Can you believe that September is already here? Some leaves already started to change color. (See an article inside.) Our high temperatures in the High Country of North Carolina rarely went up into the 90s this summer, but those of us off the mountain experienced temperatures above 100 degrees. When the weather is like that it is hard for many people to think about snow sports. But, we snow sports instructors, like other “creatures” of the world, need to get ready for the winter. Party at Randy Wells' house was exactly what the doctor prescribed. What a wonderful cross-training that provided, except it needs to be done on regular basis. We want to express deep gratitude to Randy and his family for opening their home on Lake James to our Ski/Snowboard School members; for providing all those wonderful water vehicles, for double height deck which was great for diving, for all the food and hospitality, and the list goes on and on. (See the pictorial inside.)

It is not unusual to see a snowflake or two in our area in September. Don’t let the winter catch you by surprise. Just like skis and boards do not want you to surprise them, nor the car, by a sudden, unexpected move, neither will you want to be surprised by the winter. Are you getting ready, or will you wait? I know that there are some of us getting their health up to par, others are working on their cardiovascular, others are working on muscle strength, yet others are working on fear, on visualization, on losing weight, on getting their house fit for winter, or on their mind, on stress, on fine aspects of life, on agility, on coordination, on motor skills and body awareness, on balance, on proper nutrition, on fitness, on improved stretching, on alertness etc. Are you one of these people listed, or you are still waiting. But even if you are sitting on that swivel chair of yours, you can still train for skiing by noticing how both of your knees move together as you turn the chair from side to side. If you are ski-aware, then even walking up or down an incline you will practice your skiing skills, and inclines are all around us. You know, getting ready for winter can be a lot of fun.
As you might already know, I am a faculty advisor and a dry-land coach for our Appalachian State University Ski Team. We are having training twice a week until slopes open. If you like, you can join in on some of our activities. You can write me at

Kosmalaw@bellsouth.net

for more information. You can use the same address to send me information that you wish to have included in our issues of Peak Performance. Also, please remember that all our issues are posted and downloadable from my Web page found at

www.mathsci.appstate.edu/~wak/

Don’t forget that it takes 4 main things for us to be successful snow sports performers: Knowledge of the technique, proper equipment, strong body and strong mental. It is our hope that Peak Performance will help you in all these areas. We go monthly from here till April 2011.

Education

Dreaming of Tuckerman

By Gordon Carr
PSIA-E Alpine, Level II

Most of us will never get to ski the great and notorious steeps of Europe; many of us will not make it to the famous steeps of the Western USA, such as Corbet’s Couloir at Jackson Hole, WY. But there is a seriously steep and equally famous set of trails within driving distance of Boone, a setting of notorious spring skiing and partying since the 1930’s: Tuckerman Ravine on the east side of Mt. Washington in New Hampshire! Situated “downwind” from the site of the most ferocious weather in the lower forty-eight, Tuckerman Ravine is a glacial cirque, filled with wind driven snow off the peak, and can receive 80 to 100 feet during the winter. The snow is very unstable and prone to avalanches until the spring sun and warmth and the night re-freezes firm and compress the blown snow. “Tucks” is off limits until late April and into May and June. Then the parties start!

Imagine a tea cup or chamber pot (for us old timers) ½ mile in diameter with a sloped rim and 800 to 1000 feet deep; cut this pot vertically in half and you get an idea of Tucks’ geography (see photo at right). Now this isn’t a lift ride to the base, it is a 3 ½ mile hike up from the Pinkham Notch hut on Route 16 south of Gorham, NH (only 1001 miles from Boone). Below the steeps and almost centered in the photo is a dark line, the “Lunch Rocks” which will play a key role in this tale. In fact on any good weekend in May as many as 3 to 4000 people hike up to the Lunch Rocks, only 1/3 of whom intend to further hike up the almost vertical slopes of the actual ravine to come down on some kind of contraption. Many use skis or snowboards, but descents have been made on almost anything; inner tubes, sleds, a person’s own bottom (of course these are usually folks who started out sliding down on something else!), homemade, Rube Goldberg contraptions, so constructed to be indestructible, so they thought before the descent… you get the idea.

There have been actual, formal, 4 mile downhill races, called the “Inferno” held on Tuckerman Ravine, which started above Tuck’s on the summit of Mt. Washington for the easy part before the left hand turn into the Ravine. The first
Inferno was held in 1933 and the most famous (and last) was held in 1939 when 19 year old Austrian, Tony Matt made his planned 3 turns on the snowfields *above* Tucks by mistake and schussed the headwall at estimated speeds of 85 mph (in 1939 and on wood skis)!! He crossed the finish with an unbelievable time and when asked if he intended to schuss the headwall, he is reported to have said, “I lost track of where I was and am lucky to be young and stupid with strong legs!”

Anyway, while living in Maine in the early 90’s my wife and I had heard of Tuckerman Ravine and had hiked in the general area in summer, but unless you are actually up in the ravine it is not visible from the road. I knew of the steepness, having talked with other local skiers and was not really drawn to that venue to ski to say the least. (I am not all that powerful a skier now…believe me, back then I was very much worse!) But my dear wife thought it would be a hoot to go to Pinkham Notch, stay overnight in the AMC hut facility there, and get an early start on the hike up into the ravine. (Tuckerman Ravine is about 120 miles from where we lived, and a day trip would have been a chore.) At the very least, we could join the 2/3 of the gang on the Lunch Rocks, have a bit of wine and cheese and enjoy the spectacular wipeouts, costumes, and antics of the actual performers. Our later assessment was that the Tuckerman Ravine gig is as close to a Mardi Gras event as anything could be, what with the costumes and all manners of flesh showing; on a previous weekend a young couple was reported to have made the descent *au natural*, she with skin intact, he minus significant dermis on his backside when arriving at the bottom. There always seems to be an unofficial lookout who shouts “Headwall!”, and all eyes focus on the skier, boarder, sledder, or contraption about to drop in. Ghoulishly, applause is NEVER given for a really good run, but only given based upon the outlandishness of costume or the detailed nature of a spectacular wipeout! Crowds are strange beasts with questionable judgment and morality. It is dangerous on the ravine; the day after our hike up, two Canadians skied into a crevasse in heavy fog and died! Over 100 people have died “sporting” in Tuckerman Ravine since the 30’s!

Reluctantly, I agreed to take my ski gear along and would pack it up into the ravine, but made NO promises about a run until I actually saw the lay of the land, so to speak. So up early, dig into the breakfast provided by the AMC, pack it up and join the throng for the 3 ½ mile hike up. The best I could do for a costume was corduroy knickers, white cable knit sox and a hanky do-rag.

Half way up I also realized, that having carried the skies up tucked into the back pack, when I decided NOT to ski the ravine, I’d have to bury them in the snow until the crowd who came up with us moved off and didn’t see me “chicken out.” Then carrying them down, when asked about conditions, steepness, and my run down, I could mumble something unintelligible and mostly inaudible… ”yeah…mumIf… gobbelyffmntpt, but wasn’t the day a beaut.??”

Snow conditions are very changeable in the ravine; the vertical walls receive almost no direct sunlight so that the release into “corn snow” is just temp dependent. Even though day temps can reach 55 or 60, it usually re-freezes each night, so that the slopes themselves do have a firm base with corn snow on top for several hours each day. At the bottom, that is a different story! People descending scrape the snow off the slopes and it carries to the bottom mostly, so that, for example, on the day we were there, the corn snow on the relatively flat outrun at the bottom was OVER KNEE DEEP and absolutely exhausting to walk in. Deep slush and corn snow were not my favorite conditions, and even walking to the Lunch Rocks was a major undertaking, with ¼ mile to go to the slope face. And my dear and darling wife wanted me to continue on? I thought a bit of lunch…just a tad of wine and cheese was more to the point, plus if I could guzzle a few, I could claim safety issues what with intoxication and all, as a legitimate excuse to avoid the climb up and ski down.

But such was not to be. I had carried my ski boots in my backpack and skis in the side pockets, so Carolyn had graciously agreed to carry the wine, crackers, and cheese in hers. And she was not about to turn loose of that wine until
AFTER the run…she had miraculously fathomed my devious chicken plan as we hiked up, and all my machinations to avoid sure death had been in vain! Tuckerman Ravine is steep! In some sections, near the top, it is vertical with very little variation on the downward paths. Look back in the July, 09 issue, p. 3, of the *Peak Performance* for a shot of the vertical drop in at Corbet’s Couloir at Jackson Hole, or ask Doug Washer about it. So with great trepidation I joined the line hiking to the face of the ravine and then up the steps earlier climbers had cut into the slope. There are only several places to climb up, and even there, once started, you have to be alert to those above you who lose control and head for the line of ants clawing their way up the steps. It is intimidating. The steps are so steep that you look at the ski boots of the person only 2 steps above you; you are in ski boots; the steps are only a shovel wide; you have this backpack with skis jutting out the top, seemingly pulling you over backward; and, clearly, once started, you can’t change your mind, turn around and go down! Upward and onward is the only direction. At about 1/3, and 2/3’s of the way up, roughly 300 and 600 feet of ravine elevation, previous brave souls have dug horizontal paths, two shovels wide, so that those who just can’t make the entire headwall, can slip out of line and have a place to put on the skis or snowboard and start their run. I didn’t scoot out at the 1/3 marker, but I didn’t go to the top either…2/3s of the way up seemed the better part of valor, and the shaky knees and gelatinous thigh muscles started to say strange words to me like this repeated mantra of “fool… fool… fool… really, really old fool”!

Inching out onto the horizontal path was a toe tickler in and of itself, while actually stepping into the bindings got the ole ticker fluttering. Standing and staring and watching my previous life flash by got boring, sooo… off I go! I made 4 long sweeping turns, rapidly losing elevation on each (I think) and at one point was way off balance into the hill. On any normal ski slope I would have fallen. But here, the slope was so near (and I was mostly falling anyway), I pushed out with my left fist and was upright and continuing on again! One more turn and I was down on the outrun… still ALIVE!

My speed kept the skis floating on the knee-deep corn almost to the Lunch Rock where I had left my adoring cheerleader, and then the snow thinned to where I could proudly complete the entire epoch journey with a “Suzy Chap stick” hockey stop. As my chest expanded in a rather masculine way and the snow spray brushed her face I heard a, “wha…huh…uhhh….??” I realized somebody had broken into the wine reserve in a serious way and had dozed off in the warm spring sunshine. When I ask, “Did you see my run down?” the instigator of this whole murderous journey replied, “I did see you climbing up… ah..part way (sotto voce). I must have drifted off”. She continued enthusiastically, “But why don’t you just make another run. This time I promise to stay awake!” “No thanks… I think it is time to start back”, I replied, knowing it is best not to tempt fate and rely on luck too often. But we both left with dreams of Tuckerman Ravine floating in our heads and stories we tell to this day.

So, if you get the hankering and the toes start tingling, a little trip to Tuckerman Ravine in May can bring back all the excitement of the season past (plus a few other emotions as well!). See you all around Thanksgiving for the opening of the 2010-11 season!

**THINK COLD AND SNOW!**

**Mountain Quiz – Revisited**

Do you remember the Mountain Quiz from April issue of *Peak Performance*? Doug Washer got us started with questions and we added to his list. Below we review the questions adding even more new ones and present (nonofficial) answers. Enjoy! By the way, you might need some of this on your next PSIA exam.

1. Who is “Tom” of *Tom Terrific*?
2. For the first 2 or 3 years of its existence, what was the original name of *Big Red* slope?
3. What is the acreage of the slopes at Sugar Mountain?
4. What was the first ski area opened in N.C.? When?
5. In what year did Whoopdedoo slope open?
6. What is the brand name of Sugar Mtn.’s snow grooming machines? How many grooming machines does Sugar operate?
7. What is an Imp?
8. How many people can the lifts at Sugar carry in one hour?
9. What percentage of the slopes at Sugar are rated “easiest?”
10. What percentage of the slopes at Sugar are rated “most difficult” or “expert only?”
11. What is the longest run at Sugar?
12. Where is slope called Load Off located?
13. What is Cake Walk?
14. How many lift towers and how many chairs are on the main Summit #1 lift, and why is it sometimes called a “yellow” chair lift?
15. Why do we call our conveyor lift on the beginner hill a Magic Carpet?
16. What cruel and unusual device did the Magic Carpet replace?
17. What is the definition of “vertical drop?” What is the “vertical drop” of Sugar Mtn.?
18. What is the name of the slope that flows into Switchback slope?
19. Since 1969, how many Ski/Snowboard School Directors has Sugar Mtn. had?
20. What is the average natural snowfall at Sugar Mtn?
21. When was snowboarding first allowed at Sugar Mtn.?
22. Who is most often credited as the inventor of snowboarding?
23. What slope at Sugar Mtn. originally had a type of lift called a “T-bar,” why was it removed, and when?
24. What slope at Sugar Mtn. originally had a type of lift called a poma?
25. How many instructors does Sugar Mtn. average each year?
26. In snowboarding, what is butter?
27. In skiing, what part(s) of the body are used for edging?
28. What is “Gore-Tex?” Who invented Gore-Tex and when?
29. How long should a snowboarder’s legs be?
30. What does “NASTAR” stand for?
31. Where is the Tiny Tim Connection and who is it named after?
32. Who is the slope Zoom Yang named after and where is it located?
33. Why is Load Off labeled as a blue slope even though it is practically flat?
34. When was Dead End name changed to the Terrain Park?
35. When was the Terrain Park cut through to Easy Street?
36. When was the Gray lift built, today known as Summit #2?
37. When were skiers permitted on the Terrain Park for the first time?
38. Why is Boulder Dash called that way?
39. In what year were Ski/Snowboard School and Ski Patrol buildings built?
40. What was the highest advertised snow depth this season?
41. Which slope at Sugar Mountain has no name?
42. What is the largest number of consecutive skier days at Sugar?
43. When does ice skating open at Sugar?
44. How many pairs of skis and how many snowboards does our rental department have?
45. Did the Ski/Snowboard School and all of its instructors move into our new building the year it was opened?
46. A trick question: when did instructors move into our current building?

**Answers**

1. *Dr. Tom Brigham* – a visionary who began the first development at Sugar Mtn., Beech Mtn., and Snowshoe, WV (which started in 1974–75 season). He passed away in December 2008 at age 83.
3. 115 acres
4. Opened in 1961. *Cataloochee* ski area, near Maggie Valley, NC.
6. *Pisten Bully* is the brand of snow grooming machines. Made in Germany. Sugar operates three of these machines, one of which is a “winch” type, for grooming the black diamond slopes. Check out their website at [www.pistenbullyusa.com](http://www.pistenbullyusa.com).
7. The *Imps* are the little orange-colored snow cat tractors, used by the snowmaking team. They are normally parked near the bottom of the “yellow” lift. Imp was a brand name of the Thiokol Company, who also made the space shuttle booster rockets. The company was later sold to John DeLorean, who made the famous DeLorean sports car of the 1970’s.
8. 8,800 people per hour on the lifts, according to the Sugar brochure.
9. 40% of Sugar slopes are classified as “beginner” or “easy.”
10. 20% of Sugar slopes are classified as “expert” or “most difficult.”
11. The longest possible downhill run is 1½ miles.
12. *Load Off* is located when you exit the main lifts at the “three-quarter” offload.
13. *Cake Walk* is a connector trail between *Sugar Slalom* and *Big Red*.
14. There are 31 lift towers and 196 chairs on “yellow” lift. All of these towers used to be yellow, now only the bottom arches are yellow. This lift is called *Summit #1* since 2005.
15. The *Magic Carpet* (installed in 2004) is the name of the manufacturer. It’s like at first all whirlpools used to be called *Jacuzzi*, where *Jacuzzi* is a name of a company that makes whirlpool bathtubs and spas. Named after Italian immigrant to US – Candido Jacuzzi.
16. The *Magic Carpet* replaced the old “rope tow.” It was not fun. It ate gloves.
17. “Vertical drop” is the difference between the top elevation and the bottom elevation. Sugar Mtn. has a vertical drip of 1,200 feet. The elevation at the summit is 5,300 feet.
18. *Northridge* slope is the one that runs into *Switchback*, at the sharp corner.
19. Since Sugar Mtn. opened, we have had the following ski school directors, in order:

   - Eric Bindlechner
   - Mike Lamb
   - Allen Griffin
   - Doug MacLeod
   - Eric Bindlechner (for a second run)
   - Len Bauer
20. Sugar Mtn. averages about 70” – 78” of natural snowfall each year, according to various web sources. Last season Sugar Mtn. received 136” of natural snow.

21. It was sometime in the early 1990’s.

22. Jake Burton is credited as the inventor of snowboarding, but there were some other early pioneers. But Jake certainly gets most of the credit for creating the snowboard culture, and getting the acceptance at snowsports resorts worldwide.

23. Originally, there were “T-bars” (a type of lift that had a plastic T-shaped bar that you placed behind your butt, and it pulled you up the hill) was located on Sugar Slalom. It was removed to make the slope wider to meet the race regulations.

24. Poma was located in today’s Terrain Park. Jean Pomagalski (born in 1905 in Krakow, died in 1969) was a French mechanical engineer of Polish origin who was a pioneer in the development of lifts for skiers often referred to as Pomas. His granddaughter, Julie Pomagalski, was world champion of snowboarding in 2004.

25. About 75.

26. Butter or buttering is any type of low speed snowboard trick, keeping the board in contact with the snow. For example, a slow 360 spin off the tail.

27. Edging can use one or more of the following: feet, ankles, knees, hips, and spine. Usually, several or all of these are used in combination.

28. Gore-Tex is a brand name, and the original type of waterproof yet breathable plastic membrane for outdoor wear. Gore-Tex is basically a type of “Teflon” that is stretched into a sheet form. This material has many industrial applications, because of its unique properties. Gore-Tex was co-invented by Wilbert L. Gore (1912 – 1986), Rowena Taylor and Gore’s son: Robert W. Gore.

29. A snowboarder’s legs should be long enough to reach the snowboard.

30. NASTAR stands for National STAndardized Race.” This national race program started in 1968.

31. Connection from just above Summit #2 loading area and Easy Street

32. ????

33. It connects only to blue slopes. There is no easy way down from this slope.

34. 1999

35. Recently

36. 1984

37. At first only snowboarders and those on “big feet” were permitted in the terrain park. Those on longer skis had to wait x-number of years.

38. I believe initially there was a boulder in the middle of the slope which made this very narrow slope even narrower and even more challenging, and one had to “dash” through it. It used to not be open much at that time.

39. 1994

40. Just under 120 inches

41. The connector from Upper Flying Mile to Big Red

42. 140 in 2008

43. 2007

44. 3,000 pairs of skis and 500 snowboards

45. No
Why do Leaves Change Color?

By Doria Kosmala
Sophomore at Watauga High School

By Witold Kosmala
PSIA-E Alpine, Level III

How often is it that we thank trees for their wonderful leaves that give us cool shade and fresh air? Later, in the late summer and into the autumn, many of those leaves enrich our daily routines with beautiful colors all around us. But, do we actually know why trees have leaves, why they change color, and eventually fall off just so that in the spring trees can grow new leaves all over again and start the whole new life cycle? Below are some facts.

Trees and shrubs grow leaves in the spring in order to help them live, as water that the trees and shrubs take from the ground using their roots is not enough for them. Leaves are a tree’s factory. Not only do they take in more water for the tree, but also they take in sunlight and gas from the air. The sunlight is used to turn water and carbon dioxide into glucose and oxygen. This process is called photosynthesis. A chemical that makes the photosynthesis take place is called chlorophyll. One of its side effects is making leaves look green. Glucose is used by the tree to grow and oxygen is used by humans (skiers and riders) and animals to breathe.

As the days begin to grow shorter, trees respond by producing progressively less chlorophyll, and eventually they completely stop making it. They are getting ready for winter’s rest during which they will live off the food they stored up during the summer. (We know many animals that do just that – called hibernating.) The food factory is being shut down with green chlorophyll disappearing. A true leaf color begins to shine through which was covered up by chlorophyll. Beautiful colors emerge.

Oaks will look red, brown or russet; hickories will look golden bronze; dogwood purple or red; birch bright yellow, popular golden yellow; maples orange, red, glowing yellow or bright scarlet. The best autumn colors come after a warm, wet spring, not too hot or dry summer, and autumn with warm sunny days and cool nights. Amounts of rain and temperatures will greatly affect the brightness and intensity of the leaf colors. A severe frost will kill leaves making them turn brown. Northeastern United States and Appalachian regions have on the average most spectacular autumn colors.

Not all trees and shrubs go through this process, however all leaves have a life of certain length. Some leaves die on their own at odd times of a year, others are killed by the weather, and others die because a tree or a shrub is done with them. Some keep their leaves through the winter, like rhododendrons. In the next issue of Peak Performance my sister (daughter) will have an article on why and how some trees kill off their leaves. Then, they all fall and fertilize the ground. This is the reason why many call autumn actually a fall.

So now, that the lesson is over, can you tell what do autumn leaves and ripening bananas have in common?

Gordon’s Column

On page 3 of the January 2010 issue of Peak Performance, Gordon Carr invited everyone to give suggestions as to

• How do you know when one is ready to move up to the next level of difficulty?
• What can be done on easier terrain that can prepare a skier for a harder terrain?

Here are pre-season ideas. Perhaps you would like to share some of your ideas. Just send them to Kosmalaw@bellsouth.net

and we will put them into the next issue. This is an on-going column – don’t let it die.

1. To get ready for steeps you can use cross training. Walk down short but steep slopes that have a wet surface, slicker the better. Observe how your upper body leans forward. Faster you go – more forward the upper body. If the body is not forward, then you will fall back onto your behind. This body position translates nicely to skiing.
2. A big part of a skier’s/rider’s success in navigating down steeper slopes is mental. Fear management cannot be overlooked and needs to be practiced. The very first run on a more difficult slope has to be successful in order for the fear factor not to skyrocket. Otherwise, the second run might never even occur. The success on the first such run is in big part based on person’s technical knowledge and ability to perform all the needed tasks. Often fear steps in and heartbeat goes up and one forgets all that they ever knew.

To conquer fear one should not wait until snow flies. One should work on it all the time. Knowing your body parts whereabouts is very helpful. Knowing what brain commands result in what moves is imperative. The quickness in reaction, the dynamic balance, the trust in the equipment, physical ability and your coach all is a part of it. Cross training and mental imagery will greatly help one focus on what matters and keep a lid on fear. Look into Pictorials at the end of this publication. Look how Doug Washer is working on his fear while skydiving. Also, read Mind over Matter on page 2 of the July 2009 issue of Peak Performance.

By Witold Kosmala

Newsmakers

- On August 31, it was announced on Veteran's Radio that Bill Peterson won a Silver Star Award for his book, MISSIONS OF FIRE AND MERCY. This reward will be presented at the Military Writer's Society of America on October 3, 2010 at their annual conference in Pittsburgh. There are many books reviewed and judged each year, with only a select few in each category being awarded medals. Bill has been asked to speak to a high school class in Pittsburgh, and do four different book signings and radio interviews during the conference. One of those will be at the Joseph-Beth Booksellers bookstore. This is the largest independent bookstore in the country and has four other stores. Bill will also attend writing workshops while in Pittsburgh.

Health Course

Do you ever feel out of breath when skiing/riding moguls or skiing/riding at high altitudes? It is not necessarily because you are weak and muscles take long time to recover and do not have enough oxygen and are full of lactic acid (a chemical compound that plays a role in several biochemical processes that was first isolated in 1780 by a Swedish chemist, Carl Wilhelm Scheele.) It is likely your respiratory system that is not efficient and that you often do not raise your heartbeat high enough for long enough. Try getting yourself more into SERIOUS swimming and cycling which involves hills. Both of these sports will lower your resting body temperature and make your body more oxygen-efficient.

By Witold Kosmala

Danica Goodman shared with us “RED” in the July issue of Peak Performance. We are hoping she will share other colors with us in the future issues. Her “colors” appear in All About Women --- The Avery Journal-Times publication.
The cantaloupe is high in vitamins A, C, B3, B6 and potassium. It is beneficial for healthy eyes and lungs. It helps the kidney, heart and brain to function normally and may help prevent stroke. It boosts energy levels and keeps the nervous and digestive systems running well.

The mango is a powerhouse of essential vitamins and minerals. It is packed with vitamins A, C, D, E and K, and B complex. It contains the dietary soluble fiber, pectin, which regulates blood pressure levels. Its calcium content helps keep the bones thick, dense and strong and regulates muscle contraction, heart action and blood clotting. It is also a good source of potassium, a mineral which treats the symptoms of hypokalemia, which include weakness, muscle cramps, stomach disturbances and irregular heartbeat.

The orange is known for its amazing health benefits. In addition to being a very good source of fiber, the fruit is also a good source of folate, thiamine, potassium, vitamin A and calcium. Regular consumption of this sweet and juicy fruit is helpful for protection against heart disease, regulation of cholesterol and blood pressure levels, and prevention of kidney stones. Despite popular belief, however, oranges actually do not contain a lot of vitamin C. Peas, strawberries and papaya all have much higher concentrations of the vitamin.

The carrot is renowned as the food for good eyesight due to its whopping 34,317 IU of vitamin A per cup. Carrots are a very good source of a wide variety of nutrients, including vitamins K and C, potassium and fiber and a good source of magnesium, phosphorous and molybdenum. Carrots are beneficial for blood sugar regulation, diabetes and protection from cancer of the bladder, cervix, prostate, colon, larynx, lung and esophagus.

The sweet potato supplies a good amount of vitamin C, manganese and good amount of copper, dietary fiber, vitamin B6, potassium and iron. Copper is good for brittle bones, low resistance to infections, low skin pigmentation and thyroid disorders. Sweet potatoes contain powerful antioxidants that are helpful not only for good eyesight, but also for healthy lungs, immune support, bone metabolism, skin health and heart health.

The pumpkin is highly concentrated in disease-fighting nutrients that slow the aging process, reduce the risk of cataracts, and prevent tumor growth. It is also rich in vitamins B3, C, D, E, and K, and the minerals folate, niacin, calcium and potassium. Pumpkins contain choline, a nutrient helpful to a range of conditions linked to heart disease, osteoporosis, cognitive decline, Alzheimer’s, and type 2 diabetes.

Fruits and veggies with orange flesh boast of their high vitamin A (beta-carotene) content, some with double and even triple the needed daily value. The distinctive bright color of orange-fleshed fruits and veggies is telling us that in addition to being beneficial for healthy eyes, lungs and skin, they are also rich in a wide variety of nutrients that help prevent and combat different kinds of diseases and conditions.
Turn to Wisdom

• If you want what you’ve never had, you have to do what you’ve never done.
• A goal without a plan is just a wish.
• Remember, there is no second chance to make a good first impression.
• Wisdom grows with age.

Thoughts for the Month

• Where does the word breakfast come from?
• When will we ski on green skis and snowboards?
• When will our wax be green?
• What is snow and how is it formed, and what makes the snow dry or wet? See October issue of Peak Performance.
• What causes potholes on the roads?
• One day I was cycling up this long hill on the Blue Ridge Parkway and a vulture with big wing span, just like the one in the picture, was flying over my head just a few feet up, having hard time flying my speed. Why do you think he was doing this? Did he think that I was going to drop dead and wanted to be the first to take a bite, or was he just after my eyes which he wanted to pluck out?

Announcements

• Here is a new 8-wheel drive car. Who of you is going to drive that to the slopes this winter? Wheel alignment businesses will make some money!!! As well as tire companies!
• PSIA-E news highlights.
  1. New members ages 16 – 23 who are full-time students get $30 discount on membership dues.
  2. Scholarships are available from PSIA-E. Applications are to be either faxed or mailed, postmarked no later than Oct. 8, 2010.
  3. Brace yourself; over 500 educational events are scheduled. The full schedule of events is available on-line. Note that four one-day events were added to the events schedule.
  4. On-line written exams will need to be taken prior to the Part 1 (skiing part) of Alpine Level II and III exams.
  5. Alpine Level II and III, Part 2 exams will have 3 modules instead of 4.
  6. One 3-day Alpine Level III exam will be offered again this season.
  7. For more information visit PSIA-E web site www.psia-e.org.
Cross-Training Pictorial

PSIA-E Director of Education, Mickey Sullivan enjoying some off-season skiing.

On Lake James, our own Sugar Mtn. Ski/Snowboard School Director, Len Bauer taking a moment to “smell the roses,” which too few of us do too rarely.

Wendy Snider working on her strength while providing public with experiences of their life. Wendy, did you forget to tell them to hold paddles IN the water?

Mike Simmons heli-skiing in Chile. What a way to go.
Doug Washer skydiving. If that does not raise your heartbeat, I don’t know what will. He is working on his fear factor management.

And who says you don’t tighten your muscles when diving into the water? Try swimming 100 meters in 58 seconds, like he does. This is Konrad Kosmala who puts all these Peak Performance publications together.

Doria Kosmala working on her cardiovascular while at Track Championships. Could you ever guess she has asthma?

After his win of the 30-mile portion of Grizzly Bike Race, a part of Highland Games in Linville 2010, Konrad hugs his sisters, (Alina on the left and Doria on the right.)
Alina Kosmala displays head-foot coordination while playing High Country Soccer.

No, no, don’t EVER lean back. Here is Witold Kosmala working on his toe movements inside the boots – a must for success in snow sports activities.

Will Mauney’s Hobie Cat sailboat on Lake James. For your information Hobie Alter was the company’s founder and cat stands for a catamaran.
Will Mauney’s new hobby – grass skiing. That boy never stops!

From the left: Henryk Kosmala, Konrad Kosmala and Doug Washer on Lake James. Doug says, see, no hands, no hands, only balance.

And who says that mowing grass is easy? Here is Witold attempting to cut grass on a steep portion of his “yard.” I think he would much rather be skiing.