



## Stephen Aron to be Moulton Lecturer at LCTA's 57<sup>th</sup> Annual Gathering in Kansas City, MO, from September 14-17, 2025.

Steve is the Calvin and Marilyn Gross Director and fifth President and CEO of the Autry Museum of the American West and Professor of History, Emeritus at the University of California Los Angeles. His goal is to make the Autry matter as much to other people as it does to him and to those who have supported the museum since its inception. "While I take the Autry's intellectual mission very seriously – as a professor at UCLA I have devoted decades of my life to the history of the American West," Steve says, "I believe that the Autry works best when we make people smile, cry, shake their fists, or laugh even as we make them think." The Autry's exhibit, *Imagined Wests*, is a renovation of one of the Autry's core galleries re-imagined to bring together the multiplicity of cultural creations by which people from all over made the West their West, advancing the Autry's mission to tell *all* the stories of the American West.



Steve holds degrees from Amherst College (BA 1982) and the University of California Berkeley (MA 1986; PhD 1990). After moving to UCLA in 1996, he split his appointment between UCLA and the Autry Museum from 2002-2014. At the Autry, he was the founding Executive Director and then Chair of the Institute for the Study of the American West. In 2021, Steve retired from UCLA to lead the Autry Museum where he has continued to bridge the gap between "academic" and "public" history including the presidency of the Western History Association in 2017 and advising and appearing in "Kevin Costner's West," an eight-part series currently on the History Channel. He is the author of *How the West Was Lost: The Transformation of Kentucky from Daniel Boone to Henry Clay* (1996); *American Confluence: The Missouri Frontier from Borderland to Border State* (2006); *The American West: A Very Short Introduction* (2015); and *Peace and Friendship: An Alternative History of the American West* (2022); co-author of *Worlds Together, Worlds Apart: A History of the World from the Beginnings of Humankind to the Present* (1st-5th editions, 2002-2017); co-editor of *Trading Cultures: The Worlds of Western Merchants* (2001); and editor of *Convergence* magazine (2004-2011). Steve had made it a personal goal to spend at least one night in all 50 states by the time he turned 30. While not quite the epic journey of Lewis and Clark, it is an accomplishment of which he remains very proud (many years later).

To register for LCTA's 2025 Annual Gathering AND make your reservations at the Kansas City Marriott Country Club Plaza (833-372-9930), please visit [lewisandclark.org/annual\\_gathering/](https://lewisandclark.org/annual_gathering/).

**Come for the Company – Stay for the Bus Tours at the Kansas City Gathering.** The bus tour on September 15 to Lewis and Clark Park at Kaw Point at the confluence of the Missouri and Kansas rivers where the Expedition camped for three days in 1804 and the tour to Fort Osage on September 16 will highlight the history of the area's Native inhabitants. En route to Kaw Point, the tour will stop at Lewis and Clark Point/Case Park to view its historical markers, Lewis and Clark statue, mural, and confluence overlook before going to Kaw Point. Participants will enjoy box lunches in advance of presentations and demonstrations at a Chautauqua, the outdoor (remember hats and jackets!) entertainment featuring the Discovery Expedition of St. Charles and their keelboat. Fort Osage in Sibley, MO, is a reconstruction of the fort William Clark designed and built in 1808. Serving as a military outpost and trade hub with the Osage Nation, the work of the fort was shaped by Clark's vision of peaceful coexistence through trade. Motor-coach transportation for the tours, included with full Annual Gathering registration, will depart from the hotel. *Submitted by Pat Traffas*

## Join the Portage Route Chapter for a fresh look at the most challenging part of the Lewis and Clark Expedition at LCTA's 58th Annual Meeting in Great Falls, MT, from June 21-24, 2026.

The meeting planners have invited nationally known speakers who will address the Expedition's role in the formation of the United States as it changed from 13 colonies to a nation stretching from the Atlantic to the Pacific. We will also be commemorating the 250th anniversary of the signing of the Declaration of Independence.

A gala reception at the world-renowned C.M. Russell Art Museum marks the meeting's start on Sunday evening. The Lewis and Clark National Historic Trail Interpretive Center (see photo at right) will be the venue for Monday afternoon and evening with an opportunity to explore new exhibits, the Agents of Discovery virtual experience, and a variety of food trucks. There will also be special tours of LCTA's William P. Sherman Library and Archives, the official archive of the Lewis and Clark Bicentennial and repository for rare books, LCTH history, and original papers. We will see where Lewis encountered the grizzly bear in West Bank Park and where, for thousands of years, the bison crossed the Missouri, the only crossing location within 40 miles.



On Tuesday, we are planning to stop at Tower Rock en route to a unique boat ride through the Gates of the Mountains as Lewis saw it. On Wednesday, there will be tours to sites on private land that most people have not seen, among them Grog Springs, Defeated Drain, and land directly across the river from the Portage Route Landmark where Lewis and company crossed on their way back to White Bear Island in 1806. The meeting will close out with a splendid dinner, awards presentations, and the invitation from the 2027 Annual Meeting Committee. Please plan to arrive before the 2026 Annual Meeting to attend the Lewis and Clark Festival, now in its 34th year, on June 19 and 20, 2026, at the Lewis and Clark Interpretive Center. Be sure to mark your calendar! *Text and Photo by Carol Bronson*

## Big Bone Lick State Historic Site Designated National Historic Landmark.

The ceremony on May 9, 2025, celebrated the designation of Big Bone Lick State Historic Site near Union, KY, as a National Historic Landmark. Big Bone Lick State Park has National Natural Landmark status. The complex is one of only 16 properties in the country having both designations.

For over 250 years Big Bone Lick has been known as a significant paleontological resource and is often referred to as "The Birthplace of American Paleontology." Fossils from Big Bone Lick are on display throughout the United States, including Thomas Jefferson's home at Monticello, and Europe. Big Bone Lick is also part of the Lewis and Clark National Historic Trail visited by Lewis in late September/early October 1803 and by Clark after their Expedition in 1807.



LCTA Ohio River Chapter members Jerry Wilson and Mike Loesch celebrate the designation of Big Bone Lick State Historic Site and Big Bone Lick State Park as a National Historic Landmark and a National Natural Landmark, respectively, on the Lewis and Clark National Historic Trail.

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LCTA Ohio River Chapter and Eastern Legacy Committee members Jerry and Janice Wilson and Mike and Lorraine Loesch attended the May 9 ceremony. Our good friend Skip Jackson (aka Meriwether Lewis) was to be at the ceremony but sadly had passed away the weekend before. We hope to have a memorial for Skip in the September TOR.

Presently Big Bone Lick conducts several Lewis and Clark events each year among them Lewis and Clark Junior Ranger Day in May, Big Bone Lick Salt Festival in October, and National Bison Day in November. Members of the Ohio River Chapter are present at these events to introduce people to the Lewis & Clark Trail Alliance. *Submitted by Jerry Wilson*

**York in Indiana and Beyond.** The Lewis and Clark Expedition Indiana Commission and Lewis and Clark National Historical Trail, National Park Service will present the short documentary film *Big Medicine: York Outdoors* on June 17, 2025, at 6:00 pm CDT at the Jeffersonville High School Auditorium in Jeffersonville, IN. Subsequent screenings will be in Sioux City, IA, at Lewis and Clark Interpretive Center – July 13; Columbia, MO, at Ragtag Theater – September 9; Great Falls, MT, at Lewis and Clark NHT Interpretive Center – October 14; Portland, OR, at Tomorrow Theater York Fest – October 22.

*Big Medicine: York Outdoors* explores the story of York, the only African American member of the Lewis and Clark Expedition. Captain William Clark's enslaved person, York made significant contributions as hunter, guide, caretaker, and intermediary in interactions with tribal nations as chronicled by Lewis and Clark Expedition members in their journals as well as in accounts from the tribes they met along the way. It was the Arikara tribe that referred to York as "Big Medicine" owing to his strength and the color of his skin.

The film follows eight African American educators and environmentalists as they retrace York's steps on a four-day river trip through Montana's Upper Missouri River Breaks National Monument. On their journey, they explore themes of the importance of recreation access for all and the joy and healing that the outdoors can provide.



Montana's Upper Missouri River Breaks National Monument. Courtesy [americasholyground.com](http://americasholyground.com)

*Big Medicine: York Outdoors* is an opportunity to reflect on history, honor York's legacy, and recognize the connections among community, nature, and personal growth. Special thanks to Jeffersonville High School for offering the use of their beautiful auditorium, the town of Clarksville, and many others. Submitted by Mike Mustain, Chairman, Lewis and Clark Indiana Expedition Commission, Chairman, Lewis and Clark Indiana Foundation, [councilmannustain@gmail.com](mailto:councilmannustain@gmail.com). 812-515-1551

### Supporting LCTA: Did You Know?

Direct gifts to the Lewis & Clark Trail Alliance from your IRA are:

1. An easy way to make a gift from one of your assets
2. Excluded from your gross income – a tax-free rollover
3. Counted toward your Required Minimum Distribution, beginning at age 73

For your gift to qualify:

1. You must be 70½ or older at the time of your gift.
2. The transfer must go directly from your IRA to LCTA.
3. Your total rollovers for an outright gift in any year cannot exceed \$100,000 but can be done year after year.
4. Your total rollovers for a life-income gift cannot exceed \$54,000 and can only be done in one tax year.

If you would like to include your Chapter or Region's events in our next issue, please email your information to Philippa Newfield at [philgor@aol.com](mailto:philgor@aol.com) by August 1, 2025. All Lewis & Clark Trail Alliance members automatically receive TOR electronically as part of their membership. The cost of receiving a paper copy of TOR is \$6.00 per year. If you wish a paper copy of TOR, please include your payment when you renew your LCTA/Region membership.  
*Philippa Newfield and Arend Flick, Co-editors*



**In Memoriam.** Curtis "Curt" George Johnson loved American history, especially Civil War, Lewis and Clark, Gold Rush, Custer, and the Indian Wars. He took great pride in his two sons, his embraced son, and his grandchildren and endeavored to instill in them a sense of patriotism and love of history. According to LCTA Past President Barb Kubik, "Curt was the interpreter's interpreter and re-enactor. He was kind and patient with newbies to the state and federal parks, and always had time to answer questions and give newcomers like me some help! He was cheerful and enthusiastic and always ready to talk with visitors. He will be missed!"

Born on April 20, 1944, in Honolulu, HI, while his parents Al and Bea Johnson were stationed at Pearl Harbor during World War II, Curt was graduated from Fresno State University with a major in geography and geology and a minor in history. He worked with the National Park Service as a law-enforcement park ranger at the Blue Ridge Parkway in Virginia, then served four years as a Marine Science Technician aboard the U.S. Coast Guard Cutter *Klamath*, and afterwards returned to the Blue Ridge Parkway where he met and married Rosemary Schmitt. Curt was next an interpretive park ranger at Death Valley National Monument and then chief of interpretation and resource management at Fort Clatsop National Memorial, now Lewis and Clark National Historical Park, in Astoria, OR. He retired from the NPS in 2001 and worked part-time for the Lewis & Clark National Park Association.

Curt enjoyed participating in the costumed demonstrations for the NPS including once at the Clinton White House. He was also a Civil War re-enactor with the Northwest Civil War Council, 69<sup>th</sup> New York Volunteer Infantry, and Sons of Union Veterans. As a Cub Master and Cub Scout Leader, Curt worked with dozens of boys in Clatsop County for more than 20 years. The entire family celebrated Curt and Rosemary's 50<sup>th</sup> wedding anniversary and Curt's 80<sup>th</sup> birthday in April 2024. He passed away peacefully in his sleep on February 8, 2025, at the age of 80 and is survived by his wife Rosemary Johnson, son Sean, grandchildren Nea, Spencer, Yaz, Odin, and Maddox, and embraced son Jason Mullaney. His son Chris preceded him in death.



**In Memoriam.** Ronald George Laycock passed away on March 17, 2025, at the age of 90. Most of us knew Ron as a long-time supporter of the Lewis & Clark Trail Alliance, offering his time, expertise, and financial support to the organization. It was Ron who developed our original system of chapters and created the *Chapter Handbook* which guided the implementation of so many of our new chapters. Ron saw the chapters grow from eight in the mid-1990s to more than 30 during the Bicentennial Commemoration.

In addition to serving on the Board of Directors and as the organization's Vice-President and then President in 2003-2004, Ron was also on the Library Committee, the Bicentennial Committee, and, eventually, the Bicentennial Commemoration Council, representing the Alliance's interests during that four-year event. He was the recipient of the Distinguished Service Award given to Alliance members for their outstanding and selfless service to the organization.

During the Alliance's upheaval around 2010, Ron graciously agreed to return to the Board to serve as one of "village elders," guiding the Alliance back to stability, Trail stewardship, and support of the membership. He is survived by his wife Ione. *Submitted by Barb Kubik*

**He Was a Great and Gracious Man.** We are very saddened to report the passing of Allen V. Pinkham, Sr., Nez Perce Tribal Chair and Chieftain, storyteller, author, and notable historian of the Nez Perce Tribe and Lewis and Clark Expedition. His Nimípuu name, Páaxat Háykatin, translates to Five Blue Skies. He was the great-great-grandnephew of Nez Perce leader Chief Joseph.

John Fisher, historian and Lewis & Clark Trail Alliance member, described Pinkham as “one of the most gracious members of the Nez Perce and Lewis and Clark communities.” Fisher had visited twice in the five weeks before Pinkham’s death to consult on an oral history about botanist David Douglas’ time with the Nez Perce in 1826. “He was a wonderful and accommodating partner,” Fisher said of Pinkham.



Allen V. Pinkham, Sr.

Pinkham passed away at the age of 87 on April 18, 2025, in Idaho. A significant contributor to American Native culture and history, he founded the [Chief Joseph Foundation](#) in 1990, which mentored thousands of Nez Perce youth to become first-generation students at colleges and trade schools; served on U.S. Presidential Committees for the 2003-2006 Lewis and Clark Bicentennial, land rights issues, endangered species protections, environmental issues, forestry management, and reclamation of land, salmon fisheries, and rivers; and was a founding Board member of the Smithsonian’s [National Museum of](#)

[the American Indian](#). He played a significant role in the nationwide success of the Lewis and Clark Bicentennial observance by encouraging Native Americans to participate in the commemoration, said Chuck Raddon, a U.S. Forest Service retiree and LCTA member.

“All of us were in awe of his gracious attitude as we learned so much from this gentleman,” said LCTA member Garry Bush. “We all understand the depth of what we have lost with Allen’s passing. He will be sorely missed by his family and close friends as well as many in the wider community whose lives he touched.”

Pinkham was the coauthor with Steven R. Evans of *Lewis and Clark Among the Nez Perce: Strangers in the Land of the Nimiipuu* about the explorers’ encounters with the Nez Perce. In a video posted on the Lewis & Clark Trail Alliance YouTube channel, Pinkham discussed his genealogical connection to William Clark, which occurred in 1806 as the explorers were returning to St. Louis. [Watch the video.](#) [Read more about Allen and one of his Nez Perce stories](#)

“The world has lost a great man,” emphasized author Deborah Hufford. Pinkham provided her with considerable assistance on Nez Perce history for her 2023 award-winning novel, *Blood to Rubies*. “He was so vibrant and his mind so sharp. I thought he would live forever.” Condolences may be sent to Josiah Pinkham and family (siblings) at 32153 Pinkham Lane, Lenore, ID 83541. *Submitted by Gary Kimsey*

Whitehouse, October 22, 1805: *we Set out Soon after Sunrise and proceeded on...a mist rises continually from the falls*

**Columbia River Gorge to be site of LCTA's 59<sup>th</sup> Annual Gathering from August 29-September 1, 2027.** LCTA's Pacific Northwest Region invites you to experience the majestic area of The Dalles and Hood River, OR, a stretch of remarkable scenery and history like no other along the entire Lewis and Clark National Historic Trail.

Clark, April 16, 1806: *This is the Great Mart of all this Country.*

Operating from the banks of the mighty Columbia River, we will explore the importance of [The Dalles-Celilo Falls](#) area in the Native interregional exchange systems, 15,000 years of Native American history and culture, the Lewis and Clark Expedition, and a spectacular geologic history.

Clark, October 26, 1805: *one man gited a Salmon trout which we had fried in a little Bears oil which a Chief gave us yesterday and I think the finest fish I ever tasted the River raised considerable this afternoon.*



Mount Hood rises through the mist above Maryhill Winery in Goldendale, WA. Photo by Robert Heacock

See Memaloose Island, Rock Fort campsite, Horsethief Butte, the beginning of the Road to the Buffalo Overland Trail and more, plus the locations of Big Eddy, The Long Narrows, The Short Narrows, and iconic Celilo Falls, all with views of landmark Mount Hood only 30 miles away.

Pre- and post-gathering excursions will offer award-winning wineries, distilleries, and breweries, scenic views from Rowena Crest Viewpoint, plus the 1911 Maryhill Museum of Art with its stunning collection of Native artifacts from across North America and 85 original works by Auguste Rodin. In addition, we will visit Stonehenge Memorial, a full-sized replica dedicated in 1929 as a WWI monument. Look for more information in LCTA digital media and upcoming issues of *We Proceeded On* and *The Orderly Report*. Submitted by Robert Heacock.

**The Crazy Horse Memorial, a mountain monument begun 75 years ago,** is still under construction on privately held land in the Black Hills community of Crazy Horse, Custer County, South Dakota. Sculpted out of the mountain, the artwork depicts the Oglala Lakota warrior Crazy Horse, riding a horse and pointing to his tribal land. The memorial was commissioned by Henry Standing Bear, a Lakota elder, and sculpted by Korczak Ziolkowski. It is operated by the Crazy Horse Memorial Foundation, a nonprofit organization, and funded by visitor donations and fees. The foundation also supports educational and humanitarian goals that help protect and preserve the culture, tradition, and living heritage of the North American Indians through the Mountain Carving, the Indian Museum of North America, and The Indian University of North America. While no date has been set for the carving's completion, visitors are invited to witness the sculpture as it is taking shape and appreciate all the Crazy Horse Memorial Foundation is doing to honor and preserve Native American culture and the Lakota warrior Crazy Horse's legacy. Submitted by Margaret Russ





**Lolo Trail Inspection Tour in June.** The LCTA Idaho Chapter will spend two weekends camping on the Lolo Trail while visiting the many historic sites. You are invited to join us for one or both weekends, the first from June 20-22, 2025, to the west near Weippe, ID, and the second near Powell, ID, from July 11-13. This is a self-help, do-it-yourself event, so you must provide your own food and camp gear.

The Lolo Trail is the Native American trail that Lewis and Clark followed across the Bitterroot Mountains from Lolo, MT, over Lolo Pass to Weippe, ID. The camping trips have two purposes: 1) To inspect and perform needed maintenance to the nearly 50 interpretive signs installed for the Lewis and Clark Bicentennial; and 2) To offer an opportunity to learn about one of the more challenging portions of the Expedition as visiting the scattered interpretive signs will take us to most of the interesting Lewis and Clark sites.

In most years there is little damage to the signs with little work to be done. We carry some tools and stain for touch-ups, but if there is major damage, we salvage what we can and then seek funding and make plans for major work the next year. For the west-side trip starting on June 20, 2025, we will camp near Musselshell Meadows east of Weippe or north of Kamiah, ID. On June 21, we will inspect the signs in Lewis and Clark Grove and along El Dorado Creek and at Canyon Junction. Here we get views down into Fish Creek, which was Lewis and Clark's "Hungry Creek," a good prompt to discuss the trials and tribulations faced by the Corps of Discovery in their mountain crossing. On June 22, we will travel north to the signs on Rocky Ridge and perhaps we can make the short hike to the old lookout site with its panoramic view of the "*Sea of Mountains*."



Rocky Ridge Lake along the Lolo Trail.  
*Text and photo by Chuck Raddon*

The second group will camp near Powell, ID, about 15 miles west of Lolo Pass on July 11, 2025. On July 12, we will start at Lolo Pass and then head west along the ridge-line to Snowbank and Bear's Oil and Roots camp. On July 13, we will complete the trip west past Indian Post Office, Howard Camp, the Smoking Place, and Sword Fern Camp on today's Bald Mountain, with perhaps a hike to Lewis and Clark's real Spirit Revival Ridge.

The Lolo Motorway across the western half of the Clearwater National Forest was rebuilt during the Covid years. Unfortunately, nothing has been done for the eastern half of the road from Rocky Point Lookout west to Saddle Camp. Be prepared for a rough, dusty ride. A four-wheel drive is not required, but you do need good clearance and good tires as there are sharp stones along the road. Typical highway radial tires have a side bulge that is vulnerable to sidewall cuts from rocks at the edge of the road, so heavier M&S tires are favored. Also, your rig needs to be in good condition. On an Idaho Chapter tour many years ago a rig developed transmission trouble, and it took three days to get it towed out of the mountains. For details of our schedule and suggested reading, please email Chuck Raddon at [idahoclarkie@gmail.com](mailto:idahoclarkie@gmail.com).

## Meriwether Lewis and Thomas Rodney

*Just after dinner Captain Lewis called on me to bid me farewell. The Major Shields and I went down and had a parting drink and part of a water Mellon on board his boat and then bid him adieu and stayed on shore and waited to see him over the first ripple.*

—Thomas Rodney, September 9, 1803, at Wheeling, West Virginia

Thomas Rodney (1744-1811) and Meriwether Lewis crossed paths, so to speak, when they both were going down the Ohio River in 1803. It was Rodney who described the air gun. He served in the American Revolutionary War and Delaware politics. In 1803, President Jefferson appointed him land commissioner and territorial judge for the newly formed Mississippi Territory. To learn more about Rodney's time – and Lewis' – on the Ohio River, locate a copy of Rodney's journal, *A Journey through the West: Thomas Rodney's Journal from Delaware to the Mississippi Territory* edited by Dwight L. Smith and Ray Swick (Athens, OH: Ohio University Press, 1997).



In artist Steve Ludeman's original watercolor painting, Blaise Cenas is shown accidentally firing the air gun during a stop at Brunot's Island during Meriwether Lewis' journey down the Ohio in 1803. To see more of Steve's project on documenting the eastern portion of the Lewis and Clark National Historic Trail, please visit <http://www.steveludemanfineart.com>. Then scroll down and click on "Lewis & Clark History." *Courtesy of Steve Ludeman*

The Major Shields whom Rodney referenced was William Bayard Shields (1780-1823), unrelated to the Lewis and Clark Expedition's John Shields although connected to Alexander Hamilton and Aaron Burr. A United States district judge for the District of Mississippi, United States federal judge, superior court judge of Mississippi, and the first chief justice of the Mississippi Supreme Court, Shields was very well regarded. We enjoy staying at the Devereaux Shields House, a historic Natchez bed and breakfast with a Shields connection, on our twice-yearly travels along the Natchez Trace Parkway to visit family in New Orleans.

In our search for historic sites in the Natchez area, we discovered that Thomas Rodney is buried in Washington, MS, a 15-minute drive from Natchez. Google maps helped with locating the Rodney gravesite. When we had visited in the past, the grave was badly overgrown. Then we learned from LCTA Past President Bryant Boswell that the Mississippi Sons of the American Revolution (SAR), of which he is a member, had marked Rodney's grave at a ceremony held on the 250<sup>th</sup> anniversary of the Marquise de Lafayette's visit to Natchez in

1775 with members of the Lewis and Clark Discovery Expedition of St. Charles in attendance. The difference in the appearance of the grave before and after the Mississippi SAR's care was remarkable. We extend sincere thanks to the Mississippi SAR for their meticulous marking of the gravesite of an American Revolutionary War patriot. *Submitted by Jerry Wilson, LCTA Ohio River Chapter*



**BEFORE AND AFTER** the Mississippi Sons of the American Revolution marked the gravesite of Thomas Rodney in Washington, MS. *Photo by Janice Wilson*





**Preparing for Heat and Humidity on the LCNHT.** The James B. Near Center for Climate Studies at the Citadel in Charleston, SC, and the Charleston Heat Health Research Program have produced a heat action plan. This resource has become available just in time for summer travels along the Lewis and Clark National Historic Trail. Access the action plan at: <https://www.citadel.edu/ssm/climate-center/lowcountry-heat-action-plan-toolkit/>.



When it's hot out at Eagle Creek on the Lewis and Clark National Historic Trail, some people have no trouble keeping their cool.  
*LCTA Photo Contest award-winning photo by Norm Miller*

"Heat" refers to dangerously high ambient temperatures. While Charleston is not on the Trail, most of the states that are along the Trail have elevated summer temperatures and varying amounts of humidity, the measured amount of water vapor in the air. Humidity can be especially high in the states in the Ohio River valley. Rivers and lakes are known to produce humidity which impairs our ability to cool ourselves naturally by evaporation of perspiration. High temperatures coupled with high humidity thus make heat seem more intense as measured by the heat index which uses temperature and humidity in a formula to quantify how uncomfortable the heat "feels." The humidity is what makes the heat index higher in places like

the Ohio River valley. People who are especially vulnerable to the heat include the elderly and those who have chronic heart, lung, and kidney disease.

Successful planning for and mitigating the ill effects of heat start with understanding the terms. "**Extreme heat**" means that heat and humidity are abnormally high and therefore may be hazardous to our health. The National Weather Service has collaborated with the Centers for Disease Control and Prevention to define HEATRISK for people, an experimental predictor of the health risk posed by extreme heat and humidity. The three National Weather Service advisories that indicate increasing heat severity based on the heat index are 1) **heat advisory** issued when the heat index is expected to range from 108-110 degrees F; 2) **extreme heat watch** issued when the heat index is expected to be 113 degrees F or higher in the next 24-72 hours; 3) **extreme heat warning** issued when a heat index in the danger range of 113 degrees F or higher for at least two hours is expected imminently. It is essential for us to be aware of these heat warnings so that we can prepare for and cope with extreme heat. The National Weather Service, local governments, and local media, both broadcast and social, all make the advisories available.

To be prepared for high temperatures with or without humidity, it is important to know how to access timely information regarding extreme heat forecasts and identify the location of cooling centers (libraries, community centers), especially when traveling. If the heat is determined to be extreme: 1) Stay out of the heat and sun; 2) Drink plenty of electrolyte-containing fluids (think Gatorade) to avoid dehydration; 3) Wear loose-fitting clothing of synthetic material for quick drying; 4) Eat lighter meals; 5) If outdoors, stay in the shade and take breaks from ongoing activity; 6) Try to avoid being outdoors from 10 AM to 4 PM, the peak sun-exposure times; 7) Go to a community cooling center as necessary.

*Submitted by Jerry Reves, MD*

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### **LCTA Member and Family Explore Colter's Hell.**

Lewis and Clark did not get far enough south to enter the Yellowstone-Tetons region, but an *Orderly Report* co-editor and his family made the journey in mid-May 2025, following (roughly) in the footsteps of Expedition member John Colter. Arend Flick (third from the left) was joined (left to right) by niece Alice, cousin Fritz Groothues and his wife Christine, stepdaughter Karen Semerau, sister and brother-in-law Barbara and Michael Readick. The party sighted eight grizzlies on one day (including two mothers and five cubs) and shot each one of them—with their cameras, of course.

