I don’t know about you, but for me seasons in a year go by quicker and quicker. During the summers I used to look forward to winters, you know – no allergies, no mowing grass or tending a garden, no bugs, no so high temperatures that I wanted to peel my skin off in order to cool off, sunscreen goes only on the face, no sweaty shirts, no “honey do-lists,” and of course: snowskiing. Now I don’t look forward to future seasons much. Perhaps I learned to enjoy and deal with whatever season I am in without wishing my life away, or perhaps these seasons just go by that much faster for me now. But, whatever season I am in, everyday skiing comes to my mind. And yes, indeed, winter will be here before we know it. Now is the time to prepare for it. Nature all around us tries to stay on schedule, and I hope, so do we. It is my hope that this publication will help you do that. Yes, yes, I know that Mammoth Mountain, CA is open for skiing and riding through July 5 with base of 2 – 6 feet of snow, giving the mountain snowfall of 557.9 inches this (last) season. That just means they will have less time to get ready for the next season. Right?

Remember that all previous issues of Peak Performance are posted and downloadable from my Web page found at

www.mathsci.appstate.edu/~wak/

Our next issue of Peak Performance will be the September issue. After that they will be published monthly. Please, write me at

Kosmalaw@bellsouth.net.
Do you ever wonder what an Olympic skier does with the rest of their life after the medals have been handed out, the bones and joints are sore, the sponsors have moved on and the winter is over? Life goes on for Olympians like Cindy Nelson, Heidi Voelker, Deb Armstrong and Diann Roffe.

Here’s what they had to say about life beyond the fast lane.

“Perfect timing, perfect fit” for Heidi Voelker. After 10 years on the US Ski Team, three Olympics, national titles, a World Junior medal and only one knee surgery, Heidi created her own luck when Deer Valley Resort, in Utah, [www.deervalley.com](http://www.deervalley.com), took her up on her offer to create a girl/guy team along side Olympic gold medalist and Deer Valley’s Director of Skiing, Stein Erikson.

As Ambassador of Skiing for Deer Valley, Heidi enjoys her office out on the slopes and has formed a niche for herself within the ski industry. Her responsibilities on the hill range from guiding corporate groups to exhausting their on-hill fun meter to presenting Deer Valley’s best image to the press. And, after 13 years at Deer Valley, she has developed a loyal private client base. Heidi says, “Being part of the #1 rated ski resort over the past 3 years by SKI magazine readers is special and I feel very lucky to be part of a top tier within the ski industry.”

An anomaly for most, Diann left the US Ski Team on her own terms and with lots of goodies in her pocket: namely a gold medal at the World Championships by the age of 17, another gold at the 1992 Olympics and another Olympic silver medal two years later in Lillehammer. And for the cherry on top, she closed it out with a bang by winning the Super G World Cup in Vail securing her world #1 ranking in Super-G as a salute to her last professional ski race. Scoring big for the BIG events is big!

With all boxes checked, “I felt it was hard to maintain the excitement, intensity and motivation that the World Cup requires. I knew it was time to do something else.” Well, what else could top that in your life, Diann?

The first year post-retirement was a breeze for Diann, but the second year, “I missed it, I missed it all; the purpose, the structure, the challenge.” However, she too, like Heidi, made the shift by redirecting her drive, energy and zest toward other challenges and life experiences. Just two years ago, she and her husband started a family. Professionally, she swung from jet setting ski racer into the business world. Currently Diann is working for Consolidated Graphics, [www.cgx.com](http://www.cgx.com), which is one of North America’s leading general commercial printing companies. Partnering with the ski industry seems like a natural marriage that Diann is exploring.

On the other hand, and for the majority of retiring athlete’s, Deb Armstrong’s transition from hotshot ski racer to civilian was not an easy one. Deb blasted onto the slopes winning Olympic gold in Sarajevo in 1984, raining hard on the US Ski Team’s Olympic medal drought since Barbara Cochran’s 1972 gold 12 years earlier.
She called it quits just 4 years later at the too-young age of 24. “I quit too early. I knew I was a very good athlete. Winning gold was raw. I had eight more years left in me; I would have been satisfied if I’d been able to reach my ultimate potential. But I don’t regret it, I got on with the rest of my life.”

Deb successfully retooled. Today, she serves as Alpine Competitive Program Director for the Steamboat Springs Winter Sports Club, www.sswsc.org, the world-renowned ski club located in Steamboat Springs, Colorado. Deb is also a member of the PSIA Alpine Team. Alpental ski area at Snoqualmie Pass, an hour east of Seattle, named a run “Debbie’s Gold” after her. By the way, she’ll shuttle your a@@ up to her run on the "Armstrong's Express" high-speed quad chairlift named in her honor. Having slopes and chairlifts named after you is definitely pretty sweet.

Despite numerous injuries and the missing out on the coveted Olympic gold, Cindy Nelson dazzled the ski world during her illustrious ski career spanning fourteen years by winning the Olympic bronze medal, numerous World Championship medals and World Cup victories in four disciplines- Downhill, Super-G, Giant Slalom and the Combined. With that athletic resume, who’d want to retire; and besides, who wants to retire anyway, ever, from the upper echelon of competitive sports?

But, as the injuries mount or the results elude us, the reality of any sports career, even a long and successful one, unfortunately has a certain shelf life. And for Cindy, it was no exception. “The transition was difficult as I had become so accustomed to having a daily measure of my performance that I always knew where I stood after a day on the mountain. It was difficult to not have that gauge and adjust to a different ‘measure’ as I entered the business world going to work for Vail Associates.”

Today Cindy runs two businesses directly and indirectly related to the ski world: CindyNelson, Ltd, www.cindynelsonltd.com, which provides personal appearances, motivational speaking and celebrity guest hosting of corporate outings. Her other business is Here2Help of Vail, www.heretohelpvail.com, and it offers non-medical care and concierge services specializing in orthopedics.

As with any career, transition is inevitable for Olympians too. Some of these women have left with medals, all with creaky joints and varying degrees of satisfaction. But…. they all skied off the media pages with their lust for life intact, on to continued personal success.

Developing Trusting Relationships: A Johari Window

Aga Wusatowska-Sarnek
Ski Sundown, CT
PSIA-E Alpine Development Team

We all have heard many times that trust between a student and an instructor is so important in the learning experience. What is trust? According to Stephen Robbins: “trust is a positive expectation that another will not act opportunistically” [Essentials of Organizational Behavior, Prentice Hall, 2003, p.144]. Positive expectation assumes knowledge and familiarity about the other person. On the other hand, opportunistically refers to the
risk and vulnerability in a trusting relationship. We may see from this definition that trust is a time/history-dependent process. We should not expect that our students will trust us immediately if they don’t know anything about us. We need to develop a deeper relationship and the so-called Johari Window (JW) tool can be used to improve understanding between individuals. The tool was developed by Joseph Luft and Harry Ingham. The fundamental ideas included in the JW tool are:

- Trust is built as a student and instructor disclose information between each other.
- Feedback from others enhances learning about themselves.

In the tool the person is represented by a four-pane window, shown in Fig. 1 [www.ronniejohnson.info].

Each pane represents information about the person (feelings, experience, attitudes, motivations, etc.) which can be known or not known by him/herself and others. The Arena pane includes information known by both the person and others, like physical attributes, but also information that we may easily share, such as jobs, families, interests, origin, and hobbies. The Blind pane refers to what is unknown by the person about him/herself but which others know. It may be as simple as: “you have spinach in your teeth” or as deep as a person’s behavior, tone of voice, or impact on others. In the Facade pane included is the information a person knows about him/herself but others don’t, like strengths and weaknesses, political and religious beliefs, bad habits, dreams, etc. The Unknown pane represents what is unknown by the person and by others, such as unexamined life and critical situations. The lines dividing the panes are like window shades which can move as interaction progresses.

As we start working with a student (or a group of students) we should develop the Arena pane for every person, including ourselves. A game during the lift ride, such as “figure out five common things between you and chair partners (do not use the obvious ones like gender, skiing, etc.)”, or “tell two things about you that are true and one that is a lie” may be helpful to initiate communication. As we listen we may ask questions, closed (yes/no type of answer) or open (when, what, who, where, why, and how type of questions), to create active participation and develop connections. As the lesson progresses, we should encourage expansion of the Arena pane vertically through self-disclosure and horizontally through sensitive feedback. This situation is shown in Fig. 2 [www.ronniejohnson.info].

Quite often students share with us their sensations when they ski or perform a drill, including their fears and perhaps their claim of an inability to perform at all. They have just opened their Facade window. We should listen with empathy and help them to overcome the problem. Moreover, we should open our window. We may share how difficult it is/was for us to ski, say, White Pass turns and how long it took us to master this evolution. Disclosure builds trust! Now, offering feedback will open their Blind pane and should be with the student’s best interest in mind. Feedback should be offered after the student asks for or permits our input and focused on observed behaviors. On the other hand, it is not common that students will openly provide feedback about us.
Encouraging them to open our Blind window is the way to build more trustful relationships. What is some feedback about us we would like to have? Is it about our teaching style, lesson pace, drill selection? We may think ahead about this element of shared discovery and use the JW tool to create a successful learning experience.

We want to thank Aga for all her words of wisdom, which she has plenty of. Agnieszka Wusatowska-Sarnek is a member of the PSIA-E Alpine Development Team. She is also an alpine examiner in the Polish Ski Instructor Association. When not skiing she works as a Program Manager at Pratt & Whitney, CT (manufacturer of jet engines for commercial and military aircrafts, and space shuttles). She has Ph.D. in Materials Science.

Summer Preparation for Ski Season: Work Hard, Eat Right

By Bill Riner, Jr., Ph.D.
Distinguished Professor Emeritus
Director of Health Services
University of South Carolina, Lancaster

Ski and snowboard instructors who cannot get to a glacier or to the southern hemisphere for the summer need to think about what they do during the off season to maintain and improve their skills on the snow. Those skills require balance, flexibility, coordination, strength, muscle endurance and some cardiovascular endurance. Also important in meeting the physical demands of any sport is proper nutrition. Dietary demands are increased by activity and other factors, including cold weather. Therefore, those demands might be lower in the summer, leading to declining fitness and unwanted weight gain if the level of activity drops and food intake is not modified. A comprehensive year round fitness and nutritional plan can help avoid the immediate pre-season frenzy to tone muscles and lose weight.

It is common practice for people to use technology to reduce the physical effort required for daily tasks or to hire someone else to do the work. Some even try to minimize the effort involved in recreational activities. Then, ironically, they go to the gym or buy home exercise equipment to improve fitness. Also, nearly everyone who thinks about conditioning for a specific activity wants to be as targeted as possible with the exercise routine that they follow. The reasons are usually centered around economy of time and effort, which is the opposite of what we should be doing. We need to think about expending more energy, not less. Because of this obsession with efficiency, our society is less active than ever in our history. As an alternative, I want you to think about an active lifestyle that will keep you ready for anything you want or need to do. Think about making everyday tasks more physically demanding. This does not have to be expensive or complicated.

Maintaining fitness and flexibility reduces risk of injury (well conditioned muscles help stabilize joints, relieving stress on ligaments), speeds healing if an injury does occur and improves balance, agility and
coordination. This is particularly important to someone involved in a complex motor skill like skiing that also has associated risks due to the speed and levers involved. It is best to be involved in a variety of activities. This will not only make skiing and riding more proficient and fun, but will promote functional capacity to help meet the demands of everyday life. There are activities that complement each other, providing off-season conditioning for one sport, while participating in another. For skiing, two examples are mountain biking and trail running, which are excellent to improve balance, reaction time and coordination.

In reality, every activity we are involved in can contribute to overall fitness. Walking, running, bicycling, paddling canoes or kayaks, manual labor (occupation, yard work, gardening, etc.) or other similar activities that we enjoy (or not) are very effective in improving overall fitness. Walking rather than using motorized transportation, parking on the far side of the parking lot, using stairs rather than elevators or escalators, using a push mower rather than a rider are all simple ways to get more activity into your day. Wearing a pedometer to count steps during the day and setting a target, such as 10,000 steps per day, can also be effective. As Eric Marland, of the Gary Fisher 29er Crew, pointed out in his article in the April 2010 issue of Peak Performance, flexibility, coordination, readiness and balance, critical in mountain biking, are also among the important abilities involved in skiing and riding. Therefore, off season activities need to hone those qualities and also be enjoyable. Time and effort spent during the off-season improving physical abilities will be a good investment in next winter when the snow flies again. The main idea is to constantly challenge your body and to take every opportunity to live a more physically active lifestyle, both at work and play. Being able to handle any snow conditions or terrain depends upon our ability to adapt and successfully deal with unexpected circumstances. The demands of teaching winter sports make it necessary for instructors to be ready for anything. Having the necessary strength and endurance to meet those demands could determine how effective you are as a teacher.

The other half of the equation for improving function and maintaining fitness is nutrition. People tend either to not think enough about what they eat, or to think too much. There is more misinformation about diet than almost any other issue involved with health. Eating is not an option, but it should not be a recreational pastime either. Meals should be enjoyable, while supplying the fuel and nutrients to adequately support metabolism. The need varies with the demands that we experience, but is present throughout the 24-hour day. We tend to think of the obvious demand created by increased physical activity, but not the need during the time we are at rest. Resting Energy Expenditure (REE) is actually greater than that of a workout lasting only an hour or two. Energy balance is a simple concept. If one takes in more total calories that the metabolism demands (positive balance), weight will be gained. An intake of fewer calories than are required to meet demands (negative balance), results in weight loss. The right combination of carbohydrates, fats and proteins are the sources of that energy. Most of the calories (55 – 60%) should come from complex carbohydrates (fruits, vegetables, nuts, whole grains, etc.), 25% should come from mostly unsaturated fat and the remaining 15 – 20% from low fat protein sources. In addition to energy requirements (calories), other nutrients needed for the function and maintenance of the body are obtained from the food that we eat. These nutrients include vitamins, minerals, essential fats and amino acids (from protein). These nutrients are required for tissue building and metabolic reactions. Food intake should be planned to provide for these requirements. There is no scientific support for fad diets. Although there may be some short-term outcomes that appear beneficial, the long term effects are not as promising. A well-balanced diet, consisting of appropriate caloric content from a variety of foods and supplying the essential nutrients is the best to follow.

The most important nutrient is water. The chemical pathways of metabolism cannot proceed without it and it is necessary for temperature regulation. Adequate hydration is just as important for staying warm in the winter as it is for staying cool in the summer. We can go without food for some time, but a short period without water
will result in serious consequences. Severe dehydration will lead to complete shutdown of metabolic functions and cardiovascular failure. High altitude and low humidity can cause dehydration, even in the absence of obvious sweating. As we know, these conditions are experienced when skiing or riding. Since thirst is not an adequate mechanism for assuring proper hydration, a conscious effort must be made to hydrate throughout the day. Water is the best liquid for hydration. Coffee, tea, soft drinks and alcohol are not as effective due to their diuretic function.

What one eats does matter, having long-term health consequences. We should not let careless eating habits during any part of the year affect our ability to function optimally. Too many times, convenience or simply eating whatever is available is the guiding principle. Eating well (the right foods in the proper amounts) requires awareness, some knowledge and common sense. When all of the right principles are followed, one feels and performs better because the general state of health is better. Because it is required for physical fitness, good nutritional status may improve one’s performance as a teacher.

Live life fully, be active, eat well and enjoy what you do. There is no “fountain of youth”, but staying fit and well nourished can help us have a higher quality of life and maybe be better skiers, riders and teachers. Also, we can set an example for the people learning to ski or ride. They need to realize that acquiring a skill requires some effort to not only develop the technique, but to build the fitness base that will facilitate the learning process.

We wish to express a deep gratitude to Bill for sharing this message with us. Bill received his PhD in Physical Education (Exercise Physiology) from the University of Illinois at Urbana-Champaign. His current position, since 1980, is Director of Health Services and Professor of Health and Exercise Science at the University of South Carolina Lancaster. He is also Adjunct Professor of Exercise Science at USC Columbia. He teaches clinical and public health nutrition, biostatistics and graduate courses in pediatric exercise physiology and the clinical application of exercise. He has been skiing since the early 1960’s when he started as a student at Appalachian State University. He was a member of the National Ski Patrol and taught skiing at Appalachian Ski Mountain, Hound Ears and Seven Devils (now Hawsnest). Don’t be surprised to see Bill on the slopes of Sugar, as he skis here often.

Road Cycling

By Witold Kosmala
PSIA-E Alpine, Level III

This is an off-season for us, snow sports enthusiasts, but it is a season for other activities. With Giro d’Italia behind us, many of us can’t wait for Tour de France, or Vuelta a Espana to start. Cycling spirit is all over these beautiful mountains. What a great sport it is indeed, and once you own a bike – cycling is “cheap” ($60 per tire that will last you 2,000 –
3,000 miles depending if it is front or rear, and minor upkeeps.) Cycling, like swimming, is one of the best forms of all-around exercise. It gives the heart and circulatory system a workout (especially when climbing hills which are all around us), and it puts little stress on joints (unless one uses too high gears when climbing these gorgeous hills.) Biking will let your core, legs and heart get strong, will drop your weight, give you a positive outlook on life, and ultimately – get you ready for winter sports.

Now that most bikes have easy gear shifters, there is only little technique needed to get started. Here are some things that you might want to do to make your cycling a pleasant experience.

- Before you get on a bike, have it professionally tuned, seat and handlebars adjusted to proper height, gears checked. Make sure brakes work properly and brake pads don’t touch the tire. Check wheels and regularly pump them to a proper pressure. Remember – your life depends on your equipment.
- Always wear a helmet.
- Wear padded shorts and gloves. Bright jersey with a zipper will make you more visible on the road and help you control body temperature.
- Try to avoid biking in the fog, in the dark, during thunderstorms and when sun is low. Hail actually hurts.
- Don’t wear headphones and obey traffic laws. Ride with traffic and give right of way to cars. Bike defensively.
- Don’t ride side by side with another cyclist.
- Watch out for drains, curbs, railroad tracks, cattle guards. Cross them at a right angle. Watch for potholes, sand and gravel, as well as painted road markings on the pavement.
- Change your hand, seat and body position frequently.
- Keep your arms relaxed and don’t lock your elbows.
- After a long uphill, don’t coast downhill without pedaling. Even if there is little resistance, turning pedals will help remove the lactic acid which was build up when climbing the hill.
- Always use both brakes with the same pressure. On long downhill, don’t stay on your brakes too long. They may overheat the tire’s rim and could cause a blowout.
- Carry with you a water bottle, tool kit, spare tire and a way to inflate it, driver’s license or some form of identification, a contact phone number, as well as a few dollars in cash.
- On a ride, eat before you are hungry, drink before you are thirsty.
- If you use shoes with cleats, practice clipping in and out of your pedals at first on a low tension and then increase it. When stopping, take your foot out well in advance of a stop and lean over to the side that you have your foot out on.
- Beware of insects. In my riding career I had bees and other flying “objects” go down my shirt, get in my helmet, go in my dry mouth, down my throat, up my nostril, get stuck between eyeglasses and the eye. Fun, fun, fun.

There are a number of organized rides in the High Country area that you might wish to check out.

- **Bistro Roca’s Monday Ride.** It starts at 5:30 PM in Blowing Rock and is geared toward beginners and intermediates. Call Bistro Roca at 828-295-4008.
Boone Bike’s Tuesday Night Ride starts at 6 PM and is geared toward experienced riders. Call Boone Bike and Touring at 828-262-5750.

Tuesday East Side Ramblers Ride starts at 5:30 PM and meets at the Food Lion off Hwy 421. All levels are invited. Call Wayne King at 828-773-7399.

Magic’s Wednesday Night Ride starts at 6 PM. Riders regroup at three spots along the route, so all levels are encouraged. Call Magic Cycles at 828-265-2211.

Thursday West Side Story Ride starts in Valley Crucis Elementary School at 5:30 PM, and is appropriate for all levels of cycling. Call Wayne King at 828-773-7399.

Boone Bike’s Saturday Ride starts at 9:00 AM and meets at the intersection of Railroad Grade Rd and Castle Ford Rd in Todd. For more info, call Boone Bike and Touring at 828-262-5750.

You can use these rides to get yourself ready for some local races. Here we name but a few.

Blood, Sweat and Gears took place June 26. (Plan for next year. Send out entry form no later than January.)


The Bridge to Bridge, Sept. 19.

Watauga Lake Triathlon, Oct. 2.

Some Links that you might wish to check out are:

- http://www.magiccycles.com/
- http://www.booneareacyclists.com/

Now you have no excuse. If your health permits, take your bicycle out on the road. Connect with nature, get exercise and sleep well at night.

Health Course

During these great summer months many people operate equipment with gas-powered small engines that is unregulated by the government. These machines, like lawn mowers, put out large amounts of carbon monoxide, which is toxic to humans, as well as hydrocarbons and nitrogen oxide that increase the ozone level. According to EPA, operating a gas-powered lawn mower is about 4 times as bad for the environment as driving an average car. So, should you try to invest in new green equipment, or limit the usage of the old? That is the question.

By Witold Kosmala
Danica Goodman is a videographer, photographer, layout and graphic designer who freelances for several of the area magazines and newspapers, including All About Women and The Avery Journal-Times. She has spent much of her life in the High Country of North Carolina, which was home to her mother and her grandparents.
Danica is an avid advocate of a healthy lifestyle and diet, including primarily vegetarian fare, so she has spent years researching the benefits various foods. Also interested in preserving our heritage, she spent two years interviewing and videotaping many older residents of the Avery County town of Crossnore. She edited and produced a 40-disk DVD collection of these interviews and also a 3-disk DVD collection called "Tales Around The Fountain" of the stories the older folks told.

Turn to Wisdom

- The grass may be greener on the other side, but it still has to be mowed.
- Patience is the ability to keep your motor idling when you feel like stripping your gears.
- Patience is a quality you admire in the driver behind you and scorn in the one ahead.
- A person’s true character is revealed by what he does when no one is watching.

Thoughts for the Month

- Does Canada also have the 4th of July?
- Many say that the leg movement of a skier when turning is the same as the leg movement of a golfer when making a swing, is that really true? (See last page for an insight.)

Announcements

- Randy Wells is again organizing a party on Lake James on July 24. It was a fabulous party last year. What a great way to cross-train by water skiing and other water sports. Randy hopes you all can come. Please RSVP with Randy at 828-652-0026. Randy, thank you for your generosity.

- 2010 marks the 75th anniversary of the Blue Ridge Parkway.

- PSIA-E/AASI members – Don’t miss out on the great year-round travel saving benefit you are offered at over 5,000 participating Choice Hotels affiliated properties including; Comfort Inn®, Comfort Suites®, Quality®, Sleep Inn®, Clarion®, MainStay Suites®, Suburban Extended Stay Hotel®, Econo Lodge® and Rodeway Inn®. It is easy to join the Choice Privileges rewards program. Go to www.choiceprivileges.com/signup/SKIED or call 1-800-258-2847. This a FREE program that allows PSIA-E members to get the "best of both worlds." Not only can you use your PSIA-E/AASI Special Rate Identification # 00802187 to get a 15% discount (better than AAA), but you can also earn points towards free room nights, airline miles and more.

- The 55th Grandfather Mountain Highland Games, one of the largest Scottish Games in America, will be held July 8-11 on Grandfather Mountain near Linville, NC. Among the activities there will be The Bear 5-

• Tour de France is July 3 – 25. Check out pro cycling on

http://velonews.competitor.com/

http://www.steephill.tv/tour-de-france/

(Note: velo is short for velocipede – a Latin word for a human-powered land vehicle on wheels. Today the most common velocipede is a bicycle. In Russian velocipede actually means bicycle.)

• Doug Washer would like to share with you a trick rider that is absolutely incredible! Type into YouTube search…

Inspired Bicycles - Danny MacAskill April 2009

• PSIA-E news. Here are the names of the folks who made DCL:

Alpine: James Wilkinson, Jes Stith, Tom Chase, Dave Bowyer, Bonnie O’Hara, Steve Rusnock, Cheryl Thomas, Art Menichini, Tim Hogan, Donald Sowers, (Team coach Rick Metcalf)

Snowboard: Brian Donovan (Peek'n Peak), Greg Andrews (Stratton), Chance Caswell (Hunter), Joe Jones (Stowe), Terry Duffield (Team Coach)


Congratulations to all!

• PSIA-E offers scholarships. Applications are to be postmarked by Friday, Oct. 8, so start planning now. See http://www.psia-e.org/ms/eastbenefits/scholarships/ for more details.

• I wanted to inform you all about a new website and sort of online magazine that features the sports we love: mtn. biking, skiing, snowboarding, kayaking and rock climbing. It's called Mountain Town Update and the website is www.mountaintownupdate.com. Willie Northen, Joel Northen, myself and a handful of others have filmed and edited film from our various mountain town. You can check the website for all the town we've visited and covered. This is an ongoing process and will hopefully evolve as we get better. Check it out and let us know what you think. Thanks, Will Mauney.

A Funny Turn

A Hairdryer

Last season I bought new ski boots with very stiff outside shell, especially when they were exposed to bitter cold temperatures. So, I went to a local department store to get a hairdryer, which would warm up the shell,
especially on my reconstructed leg. That’s an item that I do not purchase often, so I was looking carefully at all the available products. A lady next to me was doing the same thing. At one point she looked at me, and then took a second look at my bold head. She asked me if I was looking for a hairdryer for my wife. I said no, I was looking for a hairdryer for myself. She gave me a look of disbelief. So, I explained further that I needed a hairdryer for my ski boots. At that point the lady thought I was making fun of her and walked away with a very strange look on her face.

By Witold Kosmala

Picture (oh no, not again…)

This is our own Doug Washer skiing at Taos, NM last April. Can you tell in which portion of a turn he is in? (Hint: look at his head and flex of the outside ski.)

Answer to Thoughts for the Month.

• Canada also has the 4th of July, and the 5th, and the 6th.
• Movement is not the same. Golfer’s move comes from above and skier’s move comes from below, i.e. the feet.