

## Practice Using Frames

### Page Setup:

.50 margins for left, right, top, bottom  
tall orientation  
two equal columns

Select the rectangle frame tool from the toolbox and draw four separate frames:

1. text frame for title -- width of the page and approximately .50 inch long.  
content position: center  
inset 0.125 for all
2. graphic frame for skier -- approximately 2.25 inches wide by 3.75 inches long.  
vertical alignment: top horizontal alignment: left  
size frame to fit content: maintain aspect ratio
- 3-4. two text frames for the body of the article -- the width of each column and approximately nine inches long.  
content position: vertical alignment--top  
horizontal alignment--left  
inset: 0.167 for all

Apply text wrap to the graphic frame. Choose center text wrap icon in dialog box.

With the graphic frame selected, choose File > Place > "skier" (from disk in A drive). Note that the graphic is automatically placed into the frame. If the graphic is not placed correctly, you may need to change the frame options (Element > Frame > Frame Options).

With the text tool selected, click an insertion point in the title text frame. Type the title "Skiing in Yosemite National Park." Change the frame options so that the content position is *center* and the inset values are 0.125 for the top, left, bottom, and right. Change the font to Arial, 18 pt. bold.

With the pointer tool selected, click on the frame in the left-hand column. Choose File > Place > "skiing" from the disk in A. Notice once again that the text is automatically placed into the selected frame. Scroll down so that you can see the bottom of the text frame. Click once on the red filled triangle. The mouse pointer changes to a chain (indicating that a link to another text frame is being established). Move the icon anywhere inside the text frame in the right-hand column and click the mouse. The text is aligned to the frame according to the frame options you have selected.

You can resize the frames by clicking and dragging the windowshade handles up or down.

Note: In order to resize a graphic that is contained within a frame, you must first select the frame and choose Element > Frame > Separate content. Then you can resize the graphic to the desired size. Select the frame and make certain that *Size frame to fit content* is selected under frame options. Then select both objects and choose Element > Frame > Attach content.

Remember if you do not want a border to print around a frame, select the frame and choose Element > Stroke > None. A gray, nonprinting border will appear.

# Skiing in Yosemite National Park

To some people, visiting Tuolumne in the winter is even more appealing than during the rest of the year. The road from the town of Lee Vining on the east side of Yosemite National Park, is closed for the sixty miles west to Crane Flat and Tuolumne Meadows and so is left alone with winter snows. For the winter visitor, there are no crowds to deal with, and a blanket of snow protects the fragile landscape underfoot. Ski touring to Tuolumne in winter is a serious undertaking and plenty of time should be given to preparing and planning for the trip. Blister, frost nipped feet, altitude sickness, and hypothermia can all become serious problems for the unprepared or inexperienced. Safe passage through avalanche country requires knowledge not encountered on most simpler undertakings. With the right equipment and winter backcountry skills, a trip to Tuolumne Meadows can be a great experience.

Most people ski to Tuolumne by way of the Snow Creek Trail from Yosemite Valley and on to the Meadows via Tioga Road. This is usually the easiest route to Tuolumne and can require at least two days of skiing to complete. Others start from Highway 395 at the town of Lee Vining, on the eastern slope of the Sierra. After hiking up to snow line, ski up the grade towards Tioga Pass. The grade is steep, with the trip to the 10,000-foot Tioga Pass requiring a gain of about 3,600 feet in twelve miles. From the pass it is another eight miles of mostly downhill skiing to Tuolumne Meadows. This is a somewhat shorter route to the Meadows, but can seem more difficult than a western approach due to the more extreme avalanche danger. The Tioga Road from Crane Flat to Tuolumne is a long thirty-nine mile trek, but isn't skied frequently from Crane Flat to the Snow Creek Trail junction. Don't expect to see many, if any, people on that particular stretch of road.

Many winter travelers to Tuolumne Meadows stay at the "old" Visitor Center, located just off the main road on the west side of the Tuolumne River bridge. There are electric lights, a wood burning stove and bunk beds, available on a Skiing first-come-first-served basis. Some winter visitors to Tuolumne stay up to two weeks, which is the maximum time given on a wilderness permit in the park. This helps cut down on the impact created by growing number of skiers in the backcountry. At times, the old Visitor Center bunks are full, so don't count on there being an open bunk. Snow camping is the only alternative. (One of the

warmer areas to make camp is across the meadow, near Soda Springs. That part of the meadow gets the morning sun first, and gets prolonged sun throughout the day.) There are park rangers stationed during the winter near the Tuolumne Summer Lodge, about one mile west from the old Visitor Center, at the summer Ranger Office.

The Rangers patrol the area, record snow and weather data, and are happy to assist skiers with questions. It is recommended that you check in with them upon your arrival. As a somewhat bizarre feature to the otherwise wilderness atmosphere, there are pay phones located outside of the visitor center. They do not require change to reach the operator.

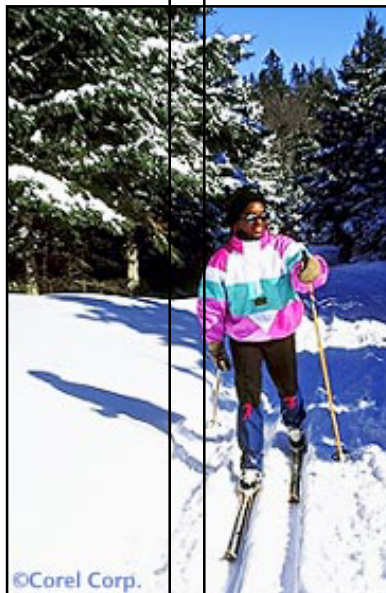
Most of the tours described for the Tuolumne area are fairly long and usually difficult. They assume a base camp in Meadows area. Know your limits. Before heading out on longer tours, make sure that you can do shorter ones, for your own safety and peace of mind. It is not a bad idea to carry enough equipment to survive an unscheduled bivouac, just in case something goes wrong.

On a trip to Tuolumne you will probably see signs of avalanches along the way. A couple of the spots to watch for avalanches are along the Tioga Road from Olmstead Point to the east side of Pywiack Dome and along the high open areas by Tioga Pass. At the west end of Tuolumne Meadows, where the road drops down before Marmot Dome, small but serious slab avalanches sometimes cut loose. Here they have been known to travel through the trees, across the road

and into the meadow. It is a good practice to use an avalanche cord (or electronic avalanche beeper) when you encounter uncertain avalanche situations. USGS maps and a compass should be used when there is a question about route finding.

Having plenty of food and water along is important for fighting fatigue and hypothermia. Temperatures in Tuolumne can vary greatly during the winter and it is not uncommon for temperatures to remain well below freezing for weeks at a time.

Cold can make snow camping a real chore. Whether you are snow camping your way to Lee Vining or Mammoth



©Corel Corp.

