

Winding Trails: by Al Hobart

Thursday, August 11, 1966
Illinois Valley News

Preston Peak Climb

Few mountain peaks in the Siskiyou rise to an elevation of over 7,000 feet. The two highest are Mt Ashland, 7,533 feet. and Dutchman Peak, 7,418 feet., both situated near the eastern end of the Siskiyou. Fourth member of this small group of rocky aristocrats, outclassed by Observation Peak by a mere 30 feet, is Preston Peak, right here in our own back yard. It is 7,310 feet high.

If not in height, there are at least a few important respects in which Preston stands out above its few peers: It is the most spectacular of the group, its bare twin peaks rising above the surrounding mountains like a sentinel ever on the alert. From the higher of its two peaks the great rock drops away sheer for several hundred feet on its north face and for a hundred feet or more to the short saddle connecting it

with the lower peak to the east. The south side too is an almost perpendicular drop-off. From the west a steep and narrow backbone of rock provides the only means of attaining this highest point without the use of technical climbing apparatus. Extreme care in selecting secure hand and toe holds is necessary in much of the climb; and to be on the safe side, a few well-chosen words of prayer might help in negotiating the rougher spots.

What makes the Preston climb really rough is the fact that there is no trail or easy approach to the main peak. Shale, great boulders and a tangle of brush surround the mountain at the lower levels. The lower peak can be quite easily reached by taking the long trail down Clear Creek from Young's Valley, up the Rattlesnake Springs trail and along a high ridge leading up from there. My first approach to the mountain was over this route, now so overgrown with brush for much of the way as to be hard to locate at times.

The most direct route to the peak from Young's Valley is by way of Cyclone Gap, past El Capitan, Copper Peak, and Raspberry Lake. This is the route we took when Charles, Joe, and I climbed to the summit a few days ago. Joe's 10-year-old Danny gamely stayed with us till we reached the most hairy part of the climb near the summit, where on either side of the rocky comb you can look straight down for what seems to be at least half a mile.

I met the gang on Rockydale Road at 4 a.m., where they transferred to the jeep, and we took to the mountains at Bearcamp Ridge. Our 8 or 9 hour trip was punctuated by several weird incidents that would have discouraged less hardy souls, but we carried on to a successful and happy finish. Tobegin with, a few miles from take-off old busybody Joe drew my attention to the gas gauge. It said empty—almost. (I had slipped up there—but I think I convinced them the gas gremlins did it.) Then on the way to Cave Junction to get gas Charles braced

his big No. 10s on the dashboard smack on top of the cigarette lighter and almost set the jeep on fire. When the smoke from the burning insulation cleared away Little Toot coughed a couple of times, backfired bravely, then took off like nothing untoward had happened.

With a full gas tank and everybody comfortably squeezed into Little Toot's 2-man cab we made good time up the big ridge, past Camp Chicago and Sanger Lake and into Young's Valley. A short distance farther on, at Bell Echo campsite, the repaired road ends, but we went a couple of miles farther on an improvised jeep trail.

When we had hiked the 2 or 3 miles in to Raspberry Lake our steep climb began, and for half a mile we had to fight our way through occasional dense tangles of brush. Finally we reached the base of the last rocky ascent to the summit, and from there it was a matter of picking the best way up.

When at last we reached the majestic old rock's highest point

I experienced a feeling of elation even greater than when I stood on the summit of Mt. Shasta, nearly twice as high—because I had once tried to climb Preston's highest peak when alone, and chickened out. I'd crawled all over the mountain otherwise many times, including the lower peak, but the high point had me buffaloed.

Joe and Charles for a long time have wanted to climb Preston too. Now at last we have it, my favorite mountain, with its tiny glacier and all in our hip pocket. Joe, just to be different, climbed the last couple of hundred feet twice—he forgot his rope and had to go back after it.

There may be other forms of exercise that are better and outdoor thrills that are greater than mountain climbing, but we haven't discovered any. Preston Peak affords a wonderful example of at least one of the greatest joys of mountain climbing: Its moderately high peak may not extend so far toward the heavens, but the scenery from up there is out of this world.

ROGUE VALLEY



Food & Friends Menu

FRIDAY - AUG 12

BREADED FISH

W/ TARTAR SAUCE

MONDAY - AUG 15

CHICKEN PASTA ALFREDO

WEDNESDAY - AUG 17

ROAST PORK W/ GRAVY

If you need meals delivered please call 541-955-8839.

SENIOR SPOTLIGHT

For local resources call the ADRC at 1-855-673-2372

Alzheimer's myths Myth 1: Memory loss is a natural part of aging.

Reality: As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a longtime

friend or what roads to take to return to a home they've lived in for decades.

It can be difficult to tell normal memory problems from memory problems that should be a cause for concern. The Alzheimer's Association has developed information to help you tell the difference. If you or a loved one has memory problems or other problems with thinking and learning that concern you, contact a physician. Sometimes the problems

are caused by medication side effects, vitamin deficiencies or other conditions and can be reversed with treatment. The memory and thinking problems may also be caused by another type of dementia.

The Alzheimer's Association 24/7 Helpline provides reliable information and support to all those who need assistance. Call toll-free anytime day or night at 1-800-272-3900 or visit www.alz.org

Sponsored by I.V. Wellness Resources

A better night's sleep

If sleep wasn't so important we wouldn't need so much. We wouldn't be driven to sleep by such powerful internal forces. We sleep about one-third of our lives. It is important for resting the physical body, keeping our spirits up and staying alert in a demanding and potentially dangerous world. Sleep promotes healing and repair of muscles, bones and brain. It allows our hormones to replenish themselves and aids our immune system. There is always room for improvement, so here are some tips to help you get a better night's sleep:

- 1) Go to sleep at about the same time every night and develop a 'pre-bed' series of behaviors.
- 2) Have a comfortable mattress and pillow. These are a good investment considering how much time you will spend there and how important that time is.
- 3) Refrain from napping too long in the afternoon - 20 minutes is plenty.
- 4) Refrain from stimulants (coffee, tea, nicotine, chocolate) in the evening. Alcohol before bed may help you fall asleep but it will probably cause you to awaken more

frequently during the night.

5) Avoid eating heavy meals late and limit snacks before bed.

6) Don't drink too much fluid before bed or you will have to visit the rest room. If you do have to 'go' too frequently, consider keeping an empty bottle or two by the bed.

7) Wear socks to bed. Toasty feet are comforting and cold feet are annoying.

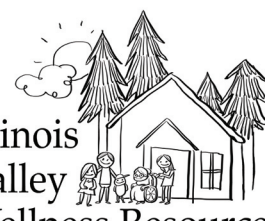
8) Keep the temperature, with bed clothes in a comfortable range.

9) Keep the bedroom dark and quiet. Any light is stimulating as is too much noise.

10) Breathe deeply into the belly to relax.

Too little sleep for too long a time can cause severe health problems. In our society too many people do not sleep enough. Too many people do not wake up refreshed. If that wasn't true, the one-liner, "The amount of sleep need by the average person is 5 minutes more," wouldn't be funny.

You can contact I.V. Wellness Resources at www.ivwellnessresources@gmail.com.



Illinois Valley Wellness Resources

Senior Bulletin

The Oregon Home Care Commission provides a statewide registry of home care workers. Visit www.oregon.gov for more information.

CHAIR FITNESS

Classes FREE Monday and Wednesdays from 2-2:45 p.m. at Healthy U at 535 E. River St, 541-592-4888.

FREE for Seniors

If you are a senior and want to place a FREE AD for a living or health care need call Laura at 541-592-2541 or email laura@illinois-valley-news.com.

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