Officially: the autumn is upon us. Soon we will have beautiful colors all around us and after they are gone skiers and riders will emerge from their hibernation – that’s us.

In the last issue of Peak Performance words of wisdom said: *A goal without a plan is just a wish.* Indeed, how true. So, let’s set a goal and decide how it can be attained. Yes, of course, the goal has to be somewhat realistic. What goal or goals will you set for yourself this winter season? Is it going to be a certification exam? Will it be to obtain required abilities to go down a certain slope? Will it be to become a better teacher? Of course, goals can change, but certain underlying idea of improvement needs to be there.

As you probably already know, PSIA/AASI is offering several events in the high country this coming winter, including some right here at Sugar Mtn. What a great opportunity for us it is! Those that are members can update. New ones can join. Others can take an exam. We all can learn and improve. How often do we get to be coached by such great clinicians as PSIA/AASI Educational Staff? And we get full 2 days of it with them!

I constantly hear about costs of events being so high for poor instructors. The word *high* is an opinionated word. Some try to say that the fees are simply higher than they wish to pay, not because they do not have that kind of money. Others simply need to decide on their priorities. There are roughly 4 months before the registration fees for events in this area are due. Is it really impossible to save that $150 in that amount of time? Here are some ideas. Try cutting down on spendings that are not essential in your life. Think about cutting down on alcohol, cigarettes, sweets, food in
general, gasoline, etc. Everytime you do less than you would otherwise, put the saved money in the piggy bank. Try teaching an extra hour on the slopes. Save that tip that you got. Buy your new equipment wisely. Use pro-forms and other discounts available to instructors through PSIA/AASI or local shops. The bottom line is – how badly do you want to improve? If you want it bad enough, you will find a way to do it. How about applying for a scholarship directly from PSIA/AASI? Applications need to be postmarked by Oct. 8, 2010.

I recommend we all re-read a short article by Aga Wusatowska/Sarnek published in PSIA-E/AASI SnowPro, Summer 2010, entitled *Bang for Your Buck!* You can view it off of [www.psia-e.org](http://www.psia-e.org). She talks about how much one actually gets for the cost of an event. Oh, yes, yes, I know. If the event is here at Sugar, and we already have lift passes, we do not benefit from the two-day lift tickets that are included in the package. But, we do not have to pay for hotels, food and gas trying to get to another resort. That’s a trade-off.

Now, about the equipment. You should clearly decide what it is that you want the equipment to do for you, and then try to find it at the lowest cost. (Beware of internet scams.) Don’t forget to support your local merchants. Talk to them about special deals, pro-prices, pro-forms, promotions, etc. Get the equipment that you can use for more than one season, equipment that you can grow into, equipment that is more versatile. The article on K2 skis in this publication can perhaps help you with these decisions.

This coming season should be a great season indeed, another opportunity; and we can benefit more from it if we come prepared. Are you reading about technique? Are you practicing self-imagery? (See July 2009 issue of *Peak Performance*.) Are you getting physically and mentally fit? Just think how much more you can do if your body is prepared. You can gain so much more precision if there is no constant fatigue and fear – 2 big words in snowsports. Is your body prepared to function when your heartbeat is 200 beats per minute? In the previous issue of *Peak Performance* dry-land preparation for winter was presented and you would not believe how many people wrote me back applauding the well-known idea. Our own instructor, John Gaida was one of them. At the end of this publication we print what he said. In October 2010 issue of *Ski Magazine* physical preparation is also stressed.

Since I am not a preacher I better close for now. Some of us deal with unavoidable health issues, but most of us are healthy go-getters. So, set a goal and a plan to attain it. The goal of this publication is to help you do just that. We can all learn from each other. Don’t hesitate to put some of your ideas in print. Send your thoughts to

Kosmalaw@bellsouth.net

and view previous issues of *Peak Performance* on

[www.mathsci.appstate.edu/~wak/](http://www.mathsci.appstate.edu/~wak/).

We will be on the hill before the next issue comes out. Will you be ready when the mountain opens?

**Education**

**Trust Us**

*By Gordon Carr*
*PSIA-E Alpine, Level II*

Aga Wusatowska-Sarnek wrote a very insightful article about building trust between instructors and guests in the July 2010 *Peak Performance*. We all know that this fragile dimension between us and our snowsport students is just that:
fragile. It is a relationship which has to be studiously nourished and constantly messaged, yet it is a relationship which can be shattered in a single thoughtless moment. Articles like Aga’s offer pointers on how we develop and maintain this trust. PSIA and AASI in their chapters in Core Concepts For Snowsport Instructors also establish and emphasize the importance of the trust issue and break down the elements of maintaining a “trusting relationship” into working the learning environment, assessing movements, providing feedback, and debrief and closure (see Core Concepts, chapter 3, p 24; copyright 2001, PSIA EF.)

However, I would like to offer an integrated learning model which adds the “trust” issue as a foundation, as the primary building block upon which the basic skills of snow sports are learned. These fundamental skills and their integration and blending have been a corner stone of learning snow sports for several decades. PSIA and AASI have pointed out the relationship of muscle movements which produce rotary forces, edging forces and which manage and create the pressure forces involved in snowsport skills, ALL of which have to be integrated, to various degrees, within the circle of dynamic balancing (see figure.) We propose, however, that even this entire complex of skills is developed within and based upon a foundation of trust. Without the student’s trust in us as instructors, the learning and integration of the fundamental skill sets and the building of personal comfort in a dynamic balancing environment simply will not happen.

Think for a moment about learning to ride a bike. No one had words to tell you what to do with which muscles to “balance while moving”. Someone YOU TRUSTED likely ran beside and held the seat of the bike while you frantically twisted the handlebars leaning this way and that; and, you trusted that the person holding the seat would not let go until the correct moment. (Of course if it were an older brother or sister, they may have let go with even a push once in a while just to keep you on your toes!) But you trusted even them to help you. Think of tandem sky diving for the first time. Jumping out of a perfectly well functioning aircraft strapped to a stranger, would you do that if you DIDN’T trust the instructor? How about the tandem para-glider trip launched off the slope next to Corbet’s Couloir at Jackson Hole, WY; floating around next to cliff faces, hanging under a stranger, who has your life in his or her hands! Was there initial trust involved in that relationship before take off? You bet there was! Forget skill sets and learning; in many high risk sports you have the trust in the instructor or you simply don’t do the sport!

So too with learning to ski or snowboard, which to newbies ARE high risk sports. Just listen to their nervous laughter or dead silence while waiting in line for an instructor. All the fundamental skills sets to be learned in the dynamically evolving balance world of snowsports must occur within the context of a trusting relationship between our students and us. We are amazed at the complex relationship building we instructors are expected to do with anxious, perhaps even fearful strangers, who are coming to learn our sport. And all the relationship building and learning of basic skill sets typically is to be accomplished within ONE HOUR! Most of our technical books and articles about teaching snowsports almost make it sound like we have unlimited hours and days to build this evolving trusting relationship. It seems to Doug Washer and me that perhaps these books are mostly written by staff from huge destination resorts where a “vacation week” with the same students is the norm for most instructors... it just seems that must be so from the tenor of the articles. We know the articles discuss spending time on relationship building and teaching basic skills which we don’t have time for in ONE or ONE AND A HALF HOURS with our new Learn To… guests.

So the thesis for this article, as a point of discussion, is that perhaps most guests come to us already with significant TRUST ascribed to us! They come much as we might go to an Emergency Room, placing trust in strangers and empowering them to do “dangerous things” to us because they “are professionals”. And yes we too are “professionals” to the snow crowd coming to Sugar Mountain to learn to ski or snowboard. We must have expertise and trust ascribed to us by our students (maybe too much). It must be the case that our guests place trust in us “sight unseen” that we will guide them through the “scary” learning process of safely getting down that “terribly steep learning slope which runs into a building at the bottom.”

Of course building trust through methods described by Aga in her article about the JoHari Window and by others in the
PSIA/AASI technical manuals is important. Incorporating their ideas into our teaching plan is important; we need all the trust from our students we can get. It is critical! But, for discussion, let’s turn this whole concept on its head. Based upon the thesis that guests come ALREADY TRUSTING US, continuing to build that trust is a slow and delicate process. Ah!, but eroding the trust can be accomplished with a single thoughtless word or behavior by us prior to and during the initial learning session.

What, then, are some of the “trust eroding” things we can do (but shouldn’t,) which will diminish the trust our classes have in us.

1. Make fun of their fear and anxiety about the slick and cold snow. Sometimes it is just plain hard for us on that perfect day with sunshine and perfectly groomed snow on a non-crowded slope to even imagine “how can this be frightening?” Believe us, to newbies it can be petrifying.
2. Ridicule their efforts to learn. One of the authors actually knew an instructor who told a class “they were too dumb to learn and they should get off the slope!” (He now drives the parking lot shuttle {and maybe that is too much contact with guests for a knucklehead like that!!})
3. Talk disparagingly about previous students, within the hearing range of current students. (“If you say that about other students, what will you say about me after this class is over?”)
4. Laugh AT (humiliating) versus laughing WITH (sharing the funny things together. This one is a bit like art. I don’t much know about art, but I know what I like. It is a delicate line between laughing at and laughing with, but you know it when you see or feel it.
5. Ignore our classes or private lessons by talking with other instructors, friends, or previous class students. A smile and quick “hello” of recognition of previous students is probably a good thing (“Hey! You really care about your students!”), but keep the focus on your students who are with you NOW.
6. Put out non-verbal signals which communicate that we are not excited and happy to be with these people, RIGHT NOW. Don’t let them even imagine that you believe teaching is a bore and you’d rather be off skiing or riding with instructor chums.
7. If we don’t share our glee and joy about the snow scene it can’t become contagious. If we aren’t excited about the scene, how will the “newbie” catch the fever?
8. Talking down to classes as if they are too stupid to “get it.”
9. Not trying to remember class member’s names. Maybe within an hour you won’t unmistakably call each name each time correctly, but you must make the effort. (Sometimes the mistakes can be turned into an amusing ice breaker, where you can’t even remember your own name.)

So, don’t bemoan all the trust building and relationship strengthening things we have to do in an hour or hour and one half in addition to teaching skills. Assume what certainly is a fact: our “learn to” newbies come to Sugar already ascribing expertise, professionalism, and trustworthiness to us! Capitalize on that fact. Get on with the teaching using all the bag of tricks you have in your teaching quiver. Get the folks MOVING… you only learn balancing muscle moves when you are moving. But, just keep in mind some of these trust eroding behaviors and avoid them like the plague! We are more important to our learning guests than we can even imagine.

THINK COLD AND SNOW

Why Do Leaves Fall?

By Alina Kosmala and by Witold Kosmala
7th grader at Hardin Park School PSIA-E Alpine, Level III

In the September issue of Peak Performance, my sister Doria wrote why trees and bushes have leaves, and why and how deciduous trees change color. In fact, leaves actually start preparing for autumn ever since they start growing in the spring. As the leaf grows, so does a separation layer at the base of the leaf’s stem, known as abscission. During the summer water and food passes through this separation layer between the leaf and the tree. In the late summer the “food factory” begins the process of shutting down. This is when the separation layer begins to swell and forms a cork-like
material. This layer gradually slows down the flow between a leaf and a tree. Eventually all the flow is cut off and chlorophyll begins to disappear from the leaf. This is when true leaf colors come out.

At this point in time the tree is almost ready to part ways with its leaves. The tree first however grows a “skin” to cover up the openings at which leaves were attached to the tree. It is like a human needs skin to prevent bacterial invasion. When complete, tree cuts the leaves off by disintegrating the cork-like material in order to free itself from them. Wind can help in this process, but it is not necessary. Tree can do it all by itself. Cold temperatures can kill a leaf, but will not necessarily make it fall.

Why do trees and shrubs go through this lengthy and involved process just to grow those leaves all over again in the spring, might one ask? It is not in order to fertilize the ground, even though this is good for the tree. If the leaves were not forced to drop off, then when winter would have a milder break those leaves would start photosynthesizing and making food. Then this food would freeze and the leaf would die being stuck to the tree. In the spring the tree would be covered by dead leaves which would not make any food for the tree, and eventually the tree would also die.

Now, there are trees and shrubs that do not drop leaves in the autumn, like local rhododendrons. But, their leaves are prepared to handle winter temperatures. It may seem like those leaves live for ever, but they don’t. They just don’t all fall at the same time.

Equipment Turns

The Baseline on K2 Skis

By Scott Squires and Mark Embler
K2 Ski and Snowboard Sales for
Southeastern and Mid-Atlantic, US

and

by Witold Kosmala
PSIA-E Alpine, Level III
K2 Ambassador

BASELINE, BASELINE, BASELINE. That’s the name of the game with K2 Skis this season. So much in fact that they have incorporated six total baselines and committed almost their entire line to the new Baseline technology. Baseline refers to the profile of the ski, from tip to tail. What K2 has done is found a way to combine the traditional camber shape with some varying degrees of rocker. The camber gives the skier the edge hold, control and rebound that they are used to. Where the rocker is going to provide versatility as well as provide ease and a greater sweet spot. Throughout the K2 line you will find varying degrees of camber to rocker ratio.

You start to see rocker come into the line with the Speed Rocker. This is a baseline which is 90% camber and 10% rocker. The Speed Rocker is has a slightly elevated tip to allow you to initiate and transition from edge to edge smoothly. The camber throughout the rest of the ski still gives you that power and edge hold. The Speed Rocker is great for the skier that’s going to be on a lot of hard packed snow and really sending it down the hill with speed and power.
The Catch Free Rocker is the next step in the story of baseline. This is where you will find 80% camber with 20% rocker. The traditional camber is still found underfoot, whereas you get rocker technology on the tip to still allow you that smoother turn initiation and on the tail to help release and ease out of a turn comfortably. The Catch Free Rocker is perfect for the skier who is ready to start attacking the whole mountain and really progress with their abilities.

Want to try a ski with ZERO camber? You’ll want to look at K2’s Jib Rocker, a ski profile that incorporates 20% rocker with 0% camber. Perfect for the park riders, the Jib Rocker has elevated tip and tail to make those butters and surface tricks look ten times smoother. This rocker will not only help prevent from catching you edge on park features and big landings but it will also give you that ease and control that will boost your confidence in the park.

The All-Terrain Rocker is the most versatile rocker in the K2 line. With 70% camber and 30% rocker it’s the perfect ratio for all-mountain performance. This profile incorporates an elevated tip that gives you the edge on all snow surfaces. Provides great edge hold and easier turn initiation on the firmer snow and allows you to float over and push through softer snow conditions. If you find yourself skiing all over the mountain and in varying ski conditions then the All-Terrain Rocker would be the right baseline for you. Who doesn’t want a ski that can do it all in all types of snow?

For those powder hounds out there K2 has their Powder Rocker. With a 50/50 ratio of camber and rocker this baseline is meant for that deep snow that we all dream of. Giving you from 10mm and up of elevation on the tip allows you to float and “surf” through that powdery goodness. Don’t worry about holding your edge on those “not-so-powder” days, the Powder Rocker still maintains edge-hold and control with camber underfoot.

K2 rounds out their Baseline with the traditional 100% camber ski, providing you with consistent edge hold and rebound. A classic design that has been proven to perform at all levels.

Now you are ready to run to your local shop to check out these new K2 skis with camber/rocker combination baseline. You just can’t wait to put your hands on the ski equipment that you can grow into. You can make some less accurate hip movements on the catch-free rockers and yet look like pro, while working on your technique. But wait just a second, let’s get more acquainted with which K2 ski is which. We recommend that you go to

http://k2skis.com/skis/all-mountain

to look for your new ski in the K2 line. In the mean time we quote directly from the link:

“The all-new A.M.P. (All Mountain Performance) series replaces the award winning Apache series for 2010-11. The A.M.P. Series are engineered for resort based, in bounds skiing. Every model in the line incorporates Baseline technology, a blending of Rocker with traditional camber to create the most versatile line of skis for all ability levels and snow conditions found at any resort. Rocker is not just for Powder!

K2’s all-new 2010-11 A.M.P. Aftershock is the widest and most versatile, expert all-mountain ski in the A.M.P series. Taking over where the award winning Apache Xplorer ski left off, the Aftershock ski increases in width and includes All-Terrain Rocker for added versatility in softer snow conditions. Despite growing in width, you will be shocked by its
precision and accuracy on firmer snow conditions due to the Metal Laminate Hybritech Sidewall construction. If you want one high performance ski for soft snow and firmer resort conditions, look no further than the K2 Aftershock.

The 2010-11 A.M.P. Charger takes over for the Apache Crossfire and this high performance new model features a Metal Laminate Hybritech construction, making the ski secure and solid underfoot yet lighter weight in the tip and tail for quicker, more accurate turns on firmer snow. Add in Speed Rocker technology and the K2 Charger ski becomes even more nimble, precise and easy to initiate on groomers or any condition found at the resort. This All Mountain K2 Charger is the ultimate tool for an expert level skier focused on linking perfect turns on corduroy or any snow condition.

The all-new 2010-11 A.M.P. Rictor is a high performance expert level ski built for any condition the resort has to offer. The Rictor blends All-Terrain Rocker with an ideal amount of waist width and sidecut into a model worthy of replacing K2’s best selling Apache Recon ski. The K2 Rictor gets the added all mountain versatility and performance from a unique Metal Laminate Hybritech construction combined with a progressive sidecut that allows the Rictor to perform equally well in both soft and hard conditions.

The new 2010-11 A.M.P. Shockwave offers a blend of performance, forgiveness, and stability in an advanced to expert level ski. This All Mountain balance is achieved by combining a versatile 78mm waist width, moderate sidecut, and game-changing All-Terrain Rocker that helps initiate turns easily on hard and variable snow conditions. The K2 Shockwave ski is the next evolution of the Apache Raider and will handle well in all conditions, especially excelling on groomers.”

K2 retired its extremely successful Apache line this year and replaced it with the new AMP line of skis, each with certain amount of rocker. This shows confidence in the new technology. Anthony DeRocco, global head of product development at K2 told Ski Magazine that “in the future, people won’t talk about the radius of a ski, but rather the waist width and type of baseline ….” Everyone knows that the traditional camber is not going away, but we also know that rocker is here to stay. Ski Magazine writers are also confident about the improvements that rocker makes on the skis and snowboards. In the October 2010 issue they say: “Buy new gear – the right gear — and you will be able to ski longer, stronger and better. Guaranteed.”

So if you’re looking for some new skis this year you truly need to check out the new Baseline technology from K2. And if you think your present skis will do just fine for now, test the new K2 all-mountain skis and you will change your mind. The concept of combining camber and rocker is the best of both worlds, performance as well as ease.

Health Course

Danica Goodman shared with us two “colors” in our previous two issues of Peak Performance. We thank Danica for sharing with us yet another color, and hope there will be more in the future. Her “colors” appear in All About Women – The Avery Journal-Times publication.
HEALTH BENEFITS of YELLOW FRUITS & VEGETABLES

BY DANICA S. GOODMAN

Pineapples are an excellent source of vitamin C and manganese (a mineral which helps the body break down fats, carbohydrates and proteins). It is also a good source of vitamins B1 and B6, copper and fiber. Pineapple offers antioxidant protection and immune system support, as well as protection for age-related eye problems. It is known for its bromelain content, which is an enzyme that has been found to be an anti-inflammatory agent, and is used for the treatment of athletic injuries, digestive problems, phlebitis, sinusitis and healing after surgery.

Lemon is a good source of vitamin C, which is one of the most important antioxidants found in nature. Studies have shown that eating vitamin C-rich fruits and vegetables is linked to a reduced risk of death from all causes, including heart disease, stroke and cancer. The lemon’s unique flavonoids, including flavonol glycosides, have been found to be protective against cholera due to its antibiotic effects. Sucking on a slice of lemon is a natural way to banish bad breath.

Squashes come in different colors and sizes. Summer squash, such as the yellow sunburst squash, is packed with more than 20 essential nutrients. One cup is an excellent source of vitamin C and manganese, and is a very good source of fiber, a nutrient which helps keep cancer-causing toxins away from cells in the colon. It is also rich in B complex, calcium, zinc, iron and folate. Also being a very good source of vitamin A, squashes are beneficial against cancer (especially lung cancer), heart disease and type 2 diabetes.

Corn is a good source of vitamins B1 and B5, as well as folate and manganese, and is rich in beta-carotene, which is a carotenoid that may lower the risk of developing lung cancer. One cup of corn contains 168 mg of phosphorus, a mineral needed by the body for strong bones and teeth since calcium alone can’t do the job. It also aids in transmission of nerve impulses, helps the kidneys to effectively eliminate waste, and supplies the body with plentiful amounts of stable energy.

Bell peppers are excellent sources of vitamin C and vitamin A. These antioxidants work together to effectively neutralize free radicals, which can travel through the body causing huge amounts of damage to cells. Peppers also contain vitamin B6 and folic acid. These two B vitamins are very important for reducing high levels of homocysteine, which has been shown to cause damage to blood vessels and greatly increases the risk of heart attack and stroke. Bell peppers also provide fiber that can help lower high cholesterol levels, which is another risk factor for heart attack and stroke.

Peaches are packed with vitamin A, which is known to combat risks of heart disease and promote vision and skin health. Peaches also contain vitamin C, which is known for its extraordinary immune system benefits. They are a good source of dietary fiber (helps to regulate the digestive system, clean the intestines and combat cancer) and antioxidants (molecules that slow and prevent the production of free radicals in the body, which cause cell damage). The skin of a peach is the most nutritious part of the entire fruit, as it contains the highest concentration of vitamins, minerals and antioxidants.
This and That

**Tucker’s On Main**

We are so excited to be starting fresh at Tucker's On Main. For those of who have visited in years past, please come to experience the fresh spin we have put on the shop. Our wide selection of gifts are handmade by local artists & craftsmen. Favorites include handmade soaps, woodwork, glass, paintings and art.

Our smoothies are made with 100% real fruit and are a delicious & healthy option to cool down on a hot day. Stop by for one before strolling through the parks!

When we bought the coffee shop, one of our biggest challenges was to carry through on our commitment to local products, sustainability & of course, the "Best Coffee In Town." We are happy to carry Larry's Beans [http://www.larrysbeans.com/](http://www.larrysbeans.com/) They are coffee artists on a mission. 100% of their coffee is fair trade, shade grown and Organic. We brew their coffee and carry them by the pound. If you are a customer who bought flavored coffee (which we no longer sell) we believe that once you taste the wonderful flavors of this coffee you won’t miss the flavored oils that made the previous vendors coffee drinkable.

Our selection has been updated and include books by local authors. We also carry regional interest and children’s books.

Tucker’s on Main still offers free WiFi and a workstation is available. Plus we are pet friendly!

Please stop by to see the changes at Tucker’s On Main! You can visit us on line at www.tuckersonmain.com or find on Facebook.

*By Doug and Tonda MacLeod*

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**Being a Snowport’s Professional**

We are often confused with who a professional skier/riding really is. Just because we get a job at a mountain working in a ski/snowboard school does not make us professional instructors, even though we get paid for the job done. To be a professional skier/riding we need to perform like one, behave like one, and belong to a professional organization. To be a professional in our sport we have to look like one, carry our equipment like one, and talk like one. We have to set an example for others, motivate ourselves and others. We need to be of best behavior on and off the mountain and project a
professional image. We practically need to have a professional blood flowing through our veins. We should make it easy for everyone to look at us and say: *Now, this is a professional skier/rider/skater, I want to take a lesson from this person.*

**By Witold Kosmala**

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**Never Enough Dry-Land Training**

Witold, I want to thank you for sending me *Peak Performance* issue for September 2010, and also a thank you for the other issues that you have sent me in the past. I really think that this (Sept.) issue is important as it gets us as instructors to prepare our body for the oncoming ski season. I will tell you what I have been doing since our last ski season. I play tennis two times a week, good for legs and lateral movements. I work at several golf courses as a starter and ranger which requires me to walk a lot, good for the legs and muscles. I also compete in the North Carolina State Senior Games age 55 and up. The softball team which I play on won the gold medal. I play softball twice a week for several teams in Moore County. I also competed in the following events during senior games: Discus (2nd place), Basketball shooting (1st place), Football throw (2nd place), Softball tournament (1st place), and Shotput (2nd place). All of these events give your legs and muscles a good workout. I will be competing in the State Finals in Raleigh later this month for the overall championship in my age group.

Witold, this is how I as a (old) mature ski instructor stay in shape during the summer months for the upcoming ski season.

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**By John Gaida**

*PSIA Alpine Certified Ret.*
*CSIA (Canadian) Alpine Certified Ret.*

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**Turn to Wisdom**

- In order to succeed, your desire for success should be greater than your fear of failure.
- Make the world better or it will make you worse.
- Always do more than is expected.
- Most people hear, few will listen.

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**Thoughts for the Month**

- The steeper the slope the harder it is; true or false?
- What is snow and how is it formed, and what makes the snow dry or wet? (See November issue of *Peak Performance*.)

Ellaborations on last month’s **Thoughts for the Month**.

Breakfast is nothing about speedy break, but all about fasting – meaning abstaining from food intake. The period of time when we don’t eat is normally the nighttime. We might be dreaming about eating, but are actually fasting when sleeping.
Then the morning comes and we break the fast. Hence, breakfast.

For some people breakfast may mean a fast, speedy, or short break, i.e. time out, but since a whole day follows, perhaps we should take more care as how we start that day. With this thought in mind I would prefer a word break-slow. Remember, as in everything in life; snowsports on the hill or work in the office — second move depends on the first. So make a wise first move.

Announcements

- PSIA and AASI will be offering a number of events in our area, including 2 at Sugar Mountain on Mar. 7–8, 2011. Be sure to look at the Events Schedule available on line at
  
  www.psia-e.org/

  and find the event that fits your plans.

- PSIA-E/AASI scholarship applications are also available at www.psia-e.org/. They must be postmarked no later than Oct. 8, 2010.

- Ski Country has the consignment sale during the month of October. We will try to sell your equipment for the month. We do 50% cash back or 100% store credit. Touch base if you have any questions. You can drop stuff at the first of October. We don’t do clothing, poles or straight skis.

- Here is a speedy way to get to the slopes, and economical! It needs a ski rack!

A Funny Turn

This would never happen now

In the late 1980s, on one very busy Saturday I was assigned a beginning skiing group lesson. Since the equipment inspection is always performed at the start of the lesson, I couldn’t help but notice that one young man stood very funny in his rear-entry ski boots. A closer look revealed that he had 2 right boots on. Since he rented his equipment at the mountain, I send him back to the rental department to get a matching left boot to go on his left leg. A few minutes later he comes back still walking in 2 right boots and tells me that there are no boots in his size left in the rental department. They told him with a smile on the face that there must be another poor soul skiing on the mountain in 2 left boots. Wow.

By Witold Kosmala

Picture Citations: