

Open
7 days

kinko's copies

4¢ self service copies

Quality Copies • Kodak 150
Resumes • Thesis • Reduction
Custom Paper • Binding • Lamination

860 E. 13th Ave. 344-7894

Skiing Mt. Bachelor? Try Us First!

You'll like what you find at **Fireside Lodge**. New 1BR and 2BR condominiums, with prices starting at \$62 per night for four. Each unit has full-size kitchen with electric range, refrigerator and dishwasher, plus dishes and utensils down to the measuring spoon; washer and drier; a wood stove (logs provided) to supplement electric heat; a queen size hide-a-bed in addition to bedroom facilities, with all sheets and linens provided. After a day on the mountain, enjoy the hot tub, sauna and wet bar in our bath house. We are located on Newport in Bend, only two blocks from the road to Mt. Bachelor. Convenience, comfort, economy - give **Fireside Lodge** a try and we're confident you'll be back again.

Make your reservations today!

FIRESIDE LODGE

P.O. Box 509 Bend, Oregon 97701 382-4628 389-3200

EUGENE ATHLETIC Running In The Rain

TIGER RAIN SUIT
Reg. \$58.95
NOW **\$39.95**

SWEATSUIT TOPS
\$7.95

PANTS
\$6.95

EUGENE ATHLETIC

Corner of Broadway & Olive on the Mall
343-1288
Mon.-Sat. 9-5
Sunday 12-5

Hypothermia: a killer cold

By Harry Esteve
Of the Emerald

Dying from hypothermia can be as easy as falling asleep.

It can overtake an unwary hiker or skier in a matter of minutes. And if immediate attention is not given, the victim falls asleep and dies.

Hypothermia is the medical term given to a condition in which the temperature inside the body drops to dangerous levels. It is usually caused by exposure to a combination of wind and rain.

"It's really quite insidious because the person is not aware this is taking place," says Keith Nelson, associate coordinator of the University's outdoor program. Nelson, who has 15 years of outdoor experience, says Oregon's climate is especially conducive to hypothermia.

More deaths in the Cascade Mountains are the result of hypothermia than any other cause, Nelson says. In comparison, fatalities in the Rocky Mountain regions are caused most often by avalanches, he says.

Preventing hypothermia is as simple as wearing the right

clothing — good rain gear and wool. Or it can entail knowing when to quit, Nelson says. He relates an experience to demonstrate his point.

"It was a backpacking trip in the Cascades in September. The wind came up and we were wet. We had the proper rain gear, but we weren't wet from the rain, we were wet from perspiration."

Soon, one of Nelson's companions began showing the initial symptoms of hypothermia.

"This individual was — it was quite apparent that he was cold. Hands were shaking, not severe teeth chattering, but quite obvious. There was no sign that the weather was going to change.

"So what we did is that we just got off this wind-swept ridge and got down into an area that was more protected. It wasn't to the point where we had to set up a tent, just get out of the wind.

"We broke out a camp stove, fired it up, got some hot water going, and just put on more clothes, took off some of the wet clothes and that's all it took."

Nelson's friend warmed up and was able to continue the

trip. But had the group not stopped and found shelter, it could have been a different story.

Extreme or violent shivering is a sign that someone is becoming hypothermic. As the body's core temperature drops, it begins involuntarily exercising to warm itself. But as energy reserves deplete, the body loses the ability to produce its own heat.

Soon, bodily functions begin to slow down, and blood has trouble circulating to the brain. At that point, the victim loses much of his coordination and orientation. As the temperature within the body continues to decline "the victim will just not be aware of what's going on, just really spaced-out," Nelson says.

That is when hypothermia becomes very dangerous, according to Nelson. "That's when it's vital that a companion is there to be able to recognize the advance stages of hypothermia."

Once a person reaches the advanced stage, prompt attention is crucial. First, and most important, the victim's wet clothes must be removed and the victim must be placed in a warm place — a sleeping bag if no other place is available.

If a hypothermic victim is placed in a sleeping bag, all clothes should be removed. For faster and more thorough heat replacement, a second person should strip and lie beside the victim in the sleeping bag. This is perhaps the best emergency method for reviving a hypothermic person, Nelson says.

But "it's a very unpleasant situation for everyone involved," he warns. "There's nothing romantic about getting into a sleeping bag with a naked hypothermic person."

The victim usually has lost control of virtually every bodily function, and the bladder often will involuntarily release, Nelson says.

Perhaps the best defense for hypothermia is a companion who can recognize the symptoms and knows how to treat them.

Winter trips abound

Finding the right kind of wintertime recreation can be as easy as finding your way to the basement of the EMU. Or it could be a little tougher. But, if you make your way past the video games, toward the loading dock, you will eventually find your way to the offices of the University's outdoor program.

Once there, you might want to check the trip board to see if anyone has organized a winter excursion that will fit your fancy.

The outdoor program serves as a facilitator for people who want to participate in such activities as cross country skiing, nordic downhill skiing, mountaineering and winter camping.

The program doesn't arrange alpine downhill ski trips because there are a number of

alternatives for alpine skiers, including classes through the physical education department, according to associate coordinator Keith Nelson.

However, many alpine skiers looking for a lift to the mountain will hook up with trips arranged through the outdoor program, said Nelson.

Anyone who wishes to can arrange a trip, using the trip board and stating the time, place, type, and level of expertise of the trip. In this way the outdoor program, "eliminates the red tape and hassles," said Nelson. There is no fee to use the service.

Nelson said the majority of outdoor program trips are day trips for beginners. He estimated the total number of ski touring trips each winter is over 100.

emu Cultural Forum Presents

Psychotherapist

JUNE SINGER



Also author of

Boundaries of the Soul:
The practice of
Jung's Psychology.

Will speak on:

"The Many Levels of
Man/Woman Relationships"

November 12, 8 P.M.
EMU Ballroom

Students \$1.00 General Public \$2.00
Tickets at the door

Dream workshop, Saturday, November 13th
Details at Lecture

**Weekend
Special
\$25⁰⁰**

200 FREE MILES
Friday afternoon
to
Monday morning

**A-WAY
RENT A CAR**

683-0874
#7 Coburg Road
Some Restrictions



Time to
recycle
this paper

Wednesday, November 10, 1982