

## 10<sup>th</sup> Anniversary of the International Mountain Day celebration at UVU

I had the opportunity on Monday to attend the Tenth Anniversary of International Mountain Day here at UVU. I found this experience to be much more interesting and informative than I thought



that it would be. This event was in celebration of ten years of International Mountain Day.

International Mountain Day was created to help preserve the climate and cultures of those who live in mountainous regions of the world.

According to the United Nations, these regions account for 15% of the world's population and these regions provide freshwater for about half

of humanity. These are impressive statistics and these regions need to be protected.

The first thing that I found really interesting was all the people who came from different countries that were in attendance. I did not realize how many nations were participants of International Mountain Day. I was also impressed with those who showed up to hear the presentations. It seems that there is a legitimate interest in events like these in Utah. It is really neat to see our community come together to support something like this.

I did not think that I would find this event as interesting as it was. I am not sure why I had a negative in my mind, but I was extremely pleased to become interested in it. I think that one thing that really helped me appreciate more was the fact that the majority of people were our age. I know Sam Elzinga and it was fun to see him present and introduce in front of others. I was really impressed with the presentations given that I saw, I felt like they were really informative and the presenters had done their homework.

Another thing that was impressive with this event was the professionalism. Everyone who participated had obviously practiced their presentations and knew exactly what they wanted to do. Everyone was dressed nicely and cordial. I really liked how the people who were really in charge let the younger generation lead the event and present. It was really nice to see kids my age participate in such important governmental positions.

My favorite presentation was given by Lacey Meyer, UVU student. She gave it on why urban Utah needs to help out rural Utah and how we can assist them in their development. I had never thought about the true importance



of rural Utah and how we can better use the people and resources that reside there. For example, rural Utah is more focused and orientated on energy resources. If we can take those resources and train the people who live there in STEM fields, than Utah would rapidly increase in its economic output.

Something that I really liked that Lacey said, was that we don't have to put together events or attend everything, but as long as we're informed and recognize the needs that are in our community, we can help more than you would think. This really hit me, as it often feels as if we don't have a lot of power to change things in the government. But, as long as we become informed and help others become informed, we can make bigger changes.

***Thomas Ulrich, UVU student***