Alcoholics Anonymous, North Shore University Hospital, compiling a list of ailments to feature, clearing dates with the city parks department, figuring out how to get around the city ban on campfires (two floodlights work in a pinch). Then the committee spent three months designing and build-

### Pick a topic

The activities committee compiled a list of 100 possible health issues to highlight. From that list, each troop and pack picked a topic for a booth and an activity: One troop set up exercise equipment, another prepared a display of healthy snacks, still another handed out information on the importance of donating blood, which is often in short supply.

Many troops picked a disorder that had affected a family member in some way: Steven Schwartzberg serves as Scoutmaster of Troop 55 in the Fresh Meadows neighborhood but also practices as a pediatric neurologist. His troop prepared materials on epilepsy, a brain disorder that causes seizures.

"Remember, don't hold someone down if they're having a seizure. Move all sharp objects out of their reach. Call 911, just in case the seizure lasts more than a few minutes," Schwartzberg explained to each group that approached.

One of the Scouts in Troop 138, also of Fresh Meadows, has struggled with a parent's alcoholism, so his troop got two volunteers from Alcoholics Anonymous to help man a booth about teen drinking. A steady trickle of curious boys stopped by.

"They've been asking really good questions," said Daniel (AA members don't use last names.) "How do you know if you have a problem? Can you stop?"

All afternoon, Scouts clustered around the booth on vision awareness. Kyle Sturcken, a committee member of Troop 142 in Bayside, suffers from

Ramp it up: Cub Scouts from Pack 255 (from left) John Spencer (Tiger), Chase Brink, and Alexis Montoya test their wheelchair skills. Helping them out (from left) are adults Pat Seery of Pack 255, Bob Brown of Pack 75, and Gerry Califano, assistant Scoutmaster of Troop 1.



a progressive eye disorder that has left him legally blind. Yet Sturcken still manages a career as an attorney for the City of New York Department of Investigation. His troop challenged Scouts to put on a blindfold and try to make a peanut butter sandwich.

Austin Fan, a Cub Scout in Pack 142, stood rigid as his blindfold was adjusted. Then he felt around the table for a plastic knife and shuffled in the plastic bag for a piece of whole wheat bread. Ready to go, he picked up a cylinder of Wet Ones wipes and started trying to unscrew the top. He twisted and twisted and twisted. Finally, after a minute or two, someone took pity on him. "Austin,



How do blind people make a peanut butter sandwich? Pack 142's Austin Fan finds out.

ing the crutch and wheelchair practice course: ramps, doors, and stairs that all conformed to standards set by the Americans with Disabilities Act.

"OK, now get closer to the step," Risueño advised Kevin Bucca, a Webelos Scout from Pack 237 in Howard Beach.





Dave Risueño

let me give you a clue. That's not peanut butter." A bit more feeling around, and Austin found the right jar.

### Raising awareness

"People used to think about Scouting as just helping little old ladies across the street. It's broadened tremendously," said Perl, as he watched Fan happily eat his hard-won sandwich. "Now it means helping people in many different contexts. We hope now if these Scouts see someone in a wheelchair, or a blind person with a cane, they'll think differently."

Many of the Scouts who participated in Scout Aid will likely retain what they learned because they had to speak pub-

licly about it. Pack 255, from the Flushing neighborhood, researched "neurofibromatosis," a genetic disorder that affects how nerve cells grow.

Melanie Seery, the wife of Pack 255's assistant Cubmaster, Pat Seery, has the disease, as does her son, Cub Scout Matthew, and her daughter Ashley.

"We want people to know about neurofibromatosis," said Young Kim, without skipping a beat on the difficult word. "It's not contagious. It's not a cancer; it's a tumor." Kim looked up to Seery for encouragement.

"It's amazing how much they've learned,"

Seery said, beaming, adding that she and her children have mild cases of the disease.

"We hoped this would be an event that would bring out the public, and it did," said Risueño of the activities committee. "Otherwise, people

would just see a bunch of tents in the park. This raises awareness, it lets people know that Scouts are still active in the community." **S**

*Brooklyn-based writer Heather Millar has contributed health articles to More, Health, American Baby, Good Housekeeping, and Family Circle magazines.*



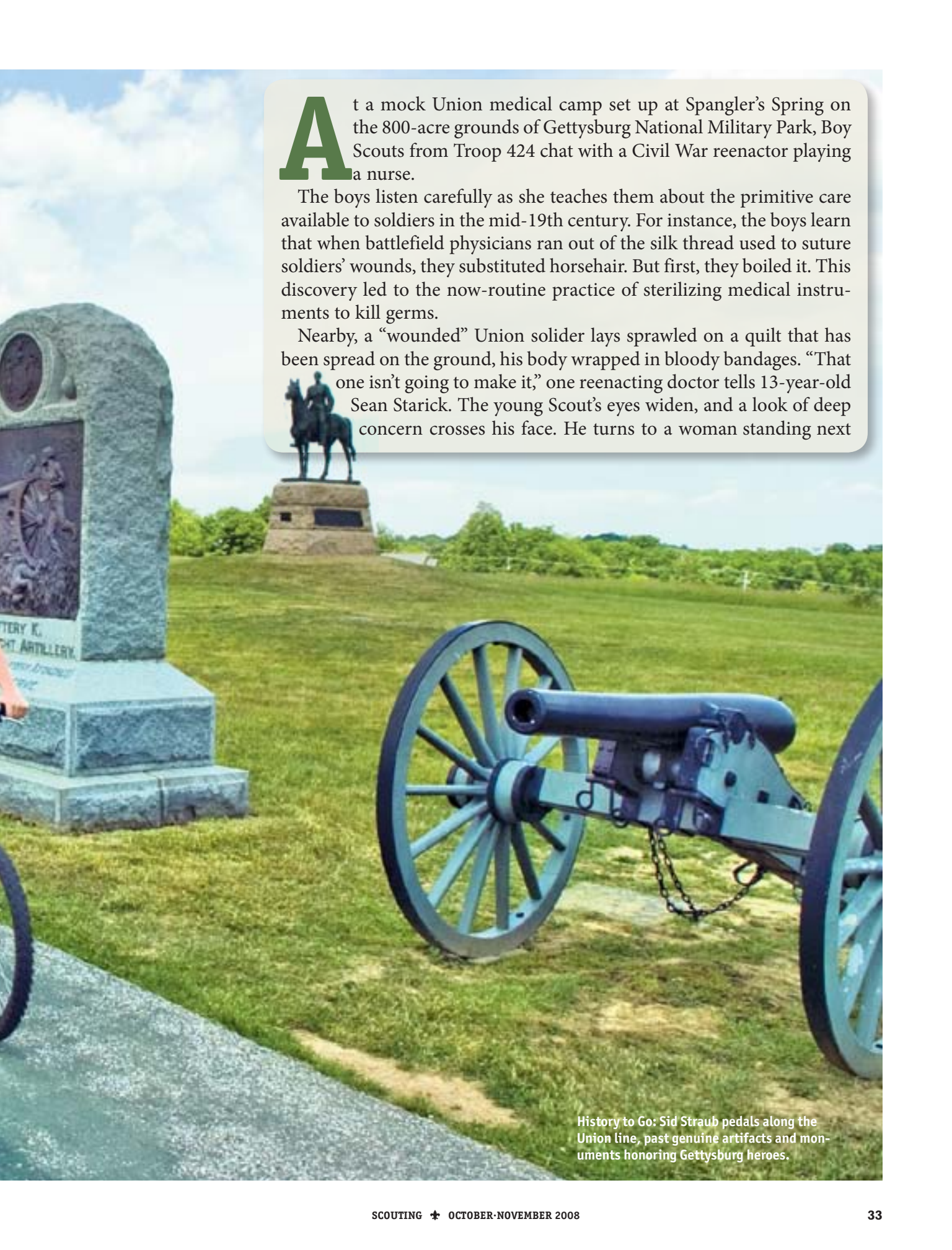


# PATHS OF GLORY

A summertime ride through Gettysburg National Military Park gives Scouts from Troop 424 in Lyndhurst, Ohio, their battlefield bearings.

BY CINDY ROSS PHOTOGRAPHS BY WALTER CALAHAN





**A**t a mock Union medical camp set up at Spangler's Spring on the 800-acre grounds of Gettysburg National Military Park, Boy Scouts from Troop 424 chat with a Civil War reenactor playing a nurse.

The boys listen carefully as she teaches them about the primitive care available to soldiers in the mid-19th century. For instance, the boys learn that when battlefield physicians ran out of the silk thread used to suture soldiers' wounds, they substituted horsehair. But first, they boiled it. This discovery led to the now-routine practice of sterilizing medical instruments to kill germs.

Nearby, a "wounded" Union soldier lays sprawled on a quilt that has been spread on the ground, his body wrapped in bloody bandages. "That one isn't going to make it," one reenacting doctor tells 13-year-old Sean Starick. The young Scout's eyes widen, and a look of deep concern crosses his face. He turns to a woman standing next

*History to Go: Sid Straub pedals along the Union line, past genuine artifacts and monuments honoring Gettysburg heroes.*



**Rock of Erin:** Artist Dan Troiani's painting depicts soldiers of the 69th Pennsylvania Irish Regiment holding the line during Pickett's Charge on the final day of the Battle of Gettysburg.

PHOTOGRAPH BY WWW.HISTORICALIMAGEBANK.COM, SOUTH BURY, CONN.



to him and whispers, "I thought it was against the law for reenactors to use live ammunition."

"Honey," she tells him in a soothing voice, "it's just make believe."

Make believe, yes, but make believe with a purpose.

What took place on the killing fields of Gettysburg, Pa., from July 1-3, 1863, altered the course of the War Between the States and led to the preservation of the *United States of America*.

On a similar, sunny summer day, Gettysburg battlefield reenactors give Troop 424's Scouts a powerful lesson in history, putting them, albeit virtually, in the thick of the action at the largest land battle waged on North American soil—and the most important.

This Gettysburg experience marks the third trip to the park for Troop 424, chartered to Grace Tabernacle Baptist Church in Lyndhurst, Ohio.

"The first year we hiked," says Scoutmaster Bob Bowland. "But the sun and the open fields made for a brutal day. So last year, the boys tried bicycles.

"It was a free-for-all race," Bowland adds with a laugh.

This time, seeking a new way to get more out of the visit, the boys pedal slower, combining learning with one of their favorite activities. And they've come prepared.

**T**wo weeks before the journey to Gettysburg, marksmen from the National Rifle Association (NRA) instructed the Scouts in the basics of shooting black-powder rifles. The boys also watched the 1993 film *Gettysburg*, starring Martin Sheen as Gen. Robert E. Lee, Tom Berenger as Lt. Gen. James Longstreet, and Jeff Daniels as Col. Joshua Lawrence Chamberlain.

Troop 424 has set up camp in McMillan Woods, where Confederate soldiers bivouacked at the time of the battle. A lottery system allows Scouts, or any nonprofit organization, to stay at one of the 24 free group campsites—the only campground location in the historic park.

Scouts bike the blacktopped three-mile

Johnny Reb Trail and the nine-mile Billy Yank Trail. They pass huge granite statues depicting heroes of the battle, read informational plaques on some of the park's 300 trailside monuments, and stop occasionally to receive interactive lessons in Civil War lore from the reenactors.

In addition, Bowland has combined 10 associated activities into a scavenger hunt that prompts the boys to use their compass-reading and distance-figuring skills.

They follow a printed guide that outlines five trails in the park that serve as part of the Boy Scouts of America Heritage Trails Program. Scouts receive patches for each completed trail.

Created through a partnership between York-Adams Area Council in York, Pa., and the National Park Service, the booklet chronicles all of the major events that took place at the Battle of Gettysburg.

On the first evening in camp, the Scouts get a preview of what they're going to learn about the park, the soldiers, and the conflict. They walk the road atop Seminary Ridge, the sight of fierce fighting on Day 1 of the battle, with surrounding fields drenched in moonlight and fireflies dancing in the open air.

Assistant Scoutmaster Sam Bowland, himself a Civil War reenactor who has read all six volumes of author Mark Nesbitt's *The Ghosts of Gettysburg*, tells creepy stories and notes some people's claim that there are more paranormal activities on Gettysburg's hallowed ground than anywhere else in the country. As the boys walk and Sam Bowland talks, it is easy to imagine (*continued on page 46*)



**Reenactor Mike Williams, of the "Basil Manley" 1st North Carolina Artillery Battery A, teaches Scouts Joey Bloom (center) and Sean Starick how to load a disarmed Civil War-era cannon.**





Starting with a clove hitch knot, mentor Garrett Saito (center) shows Christian Argueta (left) and Matthew Shioi the ins and outs of square lashing.

# Peer-to-Peer: The OA Scoutreach Mentoring Program

**S**ome young boys grasp basic Scouting skills within a short time of joining a troop. Others need more time and someone to look up to. The Order of the Arrow's Scoutreach Mentoring program tries to fill that gap.

Joel Garay remembers the day last summer when he taught pioneering skills to a group of seventh graders in South Gate, Calif. The boys gathered around Garay, expecting to learn about knot tying. But the

older Scout threw them a curve. He told them they were going to build a 15-foot-long monkey bridge.

"Wow! That's hard!" one of the unsure youngsters piped up. "Can't we just buy a monkey bridge?"

Garay laughed. Then he got creative. As an OA Scoutreach Mentor in the Siwinis Lodge in the Los Angeles Area Council (LAAC), Garay is part of one of Scouting's most rewarding, though perhaps least-



BY KATHY VILIM DAGROOMES • PHOTOGRAPHS BY VINCE HEPTIG

SCOUTING • OCTOBER-NOVEMBER 2008

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visible, programs. He was training the inexperienced boys in a variety of outdoor skills.

The mentoring program offers young boys the instruction they need to acquire a wealth of practical knowledge. But its real value comes from the tantalizing taste it offers of the entire spectrum of Scouting.

## Young Scouts in the Los Angeles Area Council are turning to Order of the Arrow mentors to learn about the fun and adventure of camping and basic outdoor skills.

Garay's teaching techniques suggest that the OA's service to troops is the perfect way to help them deliver a quality program. To achieve success, though, mentors must get buy-in from the boys.

### The mentor's way

After demonstrating basic skills, Garay and fellow Siwinis Lodge Arrowman Christian Herrera encouraged the young Scouts to study the drawing of a monkey bridge in *The Boy Scout Handbook*. But the group still peppered the mentors with questions.



A Scout studies a mentor's detailed instructions for an orienteering exercise.

"What're these for?" they asked, pointing to the pegs they would pound into the ground.

"Why are we doing the lashings on



Not so easy for a beginner, but Charles Pickering (left) knows what it takes for young Scouts like Alex Livernois to learn the techniques of lashing.

this side?" they queried, while knotting cords to an A trestle.

Garay and Herrera worked patiently with the young Scouts until they got it. "As soon as they understood the logic of the tasks," Garay says, "they were OK." And as the boys absorbed the details, their initial lack of enthusiasm evaporated.

Five hours of intense outdoor labor later, with the 90-degree California heat taking its toll, the fatigued youngsters stepped back and eyed their finished product. Garay recalls that he could read the skeptical expressions on the boys' faces, telltale signs of one collective thought: I hope we built it right so that it won't fall down.

At just that moment, a passing Cub

Scout looked at the bridge and exclaimed, "It's beautiful!" Satisfied grins soon replaced the young Scouts' apprehension as they watched the eager Cub Scout cross the bridge.

Soon, all 15 of Garay and Herrera's construction crew were clamoring to cross the bridge, jostling for position with cries of "Me first!" and "Me next." After all the Scouts had wobbly walked it one at a time, they looked up at the span again—this time revealing expressions of pride. It didn't fall down!

"What was really great," Garay recalls, "was that all the Scouts showed their newfound enthusiasm, continuing to ask me questions: 'What else can we do?' 'Can you teach us how to read a map?' 'Is that in the handbook?'"



## Team players

The OA Scoutreach Mentoring program allows rural and urban Scouting units to get guidance from the Order of the Arrow, Scouting's "National Honor Society."

Many troops in underserved areas don't have the experienced senior leaders to teach, run meetings, or take new Scouts camping or hiking. In the Order of the Arrow, peers elect members because of their exceptional service and leadership. Pairing the OA with this units began nationally in 2002. It reached the Los Angeles Area Council in 2004.

Longtime LAAC volunteer Camilo Castaneda first heard about the program at a national Scoutreach Committee meeting. A former district commission-

Do not break glass: Scoutmaster Gil Bel (right) commands the attention of Troop 328 of Norwalk, Calif., during a reptile demonstration.



Thanks to mentor Joel Garay (right), Jacob Espinoza experiences a touchy-feely encounter with a snake.



er and assistant council commissioner, Castaneda believed too many of L.A.'s Hispanic population were unaware of the advantages Scouting could offer, especially for the area's children.

"In Scouting," he says, "we promote patriotism and citizenship, physical fitness, and character-building, and that's why I wanted to get more kids in L.A. involved."

Castaneda returned from the committee meeting with information on mentoring and shared it with his council Scout Executive Steve Barnes and others. Within eight months the council had adopted the program.

Bob Ulrich, Siwinis Lodge Adviser, says what impressed him most was that OA Scoutreach Mentoring goes beyond just teaching skills. "The real goal," he says, "is to show youth the fun and adventure they can have in Scouting."

"It's no secret that we have lots of gangs in L.A.," adds Rick Ussery, deputy adviser of the Siwinis Lodge. "But Scouting gives young people something else they can take home: leadership skills, fun, and the realization that they can find positive role models."

## Community impact

Scoutmaster Jesse Barreras desperately needed role models when he helped start Troop 561 in 2004. Barreras got hooked on Scouting after he accompanied his son, Jacob, from Tiger Cubs through sec-





Teaching practical skills for real life, Collin Van Vleet conducts a demonstration for Eric Gutierrez in how to set a broken arm with a splint. Jamie Torres plays the "patient."

ond-year Webelos Scouting. "Not many of our adult leaders knew much about Scouting then," he explains.

Troop meetings, Barreras admits, were more like classroom lectures. The kids were getting bored. "I was afraid of losing these boys because we weren't really doing much that was exciting for them," he says. But when Barreras attended an OA Mentoring Weekend with Jacob, he

was impressed with the methods Arrowmen used to share their knowledge.

Soon, Arrowmen mentors from the Wiyot Chapter of the lodge began making regular visits to Troop 561. The older Scouts trained the troop's Scouts in skills such as fire starting, fire safety, and the proper handling of woods tools.

These days several members of Siwnis Lodge, including Garay, of the Rio

Hondo District's Wiyot Chapter, and former Wiyot Chapter Chief Collin Van Vleet, regularly mentor young Scouts at camp-outs and help train other Scoutreach troops in various skills. And the program has grown.

In its first year with the program, the lodge mentored four troops; by the end of 2007, the number was up to eight.

According to Van Vleet, who recently worked with the youth of Troop 561 in the urban enclave of Pico Rivera, Calif.: "Many of those boys might never get to try some of these things. That's because their adult leaders are new and have never done them, either. With the mentoring program, we can give new units a push in the right direction."

Van Vleet has taught the boys about lashings, knot tying, orienteering, first aid, and other Scouting skills. In addition, he has also conducted sessions on practical skills such as how to make a sling for a broken arm.

"The kids really enjoyed doing that for the first time," Van Vleet says. "Hopefully, it showed them that Boy Scouting isn't just about going to troop meetings every week. It's also about learning important skills that they will be able to use later in life."

Twelve-year-old Adrian Jimenez, of Troop 561, gives kudos to the Arrowmen

## A Chance to Serve—And Recognition, Too

**T**he **Order of the Arrow's** opportunity for members to mentor boys in Scoutreach units is available in councils nationwide.

Interested Arrowmen can get an application from their lodge chief or from the Order of the Arrow Web site, [www.oa-bsa.org](http://www.oa-bsa.org). The form should be completed and submitted to the OA member's lodge service committee chairman. Selected mentors will be matched with urban and rural units. The booklet *The OA Scoutreach Mentoring Program* (BSA No. 11-205) can be downloaded from the same Web site, along with additional information. Click on "OA Scoutreach Mentoring" under Leader Notes.

Arrowmen who successfully complete a first mentoring program will receive an OA Scoutreach Mentor patch with a bronze border and a certificate.

Gimme shelter: Alex Livernois (right) gets tips on pitching his tent from the OA's Joel Garay.





for teaching him at least one special skill when his troop was earning its Totin' Chips. "I didn't know the proper way to sharpen a knife," Adrian says, "or any of the safety rules for handing a knife to other people. They took their time with us, explaining it step by step."

That's the attitude that impressed Troop 561's assistant Scoutmaster, D'Anne Hutchinson (aka "Miss D"). Hutchinson noticed the one-on-one approach the Arrowmen took with the young Scouts.

"Boys tend to learn better from guys who are just a couple of years older," she says. "And that's the remarkable thing about this program. Plus, the OA's service considers the real-life needs of Scouts."

Barreras says he's grateful that OA Scoutreach Mentors are helping his younger Scouts. "It's so great for our boys to be a part of this. They see how they are supposed to behave by observing the Arrowmen. Once you attend one of their programs, you'll know exactly what Scouting is all about."

## Bridges to the future

Garay has fond memories of his crew of monkey-bridge builders. At an evening campfire, the once-skeptical Scouts' enthusiasm showed that they were brimming with confidence, cheering and yelling their lungs out, still pumped from the day's activities.

Garay was pleased with the results. "It's those little moments that the boys will cherish forever," he says.

The OA Scoutreach Mentor has witnessed growing excitement within Troop 561 and among other mentored Scouts. "The program builds bridges to the future because the boys get a lot more interested in their troop and Scouting," he says. "Not only that, but they can really become committed to earning their Eagle rank. That's something they can apply to the rest of their lives."

"When I first started in Scouting, I was always the shy kid in the back. I didn't participate much. But all the activities we did eventually helped draw me out. So, I think if you know you can do more, why not do it?" S

## YEAR OF VOLUNTEER from page 16

as Philmont treks, the Chesapeake Bay High Adventure Sailing Experience, and tours of Washington, D.C. Each time, they pay their own way through fundraising projects.

great life lesson for them to say, 'We want to do this, but we can't afford it.'"

Back home in Madison, Crew 77 also supports Troop 7, running events such as wilderness-survival outings. "The crew wouldn't have done that without Venturing," Kennedy said. "They wouldn't

**“Thank goodness there was training available. We learned a great deal by going to council training and watching what the older Scoutmasters did with their troops at camporees. It was a heck of a good learning experience.”**

In planning those trips, Kennedy said, the Venturers acquire life skills that will last even longer than their first-aid training. When they went to Washington, for example, they had to decide if the crew would pay for admission to certain attractions.

"They have wonderful parents that would go into hock to give them anything they want," Kennedy said. "It's a

have felt that they needed to give something back to the troop that helped them grow up."

Or maybe they would have. After all, they have an Advisor who knows something about giving back. And about debts you can never quite repay. S

*Mark Ray is a frequent contributor to Scouting who lives in Louisville, Ky.*



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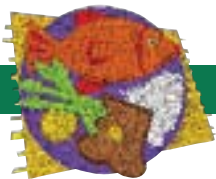
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**Spice up your family's dinnertime with a delicious Southwestern delight. Stir it up firehouse hot or kid-friendly mild with meat, chicken, or turkey.**

**C**hili is a hot topic and not just because of the spices. There's the simmering beans/no beans debate, the heated argument over where the first bowl was concocted, and the fireworks over which state makes the best version.

But we won't argue over whether the Lone Star State's bowl o' red is really better than New Mexico's (with green chiles and no beans) or California's (loaded with vegetables). Our aim is a leaner, faster chili that gets you a soul-warming, flavor-packed bowl in about 30 minutes.

You can make the three chili recipes we offer without beef, which cuts down on both fat content and cooking time. Any of them would be perfect to serve hungry Scouts (and their parents) at the end of a busy day.

White Chicken Chili is an all-in-one meal of lean-ground chicken, small white beans, and a combo of tomatoes, jalapeños, and spices to give it heat. Because ground chicken has so little fat, it tastes best if cooked quickly so it doesn't dry out. Just a few minutes to cook the meat through, then add the rest of the ingredients for a quick simmer. Thicken with a little cornmeal and serve topped with grated cheddar and diced avocado.

Lean, Mean, No-Bean Chili is made with ground buffalo (or bison), which you can find in the frozen meat section of many supermarket chains such as Safeway and Kroger, as well as at specialty stores including Whole Foods and Trader Joe's. It has even less fat than chicken but tastes similar to beef. It gets three-alarm heat from three kinds of peppers. And it offers a subtle smoky flavor from canned fire-roasted tomatoes

and ancho chile powder.

Finally, Southwest Turkey Chili can be made with either ground turkey or ground chicken. To make things easy on the cook, it uses prepared salsa plus frozen corn to add a mildly sweet flavor. Fresh cilantro is stirred in at the last minute to give it a fresh, southwestern flavor.



### LEAN, MEAN, NO-BEAN CHILI

Tastes beefy but with much less fat, thanks to the ground buffalo. This spicy bowl o' red uses three kinds of chile peppers. If you want to tone down the heat, omit the serrano pepper. Serve topped with sour cream to help douse the fire.

- 1 tablespoon vegetable oil
  - 1 pound ground buffalo (or bison) meat
  - ½ small onion, chopped
  - 1 green bell pepper, seeded and chopped
  - 1 Poblano pepper, seeded and chopped (an Anaheim pepper, which is milder, may be substituted)
  - 1 jalapeño pepper, seeded and chopped
  - 1 serrano pepper, seeded and chopped (optional)
  - 1 clove garlic, minced
  - ½ teaspoon ground cumin
  - ¼ teaspoon ground coriander
  - 1 tablespoon ancho chile powder
  - ¼ teaspoon unsweetened cocoa
  - Salt and pepper, to taste
  - 1 can (14.5 ounces) diced fire-roasted tomatoes
  - ¾ cup medium to hot salsa
  - 1/3 cup beef broth
  - 1 teaspoon Worcestershire sauce
- In a medium saucepan, heat the oil over medium heat. Add ground buffalo and cook, breaking up any large chunks, until the meat is browned and no traces of red can be seen.
- Remove meat, leaving about 1 ta-

blespoon of fat in the pot. Add onion, green bell pepper and poblano or Anaheim pepper, and cook for about 5 minutes, stirring to prevent sticking. Add jalapeño and serrano, if using, and cook 3 more minutes, stirring frequently. Add garlic and cook about 1 to 2 minutes. Add cumin, coriander, ancho chile powder, cocoa and ½ teaspoon salt and pepper, or to taste. Cook for another minute.

Add buffalo back to pot, along with fire-roasted tomatoes, salsa, beef broth, and Worcestershire sauce. Bring to boil, then reduce to simmer and let cook about 30 minutes. Taste and adjust seasoning to taste before serving.

Serves 4.



PHOTOGRAPHS COURTESY OF GARY L. KLEIN (2)

### WHITE CHICKEN CHILI

Quick to make, with a fresh, medium-spicy flavor. Serve with warm tortillas or cornbread and a green salad for a complete meal.

- 2 tablespoons vegetable oil
  - 1 small onion, chopped
  - 1 tablespoon chili powder
  - ½ teaspoon oregano
  - 1 teaspoon ground cumin
  - 1 pound ground chicken
  - 1 10-ounce can Rotel (tomatoes and jalapeños)
  - 1 14.5-ounce can diced tomatoes
  - ½ cup chicken broth
  - 1 cup canned small white beans
  - 1 tablespoon cornmeal
- Heat oil over medium heat in saucepan. Add chopped onion and cook about 5 minutes, or until slightly golden. Add chili powder, oregano, and cumin to onion and stir; cook 1 to 2 minutes, or until fragrant. Add ground chicken and cook until no longer raw, about 4 minutes. Add Rotel, diced tomatoes, chicken



broth, and beans. Simmer for 5 minutes. Taste and adjust seasoning to taste. Stir in cornmeal and cook about 1 minute, to thicken. Serve hot, topped with grated cheddar and diced avocado.

Serves 4.

## SPICY CORN AND TURKEY CHILI

(Adapted from [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com))

You could easily add a can of pinto beans to this quick chili for added nutrition. Although the recipe calls for ground turkey, ground chicken can be substituted. To tone down the spiciness, the jalapeños can be reduced or omitted.

1 tablespoon vegetable oil  
1 medium onion, chopped  
2 cloves garlic, minced  
2 tablespoons chili powder  
2 teaspoons oregano  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/8 teaspoon cayenne pepper, or to taste

1 pound ground turkey  
1 can (15 ounces) crushed tomatoes  
1 can (4 ounces) diced jalapeños  
1 cup low-salt chicken broth  
1/2 cup medium salsa  
1 bag (16 ounces) frozen corn kernels  
Salt, to taste  
1/3 cup chopped fresh cilantro (optional)

Crushed tortilla chips for garnish, if desired

In saucepan, heat oil over medium heat. Add onion and garlic and cook 5 minutes, until onions are translucent. Stir in chili powder, cumin, coriander and cayenne and cook 1 minute, stirring constantly. Add ground turkey; stir to break up any large chunks and brown for about 3 minutes.

Add crushed tomatoes, broth, salsa, and corn. Season with salt, to taste, then bring to a boil. Reduce to a simmer, cover and cook for 20 minutes, stirring frequently. Taste and adjust seasoning. Stir in cilantro, if desired, top with crushed chips and serve.

Serves 4. **S**

*Candy Sagon is a former food writer at The Washington Post.*

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# The Scoutmaster Conference

An important checkpoint for rank advancement, this boy/leader conversation can counsel, inspire, and motivate. ILLUSTRATION BY TRISTAN ELWELL

As the Scoutmaster of a 100-member troop, Larry Ashbacher of El Cajon, Calif., has plenty of tasks on his to-do list. But he knows which job is the most crucial: the Scoutmaster conference.

"It's the most important thing I do," he says. That's why Ashbacher handles almost every Scoutmaster conference in Troop 362 himself.

Although some adults (and Scouts) view the Scoutmaster conference as a speed bump on the road to a board of review, experienced Scouters understand its purpose.

"For me, it's really to get to know the Scout, to set a few personal goals, and to concentrate on what it means to live by the Scout Oath and Law," says Jesse Villafranca, Scoutmaster of Troop 462 in Vancouver, Wash.

By focusing on those three elements, Scoutmasters can turn a cursory review of requirements into a life-affirming—and perhaps life-changing—conversation.

## Getting to know the Scout

The Scoutmaster conference lets the Scoutmaster get to know the boys—both as a Scout and as a person. Villafranca asks them what they like about the troop and what they would like to change. "One of my favorite questions is, 'If you could take any trip in Scouting that you haven't done before, what would you do?'"

But the conversation goes beyond Scouting, incorporating questions about family, school, and other activities.

"We'll talk about sports," Villafranca says. "If he's on a sports team, does he do his best? Does he try hard? What kind of a winner is he? What kind of a loser is he?"

Scoutmaster conferences build rapport that can pay off when a Scout needs to talk about struggles at school or at home.

Such in-depth discussions happen because of the trust built up between Scout



and Scoutmaster over years of more casual conversations.

## Setting personal goals

During each conference, the Scoutmaster should point the Scout toward his next step in Scouting: What leadership position would he like to pursue for Star? Which merit badges does he need for Life? Has he started thinking about his Eagle Scout service project?

Again, the conversation should go beyond Scouting. During his Scoutmaster conferences, Villafranca asks permission to challenge Scouts in some area of life. If

a boy is struggling in math, for example, Villafranca will challenge him to improve his grade—and he'll follow up at the next Scoutmaster conference.

"If you remember and bring it up again, that's huge," he says. "It means you care."

To keep track of such information, Villafranca's troop uses a two-page worksheet for each rank. Most Scouts fill out this ahead of time; if not, Villafranca fills it in as he and the Scout talk. He then reviews it before the next Scoutmaster conference.

Ashbacher, meanwhile, keeps notes in the TroopMaster software his troop uses



to track advancement and in the Scout's own handbook. For example, if he learns that a Scout going for Star rank is struggling with being trustworthy, he'll write the word "trustworthy" on the page listing Life requirements—a reminder to bring up that subject at a later session.

### Scout Oath and Law

Both Ashbacher and Villafranca reserve the right to sign the Scout spirit requirement for each rank at the Scoutmaster conference. That means they spend a lot of time talking about how the Scout is living the Scout Oath and Scout Law in his everyday life.

"There have been a couple of times when we've decided we needed to wait a little bit," Villafranca says. "The Scoutmaster conference gets signed, but the Scout spirit is unsigned for a little while."

Ashbacher discusses a different aspect of the Oath and Law at each conference.

With the early ranks, he focuses on the Scout Oath (duty to self at Tenderfoot, duty to others at Second Class, duty to God and country at First Class). With Star, Life, and Eagle, he focuses more on the Scout Law.

"That's how I remember to talk about all these points along the way for each kid," he says.

Although the Scoutmaster conference is part of the advancement process, both Ashbacher and Villafranca also hold informal conferences with Scouts who are not advancing. If a Scout doesn't reach First Class within two years, for example, Ashbacher will pull him aside for a chat. He'll do the same thing if he hears the Scout is having trouble in the troop or at home.

Good Scoutmasters realize that Scoutmaster conferences are not just about helping Scouts advance. They're about helping Scouts grow up.

### Guiding life choices

A few years ago, an older Scout told Ashbacher that he and his girlfriend were thinking about becoming sexually active. Ashbacher, a pediatrician, helped the Scout think through what could happen, including the health risks and the moral implications.

"A week later he came back and says, 'I thought about what you said, and we decided not to,'" Ashbacher recalled.

Stories like that are why Scoutmaster conferences are so important to Ashbacher. "I only have one chance as Scoutmaster with each kid," he says. "I can't let him down." **S**

*Eagle Scout Mark Ray, a frequent contributor to Scouting magazine, lives in Louisville, Ky. He is the author of The Scoutmaster's Other Handbook (Ray Publishing, 2003).*

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spend on jeans or athletic shoes, for example.

**SCOUTING:** What's the second part of your allowance plan?

**BODNAR:** The concept of working for pay is one value that parents should want to teach their kids. Kids can earn extra money on a chore-by-chore basis, which is much easier for parents to track. If they wash the family car, it's worth X amount; if they mow the lawn, it's worth Y amount; if they vacuum the family room, it's worth Z amount. The system is much easier to manage.

**SCOUTING:** Do you recommend weekly or monthly allowances?

**BODNAR:** For younger kids, definitely weekly. For them, you know, a week is an eternity. They're not going to get the idea of making the money last if the time frame is too long. By the time kids are in high school, a monthly allowance will work. And they should be given the experience of managing larger amounts over a longer period of time.

**SCOUTING:** Do you think teens should work at an outside job during the school year?

**BODNAR:** I would start with a summer job and see how they manage that. I think school really should be their first priority. So the question is: How many hours can the kids handle? You know your own children, but research shows that kids can usually handle up to 10 hours per week. When they get beyond that, it's kind of dicey because you don't want them missing out on things they're supposed to be doing at school.

**SCOUTING:** Should parents continue giving an allowance if a kid has a part-time job?


**BODNAR:** That depends on how much the job is paying. If kids are making, say, \$100 a week, they don't need an allowance. If they're making \$20 a week babysitting, then maybe they do because that might not be enough to cover their high school expenses.

**SCOUTING:** At what age should parents allow their kids to have their own checkbooks or debit cards?

**BODNAR:** Usually around 16 or 17,

when kids get a real job. They can open an account and deposit and withdraw their own money. If they're not 18 and a parent has to co-sign the account, that's OK—as long as the kids know the basic responsibility is theirs.

It's good if they can start with an ATM card, not necessarily a debit card. That way they can make cash with-

 **You teach them that if they're giving up smaller things now, they can purchase larger things in the future."**

drawals but not make purchases with it.

**SCOUTING:** To give them the feel of money in their pocket?

**BODNAR:** Right. I think it's important for them to learn how to manage cold, hard cash. You have to make the money as real for them as possible.

Plastic isn't real. Even paper checks aren't real. Buying stuff online certainly isn't real. Before they head off to college, they should know how to manage a checking account and a debit card.

They can keep track of their spending either online or with an old-fashioned check register or by saving their receipts. Remember, the more hands-on, the better.

**SCOUTING:** So you're not a fan of giving kids credit cards?

**BODNAR:** Are you kidding? I would never let them have a credit card in high school—or college, either. Usually, kids who use credit cards, even for gas, are clueless about how much they're paying. They only know that gas is \$4 a gallon because it's coming out of their bank account, and then they'll learn where the cheap gas stations are. There's a money-management skill right there!

**SCOUTING:** What are some simple methods for teaching them how to create a budget and stick to it?

**BODNAR:** Well, an allowance is kind of a stealth budget. You've given them certain responsibilities to accomplish. They say, "OK, a CD costs X amount

of dollars, and I usually spend \$2.50 when I go to McDonald's," so they're automatically budgeting.

You can have a written agreement with your kids, which makes it more real to both of you. It doesn't have to be fancy: I will pay you X amount per month, and you will spend it on these responsibilities and save X amount. Or you can create your own little Excel spreadsheet, or use a software program such as KidsSave at [www.kidnexions.com](http://www.kidnexions.com).

**SCOUTING:** How do you feel about parents urging their kids to save?

**BODNAR:** If saving is a value the parents want to encourage, then I'd say require them to save a part of their allowance or income. I just wrote a series of columns on my Web site ([www.kiplinger.com/columns/kids/archive.html](http://www.kiplinger.com/columns/kids/archive.html)) about teaching kids of various ages to save. And that's hard because it's really deferred gratification.

**SCOUTING:** What's a good way to teach kids that concept?

**BODNAR:** You teach them that if they're giving up smaller things now, they can purchase larger things in the future. There has to be a payoff. If you just have kids saving, saving, saving, but not having a goal or not ever allowing them to spend the money, then why should they save?

Just remember to keep it simple by having them save, say, 10 percent. That way you're not taking away all their cash, and they'll know that eventually there'll be a reward.

**SCOUTING:** Do you think charitable giving should be part of allowance responsibilities?

**BODNAR:** Some people have recommended systems where you divide up the allowance into a number of parcels: spending, saving, charitable giving, maybe even investing. But you don't have to be that formal. If charitable giving is one of your primary values, use the 10 percent rule for that, too. Say, OK, 10 percent of your allowance goes to some organization that the kids get to choose. And a lot of families tithe, so the kids are kind of used to that.



**SCOUTING:** How should parents react if a kid runs out of money before the next allowance payment is due? Or if he bounces a check at the bank?

**BODNAR:** You don't give advances on allowances. That's the one critical rule. Same with keeping bank withdrawals under control. The point they need to know is that there's no free lunch. If they overdraw their account, then it comes out of their hide—they're responsible for paying the overdraft fees.

**SCOUTING:** Do you think software programs like Quicken can help teach kids some useful money-management techniques?

**BODNAR:** Certainly not adult programs. I'm not sure that kids are all that interested in plugging in lots of numbers and things, and you've got to keep things simple for kids, even teenagers. If your children aren't into this, don't think you've failed. You haven't.

I do like some online calculators. One that I always recommend is the "How much will my savings be worth?" calculator at [www.kiplinger.com/tools](http://www.kiplinger.com/tools), which gives a graphic illustration of the magic of compounding.

**SCOUTING:** But you're saying don't rush things?

**BODNAR:** Exactly. If kids are not ready for something, they're just going to be bored to tears. You can teach them money-management skills with very basic steps. Small lessons have a big payoff.

**SCOUTING:** What are some major pitfalls parents can avoid in teaching their kids about money?

**BODNAR:** One big pitfall is the tendency to create a system that's too complicated and can't be managed. If you can't manage it, your kids won't be able to, either.

And follow-through is critical. If you say to the child, "You're not going to get an advance," you have to follow through. On the other hand, if you commit to giving him a \$50-a-month allowance, you have to follow through on that, too.

**SCOUTING:** Are there parents who aren't comfortable talking about money?

**BODNAR:** Some parents don't feel confident about their own money-management ability. Or they feel funny talking about money because their own parents didn't talk about it with them.

You don't have to share the details of your personal finances with your kids, but you can say things like, "We can afford this remodeling project because we saved for it" or "We make a comfortable enough living to be able to give to other people who are less fortunate."

If you're embarrassed to talk to your kids about money because you don't think you're a good money manager, then change your habits. It's a wake-up call for you to open a retirement plan at work, for example. So when your kids say to you, "You want me to save money. Do you save?" You can tell them that X amount is taken out every month.

**SCOUTING:** What about the current economic climate? Does that give you

opportunities for discussing money issues with your children?

**BODNAR:** Absolutely. You can show them how to shop for the lowest gas prices or how to compare unit prices at the grocery store. Or tell them why you've changed your vacation plans to stay closer to home.

**SCOUTING:** And if parents don't talk about money with their kids?

**BODNAR:** The kids don't grow up with that knowledge, and they wind up in their 20's with no money and huge credit card bills that they don't know how to pay off.

A lot of parents have trouble saying "no." They're afraid the kids won't love them anymore, or they'll leave home. Believe me, they'll love you, and they won't leave home.

Well, essentially, you want them to leave home eventually. That's what this is all about, your kids not landing back on your doorstep because they don't know how to manage money. **S**

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the rush of the slain soldiers' spirits wandering here still.

**T**he landscape at Gettysburg National Military Park looks remarkably the same as it did in 1863. The peaceful farms, fencerows, peach orchards, and wheat fields remain.

Park managers preserve the region's natural features—huge granite rock formations, woods of white oak, white ash, and northern red oak, fields of herbaceous plants and wildflowers, and even some buildings—as they appeared at the time of the battle. Because they once served as concealment for the soldiers, those features help visitors visualize how the combatants might have reacted during attacks and retreats.

Left to the Scouts' imaginations, as well as the skillful storytelling techniques of the reenactors and the exhibits in the new Gettysburg Museum and Visitor Center, are the grim, real-life experiences of the 172,000 soldiers who fought here.

Over that three-day span in July 1863, the air was filled with the smoke and roar of 634 canons. And at the end of the battle, the ground was littered with the bodies of 51,000 men and 5,000 dead horses.

Curious Scouts linger at the boulder-strewn area known as Devil's Den, where Longstreet's Confederate First Corps launched a fierce assault on the Union forces on Day Two of the fighting.

## **MIXED MESSAGES** *from page 21*

events, the Segals don't force-feed Kevin more nourishing news. Instead, if they find an article that Kevin might relate to in the newspaper, they leave it on the kitchen table in the morning.

"I've noticed if I put out a page with an article I think would be of interest to him, he'll read the whole page," Cerie says.

And when the Segals talk with Kevin about the media (and other issues), they listen to what he says without judgment.

"We don't ever put him down for his thoughts," Cerie continues. "We don't ever put him down for the way he's approaching something. We just include

## **Enlisting is Easy**

**O**btain a Gettysburg National Military Park trails guidebook from **York-Adams Area Council** (\$1, [www.yaac-bsa.org/activities/gettysburg/gettysburg.htm](http://www.yaac-bsa.org/activities/gettysburg/gettysburg.htm)).

The council also assists Scout troops with finding accommodations other than at the campsite in McMillan Woods—at either Camp Tuckahoe, located 25 miles from Gettysburg in Dillsburg, Pa., or at the smaller Camp Conewago in New Oxford, Pa.

For more information on reservation procedures and site availability check out [www.nps.gov/gett/planyourvisit/campgrounds.htm](http://www.nps.gov/gett/planyourvisit/campgrounds.htm) or [www.nps.gov/gett](http://www.nps.gov/gett).

Using their Scout skills, they estimate the distance between Confederate sharpshooters and Union forces on Little Round Top to the west. They crawl among the shaded boulders or simply stare at the ground as other Scouts read from the trail guide a description of the carnage that took place in the valley below.

"A great basin lies before us full of smoke and fire and literally swarming with riderless horses and fighting, fleeing, and pursuing men..."

"Everywhere we look, everywhere we step, there were dead and dying soldiers. They were hiding from the sun and the heat and the flying bullets."

"Imagine charging up Little Round Top," says 17-year old Ryan Pope, "We'd have to carry our bikes and wear wool clothing just to get an idea of what it was like to carry that heavy gun."

"Plus be dehydrated and hungry and

him in the conversation. We ask him why he thinks that."

Media messages come at us in a variety of ways, so it's important to stay aware of the images and language, says professor Montgomery. "What are they trying to say to you with the choice of symbols and visuals, like the American flag behind a candidate?" And kids need to ask themselves the same questions about the Internet.

"Who's putting this message on this Web site, and what is their motivation? Are they trying to sell me something? Are they trying to convince me of something?"

In addition, Montgomery says, "I don't think young people realize when they're on MySpace, that companies are moni-

real scared too," adds 11-year old Scout Joey Bloom.

At the end of a long day of cycling the trails, climbing the knolls, reading the stories, following the guide, hearing the reenactors' stories, and walking in the footsteps of those who fought and died here, the Scouts wearily pedal back to McMillan Woods.

Before they reach camp, they encounter a group of Confederate artillery troops cooking their evening meal over an open fire. The soldiers, in charge of cannons on a ridgeline, offer to give them a demonstration.

"You boys want to join the army?" they ask the Scouts. "Gotta be 16 to carry a rifle."

Suiting up in wool jackets and hats like those worn by Union and Confederate soldiers, the boys tote a sponge rammer and vent pick to a genuine Civil War-era artillery piece mounted on heavy wooden wheels. There they watch a demonstration of how to load the cannon.

That evening, the boys knew what the Battle of Gettysburg must have been like and how this day might have changed their perception of those events.

"I never really cared about the Civil War until this trip," says 13-year-old Patrol Leader Ryan Zittkowski. "But it seemed so real. For the first time, I enjoyed history."

Gettysburg's reenactors had done their job. **S**

*Freelance writer Cindy Ross lives in New Ringgold, Pa.*

toring everything they say, everything they post, everything they do. They're collecting that information and using it to market to each individual."

Therefore, because media represent an ever-present force in modern life, kids should learn to approach media with caution, an inquiring mind, and strong reasoning skills.

"Media education has to be a participatory process that the kids buy into," McCannon says. "It has to be done intelligently and compassionately, and it has to involve dialogue." **S**

*Award-winning travel writer Sophia Dembling resides in Dallas.*



## A MAGICAL WORLD *from page 25*

He had the key. Everyone exchanged high fives as Nissen recounted his trip to Tucson. The park ranger told him that a group of scientists had checked out the key and failed to return it. When he found out about the Scouts' plight, he agreed to lend Nissen a spare key.

### Underground wonders

The next day, the Scouts finally stood in front of the long-desired gateway to the underworld. It was a monster of bolts and welded steel that looked more appropriate for a bank vault than a barrier for a small crack in the earth.

Nissen unlocked the gate and the Scouts, wearing hard hats with headlamps attached, ducked through the opening and walked down a gravel slope. As their headlamps sliced through darkness as deep and still as outer space, the Scouts could see the edges of a room large enough to rival a European cathedral.

Passageways led off in all directions. Some were as narrow as a body's width, and others were big enough to accommodate a school bus. And then there were the crystals. Pockets of calcite and gypsum sparkled everywhere.

"Totally amazing!" Zachary Goater said happily to his dad, Michael, after emerging from a chest-squeezing passage in the floor. Others heard Chris Nabours and his father, Brad, shouting to each other about exciting discoveries across the enormous main room.

Brian Hickerson and Patrick Mitchell gazed in wonder at an outcropping of sharp-edged "cave coral." Eric Macias and Kyle played their lights over the room's tall walls of "flowstone," a pattern of rock that looks like an enormous melting candle.

As the group scrambled out of the cave several hours later, covered with dirt, scrapes, and sweat, everyone agreed that it was worth all the uncertainty and struggle.

"It was the best thing I've ever done in my life," said Eric.

Patrick didn't want to leave. "As soon as I came out, I wanted to go back in and see more," he said, slapping dirt from his shirt and pants by the cave entrance.



Once inside, it was a tight squeeze for Patrick Mitchell through some parts of the cave.

"Yeah," said Michael Goater, doing likewise. "That was incredible! When we sat down and turned off our headlamps, I could imagine how scary it would be to have your batteries die. You'd never find your way out."

That's why cavers always carry three sources of light and lots of fresh batteries.

The Scouts finished their trip by visiting nearby Kartchner Caverns, a commercial show cave. It contained rare formations that they hadn't seen the previous day, including one of the world's longest soda straw stalactites, "bird nest" formations of needle quartz, and the tallest and most massive column in Arizona.

"The reason the formations appeared so impressive [in contrast to those at Crystal Cave], Brian said, "was because the cave was lighted. I think Kartchner offered a more visual experience, while Crystal offered a hands-on, exploratory one."

In one week, the Phoenix Scouts had experienced the natural beauty and adventure of two different worlds—above and below ground. And they most certainly learned that planning, patience, and perseverance are the keys to a successful outing. **S**

*Michael Rutland is an experienced caver and freelance writer in Austin, Tex.*

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## Don't Get **Sick** on the Trail

**Four factors loom large in illnesses when you're hiking—poor judgment, inclement weather, inadequate clothing, and faulty gear.**

**R**ecently, the Centers for Disease Control and Prevention ranked hiking as the third most dangerous outdoor recreational activity, based on injuries reported by 63 U.S. hospitals during 2004 and 2005.

While hiking comprises just 6.3 percent of all outdoor sports and recreational accidents, as published in *Wilderness and Environmental Medicine*, it's worth knowing that many of these ailments can be prevented. Poor weather, inadequate clothing, and faulty gear contribute to many trail illnesses.

The best ad-

vice for healthy hiking? With weather—don't push your luck. An experienced leader, faced with bad weather, knows when to turn back, even short of a goal. This includes heavy winds, rain, lightning, and blizzards.

Update and maintain your equipment. This includes clothing, shelter, stoves, and boots. Always match your equipment list to the terrain and environment you'll be hiking through.

The following five conditions can turn a trip of a lifetime into a fight for your life. All of them are more easily prevented than cured, and all of them are potentially fatal medical emergencies. Simple planning and "being prepared" can turn the odds in your favor.

### Dehydration

Most people equate dehydration with hot weather and heat-related ailments such as heat stroke. Dehydration can also contribute to hypothermia and altitude sickness. In fact, drinking enough water is probably the No. 1 way to keep you healthy—in cold *and* hot weather.

**Prevention:** Never skimp on water. Drink as much as you can before you start hiking, and continue drinking regularly. Use maps, guidebooks, and current local information from rangers to find out where the water sources are and how reliable they are. In dry or desert environments, drink at every water source and carry extra water so you won't go dry. In cold weather, cook up hot drinks to make hydration more appealing.

**Symptoms:** Thirst, dark-yellow urine, dizziness, headaches, nausea and vomiting, and—later—unconsciousness.

**Treatment:** Cool down, rest, and drink. Use electrolyte-replacement drinks or a homemade version consisting of a tablespoon of sugar and a half teaspoon of salt in a liter of water.

### Heat exhaustion

Closely related to dehydration are heat exhaustion and heat stroke.

**Prevention:** Drink often, take plenty of shade breaks, don't push too hard, walk in cooler parts of the day, take advantage of streams and lakes for a quick temperature-reducing dip, and, on a long hike, take it easy until your body has had time to acclimate to heat. Wear well-ventilated clothing that covers your skin.





**Symptoms:** Dizziness, light-headedness, confusion. Heat exhaustion victims will be sweaty and clammy. In heat stroke, victims will be flushed but dry and hot to the touch. Heat stroke symptoms also include fever, seizures, rapid heartbeat, and loss of consciousness.

**Treatment:** Place the victim in the shade, covered with water or with towels and clothes soaked in cool water. Treat for shock. Administer water or electrolyte-replacement drinks, and seek medical attention.

## Hypothermia

Hypothermia, an insidious threat, often goes unrecognized until it becomes an emergency. You don't have to experience snow camping in Siberia to be at risk. Hiking on a 50-degree day with occasional rain showers or rafting on a cold river can be equally dangerous.

**Prevention:** Drink frequently, even if you don't feel thirsty. Check your gear (hats and gloves, especially). Note early signs of chill, such as shivering, and reduce or eliminate your exposure immediately, especially in wet conditions. Drink hot liquids or build a fire.

**Symptoms:** The “umbles” (stumbles, mumbles, fumbles, grumbles). Shivering stops, but the body temperature is cold. Also, fatigue, forgetfulness, irrationality, staggering, and unconsciousness.

**Treatment:** Eliminate exposure (put up a tent, get out of the elements, sit on an insulating pad, get into a sleeping bag), make a hot drink, and gently warm the victim. Hikers are far more successful at preventing hypothermia outdoors than curing it. A severe case will require an emergency rescue evacuation.

## High-altitude sickness

Altitude sickness is a result of traveling or climbing too high too fast: The body doesn't have time to adjust, and symptoms progress from a headache to life-threatening edemas (swelling of the lungs and brain). Altitude sickness strikes different people at different elevations, but most people feel some effects at elevations above 10,000 feet.

**Prevention:** Hike high, camp low. Hiking higher exposes your body to the new

elevation; camping low lets you adjust to it. On climbs where this is not possible, limit your net elevation gain to no more than 1,000 feet per day (once you're above 10,000 feet). The drugs Diamox and, believe it or not, Viagra are commonly used to help prevent high-altitude sickness. They must be prescribed by a physician and taken as directed.

**Symptoms:** Above 10,000 feet, assume that any unusual symptoms are the result of altitude. Common early symptoms are loss of breath, headaches, sluggishness, loss of appetite, and nausea. More serious symptoms include disorientation, staggering, irrationality, loss of balance, and, finally, pulmonary and cerebral edemas.

**Treatment:** Treat the early symptoms and you won't have to deal with the later ones. You can wait out the minor symptoms and see if you acclimate—many people do—after taking a rest day. If symptoms persist or worsen, returning to a lower elevation is the only treatment.

## Hyponatremia

Ironically, this condition can occur in the same hot weather that causes heat-related illnesses. Drinking too much

water, often in conjunction with excessive sweating, causes hyponatremia. Sweating causes the loss of salts and electrolytes. The imbalance makes it impossible for the body to properly function. Untreated, a serious case can lead to kidney (and other organ) failure.

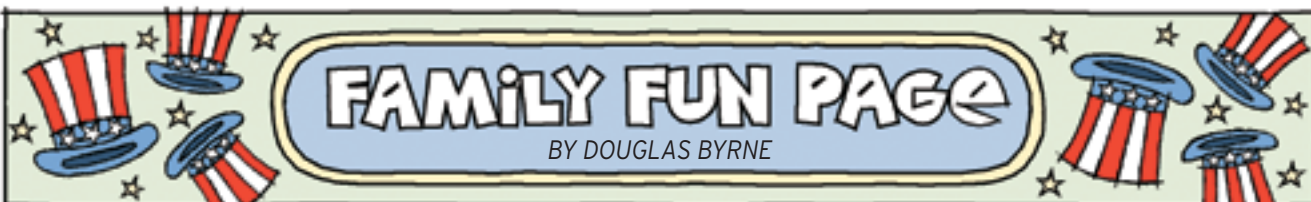
**Prevention:** Scale it down a notch. In hot weather, cut back your mileage and pace and take plenty of rests. Most important: Snack frequently, whether you're hungry or not, to replace the electrolytes. One of the best snacks is a handful of mixed nuts, fruits, and banana chips, which contain salts, sugars, and potassium.

**Symptoms:** Early symptoms occur when you drink a lot but still experience persistent thirst. Other symptoms include urinating frequently, excessive sweating, nausea, vomiting, and headaches.

**Treatment:** A mild case of hyponatremia can be treated with rest, food, and electrolyte-replacement drinks. Sauces with salts replace the electrolytes. More severe cases require medical attention. **S**

*Karen Berger is the author of Backpacking and Hiking (BSA No. 34354, \$20). Visit her Web site at [www.hikerwriter.com](http://www.hikerwriter.com).*





# FAMILY FUN PAGE

BY DOUGLAS BYRNE

**"FAMILY FUN PAGE" HAS GONE INTERACTIVE! WORK PUZZLES FROM SCOUTING'S RECENT ISSUES ON THE MAGAZINE'S WEB SITE. GO TO [www.scoutingmagazine.org/issues/current/d-ffun.html](http://www.scoutingmagazine.org/issues/current/d-ffun.html).**

## PRESIDENTIAL MATH

- ① Take the number in the address of the White House: \_\_\_\_\_
- ② Divide that number by the number of years between presidential elections: \_\_\_\_\_
- ③ Add 1 to the minimum presidential age requirement and subtract the total: \_\_\_\_\_
- ④ Multiply that number by the number of full terms FDR served: \_\_\_\_\_

## PRESIDENTIAL MONIKERS

**Match the presidential nicknames on the left with the presidents on the right.**

- |                               |                       |
|-------------------------------|-----------------------|
| 1. SAGE OF MONTICELLO         | A. JOHN KENNEDY       |
| 2. FATHER OF THE CONSTITUTION | B. ABRAHAM LINCOLN    |
| 3. GREAT EMANCIPATOR          | C. THOMAS JEFFERSON   |
| 4. KING JOHN II               | D. JAMES MADISON      |
| 5. ROUGH RIDER                | E. GEORGE WASHINGTON  |
| 6. KING OF CAMELOT            | F. ANDREW JACKSON     |
| 7. SWORD OF THE REVOLUTION    | G. THEODORE ROOSEVELT |
| 8. HERO OF NEW ORLEANS        | H. JOHN QUINCY ADAMS  |

## EXECUTIVE SEARCH

**Circle words, initials, and nicknames related to the presidency.**

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

DEBATE, W, IKE, WW, CONVENTION, LANDSLIDE, GW, DDE, STATEDINNER, JQA, OATH, VEEP, AL, PRES, VETO, DARKHORSE, DRAFT, PARTY, STUMP, SPEECH, BALLOT, PRIMARY, POLL, ELECTION, RMN, ZT, LBJ, ELECTORAL, CAMPAIGN, HCH, FAVORITESON, WHITEHOUSE, CAST, JA, CC, WJC, GOP, DEM, IND, PLATFORMPLANK, JFK

## ANSWERS

### PRESIDENTIAL MONIKERS:

1. C; 2. D; 3. B; 4. H; 5. G; 6. A; 7. E; 8. F.

### PRESIDENTIAL MATH:

1. 1600; 2. (4) 400; 3. (36) 364;  
4. (3) 1092; 5. (6) 182

### EXECUTIVE SEARCH:

