

June 1987  
#71

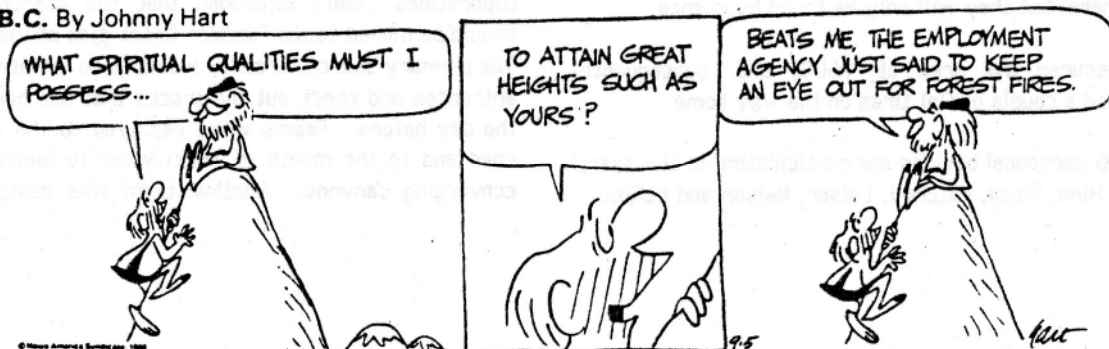
**CHINA LAKE MOUNTAIN RESCUE GROUP  
P. O. BOX 2037  
RIDGECREST, CR 93555**

**SCHEDULE OF EVENTS**

JUNE 27 - 28	Summer Class Day Climbs	Renta/Derrickson
JULY 3 - 5	Mineral King	Lucas
JULY 11 - 12	Summer Class Overnight Climbs	Renta/Derrickson
JULY 13	Meeting	D. Burge
JULY 18 - 19	Barnard	D. Burge
JULY 25 - 26	Mt. Goddard Moonlight Madness	B. Rockwell
AUGUST 1 - 10	Oregon Cascades	Renta
AUGUST 1 or 2	Mt. Whitney Day Trip	Mitchell
AUGUST 7 - 15	John Muir Trail	B. Rockwell
AUGUST 8 - 9	Middle Palisades	Hinman
AUGUST 10	Meeting	Wisecarver
AUGUST 15	Mt. Morrison	Finco

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B.C. By Johnny Hart



## OPERATION REPORTS

87-4 Mt. San Gorgonio	3/25/87	Alert Hine
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On 25 March the Group was placed on alert for a downed Air National Guard F-4 missing since the previous Saturday. The call came to the Indian Wells Valley SAP team. Weather in the area had hampered search efforts and the Search Commander was requesting the use of the IWVSAR Snow Cat.

Dennis Clodt of IWVSAR asked if the CLMRG should be alerted. After Clodt explained who we were, the Search Commander directed that we be contacted. Carol Burge conducted the call out. Members committing: Hine, Finco, Renta, Buffum, Jones and Roberts.

The aircraft was located later that afternoon and our further participation was not required.

87-5 Saline Valley	4/5/87	Search Stogsdill
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During the search practice in Saline Valley hosted by Inyo County, Sgt. Dan Lucas gave us an update on the Berman case of a year ago (see operations #86-1 and #86-2). Two dowsers from back east had addressed the problem of the missing couple, and suggested that they had been buried in well-concealed shallow graves west of Big Silver Mine. The dowsers had apparently come to this conclusion independently of each other.

Since we were already on scene for the practice, Sgt. Lucas requested that we search the area.

The primary location and surroundings were searched for several hours by seven of us, without success. Many piles of rocks, any of which could have concealed bodies, were systematically torn down. No clues were found. Our conclusion is that it is possible that graves are there, but they will only be found by chance.

We secured the area at 1600, and, subsequently, enjoyed a couple of flat tires on the way home.

CLMRG personnel besides me participating in the search were Hine, Finco, Mitchell, Leiser, Nelson and LaRoe.

87-6 Emigrant Springs	4/30 - 5/3/87	Search Stogsdill
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Bob Huey received a call from Death Valley National Monument on the morning of 30 April. The request was for CLMRG support in searching for an overdue hiker in the vicinity of Emigrant Springs and the old mining town of Skidoo. Missing was Robert J. Lapergola of Las Vegas, age 28. Lapergola was reported overdue by his girlfriend, Tammy, who was to pick him up on the evening of 28 April after his hike to Skidoo.

The plan for the first day was to search the mines and the town of Skidoo, then the obvious washes and canyons from Skidoo northwest toward Emigrant Springs. The days search ended with no clues being found, and a call out for additional members was initiated to assist on 1 May.

Linda Finco took over as CLMRG operations leader when Bob Huey had to return to Ridgecrest. More CLMRG members had arrived at Emigrant Springs Ranger Station. The plan for this day was to search canyons and washes from the top of Tucki Mt. down to the west. As teams were enroute to their assignments, we learned that a Furnace Creek Ranger had talked to Mr. Lapergola on 27 April and discussed his approach. The new information was that Lapergola's route went via Cottonwood Marsh and Salt Creek. thence to Tucki Wash, and on to Skidoo. Teams currently deployed were rerouted 180 degrees to drainages from the top of Tucki down and to the east, toward the Tucki alluvial fan. By 1700 all drainage searches had been completed with still no sign except some tracks in the vicinity of Salt Creek on an old jeep road, and another set in the salt pan to the southwest of Furnace Creek.

Tom Stogsdill took over as operations leader on the third day of the search. The morning brief with Finco, John Bundy (Incident Commander), and Terry Harris (Operations Chief) concluded that the search effort should be moved to the Furnace Creek side of the valley. The primary search strategy would be to isolate canyon entrances and check out the tracks that had been found the day before. Teams were deployed to the old jeep road and to the mouth of Tucki Wash to isolate three converging canyons. Another team was assigned the

tracks across the salt pan headed west. Other teams, each with a NPS Ranger, went to isolate washes that were west of those tracks. The jeep road tracks were lost in packed scree after being tracked for about one and one half miles.

Teams in the washes and canyons were all drawing blanks. The tracks in the salt pan were also found to show little promise: Lapergola's boots were worn, while these tracks were well defined and appeared to be made by new boots. With no new evidence to go on and having isolated all the possible canyons that Lapergola could have gone into, we secured that side of the valley as having been thoroughly searched. The plan for the next day was to return to isolate all the canyons not searched in the Emigrant Springs area.

The search continued on the 3rd, with teams deployed into the mouths of the remaining canyons. By 1530 all canyons and drainages had been searched or isolated to the extent that we were convinced no one had traveled up them recently. Teams were instructed to return to base for debrief.

After debrief and final review of the overall effort and the lack of any evidence that Mr. Lapergola was in the area, Bundy directed that the operation be secured at 1550.

Other members participating in the search included: Green, Mason, Sakai, Mitchell, Derrickson, Martin, McDowell, Roseman, DeRuiter, Seibold, Castro, Roberts, Leiser, Silverman, Jones, Barbee and LaRoe. Coordinators were J. Westbrook and S. Rockwell.

87-7 Keeler	5/2/87	Alert Lucas
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Sheila Rockwell called me around noon on Saturday, 2 May, to say we had a pager request from Sgt. Reid of the Inyo County Sheriffs Office. At that time we had 15 people on a search in Death Valley (see '87-6) and 6 people on a weekend climb of Mt. Heller (see \*87-8).

I called Sgt. Reid and learned that a subject had fallen about 25 feet down a mine shaft located 1.5 miles north of Keeler, near Lone Pine. I suggested that Sgt. Reid call the Indian Wells Valley Search and Rescue Team. I asked Sheila to put CLMRG on alert, just in case we were needed. Sheila found two people in town able to go: D. Burge and Buffum. At 1225 I confirmed with

Sgt. Reid that IWVSAR was responding (Leader: Lewis Allen) and told him we would stay on alert for the afternoon. I assume a successful conclusion.

87-8 Mt. Heller	5/4/87	Alert Green
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A group of six CLMRGers (Hinman, B. Rockwell, Hine. Huey. Ostermann and D. Lucas) climbed Mt. Heller, in the Sierra Nevada near Vacation Pass. on the weekend of 2 May. They had intended to return on the 3rd and had left. word to alert us if they were not out by 0900 on the 4th. They were a bit late and did not get to a telephone until 1000. By this time we had initiated a call out to make sure that people were available in case a rescue was needed. The climbers had encountered snow on the class 3 ridge of Mt. Heller and were forced to bivouac at Tulainyo Lake on the way out. Reports are that it was a classic mountaineering experience.

Coordinators Wyatt and J. Westbrook, with B. Meng assisting, got a positive response from 18 field members: myself, Lucas, Adams, Renta, Mitchell, Derrickson. Gleason, Seibold, Wisecarver. Walker. Buffum, Leiser, Silverman, Jones, Barbee, LaRoe, Sinclair and Cunningham.

87-9 Great Falls Basin	5/10/87	Rescue Huey
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At 0225 on Sunday, 10 May, I received a call from the China Lake Police asking for assistance to help two boys stranded on a cliff near Trona. After calling the San Bernardino Sheriff, It was determined that two 16 year old Ridgecrest boys were stranded in Great Falls Basin at the second or third falls. There were no injuries, but they were scared and cold.

Seven people responded to the call for technical rescuers and we left the but at 0315. Upon arrival, we discovered that the Inyo Posse from Bishop had responded since the area was in Inyo County, but they had not been able to extricate the subjects due to lack of technical gear and familiarity with the area. The Inyo team reported that Wade Boyack and Ron Rhone had been climbing with two other Ridgecrest boys on Saturday, 9 May. They had 150 feet of 3/15" plastic clothesline and 50 ft. of static climbing rope. At the third falls, one boy rappelled down the clothesline and abraded the rope, which made the others reluctant to follow. He took the

Climbing rope and went for help. A fourth boy was apparently above these three and found the third class route to the top.

CLMRG members reached the boys, gave them food and clothing, and lowered them out of the falls by 0700.

As a point of interest: the last fall ended in a pool of water that was estimated to be over 10 feet deep, and Bart Hine had to swim about 30 ft. with a full pack to fix a rope on the canyon wall. He then negotiated about 30 ft. of water before reaching dry land. A Tyrolean traverse was then set up to lower everyone from the top of the last fall to the dry area.

CLMRG members included: Huey, Green, B. Rockwell, Hinman, Hine, Mason, Martin, and Seibold. Coordinator was S. Rockwell.

Note: The boys' incident had been reported to the San Bernardino Sheriff's Office at approximately 1830 the night before. However, since the area was actually in Inyo County, the deputy had no knowledge of the area, and did not know whom to call for assistance. The Inyo SAR deputy was not available, and the dispatcher referred the call to the Inyo Posse. A courtesy call to CLMRG would have saved time and netted information about the nature of the terrain. Certainly the initial information that the Inyo Posse received gave no impression that a technical operation was required.

87-10 Yosemite N. P.	5/10/87	Alert Renta
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CLMRG was put on alert for a missing hiker in Yosemite Valley. The alert lasted half an hour.

Others committing were: McDowell and Gleason. S. Rockwell coordinated, with assistance from Braun and B. Meng.

87-11 Cerro Coso College	5/12/87	Search Hinman
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At 1030 on 12 May Bob Rockwell of CLMRG was contacted by Sgt. Gil Cooper of the Kern County Sheriff's Department because of a missing five year old boy. The boy, Robert Connell, had climbed over a fence and disappeared from the Cerro Coso College Day Care Center an hour earlier. According to a playmate,

Robert was off to see his sick grandfather who lives in Randsburg, 20 miles over the desert hills to the south.

Rockwell called the pager system to get a leader and I responded. I contacted Lt. Jerry Linenkugel of the Ridgecrest Police Department, got more details and arranged to meet him at the college as soon as possible. Rockwell called the pager again and asked available members to go immediately to the rescue hut, while I contacted Mary Wyatt to begin the roster call out. When I got to the hut, Stogsdill and Huey were there, so I sent them to the college to make contact with the police and to contain any evidence in the area.

Green and I arrived at the college about half an hour later. We were just beginning to organize base camp when Robert was spotted about 1/4 mile north of the day care center by someone observing from the top of the college. Robert was brought in by one of the sheriff's deputies. He was in good condition.

Others participating in the operation were: Finco, Atkins, Mason, Mitchell, Derrickson, Martin, D. Harris, DeRuiter, Walker, Leiser, Silverman, Jones, Barbee, B. Westbrook, Sinclair and Cunningham. J. Westbrook and B. Meng assisted Mary. The IWVSAR team was also mobilizing for this operation.

Comments:

1. After the operation was secured, some of us attempted to track the boy to make up for the tracking practice which had been cancelled due to the operation. The only tracks found, besides those near the fence he had climbed, indicated that he had gone off to the southeast and apparently circled around to the north. He probably was never more than a 1/4 mile from the day care center and probably spent most of the two and a half hours he was missing behind the four foot high desert vegetation.

2. The Ridgecrest Police handled the situation well. They called us early and provided all possible support. They had an information handout available, including photographs of the boy, by the time we arrived at the scene.

3. Several local groups including motorcycle, four wheel drive, horse, and radio clubs, had heard about the situation and were already on their way to the scene. The police told me that the efforts of these people would be controlled by CLMRG. Effective use of these well-

meaning but untrained resources would have been a challenge.

87-12 Santa Barbara	5/24-25/87	Transit Huey
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CLMRG received a call from the Sierra Madre Search and Rescue Team, which had initiated an MRA call out to search in the mountains north of Santa Barbara for a missing retarded 20 year old male.

The subject had become separated from a group of hikers on 23 May and had not been located by the 24th. A call out netted 6 members. Upon arrival in Santa Barbara at midnight a radio message was received stating the subject had just been located.

Other members participating included: Mason (coordinator), Stogsdill, Finco, Gleason, Ostermann and Cunningham.

67-13 Big Pine Creek	5/29-30/87	Search/Recovery Lucas
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CLMRG was alerted by the Inyo County Sheriff's Office (Inyo CSO) at 1220 on Friday, 29 May, for a search in the Big Pine Creek area. Craig Oien (Oh-wen), age 30, had disappeared from his home in Concord on 4 May. On 27 May Concord authorities had requested that Inyo CSO look for his car, which was subsequently located near Glacier Lodge. A search was started by the Inyo Posse on Friday, which turned up no sign of Oien.

At 2015 Inyo called, requesting us to be at Glacier Lodge at 0700 Saturday. Other MRA teams were also responding. Fourteen of us (B. Rockwell, Stogsdill, Finco, Renta, Roseman, D. Burge, Roberts, Walker, Buffum, Leiser, B. Westbrook, LaRoe, Cunningham and I) met at the but at 0445. We soon departed and arrived at Glacier Lodge before 0730.

In base camp were Sgt. Dan Lucas (Inyo CSO), Doug Wilson and Pat Elliott (Inyo Posse), and Arnie Gaffrey and Jon Inskeep (Sierra Madre). One Inyo team was in the field, checking the trail and drainage between Oien's car and the upper roadhead. Inyo was ready to transport teams via 4WD to the upper roadhead. The plan was to saturate the north fork drainage of Big Pine Creek and especially the Black Lake area. (where Oien had camped as a child).

Gaffrey and I decided to send Stogsdill and Inskeep into the field as sector control for teams in the north fork drainage. I would stay in base to assist Wilson, and LaRoe would be radio operator. Kathryn Bahm of the Inyo Posse was already logging in personnel.

The remaining CLMRG personnel formed four teams to search Black Lake, Swift Lake, Third Lake, Second Lake, and First Lake. A June Lake team of two people was sent to Sixth and Seventh Lakes.

Meanwhile, the Inyo team had found cigarette butts matching butts in Oien's car. The butts were in a grill pit at a camp site near where the upper road crosses the north fork. This reinforced our assumption that Oien was up the north fork. Nevertheless, when the Inyo team returned to base for reassignment, we sent them up the south fork to Willow Lake, just in case.

An Air Force Huey from Edwards AFB arrived in time to ferry a Bay Area MRU team in below Second Lake. They were to continue to Sam Mack Meadow. Later, three San Diego teams were ferried in to search Fourth and Fifth Lakes. This left only the trail to Coyote Flat unchecked.

As the Bay Area team was being flown in, they noticed a blue spot above Third Lake. They made their way around the south side of Second and Third Lakes to discover the subject (an apparent suicide) under a blue tarpaulin shelter. At this time the San Diego teams were just passing Third Lake.

We now had three options: (1) fly in a stretcher and fly out the body, (2) fly in the stretcher and carry out the body, and (3) carry in the stretcher and carry out the body. A carry out could not be accomplished before dark. The coroner decided, after some discussion, that it was okay for us to evacuate the body, if teams at the scene took pictures and good notes. The helo pilot needed authorization from OES to recover the body. So all field crews stood awaiting OES action. Finally, we got OES approval and a quick helo flight to an LZ set up by San Diego near the victim concluded *the* operation. Field crews walked out.

Other groups participating included a CHP helo that flew reconnaissance, a U.S. Forest Service Ranger who brought 7.5" quad maps for base, and two CARDA dog teams that were turned around at Bishop. CLMRG coordinators were Wyatt (Friday) and S. Rockwell (Saturday). B. Meng assisted.

Comments:

1. We had over forty people from ten different organizations. Even so, the operation went smoothly and people worked together very well.
2. Communications between sector control (Stogsdill and Inskip) and base camp were broken. Base should have been moved to the helispot at Sage Flat campground - where we have operated successfully from before - and would have been moved on Sunday.
3. We were working three frequencies: MRA, Inyo CSO (between base camp and Independence), and air-to-ground Huey. Sometimes all three were going at once, which gave LaRoe a good workout. The Inyo repeater blanked base radio, which probably explains some of the broken communications with sector control.
4. Once the body was discovered and the search turned into a recovery, base should have explicitly delegated field OL responsibility to Stogsdill and Inskip. This would have removed any doubts as to who controlled field crews, and may have avoided some apparent confusion among field crews. (There was no confusion

between Stogsdill/Inskip and base on this.)

5. Inyo tried to get a mission number from OES all day Friday, to authorize calling out-of-county resources. Using 20/20 hindsight, CLMRG should have started searching Friday with Inyo. We might not have found the victim on Friday (without a helo, the blue shelter might not have been spotted), but who knows?

87-14	6/14/87	Mobilization
Inyokern		Sakai

At approximately 1745 on Sunday, I received a call from the NWC OOD. I was informed that the NWC SAR helo crew had spotted a downed aircraft approximately 10 miles west of Inyokern in an area inaccessible by helo or ground vehicle. They were requesting that CLMRG hike to the downed aircraft to help any victims.

A call out was initiated by Nancy Aigner with Stogsdill, Hine, Finco, Atkins, McDowell and Deruiter responding. Before we could depart the hut, we received another call informing us that a sheriff's helo had identified the aircraft as a 2 year old crash.

HIGH POINTS WITHIN THE UNITED STATES AND ITS POSSESSIONS

STATE OR TERRITORY	NAME OF HIGH POINT	ELEVATION IN FEET	STATE OR TERRITORY	NAME OF HIGH POINT	ELEVATION IN FEET
Alabama	Cheaha Mountain	2,407	Montana	Granite Peak	12,799
Alaska	Mount McKinley	20,320	Nebraska	Johnson Township	5,424
Arizona	Humphreys Peak	12,670	Nevada	White Mountains Boundry Peak	13,140
Arkansas	Magazine Mountain	2,823	New Hampshire	Mount Washington	6,288
California	Mount Whitney	14,495	New Jersey	High Point	1,803
Canal Zone	Cerro Calera	1,205	New Mexico	Wheeler Peak	13,160
Colorado	Mount Elbert	14,431	New York	Mount Marcy	5,344
Connecticut	South Slope of Mount Frissel	2,380	North Carolina	Mount Mitchell	6,684
Delaware	On Enbright Road	442	North Dakota	White Butte	3,506
District of Columbia	Tenleytown	410	Ohio	Campbell Hill	1,550
Florida	Sec.30, T6N, R20W	345	Oklahoma	Black Mesa	4,978
Georgia	Brasstown Bald	4,784	Oregon	Mount Hood	11,245
Guam	Mount Lamlam	1,329	Pennsylvania	Negro Mountain (Mount Davis)	3,213
Hawaii	Mauna Kea	13,796	Puerto Rico	Cerro de Punta	4,389
Idaho	Borah Peak	12,662	Rhode Island	Jerimoth Hill	812
Illinois	Charles Mound	1,241	Samoa	Lata	3,056
Indiana	Sec.3, T15N, R1W	1,257	South Carolina	Sassafras Mountain	3,560
Iowa	T100N, R44W	1,675	South Dakota	Harney Peak	7,242
Kansas	Mount Sunflower	4,026	Tennessee	Clingmans Dome	6,642
Kentucky	Black Mountain	4,145	Texas	Guadalupe Peak	8,751
Louisiana	Driskill Mountain	535	Utah	Kings Peak	13,498
Maine	Mount Katahdin	5,268	Vermont	Mount Mansfield	4,393
Maryland	Backbone Mountain	3,360	Virginia	Mount Rogers	5,729
Massachusetts	Mount Greylock	3,491	Virgin Islands	Crown Mountain	1,556
Michigan	Mount Curwood	1,980	Washington	Mount Rainier	14,410
Minnesota	Eagle Mountain	2,301	West Virginia	Spruce Knob	4,862
Mississippi	Woodall Mountain	806	Wisconsin	Tims Hill	1,953
Missouri	Taum Sauk Mountain	1,772	Wyoming	Gannett Peak	13,785

*Editor's Note: The following article was submitted for the January 1978 issue of the Talus Pile (-39). It is being repeated now for the benefit of our newer members.*

Familiarization	12/10/77	Bob Rockwell
	Great Falls Basin	

The canyon draining Great Falls Basin, approximately 7 miles north of Trona, has been the scene of several rescues. Hikers travel down canyon, sliding on ancient iron water pipes or downclimbing/jumping past the numerous dry or not-so-dry waterfalls. Without ropes, a point is reached where the hikers can no longer descend (40' overhanging waterfall) or retreat due to the smooth water-polished walls.

I have been on three rescues in the canyon, but always at night. Several others had also never seen the canyon outside of headlamp range, so this daytime familiarization trip was undertaken, along with L. Lucas, R. Atkins, BJ Holden and F. Lloyd.

4.9 miles past Trona High School, or 0.2 miles past the Valley Wells monument, turn left on a dirt road for 3.3 miles to the mouth of Great Falls canyon. At a non-rescue pace, this took 50 minutes from downtown Ridgecrest.

A trail on the south rim shortly encounters some old iron pipe which leads to the canyon proper in 20 minutes. Probably the best entry to the canyon floor is a 125 foot rappel using the pipe as an anchor. Alternatively, traverse to the floor higher up (class 2) and a 40' free rappel down the 7th waterfall leads to the same spot. This latter course has the advantage that the entire trip then requires only a single 150' rope. (Yet another alternative is to rappel from a stud protruding on this aforementioned traverse. This also

requires only a 150' rope, but is not free.) The remaining descent is described below. All rappels are vertical or overhanging. Anchors are plentiful on old water pipes and bolts.

Falls	Distance	Comments
6th	15'	can be downclimbed
5th	20'	can be downclimbed
4th	45'	can slide down pipe
3rd	40'	overhanging
2nd	40'	ends in pool
1 <sup>st</sup>	?	bypass on north side

Past rescues have been stymied at the top of the 3rd falls. Lowering the subjects over the remaining two waterfalls is recommended in most cases.

There is a class 3 route up the south wall, approximately 50' below the 6th falls, which eventually connects with the trail. However, this route would be difficult to find at night to enter/exit the canyon. There appear to be no other reasonable possibilities.

An interesting find was a tattered polypropylene water ski tow rope at the 2nd falls and an old frayed nylon rope at the 3rd falls. Neither looked sufficient to hold a person's weight yet indicated that at least one foolhardy party had successfully traveled this canyon since the last rescue two weeks ago. We removed these hazards.

Our leisurely trip consumed only 3 hours away from the car, and is to be recommended to other CLMRG members who have not done this. The Group will undoubtedly be called there again to perform rescues without the benefit of daylight.

*Some of my early climbing companions have long since hung up their heavy iron crampons and nailed boots and now utilize their axes for garden work. Perhaps the pace was too wearying or the spread of middle years encouraged more sedentary pursuits. But it also has been good to meet old companions still on the trail. Some have found the elixir of youth and are doing climbs today they wouldn't have considered years ago. Perhaps, after a person has worried about age through his forties and finds nothing has changed, in his fifties, when the competitive parameters of the sport no longer mean so much, he finally learns the full enjoyment of mountaineering.*

*- Dee Molenaar*

## DONOR'S CORNER

We deeply appreciate all donations made to CLMRG, which go toward the purchase of specialized search and rescue gear, and to offset the cost of operations. Recent donations were received from:

Sam Van Gundy (retired NWC Operations Officer and Life Member of CLMRG)

Russ and Edith Huse (Russ was an active field member and is now a Life Member)

Pan Am Management Club (donations for talks given by Glenn Roquemore and Bart Hine)

Zeke Boyack (see operation number 87-9) Mojave Primitive Encampment (CLMRG does de-

monstrations and teaches rappeling at this annual Girl Scout event)

Kiwanis Club (donation to purchase a pager for a CLMRG Coordinator)

Our sincere thanks to all!



"Dammit, Schleif, I thought you brought the hardware!"

## ACHIEVEMENTS

On June 13, Randy Walker shaved almost three minutes off the unofficial record for the Telescope Peak Trail Run. (7 miles, 3000 feet elevation gain) The new time to beat: 1 hour, 17 minutes, 45 seconds. Congratulations, Randy!

## EDITOR'S CORNER

We enjoyed the national Mountain Rescue Association Meeting at the elegant Marquis Hotel in Palm Springs last weekend. Seven members of CLMRG attended, while others came from as far away as Virginia. Approximately 130 MRA members and guests were present at the well organized function.

Saturday was a gorgeous climbing day with ascents in the San Jacinto mountains, followed by a barbeque dinner at the top of the Palm Springs Tramway, and a dramatic slide presentation by famed rock climber John Long. On Sunday a long business meeting was held.

The weekend was planned and hosted by the Riverside Mountain Rescue Unit. It is always worthwhile to exchange ideas, compare issues and socialize with rescue personnel from other teams. It is also useful to meet those people face-to-face who have only been voices on the telephone on region call outs.

*Anyone can benefit from the influence of the mountain. After a few days high on the rock and snow all of one's faculties are sharpened. The meadows are so green, the flowers so colorful and the flowing streams so sweet as one descends from the barren world above. There is no room left here for petty worries, depression, or negative thoughts - one is re-oriented. Man is as he should be.*

*- Clark E Schurman*



## HEALTH TIPS\*

### HEALTHIER LIFE STYLES

The latest word from government sources is that as a nation we are having less heart attacks and strokes because Americans have effectively improved their lifestyles. Deaths due to heart disease have declined by 26% between 1970 and 1983 while significant medical advances have led to early detection and treatment of heart disease and stroke. The American population has clearly made an effort to be better informed and has changed its dietary and exercise habits.

### SMOKING

The glaring exception to healthier lifestyles is the continued epidemic of cigarette smoking. Millions of Americans continue to smoke and worldwide smoking is increasing at a rate of 2.1% per year. Cigarette smoking has been identified as the single most preventable cause of premature mortality in the U.S. Of the 565,000 deaths annually from coronary heart disease over 30% or roughly 170,000 deaths are directly attributed to smoking. Because the health hazards of smoking become recognizable only after years of exposure to smoke, smokers are led into a false sense of security and the continued growth of the habit means increased illness for years to come. The total annual health care costs associated with smoking are in excess of 16 billion dollars. 73% more tobacco is consumed now than it was 20 years ago and tragically the cost in lives and money can only be expected to grow.

### CHOLESTEROL

Is cholesterol really the villain in heart disease? Are we consuming too much cholesterol in our diet? Are fast foods deserving of the reputation they are getting? Research on the American diet with its high consumption of saturated fats, oil fried potatoes, fatty hamburgers, milk shakes, etc., clearly links our dietary habits with heart disease. Specific suggestions for reducing the amount of cholesterol in your diet are:

1. Substitute chicken or fish for beef or pork.
2. Watch your consumption of dairy products. Substitute margarine for butter. Use low-fat *cheese* and milk vice cheddars or whole milk.

3. Control your egg consumption to no more than three a week.

4. Cook healthy, i.e., use vegetable oil. broil rather than fry when possible, trim off fat from meat before cooking, and remove the skin from chicken.

5. Add fiber to your diet. Oatmeal, bran cereals, beans and high-fiber vegetables such as broccoli help to lower serum cholesterol.

Reducing cholesterol in the national diet can mean a 39% decrease in incidence of coronary heart disease and could save as many as 100,000 lives annually.

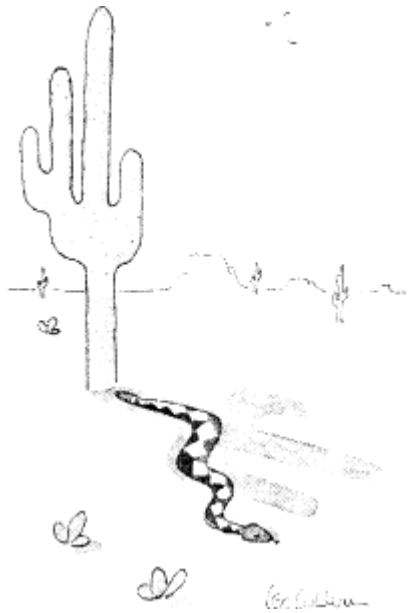
### FITNESS CAN IMPROVE YOUR CAREER

A recent Gallup poll indicated that both men and women who exercise regularly are strengthened in their careers and personal lives. According to the poll nearly half of all Americans think that 'people who exercise seriously become more confident and self-assured'. Joining the fitness revolution may be as important for your career's health as it is for your personal health.

### PROFILE OF AN EXERCISE

Personal Characteristics	Who Exercise	
	Women	Men
<u>Total Survey</u>	53%	63%
<u>Age</u>		
16 - 29	66	60
30 - 49	54	60
50 or older	43	52
<u>Annual Household Income</u>		
\$30,000 and over	60	69
\$20,000 - 29,999	51	60
\$ 10,000 - 19,999	63	65
Under \$10,000	35	49
<u>Education of Respondent</u>		
College	69	75
High School or Trade School	51	60
Some High School	25	39

\*From SISK (Self Insured Schools of Kern). Mar. 1986



From The China Lake  
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