

## 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.



VOL. 1, ISSUE 3 | AUGUST 2021

# The LIFE Program Alumni Newsletter

Welcome to the Third Issue of our Quarterly Alumni Newsletter!



## Doc's Words of Wisdom:

We are heading into the fall. This is a GREAT time to get outside, be in nature, and increase your workouts. Set some goals to shoot for, whether they are about working out, eating better, or having more family time. Remember, we have 8-week Holoholo Wellness Challenge starting in September - GET IT!

## Fall 'HOLOHOLO' Wellness Challenge

Hey ALUMNI! TAKE THE CHALLENGE! The HOLOHOLO Challenge is an 8-week wellness challenge running from Sunday, September 26 to Sunday, November 21 (the Sunday before Thanksgiving). You can select your activity (walking, running, biking, hiking, trail running, etc) and set a personal mileage goal for yourself. You log your own hours and report at the end of each week. Finishers will be announced in our February issue.

Sign up for the HOLOHOLO Challenge TODAY using this form:

<https://forms.glee/iSufiRCjDcbT8o7P8>



## Wake Up, You MUUELLES!

The new school year is starting up and we are gearing up to recruit new high schoolers. We are also looking forward to the UNLV LIFE Program. We will be having a UNLV LIFE Officers' Meeting on Wednesday, August 18th. Look for a UNLV LIFE update in our November newsletter.

## Summer 2022:

20th Anniversary Celebration!



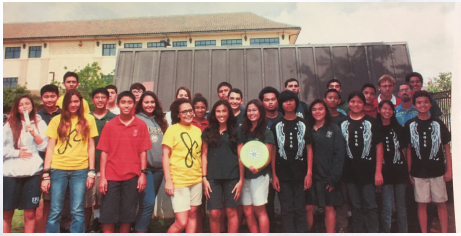
## START PLANNING TODAY!

Can you believe it's been TWENTY YEARS?!?! Summer of 2022 will be our big anniversary celebration. Please start thinking about joining us for a fun-filled family weekend TBA in our November Issue. More details TBA.

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

# District Updates

## Hawai'i



ALOHA HAWAII LIFErz!

Happy Summer!

We hope you have been able to enjoy the sun, surf, and sand. We're looking to compile and share pictures from all your summer adventures. If you've got pictures you want to dish out please send them our way!

Also continue to check out the schedule on the website to see upcoming events to stay active and connected with us!

## Nevada

LUCKY NEVADA LIFErz!

Nevada LIFErz attempted to beat the heat this summer with numerous trips, including a 3-day excursion to the Grand Canyon, a backpacking trip in the Ruby Mountains, and numerous road trips. Send us pictures and be featured on the website!

Keep an eye on our Website for upcoming events and hikes you do not want to miss!



## Ohio



What's up OHIO LIFErz! Sad news but good news: The Ohio Reunion event in July got stormed out, but we are rescheduled for Sunday, August 15th! So if you weren't able to make the July event, this could be an opportunity for you to catch up with your fellow Ohioans.

You can call, text, email, or reach out through Jerome Wray for more information!

Also, if you have done any shenanigans this summer, send your photographic evidence, to [jwray28@gmail.com](mailto:jwray28@gmail.com). You can be featured in the next newsletter and on the website.

## Hikes of the Quarter : End of Summer Parks

### Hawai'i: Haleakala National Park

Located on the island of Maui, Haleakala means "house of the sun" in Hawaiian, and is aptly named. The Haleakala volcano is dormant, and Pu'u Ulaula, or "Red Hill" rises 10,023' into the sky. Haleakala National Park also boasts beautiful tropical jungles. Hiking the summit area is a great way to witness the volcanic landscape, and the Pipiwai Trail is a cool 4 mile hike through Haleakala's jungles, complete with several waterfalls.

### Las Vegas: Great Basin National Park

Located about 4 hours north of Las Vegas, Great Basin National Park resembles the Rockies more than it does the Las Vegas area. Standing at 13,063', Wheeler Peak dominates the park, and evidence of glaciation dominates the geomorphology. Check out Lehman Caves, an extensive cave system near the visitor center, or even hike the Alpine Lakes Trail, a stunning 3 mile long loop that skirts several alpine lakes!

### Ohio: Hocking Hills State Park

Because it's summer, rather than just a simple hike around town, here's a nifty spot in your state to make a trip out of! Hocking Hills is located about an hour and a half south of Columbus, in the Appalachian foothills of southeastern Ohio. It is one of the coolest nature spots in all of Ohio, and boasts stunning waterfalls, beautiful forests, rugged hills, and even black bears! Any hike in Hocking Hills is a good one, but Ash Cave and Cedar Falls are hikes worth doing!

# ALUMNI Summer

## Activities

