

# The Golden Triangle

Pittsburgh Council

American Youth Hostels

Volume 40 Number 9

September, 1989

## Slide Programs for September

**September 7**

Bicycling the  
Canadian Rockies  
with John Gayler

**September 14**

Sea kayaking in Prince William  
Sound & Glacier Bay  
with Michelle Bertini

**September 21**

"Return with Us to the Days of  
Yesteryear, When Real Canoe-  
ists Paddled Tandem & All  
Boats Were Made of Metal"  
A real fairy tale  
by Jim Roberts & Friends

**September 28**

Sail cruising in Florida & Maine  
with Rick Tomlinson  
& Fred Parker

**"We need shows for  
mid-October" say  
Rodney Horner (339-0944)  
& Bob Goff (761-2837).**



## CHACO CANYON REVISITED

by Bob Rebholz

### Part I

"You'd die quickly in this place if you weren't careful," I said to my friend Jack as we slowly made our way down a washboard dirt road toward Chaco Canyon.

In every direction stretched a creased and desiccated New Mexico landscape, crusted with salt and shimmering in the heat. Overhead, a seamless turquoise canopy punctuated by an unrelenting sun - a desolate venue completely unlike the moist, sticky-green coolness of my native Pennsylvania.

"You wouldn't last long out in the open, without water," Jack replied as we drove on, alternately bouncing over washboard and sliding in sand, grateful for the air-conditioned comfort of our rented Chevy.

Chaco Canyon is located in the San Juan River Basin of Northwestern New Mexico, a three to four hour drive from Albuquerque.

Jack and I stumbled upon Chaco accidentally five years ago while on our way to hike in southern Utah. We had plenty of time, so the idea of spending a day taking pictures of Indian ruins suited us just fine.

The going was easy from Farmington south on Highway 371 but a detour put us on a

nearly impassible, pockmarked county road 35 miles or so outside the Canyon. Suddenly the idea of photographing Indian ruins wasn't quite so appealing as I contemplated (visions of buzzards circling over my sun bleached bones) the implications of a broken axle God knows how many mile from the nearest tow truck.

We pressed on.

Five years later - in June 1989 - we were back in Chaco, as we knew we would, the memory of a single day spent in the Canyon still powerful and enticing.

One thousand years ago, Chaco Canyon was the locus of the most complex native culture in the desert Southwest. Archaeological evidence indicates that the San Juan River Basin was used by nomadic hunters 10,000 years ago. Through the millennia, increasingly sedentary populations occupied the Basin - developing, around 1000 BC, a rudimentary system of agriculture featuring irrigation and cultivation of corn and squash.

By 500 AD, Chaco Canyon was continuously occupied by a sedentary population living in clustered pithouse dwellings. Between 700 AD and 900 AD,

(continued on page 4)



# COUNCIL NEWS

## 1990 BUDGETS AND INVENTORIES

### Notice to Officers & Activities Board Chairs:

Please give your projections of revenue and expense for the fiscal year beginning October 1 to Fred Hull by September 14 so he can prepare the Council budget for action at the October 4th Activities Board meeting. Where appropriate this includes registration income, rental income, sale of used equipment, capital item purchases, and supplies. Consult with next year's chairperson if you know who he or she will be.

In September Fred will hand out equipment inventory sheets. These are to be brought up to date and returned by October 19. Inventories are needed for filling the IRS 990 tax return for non-profit organizations. ☞

## MEETINGS

### Activities Board

The September Activities Board meeting will be held at 8 pm on Wednesday, September 6 at Joe and Cheryl Hoechner's house. They're at 1310 Milton Avenue in Regent Square, approximately behind the Foodland at the entrance to the Parkway East. Call 242-0781 if you need directions.

### Board of Directors

A meeting of Board of Directors is tentatively scheduled for 7:30 pm on Wednesday September 20th. Call Larry Laude at 665-9554 for details.

### Annual Dinner/Meeting

Pittsburgh Council's annual dinner and business meeting will be held on Friday evening October 20th. Dinner will be followed by service awards and elections for Council officers and committee chairs. Watch the October newsletter for details. ☞

## THANKS AND A TIP OF THE HAT TO

Fred and Chris Parker for taking care of the Council's answering machine for May, June and July and to Elaine Stolick for doing August.

## HEADQUARTERS MAINTENANCE TO START

Well, now that the Pittsburgh Center for the Arts has started their renovation project next door, it's time that we did a little renovation and maintenance of our own. Starting in September, the Council will be having a work party at Headquarters on the second Thursday of every month to catch up on some miscellaneous maintenance such as painting, trimming the hedges, sweeping the rugs, and perhaps a little rewiring. Obviously, as the weather gets cooler and the days get shorter, more of the work will be done inside.

If you'd like to help (or maybe just watch), come to Headquarters any time after 6 pm on September 14th. We'll supply the equipment and supplies if you'll supply the labor. September's work crew will be headed by Larry Laude. Call Larry at 665-9554 if you have any questions or any suggestions for work that needs to be done. ☞

## HELP WANTED

Person to take messages from AYH answering machine for the month of October. Estimated time 1 hour per week. Touch tone phone required. Call Larry Laude at 665-9554. ☞

## COUNCIL WELCOMES NEW LIFE MEMBERS

GLEN FREUND  
DOTTIE LINDSAY  
CARLA STEELE

## Deadlines for October Issue

All Copy  
September 7

Binding and Mailing  
September 21

## VOLUNTEERING

by Linda Smithyman

Pittsburgh Council is run by the effort of its members – all volunteers. This is a call for **HELP**. Can you volunteer some of your time to help AYH, too?

There are several areas where we need the assistance of enthusiastic individuals. Some tasks can be done in your home at your leisure, to do others you may need to come to headquarters or get together with others nearby. Responding to telephone inquiries can be done from a phone at home in a few minutes each week. Or perhaps you can help with a special short-term project – stuff envelopes while watching your favorite movie, for example. Or maybe one Thursday each month you can help at the information desk. There are several more involved positions that we are trying to fill for the coming year. One of those is the Local Trips Coordinator. This involves sorting trip reports and fees and filling a report to the Treasurer each month and quarterly to the National Office. Generally this can be done in an hour or so, but sometimes takes a little longer – in the summer when there are more trips. Doing a little book-keeping would be helpful. Someone is ready to train you.

Are you a fixer-upper? Perhaps you can help with the Ohionyle Hostel, keep track of maintenance and upkeep of the building, develop a maintenance plan and schedule work parties to get help carrying it out. We need someone to be in charge, there are people willing to help with the work – just waiting in the shadows.

Another position involves taking minutes at the Activities

# THE PRESIDENT'S CORNER

**THE 1990 AYH PASSES** are available at Pittsburgh Council and at our pass selling agencies. This is a summary of the new prices and other changes.

**New Prices:** Yes, the price of all AYH memberships has gone up. New memberships are \$25 for adults, \$10 for youth 17 or under, \$15 for senior citizens 55 or over, and \$35 for families.

**12 Month Memberships:** Starting immediately, all memberships will expire 12 months from the date of sale. Thus, a pass sold September 2, 1989 will expire at the end of September, 1990 and a pass sold July 12, 1990 will expire at the end of July, 1991.

**Renewals:** Renewing adult and family members will get a special price on passes. Adults will renew at \$15 (versus \$25 for new passes) and families will renew at \$25 (versus \$35 for new passes). Please note that renewals must be purchased

within six months of the expiration of the old pass and will expire 12 months from the old expiration date, not 12 months from the date of sale.

**Life Memberships:** Life memberships will go up from \$200 to \$250. However, we will be selling life memberships at the old price of \$200 until the end of **September**. *If you've been considering a life membership, this is the time to do it before the price goes up!*

**Activity Memberships Discontinued:** Due to a policy decision by the AYH National Board of Directors, we will no longer offer activity memberships. All members must buy a full AYH membership (AYH "pass"). However, current activity members will be able to renew at the special renewal rate mentioned above.

See the new membership form on the inside back cover for details. ☞

Board and Board of Directors meetings. This involves two evenings per month, then typing the minutes. This is a highly responsible position and we need a committed volunteer to start in November.

Can you give assistance to one of the activities by leading a trip for them? Lead a short walk in Frick Park to get your feet wet as a leader, then move on to

other walks or hikes or bikes or any other activity with less than six letters in its name? We can help you do it, but we have to know who you are and where you are. You're out there somewhere operating incognito!

So if you're interested please call Linda Smithyman (531-1868) or Larry Laude (665-9554). We'd love to hear from you. ☞



## **(CHACO CANYON...)**

the Anasazi (as Basin inhabitants are now known) made a transition from pithouse to above ground dwellings.

To this point, developments in Chaco Canyon more or less paralleled those throughout the San Juan River Basin. And then . . . the beginning of what is referred to as the "Chaco Phenomenon."

Around 900 AD, the San Juan River Basin's climate became quite variable, both in the amount of precipitation received and its location. In Chaco Canyon at this time the Anasazi built three large pueblos — all at the confluence of major Chaco Wash drainages — suggesting that the people of Chaco were diverting more water and cultivating larger crops than other communities in the Basin: a case, perhaps, of being in the right place at the right time.

Current theory holds that Chaco Canyon grew over the next 300 years into a center of trade, food distribution and religious ritual for the entire San Juan River Basin. Chaco by 400 miles of roads.

Chaco Canyon is now a National Monument encompassing 32 square miles and approximately 2,400 archaeological sites, including 13 pueblos and large kivas (sunken, circular rooms — reminiscent of the pithouse dwellings of an earlier epoch — probably used for religious or ceremonial purposes). All major ruins in the Canyon can be explored on foot, including four large ruins outside the Canyon proper accessible by backcountry trails.

Having hiked in the desert Southwest twice previously, I

was aware of the precautions you need in such a harsh environment. Dehydration and hyperthermia are major concerns. Water is essential — and available only at the Monument Visitor Center: carry at least one quart for every two hours of hiking.

I recommend squirreling away a couple of gallons of distilled water for emergencies; on our third day in Chaco, the Monument's pump system was shut down because of a water shortage.

It's important to protect bare skin. Elevations of 6,000 feet and daytime temperatures in the 90's amplify the sun's withering effects (an hour in the sun, shirt thoughtlessly removed, left my shoulders partly blistered). Sunglasses, hat, bandana and Chapstick protect the eyes, face, neck and lips. Sunscreen — liberally applied — light, loose-fitting clothing protect the rest of you. Jack employed a bandana tucked under his hat, legionaire-style, to good effect.

A sturdy pair of hiking boots serves well as trail conditions are often steep and uneven. After sunset, temperatures drop rapidly to about 60 - 65 F and breezes kick up, thus a sweater is useful.

You need to provision before entering Chaco as there are NO CONCESSIONS in the Monument. The nearest stores are at Nageezi Trading Post (26 miles), Blanco Trading Post (29 miles) by rough dirt road.

Gallo Campground (the only "accommodations" in the Monument) is small — only 46 sites — and mercifully quiet. Jack and I used a tent, although we could quite comfortably have used our sleeping bags in the

open.

Four backcountry trails, ranging from three to five miles in length, lead to ruins outside the Canyon. The trail to Pueblo Alto starts near the ruin of Kin Kletso. You ascend to Alto Mesa through a crevice just behind the ruin, then travel southeast along the edge of the mesa. This part of the hike affords excellent views of Pueblo Bonito and Chetro Keti from above.

Continuing northeast you pass several small side canyons until you reach the Jackson Stairway, an ancient handcut stairway descending to the Canyon floor. Jack and I stopped for lunch near the Stairway, shading ourselves beneath a rock outcropping.

Pueblo Alto sits on a small rise and can be seen at great distance: it seems nothing more than a haphazard pile of rocks, blending neatly with the native greys, sands, mauves, beiges, and dusty browns of its surroundings. With each step closer, greater detail emerges until you realize there is nothing at all haphazard about Pueblo Alto.

It is not known for what purposes Pueblo Alto was used, but its location on the mesa north of Chaco Canyon and its situation astride several ancient roads suggests that it was an important outpost for trade and communication with the Canyon proper.

Five years ago I was lucky to find several distinctive potsherds at Pueblo Alto. I wondered, as Jack and I approached the ruin, whether these potsherds would still be there (theft of antiquities is a problem in Chaco Canyon).

*(continued on page 5)*

## (CHACO CANYON...)

Ninety minutes and two rolls of film later we were ready for the return hike to the Canyon. As I moved through Pueblo Alto's ancient rooms one last time, I spotted several pieces of broken pottery sitting atop a small flat rock - including, I am still amazed, a piece I vividly remembered from five years earlier.

A long hike in the sun and heat enervates. After taking supper and drinking what seemed to be gallons of water, Jack settled back for an evening of stargazing and I tended to my blistering shoulders.

The campground was startled as a single coyote yiped... then two... then three... until a chorus was joined, electrifying the evening stillness. Then... silence. I suspect we all came West in part just to hear this.

We were up with the sun the following morning for a hike to Penasco Blanco, in the Canyon's northwest corner. ☞

*Continued next month.*

## CLASSIFIEDS

**FOR SALE:** Red Free Spirit tenspeed bike, 26" X 1 3/8" tires. Reasonable offer. Cliff or Marilyn Ham 687-4520.

**APARTMENT TO SHARE/SUB-LET:** Academic year (Aug. or Sept. 1989 to May or June 1990). Spacious, furnished Shadyside apartment. Contact Fred Mauk, 361-6299.

*Submit Classified Ads to the Editor or Advertising Director by the deadline. Members may place ads for free! Nonmember and commercial ads rates are available on request. Place ads in Editor's mailbox at HQ or mail to: Editor, The Golden Triangle, 6300 Fifth Avenue, Pittsburgh, Pa. 15232.*

## AYH Trips for September 1989

Date	Day	Level	Leader	Phone	Time
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## BICYCLING

**Chairs:** Chuck Ejzak 446-6196 Judy Menosky 242-1573

**General Information:** In general, it is best to call the trip leader before the ride to tell him or her that you are coming and to see if there are any changes. Make sure that your bike works properly and bring a spare inner tub, at least one water bottle and, if the weather looks threatening, a rain jacket or rainsuit. AYH bicycle rentals must be arranged with the trip leader one week in advance. Bicycle helmets (ANSI or Snell approved) are required on all AYH cycling trips.

9/9 Sat A-C

North Park Skating Rink. There are no AYH bike trips this day, see write-up elsewhere in Triangle.

9/10 Sun C Mike Hurwitz 422-9204 8:30

Meet at HQ. Slippery Rock Area, 35 miles. Join Mike on a ride in one of the best cycling areas near Pittsburgh. The terrain is rolling (this means small hills) and rural. Call for more details.

9/16 Sat TBA

9/17 Sun TBA

9/22-24 FSS ALL Joe /Cheryl Hoechner 242-0781

Stanford House Hostel, 0-100 miles, stay at a renovated farm house in a beautiful area. Cycle in parks which form the "Emerald Necklace" around Cleveland. See the ad on page 6 for more details.

9/24 Sun B Chuck/ Lynn Ejzak 466-6196 10:00

Meet at the North Park Skating Rink. Brush Creek Park, 40 miles. The ride goes to Brush Creek Park for a picnic lunch and return. This ride is also a Pittsburgh Parrot Tandem Club ride, so there should be at least two tandems. It is probably best to call ahead to confirm the starting place and time.

9/30 Sat B Dino Angelici 931-6657 9:00

Meet at Settler's Cabin in Hickory for a 40 miles ride in western Allegheny and Washington Counties. There are a few hills but not enough to spoil your day. Here is yet another great cycling area close to Pittsburgh. Call Dino for more details.

10/1 Sunday B/C Jeff Weiss 661-2507

35 miles. Call Jeff for information about this ride.

## AYH Trips for September 1989

Date	Day	Level	Leader	Phone	Time
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### MOUNTAIN BIKING

9/16 Sat Mod Greg Clarke 521-0576

Call Greg for details. Rentals available.

9/23 Sat ? Norm Snyder 351-4068

Explore the old Montour Railroad right-of-way

9/24 Sun ? Fran Gayler 421-1307

The island of Jamaica. Tour with the Gaylers The first annual Reggae ride. Don't miss this one!!

### CANOEING

Chair: Rick Tomlinson 963-8910

Trip Categories: class I = easy, class II = intermediate  
class III = advanced

General Information: Bring these items on most trips: lunch, water, change of clothes, sun hat, knee pads, suntan lotion, waterproof bag, strap for glasses, raincoat, wear old sneakers and preferably wool clothes when its cool.

9/9 Sat Beg Rick Tomlinson 963-8910 8:30

Meet at HQ. Whitewater I school. Learn to paddle on moving water. Navigate around rocks and other obstructions. Learn basic whitewater strokes, river reading, ferrying and river safety. Training fee for AYH members is \$3.

9/10 Sun II Joel Platt 521-5244 8:30

Meet at HQ. Paddle an exciting class II river with moderate rapids.

9/16 Sat I Jim Porcelli 271-4776 8:30

Meet at HQ. Paddle an easy whitewater river. Good practice for those completing WWI.

9/17 Sun I/II Millard Underwood 561-0871 8:30

Meet at HQ. This trip, with moderate rapids, will help sharpen your WWI and WWII skills.

9/23 Sat II Jim Roberts 244-8332 8:30

Meet at HQ. Whitewater II school. Learn boat positioning and control, eddy turns, advanced ferrying and river rescue. Training fee for AYH members is \$3.

9/24 Sun II/III Sam Duff 731-5485 8:30

Paddle a challenging whitewater river. Strong boat positioning and control is required. Run in conjunction with kayakers

9/30 Sun II Janet Supowitz 247-4016 8:30

Paddle a class II river with moderate rapids. The last trip in '89.

## CYCLE/HIKE WEEKEND

Stanford House Hostel  
Peninsula, Ohio

September 29 to October 1

Check out the early fall foliage in Ohio's nearby Cuyahoga Valley National Recreation Area. Miles of (almost) flat roads, biking and hiking trails are available to you at this country hostel

You'll need your AYH pass, sheet sack, bike or boots, 2 lunches, raingear, etc. Be prepared to meet your North East Ohio Council counterparts at the hostel which serves as their Council HQ

Cost will be in the \$35 to \$40 range including overnights, 2 breakfasts, transportation and trip fees. Saturday night dinner plans are open to suggestions.

Trip limited to ten people. Need a \$10 deposit and call for reservations to Joe Hoechner (242-0781).



Stanford House AYH Hostel  
5093 Stanford Road, Peninsula, Ohio 44264  
(216) 467-8711

#### Hostel Accommodations

Restored and renovated 144 year old house on 30 acres of woods and open land located in the Cuyahoga Valley National Recreation Area. Listed in the National Registry of Historic Places.

Separate male and female accommodations with 30 beds in dormitories. Use of common rooms, kitchen, and dining area. Meeting facilities for groups, days and evenings by special arrangements. Guest supply their own sheets and pillow cases. Sleeping bags not permitted. Linen may be rented for a nominal fee.



## Pittsburgh Council Activity Chairpeople

### Bicycling

Chuck Ejzak 466-6196  
Judy Menosky 242-1573

### Canoeing

Rick Tomlinson 963-8910

### Climbing

Eric Bauer 687-0766  
Rich Rosenberger 372-2806

### Family Activities

Barbara Hanusa 441-7205

### Hiking & Backpacking

Ben Brugmans 736-2751

### Kayaking

John Gayler 421-1307  
Ray Yutzy 341-5682

### Rafting

Jon Maiman 441-2306  
Linda Smithyman 531-1868

### Sea Kayaking

Mark Mistrik 521-7688  
Ted Self 795-6286

### Volleyball

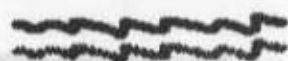
Joel Platt 521-5244

### X-C Sking

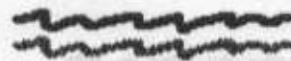
Fred Parker 856-4713  
Rick Ulaky 422-0849

## AYH Trips for September 1989

Date	Day	Level	Leader	Phone	Time
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### CLIMBING



9/9-10	Sat/Sun	Int	Eric Bauer	687-0766	?
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Climb at Seneca Rocks. Call Eric for details.

9/16	Sat	Beg	Eric Bauer	687-0766	7:30 am
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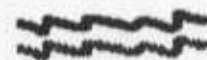
Coopers Rocks

9/16-23	week	Adv	Bill Johnston	243-1945	?
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Colorado Climbing trip

9/30-10/1		Int	Bill Johnston	243-1945	?
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Harpers Ferry



### HIKING/BACKPACKING



9/10	Sun	All	Jack Peth	921-7214	?
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A 6-8 mile hike. Call Jack for details.

9/8-10	Fri/Sun		Glenn Oster	364-2864 (h) 234-3967 (w)	6:30 pm
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Meet at HQ. Backpack the Rimrock/Morrison Trail in Allegheny Reservoir. (Bring your bathing suit). Some hills, but only ten miles total. Phone for info and reservations.

9/16	Sat	All	Pete Srini	921-1238 (h) 788-7759(w)	8:30
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Meet at HQ. Hiking maintenancetrip on the Baker Trail

9/17	Sun		Ben Bergmans	736-2751	8:00
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Meet at HQ. a 10 mile hike on the Laurel HighlandsHiking Trail

9/22-24	Fri/Sun	Adv	Pete Srini	921-1238 (h)	6:00 pm
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Hiking and car camping. Will be hiking the southern end of Black Forest Trail and another "mystery " trail.

9/23	Sat	Int	Glenn Oster	364-2864 (h) 234-3967 (w)	8:00
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Meet at HQ. A 12 miles hike in Ohiopyle State Park to Bachmarr Rock and beyond. Phone before 10 pm for info and reservations.



## AYH Trips for September 1989

Date	Day	Level	Leader	Phone	Time
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### FAMILY ACTIVITIES

**Chairperson:** Barbara Hanusa 441-7205

**9/2-4 Sat/Sun All Barbara Hanusa 441-7205**

Meet at Blue Knob State Park. Overnight cabin camping. Spend Labor Day weekend camping with of families. Each family is housed in its own Cabin, group meals, and activities. We need a official Red Cross certified life guard. If you are qualified, you can have a free weekend of outdoor life for 6-8 hours of life guarding. Contact Barbara for more information.

**9/23 Sat All Cindy Walter 834-6264**

Meet at Jennings Nature Reserve. Contact Cindy for time and details.

**CONGRATULATION!** A new member for the family activities is Max Hanusa, born July 13, 1989 to Barbara and Lothar Hanusa. Mother and baby are doing well and will be ready to join the rest of their family in the family group activities soon.

### KAYAKING TRIPS

**Chairs:** John Gayler 421- 1307 (H) 772-5277 (W)  
Ray Yutzy 341-5682

**General Information:** Bring appropriate clothing, lunch in water-proof form, and money for fees, rentals and dinner on return trip. A limited number of kayaks are available at HQ for rental. Reserve early with the trip leader or with Ray Yutzy for all other uses.

**NOTE:** Check the canoe trip listing for other kayaking opportunities.

**There are no kayaking trips scheduled for September.**

## Pittsburgh Council / Membership Sales Agencies

### Pennsylvania

**AAA Agency**  
317 South Richard St.  
Bedford, PA 15522  
814-623-5196

**Atlas Travel Service**  
400 5th Avenue  
Kaufmann's (9th floor)  
Pittsburgh, PA 15219  
412-261-0248

**Campbell Travel**  
300 South Allen St.  
State College, PA 16804  
814-238-4987

**Centre for Travel**  
114 South Hiester St.  
State College, PA 16801  
814-238-4987

**Edinboro Travel Service**  
122 Erie St.  
Edinboro, PA 16412  
814-734-1639

**Lentz Travel Service**  
173 South Main St.  
Slippery Rock, PA 16057  
412-794-4833

**Living Waters AYH-Hostel**  
RD#1 (1 mi west on Rt. 30)  
Schellsburg, PA 15559  
814-733-4607

**McMullen Travel & Tours**  
Clarion Mall  
Rt 68 & I-80  
Clarion, PA 16214  
814-226-1040

**Ohiopyle AYH-Hostel**  
Ohiopyle State Park  
P. O. Box 99  
Ohiopyle, PA 15470  
412-329-4476



## Pittsburgh Council I Membership Sales Agencies

South West Travel Inc.  
134 South Main St.  
Greensburg, PA 15601  
412-836-2929

Travel Agents International  
1746 Washington Road  
Upper St Clair, PA 15241  
412-835-8070

### West Virginia

WVU Outdoor Recreation Ctr  
Mountain Lair Student Union  
Morgantown, WV 26506  
304-293-2203

Morgantown Travel Service  
127 High Street  
Morgantown, WV 26505  
304-292-8471

## SQUARE DANCING

Two free square dances are being held by the Golden Triangle Square Dance Club for singles in the Pittsburgh area to introduce people to square dancing. For two fun-filled evenings of dancing and socializing, join us for an introduction to square dancing with a western flair. Move to lively music while dancing to a live caller from 7:30 to 10:30 pm on Tuesday, September 8 & 15 at the Aiken Elementary School (Greentree Road near Parkway Center). Neither partners nor experience is required. Couples welcome. For more information call Elaine at 234-6706 (daytime) or Frank at 881-3250 (evening).

## AYH Trips for September 1989

Date	Day	Level	Leader	Phone	Time
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## RAFTING

**Co-chairs:** Linda Smithyman 531-1868 Jon Maiman 441-2306

**General Information:** Call the trip leader in advance to reserve a space. Beginners are welcome on raft trips to Ohiopyle. Items to bring include old sneakers, towel and lots of enthusiasm. You will be expected to load and unload equipment and paddle on the river. Cost is usually around \$15 for members – and bring ice cream money too.

9/3	Sun	All	Linda Smithyman	531-1868	8:00
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Meet at HQ. Take a Labor Day weekend trip to raft the Youghiogheny at Ohiopyle on Sunday and still have two days off!

9/8-9	Sat/Sun		Linda Smithyman	531-1868	4:00 pm
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Meet at HQ. Raft the upper Gauley River in West Virginia. Leave Friday evening, camp overnight, raft on Saturday and return on Saturday by 10:00 pm. Cost is \$95 plus transportation and two meals if you get hungry. I need your \$95 deposit as soon as possible. Limited number of spaces available. This is the best whitewater in the area and this is your only chance to do it this year (with your AYH friends of course)!

9/23	Sat	All	Jon Maiman	441-2306	8:15
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Raft the Yough at Ohiopyle. This just may be your last chance this year!

9/30	Sat	All	Linda Smithyman	531-1868	?
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TBA Moon Adventure Club raft trip at Ohiopyle.

10/7	Sat	All	Linda Smithyman	531-1868	?
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TBA Moon Adventure Club raft trip at Ohiopyle.

Possible date for the New River in West Virginia some weekend in October. It would be an overnight trip, probably not more than \$50. which will include raft fee and transportation but not food. Call Linda Smithyman at 531-1868 for more details.

## AYH Trips for September 1989

Date	Day	Level	Leader	Phone	Time
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### SAILING

Early December Rick Tomlinson 963-8910

BAHAMA SAIL CRUISING TRIP: A seven day live aboard cruise on a 45 to 50 foot sailboat is planned for the first week of December. Emphasis will be on *basic coastal cruising* with training and hands-on experience for those who wish to learn to sail. Trip includes snorkeling, swimming, gourmet meals and plenty of mild sunshine. Approximate cost is \$600 plus transportation. Reservation deadline is September 15.

Late January Rick Tomlinson 963-8910

A two week cruise of the leeward and windward area of the Caribbean Sea is planned. This trip may be taken in one week segments if desired. Emphasis will be on *advanced coastal cruising and intermediate off-shore cruising*. A maximum of two inexperienced persons will be permitted to sail on each one week leg. Reservation deadline is September 30.

### SEA-KAYAKING

Chairs: Mark Mistrik 441-6330 Ted Self 795-6288

9/5 Tues Beg Mark Mistrik 441-6330 6:00 pm  
Meet at HQ. This is the last advertised evening Sea-Kayaking Trip on North Park this summer. Beginner instruction provided. North Park is close to Pittsburgh and is home to a large number of Canadian Geese and other waterfowl. optional food stop afterwards. Call to reserve.

9/17 Sun Beg/Int Mark Mistrik 441-6330 7:00  
Meet at HQ. Late summer trip around Presque Isle, including paddling both on the open lake and through the Isle's quieter channels. See a lighthouse and kayak past a bird sanctuary. Beginner to intermediate level trip so previous paddling experience helpful. Call for more information or to reserve.

### VOLLEY BALL

Chair: Joel Platt 521-5244  
Beginners welcome. Call Joel to confirm time and location.

9/5 Tues at HQ  
9/12 Tues at Alderdice school  
9/19 Tues at Alderdice school  
9/26 Tues at Alderdice school



## WESTERN PA CANOE GUIDE: PROGRESS REPORT FROM THE EDITORS

by Roy Well & Mary Shaw

At long last the eighth edition of AYH's *Canoeing Guide to Western Pennsylvania and Northern West Virginia* is about ready to go to press. This, the 30th anniversary edition, will be bigger and better than ever.

The loyal, patient, and faithful editorial staff of Don Hoecker, Bob Buck, Ray Yutzy, Jane Swanson, Clare Bunker, Karen Lukas, Gordon Bugby and Rick Tomlinson have spent countless Tuesday evenings working on the text and weekends on the river checking old writeups.

At about 500 pages, the new edition will describe over 250 sections covering nearly 3,000 miles on 132 rivers. Three-fifths of the writeups in the last edition have been rechecked or revised and 80 new writeups (including a few dozen from intrepid stream baggers Tom Irwin and Ed Gertler) have been added. Shuttle directions have been converted to the new Pennsylvania State Route numbering system, distances and gradients have been rechecked, and the information on runnable water levels has been almost completely reworked.

The new edition should be out in time for Christmas, so while you're making that list and checking it twice, remember who the paddlers are! ☞

## NEW PENNSYLVANIA TRAIL GUIDE AVAILABLE

A new *Pennsylvania Trail Guide*, in booklet form, is now available from the Pennsylvania Trails Program office located in the Bureau of State Parks.

The *Guide's* 91 pages contain a wealth of information about all types of recreational trails which are located throughout the Commonwealth. An information source has been provided for each trail or area listed, should you wish to secure additional information or maps.

Sections have been included which cover the national Trails System in Pennsylvania, major and well-known Pennsylvania trails, trails on Commonwealth and federal lands, trails on county and locally administered lands, bicycle routes and water trails.

This new *Pennsylvania Trail Guide* will replace the map version which has existed, unchanged, since 1980.

Because of the cost involved in the development and printing of the new *Guide*, a \$3 per copy charge has been established. This includes the cost of the publication and applicable Pennsylvania sales tax.

Persons requesting a copy of the *Pennsylvania Trail Guide* by mail should add an additional \$1 to cover postage and handling.

Money orders or personal checks will be accepted when made out for the appropriate amount and made payable to the Commonwealth of Pennsylvania. Please do not send cash. No CODs.

To order your copy of the *Pennsylvania Trail Guide*, send your request along with the correct amount for payment to: Trail Guide, Bureau of State Parks, 2150 Herr Street, Harrisburg PA 17103.

If you are in the Harrisburg area, you can avoid the postage and handling charge by stopping in at the Bureau of State Parks head quarters at the address listed above.

It is anticipated that within the next several months, the *Guide* will be available at most of the State Park offices across the Commonwealth.

(from the July 1989 *Pennsylvania Trails* newsletter)



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## KNOW YOUR PARKS

by Rose Sainne

This month's feature park is **Presque Isle State Park** located three hours north of Pittsburgh on Lake Erie. The Park is actually a 3200 acre sandy peninsula jutting 7 miles out into the lake. Presque Isle has been recognized by the National Park Service as a National Natural Landmark because of the uniqueness of the peninsula. Geologically it is one of the rare spots in the world where one can study the action of winds, currents and waves upon the glacial sands that result in a recurved sand spit formation. Also within the park boundaries is an ecological reservation with many rare plants in addition to a bird sanctuary located at the eastern most part of the peninsula. The

park office and a nature center at Beach 3 both offer more information to those who are interested in learning about this park's wide range of flora, fauna and outdoor programs.

A special feature of Presque Isle is it's 16 sandy beaches that offer visitors the only surf swimming in Pennsylvania. Guarded beaches are open from Memorial Day to Labor Day and on weekends throughout the month of September. Over the past ten years the water quality of the lake has consistently improved to it's present clear, clean waters that are inviting to water sports enthusiasts and sunbathers alike. Those interested in visiting this park may want to contact Chuck and Lynn Ejzak who lead a relaxing weekend to Presque Isle every July

where AYHers can bicycle, swim, sea kayak, camp or just enjoy the natural beauty of the area.

Other activities offered at Presque Isle State Park include all types of water sports, fishing, hunting, bicycling on a scenic paved trail, picnicking and hiking on a popular 7-mile network of trails. During the winter months many people enjoy ice fishing and cross-country skiing.

Additional information on Presque Isle State Park can be obtained by calling the Park office at (814) 871-4251 or by writing to:

Presque Isle State Park  
Department of Environmental  
Resources  
P.O. Box 8510  
Erie, Pennsylvania 16505

### **Pittsburgh Council Hostels**

Ohioyle-AYH-Hostel  
Ohioyle State Park  
P.O. Box 99  
Ohioyle, PA 15470  
412-329-4476

Point Park College  
Youth Hostel (SA)  
201 Wood Street  
Pittsburgh, PA 15222  
412-392-3824  
(after 4 pm: 412-391-4100)

Dale Boyer Home Hostel  
RD 1, Box 273  
Rural Valley, PA 16249  
412-783-6188

Living Waters AYH-Hostel  
RD# 1 (1 mi west on Rt. 30)  
Schellsburg, PA 15559  
814-733-7607



## SEPTEMBER CYCLING

September usually marks the peak of the cycling season. The oppressive summer heat gives way to cooler weather which makes riding easier. After a summer's worth of riding, most folks are in much better shape. In addition, the League of American Wheelmen (LAW) proclaims September as National Century Month. As one may expect, many bike clubs organize big century rides for September. To give you a sample of what is available this month, I selected a few choice rides which are not too far from Pittsburgh. Here are several opportunities to get an additional (or your first) century under your belt. If you rode the 100 miler at the Mon Valley Century last month, you are ready for any (all) of the following rides. If you did the 65 or 35 at the MVC, try repeating or extending the distance on one of the following rides. Refer to the August newsletter for some tips on century riding.

**Saturday September 9, WPW Century Saturday:** Rides leave from the North Park ice skating rink area. The fee is \$1 with LAW National Century patches available for \$2 each.

104 mile ride 7:00 am  
62 mile ride 8:00 am  
25 mile ride 9:00 am

You should be ready to leave at the above times, so be at the skating rink early enough. I believe that any donations of food for post ride snacking will be appreciated (but are not necessary). This is a really great set of rides and it gives you a chance to meet other cyclists in

the area. For more information call Jack Phillips 782-1341, Noel Grimm 372-5429, or Vince Patterson 375-3476.

**Sunday September 10, Tour of Western Pa.:** This is a race put on by the Allegheny Cycling Association (ACA) and is their major US Cycling Federation (USCF) race for this year. It is sponsored by Alcoa. The route encompasses the Lower Burrell, Leachburg, and Vandergrift area. The first race is scheduled for 1:00 pm with registration starting at 10:00 am. If you are interested in racing or want more information, contact the ACA. Stop by at the Wednesday evening races in the lower parking lot at the Highland Park Zoo and ask for Gary Bywater. I am sure that there is more information available at the time of this printing.

**Saturday September 16, Tour of Chautauqua:** Choice of 25, 61, 75 and 100 mile rides in the Lake Chautauqua area. Unlike the Chautauqua Overland Ski Marathon, this event will not be canceled due to a lack of snow. Send a SASE to: Tour, Westfield Recreational Dept., 23 Elm St., Westfield, NY 14787.

**Sunday September 17: OutSpoken Wheelmen's North-East Ohio Century (NEOC):** Ride leaves from Packard Park in Warren, Ohio between 7 and 8:00 am. There are 100, 62, and 35 mile rides offered. Here is a great chance for some relatively flat land riding not too far from Pittsburgh. The ride is run very well and the food is great. (NEOC is also known as

the "Cookie Century" since a couple of the rest stops feature a large assortment of home-made cookies and cakes). For an application form contact Frank Krygowski, Box 838, Youngstown, OH 44501; phone (216) 757-9057.

**Saturday September 23, Sawtooth Century:** Send SASE to State College Bicycling Club, Box 1173, State College, PA., phone (814) 237-9832.

**Saturday September 23-24, Tour along the South Shore of Lake Erie (TASSLE):** This is a ride which starts from somewhere around Cleveland and goes to Toledo if you opt for the full version, or to Sandusky (or thereabouts) if you opt for the half version. This is a TOSRV style ride with your luggage being trucked to your overnight stop. Expect the full ride to be about 120 miles each day and the half ride being about 60. Send a SASE to TASSLE, Box 38222, Olmsted Falls, OH 44138. ➡

Have you just returned from a great action-packed vacation or even an interesting gad-about weekend trip locally? We'd like to hear about it! Articles submitted should be neatly typed and double-spaced, on disk or it can be sent directly into our system over a modem when prior arrangements are made. Contact the Editor or mail your submission to Golden Triangle, 6300 Fifth Avenue, Pittsburgh, Pennsylvania 15232

## ABOUT MOUNTAIN BIKES

The first thing to know about a mountain bike is that it's not a "tenspeed". Mountain Bikes do not have dropped handlebars, gear shift levers at your knees, or skinny little seats. Mountain bikes are built to be ridden everywhere!

Mountain bikes are geared extra low for steep hill climbing. They have strong, low-centered frames, fat, knobby tires, upright handlebars, gear shift levers at your thumbs, and a stable, comfortable ride.

When you're down at the local bike shop looking at mountain bikes there are a few things in particular you're looking for: Frame construction, components, comfortable ride, and price. With over 250 different brands, models and styles of mountain bikes from which to choose, here are a few tid-bits to help you distinguish between the good, the bad and the ugly.

### THE PRICE

A good rule of thumb when buying a mountain bike is, you get what you pay for. Mountain bikes run the gamut from cash-and-carry junk to expensively crafted works of engineering art. Every aspect and component of a mountain bike affects its price.

How hard you plan to ride your mountain bike is a good guide to how much money you should spend. Don't expect a

\$200 bike to stand up to radical trail riding, and no need to spend thousands of dollars if all you really want is a trusty ride around town.

### RIDING STYLE

First off, how do you plan to use your mountain bike? Are you excited about riding a bike again and just want something that's going to be stable, comfortable and easy to ride, or are you serious about taking your

rally, the strongest and lightest frames cost the most. But, for the money, you get a bike frame that is light, rugged, and has a tight geometry for better control.

### THE DRIVETRAIN

The drivetrain is made up of those components that carry the rider's pedaling force to the rear wheel. This system includes the pedals, the cranks, the front chain rings, the bottom bracket, the rear sprockets, and the rear hub.

The drivetrain components are interchangeable so you can add new, high-tech stuff to your bike if and when you want. However, you'll find that quality bikes have quality components and the standard equipment on most well-built bikes is worth keeping.

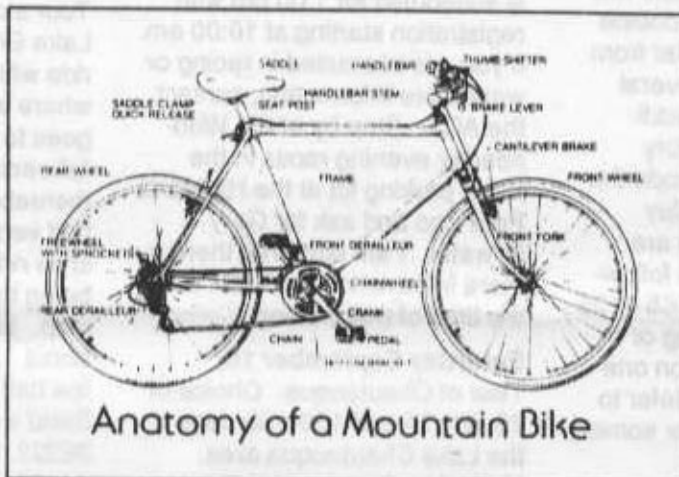
### THE GEARING SYSTEM

Mountain bikes are geared extra low for steep hill climbing and, while some have fifteen speeds, most mountain bikes have 18 gears.

The gearing system employs 3 large chain rings up front and 5 or 6 smaller sprockets in the back. The gears are changed by front and rear derailleurs that engage the chain in different combinations between the front chain rings and the rear sprockets.

The front and rear derailleurs are principal components in the gearing system and when you look at a mountain bike the

*(continued on next page)*



mountain bike up into the mountains and riding rugged trails? If you're looking for a reliable ride around town, then you don't need to spend a lot of money on a bike that's built to run over a tank. On the other hand, if you're headed for the wilds, your bike had better be prepared to take on the worse.

### THE FRAME

The frame is the backbone of your mountain bike. Strength, durability, lightness, and overall geometry are the features to look for in a bike frame. Natu-



## ABOUT MOUNTAIN BIKES...

quality and durability of the derailleur system is important. Again, the harder you ride the more durable and responsive the system has to be.

The shift levers on a mountain bike are thumb shifters mounted on the handlebars. Index shifting or accushift is a great new feature that clicks you through the gears in distinct increments, avoiding the tricky fine tuning required with conventional shift levers.

### THE BRAKES

Mountain bikes need strong brakes. They are built to be ridden down steep slopes and they need to be able to stop quickly and surely. A good mountain bike will have a cantilever or U-brake system. (Roller-cam brakes, because of their susceptibility to dirt and wear, appear to be on their way out).

### THE WHEELS

The thing to know about wheels is that there are different strength rims. Conventional alloy rims are good for all around use and general trail riding, but the anodized, heat treated rims stand up to hard trail riding much better. If you're after a rugged bike, then you'll want the heat treated rims.

The 1.9 inch size tires seem to work best for all around riding. Including both trail and pavement. The super-fat 2.5 inch tires are good for poor trail conditions, i.e., deep sand or mud, but are too sluggish for general riding. Tires can be pumped to 80 or 90 psi for road

riding and then deflated to 40 or 50 psi for trail riding.

### THE FIT

How well your bike fits you determines a lot about how well you handle it and how comfortable the ride will be. No matter what the make, model, type, color or price, if your mountain bike does not match your physique, then it will be worse to ride than an otherwise inferior bike of the right size.

The correct frame size is determined by the length of your legs. Different manufacturers measure bikes in different ways. What is important when sizing a mountain bike is that you have two to three inches of clearance between the top tube and your crotch bone. (If you plan to do a lot of extremely rugged trail riding, then you may want as much as four inches of clearance).

The length of the frame is another important consideration. The frame length is figured by how far the saddle is from the handlebars and the distance between the front and rear

wheels. With the seat and handlebars set at mid-height you should be able to sit relaxed on the bike, dividing your weight evenly between the seat and the handlebars.

An experienced mountain bike rider at your local bike shop can help you select the perfect bike for your riding style and budget, fine tune the fit, and set you up with all accessories your new bike will need. For more information about mountain bikes call your local bike shop.

# Applejamm

## Saturday, September 30

*Audubon Society of Western Pennsylvania*



*Saturday, September 30th will mark the 10th annual AP-  
PLEJAMM at Beechwood Farms. Starting only as a means to  
celebrate the beautiful fall scenery here at the nature center, this  
country arts and crafts festival has grown into a major contribu-  
tor to our ever-expanding environmental education program.*

## **Low-Cost World Adventure Trips Continue Into Fall and Winter**

The end of summer is not the end of World Adventure trips with American Youth Hostels—the expert in low-cost adventure travel.

AYH offers 21 different World Adventure itineraries throughout the fall and winter for travelers of all ages, including persons 50+. AYH World Adventure trips feature small groups (usually 10 including the trip leader), flexible itineraries and the special fellowship of travelers who share similar interests.

See New England in glorious autumn — on your bicycle or in a van. Pedal through Texas hill country or canoe Minnesota's remote Boundary Waters Area. Hike the trails and beaches of the Golden Gate National Recreation Area and Point Reyes National Seashore in northern California. Investigate Native American cultures, both prehistoric and present day in New Mexico.

Several World Adventure trips which explore other countries will also be offered this fall and winter. Travel by bike to Mayan ruins and beaches on Mexico's Yucatan Peninsula, or cycle New Zealand's breathtaking countryside.

Let a van carry you along the sun-kissed Mediterranean coast, or explore the high country of Peru and Bolivia. Hike Jamaica's Blue Mountains.

For persons 50+ there are two special trips — "European Roundabout," a two-week sampler, and "European Spotlight," a five-week adventure in seven countries.

World Adventure hiking, cycling and other activity trips are rated for all levels of skill and stamina. Trip Participants usually stay at hostels — inexpensive dormitory-style accommodations for travelers. Some World Adventure trips include camping or other low-cost lodgings.

The full-color, 46-page 1989 World Adventure Trip Catalogue is available free of charge, upon request. The Catalogue contains complete information on trip costs, departure dates, itineraries, etc. For a copy please send 3 first class stamps to:

AYH—World Adventure  
6300 Fifth Avenue  
Pittsburgh, PA 15232

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### **CULTURGRAMS FOR OUR TRAVELING MEMBERS**

The Council has just received a complete set of the Culturgrams published by Brigham Young University's Kennedy Center for International Studies. A Culturgram is a 2 to 4 page summary of the people, customs, lifestyle, and society of one of almost 100 countries in the series. The countries included range from Australia to Zimbabwe, Brazil to Wales, Italy to Korea, and Greece to Sri Lanka. And also one on the United

States. Each Culturgram gives a capsule summary of what you might want to know about a country before your first visit there. For example, under Gestures, the Australia Culturgram explains that a clenched fist with raised thumb, as in the American hitchhiking sign, is a vulgar gesture down under; in Belgium, soccer and cycling are the most popular sports; in Sweden, the Jultomtar (Christmas Elves) bring the presents at Christmas, not Santa Claus. You'll learn where tipping is expected, and where it's not. You'll find the complete history of the country in one paragraph and the economy in another. Interested? Feel free to take a look at our file at headquarters at the membership desk. (Sorry, but the Culturgrams are copyrighted, so we can't send you a copy.)



### **Mid-Week Activities**

Every Wednesday. Meet at 10 am Wednesdays at AYH Headquarters, 5th & Shady. We generally take a 3-4 mile hike, but may swim, picnic etc. Call Marilyn or Cliff Ham (687-4520) for information on current activities or to make arrangements to meet the group.



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# A Spoonful of Nutrition

by Nancy Clark, M.S., R.D.  
Nutritionist



## The Scoop on Ice Cream

"I scream. You scream. We all scream for ice cream!" ... and sportsactive people, in particular seem to scream for this delightful treat. It's no secret that cyclists briskly pedal from one ice cream stand to the next, to explore which dairy offers the best in chocolate fudge whirl. Depleted runners reward themselves after a hard track workout with extra large sundaes. And even weight-conscious dancers succumb to this late night treat when they tire of popcorn and diet soda. Ice cream certainly is a popular treat, snack and reward for avid exercisers and food lovers alike. According to industry estimates, an estimated 15 quarts (120 scoops) of ice cream is produced per person per year; athletes perhaps eat more than their share. As one ice cream addict / marathoner proclaimed "I don't do cookies or candy ... I do ice cream." Mocha chip was his drug of choice!

Yet, without a doubt, ice cream can instill as much guilt as pleasure. We all know that this favorite treat is a culprit when it comes to heart disease, being filled with the saturated fats that clog the arteries. We also know that ice cream is no caloric bargain. Why that innocent little pint of Haagen Dazs contains 1,200 calories -- the equivalent of breakfast and lunch for many people, or an entire day's worth of calories for rigid dieters.

As you dip into your next creamy treat, try to keep in mind the "inside scoop" on this popular choice.

\* Expensive ice creams, such as Haagen Dazs (about \$0.50 per half-cup; \$2.00 per pint) have more cream and less air, hence more calories than the less expensive brands, such as "el cheapo" store brands (about \$0.13 /per half-cup; \$2.00 per half-gallon). For example, a small scoop of vanilla Haagen Dazs has about 270 calories -- twice as fattening as the 140 calories in Sealtest. The Haagen Dazs also has more than twice the fat as Sealtest-- 17 grams vs 7 grams / half-cup. The rich ice creams tend to get more than half their calories from fats, as compared to the less expensive brands that may be 30-45% fat.

\* The cheaper the ice cream, the better it is for not only your waistline but also your heart-health, because it has less fat and cholesterol. The inexpensive brands tend to be filled with air and thickened with carageenan, a seaweed extract. This thickener is far preferable to the fat and cholesterol found in the egg yolks and cream that thicken rich ice creams. This "cheaper the better" rule of thumb holds true with milkshakes, as well. For example, fast food shakes are more healthful (or perhaps that should be "less harmful"?) than the real thing from an ice cream parlor: a vanilla shake from McDonald's has about 350 calories, 30 milligrams cholesterol and 8 grams fat -- far less than the 500 calories in an ice cream parlor shake with 110 grams cholesterol and 25 grams fat.

\* Sherbert is a lower *fat* alternative to ice cream, but not always a lower *calorie* choice. Sherbert is more dense than ice cream, hence that boosts the calories/scoop -- about 125. Yet, sherbert is better for your heart, because the manufacturers have replaced most of the cream with sugar. For athletes, these sugar calories are more desirable than calories from fat, because sugar fuels the muscles and helps them recover from hard workouts. Hence, a post-exercise sherbert would be preferable to a big sundae.

\* Despite popular belief, soft serve ice creams tend to have the same caloric value as regular ice cream. A medium cone at Dairy Queen is about 230 calories; a McDonald's cone (slightly smaller than McDonald's) - about 185 calories. The better alternative is frozen yogurt. Columbo's lowfat and nonfat brands both have about 100 calories per 4 ounce serving. The lowfat yogurt gets about 18% of the calories from fat (2 grams /4 oz), as compared to zero fat in the nonfat yogurt. Other alternatives include juice bars, frozen fruit bars and sorbet.

\* If you try to rationalize your daily ice cream "fix" by believing that ice cream is a nourishing food, you're stretching your imagination. Although ice cream contains some milk, it contains significantly more fat, cholesterol and calories than it does calcium, riboflavin or protein (milk's main nutrients). Ice cream is simply a "fun food", to be eaten in moderation and planned into an otherwise lowfat diet. Since *fun* contributes to overall health, perhaps this fun food can be considered a health food??? In moderation, this sounds reasonable to me ... just be sure to distinguish between ice cream and ice cream-abuse!

### Fat and calories in some frozen desserts:

Sealtest	140 calories	7 gm fat	Columbo Frozen Yogurt	100 cals.	2 gm fat
Breyers	150	8	Light n' Lively Ice Milk	100	3
Fruzen Gladje	250	18	Dole Sorbet	110	-
Haagen Dazs	270	17	Orange sherbert	140	1

.....  
Nancy Clark, M.S., R.D., nutritionist at Sports Medicine Brookline, is a registered dietitian with additional training in exercise physiology. She counsels both casual exercisers and competitive athletes who want to improve their diets. Her book **THE ATHLETE'S KITCHEN: A Nutritional Guide and Cookbook** (Bantam Books) answers the questions she is commonly asked, and is available from Greater Boston Council AYH at a discount.

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American Youth Hostels is a nonprofit organization which promotes international understanding, educational and recreational travel, good citizenship and an appreciation of America. AYH does this by bringing travelers of all ages, backgrounds and nationalities together in hostels and by providing low-cost travel programs through its councils and National Offices. AYH is the U.S. affiliate of the International Youth Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide—the largest network of accommodations in the world.

The Golden Triangle is published monthly by the Pittsburgh Council of American Youth Hostels. Contents are at the discretion of the editor. Mail regarding this newsletter should be addressed to: The Golden Triangle, Pittsburgh, AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232. Phone (412) 362-8181.

# THE EDITOR'S FANCY



The last Saturday in July was a near perfect day for paddling the Casselman from Markleton to Fort Hill. Water level was such that it kept your attention but not pushy . . . . But that's not what I want to talk about. I am a paddler by default. Once I get to the river I am a floraphile (wild). Not much could survive in the water but along the banks of the Casselman was the most gorgeous, GORGEOUS profusion of flowers I have seen in a long time.

Cardinal flower, turk's cap bergamot, soapwort, milkweed, joe pye weed, st. john's-wort, button bush (honey balls). What a smell! I could go on and on for over 30 species I observed. It would not be possible to select a flower of the month. They seem to come in waves. September should be a grand finale of colors and fragrances.

I can blame most of the dents and missing paint on my canoe

to frantically trying to get to the opposite side of the river, and at the same time avoid slipping over the next rapid backwards, to check out some bright splash of color.

With the almost monsoon-like rains we have had this season, canoeing AND flowers have been spectacular. I have bagged several small streams that are rarely paddled and at least one that will be a new entry in the new edition (soon) of the canoe guide.

At different spots along the Kinzua between Westline and the last bridge before the Allegheny reservoir, I saw the red foxglove and the purple fringed orchis. Both a first for me.

I consider some of the most delightful moments of my life sitting in an eddy, under a bush laden with blooms overhanging the river bank, inhaling deeply! Try it, you'll like it. ☞



JOE-PYE-WEED

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City, State, Zip _____	
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<input type="checkbox"/> Please inform agency of my designation.	

## TO YOUR OFFICE OR SCHOOL

You can help change the world with a DONOR OPTION contribution. Just note "American Youth Hostels, Pittsburgh Council" (see above) to direct your United Way tax-deductible contribution.

Please ask for a DONOR OPTION card this fall and help our Pittsburgh Council to grow!

**THANK YOU VERY MUCH**





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- ☐ \$25.00 Adult (age 18 to 54, with renewals available at only \$15.)  
☐ \$10.00 Youth (age 17 and under)  
☐ \$15.00 Senior Citizen (age 55 and over)  
☐ \$35.00 Family (includes children under 18, with renewals at only \$25.)  
☐ \$250.00 Life (individual lifetime membership)  
☐ \$18.00 Foreign nationals, including Canadians  
☐ \$10.00 Vol. I, International Hostel Handbook (Europe & Mediterranean)  
☐ \$10.00 Vol II, International Hostel Handbook (Africa, Americas, Asia & Australia)  
☐ \$14.00 Cotton sleep sack, required at all international hostels  
☐ \$1.00 Postage & handling, donation for 12 issues of our council news letter  
☐ Donation for Hostel Development Fund (tax deductible to extent permitted by law)  
☐ Total—make all checks payable to: PITTSBURGH AYH

MEMBERSHIPS VALID FOR 12 MONTHS FROM MONTH OF ISSUE

NAME \_\_\_\_\_  
(last) (first) (middle)

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

Birthdate: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Phone \_\_\_\_\_

If you wish membership card sent to *temporary address*, (i.e. campus dorm) give same below:

In care of \_\_\_\_\_ Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Were you a member of AYH this past year? ☐ Yes. \_\_\_\_\_  
☐ No \_\_\_\_\_ (Signature)

When do you need card? \_\_\_\_\_

Please list the name and address of a friend who might like to receive information about AYH,

NAME \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

I WOULD LIKE TO VOLUNTEER, PLEASE CONTACT ME: \_\_\_\_\_ YES \_\_\_\_\_ NO

HOW DID YOU HEAR ABOUT AYH? \_\_\_\_\_

**AYH MEMBERSHIP BENEFITS**

- International Hostel membership card plus Pittsburgh Council I.D. card good for discounts at local bike shops and outfitters.
- USA Hostel Handbook, listing over 250 Hostels in the United States.
- "The Knapsack," National AYH travel newsletter.
- "The Golden Triangle," Pittsburgh Council's newsletter of trips and activities.
- Open house Thursday nights at Council headquarters.
- Access to National travel programs and Leadership Training courses.

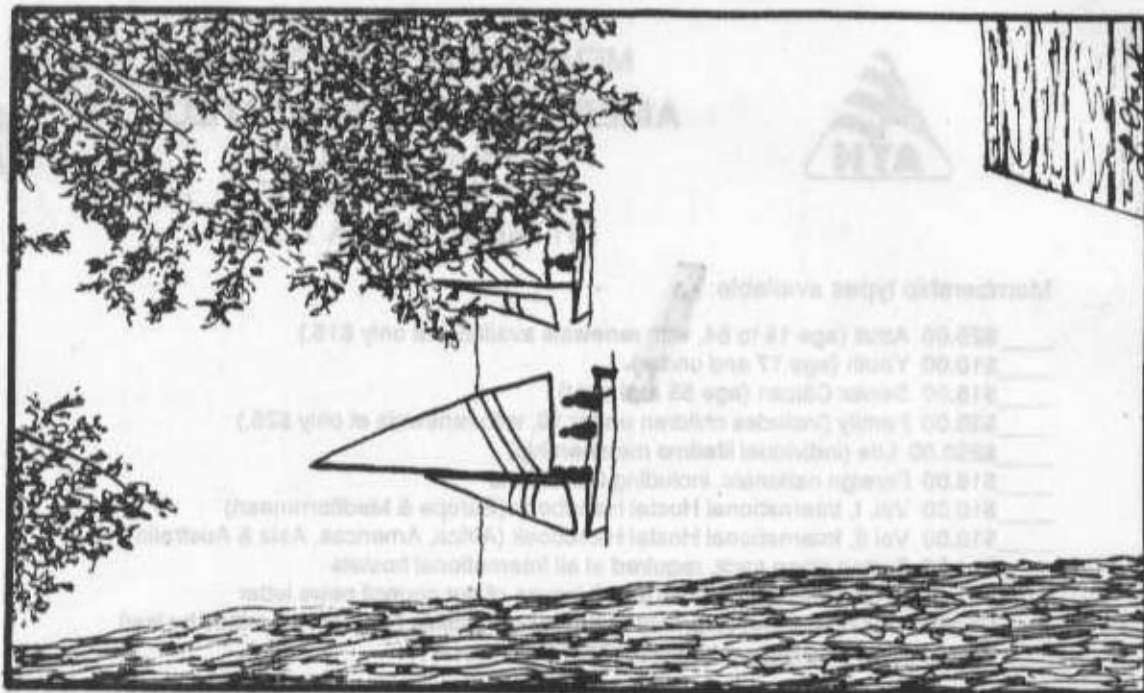
# The Golden Triangle

American Youth Hostels

September, 1989

Pittsburgh Council

Volume 40 Number 9



NAME  
CITY  
STATE  
ZIP CODE

American Youth Hostels, Inc.  
Pittsburgh Council  
6300 Fifth Avenue  
Pittsburgh, Pennsylvania 15232  
(412) 362-8181

NON-PROFIT  
U.S. POSTAGE  
PAID  
PERMIT #127  
PITTSBURGH, PA 15232

RETURN POSTAGE GUARANTEED  
ADDRESS CORRECTION REQUESTED  
DATED MATERIAL - PLEASE DELIVER PROMPTLY



PASS# 1641-1910

LIFE

JOEL PLATT  
1632 DENNISTON AVE.  
PITTSBURGH

PA 15217