

# Adventures

Inspiring leadership & confidence

## Summit Strategy— Discovering the Best



Boys share summit success on Square Top Mountain, Wind River Range.

These young men conquered two 11,000 ft. peaks over the course of a 40-mile hike. What's even more remarkable is that they completed the journey in just three days rather than the planned four. Why? Because they each set a goal to do their personal best.

Children living at or near the poverty level face an extreme uphill battle to compete academically, socially and economically with their middle or

upper-class counterparts. In *Unequal Childhoods*, Lareau, states that the qualities that middle-class children develop are consistently valued over the ones that poor and working-class children develop. Middle-class children have a greater sense of confidence, which translates into a distinct advantage in the classroom and, later in life, in the workforce. According to a recent New York Times article, *What it Takes to Make a Student*, overcoming these disadvantages takes three critical ingredients: longer academic instruction, highly trained, goal-oriented teachers and administrators and a strong focus on character development. **At City Kids, it's not really about the hike—rather, it is about who you are and what you stand for on or off the trail—character.**

## Meet the “Quiet Riot”

Raynisha Hutchinson (right) comes to City Kids from the Fishing School of Washington, D.C. In her second year with us, Raynisha faced her most difficult challenges on the backpacking trip. Despite her personal hardships, Raynisha consistently set a great example for her fellow hikers. She demonstrated initiative by doing chores without complaint and she showed compassion by helping a friend in need. Raynisha is a quiet young woman who leads by example. To keep group spirits up, she often knew just what to say to make us laugh. Pictured here at Leigh Lake in Grand Teton National Park, her pride, joy and self-confidence are evident.

## City Kids Program Outcomes:

- 93% of our Job Training Program members graduate from high school (DC rate 59%)
- Annual student retention 70%.
- 77% Students report gains in skills, knowledge and personal strengths.



*Inspiring leadership & confidence through outdoor adventures.*

Established 1996 Washington, D.C. & Jackson Hole, Wyoming

Cathy Dombi, Executive Director  
PMB 106-363  
4200 Wisconsin Avenue, NW  
Washington, DC 20016

Phone: 202-397-2911  
Fax: 307-739-0857  
Email: [cathy@citykidscamp.org](mailto:cathy@citykidscamp.org)



## City Kids Wilderness Project

*Our founders, Randy & Nicole Luskey, envisioned a special place where underserved children from inner city Washington, D.C. could discover their true potential through the wonders and challenges of the great outdoors. From their vision, City Kids was born and a summer camp was established at the Broken Arrow Ranch in Jackson Hole, Wyoming. Each summer 65 children and teens venture to Wyoming to confront adversity in the wilderness and within themselves. The journey continues back home in D.C. with engaging enrichment programs throughout the year. The City Kids experience strengthens personal resolve so children, regardless of race, ethnicity or family income may reach their goal of a happy, healthy and productive life.*



## The Value of Outdoor Experiences



Ranika "branches out" in Grand Teton National Park this summer.

Sometimes, stress factors can hinder even the most confident child. Richard Louv, author of *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, found that frequent exposure to the natural environment is more than beneficial - it's essential. Louv states, "Kids who have direct access to nature are better learners. Exposure to nature has been shown to reduce stress and increase attention spans. Problems associated with alienation from nature include familiar maladies: depression, obesity and attention deficit disorder."

A recent *Washington Post* article reports, "Concerns about long-term consequences affecting emotional well-being, physical health, learning abilities, environmental consciousness have spawned a national movement to *leave no child inside*. In recent months, it has been a focus of Capitol Hill hearings, state legislative action, grass-roots projects, a U.S. Forest Service initiative to get more children into the woods and a national effort to promote a *green hour* in each day."

City Kids has employed outdoor experiential strategies since 1997 to strengthen self-concept, interpersonal skills and leadership ability, to promote academic motivation and achievement and to foster an appreciation and knowledge of our natural environment to enhance quality of life.