

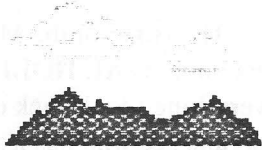
# Hiking Horizons

"Taking you to new heights"

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## Views from the Top

### FLASH!!! A NEAR-DEATH EXPERIENCE WITHOUT

**MARK ADRIAN!!!** Nineteen thrillseekers took to the rafts on the upper Kern River June 3-4. The flow rate of the river was more than double of what we experienced two years ago. It made for some adrenalinized rafting. Staying onboard can be tricky and the first two trips went well. By the third trip of the day I was still dry and getting cocky. My feet were wedged in but...er... I fell out at the first rapid. Ooo, the water was cold and the voice falsetto, even with a full wetsuit. After what must have been a decade they plopped me back on the raft. It couldn't have been ten seconds later when we hit another hole. Yowee! In again. This time I was able to grab the siderope as I fell out, but it was still another decade before they reeled me in. However we were still in the rapids and they were having trouble steering the raft with me dragging alongside. Thank God, they finally pulled me in the second time. But, about five seconds later, you guessed it, aaaaahhhh!!!! This was the monster hole and five of the seven rafters fell out as once again I managed to grab the siderope. Falling in might have started feeling like a baptism, three

## MEDICAL CURE SAVES PRESIDENT!

I am finally on the road to recovery from my plantar fasciitis (an inflammation of the bottom of the foot) after eight months. It's a story that points to the sad state of western medicine in dealing with foot problems.

My problem began last year around Thanksgiving. The pain was slight at the time and I didn't pay much attention to it until January. After a visit to the MD it seemed to disappear and I went orienteering at the Valentine's meet in February. Big mistake. I not only reinjured the plantar fascia, but I created a secondary injury. It has been this secondary injury that has caused a ton of pain. Enter a surgeon whose specialty is the foot. He injected my foot with steroids and gave me a brace to wear at night. The brace helped quite a bit. The injection didn't. Exit western medicine. Enter Sue Frosolone, acupuncturist.

Sue had helped me with plantar fasciitis on my other foot three years ago. At the end of the second visit my pain had vanished. It took three visits to cure me of 24 hour-a-day migraines. Mark Adrian had a nagging back pain for six months. Six visits to Sue cured the problem. Sue's husband, Chuck, was one of San Diego's finest trauma surgeons for six years before deciding to switch to plastic surgery three years ago. They went to New York for Chuck's plastics residency. What a delight to hear that Sue was in town again!

It took seven visits this time, because of the secondary complication. Meanwhile, my medical plan has denied physical therapy to me. Thank God for eastern medicine, because western medicine sure failed me. Sue's number is 222-1416. She is located in Point Loma.

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