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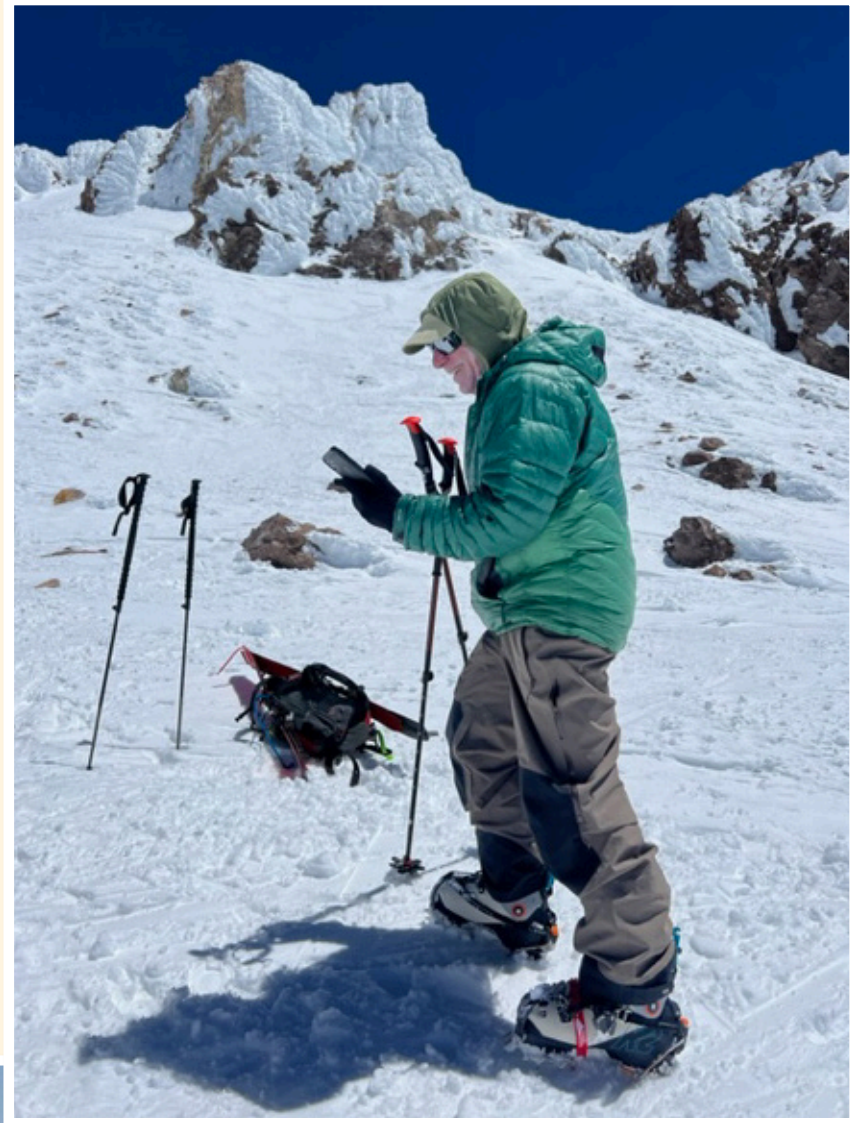
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MOUNT SHASTA, CALIFORNIA

RIMJ Editor-in-Chief **William Binder, MD**, almost at the top of Mount Shasta during a May ascent he took with his two sons, checks out the latest issue of the Journal.

William Binder, MD, and his sons, one a mountain guide in Utah, endured a two-day trek ascending the 14,180-foot snow- and ice-clad Mount Shasta. Equipment included Alpine Touring skin bindings, avalanche beacons, a shovel, and a probe. The group camped out the first night at 10,200 feet, temperature about 15 degrees F. Setting out the next day at 4 a.m., the temperature rose to about 40 degrees F when the sun rose. Father and sons skinned up most of the way, using crampons on the steeper and harder snow pack. They journeyed up John Muir's favorite ascent – straight up Avalanche Gulch, to Misery Hill, and then on to the majestic Shasta summit. Dr. Binder's takeaway: "I passed my stress test!"



Mount Shasta, a steep-sided Cascade Range stratovolcano in Northern California, about 60 miles north of Redding, along the I-5 corridor in Northern California, looms above Little Glass Mountain, a thick obsidian flow erupted from the Medicine Lake shield volcano about 1,000 years ago. These are just two of the young volcanic areas monitored by the USGS California Volcano Observatory. [USGS PHOTO]

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