

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. 2, ISSUE 2 | MAY 2022

The LIFE Program Alumni Newsletter

Welcome to the Sixth Issue of our Quarterly Alumni Newsletter!



Doc's Words of Wisdom:

Remember when you joined the LIFE Program and it changed the course of your journey? We are still trying to do that. I strongly encourage you to celebrate your wins and challenges, and come join us in Colorado in July. You will see old friends and make new ones. And remember - **You will NEVER have the chance to attend a 20-Year LIFE reunion again, so take advantage of this opportunity!**

Wake Up, You MUUELLES!

GET READY FOR THE REUNION!

Do you believe it's been TWENTY years? Wow.

Plan on attending our upcoming Virtual Trip Meeting on Tuesday, June 7 · 5:00pm PST

Google Meet: <https://meet.google.com/oan-zgxe-twg>

Register for the Reunion below!

START PLANNING FOR SUMMER!

Summer 2022:

Get psyched! Our 20th Anniversary celebration is coming up July 14-18 in Buena Vista, Colorado! We will be hanging out, hiking, playing a game of ultimate or two, and, of course, sitting in some hot springs! Please consider being a part of this historic, once in a LIFETIME event. Your significant others and families are most welcome!

Register for the Reunion TODAY!

<https://forms.gle/rCPVFC3wvXjFi6He9>

Getting fit with Doc's Workout Plan!

Start working out today - Check out Doc's detailed workout plan, which he made JUST FOR YOU!

https://drive.google.com/file/d/1y2ndRifSUPCtEvsSr7V_is9MkCz1YLa/view?usp=sharing

Keeping Up With The High Schoolers

The high schoolers have been busy preparing for our summer trip, which is June 27 - July 11th. This year, 10 students will go to Yellowstone, Grand Tetons, the Bighorns, the Rockies, Great Sand Dunes, Taos, Santa Fe, lots of hot springs, and the Grand Canyon.

Are you interested in being a Co-counselor for the trip? Contact Doc ASAP.

We are still in dire need of donations, so please help us out at <https://thelifeprogram.net/index.php/donate/>

Support the High Schoolers:

It's still HIKEATHON Time!!!

Our annual HIKEATHON is still on! The HikeATHon (as most of you know) is our only fundraiser for the high schoolers. WE STILL NEED DONATIONS. All money donated will go towards materials and our events, including our summer trip (in June/July).

Check out this video from some of the LIFE kids:

https://drive.google.com/file/d/1aaz4GgYF8nOqitx2TVEOgh3X7AMe3MNs/view?usp=drive_web

Please donate in one of the following ways:

1 - Send cash or checks made out the "LIFE Program Alumni Association" to our physical address at:

The LIFE Program Alumni Association
6440 Sky Pointe Drive, Suite 140-258
Las Vegas, NV 89131

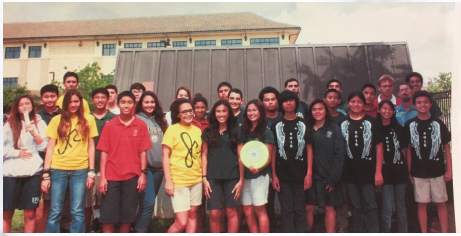
OR

2 - donate online at

<https://thelifeprogram.net/index.php/donate/>

District Updates

Hawai'i



Aloha Hawai'i LIFERz!

I hope the spring season finds you safe and healthy! Continue to stay connected with us and updated on upcoming events through the LIFE website. The summer is quickly approaching so I hope you have been training! Looking forward to seeing y'all at the LIFE Program 20th Anniversary celebration coming this summer!

Aloha,
Rhenz

Nevada

I'd like to start by thanking everyone who donated to the LIFE Program during the Hike-a-thon. Your support makes a world of difference for the up-and-coming LIFERz and enables them to embark on life-changing trips and activities. But it's not over yet! The high schoolers still need your help. Please donate today.

It's definitely going to be a HOT summer. May is Melanoma and SKin Cancer Awareness Month, so be sure to pack sunscreen with an SPF of at least 15, cover up with a lightweight shirt and pants, and wear a wide-brimmed hat when hiking.

Coming up soon on Saturday, May 21 is a LIFE Day Hike to Griffith Peak. With the snow still melting and with the cooler climate of the Spring Mountains, now is the perfect time to go. Finally, if your schedule allows for it, I highly recommend attending the LIFE 20th Anniversary Reunion in Buena Vista, CO on July 14-18, 2022. If you need help getting there, don't hesitate to reach out.

Salud,
Eric

Ohio



Yo Ohio LIFERz!

Spring has sprung in Ohio! You know what that means right? High 80s this week, and snow next week! Sounds like the perfect time to get in a good all-weather hike.

Whether it's for Mother's Day, Memorial Day or just Saturday, make sure you get out and enjoy some lovely Ohio scenery. Also, the 20 year LIFE reunion is right around the corner and it is not too late to make plans to head out to Colorado this summer, so get those flights booked (or plan that road trip). If you have any questions, reach out to Jerome Wray!

Peace,
Jerome

District Hikes by Solomon

Hawai'i



Diamond Head

Diamond Head is perhaps the most iconic landform in the state of Hawai'i. Dominating the Honolulu skyline, this gorgeous hike is a must-do for locals and tourists alike. Located right outside the Honolulu neighborhoods of Waikiki and Kaimuki, the extinct volcanic crater is actually part of a state monument, and is referred to as Le'ahi by the indigenous Hawaiians. The hike to the summit is roughly 2 miles with a 500' elevation gain, and offers stellar views of the Honolulu Skyline, the south shore of O'ahu, and the Ko'olau and Waianae Mountains alike. Refer to the park's website for accurate hours of operation of the state monument.

Nevada

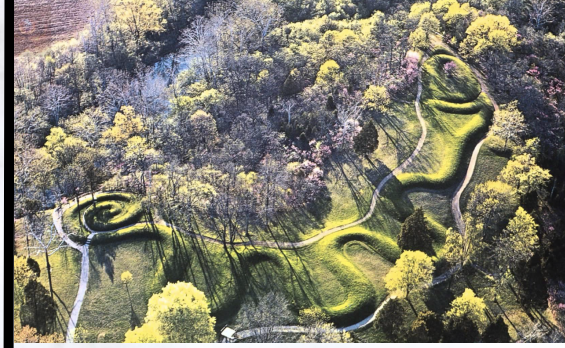


Anniversary Narrows

Located in gorgeous Lake Mead National Recreation Area east of Las Vegas, Anniversary Narrows is a stunning hike that features interesting geology, abandoned mines, slot canyons, and the opportunity to see a plethora of Mojave Desert species of wildlife. The trailhead is located off of Northshore Drive (State Route 167) about 30 miles east of the Strip. The entire hike is roughly 10 miles with a 1400' elevation gain, but the hike to and through the slot canyon is only about 6 with a 400' gain. The area is home to numerous abandoned mines dating back to the 1950's en route to the slot canyon, so please be cautious around them. If you want a nice desert hike that offers solitude, this is the hike for you.

Please be advised of heat and rattlesnakes during the summer months.

Ohio



Serpent Mound

Located in hilly southern Ohio just over an hour outside of Cincinnati near the town of Peebles, Serpent Mound is a mystifying locality to not only hike in, but to enjoy the history of. Its name is quite self-explanatory- it is a gigantic mound built by the ancient Native Americans of the Ohio River Valley in the shape of a serpent. Scientists believe the mound was constructed around 1070 AD, and though the purpose of the mound is still unknown, the leading hypothesis is that the effigy was built to represent Halley's Comet, which was visible in 1066 AD. The hike at Serpent Mound is only about a mile and skirts around the 1,348' long monument, as well as venturing into the woods in the mound's vicinity. Visitors can climb observation towers around the mound to see an aerial view of it.