



ASK THE EXPERT

How to Survive a Blizzard

BRIAN KUNZ | DEPUTY DIRECTOR, OUTDOOR PROGRAMS

Kunz knows how to handle extreme winter weather conditions. For more than two decades he has led some of Dartmouth's most adventurous undergrads on the DOC's Quebec Mountain adventure. The 10-day expedition, held annually during spring break, includes skiing, snowshoeing and camping in the Groulx Mountains of northern Quebec, where temperatures regularly drop to -36 degrees Fahrenheit. Earlier in his career Kunz traversed the entire country of Norway from south to north on skis—a route roughly equivalent to the distance between Florida and Maine. Without proper training, a cold-weather outing can quickly turn into a life-threatening situation, so Kunz recommends the following tips to prepare for your next winter adventure.

THINK AHEAD

The first steps of any successful winter outing are taken before you head outside. Kunz recommends checking the weather forecast and dressing for the worst possible weather conditions: "Footwear is especially difficult because you cannot have your feet freeze or get injured. Protect your feet from moisture, slush, rain and snow. One type of footwear is not going to take you through an entire 24-hour experience, no matter where you are." You'll also want to bring a sharp and sturdy knife, basic first aid kit, and a map and compass.

FIND SHELTER

"Weather forecasting is not a precise science," warns Kunz. "Should you run into trouble, assess whether you can navigate to shelter, a road or a cellphone connection, but don't overwork to get out and don't panic. Traveling in deep snow without skis or snowshoes is exhausting. Walking on frozen ground, firm snow crust or ice is treacherous, and you don't want to fall and injure yourself." Kunz suggests packing a plastic or nylon tarp to use as an emergency shelter from snowy conditions.

STAY DRY

One of the most critical skills for surviving severe winter weather is protecting yourself from moisture as the temperature drops. Depending on the severity of the situation, hypothermia can start to set in within minutes. "Conserve energy and don't work up a sweat that will dampen your clothes and reduce their insulative properties," advises Kunz. "Keep yourself from being soaked. Your boots can freeze. You can get frostbite. Your core temperature can drop if your torso gets wet, so get out of desperate conditions."

FOCUS

After you locate a safe, dry shelter, focus on meeting your body's most basic needs: water and warmth. Kunz recommends carrying protected matches. "Assess what resources you have with you and figure out how to use those resources to keep yourself warm and comfortable," he says. "Ideally you'll have a small container made of metal that you can melt snow in and warm water. Try to stay hydrated. You can get by for three weeks without eating." Most importantly, Kunz adds, "keep a positive attitude and never give up."

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Percentage of Tuck's class of 2018 who are women, a new high

QUOTE/UNQUOTE

"He needs to recognize that his election coincides with a peak of the labor market, and things are only going to get more challenging."

—economics professor Andrew Samwick in a November 9 blog post titled "Five Suggestions for the President-Elect"

EUREKA!

[NEW FINDINGS AND RESEARCH]

Mental Temptation

Brain is a key to dieting success.



>>> Having trouble losing weight? The hardwiring of your brain might be to blame, suggests a new study in the journal *Cognitive Neuroscience*. A team of researchers in psychological and brain sciences professor Todd Heatherton's lab examined the reactions of 36 chronic dieters to various food cues using functional magnetic resonance imaging and diffusion tensor imaging. The team, led by grad student Pin-Hao Chen, Adv'16, found that the research subjects with lower body-fat percentages had stronger neural pathways between the executive control and reward systems of their brains. Individuals who have weaker pathways, the study concludes, "may have difficulty in overriding rewarding temptations, leading to a greater chance of becoming obese than those with higher structural integrity." The authors state that further longitudinal research is needed into the effects of repetitive dieting on brain structure and on an individual's ability to maintain a healthy body weight.

Friends with Benefits

Pals impact academic success.

>>> The friendship networks of college students can have a significant effect on academic achievement, reports associate professor of sociology Janice McCabe in the journal *Contexts*. After interviewing a diverse group of undergraduates at a public university in the Midwest, McCabe mapped each student's web of relationships and discovered that the structures of their social networks tend to fall into three basic categories: "Tight-knitters" have a single, dense group of friends who are all familiar with one another; "compartmentalizers" have two to four unrelated clusters of friends; and "samplers" prefer one-on-one relationships with individuals who are otherwise unconnected. These network types can impact student performance. "At a time when only 40 percent of students graduate from four-year colleges within four years," writes McCabe, "we need to better understand how friends can either pull students up academically or bring them down."

SNAIL MAIL

Special Delivery

Responsible not only for the processing and distribution of all undergraduate mail and packages at Dartmouth, the Hinman Mail Center also handles intra-campus mail circulation and distribution, bulk mailing services and outgoing departmental metered USPS mail. "We're busier than most people think we are," says John Nadeau, one of four fulltime employees who operate the center. "And we're probably the most with students" services, that interacts the most with students."

—by Aylin Woodward '15 and Sue Shock

GONE BUT NOT FORGOTTEN

The mail center forwards mail to students on off-terms and students who have graduated—no small task, as this involves tagging mail that no longer belongs in a Hinman Box (HB) and looking up the relevant forwarding address.

A CHANGING OF THE LOCKS

Sad news for alumni who used to enjoy slipping \$1 in their old HBs—the combinations, having remained the same for roughly 37 years, were changed four years ago. Nadeau has heard a few complaints from alumni, but when he hears alumni on the other side of the wall trying unsuccessfully to open their boxes, he thinks they don't realize the combination has been changed and assume they can't remember it.

SHIP SHAPE

The mail center will soon be able to generate labels and handle shipments for Federal Express as well as the USPS.

ANYTHING GOES

The folks at Hinman confide they've seen some weird packages through the years. That includes a dormitory room door, an entire exhaust system for a Subaru and a stripper pole. They've also handled pineapples, coconuts, tires, foam for Sigma Phi Epsilon's infamous foam parties, organic hay, live fish and king cakes for Mardi Gras. One student's mother even sent her son a Chicago deep-dish pizza.

THROUGH SLEET, SNOW AND ALL THAT

Every day a staffer delivers mail to 200 College employees via van. The effort requires approximately 6.75 miles of walking to and from the van and various offices and takes four hours to complete.

TECHNOLOGY BOOM

Students no longer receive delivery slips for packages. Instead they are notified by email. The choice to eliminate delivery slips as of August 2015 has "saved us so much time and energy," says Nadeau. The new computerized tracking system, which automatically sends the recipient an email when a package is scanned in, has reduced the number of missing packages from about 25 per term to 0.

BOXED IN

The office of residential life assigns HBs to undergrads prior to matriculation. Despite staff efforts to juggle incoming and outgoing students, the boxes are no longer in perfect alphabetical order by last name. Students keep their HBs for the duration of their College days.

A HISTORY LESSON

The mail center, a part of campus services, is named after Herbert Davis Hinman, class of 1907. When the Hopkins Center for the Arts opened in 1962, Lloyd U. Noland Jr. '39, Tu'40, made a donation to name the new mail system for Hinman, his father's best friend who had encouraged Noland to attend Dartmouth.

HEARTH WARMING

The mailroom expanded a few years ago when the Hanover Inn was remodeled. A former hotel conference room now serves as an office and storage space for packages. It even has an (unused) fireplace that contains old birch logs.

THE AMAZON FACTOR

The number of incoming packages has risen every year since 2009. The single-day record for packages scanned and processed: 1,994, on September 15, 2016. That entire month was crazy: A record 23,883 packages found their way through the Hinman Center.

