

## Our Mission:

The mission of the LIFE Program Alumni Association is to change the world through experiential education. We do this by providing charitable educational opportunities and support for the LIFE Program.

## Our Vision:

Moving from making memories to leaving a legacy of Lifelong Instruction and Focus on Exploration.



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# ***The LIFE Program Alumni Newsletter***

Welcome to the Fourth Issue of our Quarterly Alumni Newsletter!



## Doc's Words of Wisdom:

Where you at? What are you doing? Is there something you should be working on right now? YOU KNOW there is. So lose those COVID-blues and get after it. And plan on seeing me next summer in Colorado for our 20th Anniversary. We are attempting to summit a 14er, so start working out. Like right now.

## ***New November Partnerships***

This November, the LIFE Program is co-sponsoring 2 new events.

On Wednesday, November 10, we will be participating in CNN International's "Call to Earth". For more info, check out: <https://edition.cnn.com/interactive/call-to-earth/#/>

On Wednesday, November 17, the LIFE Program is partnering with HOPE Squad for our first annual Hike for Hope event. By the way, this is also National Trails day, so get out there! For more info on HOPE Squad, check out: <https://hopesquad.com/>

## **Wake Up, You MUUELLES!**

Fall recruiting for new LIFE members is in full swing! We currently have around 25 active members, and we have been busy working out, hiking, and planning for service projects.

## ***Summer 2022*** *20th Anniversary Celebration!*



## **START PLANNING TODAY!**

**Can you believe it's been TWENTY YEARS?!?!**

**Are you interested in coming to the 20th Anniversary Celebration for the LIFE Program? Please take a second and fill this out.**

<https://forms.gle/CfKBRYxq1qHjbLAY8>

***Sneak Preview: We will be selling 20 Years of LIFE Yearbooks!***

# Hikes of the Quarter

## Hawai'i Koko Head



Located on the southeastern side of the island of Oahu, Koko Head is a famous hike among locals and tourists alike. Climbing an old volcano, the trail is 1.6 miles long and ascends roughly 900 feet in elevation.

The summit offers breathtaking views of the Pacific Ocean, the Ko'olau Mountains, and the city of Honolulu. If you're lucky, you might even see some whales from the summit!

## Las Vegas Cathedral Rock

Located at Mount Charleston, Cathedral Rock is a tough hike for a rewarding view. Clocking in at 3 miles and 1000 feet in elevation gain, the trail winds through a grove of Quaking Aspens- deciduous trees that change color during the fall. Hike Cathedral Rock in the fall and you will see vibrant yellow, orange, and red as the Aspens change color. The view at the top of the rock opens up across Las Vegas, and if you're lucky, a chipmunk or two may greet you at the summit.



## Ohio Fifty Springs Loop Trail



Located near Waynesville, the Fifty Springs Loop Trail is a gorgeous fall hike, centrally located in southwestern Ohio in close proximity to Cincinnati, Dayton, and Columbus. The hike is 3 miles long and winds its way through magical forests, opening up to Caesar Creek Lake. This hike is stunning in fall, and pets are welcome.

## District Updates

### Hawai'i Aloha Hawai'i LIFERz!

As we approach the holiday season and the end of another year I hope you have all been taking great care of yourselves during these trying times.

We appreciate your continued support and invite you to help the Alumni Board plan the 20th Anniversary of the LIFE program!

If you have not already done so, make sure to fill out the survey. As always continue to follow along with us for upcoming events and stay connected!

### Nevada

The fall brings not only a new school year but also the perfect weather for hiking in Southern Nevada. Join the new class of LIFERz on their upcoming hikes such as through the volcanic rocks of Black Mountain on Saturday, November 13, the always scenic Calico Basin on Saturday, December 4, and beautiful Blue Diamond Mesa on Saturday, January 22. There is also still time to participate in the Holoholo Wellness Challenge! Click here or go to <https://thelifeprogram.net/index.php/event/life-holoholo-wellness-challenge/> to learn more.

Grab your pack, helmet, or whatever else you need to get outside and make the most of this season!

### Ohio

What's up Ohio LIFERs!

The 20 year reunion is almost upon us and we want as many Ohio people involved as possible!

So spread the word and make sure to fill out the survey for the Reunion Trip next summer!