



photography

Monte
Nagler

Mountainous pot of gold in the Land of Thunder

Second of three articles on a trip to the Arctic Circle.

As our canoe landed at the entrance to Pangnirtung Pass, it was 11 p.m. and almost dusk. Near the Arctic Circle during late summer, we had almost 24 hours of daylight. By 2 a.m. it would be fully light.

Our canoe pilot bid us a hasty goodbye and good luck. He had to leave during high tide or he would be stranded at the pass for the night.

We now were completely on our own. Mount Overlord peered down at us in an ominous welcome, its snowcap glistening in the late light. After many months of planning, preparation and anticipation, we finally were here. Even though we were bodily exhausted, the emotional excitement made sleep difficult, and we tossed and turned 'til early morning.

5 A.M. — WHAT a beautiful time of day in Auyuittuq! I crawled out of the tent to wonderful sights and feelings.

The air was clean and crisp, its odor refreshing. Waterfalls, as far as I could see, cascaded down the surrounding mountains like unfurled ribbons spilling into the river. Many waterfalls were new this summer, the result of excessive rain and snow in the region. What a sight they were.

The end of the fiord was about one mile wide, and at this early morning hour was totally motionless. Like a slab of polished steel, it reflected everything in its view — mountains, waterfalls, rocks, clouds. These mirrored images were exciting to behold and were easily captured on film in soft morning light.

Our goal this first day was to hike 11 miles to the north, following the Weasel River to an area known as Windy Lake. Backpacks loaded, camera gear and film stowed in waterproof bags, we departed.

THE FIRST part of the journey was over a vast

area of tundra. Tundra is a treeless Arctic plain with expanses of flat stone and grass. Sometimes hard and sometimes wet and boggy, the land is permanently frozen only a few inches down, precluding many kinds of plant and animal life.

We hiked over sand dunes, up and down large boulder fields, all the time encased in magnificent mountain ranges. As I walked, Mount Thor was on my mind.

I thought about what I had heard — a sheer face more spectacular than California's El Capitan with a 1,500-foot overhang at the crest so overwhelming that it has prevented man from ever reaching the top along this route.

Not that man hasn't tried and failed. I also heard you can still see ropes dangling from the face of Thor from unsuccessful — and sometimes disastrous — attempts.

AS WE HIKE, we encountered many streams feeding the Weasel River that resulted from waterfalls above us. These had to be crossed on foot very carefully.

From a distance these obstacles appeared mere trickles of water, but once upon them, we were faced with fairly wide streams containing treacherous rapids. The water was ice cold, which required a hasty crossing to avoid hypothermia.

Slipping and falling would be dangerous. A water-filled backpack would be like a 200-pound anchor, and drowning in 18 inches of water was not inconceivable.

Anyway, brave souls we were, and with stubborn determination we plowed through safely, a little wet and cold, but after about 10 such crossings this first day, in good shape and in good spirits.

At one point we were startled by a roaring sound of thunder. But no rain clouds were in sight. Suddenly a movement across the river caught my eye.

I spun around in time to see a gigantic rockslide tumbling down the mountain toward the river bank. The noise was deafening, and a huge cloud of dust formed and hung in the air as a reminder of yet another danger of our journey into this arctic wilderness.

WINDY LAKE was a welcome sight, indeed. Rest, food and a good night's sleep were ours.

The last sight before ending a most remarkable day was of the very top of Mount Thor. There it was, peeking over the Odin mountain range, as if to whet my appetite. The late-evening sun caused the tip to glow like burnished gold.

I went to sleep dreaming that perhaps I had found the pot at the end of the rainbow.

1981, Monte Nagler. Next week, his adventures in the Arctic will conclude. Barry Franklin's fitness column will resume Oct. 8.



Monte Nagler

ABOVE: View from the end of the Pangnirtung Fiord. Early morning reflections were easily captured on film.



Chuck Elfont

LEFT: One of the many waterfalls encountered during our journey through Pangnirtung Pass. This one was the result of glacier melting.

Short shots

• Greater West Bloomfield Photo Club will have a slide competition on "Water" when it meets at 7:30 tonight in Westacres Club House at the end of Westacres Road, east of Haggerty and south of Commerce Road. Guests are welcome, says spokesman Alvin Shapiro (851-5877).

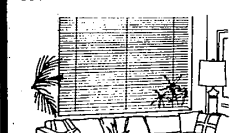
• Photography for grades 10-12 will be offered 7-9 p.m. on four Thursdays beginning Oct. 1 by Cranbrook Institute of Science, Bloomfield Hills. A morning field trip is Oct. 11. Instructor Alan Lowy says to bring your own 35 mm camera and be responsible for your own film processing. He'll cover indoor and field use of the camera, lenses, filters and films. Fee is \$36 for non-members, \$32 for members.

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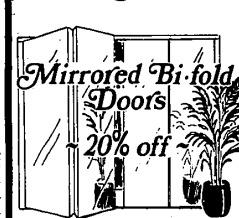


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EXERCISE can give you a leg up.

If you are an average adult, you probably spend up to 50 hours a week watching television. But while images are passing by on the screen, good health may be passing you by, too.

Physical inactivity can contribute to health problems. To being overweight. To lack of strength and flexibility. To high blood pressure and high blood cholesterol. To chronic fatigue.

Try exercise

A regular exercise program can help you feel better. You may find yourself more relaxed, sleeping better, improving your health habits, becoming stronger with greater endurance.

And it can help you fight disease: a strong, well-conditioned body seems to get sick less often and fight off illness more quickly when it does occur.

It's not proven that regular physical activity will prevent heart attacks, but statistics show that those who do exercise have a much lower incidence of developing cardiovascular disease.



But do it right

Pick an activity right for you: jogging, bicycling, cross country skiing, swimming, even walking. Anything that requires rhythmic and continuous movement of large muscles like those in your arms, legs and back.

Start with a warm up (5-8 minutes), then the main work out (20-40 minutes), then time to cool down (5-8 minutes).

If you're working back into shape, you need three or four work outs a week. Then plan on three 20-minute sessions a week to keep you there.

But don't overdo it, especially at first. Your body can't handle too

much, too soon. You will adapt if you increase exercise slowly. The exercise shouldn't feel hard.

See your doctor first

Undetected heart disease rises sharply after age 35. So if you're over 35, or haven't had your blood pressure or cholesterol level checked in the last year, see your doctor before beginning an exercise program. Your doctor can test you for how much exertion you can handle safely.

Beaumont can help

To provide community education about exercise and health, Beaumont's Cardiac Rehabilitation Center is offering three free lectures that emphasize heart health promotion. The lectures will run from 7 to 9 p.m. September 29, October 6 and October 13 in the auditorium at the Royal Oak hospital. Enrollment is limited. Please call 288-8425 to register or for more information.

The cardiac rehabilitation lecture series is one way Beaumont is working to help keep you well. For further information about Beaumont community health programs, call:

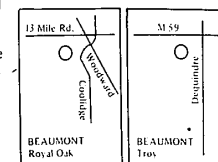
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Beaumont

William Beaumont Hospital System

We wish you well.



(This is the second in a series of messages on how you can maintain your good health, sponsored by the William Beaumont Hospital System, committed to the health of its community.)