

Snow Job

Vol. 7, No. 6

North Lake Tahoe

March/April 1987

MISTER BOFFO / by Joe Martin



CIVIL DEFENSE CARDS A MUST

At the last general meeting a list of team members was compiled who needed civil defense cards. Applications have been sent out to the people on the list, and the Sheriff's Department is waiting for the cards to be returned. Without a civil defense card team members will not be covered by the county insurance when on a search. Please send in your civil defense card applications, and if you haven't received one, another list will be generated at the general meeting at Granlibakken on April 6. Once you have your civil defense card, you'll also be shown the TNSAR secret handshake and receive a special decoder ring.

ELECTION NOMINATIONS AT NEXT MEETING

Nominations for Tahoe Nordic Search and Rescue Team, Inc. Officers and Board of Directors will be taken at the general meeting April 6 at 7:30 p.m. at Granlibakken. Nominations will be opened at the meeting and taken until the election at the May General Meeting. Elections will be held for President, Vice-President, Secretary, Treasurer and two directors-at-large.

APPLICANTS NEEDED FOR VIDEO PRODUCTION GRANT

The Education Committee is looking for applicants for a TNSAR grant of \$150 for tuition and supplies to a UNR video production class next fall. The team wants the recipients to produce a search and rescue education-related video in the class. The class is one night per week from 4-7 p.m. No prior experience is necessary. A small gasoline grant may also be given. Submit a written application with information and any prior related experience to Mike Hogan or Dan Young. They will be at the next meeting or you can contact them—525-4366 (Mike) or 546-4849 (Dan).

LOOKING FOR SLIDES

The Public Relations Committee is putting together an informational slide show about the Tahoe Nordic Search and Rescue Team. Any team members with color slides of team functions, searches or education program presentations should contact Doug Stewart (587-4416). We don't want the original slides, unless you would like to part with them, we just want duplicates, and we'll pay to have them duplicated. Any assistance in this matter will be greatly appreciated.

NORTHSTAR SKIERS KEEP TEAM BUSY

A search February 15 at Northstar kept team members busy looking for two Bay Area boys who had skied out of bounds at Northstar. They were found at about 2:45 a.m. on the ridge south of the Deer Creek drainage. A full report was given at the last general meeting. Since then, the team received a thank you letter from one of the victims, Spencer Holt, and a separate thank you note from his family with a generous donation of \$250. Spencer's unedited letter follows:

Dear Search and Rescue Team,

I would like to thank you very much for rescuing me on Feb. 15 and 16. I know things would have been a lot worse if you men didn't rescue my friend and I. You went beyond your duty of your job by giving your own dry clothes to us to wear and by also giving us plenty of food and drink. I just would like to say that I am very appreciative and happy the way things turned out. I can never thank you enough for saving my life. Thank You Very Much!

Sincerely,
Spencer Holt

TRAININGS ON TAP

The April trainings will be Thursday, April 9 and Sunday, April 26. The itineraries will be announced at the general meeting April 6 at Granlibakken.

THE GREAT SKI RACE

The Great Ski Race is over for 1987, and once again it was a success. With more than 600 entrants we didn't break our record for number of skiers, but we did break a record for amount of beer consumed at the post-race party, thanks to Coors Light and the local Coors distributor. It couldn't have been possible also without our other sponsors, Tahoe Forest Hospital, Drs. Krissoff, Stites and Fischer, Northstar-at-Tahoe, Computer Services North, Valley Engineering (Pisten-Bully), and last but not least the Tahoe Nordic Ski Center. And while we're patting other people on the back for making it all possible, all the team members who helped with the race should give themselves a pat on the back, too, because all facets of the race went more smoothly than ever before. Skip Reedy will undoubtedly give a full report on the race at the meeting on April 6.

MARTIS TRAILHEAD TOWING ENFORCED

To those who have parked at the bottom of the Martis Peak/Klondike Meadows road off Highway 267 without a second thought all these years, beware! The CHP is now towing vehicles from this popular turnout, enforcing a policy established and announced by a couple of "No Stopping" signs erected at the beginning of the season. The purpose, according to a CalTrans worker, is to keep the area available for plows and highway personnel to congregate.

On Sunday, February 15, at the height of President's Day weekend, at least a dozen cars were towed while their owners and passengers skied the high country unaware. There were quite a few cold, wet, tired, hungry and suddenly angry skiers descending to the road, where CalTrans employees waited to ferry them to a telephone so they could ransom their vehicles.

The tailend of a storm was still in progress that day, so it's still unknown whether the policy will be enforced on sunny days, or whether it's OK to park in the small area outside the signs. Meanwhile, you may have to find other access to the steep, powdery north slopes of Martis Peak.

SUPERMARKET OF ADS

FOR SALE: EXEL Marathon racing poles. 160 cm., barely used. \$45 or best offer. Call Randy at 426-3658.

FOR SALE: One pair of LIFE-LINK telemark ski poles, 120 cm. Backcountry grips, snowflake baskets. \$25. Call Dave at 546-4149, evenings.

WANTED: Pictures, cartoons, or other items of interest for publication in local mountain safety group newsletter. Send to P.O. Box 7703, Tahoe City, CA 95730.

PEOPLE LIE IN FRIDGES, STAND IN ICE WATER TO HELP STUDY COLD

Hypothermia Research Lab Pays Them Flat \$100 Fee; Finding a Link to Senility

In the basement of the University of Minnesota-Duluth medical school, some students stand for hours in tanks full of ice water; outside, others are paid to jump into frigid Lake Superior and turn themselves into "human ice cubes." These are the sorts of things they do here at the Hypothermia Research Lab under the watchful eye of Robert S. Pozos, head of the school's physiology department.

Human vulnerability to cold remains a mystery. Hypothermia research didn't begin in earnest until the Cold War, when the military, worried about cold-weather combat, started financing studies. Now Pozos's lab tests survival suits, tells the Navy how to handle hypothermia victims, and sometimes gives prospective Arctic dog-sledders and English Channel swimmers a taste of what they face. The lab is studying the chilling possibilities of "nuclear winter." And this spring Pozos will ply medical students with alcohol and see how well they navigate boats.

Some of the researchers' findings have been surprising. Senility in some old people may be caused by the cold—what Pozos calls "urban hypothermia." He thinks cold rooms sap their body heat and cause memory loss. He also believes that homeless people who seem intoxicated may just be cold.

Dramatic mood swings and personality changes are common. He says that some people, after emerging from the cold tank, act dizzy or drunk. The brain seems particularly vulnerable to extreme cold. "It's like all of a sudden pulling one or two boards from a computer," he says.

The researchers say that one of the best ways to get a buzz is to leave a stuffy cocktail party for a breath of brisk air. The cold increases blood circulation, rushing alcohol to the brain.

Shivering is important—it heats the skin and at the same time physically warns you to find heat. Strangely, about 10% of the population doesn't shiver. Lab staffers here call such people "lizards." Others are allergic to cold; one woman's hand puffed up for three days after being submerged in the laboratory's cold water.

And while prolonged exposure to cold air or water can be fatal—most victims of the Titanic died of hypothermia—brief encounters may actually be beneficial. Pozos notes that Scandinavians have been running out of saunas and plunging into icy water for years. "If it hadn't been good for them," he says, "they'd all be dead."

—abridged from the 2/9/87 Wall Street Journal

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