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# Healthy Living

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## Articles and Submissions

We're always on the lookout for article ideas to include in our quarterly *Healthy Living* publication. If you have an idea for a story, please let us know. Professionals in their field are invited to contribute informative and educational articles or columns for consideration in *Healthy Living*. Send articles, columns and photos (jpegs at 200 dpi minimum) to section editors Brenda Hanrahan at [bhanrahan@peninsuladailynews.com](mailto:bhanrahan@peninsuladailynews.com) or Trish Tisdale at [ttisdale@peninsuladailynews.com](mailto:ttisdale@peninsuladailynews.com).

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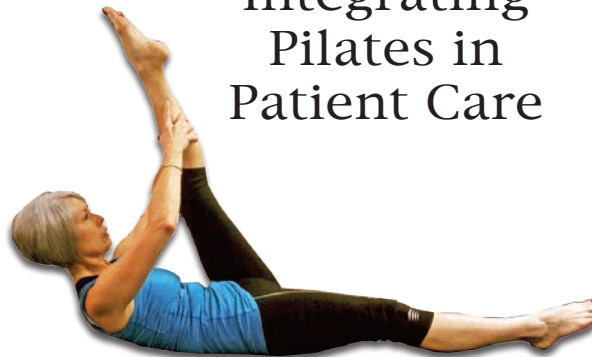
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### on the cover



Ed Schmid, in front, instructs students from the Crescent School District in kayaking techniques.

>> Photo courtesy of Olympic Raft & Kayak

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# Taming the river

Summer camps offer youth a chance to enjoy river kayaking

BY BRENDA HANRAHAN

This summer dozens of North Olympic Peninsula youth will have a chance to experience the thrill of river kayaking in summer camps tailored to get them excited about safely navigating some of the area's most beautiful waterways.

"Kids get really excited about climbing into a kayak," said Morgan Colonel, owner of Olympic Raft & Kayak in Port Angeles.

"Before developing the camps, there wasn't a local program specifically to teach children how to river kayak. The camps are a safe way for them to learn the sport and a great way to get kids excited about physical exercise and being outdoors."

This summer, Olympic Raft & Kayak will offer several four-day river kayaking camps for children between the ages of 12 and 17.

The camps, dubbed Olympic Raft & Kayak Liquid Mountain Adventures, will be offered June 16-19, July 8-11, and July 14-17.

No previous kayaking experience is required. Camps are designed for youth interested in learning to river kayak, or those wanting to refine basic skills and technique to successfully navigate rapids.

A four-day camp session costs \$455 per person. North Olympic Peninsula residents receive a discount and pay \$315 per youth. The fee includes gear rental — kayaks, paddles, life jackets and other safety equipment and wet suits.

Dry suits are available for an additional \$30 per person, per camp session.



Instructor Morgan Colonel, in front, leads students from the Crescent School District as they navigate through the waters of the Sol Duc River.

>> photo courtesy of Olympic Raft & Kayak

>> **KAYAKING** CONTINUED ON PAGE 4

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Olympic Raft & Kayak owner Morgan Colonel will hold a two-hour question and answer session for parents and children wanting to learn more about camps starting at 5 p.m. Thursday, June 20, at Olympic Raft & Kayak, 123 Lake Aldwell Road.

"When people think of river kayaking, they think it is too dangerous for kids," Colonel said. "With proper safety training and equipment and experienced guides leading the way, it is a very safe sport that kids just love."

Colonel said camps are designed after programs offered by the American Canoe Association.

On the first day, participants will be introduced to whitewater kayaks and paddling gear and learn basic skills and safety maneuvers on the calm waters of Lake Crescent. After gaining confidence in kayaks, children will paddle around the lake and learn the importance of the Eskimo roll and other skills needed to navigate the Sol Duc River.

"The skills learned on this day will provide a foundation on which to build throughout the class," Colonel said.

On the second day, instructors will review basic skills and maneuvers learned on Day 1 in a calm pool of water on the Sol Duc River. The afternoon will be spent on the river, applying skills, testing abilities and gaining confidence on the water.

Participants will also learn more about the river and its surrounding habitat and learn why it is important to be good environmental stewards.

On the third and fourth days, children will continue to hone basic skills learned on Days 1 and 2, and start to play in small rapids.

They will learn to anticipate waves and react quickly to make the small adjustments needed to tackle rapids. Paddling through Class I and Class II rapids will be the highlight of the day.

The inspiration for the camps came from a request from Crescent School District teacher Ed Schmid.

"Ed contacted me to see if I would be interested in helping get a group of Crescent students on the water," Colonel said.

"I said 'absolutely,' and in May, seven local kids became seriously excited about river kayaking. It was such a success that I started thinking about developing



Emily Menshew uses the techniques she learned to make her way along the Sol Duc River.  
>> photo by Candice Hopson

youth summer camps."

Schmid, who teaches Spanish and high school math, is no stranger to river kayaking and has seen first-hand how youth can benefit from the sport.

Before teaching at the Joyce-based school district, Schmid taught for 20 years at schools in Bremerton. He spearheaded the effort for students to earn physical education credit while river kayaking.

When asked why he prefers river over sea kayaking for youth, Schmid said the answer is simple.

>> KAYAKING CONTINUED ON PAGE 6

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# Take your bike out for a ride

Summer on the North Olympic Peninsula is a great time to get your bike a tune up and go explore the region. It is also a time when many groups host organized rides that traverse the landscape — some which also raise money for local organizations and causes.

Here's a glance at some upcoming bicycle events:

## Ride the Hurricane

Now in its fourth year, Ride the Hurricane is an event where bicyclists have the road up to Hurricane Ridge all to themselves.

The recreational ride will be held Aug. 4 from 7 a.m. to noon and is limited to 700 riders.

Participants can start from two different points — the entrance gate by Heart o' the Hills for a 24-mile roundtrip, or from the Peninsula College parking lot, which is near the base of Hurricane Ridge Road, for a 36-mile roundtrip.

Registration is \$35, with \$5 of each registration going to trail maintenance and development of Olympic Discovery Trail.

Details can be found on the Port Angeles Regional Chamber of Commerce website at [portangeles.org](http://portangeles.org).

## Olympic Peninsula Bike Adventure

The 10th annual Olympic Peninsula Bike Adventure takes place Sept. 15. It consists of three rides from which to choose. The Metric Century Ride (100km/62 miles) begins at Port Angeles City Pier and goes to the Jamestown S'Klallam Tribal Center in Blyn and back to Port Angeles.

Shorter 25-mile and 10-mile rides also travel through Port Angeles/Sequim scenery.



Cost is \$40 per person, (\$25 for 12 and younger) until July 20, then \$50 and \$25 respectively after that date.

Funds support the Sequim Sunrise Rotary and the Port Angeles Parks and Recreation Department.

For information, visit [olympicbikeadventure.com](http://olympicbikeadventure.com).

## Tour de Lavender

Tour de Lavender is a new bicycling event that will be held Aug. 3 and 4.

Long-distance riders can partake of one of three routes that depart from Kingston and end at Sequim High School on Aug. 3.

Bicyclists can travel through Sequim to the high school for a 46-mile ride; also visit several lavender farms along the way for a 62-mile ride; or visit more farms for an 81-mile ride.

Registration is \$40.

Casual riders can sign up for Tour de Lavender's "Lavender Family Ride," a family cycling tour designed for all ages and abilities, available Aug. 3 and 4. The rides start at Sequim High School and have several routes available.

The registration fee is \$25 per rider 16 and older.

A late registration fee of \$10 applies to both rides after July 1.

Proceeds benefit the Peninsula Trails Coalition, Sequim Lavender Farmers Association and other nonprofits. For information, visit [tourdelavender.com](http://tourdelavender.com).

## Longest Day of Trails

The fourth Longest Day of Trails will be held in Port Townsend on June 23.

The event will again be held on the Larry Scott Memorial Trail, but this year will consist of a 15-mile bike ride and a 10k running race.

(For runners, the 10k run costs \$25 and begins at 9 a.m. All money goes toward Jefferson Trails Coalition and Pacific Northwest Trails Association.)

The bicycle ride starts at 4:15 p.m.

Ride the entire trail, or just a portion if you wish.

The ride is free if you're wearing a helmet.

Riders of all ages, abilities and bikes are encouraged to join. The group will split into smaller, more specific paced groups as needed.

For details, visit [longestdayoftrailspt.wordpress.com](http://longestdayoftrailspt.wordpress.com).

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"Sea kayaking is too calm for middle and high school students — they are looking for excitement and adventure," Schmid said.

"River kayaking is intense and even though it is an extremely safe sport, kids pay attention because they feel a little out of control on the river. They listen, they trust and they pay attention. It is the perfect place to teach so many life skills."

Schmid said Crescent School District Superintendent Clayton Mork and the School Board were sup-

portive of the suggested camp, and when he asked about approaching Olympic Raft & Kayak for assistance, they told him to "go for it."

The students who participated in the first camp were thrilled with their experience and put together a presentation for the School Board in hopes of adding a river kayaking class to the curriculum.

The parents of the students who participated in the pilot camp are also encouraging the district to take a closer look at the benefits of a school-supported class.

Dara Peppard's children Neil, 14, and Gus, 12, participated in the first camp, and are already making plans for additional runs on the river.

"Our sons are hooked," Peppard joked. "We are not a water-loving family despite the fact that we are surrounded by water, but it looks like that is changing quickly. We may have to mortgage our home to pay for all of the kayaking gear we are planning to buy."

Peppard, who is also on the Crescent School Board, said she hopes the district can offer the course.


"It mixes kids from all walks of life together for an extremely positive experience," she said. "And it gets them off the couch and moving away from video games and cellphones to enjoy the beauty of the area."

For more information about Olympic Raft & Kayak's summer camps, phone Colonel at 360-452-1443.




Instructors Morgan Colonel and Ed Schmid on a smooth section of the Sol Duc River with their kayaking participants.

>> photo courtesy of Olympic Raft & Kayak



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# Get healthy and lose some weight

## Anytime Fitness holds weight loss challenge

BY TRISH TISDALE

The Summer Weight Loss Challenge organized by Anytime Fitness in Port Angeles is under way, and 259 people have taken on the challenge to get healthy and lose some weight this summer — and possibly win \$1,000 cash at the same time.

Men and women ranging from 12 to 95 years old showed up to the initial weigh ins held May 30 to June 1 at the gym at 112 S. DelGuzzi Drive.

The 10-week challenge continues to Aug. 14. It encourages participants to get healthy and recognize that accomplishing this doesn't simply mean losing weight — but rather, body fat.

Body fat is not the same as just losing weight.

If people focus only on losing weight without properly managing nutrition and exercise, they could lose muscle mass and harm their body. While they may lose weight, they will still have a high body fat percentage.

With a good nutrition plan that protects muscle loss and adequate exercise, a person can get healthy and lose body fat.

Anytime Fitness uses an electromagnetic scale to measure participants' body fat.

This method is easier to administer and better suited for the challenge than using the traditional body fat calipers, which involves pinching one's fat with fingers and measuring the thickness with the caliper.

"Some people are embarrassed to be measured that way," explained Brenda Johnson of Anytime Fitness. "Also, the same person would have to measure each person and the before and after measurements would need to be taken in the same place."

Using the electromagnetic scale is as easy as stepping on a typical weight scale.

At the end of the challenge, the participant who has lost the highest percentage of body fat will win the \$1,000 cash prize.

The winner may not have lost the most pounds, but will have gone from having a high body fat number to a low number.

The challenge was designed by Garrett Leffers, a Peninsula College student and Port Angeles Anytime Fitness intern, who suggested it for a marketing project.

>> **WEIGHT LOSS CHALLENGE** CONTINUED ON PAGE 9



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# 'Lunch in the Garden' continues June 14

Home gardeners can get timely advice from local experts about vegetable gardening from noon to 1 p.m. on Friday, June 14, at the Fifth Street Community Garden, 325 Fifth St., Port Angeles.

The event is part of "Lunch in the Garden," an educational series sponsored by WSU Clallam County Master Gardeners that occurs on the second Friday of each month through September.

Each month, local Master Gardeners lead a one-hour walk through the community garden to show what vegetables grow well on the North Olympic Peninsula and share recipes that use fresh produce and locally grown herbs.

During the walks, home gardeners will learn what needs to be done in the vegetable garden and what problems are likely to appear at that time.

This month Jeanette Stehr-Green and Laurel Moulton will highlight

vegetables that should be planted in June and talk about weed control.

They will also address that perennial question, "Can you really grow tomatoes on the North Olympic Peninsula?"

Stehr-Green has been a Master Gardener since 2003 and was the 2012 Clallam County Veteran Master Gardener of the Year. Moulton has been a Master Gardener since 2006 and is the Master Gardener program coordinator.

Both have been growing vegetable and herb

gardens for many years.

"Lunch in the Garden" walks are free and open to the public. The walks are ideal for persons starting a vegetable garden for the first time and gardeners who are new to the Pacific Northwest.

The Fifth Street Community Garden is located just off Peabody, right across from City Hall. The garden includes more than 50 individual plots.

For more information about "Lunch in the Garden" call 360-565-2679.



**LEFT:** Veteran Master Gardeners Jeanette Stehr-Green and Laurel Moulton will lead a one-hour walk through the Fifth Street Community Garden, 325 Fifth St., Port Angeles, at noon on June 14. The walk is part of the monthly "Lunch in the Garden" educational series that continues through September.

>> photo courtesy of WSU Master Gardeners

## << WEIGHT LOSS CHALLENGE CONTINUED FROM PAGE 7

Anytime Fitness owner Colton Boddy donated the cash prize.

Participants, who did not have to be a member of Anytime Fitness, may work out anywhere and follow any exercise regimen and nutritional plan.

Anytime Fitness is providing participants with tips and reminders via Facebook throughout the challenge.

"Our plan is to give daily tips and motivation to the group of challengers as a whole," Johnson said. "We are also looking for motivational speakers and educational seminars that can use our classroom next door and get the community some free help."

A second weigh-in will be held partway through the challenge, and then the final weigh in held in August will determine the winner.

The winner will be based on the total percentage of body fat lost.

"The goal of the challenge is to encourage healthy weight control through good nutrition and exercise to develop better muscle and less fat," said Johnson.

Some participants have volunteered to document their journeys to see what diet, nutritional plans and exercise programs people used on their path toward healthiness.

If it is successful at making a difference in people's lives, Anytime Fitness may look at doing the challenge seasonally.

"I think if the community can be inspired and encouraged to take a look at their health and fitness lifestyle, we would see less obesity in our young who follow in our steps, and more enjoyment in our qual-

ity of life and activities," she said.

For more information, contact the Port Angeles Anytime Fitness at 360-457-3200.

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### Grilled Vegetables Napoleons

Hot, lazy summer days are too precious to waste in the kitchen. Enhance your outdoor leisure time with a visit to a local farmer's market to choose fresh vegetables for this colorful recipe.

#### INGREDIENTS:

- ½ cup olive oil
- 1 large eggplant, cut in 12 slices (½-inch thick)
- 3 medium zucchinis, cut in 24 slices (¼-inch thick)
- 3 large tomatoes, cut in 6 slices (½-inch thick)
- 3 medium red onions, cut in 12 slices (½-inch thick)
- ¾-cup ricotta cheese
- Salt and pepper to taste
- 2 teaspoons fresh thyme, chopped
- ½-lb. mozzarella cheese, sliced ¼-inch thick
- 6 sprigs fresh rosemary

*Substitute or add other vegetables as you wish. Some nice additions might be new potatoes or red peppers. Although the stacks are attractive and easy to serve, you may also arrange the grilled vegetables and cheese in a casserole.*

#### DIRECTIONS:

► Preheat barbecue and set on low. Brush vegetables with olive oil, season with salt and pepper, and grill slowly until tender, turning once. Transfer the vegetables to a tray, arranging them in a single layer, and cover tightly with plastic wrap. The vegetables may be grilled a day in advance, and refrigerated after cooling. Bring the vegetables back to room temperature before proceeding.

► Stir together the ricotta, thyme, salt and pepper in a small bowl. Place one slice of eggplant on a lightly oiled grill sheet or foil pan. Spread 1 tablespoon of the ricotta mixture over the eggplant. Cover with 2 slices of zucchini, 1 slice of onion, 1 slice of mozzarella, 1 slice of tomato and 2 slices of zucchini. Spread 1 tablespoon of the ricotta mixture over the onion, and top with another slice of eggplant. Repeat this procedure with the remaining vegetables to make 5 more stacks.

► Insert a wooden skewer through the center of each stack to create a hole from top to bottom. Remove the bottom leaves from each rosemary sprig, leaving one inch of leaves on the top. Insert 1 sprig into the center hole in each napoleon and return to the barbecue.

► Heat for about 10 minutes on low, or until mozzarella is melted and vegetables are warmed through.

— Courtesy of Metro Creative Services

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