

Beware of the strength of Old Man Winter

It is that time of the year again when the skiers travel to Mt. Hood for skiing and the rest of us just plain ignore the gradual change in the weather pattern. The cold brings out winter outdoor recreationists greatest enemy, Hypothermia.

Hypothermia is acclaimed to be the number-one killer among the people who find the cold,

moist winter air enjoyable and cannot really see the immense dangers involved.

Hypothermia can be defined as subnormal body temperature or chilling of your entire body. Its symptoms come in six distinct steps.

The greatest danger of Hypothermia is the fact that the victim does not realize what is happen-

ing and death can come within two hours of the first symptoms.

The first indication is violent, uncontrolled shivering. Next your speech becomes slurred and there's some disorientation.

This is followed by a decrease in shivering, as the muscles become rigid. Muscular coordination is sharply reduced and the skin may become blue.

After this, you slip into a stupor, are totally disoriented, and become semi-conscious.

Next, total unconsciousness, an erratic heartbeat, and complete loss of reflexes, with death finally occurring.

Immediate treatment is essential and if help is temporarily out of the question and if you have only the barest of essentials, attempt a body-to-body warming method. If possible, get some hot liquids into the victim's stomach.

Also, if at all practical, remove the victims wet clothing. Above all, don't let the victim go to sleep because he may not get the chance to wake up.

As easy as it is to get Hypothermia, it is as easy to prevent.

According to Dr. Cameron C. Bangs, the areas foremost authority on Hypothermia, "It is the wetness and the wind that contribute to Hypothermia. Rarely is there trouble if you can stay dry," he said.

Since most of the cases take place in temperatures between 30 and 50 degrees, be prepared and wear extra clothing, preferably wool, and know how to build a fire.

Wool is recommended because, unlike synthetics or down, wool dries quickly and, even when it's wet will give some insulation from the cold.

Also, don't ever venture into a winter wilderness area without telling someone where you are going and when you expect to return.

However, if you are lost, there are several cold weather survival priorities to remember.

The first priority is to provide shelter.

This includes proper clothing as well as shelter from rain, wind or snow.

This proper clothing includes woolen underclothing; outer garments that will repel wind and moisture; face helmet and head and ear coverings; an extra pair of socks; warm boots and woolen lined mittens or gloves made of wind and water repellent material are all basic winter survival clothes. Shelters include caves, large

fallen trees, man-made shelters fashioned from evergreen branches, a poncho or plastic tarp and caves.

Shelters can also be made by digging a trench in which to lie and cover yourself with branches, leaves or dirt.

Your second priority is to stay dry and that means keeping a fire blazing at all times. Stay dry by any kind of wetness as rain or even perspiration.

A fourth priority when you are to set up a ground to air signal is to try and make camp in a clearing and use this clearing as a message center. A large fire stamped in the snow approximately 10 feet by four feet is possible filled with leaves. In most cases, sufficiently visible.

Three fires are also used as an emergency signal, but they should be kept going at all times to be effective.

Another priority is to stay right where you are.

Unless you are not familiar with the area, know your way back to camp. You only lessen your chances of survival by attempting to wander out and getting lost all the time.

However, no priority is as important as yourself, you must have to believe in yourself and should be able to survive.

However, there is only one way to not worry about the possibility of Hypothermia. Avoid the conditions that produce it.

If you must go outdoors in extremely cold air temperatures, particularly if a cold wind is present, limit exposure time. Try to take some kind of food snacks such as nuts and candy along with you.

There are several don'ts to Hypothermia conditions. Don't go out if you have had a recent illness and your body resistance is down; don't go outside if you have recently had alcohol, smoked cigarettes or have recently taken a shower or bath.

Materials used in the creation of this story include, Standard First Aid Book; Frostbite and Cold Exposure, Field and Stream; "How to survive in the wilderness," by Sheila Link in the February 1975 issue and the Community Press, Feb. 2, 1977, on "Hypothermia - it could easily happen to you," by Sally Schultz.

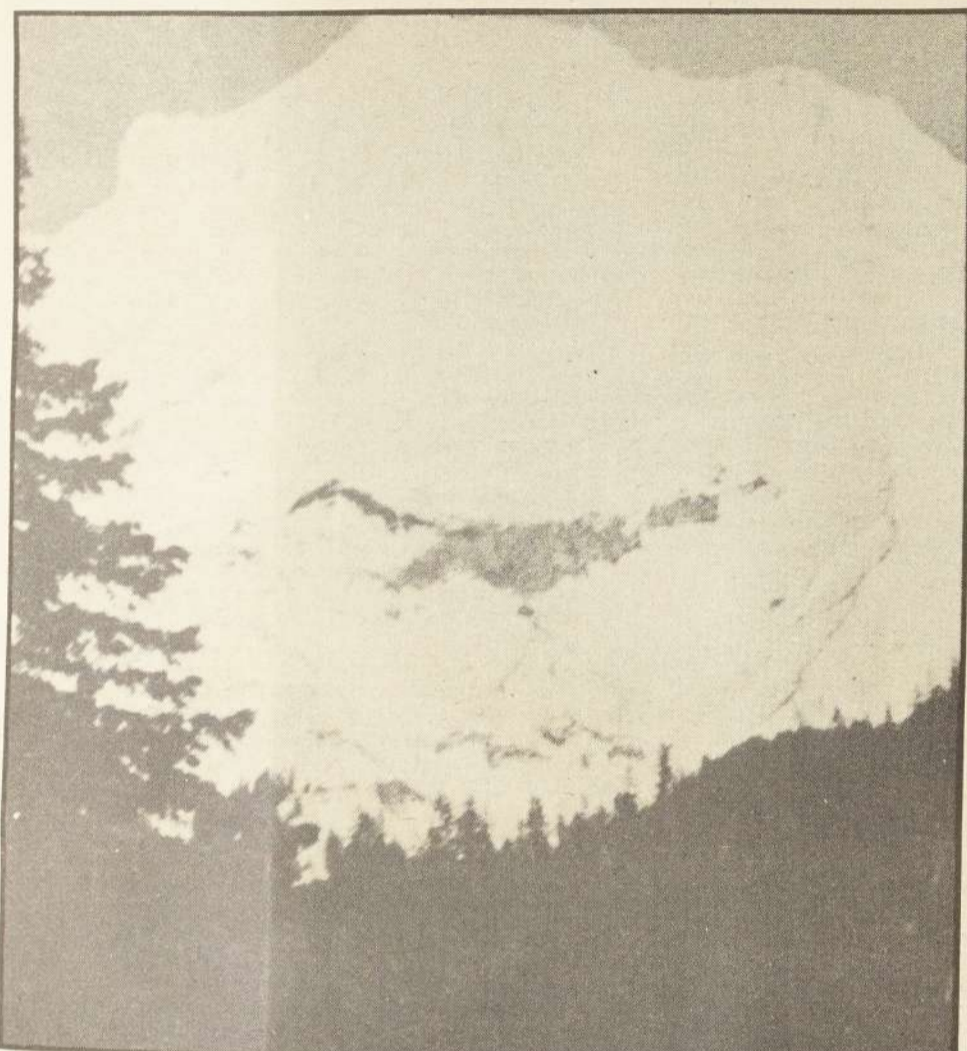


Photo by Lorraine Stratton

Learn to ski....for a price

1977-78 SKI SCHOOL PRICE COMPARISONS

DAYS						
School	Lessons Only	Lessons & Lifts	Lessons, Lifts, Bus	Teach. Hrs.	Less & Lifts Avg Per Hr	
Western Ski Pros	\$17	\$39	\$58	8	\$4.88	Child is \$3.88/hour
Timberline	30	46	&†	12	3.83	No child discount
Nordstrom	—	\$46.40	72.80	12	3.87	No child discount
Ski Bowl	20.80	54.80	68.80	6	9.13	No child discount
Jaycee	20.80	54.80	68.80	6	9.13	No child discount
Meadows	\$21	\$47	\$71	6	7.83	No child discount
Mt. Hood	19	53	?	6	8.83	No child discount
NIGHTS						
Western Ski Pros		\$32	\$52	6	\$5.33	
Timberline		32	51	6	5.33	
Nordstrom		32	51	6	5.33	
Ski Bowl		44.80	—	6	7.47	
Jaycees		44.80	—	6	7.47	
Meadows		\$31	\$45	6	5.17	

CCC offers ski lessons

A downhill ski class will be offered by CCC this term. The class will be at Multopor, Ski Bowl, or Mt. Hood Meadows.

The class will be two different times, Wednesday, 7 to 10 and Sunday 12 to 3. Students will need to furnish their own ski and transportation.

According to Jim Hudson, physical education instructor, those completing the class will receive a Mt. Hood Ski School certification.

Students will be put into classes according to their ski level. Instructors will be assigned to the individual groups.

The lab fee is \$26. A meeting to form car pools and hand out discount cards for the class will be the first week of school. Further information will be in the Today bulletin that week.

Thursday, December 8, 1977

