

GET OUT THERE

Do not follow this wretched travel advice

I recently stumbled upon a piece of travel “advice” that’s as bad as seeing a passenger walk into an airplane bathroom while barefoot. It went something like this: “While it may be tempting to buy an ethnic shirt or dress that reflects a country’s heritage, it probably isn’t a good idea. Doing so may be seen as cultural appropriation, even if no one accuses you of it directly.”

Excuse me? “Seen as”? “Even if no one accuses you”? Are we just preemptively assuming guilt now? If not, are there cultural fashion police I’m not aware of, checking non-existent ethnic identity cards whenever they see someone of a certain race not conforming to what that race should or should not be wearing?



BLAKE SNOW

Of course not.

So let me put this plainly: If you’re legally able to buy something abroad — be it a colorful kimono, a dashing dashiki, a cool piece of kente, or alpaca socks so cozy they whisper sweet nothings to your feet — you totally can.

That’s how buying things works. It’s literally commerce. Trade. Global participation. A bazaar of cultural appreciation, not a courtroom.

Let’s get one thing straight. The majority of artisans around the world aren’t sitting in their workshops hoping no one buys their stuff. They want you to buy their wares. That beautiful embroidered blouse? Hand-stitched by someone’s abuela who’s trying to pay her bills and maybe, just maybe, send her kid to school with shoes that match. She’s not worried about your “appropriation.” She’s hoping you pick the red one because it brings out your eyes and



TATAN SYUFLANA, ASSOCIATED PRESS

People browse for clothing at Tanah Abang textile market in Jakarta, Indonesia, on April 10.

makes you smell like foreign currency.

Now, sure, you don’t want to be that tourist. You know the one — dancing through a sacred temple in a feathered headdress like they’re auditioning for Coachella. Yes, there’s a line between appreciation and disrespect, and no, that line isn’t always bright neon with road signs. So do a little homework. Don’t treat someone’s cultural symbol like it’s a novelty wig.

But if you see a stunning garment made locally, sold legally, and worn joyfully by the people around you? Buy the dang thing. Wear it. Love it. Tell people where it’s from. That’s not stealing — that’s sharing. That’s what travel is.

Also, if we’re going to clutch our pearls over people wearing things from cultures not their own, what exactly do we do with half of Western fashion? Denim? Not American (although jeans are). Scarves? Middle Eastern origin. T-shirts? German engineering, baby. Flip-flops? Japanese zori. Should

we just wear beige jumpsuits now to avoid offending the ghost of global textiles past?

No thanks. I’ll take the risk. And so should you.

So next time you’re in Morocco and that buttery-soft leather jacket is calling your name, don’t hesitate. Buy it. When you’re in India and a silk sari makes you gasp audibly, buy it. When in Mexico, if that colorful serape or sombrero makes you smile like you just tasted churros for the first time — buy it.

You don’t need permission to enjoy the world. You just need respect, curiosity, and maybe a little room in your carry-on. Happy shopping, world citizen.

Blake Snow contributes to fancy publications and Fortune 500 companies as a bodacious writer-for-hire and seasoned travel journalist to all seven continents. He lives in Provo, Utah with his wife, five children, and one ferocious chihuahua.

PLACES TO GO, THINGS TO DO

Here is a look at many of the events going on in Utah Valley and beyond in the next week:

CENTRAL

Provo

Aug. 9

2025 Provo Farmer’s Market, Pioneer Park, 9 a.m.-2 p.m. (Aug. 9-Oct. 25 [Saturdays], provofarmersmarket.com)

Craft Supply Swap, Provo City Library, noon-1:30 p.m. (provolibrary.gov)

Family Arts Festival 2025, Brigham Young University Museum of Art (Aug. 9-23, moa.byu.edu)

Landscapes and Handscapes 2025, JKR Gallery, 4-8 p.m. (Aug. 9-23, jkr-gallery.myshopify.com)

A Broken Heart & A Contrite Spirit Exhibit - Lovetta Reyes-Cairo, The Compass Gallery, 6 p.m. (Aug. 9-16, thecompassgallery.com)

Aug. 10

Mountain Top Yoga 2025, Sundance Resort, 9-11 a.m. (sundanceresort.com)

Aug. 11

Storytelling Mondays: Mary Hokanson, The Provo Pioneer Village, 6:30 p.m. (provopioneer.org)

Aug. 12

Full Moon Lift Rides, Sundance Resort, 8 p.m. (Aug. 12-13, sundanceresort.com)

Aug. 14

Teen Movie Night: The Incredibles, Provo Library, 6:30 p.m. (provolibrary.gov)

Aug. 15

Utah Open, Riverside Country Club, 8 a.m. (Aug. 15-17, utahpga.com/utahopen)

Friday Fusion, Arlington Hall, 8:30 p.m.-2 a.m.

Bluebird Cafe Concert Series, Sundance Resort, 8 p.m. (sundanceresort.com)

Orem

Aug. 9

Hello, Dolly!, SCERA Shell Outdoor Theatre, 8 p.m. (Aug. 9-19, scera.org)

Back to School Concert Bash, The Orchard at University Place, 5:30 p.m. (universityplaceorem.com)

Art for All, UVU Museum of Art, 11 a.m.-4:30 p.m. (uvu.edu/museum)

Aug. 11

Back to School Luau, The Orchard at University Place, 7 p.m. (universityplaceorem.com)

Aug. 13

Outdoor Movie at the SCERA: Harry Potter and the Sorcerer’s Stone, SCERA Shell Outdoor Theatre, dusk (scera.org)

Orem Farmers Market, Orem City Center Park, 5-9 p.m. (sunsetfarmersmarkets.com)

Aug. 15

Summer Concert Series, Classic Skating Orem, 7 p.m. (classicfun.com)

SLI Summer Movie Series: Kung Fu Panda, Student Center Courtyard, 9 p.m. (uvu.edu)



FAIRWAYS MEDIA

TOP GOLFERS HEAD TO UTAH OPEN

BYU golfer Kelton Hirsch reacts after making a shot during the final round of the 2019 Siegfried and Jensen Utah Open at Riverside Country Club in Provo on Aug. 18, 2019.

Orchard Country Dancin’, The Orchard at University Place, 7 p.m. (universityplaceorem.com)

Aug. 16

Utah Valley Symphony Concert at The Orchard: Alex Boye, The Orchard at University Place, 7 p.m. (universityplaceorem.com)

Lindon

Aug. 14

Lindon’s Sunset Farmers Market 2025, Lindon City Center Park, 5 p.m. (sunsetfarmersmarkets.com)

Aug. 15

Lindon’s Movies in the Park: Moana 2, Fryer Park, dusk (lindonrecreation.org)

Aug. 16

2025 Provo Canyon Half Marathon, Oak Canyon Junior High School, 7 a.m. (runsignup.com)

Lindon’s Sounds of Summer: Molly in the Mineshaft, Lindon City Center Park, 7 p.m. (lindonrecreation.org)

Vineyard

Aug. 13

Movie in the Park: High School Musical, Vineyard Grove Park, dusk (vineyardutah.gov)

SOUTH

Springville

Aug. 9

Springville Summer Send-Off, various location (springville.org)

■ Foam party, Public safety fair, Beach party, Cardboard Regatta, Movie in the Park, Concert in the Park
Sunset Farmers Markets, Springville Civic Center, 5-9 p.m. (sunsetfarmersmarkets.com)

Little Shop of Horrors, Merit Academy, 7:30 p.m. (Aug. 9-30, springville-playhouse.org)

51st annual Utah Quilt Show, Springville Museum of Art (Aug. 9-Sept. 20, smofa.org)

Aug. 14

Pirate Night, Springville Library, 6-8 p.m. (springville.org)

Aug. 16

The Flying Coffee Beans, The Venue at 1750, 7 p.m. (1750venue.com)

Springville 2025 Summer Concert Series: The Long Run, Springville Arts Park, 8 p.m. (springville.org)

Aug. 17

Sunday Concert Series: Saltairs, Springville Museum of Art, 4 p.m. (smofa.org)

Spanish Fork

Aug. 9

Spanish Fork Children’s Market, Spanish Fork City Park, 10 a.m. (spanishfork.gov)

Aug. 14

The Thief and the Lady, Angelus Theatre, 7:30 p.m. (Aug. 14-25, angelustheatre.com)

Salem

Aug. 9

Salem Days, various locations (salem.utah.gov)

■ Breakfast in the Park, Calendar Photo Contest, Car Show, Cardboard Duct Tape Regatta, Chalk the Block, Children’s Parade, City Tours, Cornhole Tournament, Disc Golf Tournament, Dutch Oven Cook-Off, Fair in the Square, Family Fun Run, Family Movie in the Park, Friday Night Concert, Fireworks, Food Drive, Golf Tournament, Grand Parade, Kick-Off Family Party, Library Auction, Little Buckaroo Rodeo, Monday Night Concert, Mud Volleyball, Pickleball Tournament, Quilt Show, Rock, Paper, Scissors Tournament, Saturday Night Entertainment, Senior Dinner, Summer Musical, Tractor Pull, Treasure Hunt

Aug. 11

Salem Farmer’s Market, Salem Fire Station, 5 p.m. (spanishfork-chamber.com)

Mapleton

Aug. 11

Mapleton Farmers Market 2025, Mapleton City Park, 6-8:30 p.m. (mapletonfarmersmarket.com)

Mapleton Summer Concerts in the Park 2025: Lunch at Lue’s, Mapleton City Park, 7 p.m. (mapleton.org)

Santaquin

Aug. 9

Rowley’s Red Barn Sunflower Festival 2025, Rowley’s Red Barn, 5:30-8:30 p.m. (Aug. 9-24, rowleysredbarn.com)

Aug. 11

Santaquin Hometown Market and Sounds of Santaquin, Centennial Park, 5 p.m. (Mondays from Aug. 4-Sept. 15, paysonssantaquinarea.com)

NORTH

American Fork

Aug. 9

Auditions for Something’s Afoot, Timpanogos Arts Foundation - Arts Center, 6-9 p.m. (americanforkarts.com)

Aug. 16

FantaSci Con, American Fork Library, 10 a.m.-4 p.m. (americanfork.gov)

Lehi

Aug. 9

Social Dance Date Night - Country Swing, Lehi Legacy Center, 7-9 p.m. (lehi-ut.gov)

High School Musical 2, Lehi Arts Council, 7 p.m. (Aug. 9-12, lehiarts.org)

Aug. 10

Lehi Arts in the Park: Wasatch Show Band, Wines Park, 7:30 p.m. (lehiarts.org)

Aug. 15

Outdoor Movie Series: The Wild Robot, Ashton Gardens, 8 p.m. (thanksgivingpoint.org)

Pleasant Grove

Aug. 9

The Play That Goes Wrong, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (Aug. 9-16, theruth.org)

Aug. 13

2025 Utah Flower Market, 11 a.m.-noon (utahflowermarket.com)

Alpine

Aug. 9

Alpine Days, various locations (Aug. 9, alpinedays.com)

■ Rodeo, Golf tournament, 5K race, Pickleball tournament, Mountain bike race, Spikeball tournament, Auto show, Fireman’s BBQ, Chalk the Walk, Storytime, Yoga in the Park, Service project, Blue Ribbon Bake Off, Kickball, Home Run Derby, Senior dinner, Pet show, Alpine’s Past in Paint, Movie in the Park, Family dance, Hike, Carnival, Boutiques, Music in the Park, Parade, Quilt show, Fireworks

Aug. 12

Trucks & Tunes, Legacy Park, 5-8 p.m.

Cedar Hills

Aug. 11

Meet the Mayor, Cedar Hills City Offices, 10-11 a.m.

Highland

Aug. 9

2025 Highland Farmers Market, Highland Heritage Park, 4-8 p.m.

Aug. 15

Sew’N Sews, Highland Community Center, 9-4 p.m. (highlandcityarts.info)

WEST

Eagle Mountain

Aug. 9

Farmer’s Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eagle-mountain.gov)

Aug. 15

Movie in the Park: Wild Robot, Silverlake Amphitheater, 9 p.m. (eagle-mountain.gov)

Aug. 16

Farmer’s Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eagle-mountain.gov)

Saratoga Springs

Aug. 9

Train Rides, Shay Park, 9 a.m.-noon (saratogasprings-ut.gov)

Aug. 11

Saratoga Springs Farmers Market, Neptune Park, 5-9 p.m. (saratogasprings-ut.gov)

Summer Monday Fundays: Saratoga Shows Off!, Neptune Park, 7:30 p.m. (saratogasprings-ut.gov)

Cedar Valley

Aug. 9

Military Appreciation Day 2025, Camp Floyd State Park and Stagecoach Inn Museum, 10 a.m.-4 p.m. (state-parks.utah.gov/parks/camp-floyd)

NEARBY

Salt Lake City

Aug. 9

Salt Lake Parade of Homes, various locations, noon-9 p.m. (Aug. 9-16, saltlakeparade.com)

Craft Lake City, Utah State Fairpark, 5-10 p.m. (Aug. 9-10, craftlake-city.com)

Aug. 13

Red Butte Outdoor Concert Series 2025: ZZ Top, Red Butte Garden, 7:30 p.m. (redbuttegarden.org)

Heber Valley/Nephi

Aug. 9

Muddy Dash Mud Run, Soldier Hollow Nordic Center, 7 a.m. (muddydash.com)

Juab County Fair, Juab County Fairground, Nephi (juabcountyfair.com)

■ Blue Ribbon breakfast, 3-D archer shoot, Hometown Showdown battle, Train rides, Cornhole tournament, Juab’s Got Talent, Diaper Derby, Car parade, Demolition Derby

Aug. 15

Heber Valley Railroad Friday Night Train, Heber Valley Railroad Depot, 7-8:30 p.m. (hebertrain.com)

Know of an event that should be listed? Let us know by emailing jloyd@heraldextra.com.

ASK DR. STEVE

When worry takes over: Understanding childhood anxiety

The children in our care today seem to carry heavier emotional burdens than previous generations. While childhood has always included worries and fears, the scale and intensity of anxiety we're seeing now is unprecedented. Understanding these challenges isn't about creating alarm or dwelling on problems—it's about recognizing what our young people are facing so we can better support their emotional well-being.

Remember, recognizing these challenges isn't about blaming anyone or anything. It's about understanding how modern stressors uniquely affect developing minds so we can guide young people toward healthier coping strategies and emotional regulation skills.

Q Why does my child seem so much more anxious than the kids I grew up with?

A Today's children face several unique stressors that previous generations didn't experience. They're exposed to unfiltered global information through 24-hour news cycles, social media comparisons, and less unstructured play time to naturally work through worries. Additionally, well-meaning parents often remove obstacles from children's paths, which prevents them from learning that they can handle difficult situations.

Q How do I know if my child's worry is normal or something to be concerned about?

A Clinical anxiety affects about 1 in 8 children today. Normal worry is temporary and specific to a situation, while anxiety tends to be persistent and interferes with daily functioning.

Look for physical symptoms like frequent stomach aches or sleep problems, avoidance of age-appropriate activities, or worry that seems disproportionate to the situation. If anxiety is limiting your child's life or causing significant distress, it's worth seeking professional guidance.

Q Why is my young child complaining of stomach aches when nothing seems to be wrong physically?

A Children under 10 often express anxiety through physical complaints, particularly stomach aches and sleep disturbances, because they don't yet have the vocabulary to describe emotional states. Their bodies are responding to stress, but they can't identify it as anxiety. This is completely normal and doesn't mean they're making it up—their distress is real, even if the cause is emotional rather than physical.

Q At what age do children start to worry about abstract things they can't control?

A Children typically develop the cognitive capacity for abstract worry around 8-10 years old. This explains why exposure to adult social media platforms and news at this age can be particularly problematic—they can understand enough to worry about global events or social situations, but they don't yet have the coping skills to process these concerns appropriately.

Q Why does my child need constant reassurance about everything?

A If your child's world feels unpredictable or overwhelming, their nervous system learns to stay alert for danger. Seeking reassurance is their way of trying to feel safe. This makes complete sense from their perspective—they're trying to gather information to determine if they're okay. The challenge is that too much reassurance can

actually increase anxiety over time by confirming that there's something to worry about.

Q How can I provide comfort without feeding my child's anxiety?

A Instead of immediately reassuring them that everything will be fine, try reflecting their feelings first: "You're really worried about this." Then help them problem-solve: "What do you think you could do if that happened?" This validates their experience while building their confidence in handling uncertainty. Sometimes the most helpful thing you can do is sit with their discomfort rather than trying to fix it immediately.

Q Why does my child avoid activities they used to enjoy?

A Avoidance is anxiety's main strategy for feeling safe. If your child has had a negative experience or even imagined one, their brain might decide that avoiding the situation entirely is the safest option. While this reduces anxiety in the short term, it actually strengthens it over time because they never learn that they can handle the situation.

Q How do I help my child face their fears without forcing them?

A The key is gradual exposure combined with support. Start with very small steps toward the feared situation and celebrate each small success. For example, if they're afraid of dogs, start by looking at pictures of dogs, then watching dogs from a distance, then maybe petting a very calm dog. Let them set the pace while encouraging small steps forward.

Q Which part of the brain is most affected by chronic anxiety in children?

A The amygdala, which processes fear and threat detection, shows the most significant changes in children with

chronic anxiety. It becomes enlarged and hyperactive, leading to heightened fear responses and difficulty distinguishing between real and imagined threats. This is why anxious children often react strongly to situations that seem minor to adults.

Q What happens if childhood anxiety isn't addressed?

A Research shows that 60-70% of children with untreated anxiety disorders develop secondary depression by adolescence. Early intervention is crucial because anxiety patterns can become deeply ingrained over time. However, evidence-based treatments like cognitive-behavioral therapy are highly effective, especially when started early. The goal isn't to eliminate all worry—it's to help children develop healthy coping strategies.

Q How long does effective anxiety treatment usually take?

A Evidence-based treatments like cognitive-behavioral therapy show optimal effectiveness with 12-16 weeks of intervention. This duration allows sufficient time for children to learn new skills and for their brains to develop new neural pathways. Shorter interventions may provide some relief, but longer treatment periods typically lead to more lasting change.

Q How can I tell if my child's anxiety is related to school or social pressures?

A School-related anxiety often shows up as physical complaints on school mornings, reluctance to attend, or meltdowns around homework time. Social anxiety might manifest as avoiding playdates, not wanting to speak up in class, or seeming different after social interactions. Pay attention to when symptoms are worse—if they improve dramatically on weekends

or school breaks, environmental factors are likely contributing significantly.

Q What role does social media play in childhood anxiety?

A Social media exposes children to constant comparison with others, cyberbullying, and information their brains aren't ready to process. Children as young as 8 are accessing platforms designed for adults, leading to exposure to unrealistic standards and social dynamics they can't yet understand. The fear of missing out (FOMO) and pressure to maintain an online image can create persistent low-level stress.

Q How can I build my child's resilience without making them tough?

A Resilience comes from experiencing manageable challenges with support, not from toughening up. Let your child struggle a bit with age-appropriate problems while staying emotionally available. Teach them that feelings are temporary and manageable. Help them identify their strengths and past successes. The goal is helping them trust that they can handle difficult situations, not that they have to handle them alone.

Q When should I seek professional help for my child's anxiety?

A Consider professional help if anxiety interferes with your child's daily functioning for more than a few weeks, if they're avoiding important activities like school or friendships, if physical symptoms persist despite medical evaluation, or if your family life is significantly disrupted. Trust your instincts—if you're concerned, it's worth having a professional assessment.

Closing

The anxiety challenges facing today's children are real and significant, but they're

also highly treatable when recognized and addressed appropriately. Understanding that childhood anxiety often stems from environmental and social factors rather than personal failings helps us respond with compassion rather than frustration. These aren't character flaws in our young people; they're predictable responses to genuinely overwhelming circumstances.

The good news is that anxiety is one of the most successfully treated mental health conditions in children. Small, consistent changes in how we support anxious children can lead to significant improvements in their emotional regulation and overall well-being. Whether it's teaching coping strategies, creating calmer environments, or seeking professional support, every step toward understanding and addressing anxiety matters.

Remember that building emotional resilience is a gradual process. Start with small changes that feel manageable for your family, and build from there. Celebrate your child's brave moments—every time they face a fear or try a new coping strategy, they're building stronger neural pathways for managing anxiety. Be patient with setbacks, and remember that seeking help from professionals is often the most loving thing you can do.

Your child's anxiety makes sense given their world, and with understanding, evidence-based strategies, and patience, they can learn to manage their worries and develop the emotional tools they need to thrive. The care and concern you're showing by learning about anxiety is already an important step in supporting their emotional development.

This article authored by: Jason Sadora MS and Steven Szykula PhD

GET OUT THERE

Niagara Falls is the summer vacation every American needs

"I respectfully disagree with Eleanor Roosevelt," my wife said to me. The former First Lady famously exclaimed, "Poor Niagara!" upon seeing South America's Iguazu Falls for the first time — the largest in the world, which dwarf the number, height, and power of North America's biggest falls.



BLAKE SNOW

"This place (Niagara Falls) has major Mount Rushmore vibes," my wife added. "Super patriotic and beautiful."

She's not wrong.

Having visited both Niagara and Iguazu, I'm happy to report that the latter takes nothing away from the former. On top of that, Niagara Falls, New York, is certifiably charming and my new favorite East Coast town — one that's filled with incredibly kind and generous people, family-friendly streets dotted with games and delightful landscaping, and the oldest state park in the nation that's as free as it was the inspiration for the many National Parks that followed.

Having experienced Niagara Falls in every way possible — by helicopter, by boat, by hot air balloon, on foot, and from both the American and Canadian sides — here's what my smitten family enjoyed most after our weeklong visit.

Most powerful: Cave of The Winds Boardwalk

For \$23 per adult (\$18 for children), you can step into the basin of one of Niagara's three thrilling waterfalls at Cave of The Winds, located in Niagara State Park. Even with the provided ponchos, you'll probably still get drenched in the "Hurricane Zone." But the powerful payoff, elated laughter, and once in a lifetime memories are something I'll never forget. Heck, I'd pay double to do it again — it was the family favorite.

Like the impressive introductory movie foretold, the world really did change here. Not only is Niagara Falls the impetus of protected public parks, it was the birthplace of electricity, if not the idea that beauty and power can coexist when we work together.

The Classic: Maid of The Mist Boat Ride

If you want the legendary falls experience — into the roar and spray of the cascades — go with Maid of the Mist. This large barge motors right into the center of Horseshoe



SETH WENIG, ASSOCIATED PRESS

Tourists look at Niagara Falls from Niagara Falls, N.Y., on Oct. 29, 2019.

Falls, the largest of Niagara. Ponchos are provided but you'll still get wet.

Along the way, you'll be treated to up close views and stunning vistas from both sides of the border. On top of that, admission grants access to the best observation deck on the American side, which extends out over the river for impressive stacked views of all three falls.

The Splurge: Rainbow Air Helicopter Tour

At \$180 per person, this 15 minute helicopter tour that flies into both American and Canadian airspace ain't cheap. But it's an exhilarating experience in brand new Airbus helicopters that seat up to six passengers at a time. It also offers a bird's eye view of the falls you'll get no where else.

My family loved it. What's more, the new hanger offers 11 virtual reality simulators that let you paraglide into the falls using the same impressive technology that both Disney and Universal use in their parks. It was an overall

great experience, my family's second favorite of the trip.

The Unsung: Niagara State Park Proximity

Located right in downtown, Niagara Falls State Park gives you stunning, close-up views of American Falls, Bridal Veil Falls, and part of Horseshoe Falls with better proximity and access to the edge, more trails, picnics, and walkways, and more serenity when compared to the louder and overdeveloped Canadian side, which gives of some major "Vegas Lite" vibes.

Every night at 10 pm, there's a short but potent fireworks show over the river as the falls are lit in red, white, and blue. These are best seen from Prospect Point or rim walkway. Either way, there's no better way to experience the 12,000 year old fans than from the superior state park. ProTip: Ride the scenic trolley if you want or need a break from the many flowered and concession lined walkways.

The Kitschy: All That Glitters in Canada

America has the falls, Canada has the view. That's the best way to distinguish the two sides of Niagara. While I definitely recommend walking across Rainbow Bridge for a sunset stroll along the falls view parkway and twinkling, if not carnival-like Clifton Hill road in Canada, I wouldn't spend more than an evening and night doing so.

For a more peaceful, tranquil, and less crowded experience, I prefer staying and enjoying the American side quite a bit more. If you have a passport, you should definitely do both as the pedestrian walkway is quick and easy. But for me and my house, we biasly prefer the American side for being less developed, calmer, and closer to the falls.

Blake Snow contributes to fancy publications and Fortune 500 companies as a bodacious writer-for-hire and seasoned travel journalist to all seven continents. He lives in Provo, Utah with his wife, five children, and one ferocious chihuahua.

GET OUT THERE

5 things you don't know about Utah

You think you know Utah? You certainly know our famous ski resorts, red rocks, and “Mighty Five” National Parks. But do you know about our secret wonders, hidden gems, cosmic nights, and Martian landscapes hiding in plain sight sometimes, the very ones millions of people travel halfway around the world for?



BLAKE SNOW

In my two and half decades of devoted residence, this is real

Utah — unfiltered, unforgettable, utterly underrated. The places where lesser-known adventures meet originality — no crowds, no ticket lines, no “Seen it before.” Just wonder.

1. A secret slot canyon that out-narrows The Wave

Zion’s Narrows and Antelope Canyon may hog the spotlight. But tucked deep within the bowels of Grand Staircase National Monument you’ll find Peek-A-Boo

and Spooky Gulch — an off-the-beaten-path pair of slot canyons that are wild, narrow, and often crowd-free. Both form a thrilling loop. You crawl into Peek-A-Boo, scramble over slickrock, then worm through Spooky’s jaw-tight passages — some just 10-15 inches wide. Think of it as an adult playground molded by nature. And because it’s less advertised, you won’t feel like cattle in a tourist corral. Pro-tip: go early, bring water, and wear a small pack — you’ll thank yourself in those tight squeezes.

2. The longest stretch of interstate without services

Most folks know I-70 links coast to coast. But did you know Utah contains the longest service-free stretch of interstate in the country? Between Green River and Salina spans over 100 miles of desert road with no gas stations, cafés, or bathrooms. Even locals might forget how vast and deserted this section is — until their tank hits “E.” While I-70 may not be as “lonely” as Nevada’s Highway 50 — aka “The



DOUGLAS C. PIZAC, ASSOCIATED PRESS

This Aug. 6, 2003, file photo shows the Spiral Jetty west of Brigham City.

Loneliest Road in America,” which runs an even more intimidating 287 miles “without services” — the former is the longest stretch of interstate and no joke when it comes to planning gas and potty breaks.

3. Spiral Jetty: world-famous, rarely visited

Here’s another: The Spiral Jetty is a massive 1,500-foot land art installation that juts into the Great Salt Lake. It was created in 1970 by artist Robert Smithson and considered to be his most important work, if not cultural icon. Yet it still flies under the radar for many Utah residents. The lake’s dry spell of the 2000s exposed the Jetty and revived some global interest. But the free public site remains mostly rugged and devoid of visitors. Want to get up close and personal? Pack a picnic, snap some surreal photos, and revel in solitude. But be on the watch for flying insects. They can get out of hand real fast.

4. “Dark Sky” tourism that’s out of this world

Sure, winter lights up Park City. But Utah’s night skies also belong in the global hall of fame. In fact, the state boasts more International Dark-Sky Parks than any other place in the Lower 48. These include Bryce Canyon, Capitol Reef, and Natural Bridges — spots with little to no light pollution. The getting is so good here that astro-tourists from Europe and Asia regularly show up with telescopes and DSLRs to witness the Milky Way’s sky-spanning splendor, something many Utahns are just waking up to. You don’t know how beautiful your own skies are until you’ve seen them from a Dark Sky Park.

5. The most Martian landscape on Earth

Out near Hanksville hosts the Mars Desert Research Station — a

bona fide simulated Martian habitat run by the Mars Society. Since its founding in 2002, the station has been used by NASA researchers, sci-fi filmmakers, and National Geographic television crews to imitate the “Red Planet.” Make no mistake: the research station isn’t a theme-park gimmick. It’s a serious operations hub where people live, work, and experiment under harsh desert conditions that mimic those found on Mars. And it’s right here, among Utah’s crimson canyons.

BONUS: The only warm-water scuba diving in the Mountain West, aka “Midway Crater,” a 95 degree hot spring inside a limestone dome that you can swim, snorkel, and dive year-round.

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PLACES TO GO, THINGS TO DO

Here is a look at many of the events going on in Utah Valley and beyond in the next week:

COUNTYWIDE

July 30

Utah County Fair, Spanish Fork Fairgrounds, Spanish Fork (July 30-Aug. 2, utahcountyfair.org)

■ Attractions include: Makers Market, Food booths, Open Horse Show, Western Night Rodeo, Monster Trucks, Car Show, Scales and Tails, Antique Tractor Pull, UTC Demolition Derby, LEGO Display, Kids games, Music festival, 4H events, and Displays

CENTRAL

Provo

July 26

2025 Provo Farmer’s Market, Pioneer Park, 9 a.m.-2 p.m. (July 19-Oct. 25 [Saturdays], provofarmersmarket.com)

The Wizard of Oz, Sundance Resort, 7 p.m. (July 26/28/31, sundanceresort.com)

Family Arts Festival 2025, Brigham Young University Museum of Art (July 19-26, moa.byu.edu)

Landscapes and Handscapes 2025, JKR Gallery, 4-8 p.m. (July 26-Aug. 23, jkr-gallery.myshopify.com)

A Broken Heart & A Contrite Spirit Exhibit - Lovetta Reyes-Cairo, The Compass Gallery, 6 p.m. (July 26-Aug. 16, thecompassgallery.com)

July 27

Mountain Top Yoga 2025, Sundance Resort, 9-11 a.m. (sundanceresort.com)

July 28

Storytelling Mondays: Karla Huntsman, The Provo Pioneer Village, 6:30 p.m. (provopioneerivillage.org)

July 30

Wicked Sing-Along: Movie in the Ballroom, Provo City Library, 6-9 p.m. (provolibrary.gov)

Aug. 1

The Wizard of Oz, Sundance Resort, 7 p.m. (sundanceresort.com)

Miss Greater Salt Lake’s Teen Scholarship Competition, Covey Center for the Performing Arts, 7-9:30 p.m. (Aug. 1-2, covey.provo.gov)

Acoustic Open Mic Night, Provo City Library, 7-8:30 p.m. (provolibrary.gov)

Downtown Provo Art Stroll, Center Street (downtownprovo.org)

Friday Fusion, Arlington Hall, 8:30 p.m.-2 a.m.

Bluebird Cafe Concert Series, Sundance Resort, 8 p.m. (sundanceresort.com)

Aug. 2

2025 Provo Farmer’s Market, Pioneer Park, 9 a.m.-2 p.m. (July 26-Oct. 25 [Saturdays], provofarmersmarket.com)

Family Arts Festival 2025, Brigham Young University Museum of Art (moa.byu.edu)

Landscapes and Handscapes 2025, JKR Gallery, 4-8 p.m. (Aug. 2-23, jkr-gallery.myshopify.com)

A Broken Heart & A Contrite Spirit Exhibit - Lovetta Reyes-Cairo, The Compass Gallery, 6 p.m. (Aug. 3-16, thecompassgallery.com)

Orem

July 26

Honey Jar pottery lesson, Villa Ceramic Pottery studio, 4 p.m. (villaceramics.com)

July 28

2025 Summer Matinee Series: The

Peanuts Movie, SCERA Center for the Arts, 10:30 a.m./1 p.m. (July 28-31, scera.org)

Library Hall Presents: Family Concert, Orem Library, 7 p.m. (library.orem.gov)

July 29

World Folkfest Community Extravaganza, University Place Orem, 6 p.m. (universityplaceorem.com)

July 30

Orem Farmers Market, Orem City Center Park, 5-9 p.m. (sunsetfarmersmarkets.com)

Orem Community Police Picnic, Orem Community Park, 6-7 p.m. (orem.gov)

July 31

2025 Deborah Voigt and Friends Gala, The Noorda Center for the Performing Arts, 7 p.m. (utahvalleyoperafest.org)

Aug. 1

Hello, Dolly!, SCERA Shell Outdoor Theatre, 8 p.m. (Aug. 1-19, scera.org)

Orchard Country Dancin’, University Place Orem, 7 p.m. (universityplaceorem.com)

Summer Reading Finale: SCERA Pool Party, SCERA Pool, 6-9 p.m. (oremlibrary.org)

Summer concert series, Classic Skating, 7-10 p.m. (classicfun.com)

Lindon

July 28

Lindon Days, various locations (July 28-Aug. 2, lindonrecreation.org/lindon-days)

■ Attractions include: Car show, Cowgirl Clinic, Bingo, Harris Pioneer Home Tour, Night Out Against Crime, Ice cream social, Movie in the Park, Chess tournament, Huck Finn Fishing, Star Party, Junior rodeo, Mayor’s Candy Scramble, Dirt Dance, Video game tournament, Grand parade, 5K and fun run, Public Safety Breakfast, Cardboard Boat Regatta, Dime Dive, KenDucky Derby, Market and games, Food vendors, Concert, and Fireworks

July 29

2025 Lindon Summer Movies: Sonic the Hedgehog 3, Fryer Park, dusk (lindonrecreation.org)

July 31

Lindon’s Sunset Farmers Market 2025, Lindon City Center Park, 5 p.m. (sunsetfarmersmarkets.com)

SOUTH

Springville

July 26

Concert for Carl: Ronstadt Live and Carpenters Platinum, Spring Acres Arts Park, 7 p.m. (ronstadt.live/concert-for-carl)

51st annual Utah Quilt Show, Springville Museum of Art (July 26-Sept. 20, smofa.org)

July 28

Sunset Farmers Markets, Springville Civic Center, 5-9 p.m. (sunsetfarmersmarkets.com)

July 29

Meet the Author: Doug Wing, Springville Public Library, 6-8 p.m. (springville.org/library)

July 30

World Folkfest, Springville Arts Park, 5:30 p.m. (July 30-Aug. 2, worldfolkfest.org)

Attractions include: Folk storytelling, International art, India Rangoli, Mat weaving

Donizetti’s The Elixir of Love, Springville Museum of Art, 7 p.m. (utahvalleyoperafest.org)

July 31

Wizard School Tournament, Springville Public Library, 6-8 p.m. (springville.org/library)

Spanish Fork

July 26

Fiesta Days (July 26-27, spanishfork.gov)

■ Attractions include: Kickball challenge, Cornhole tournament, Softball tournament, Pickleball tournament, Disc golf tournament, Flag retirement, Baby contest, Golf tournament, Tennis tournament, Carnival, Craft fair, Food in the Park, Car show, Miss and Mr. Extraordinaire Pageant, Rodeo, Street dance, Spanish Fork’s Got Talent, Speedy Spaniard River Trail 10k/Kids mile run, Parade, Quilt show, Adopt-a-duck race, Fireworks, ATA Shoot

Shrek: The Musical, Spanish Fork High School Auditorium, 2/7 p.m. (spanishfork.gov)

July 29

Secret Garden, Angelus Theatre, 2 p.m. (angelustheatre.com)

Aug. 1

Classic Country, Angelus Theatre, 7 p.m. (angelustheatre.com)

Aug. 2

Peace Revolution, Angelus Theatre, 7:30 p.m. (angelustheatre.com)

Payson

Aug. 1

Payson Salmon Supper, Payson Memorial Park, 4-9 p.m. (paysonutah.gov)

Salem

July 26

Little Women: The Broadway Musical, Salem Hills High School, 7 p.m. (July 26-27, salemcommunitytheater.org)

Aug. 1

Salem Days, various locations (Aug. 1-9, salemutah.gov)

■ Attractions include: Breakfast in the Park, Calendar Photo Contest, Car Show, Cardboard Duct Tape Regatta, Chalk the Block, Children’s Parade, City Tours, Cornhole Tournament, Disc Golf Tournament, Dutch Oven Cook-Off, Fair in the Square, Family Fun Run, Family Movie in the Park, Friday Night Concert, Fireworks, Food Drive, Golf Tournament, Grand Parade, Kick-Off Family Party, Library Auction, Little Buckaroo Rodeo, Monday Night Concert, Mud Volleyball, Pickleball Tournament, Quilt Show, Rock, Paper, Scissors Tournament, Saturday Night Entertainment, Senior Dinner, Summer Musical, Tractor Pull, and Treasure Hunt

Mapleton

July 28

Mapleton Farmers Market 2025, Mapleton City Park, 6-8:30 p.m. (mapletonfarmersmarket.com)

Mapleton Summer Concerts in the Park 2025: Papa Dewey and the Pistons, Mapleton City Park, 7 p.m. (mapleton.org)

Santaquin

July 26

Santaquin Orchard Days and Rodeo, various locations (July 26-Aug. 2, santaquin.gov)

■ Attractions include: Scavenger hunt, 5k and fun run, Flag ceremony, Little Buck-A-Roo Rodeo, Ceressions, Shows, Museum tours, Inflatables and obstacle course, Unicorn, horse and pony rides, Train rides, Craft show, Chil-

dren’s parade, Concert, Swing dance, Tea party, Pickleball tournaments, 3v3 basketball tournament, Cornhole tournament, Horseshoe tournament, Quilt show, Book sale, Rodeo, Grand parade, Car show, and Fireworks

July 28

Santaquin Hometown Market and Sounds of Santaquin, Centennial Park, 5 p.m. (Mondays from July 24-Sept. 15, paysonsantaquinarea.com)

NORTH

American Fork

July 28

Family Night with the American Fork Fire Department, Library Community Room, 6-7 p.m. (americanfork.gov)

July 30

Portrait Painting from Photo to Oils with Kathy Bruner, Timpanogos Arts Foundation - Arts Center, 10 a.m.-noon, (americanforkarts.com)

Lehi

July 26

Joseph and the Amazing Technicolor Dreamcoat, Skyridge Theatre Auditorium, 7:30 p.m. (lehiarts.org)

Summer Splash Concert, Family Park Amphitheater, 6-10 p.m. (lehi-ut.gov)

July 27

Lehi Arts in the Park: Joshua Creek, Wines Park, 7:30 p.m. (lehiarts.org)

July 28

Dinos After Dark, Mountain America Museum of Ancient Life, 6- 8 p.m. (thanksgivingpoint.org)

Aug. 1

Outdoor Movie Series: A Minecraft Movie, Ashton Gardens, 8 p.m. (thanksgivingpoint.org)

Aug. 2

Imaginarium Summer 5K, Ashton Gardens, 7:30 a.m. (thanksgivingpoint.org)

Pleasant Grove

July 26

The Play That Goes Wrong, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (July 26-Aug. 16, theruth.org)

Saturday Morning Movie: Raya and the Last Dragon, Pleasant Grove Library, 10:30 a.m.-noon (pgcityutah.gov)

July 30

2025 Utah Flower Market, 11 a.m.-noon (utahflowermarket.com)

Alpine

July 29

Trucks & Tunes, Legacy Park, 5-8 p.m.

Aug. 2

Alpine Days, various locations (Aug. 2-9, alpinedays.com)

■ Attractions include: Rodeo, Golf tournament, 5K race, Pickleball tournament, Mountain bike race, Spikeball tournament, Auto show, Fireman’s BBQ, Chalk the Walk, Storytime, Yoga in the Park, Service project, Blue Ribbon Bake Off, Kickball, Home Run Derby, Senior dinner, Pet show, Alpine’s Past in Paint, Movie in the Park, Family dance, Hike, Carnival, Boutiques, Music in the Park, Parade, Quilt show, and Fireworks

Cedar Hills

July 28

Meet the Mayor, Cedar Hills City Offices, 10-11 a.m.

Highland

July 31

2025 Highland Fling, Highland Heritage Park, (July 31-Aug. 2, highlandut.gov)

■ Attractions include: Bird show, Celtic dancing, Car show, Blacksmith demonstration, Battle of the Bands, Highland’s Got Talent, Fine art show, Strongman competition, Antique tractor display, Parade, Highland games, Vendors and food trucks, Horseshoe tournament, and Fireworks

2025 Highland Farmers Market, Highland Heritage Park, 4-8 p.m.

WEST

Eagle Mountain

July 26

Summer Bash and Laser Show, Cory B. Wride Memorial Park, 4-10 p.m. (eaglemountain.gov)

Farmer’s Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eaglemountain.gov)

July 31

Food Truck Rally, Cory B. Wride Memorial Park, 6-9 p.m. (eaglemountain.gov)

Aug. 2

Farmer’s Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eaglemountain.gov)

Saratoga Springs

July 28

Saratoga Springs Farmers Market, Neptune Park, 5-9 p.m. (saratogasprings-ut.gov)

Summer Monday Fundays: Blue Note Big Band and Streetlight Syndicate, 7:30 p.m. (saratogasprings-ut.gov)

July 30

Marina Party, Marina Park, 5-9 p.m. (saratogasprings-ut.gov)

Aug. 2

Train Rides, Shay Park, 9 a.m.-noon (saratogasprings-ut.gov)

Cedar Valley

July 26

Camp Floyd State Park’s Pioneer Day Celebration, Camp Floyd State Park, 10 a.m.-4 p.m. (stateparks.utah.gov/parks/camp-floyd/events)

NEARBY

Salt Lake City

July 26

2025 Utah African Festival, Liberty Park, noon-8 p.m. (theuau.org)

July 31

Dierks Bentley, Zach Top and the Band Loula, Utah First Credit Union Amphitheatre, 7 p.m. (saltlakeamphitheater.com)

Aug. 1

Hogle Zoo Anniversary, Utah’s Hogle Zoo, 10 a.m.-2 p.m. (hoglezoo.org)

Heber Valley

July 26

Demolition Derby, Heber County Fairgrounds, 7 p.m. (wasatchparksandrec.com)

July 31

Mountain Valley Stampede Rodeo, Heber County Fairgrounds, 7 p.m. (July 31-Aug. 2, wasatchparksandrec.com)

Aug. 2

Heber Half: Run for Autism, Old Mill Elementary School, 6 a.m. (runtasticevents.com)

Know of an event that should be listed? Let us know by emailing jilloyd@heraldextra.com.

GET OUT THERE

5 travel hacks that actually work

After more than a decade exploring every continent, I've learned a thing or two about traveling smarter, not harder.

That is, proven travel hacks that actually save time, money, and make long distance adventures smoother, lighter, and more enjoyable. More than just social media fluff, here are five time-tested travel tips to help you overcome any unexpected turbulence.

1. Order a free dietary meal on intercontinental flights

Here's a little-known secret: ordering a free specialty meal (think vegetarian, gluten-free, kosher, low-sodium, vegan, etc) on international flights doesn't just cater to your dietary quirks — it gets you served first. That means you eat before the rest of the plane — sometimes by as much as an hour or more and usually before first-class even — giving you a head start on digestion and dozing off. Better yet, these meals are often lighter,

healthier, and easier on your gut, which is a blessing when trying to sleep in a cramped metal tube for 10 hours. Win-win, people.

2. Take sleeping pills on long-haul flights

Full disclosure: I'm no doctor, but when used responsibly, short-term sleep aids (such as prescription Ambien or over the counter melatonin and Tylonal PM) can mean the difference between zombified jet-lag and a refreshing arrival. Pair these with your fast-acting special meal, dim the lights and sound with an eye mask and noise canceling headphones, and you'll be sleeping soundly way faster than otherwise. Pro-tip: test any medication beforehand to see how your body reacts. The last thing you need is a mid-flight meltdown somewhere over the Arctic.

3. Stay up until 9 p.m. local time (aka jet lag's quickest fix)

The fastest way to murder jet lag? Muscle your way to 9 pm local time on Day 1, no matter how wrecked you feel. That's no napping, no crashing on arrival, and

no excuses. Walk around, eat a big meal, and get as much sunlight as possible to reset your internal clock. You'll be exhausted, to be sure, but should have no trouble collapsing into a deep sleep when the time comes to let your system sync to a new time zone. Trust me, power through and your future self will thank you.

4. For maximum savings, book with Google Flights & Hotels

More than any other fare and hotel finder, Google Flights and Google Hotels let you compare dozens of airlines, fare types, cancellation policies, and even price trends — all in one slick interface. The flexible date grids, email alerts, and policy filters mean you're not just booking cheap — you're booking smart. You can even search for "no change fee" fares, refundable bookings, and even pay-later hotel deals. It's the ultimate toolkit for travelers who don't want to be locked into anything.

5. Pack a carry-on only — sink laundry forever

Dragging a giant suitcase



JOSE LUIS MAGANA, ASSOCIATED PRESS

An airplane lifts off from Ronald Reagan Washington National Airport as the sun rises Feb. 3 in Arlington, Va.

through cobblestone alleys? That's a form of punishment no one wants. Traveling with just a carry-on? Freedom. The trick is minimalism. Pack layers, roll your clothes, and embrace dual or even triple purpose outfits. Then on Day 3 or 4, hit the sink for a quick wash with a little soap, a lot of rinse, then "burrito roll" in a hotel towel to wring dry before hanging your clothes overnight. Pro travelers like Rick Steves swear by this hack, and so do Reddit warriors who've mastered the "laundry burrito." I once did two weeks in Japan with a backpack and a sink. You can, too.

BONUS HACK: Always carry a water bottle, because dehydrated people make bad decisions. You don't need

that while traveling abroad. Most airports and cities have drinking stations to save you from \$5 water bottles and plastic pollution. To avoid a painful crisis in the middle of a foreign city, don't forget to save free restrooms on your map app before you arrive.

Travel can be chaotic. But with these already-in-your-suitcase strategies, you'll feel more like a seasoned nomad than frazzled tourist. Now cram that carry-on, sleep smart, and bon voyage!

Blake Snow contributes to fancy publications and Fortune 500 companies as a bodacious writer-for-hire and seasoned travel journalist to all seven continents. He lives in Provo, Utah with his wife, five children, and one ferocious chihuahua.

PLACES TO GO, THINGS TO DO

Here is a look at many of the events going on in Utah Valley and beyond in the next week:

CENTRAL

Provo

July 19

2025 Provo Farmer's Market, Pioneer Park, 9 a.m.-2 p.m. (July 19-Oct. 25 [Saturdays], provofarmersmarket.com)

The Wizard of Oz, Sundance Resort, 7 p.m. (July 19/21/24/25/26/28/31, sundanceresort.com)

Family Arts Festival 2025, Brigham Young University Museum of Art (July 19-26, moa.byu.edu)

Landscapes and Handscapes 2025, JKR Gallery, 4-8 p.m. (July 19-Aug. 23, jkr-gallery.myshopify.com)

A Broken Heart & A Contribute Spirit Exhibit - Lovetta Reyes-Cairo, The Compass Gallery, 6 p.m. (July 19-Aug. 16, thecompassgallery.com)

July 20

Mountain Top Yoga 2025, Sundance Resort, 9-11 a.m. (sundanceresort.com)

July 21

Storytelling Mondays: Janine Evans, The Provo Pioneer Village, 6:30 p.m. (provopioneerivillage.org)

Donizetti's The Elixir of Love, Provo Library at Academy Square, 7 p.m. (utahvalleyoperafest.org)

July 25

Friday Fusion, Arlington Hall, 8:30 p.m.-2 a.m.

Bluebird Cafe Concert Series, Sundance Resort, 8 p.m. (sundanceresort.com)

July 26

2025 Provo Farmer's Market, Pioneer Park, 9 a.m.-2 p.m. (July 26-Oct. 25 [Saturdays], provofarmersmarket.com)

Family Arts Festival 2025, Brigham Young University Museum of Art (moa.byu.edu)

Landscapes and Handscapes 2025, JKR Gallery, 4-8 p.m. (July 26-Aug. 23, jkr-gallery.myshopify.com)

A Broken Heart & A Contribute Spirit Exhibit - Lovetta Reyes-Cairo, The Compass Gallery, 6 p.m. (July 26-Aug. 16, thecompassgallery.com)

Orem

July 19

Annie, SCERA Shell Outdoor Theatre, 8 p.m. (scera.org)

Honey Jar pottery lesson, Villa Ceramic Pottery studio, 4 p.m. (July 19/26, villaceramics.com)

July 21

Hunter Hayes, SCERA Shell Outdoor Theatre, 8 p.m. (scera.org)

2025 Summer Matinee Series: Spy Kids, SCERA Center for the Arts, 10:30 a.m./1 p.m. (July 21-24, scera.org)

Happiest Night on Earth, University Place Orem, 6 p.m. (universityplaceorem.com)

July 22

Meet the Candidates Night, Orem Library Hall, 6-8 p.m. (orem.gov)

July 23

Orem Farmers Market, Orem City Center Park, 5-9 p.m. (sunsetfarmersmarkets.com)

Westmore Police Picnic, Westmore Park, 6-7:30 p.m. (orem.gov)

July 24

Pioneer Day Celebration/market/

fireworks, University Place Orem, 5 p.m. (universityplaceorem.com)

July 25

Movie Night: National Treasure, University Place Orem, 8:30 p.m. (universityplaceorem.com)

July 26

Honey Jar pottery lesson, Villa Ceramic Pottery studio, 4 p.m. (villaceramics.com)

Lindon

July 24

Lindon's Sunset Farmers Market 2025, Lindon City Center Park, 5 p.m. (sunsetfarmersmarkets.com)

Vineyard

July 21

Movie in the Park, Vineyard Grove Park, dusk (vineyard.lib.utah.gov)

SOUTH

Springville

July 19

Music Man Jr., Springville High School, 7 p.m. (springvilleplayhouse.org)

51st annual Utah Quilt Show, Springville Museum of Art (July 19-Sept. 20, smofa.org)

It's All Fun and Games, Springville Museum of Art (smofa.org)

July 21

Sunset Farmers Markets, Springville Civic Center, 5-9 p.m. (sunsetfarmersmarkets.com)

July 23

Donizetti's The Elixir of Love, Springville Museum of Art, 7 p.m. (July 23/30, utahvalleyoperafest.org)

July 25

Quilting Bee, Springville Museum of Art, 10 a.m.-noon (smofa.org)

July 26

Concert for Carl: Ronstadt Live and Carpenters Platinum, Spring Acres Arts Park, 7 p.m. (ronstadt.live/concert-for-carl)

Spanish Fork

July 19

Fiesta Days (July 19-27, spanishfork.gov)

- Kickball challenge
- Cornhole tournament
- Softball tournament
- Pickleball tournament
- Disc golf tournament
- Flag retirement
- Baby contest
- Golf tournament
- Carnival
- Craft fair
- Food in the Park
- Car show
- Miss and Mr. Extraordinaire Pageant
- Rodeo
- Street dance
- Spanish Fork's Got Talent
- Speedy Spaniard River Trail

10k/Kids mile run

- Parade
- Quilt show
- Adopt-a-duck race
- Fireworks
- ATA Shoot

Shrek: The Musical, Spanish Fork High School Auditorium, 2/7 p.m. (July 19/21/24/25/26, spanishfork.gov)

July 20

Sunday Night in the Park: Lunch

at Lew's, City Park Stage, 7:30 p.m. (spanishfork.gov)

July 25

Spanish Fork Sounds of Summer: Stranded at Home, Spanish Fork City Park, 6 p.m. (spanishfork.gov)

Mapleton

July 19

2025 Mapleton Pioneer Days, Mapleton City Park (mapleton.org)

- Pickleball tournaments
- Family disc golf night
- Glow-in-the-dark disc golf tournament
- Cornhole tournament
- Spikeball tournament
- Historic programs
- Mapleton's Got Talent
- 5K and Fun Run
- Parade
- Helicopter ping-pong drop
- Live entertainment
- Fireworks

July 21

Mapleton Farmers Market 2025, Mapleton City Park, 6-8:30 p.m. (mapletonfarmersmarket.com)

Mapleton Summer Concerts in the Park 2025: Karaoke Variety Night, Mapleton City Park, 7 p.m. (mapleton.org)

Salem

July 19

Water Lantern Festival, Knoll Park, 6 p.m. (waterlanternfestival.com)

Little Women: The Broadway Musical, Salem Hills High School, 7 p.m. (July 19-27, salemcommunitytheater.org)

Santaquin

July 21

Santaquin Hometown Market and Sounds of Santaquin: Young Entrepreneur and Talent, Centennial Park, 5 p.m. (Mondays from July 24-Sept. 15, paysonsaquinarea.com)

July 26

Santaquin Orchard Days and Rodeo, various locations (July 26-Aug. 2, santaquin.gov)

- Scavenger hunt
- 5k and fun run
- Flag ceremony
- Little Buck-A-Roo Rodeo
- Concessions
- Shows
- Museum tours
- Inflatables and obstacle course
- Unicorn, horse and pony rides
- Train rides
- Craft show
- Children's parade
- Concert
- Swing dance
- Tea party
- Pickleball tournaments
- 3v3 basketball tournament
- Cornhole tournament
- Horseshoe tournament
- Quilt show
- Book sale
- Rodeo
- Grand parade
- Car show
- Fireworks

NORTH

American Fork

July 19

American Fork Steel Days (steeldaysaf.com)

- Car show, cruise and burnout
- Fair

- Drone show
- Golf tournament
- Mario Kart tournament
- Concerts
- Pickleball glowdown/tournament

- Art show
- Splash night
- Horseshoe tournament
- Wiffle ball tournament
- Fitness festival
- Kickball tournament
- Carnival
- Quilt show
- Cornhole tournament
- Guns vs. Hoses home run derby/softball game
- Garden tour
- American Fork's Got Talent
- Movies in the Park
- Marching band breakfast
- Steel Days Run
- Parade
- Fireworks

July 21

Footloose: The Musical, Valentine Theater, 5:30/7:30 p.m. (July 21-23, americanforkarts.com)

July 23

Portrait Painting from Photo to Oils with Kathy Bruner, Timpanogos Arts Foundation - Arts Center, 10 a.m.-noon, (americanforkarts.com)

Lehi

July 19

Joseph and the Amazing Technicolor Dreamcoat, Skyridge Theatre Auditorium, 7:30 p.m. (July 19-26, lehiarts.org)

Social Dance Date Night - Cha Cha, Lehi Legacy Center, 7 p.m. (lehi-ut.gov)

July 20

Lehi Arts in the Park: Revill Family, Wines Park, 7:30 p.m. (lehiarts.org)

July 21

Dinos After Dark, Mountain America Museum of Ancient Life, 6- 8 p.m. (July 21, 28, thanksgivingpoint.org)

Dairy Days, Museum of Natural Curiosity, 9 a.m.-8 p.m. (July 21-26, thanksgivingpoint.org)

July 25

Outdoor Movie Series: Wicked, Ashton Gardens, 8 p.m. (thanksgivingpoint.org)

Pleasant Grove

July 19

The Play That Goes Wrong, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (July 19-Aug. 16, theruth.org)

An American in Paris, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (theruth.org)

Prince of Egypt, Liahona Theater for the Community (July 19-21, alpinecommunitytheater.org)

July 23

2025 Utah Flower Market, 11 a.m.-noon (utahflowermarket.com)

Alpine

July 22

Trucks & Tunes, Legacy Park, 5-8 p.m.

Cedar Hills

July 21

Meet the Mayor, Cedar Hills City Offices, 10-11 a.m.

Highland

July 21

3D Art: Pop-ups, paper mache and

more, Highland Community Center, 9 a.m.-noon (July 21-25, visualartinstitute.org)

July 24

2025 Highland Farmers Market, Highland Heritage Park, 4-8 p.m.????

WEST

Eagle Mountain

July 19

Farmer's Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eaglemountain.gov)

July 24

Food Truck Rally, Cory B. Wride Memorial Park, 6-9 p.m. (eaglemountain.gov)

July 26

Farmer's Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eaglemountain.gov)

Saratoga Springs

July 21

Saratoga Springs Farmers Market, Neptune Park, 5-9 p.m. (saratogasprings-ut.gov)

Summer Monday Fundays: Beck Brother's Band and pop-up car show, 7:30 p.m. (saratogasprings-ut.gov)

Cedar Valley

July 19

Star Party, Camp Floyd State Park, 9 p.m. (stateparks.utah.gov/parks/camp-floyd/events)

July 26

Pioneer Day Celebration, Camp Floyd State Park, 10 a.m.-4 p.m. (stateparks.utah.gov/parks/camp-floyd/events)

NEARBY

Salt Lake City

July 19

Disney in Concert with the Utah Symphony: '80s and '90s Celebration, Sandy Amphitheater, 7:30 p.m. (sandyamp.com)

July 21

2025 Days of '47 Float Preview Party, Mountain America Expo Center, 11 a.m.-9 p.m. (July 21-22, daysof47.com)

July 26

Jason Aldean: Full Throttle Tour, Utah First Credit Union Amphitheatre, 7:30 p.m. (utahfirststamp.com)

Heber Valley

July 19

TedFest Music Festival, 50 Starks Lane, Wallsburg (July 19-20, tedfestmusic.com)

July 24

Wasatch County Fair, Wasatch County Fairgrounds (July 24-Aug. 2, wasatchparksandrec.com)

- Demolition Derby
- Party in the Park
- Talent find
- Pool party
- Carnival
- Market
- BBQ
- Outdoor movie
- Exhibits
- Rodeo
- Charley Jenkins concert
- Balloon launch

Know of an event that should be listed? Let us know by emailing jloyd@heraldextra.com.

GET OUT THERE

How to hike the Narrows without a permit

Many years ago, National Geographic published a list of the “10 best day hikes in the world.” Two of those hikes are found in America. Both of them are in Utah. And would you believe it, both are within two miles of each other in a single National Park — the one Utahns call “Zi-In,” but everyone else calls “Zi-On.” I’m not sure if there’s an official pronunciation, but I prefer the former and always chuckle when I hear the latter.

Those two world-class hikes are named Angel’s Landing and the Narrows. Both hikes are permitted and since the pandemic, increasingly harder to come by. While I can’t help you win the lottery for the breathtaking Angel’s Landing, there’s a great way to hike the famous Narrows without a permit, and I think it’s something every Utahn should do once in their life if they’re fit and able. It’s informally called the “bottoms up” route and it works like this:

When to hike

While you’re certainly free to hike the Narrows in winter, I don’t like sludging through ice-cold water all day, so I would advise against it. Hence, the best time to hike the bottoms up route is in the summer — no sooner than May or June to let

the Virgin River warm up from the chilly spring runoff. When done in early summer, the river will still be “refreshing” if not cold for the first hour or so, but it feels great after that as the summer heat kicks in.

Start with the rising sun

Since Zion is the smallest and second most-visited National Park in the country (more than Grand Canyon even!), things get crowded real fast. In order to beat the crowds and secure limited parking, you’ll need to start your hike no later than 7–8 a.m. More specifically, you’ll want to be in the visitor center parking lot by then to catch the first wave of free shuttles, which are the only way to access the canyon road in summer.

Note: I once rolled into the parking lot at 7:55 a.m. and got the last remaining parking spot. If you arrive too late, you’ll be forced to drive back to Springdale, park there, catch a different shuttle to the visitor center, then board the canyon shuttle to the start of the hike — a process that can double, if not triple, your commute time.

Pack a lunch

While you’re free to hike bottoms up route as little or as long as you like before turning around, I recommend hiking all the way up to Big Springs and back (10 miles roundtrip). Trekking in the river and gawking at the 2,000 foot tall canyon walls with hanging gardens will surely slow you down, so plan

on a full day hike if you go all the way. Your reward for doing so will be fewer crowds (since many hikers turn around after a few miles), better swimming holes, more dramatic views of this amazing slot canyon, and a lot fewer frustrations when exploring the second-most visited National Park in the country. So pack a waterproof lunch and enjoy.

No fancy footwear

While hiking the Narrows, you’ll encounter people from all over the world who have traveled thousands of miles to access something that’s only a few hours drive for locals like us. That’s how special, if not sacred, this place is. You’ll also see many of these people wearing fancy water socks and hiking boots that are rented out locally. You don’t need these, however. Closed-toed athletic shoes (or even vans) work fine and are better than either Tevas or Chacos since open toe sandals don’t protect your feet as well from the slippery rocks. Either way, everyone slips a little regardless of footwear, so tread lightly and consider bringing hiking poles if you want extra grip.

Stay safe

Since flash floods are a very real possibility here, only hike the Narrows on sunny days, which will only enhance your enjoyment of the canyon, since swimming and playing in the water is a big part of the fun. Oh, and pack at least a gallon of water per person, if not



ROSS D. FRANKLIN, ASSOCIATED PRESS

In this Sept. 5, 2009, file photo, hikers wade through the cold Virgin River along the Narrows in Zion National Park.

more, depending on your size and duration of the hike. Happy trails!

Blake Snow contributes to fancy publications and Fortune 500 com-

panies as a bodacious writer-for-hire and seasoned travel journalist to all seven continents. He lives in Provo, Utah with his wife, five children, and one ferocious chihuahua.

PLACES TO GO, THINGS TO DO

Here is a look at many of the events going on in Utah Valley and beyond in the next week:

CENTRAL

Provo

July 12

Fantastically Human, The Compass Gallery (thecompassgallery.com)
2025 Provo Farmer’s Market, Pioneer Park, 9 a.m.-2 p.m. (July 12-Oct. 25 [Saturdays], provofarmersmarket.com)

Family Arts Festival 2025, Brigham Young University Museum of Art (July 12-26, moa.byu.edu)

Bluebird Cafe Concert Series, Sundance Resort, 8 p.m. (sundanceresort.com)

Landscapes and Handscapes 2025, JKR Gallery, 4-8 p.m. (July 12-Aug. 23, jkr-gallery.myshopify.com)

July 13

Mountain Top Yoga 2025, Sundance Resort, 9-11 a.m. (sundanceresort.com)

July 14

Storytelling Mondays: Renee Spencer, The Provo Pioneer Village, 6:30 p.m. (provopioneerivillage.org)
Book Trivia Night, Provo City Library, 7 p.m. (provolibrary.gov)

July 15

Best Books Lite: Our Favorite Literary Characters, Provo City Library, 7 p.m. (provolibrary.gov)

July 17

The Wizard of Oz, Sundance Resort, 7 p.m. (July 17/18/19/21/24/25/26/28/31, sundanceresort.com)

July 18

A Broken Heart & A Contrue Spirit Exhibit - Lovetta Reyes-Cairo, The Compass Gallery, 6 p.m. (July 18-Aug. 16, thecompassgallery.com)

Friday Fusion, Arlington Hall, 8:30 p.m.-2 a.m.

July 19

2025 Provo Farmer’s Market, Pioneer Park, 9 a.m.-2 p.m. (July 19-Oct. 25 [Saturdays], provofarmersmarket.com)

Family Arts Festival 2025, Brigham Young University Museum of Art (July 19-26, moa.byu.edu)

Landscapes and Handscapes 2025, JKR Gallery, 4-8 p.m. (July 19-Aug. 23, jkr-gallery.myshopify.com)

Orem

July 12

3rd annual Native Market Days, UVU Science Building Courtyard (americanindianservices.org)

- Hoop competition
- Native artists
- Food booths
- Fashion show

European Cultural Festival, The Orchard at University Place, 5-9 p.m. (universityplaceorem.com)

Annie, SCERA Shell Outdoor Theatre, 8 p.m. (July 12-19, scera.org)

Honey Jar pottery lesson, Villa Ceramic Pottery studio, 4 p.m. (July 12/19/26, villaceramics.com)

July 14

2025 Summer Matinee Series: Night of the Zoopocalypse, SCERA Center for the Arts, 10:30 a.m./1 p.m. (July 14-17, scera.org)

July 16

Orem Farmers Market, Orem City Center Park, 5-9 p.m. (sunsetfarmersmarkets.com)

Outdoor Movies: Indiana Jones and the Last Crusade, SCERA Shell Outdoor Theatre, dusk (scera.org)

July 18

Orchard Country Dancin’, University Place Orem, 7 p.m. (universityplaceorem.com)

July 19

Annie, SCERA Shell Outdoor Theatre, 8 p.m. (scera.org)

Honey Jar pottery lesson, Villa Ceramic Pottery studio, 4 p.m. (July 19/26, villaceramics.com)

Lindon

July 17

Lindon’s Sunset Farmers Market 2025, Lindon City Center Park, 5 p.m. (sunsetfarmersmarkets.com)

July 18

2025 Lindon Summer Movies: Moana 2, Fryer Park, dusk (lindonrecreation.org)

Vineyard

July 21

Movie in the Park, Vineyard Grove Park, 7 p.m. (vineyardutah.gov)

SOUTH

Springville

July 12

Summer Concert Series: You Should Be Dancing (A Tribute to the Bee Gees), Spring Acres Arts Park, 8 p.m. (springville.org)

Music Man Jr., Springville High School, 7 p.m. (July 12, 14, 17, 18, 19, springvilleplayhouse.org)

It’s All Fun and Games, Springville Museum of Art (July 12-July 19, smofa.org)

July 14

Sunset Farmers Markets, Springville Civic Center, 5-9 p.m. (sunsetfarmersmarkets.com)

51st annual Utah Quilt Show, Springville Museum of Art (July 19-Sept. 20, smofa.org)

July 17

Touch-a-Truck, Springville Library, 10:30 a.m. (springville.org/library)

July 18

Movies in the Park: Moana 2, Arts Park, dusk (springville.org)

Spanish Fork

July 12

Fiesta Days (July 12-27, spanishfork.gov)

- Kickball challenge
- Cornhole tournament
- Softball tournament
- Pickleball tournament
- Disc golf tournament
- Flag retirement
- Baby contest
- Golf tournament
- Carnival
- Craft fair

- Food in the Park
- Car show
- Miss and Mr. Extraordinaire Pageant
- Rodeo
- Street dance
- Spanish Fork’s Got Talent
- Speedy Spaniard River Trail 10k/Kids mile run
- Parade
- Quilt show
- Adopt-a-duck race
- Fireworks
- ATA Shoot

July 17

Shrek: The Musical, Spanish Fork High School Auditorium, 2/7 p.m. (July 17/18/19/21/24/25/26, spanishfork.gov)

July 18

2025 PyroMusical, Spanish Fork Soccer Fields, 6 p.m. (spanishfork.gov)

Payson

July 12

2025 Payson Scottish Festival, Payson Memorial Park (paysonscottishfestival.org)

- Strongman competition
- Bagpiping
- Live music
- Irish dancers
- Parade
- Scottish heavy athletics

Mapleton

July 12

2025 Mapleton Pioneer Days, Mapleton City Park (July 12-19, mapleton.org)

- Pickleball tournaments
- Family disc golf night
- Glow-in-the-dark disc golf tournament

- Cornhole tournament
- Spikeball tournament
- Historic programs
- Mapleton’s Got Talent
- 5K and Fun Run
- Parade
- Helicopter ping-pong drop
- Live entertainment
- Fireworks

July 14

Mapleton Farmers Market 2025, Mapleton City Park, 6-8:30 p.m. (mapletonfarmersmarket.com)

Mapleton Summer Concerts in the Park 2025: Shane Lee Band, Mapleton City Park, 7 p.m. (mapleton.org)

Salem

July 19

Water Lantern Festival, Knoll Park, 6 p.m. (waterlanternfestival.com)

Santaquin

July 14

Santaquin Hometown Market and Sounds of Santaquin: Science and Superheroes, Centennial Park, 5 p.m. (Mondays from July 24-Sept. 15, paysonsantaquinarea.com)

NORTH

American Fork

July 12

American Fork Steel Days (July 12-19, steeldaysaf.com)

- Car show, cruise and burnout
- Fair
- Drone show
- Golf tournament
- Mario Kart tournament
- Concerts
- Pickleball glowdown/tournament

- Art show
- Splash night
- Horseshoe tournament
- Wiffle ball tournament
- Fitness festival
- Kickball tournament
- Carnival
- Quilt show
- Cornhole tournament
- Guns vs. Hoses home run derby/softball game
- Garden tour
- American Fork’s Got Talent
- Movies in the Park
- Marching band breakfast
- Steel Days Run
- Parade
- Fireworks

Lehi

July 12

Joseph and the Amazing Technicolor Dreamcoat, Skyridge Theatre Auditorium, 7:30 p.m. (July 12-26, lehiarts.org)

July 13

Lehi Arts in the Park: Broadway in the Park, Wines Park, 7:30 p.m. (lehiarts.org)

July 14

Dinos After Dark, Mountain America Museum of Ancient Life, 6-8 p.m. (July 14, 21, 28, thanksgivingpoint.org)

July 16

Cosmo in the Park, Olympic Park, 10-11 a.m. (byucougars.com/juniorcougs)

July 18

Outdoor Movie Series: The Wild Robot, Ashton Gardens, 8 p.m. (thanksgivingpoint.org)

July 19

Social Dance Date Night - Cha Cha, Lehi Legacy Center, 7 p.m. (lehi-ut.gov)

Pleasant Grove

July 12

The Play That Goes Wrong, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (July 12-Aug. 16, theruth.org)

An American in Paris, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (July 12-July 19, theruth.org)

Prince of Egypt, Liahona Theater for the Community (July 12-21, alpinecommunitytheater.org)

July 14

Summer Monday Movie: Rata-touille, Pleasant Grove Library, 10:30 a.m. (pgcity.org)

July 16

2025 Utah Flower Market, 11 a.m.-noon (utahflowermarket.com)

Alpine

July 15

Trucks & Tunes, Legacy Park, 5-8 p.m.

Cedar Hills

July 14

Meet the Mayor, Cedar Hills City Offices, 10-11 a.m.

Highland

July 12

Into the Woods, Highland Community Center (highlandcityarts.info)
Art Safari, Highland Community Center, 9 a.m. (July 14-18, visualart-institute.org)

July 17

2025 Highland Farmers Market, Highland Heritage Park, 4-8 p.m.

WEST

Eagle Mountain

July 12

Farmer’s Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eagle-mountain.gov)

July 17

Food Truck Rally, Cory B. Wride Memorial Park, 6-9 p.m. (eaglemountain.gov)

July 18

Movie in the Park: Minecraft, Silverlake Amphitheater, 9 p.m. (eaglemountain.gov)

July 19

Farmer’s Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eaglemountain.gov)

Saratoga Springs

July 14

Saratoga Springs Farmers Market, Neptune Park, 5-9 p.m. (saratogasprings-ut.gov)

Summer Monday Fundays: Line dancing with Swingin’ Dance Co., 7:30 p.m. (saratogasprings-ut.gov)

NEARBY

Salt Lake City

July 12

KUTV Days of ‘47 Pops Concert, Maurice Abravanel Hall, 7:30 p.m. (casu.org)

July 14

Manilow: The Last West Valley City Concert, Maverik Center, 7 p.m. (maverikcenter.com)

July 18

Keith Urban: High and Alive World Tour, Utah First Credit Union Amphitheatre, 7 p.m. (ticketmaster.com)

Heber Valley

July 12

Deer Creek Half Marathon, Soldier Hollow Campground, 6 a.m. (happytrails.com)

July 18

TedFest Music Festival, 50 Starks Lane, Wallsburg (July 18-20, tedfest-music.com)

Know of an event that should be listed? Let us know by emailing jloyd@heraldextra.com.

GET OUT THERE

Cruise a new mega ship for less on MSC World America

Cruising is a big deal. Over half of Americans have either been or expressed strong interest in cruises. After all, today's ships are bigger (and tastier!) than ever, are more affordable, and sail to over 2400 ports around the world.

What makes cruising so compelling for families and individuals alike? Your hotel travels with you, exploring different countries is as easy as scanning your "sea card," and you never have to worry about your next meal, since the food is unlimited. I once ate four soft serves in the hot Caribbean sun because I could.

In recent years, however, newer "mega ships" that hold up to 10,000 people and are a destination to themselves can start between \$200-300 per person per night. Unless, of course, you sail the new MSC World America, which starts around half of that, making it a best value for those hoping to sail the newest and biggest ships available for less. On a recent sailing with my wife, here's what stood out:

Life onboard

MSC World America is massive with 20 passenger decks, the biggest cruise pool I've ever seen, plus five auxiliary pools and 14 Jacuzzis. There is a water park on board (really), ropes course, bumper cars, and two arcades. There are 19 restaurants, 18 bars (including a "secret" speakeasy), an 11-deck tall dry slide, and penguin coat-wearing butlers for passengers who upgrade to suites in the Yacht Club, which most agree is the best VIP service of any cruise line.

Despite their affordability, the rooms and bathrooms are the most spacious I've enjoyed in over 20 years of cruising on every major line. The 12-deck World Promenade feels



COURTESY CONRAD SCHUTT, MSC

An MSC cruise ship docks at Ocean Cay MSC Marine Reserve in the Bahamas.

as though you're walking downtown with shops on either side. The three level World Galleria feels like a small 1980s indoor mall with chrome and white decor underneath an LED ceiling. On top of that, the ship has one of the best spas and thermal therapies I've ever relaxed in at sea. Both saunas have big, ocean-view windows. The "wow" factor is definitely here.

As with all cruises, ports are a large part of the draw. Currently World America sails from Miami to the Caribbean. Key ports include Roatan (Honduras), San Juan (Puerto Rico), Puerto Plata (Dominican Republic), Cozumel (Mexico), and my favorite: Ocean Cay (Bahamas). Privately owned by MSC, it's the most relaxing private island of any cruise

line. Think palm-filled heaven with eight, white-sand beaches, two buffets, one lagoon, and more chairs, umbrellas, and cabanas than anyone would ever need. It's seriously amazing and could easily double as a soothing Corona commercial.

While the attending staff overall did an amazing job making my wife and I feel like bigger deals than we really are, we did experience some excruciatingly slow and rigid customer service on three occasions — once in the main dining room for dinner, once during sea day brunch, and once while trying to sample as many desserts as we could on our final night. On that note, the food was similarly mixed, whether at one of six complimentary restaurants and buffets, or

the many specialty restaurants. Granted, you'll definitely find some amazing dishes on board, including the best pizza of any cruise, which isn't a surprise since MSC is owned by Italians. But overall I would argue the food was more underwhelming than I'm accustomed to on any other line.

As for the entertainment, I found it short and shallow. Those who are easily entertained will likely enjoy the bevy of daily and nightly options. But I don't cruise for onboard shows, and I'm betting most people don't either, so this isn't a deal-breaker. Same goes for the MSC app, which is difficult to see, read, and navigate when it comes to discovering what's onboard. But again, no one cruises for the app, so this isn't a huge stumbling block.

Ordering priorities

Is MSC World America right for you? With the right priorities and expectations, it might be. It's definitely a terrific value, exciting mega ship, and step in the right direction for rapidly expanding MSC. It's both the most affordable and — thanks to its industry-leading Yacht Club — VIP cruise sailing today, combining a best of both worlds approach.

But if you're not sailing on Yacht Club, you should expect some slow service. And with exception to the phenomenal fudge brownies, banana date cake, and a handful of savory dishes like the pork belly, southwest mac salad, and shakshuka, you probably won't find many dishes worth writing home about. You won't go hungry, though. You'll probably come home smiling, too.

Blake Snow contributes to fancy publications and Fortune 500 companies as a bodacious writer-for-hire and seasoned travel journalist to all seven continents. He lives in Provo, Utah with his wife, five children, and one ferocious chihuahua.

PLACES TO GO, THINGS TO DO

Here is a look at many of the events going on in Utah Valley and beyond in the next week:

CENTRAL

Provo

July 5

2025 Balloon Fest, Fox Field, 6-8 p.m. (freedomfestival.org)

2025 Freedom Days, Downtown Provo (freedomfestival.org)

2025 Fine Art Show, Utah County Historic Courthouse, 10 a.m.-6 p.m. (freedomfestival.org)

New Deal Swing Band and Friends, Covey Center for the Arts, 7:30 p.m. (covey.provo.gov)

Fantastically Human, The Compass Gallery (July 5-12, thecompassgallery.com)

2025 Provo Farmer's Market, Pioneer Park, 9 a.m.-2 p.m. (July 5-Oct. 25 [Saturdays], provofarmersmarket.com)

Open Studio — Water, Brigham Young University Museum of Art, 11 a.m.-1 p.m. (moa.byu.edu)

July 6

Mountain Top Yoga 2025, Sundance Resort, 9-11 a.m. (sundanceresort.com)

July 7

Family Arts Festival 2025, Brigham Young University Museum of Art (July 7-26, moa.byu.edu)

July 8

Bearclaw Supper Club 2025: Soiree, Sundance Resort, 6-9 p.m. (sundanceresort.com)

July 9

Introduction to Birding with FeatherQuest, Provo City Library, 7-8:30 p.m. (provolibary.gov)

Full moon lift rides, Sundance Resort, 8 p.m.-midnight (July 9-10, sundanceresort.com)

July 10

Fantasy Trivia, Fat Daddy's Pizzeria, 7:30 p.m. (fatdaddypizzeria.com)

The History of the Fantastic Arts, The Compass Gallery, 7-8 p.m. (thecompassgallery.com)

Drinks with the Distillers: Holystone Distillery, Sundance Resort, 4:30-7 p.m. (sundanceresort.com)

July 11

Dive-In Movie: The Little Mermaid, Recreation Center, 8:30-10 p.m. (provo.gov)

Friday Fusion, Arlington Hall, 8:30 p.m.-2 a.m.

Bluebird Cafe Concert Series, Sundance Resort, 8 p.m. (sundanceresort.com)

July 12

Fantastically Human, The Compass Gallery (thecompassgallery.com)

2025 Provo Farmer's Market, Pioneer Park, 9 a.m.-2 p.m. (July 12-Oct. 25 [Saturdays], provofarmersmarket.com)

July 13

Mountain Top Yoga 2025, Sundance Resort, 9-11 a.m. (sundanceresort.com)

Orem

July 5

2025 Colonial Fest, Scera Park, 9 a.m.-5 p.m. (freedomfestival.org)

Cries of Freedom, The Musical, SCERA Center for the Arts, 1/4/7 p.m. (freedomfestival.org)

Annie, SCERA Shell Outdoor Theatre, 8 p.m. (July 5-19, scera.org)

July 7

Shakespeare in the Orchard, University Place Orem, 5-8:30 p.m. (universityplaceorem.com)

2025 Summer Matinee Series: Dog Man, SCERA Center for the Arts, 10:30 a.m./1 p.m. (July 7-10, scera.org)

Northridge Pickleball/Tennis Courts Grand Opening, Northridge Park, 4-5 p.m. (orem.gov)

Summer Skate Camp, Classic Skating (July 7-10, classicfun.com)

July 9

Orem Farmers Market, Orem City Center Park, 5-9 p.m. (sunsetfarmersmarkets.com)

Outdoor Movies: Disney's Inside Out 2, SCERA Shell Outdoor Theatre, dusk (scera.org)

July 11

3rd annual Native Market Days, UVU Science Building Courtyard (July 11-12, americanindianservices.org)

- Hoop competition
- Native artists
- Food booths
- Fashion show

Summer concert series, Classic Skating, 7-10 p.m. (classicfun.com)

July 12

European Cultural Festival, The Orchard at University Place, 5-9 p.m. (universityplaceorem.com)

SOUTH

Springville

July 5

It's All Fun and Games, Springville Museum of Art (July 5-July 19, smofa.org)

101st Annual Spring Salon, Springville Museum of Art (smofa.org)

July 7

Sunset Farmers Markets, Springville Civic Center, 5-9 p.m. (sunsetfarmersmarkets.com)

July 11

Music Man Jr., Springville High School, 7 p.m. (July 11, 12, 14, 17, 18, 19, springvilleplayhouse.org)

July 12

Summer Concert Series: You Should Be Dancing, a Tribute to the Bee Gees, Spring Acres Arts Park, 8 p.m. (springville.org)

Spanish Fork

July 9

Fiesta Days (July 9-27, spanishfork.gov)

- Kickball challenge
- Cornhole tournament
- Softball tournament
- Pickleball tournament
- Disc golf tournament
- Flag retirement
- Baby contest

- Golf tournament
- Carnival
- Craft fair
- Food in the Park
- Car show
- Miss and Mr. Extraordinaire Pageant

- Rodeo
- Street dance
- Spanish Fork's Got Talent
- Speedy Spaniard River Trail 10k/Kids mile run
- Parade
- Quilt show
- Adopt-a-duck race
- Fireworks
- ATA Shoot

July 11

Spanish Fork Sounds of Summer: The Shane Lee Band/Moana 2, Spanish Fork City Park, 6 p.m. (spanishfork.gov)

Payson

July 11

2025 Payson Scottish Festival, Payson Memorial Park (July 11-12, paysonscottishfestival.org)

- Strongman competition
- Bagpiping
- Live music
- Irish dancers
- Parade
- Scottish heavy athletics

Mapleton

July 7

Mapleton Farmers Market 2025, Mapleton City Park, 6-8:30 p.m. (mapletonfarmersmarket.com)

Mapleton Summer Concerts in the Park 2025: Sone Stone, Mapleton City Park, 7 p.m. (mapleton.org)

July 11

2025 Mapleton Pioneer Days, Mapleton City Park (July 11-19, mapleton.org)

- Pickleball tournaments
- Family disc golf night
- Glow-in-the-dark disc golf tournament

- Cornhole tournament
- Spikeball tournament
- Historic programs
- Mapleton's Got Talent
- 5K and Fun Run
- Parade
- Helicopter ping-pong drop
- Live entertainment
- Fireworks

Santaquin

July 7

Santaquin Hometown Market and Sounds of Santaquin: Polynesian Luau, Centennial Park, 5 p.m. (Mondays from June 30-Sept. 15, payson-santaquinarea.com)

NORTH

American Fork

July 11

Art From Life with Katherine Bruner, Timpanogos Arts Foundation - Arts Center, 10 a.m.-1 p.m. (timpanogosartsfoundation.ticketspice.com)

July 12

American Fork Steel Days (July 12-19, steeldaysaf.com)

- Car show, cruise and burnout
- Fair
- Drone show
- Golf tournament
- Mario Kart tournament
- Concerts
- Pickleball glowdown/tournament
- Art show
- Splash night
- Horseshoe tournament
- Wiffle ball tournament
- Fitness festival
- Kickball tournament
- Carnival
- Quilt show
- Cornhole tournament
- Guns vs. Hoses home run derby/softball game
- Garden tour
- American Fork's Got Talent
- Movies in the Park
- Marching band breakfast
- Steel Days Run
- Parade
- Fireworks

Lehi

July 6

Lehi Arts in the Park: Shane Lee Band, Wines Park, 7:30 p.m. (lehiarts.org)

July 7

Dinos After Dark, Mountain America Museum of Ancient Life, 6-8 p.m. (July 7, 14, 21, 28, thanksgivingpoint.org)

July 8

Explorers League Summer Camp, Hutchings Museum, 10 a.m.-2 p.m. (July 8-11, jhutchingsmuseum.com)

July 11

Joseph and the Amazing Technicolor Dreamcoat, Skyridge Theatre Auditorium, 7:30 p.m. (July 11-26, lehiarts.org)

Outdoor Movie Series: Inside Out 2, Ashton Gardens, 8 p.m. (thanksgivingpoint.org)

Pleasant Grove

July 5

The Play That Goes Wrong, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (July 5-Aug. 16, theruth.org)

An American in Paris, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (July 5-July 19, theruth.org)

July 9

2025 Utah Flower Market, 11 a.m.-noon (utahflowermarket.com)

July 10

Soul Survivor Concert, The Soundbox, 7-9 p.m. (ccsoundhouse.com)

July 11

Cosmo in the Park, Pleasant Grove Community Center, 10-11 a.m. (byucougars.com/juniorcougs)

Prince of Egypt, Liahona Theater for the Community (July 11-21, alpine-communitytheater.org)

Alpine

July 8

Trucks & Tunes, Legacy Park, 5-8 p.m.

Cedar Hills

July 7

Meet the Mayor, Cedar Hills City Offices, 10-11 a.m.

Highland

July 7

Out of this World, Highland Community Center, 9 a.m.-noon (July 7-11, visualartinstitute.org)

July 10

2025 Highland Farmers Market, Highland Heritage Park, 4-8 p.m.

WEST

Eagle Mountain

July 5

Farmer's Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eagle-mountain.gov)

July 10

Food Truck Rally, Cory B. Wride Memorial Park, 6-9 p.m. (eagle-mountain.gov)

Meet the Candidates, The Barn at Overland, 6-8 p.m. (eagle-mountain.gov)

July 12

Farmer's Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eagle-mountain.gov)

Saratoga Springs

July 5

Remembrance Roll, Shay Park, 9 a.m. (saratogasprings-ut.gov)

July 7

Saratoga Springs Farmers Market, Neptune Park, 5-9 p.m. (saratogasprings-ut.gov)

Summer Monday Fundays: Danza y Color Utah (Mexican Folk Dancers), 7:30 p.m. (saratogasprings-ut.gov)

NEARBY

Salt Lake City

July 5

Monster Jam World Finals, Rice-Eccles Stadium, 6:30 p.m. (monsterjam.com)

July 9

Lyle Lovett and His Large Band, Sandy City Amphitheater, 7 p.m. (thestateroompresents.com)

July 11

KUTV Days of '47 Pops Concert, Maurice Abravanel Hall, 7:30 p.m. (July 11-12, casu.org)

Heber Valley

July 5

Plein Air Art Festival, Midway Town Hall (midwayartassociation.com)

July 11

Princess and Pirate Train, Heber Valley Railroad, 7 p.m. (hebertrain.com)

July 12

Deer Creek Half Marathon, Soldier Hollow Campground, 6 a.m. (happy-trails.com)

Know of an event that should be listed? Let us know by emailing jilloyd@heraldextra.com.

GET OUT THERE

Best international destinations for Utah families

I'm fortunate to have visited all seven continents, over 50 countries, and all but a dozen states. The more I travel the more I discover how safe, kind, and uplifting the vast majority of people are. We really agree on and value a whole lot more than 24-hour news would have you believe, human decency and goodness very much included.

But not only is the world a mostly safe place, it's inspiring. If your family has the means, I highly recommend the investment in foreign travel. I'm often asked which places I recommend visiting. That, of course, depends on

who's asking. After all, a twenty-something, energetic youngling has very different tastes and budget than a moneyed retiree who wants to take it easy.

What do I recommend, then, to lovable Utah families that cherish affordability, safety, and family-friendliness over nightlife and swanky hotels? In terms of compelling culture and natural attractions, here are some of the best international destinations for Utah families.



BLAKE SNOW



This Jan. 20, 2017 photo shows the Monument to the Discoveries on the Lisbon waterfront in Portugal. The stone ship memorializes the Age of Exploration, beginning in the 15th century, when Portuguese seafarers sailed the globe, establishing a colonial empire that stretched from Asia to Africa to South America.

BETH J. HARPAZ,
ASSOCIATED PRESS

Lisbon, Portugal

Americans travel to Europe more than any other continent by far. It's in our blood, and it's a convenient way to expose ourselves to lots of different countries in a short amount of time. While I highly recommend Rome, Paris, and Berlin, they're not as affordable or as welcoming as underrated Lisbon. Here you'll find lots of sun, charming castles, beautiful beaches, cobblestone streets, and red-roofed towns that are as safe as they are dreamy. On top of that, Lisbon is highly walkable, relaxing, and basically the starting point of our ancestors westward expansion.

Flight time from SLC: 14–18 hours (with connections)

Tokyo, Japan

If you really want to go foreign, it's hard to get any more foreign, exotic, and even safer than Tokyo, the world's largest city. It's so safe you'll literally see unaccompanied five year olds riding public transit as late as 9 or 10 pm (really!). You probably won't speak the language

and neither will most Japanese, but they'll go out of their way to help you or find someone who can speak English. Lastly, the Japanese adore Americans and will bend over backwards to ensure you feel welcome, are well taken care of, and get the most out of their exceptionally clean, culturally rich, and child-friendly capital. Oh, and Tokyo Disney is a steal!

Flight time from SLC: 11–13 hours (with connections)

Puerto Vallarta, Mexico

Although Cancun is the all-inclusive capital of the world, Puerto Vallarta offers more authentic Mexican culture, food, and walkable sight-seeing, as I've reported before. Plus its home to lots of humpbacks and free entertainment along its famous Malecon boardwalk. Granted, the Hawaii-like ocean and ancient adventure opportunities near Cancun are better—think swimmable sinkholes (called “cenotes”) and Chichen Itza, a Seven Wonder of the World. But overall, I give the slight edge to endearing, more affordable, still stunning, and slightly

closer Vallarta.

Flight time from SLC: 4 hours (nonstop)

Athens, Greece

Not only is Greece's capital the origin point of modern history, Athens is highly affordable, kid-friendly, and drowning in delicious food. Although Rome is equally rich in culture and family-friendliness, Athens is cheaper and closer to sunny Mediterranean beaches and even friendlier locals. I smile just thinking about our recent family trip to the Acropolis, through two downtown food tours, and swimming the timeless Greek coastline. I can't imagine any Utah family not enjoying this place.

Flight time from SLC: 15–18 hours (with connections)

San Jose, Costa Rica

I had a tough time choosing between this and Thailand, as both are safe for families, rich in natural wildlife, and affordable. But given that the latter is over 21 hours (with connections)

from Salt Lake, I'd recommend tiny Costa Rica first for its nature-focused activities, such as ziplining, volcano tours, and crazy animal sightings like poisonous dart frogs, slow-moving sloths, and colorful birds which you can observe from store parking lots. Top attractions include Arenal Volcano, Monteverde Cloud Forest, and the exceptional beaches of Manuel Antonio National Park.

Flight time from SLC: 7–9 hours (with connections)

HONORABLE MENTIONS: Ljubljana, Slovenia (compact charm), Budapest, Hungary (dazzling rivertown and palace), Old San Juan, Puerto Rico (Spain without a passport), and Sydney, Australia (surprisingly affordable right now).

Blake Snow contributes to fancy publications and Fortune 500 companies as a bodacious writer-for-hire and seasoned travel journalist to all seven continents. He lives in Provo, Utah with his wife, five children, and one ferocious chihuahua.

PLACES TO GO, THINGS TO DO

Here is a look at many of the events going on in Utah Valley and beyond in the next week:

Utah Valley

June 21
2025 Utah Valley Parade of Homes (uvparade.com)

CENTRAL

Provo

June 21
Family Arts Festival 2025, Brigham Young University Museum of Art (June 21-28)

2025 America's Pickleball Classic, Provo's Rotary Park, 6 p.m. (June 21, 27-28, freedomfestival.org)

2025 Firecracker Softball Tournaments, Footprinter Softball Complex, 6 p.m. (June 21, 27-28, freedomfestival.org)

Bluebird Cafe Concert Series, Sundance Resort, 8 p.m. (June 21, sundanceresort.com)

Abstracted & Architected 2025, JKR Gallery, 4-8 p.m. Wed.-Sat. (June 21-28)

Renaissance Now Theatre and Film: Shakespeare Festival, Castle Amphitheater, 7:30 p.m. (June 21-29, renaissancenow.com)

Rise up Rival and the Filibusters, The Rise, 7 p.m. (therisevenue.com)

June 22
2025 Summer Band Concert Series with Utah Premiere Brass, North Park, 7 p.m.
Mountain Top Yoga 2025, Sundance Resort, 9-11 a.m. (sundanceresort.com)

June 23
Velour Summer 2025 Battle of the Bands, Velour Live Music Gallery, 7:30 p.m. (June 23-28, velourlive.com)

June 24
Lights, Camera, Dance!, Covey Center for the Arts 5:15/8 p.m. (June 24-26, covey.provo.gov)

June 26
Belong Youth Conference, Provo Marriott Hotel and Conference Center (June 26-28, belongyouthconference.org)

June 27
Friday Fusion, Arlington Hall, 8:30 p.m.-2 a.m.

June 28
2025 Children's Parade, Provo Veterans Memorial Park, 10:30 a.m. (freedomfestival.org)

The Great Carp Hunt of 2025, Utah Lake State Park, 8 a.m. (June 28-29, utahlake.gov)

JK! LIVE - Spring Show, Covey Center for the Arts, 3 p.m. (covey.provo.gov)

Ropes Course Couple's Retreat,

CLAS Ropes Course, 9 a.m.-2 p.m. (clasropes.com)

June 29
2025 Patriotic Service, Marriott Center, 7 p.m. (freedomfestival.org)

Orem

June 21
Disney's Newsies, SCERA, 8 p.m. (June 21, scera.org)

The Little Mermaid, SCERA Shell, 8 p.m. (June 21-22, scera.org)

American Folk Ensemble and Market, University Place, 5-9 p.m. (universityplaceorem.com)

Outdoor Movie Night, University Place, dusk (about 9 p.m.)

June 22
Bluegrass: Timpanogos Folk Festival, Orem City Center Park, 2-8 p.m.

June 23
Pottery 5-week course, Villa Ceramics Pottery Studio (villaceramics.com)

June 25
Orem Farmers Market, Orem City Center Park, 5-9 p.m.

Fitness in the Orchard, The Orchard at University Place, 8 p.m. (universityplaceorem.com)

June 26
Library Hall Presents: Writing Workshop with Kim Weitkamp, Orem Public Library, 6-8 p.m. (orempubliclibrary.org)

June 27
Library Hall Presents: Kim Weitkamp – Storyteller, Orem Public Library, 6-8 p.m. (orempubliclibrary.org)

Summer Concert Series, Classic Skating Orem, 7 p.m. (classicfun.com/concerts)

June 28
2025 African Heritage Festival, University Place Orem, 2-8 p.m. (universityplaceorem.com)

2025 Bluegrassroots - Timpanogos Folk Festival, City Center Park, 1 p.m. (bluegrassroots.utahvalleyarts.com)

Vineyard

June 23
Movies in the Park, Vineyard Grove Park, dusk

SOUTH

Springville

June 21
101st Annual Spring Salon, Springville Museum of Art (smofa.org)

It's All Fun and Games, Springville Museum of Art (June 21-July 19, smofa.org)

Lend Me a Tenor, Merit Prep Academy, 7:30 p.m. (June 21, 27, 28, 30, springvilleplayhouse.com)

June 23

Sunset Farmers Markets, Springville Civic Center, 5-9 p.m. (sunsetfarmersmarkets.com)

Spanish Fork

June 21
Treasure Island the Musical, Angelus Theatre, 7:30-10 p.m. (June 21-28, angelustheatre.com)

June 27
Sounds of Summer, City Park, 6 p.m. (spanishfork.gov)

Payson

June 21
Summer Camp on Stage, Spring Lake Elementary, 9 a.m.-noon (June 21-27, paysoncommunitytheatre.com)

June 27
2025 Here Comes the Sun Rock Festival, Payson Memorial Park, 2:30 p.m. (June 27-28, paysonutah.gov)

NORTH

American Fork

June 21
2025 Runtastic TIMP Half Marathon, 6 a.m. Art Dye Park, (runtasticevents.com)

Joseph and the Amazing Technicolor Dreamcoat, Valentine Theater, 7:30 p.m. (June 21-July 1, americanforkarts.com)

June 28
Seven Songs of the Sea: A World Premiere, The Falls at Mount Timpanogos Village, 7 p.m. (timpchamber.org)

Lehi

June 21
2025 Lehi Round-Up Celebration, various locations (June 21-29, lehi-ut.gov/roundup)

June 28
Tennis tournament
Pickleball tournament
Miss Lehi competition
Concerts
3-on-3 basketball tournament
Paws and Perform
Outdoor movie
Rodeo
Horseshoe tournament
Comedy shows
Parades
Chalk It Up
Round-up Market
Raise the Mic
Chuck Wagon breakfast
Family Fun Day

Rose Month, Ashton Gardens, Thanksgiving Point (June 21-30, thanksgivingpoint.org)

2025 Fairy Tale Tea Party, Thanksgiving Point Ashton Gardens (June 21, thanksgivingpoint.org)

June 22
Lehi Arts in the Park: Daniel Beck, Wines Park, 7:30 p.m. (lehiarts.org)

June 23

2025 Utah Symphony Concert, Thanksgiving Point Ashton Gardens, 8:30 p.m. (thanksgivingpoint.org)

Pleasant Grove

June 21
Pleasant Grove 2025 Strawberry Days, Historic Downtown Pleasant Grove (strawberryydays.org)

- Pickleball tournament
- Spikeball tournament
- Fireman's Breakfast
- Car show
- Street party food trucks
- Concerts
- Strawberries and Stories
- Parades
- Chalk the Block
- Golf tournament
- Baby contest
- Quilt show
- Carnival
- Princess Party
- Berry Special festival
- Pie-eating contest
- Dirt dance
- Guns and Hoses 5k
- Esport tournament
- 2-vs-2 volleyball tournament

2025 Strawberry Days Rodeo, Pleasant Grove Rodeo Grounds (strawberryydaysrodeo.com)

The Play That Goes Wrong, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (June 21-Aug. 16, theruth.org)

An American in Paris, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (June 21-July 19, theruth.org)

June 25
2025 Utah Flower Market, 11 a.m.-noon (utahflowermarket.com)

Alpine

June 21
Weed Abatement Service Day, 8 a.m. (alpineut.gov)

June 24
Trucks & Tunes, Legacy Park, 5-8 p.m.

Cedar Hills

June 23
Meet the Mayor, Cedar Hills City Offices, 10-11 a.m.

Highland

June 23
Stop Motion Animation, Highland Community Center, 9 a.m.-noon (June 23-27, visualartinstitute.org)

June 26
2025 Highland Farmers Market, Highland Heritage Park, 4-8 p.m.

WEST

Eagle Mountain

June 21
Teen TechnaBLAST drone show,

Cory B. Wride Memorial Park, 7 a.m.-9 p.m. (eaglemountain.gov)

Farmer's Market, Cory B. Wride Memorial Park, 9 a.m.-1 p.m. (eaglemountain.gov)

June 26

Chalk the Walk, Eagle Valley Elementary School, 10:15-11:15 a.m. (eaglemountain.gov)

Food Truck Rally, Cory B. Wride Memorial Park, 6-9 p.m. (eaglemountain.gov)

June 27

Movie in the Park: Inside Out, Silverlake Amphitheater, 9 p.m. (eaglemountain.gov)

Saratoga Springs

June 21
Train Rides, Shay Park, 9 a.m.-noon (saratogasprings-ut.gov)

June 23
Saratoga Springs Farmers Market, Neptune Park, 5-9 p.m. (saratogasprings-ut.gov)

Summer Monday Fundays: Sonic Duke Rock Band, 7 p.m. (saratogasprings-ut.gov)

NEARBY

Salt Lake City

June 24
Halsey: For My Last Trick, Utah First Credit Union Amphitheatre, 7 p.m. (concerts.livenation.com)

June 27
X Games Salt Lake City, Utah State Fairpark (June 27-29, xgames.com)

2025 Utah Arts Festival, Salt Lake City and County Building, 5 p.m. (June 21-22, uaf.org)

June 28
SLC Children's Day 2025, Meadows Park, 11 a.m.-2 p.m. (slc.gov)

Heber Valley

June 21
RW Erickson Antique Power Show, Richard W. Erickson Foundation in Wallsburg, 8 a.m.-5 p.m. (June 21-22, richarderricksonfoundation.org)

The Wasatch 50 Race, Soldier Hollow, 7 a.m. (redrockevents.racecentry.com/wasatch-50)

June 27
Soldier Hollow Mountain Bike Festival, Soldier Hollow, 8 a.m. (June 27-29, sohobikefest.com)

Nephi

June 21
Monster Truck Insanity Next Level Tour, Young Living Lavender Farms, noon (insanitytour.com/mona)

Know of an event that should be listed? Let us know by emailing jloyd@heraldextra.com.

ASK DR. STEVE

Childhood experiences impact our self-worth

The patterns we carry into adulthood often have their roots in childhood. This doesn't mean we're destined to repeat the past, but understanding where our responses come from can be the first step toward creating the changes we want. The strategies you developed as a child made sense given what you were dealing with—they helped you survive and cope. Now, as an adult with more

choices and resources, you have the opportunity to expand your repertoire of responses.

Remember, recognizing these patterns isn't about blaming your parents or dwelling on the past. It's about understanding yourself with compassion and giving yourself permission to grow.

Here is the last of three columns focusing on answering some of the questions surrounding this topic:

Self-worth and inner critic

Q Why do I feel like there's something fundamentally wrong with me?

A Children absorb messages about themselves from their environment. If you experienced criticism, neglect, or inconsistent care, you might have concluded that you were the problem. What started as 'I did something wrong' became 'I am wrong.' This deep sense of being flawed is shame, and it's not based on truth about who you are.

Q How do I quiet the voice that tells me I'm not good enough?

A That voice developed to protect you from further hurt by keeping you hyperaware of potential flaws. Start by recognizing it as an old protective mechanism, not truth. When you hear it, try responding with curiosity rather than belief: 'There's that old voice again. What is it trying to protect me from right now?' Gradually, you can develop a kinder in-

ternal voice to balance it out.

Q Why can't I ever feel satisfied with my achievements?

A If you carry shame, you might work incredibly hard to prove your worth, but success never feels real or lasting. Every achievement feels temporary, and every mistake feels like proof of your deep-down 'badness.' You're trying to earn something—your own acceptance—that you already deserve simply by existing.

Q How can I actually enjoy my successes instead of immediately worrying about the next thing?

A Practice pausing when good things happen. Literally stop and notice: 'This is a moment of success.' Let yourself feel it in your body, even if it's uncomfortable. Share good news with people who can genuinely celebrate with you. The goal isn't to become arrogant—it's to let positive experiences actually register instead of immediately dismissing them.

Q Why do I sabotage good things in my life?

A If shame is part of your identity, success can feel foreign and even dangerous. It contradicts what you believe about yourself. Sometimes people unconsciously create situations that confirm their unworthiness because that feels more familiar than believing good things can last.

Q How do I stop sabotaging opportunities and relationships?

A Start by recognizing the pattern without judgment. When you notice yourself about to sabotage something good, pause and ask: 'What am I afraid will happen if this goes well?' Often there's a fear underneath—like 'people will expect too much' or 'I'll eventually disappoint them anyway.' Once you identify the fear, you can address it directly rather than acting it out.

Q Why do compliments make me so uncomfortable?

A When someone sees you positively but you see yourself negatively, it creates internal conflict. Accepting compliments would mean updating your self-image, and that can feel scary. It's not modesty—it's protection of a familiar,

even if painful, way of seeing yourself.

Q How can I learn to accept compliments gracefully?

A Start simple—just say 'thank you' without deflecting or explaining why the compliment isn't deserved. You don't have to believe it fully at first, but practice receiving it. Notice what happens in your body when someone says something positive about you. Over time, try to collect these positive messages rather than immediately discarding them.

Q How do I overcome shame?

A Shame heals through experiences of being truly seen and accepted. This might happen in therapy, close friendships, or other caring relationships. The key is learning to separate what you do from who you are. You can feel regret about actions without condemning your entire self. Your worth isn't something you earn—it's something you inherently have.

Q How do I develop self-compassion when I make mistakes?

A Treat yourself like you would treat a good friend who made the same mistake. What would you say to them? Mistakes are part of being human, not evidence of your unworthiness. Try asking: 'What do I need right now?' instead of 'How could I be so stupid?' Self-compassion isn't about lowering standards—it's about motivating yourself through kindness rather than cruelty.

Q What's the difference between shame and guilt?

A Guilt says 'I did something wrong'—it's about behavior and can motivate positive change. Shame says 'I am wrong'—it's about your core self and tends to be paralyzing. Learning this difference is powerful because it helps you address problems without attacking yourself.

Q How do I know when shame is driving my behavior?

A Shame-driven behavior often feels compulsive and leaves you feeling worse about yourself afterward. You might find yourself overworking to prove your worth, staying small to avoid crit-

icism, or lashing out when you feel exposed. There's usually an underlying fear of being 'found out' as flawed. Healthy motivation, by contrast, comes from values and desires rather than from trying to avoid being seen as bad.

Closing

Your childhood strategies were intelligent responses to difficult situations. They helped you survive and cope with circumstances beyond your control. The fact that you're reading this and thinking about these patterns shows tremendous courage and self-awareness.

Remember that healing doesn't mean forgetting the past or pretending it didn't matter. It means giving yourself permission to grow beyond the limitations those early experiences may have created. You now have choices you didn't have as a child. You have the power to create new patterns, new relationships, and new ways of being in the world.

Change takes time, and it's rarely linear. Be patient with yourself as you practice new ways of thinking and responding. Every small step toward understanding and self-compassion is meaningful progress.

You are worthy of love, belonging, and all the good things life has to offer—not because you've earned it, but simply because you exist. This truth doesn't change based on your past, your mistakes, or your struggles. It's a constant, and it's yours to claim.

Note: This document is for educational purposes and is not a substitute for professional mental health treatment. If you're struggling with persistent emotional difficulties, please consider seeking support from a qualified mental health professional.

The questions and answers above are presented as opinions of Jason Sadora and Steven Szykula, Licensed Mental Health Professionals at Comprehensive Psychological Services. These opinions are not a substitute for counseling with a professional or for medication therapies that may be needed.

THE CONVERSATION

Who are you?

The voice within a person is always trying to get their attention to guide them into unknown avenues of potential that the mind cannot yet fully comprehend. The question of who you are is elementary, or at least a

LETRYO WOODS

conversation that should be visited often, and the starting point for this dialogue. Generations pass down belief systems, as societies and cultures have expectations of who we should be. Try stepping outside of this box and the tug of the ball and chain will tighten its influence and grip, pulling those who do not possess strength yet back into the confines of mediocrity and conformity.

Who are you is the curiosity begins, but asking oneself this question long enough the labels and titles will have little importance, and a new question will emerge. What are we is a better investigation to embark on. Courage awaits for the person who embraces the new journey, but do not be fooled because stirring the pot will put a target on your back. Being misunderstood is justified in the pursuit of one's purpose and greatness. The road is often paved by those who say they have their best interest in mind. However, what does the gut suggest?

Take the wheel of your own life. Otherwise, a conversation you may not want to face will be waiting for you in full reflection. Dig deep first for the person you desire to become and then for the life you would love. The pen is in your hands and the cosmos are waiting for the next chapter to be written in your book of life. What kind of story do you want to experience and express?

What is being spoken about is explicit to true freedom at its core, and the road to its discovery lies within the individual who has the capacity to go within themselves and stay there. Being in the presence of greatness resides at the center of each person and should never be feared.

Identity represents the external world we navigate through, but the expression most individuals are seeking is that treasure deep in their hearts. With honesty and integrity, ask yourself if you are choosing the version of yourself that you are willing to take to the grave. If not, then there may be an internal obstacle that has not been addressed or observed.

Under the sun and stars of this planet, we are filled with inspiration and life. To be inspired is to have life breathed into you. Paying close attention to all that surrounds us will reveal that life is always conspiring in our favor all the time. Not some of the time, but all the time. The conversation is intended to breathe life into the hearts of the people looking for their truth and purpose.

Remember that the conversation is the place where one lives and dwells. Who you choose to become is for you to decide and your choice alone, because this will be something each person will have to live with.

Letroy Woods can be reached at Letroywoods@gmail.com

GET OUT THERE

5 ways to respect the great (but sometimes deadly) outdoors

I treasure the great outdoors but am by no means a boy scout. I'm not proud to admit it, but my sense of direction is horrible, despite my experience. I've gotten lost on wilderness trails all over the state, not to mention multi-day hikes all

over the world. I was clearly absent the day God gave out "orientation" skills.

That hasn't stopped me from seeing the majestic, lively, and blue-green spinning ball we call home. It's wonderful. But it's also downright deadly, especially when away from the creature comforts of shelter, modern society, and lots of people who can lend a helping hand.

But you don't have to be an outdoor expert to stay safe in the backcountry. But you do need to respect it. Here's how:

1. Excessively hydrate

Do this way more than you think. If hiking all day, pack and plan on drinking at least a gallon, if not more. Of course, this guideline varies by climate, current temperatures, and activity level. But if a reported 75% of Americans are already dehydrated at home with working plumbing, the risk of life-threatening dehydration is even higher in the desert.

2. Conserve energy

I can't tell you the number of times I've seen inexperienced hikers stop whenever they tire, as opposed to when it makes the most sense. For example, how many times have you stopped to catch your breath in the sun on uneven ground?



ANTONIOGUILLEM VIA ADOBE

The amount of water you drink should be guided by thirst but you'll likely need more during hot weather.

How many times have you ventured outdoors in midday when the temperatures and sun are at their peak? Instead, always make an effort to rest in the shade on level ground, and start your journey in the morning or late afternoon if you can make it back to shelter in time.

3. Shelter yourself

Obviously this includes actual outdoor shelter like tents, tree shade, and makeshift sleeping quarters. But since most of us won't get caught in the wild unexpectedly overnight, what I really mean by this is using sunscreen, skin protection, head cover, rain coats, and appropriate clothing for the activity you're engaged in. So check the weather before venturing out, and carry the right gear with you to stay protected.

4. Don't underestimate wildlife

Just last month my family happened upon a rattlesnake digesting a rabbit while hiking the Glen Canyon Loop in Provo. Although the debilitated snake had its mouth full—like really full—our party steered well clear of highly venomous reptile just in case. Regardless if you're familiar with any animals or plants you encounter in the wild, please keep your distance since you never really know how something will react when threatened or surprised. These are not domestic pets, after all. Never sacrifice your safety for cuteness or beauty.

5. Use lifelines

If you're heading out all day, overnight, or for an extended period of time, let your family and

friends know where you are going and when you'll be back. This simple act has saved an untold number of lives when things go wrong. As a bonus, consider packing a simple first-aid kit with emergency supplies you may need.

Last but not least, tread lightly. For example, a wet foot is better than a broken ankle when crossing a river or stream. Never sacrifice your immediate health for short-term comfort, especially when medical assistance is miles, hours, or even days away on foot.

That said, get out there and enjoy those great outdoors! It's good for the soul and your health.

Blake Snow contributes to fancy publications and Fortune 500 companies as a bodacious writer-for-hire and seasoned travel journalist to all seven continents. He lives in Provo, Utah with his wife, five children, and one ferocious chihuahua.

ASK DR. STEVE

Childhood experiences shape who you are as an adult

The patterns we carry into adulthood often have their roots in childhood. This doesn't mean we're destined to repeat the past, but understanding where our responses come from can be the first step toward creating the changes we want. The strategies you developed as a child made sense given what you were dealing with—they helped you survive and cope. Now, as an adult with more choices and resources, you have the



STEVEN A. SZYKULA

opportunity to expand your repertoire of responses.

Remember, recognizing these patterns isn't about blaming your parents or dwelling on the past. It's about understanding yourself with compassion and giving yourself permission to grow.

Here is the first of three columns focusing on answering some of the questions surrounding this topic:

Childhood matters in adulthood

Q Why do I still react to stress the same way I did as a child?

A Your brain learned certain patterns early on that helped you survive difficult situations. These patterns don't just disappear—they stay with you into

adulthood. What protected you then, might feel limiting now.

Q How can I tell when I'm falling into old patterns?

A Your body often knows first. You might notice your shoulders tensing, your breathing getting shallow, or feeling that familiar knot in your stomach. Emotionally, you might feel suddenly like a kid, mostly powerless. Pay attention to moments when your reaction feels bigger than the situation, or when you're responding to what you think might happen rather than what's actually happening.

Q I always feel responsible for everyone else's emotions. Where does this come from?

A Many people learned as children to be the 'emotional barometer' or 'peace maker' of their family—always watching for signs of distress and trying to fix things. If your parents were struggling, you might have felt it was your job to help them feel better. This creates a pattern of putting others' needs before your own.

Q How do I stop trying to fix everyone's problems?

A Start small. Notice when you're about to jump in to solve someone's else's emotions. Pause. Ask yourself: 'Is this actually my responsibility?' or 'What would happen if I just listened instead of fixing?' It might feel selfish at first, but allowing others to handle their own emotions is actually more respectful and helps them grow stronger too.

Q Why is it so hard for me to express my own needs?

A Some children learn early on that their feelings are 'too much' for their parents to handle. Maybe your parents were overwhelmed or couldn't respond consistently to your needs or emotions. So you learned to make yourself 'smaller', to need less. This was smart survival thinking then, but it can make adult relationships difficult.

Q What if people reject me when I express my needs?

A People who truly care about you want to know what you need. If someone consistently reacts poorly to your reasonable needs, that tells you something important about them, not about you. Start with small requests with safe people to build your confidence.

Q Can these patterns actually change?

A Yes. Your brain can form new pathways at any age. Understanding where these patterns came from is the first step. When you recognize you're operating from an old survival map and strategy, you can start choosing different responses. It takes time and patience with yourself, but change is absolutely possible.

Q How long does it take to change these deep patterns?

A There's no set timeline—it depends on many factors like how ingrained the patterns are and how much support you have. Some people notice small shifts

within weeks, while deeper changes often take months or years. The key is celebrating small progress rather than expecting dramatic overnight transformation. Every time you choose a new response, you're building new neural pathways. Take note of that.

Q What if my family doesn't like it when I change?

A Family systems often resist change, even positive change. I can disrupt familiar family dynamics. If you stop being the family peacekeeper or problem-solver, others might push back. This is normal and doesn't mean you're doing anything wrong. Sometimes your growth challenges others to look at their own patterns, which can be uncomfortable for them.

Note: This document is for educational purposes and is not a substitute for professional mental health treatment. If you're struggling with persistent emotional difficulties, please consider seeking support from a qualified mental health professional.

The questions and answers above are presented as opinions of Jason Sadora and Steven Szykula, Licensed Mental Health Professionals at Comprehensive Psychological Services. These opinions are not a substitute for counseling with a professional or for medication therapies that may be needed.

Dr. Steve is a psychologist, Steven A. Szykula, Ph.D. Visit: WeCanHelpOut.com

THE CONVERSATION

The growing season

The coming of a new season involves the dying of its predecessor. With each cycle of the sun and moon, we are offered new beginnings and opportunities. There are two sides to bring-

LETRYO WOODS

ing anything full circle; one cannot exist without the other for we must experience growth in its entirety. Growth has many faces and is a part of our lives whether we want it to be or not.

Change is inevitable and not always in our control. However, the choice to move and transition through adversity offers many benefits in hindsight. Course correction of the GPS is often ignored and something many people choose not to confront. Because change is uncomfortable, we double-down on what is comfortable by spending a considerable amount of our life hiding, protecting, and defending the path of least resistance. The seasons stand still for no one and can be highly suggestive to get us on the ride. It is not in animals' nature to resist what they are, so why do humans? As the seasons change so does the animal, or death may occur. Whatever season you are moving through, know that there is information in it that is waiting for you to choose it, and that much closer to freedom. The seasons can teach us the attribute of patience and to slow down so that we may see what is presenting itself around us.

All seasons are equally important, especially those we do not favor. You and I are connected to the seasons. Our composition and chemical makeup are composed of the elements of the earth. The bond between the seasons and humans is deep rooted, with patterns and connections that intertwine between us. We do not have the option to choose whether we play the game of life. If we are breathing, then we are in the game of life. And if we are in the game of life, it is important to know the rules. Our emotions often guide us away from our nature and can be false indicators of information.

Everything around us is trying to get our attention to show us something. Take a moment to pause each day and observe how effortless the flow of nature is. Human beings are the only creatures on the planet that try to be something that they are not. All seasons have growth even if you cannot see it with your own eyes. As the dormant ground breaks in the spring and all life seems to be vacant, I tell myself to not trust what my physical senses are trying to suggest to me.

There is hidden information in silence, observation, and action. The season begins and ends with learning to do the small things well. Each season lends a helping hand to our relationships, finances, careers, and self-esteem. There is a natural law and cycle that exists within our environment which wants us to cooperate with it. The seasons offer us life through sowing seeds, presenting occasions for opportunities, and the patience to know that the right moment to act is in the present. Growth requires expansion, increase, advancement, stretching, and tenacity to be a student of each season. Do not allow your current conversation to keep you in a season you do not belong in and be ready for the change of the new season to come.

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GET OUT THERE

5 ways you're wasting money on travel



DAVID ZALUBOWSKI, ASSOCIATED PRESS

Travelers gather to wait for their flights in the main terminal of Denver International Airport on May 23 in Denver.

I recently booked a \$6 Uber in a foreign city. Once it arrived, I hopped in the car. The chipper driver said "Hi," then flipped a U-turn. Seconds later, he pulled over. "Did you know you were only two blocks when you booked this ride?" he asked with a smile. I did not and was pretty embarrassed by my goof.



BLAKE SNOW

Oops. Had I taken a few extra seconds to see just how close my destination was, I would have saved a few bucks, not to mention my embarrassment. Thankfully I didn't lose too much on the deal. But there are actually a lot of ways travelers routinely waste money when venturing abroad, whether domestically or internationally.

Let me count the ways:

1 Visiting in peak season.

I get it — many people only get time off or vacation days on nights, weekends, in summer, or when it's generally convenient for everyone else

(such as Christmas break for skiing). But this has a nasty effect of high demand and low supply, which can double or even triple the price of travel in some cases. If you can be flexible or ask work for time off in low or shoulder seasons, you can stretch your dollar by a wide margin.

2 Paying for baggage.

You may think you need all of that stuff. But you don't. If Rick Steves can pack everything he needs into a single backpack for his annual five-month visit to Europe (which he really does), you can pack one or two weeks of clothes in only a small carry-on. Heck, I only took a large fanny pack the first time I visited the Middle East! Point is, if you want to save hundreds of dollars in added baggage fees, stop telling yourself you can't pack that light. Everybody can. You just have to only wear one pair of shoes and get used to doing sink laundry.

3 Dining at tourist traps.

Not only does this mistake cost you

dozens, if not hundreds, of dollars, it's actually a horrible waste of food, since touristy restaurants don't offer the same quality as cooks and chefs that truly take pride in the food they serve. Remember: tourist restaurants are businesses first, eating establishments second, which results in mediocre dining that costs a lot more than you'll pay for better food elsewhere. The extra walk or drive is worth it. If you absolutely must, consider grabbing a snack until you can get to a proper eatery.

4 Buying too much car.

I'm talking taxis, rental cars, or Ubers for short walks like the mistake I made. In many cases, public transport, courtesy hotel shuttles, limited ride shares, and even bike and scooter shares can get you everywhere you want to be without a costly rental car. Another big mistake is pre-booking an expensive airport transfer in advance, only to realize you could have saved a lot of money just calling an Uber upon arrival. So before you pay for unnecessary or

extra ground transportation, check all available options and distances.

5 Failing to pre-book tickets.

Booking online before you arrive not only saves you time at the ticket counter, but it can save you serious cash. This is especially true in Europe, which often promotes "skip the line" tours, which are really just online tickets that let you avoid the long ticket counters that plague popular attractions. Again, a little extra planning goes a long way to saving precious dollars, time, and headaches waiting in long lines, instead of—you know—actually seeing cool stuff.

Don't make the same mistake I did. Try the above. The savings might just fund your next great vacation.

Blake Snow contributes to fancy publications and Fortune 500 companies as a bodacious writer-for-hire and seasoned travel journalist to all seven continents. He lives in Provo with his wife, five children, and one ferocious chihuahua.

GET OUT THERE

Utah outdoors that rival national parks

Most Utahns know our “Mighty Five” National Parks—Zion, Bryce, Capitol Reef, Canyonlands, and Arches. Many are also familiar with our other “great outdoors” such as Goblin Valley, Grand Staircase, and Bonneville Salt Flats.

But have you ever heard of Fantasy Canyon? Have you actually visited Dinosaur National Monument? Have you ever hiked Kodachrome, Little Wild Horse, or driven up the treacherous Moki Dugway to take in the beautiful expanse of Goosenecks

State Park?

If not, I’ve got news for you: these and other hidden gems are nearly as good, if not better, than some of our state’s most iconic National Parks. Having traveled to every corner of Utah for the last two decades—not to mention all seven continents—I deeply believe we live in the most disproportionately state in America. God was clearly in a good mood the day he made Utah.

Looking to get off the beaten path while staying close to home this summer? Either way, I highly recommend the following:



Sunset hike in Kodachrome Basin State Park. DAILY HERALD FILE PHOTO

Kodachrome Basin

If Zion and Colorado’s Garden of the Gods had a baby, it might look something like this. Although small and compact, Kodachrome is a delight. Located just 30 minutes from Bryce National Park, it can easily be done in a single day. Angels Palace Trail (1.5 miles) is the best (if not funnest) way to take it all in. It even resembles a mini Angel’s Landing. I saw that loosely, but for any who have hiked both, you know exactly what I mean. Either way, Kodachrome is sublime.

Little Grand Canyon

Believe it or not, there is a place only an hour and a half from Provo that legitimately rivals Arizona’s Grand Canyon. They call it Little Grand Canyon and it truly lives up to its name. The first time I visited many years ago, specifically the Wedge Overlook, I couldn’t believe what I saw. Yes, the cliffs aren’t as dramatic as the actual Grand Canyon. But Little Grand Canyon is truly a sight to behold, and the starting point of what all of Southern Utah is known for.

Red Fleet State Park

Located just outside of Dinosaur National Monument (which you should definitely pair this visit with), Red Fleet State Park is best described as “Mini Lake Powell” without the crowds and commute times. There is legalized (and thrilling) cliff jumping up to 20 feet right near the entrance, an amazing Dinosaur Track Trail, and terrific boating and swimming. That and Red Fleet is only an hour away from Fantasy Canyon, which is the coolest Utah rock maze you’ve never heard of—like something out of Star Wars.

Little Wild Horse Canyon

Folks, I’ve hiked virtually every slot canyon in Utah. I’m drawn to them like a moth to flame and can’t get enough of them. But Little Wild Horse is the best, the creme de la creme. It feels like a hidden gem and still doesn’t attract the numbers that other slot canyons do. Which keeps it special.

Snow Canyon

Were it not located in a state that has more National Parks per capita than any other state not named Alaska, I’m convinced Snow Canyon would be a National Park. But since Utah already has five National Parks and because politics matter, Snow Canyon will forever remain a state park. And she’s better because for it, since National Park designations always bring in more crowds. Simply put, Snow Canyon is an absolute beauty. And the best way to see it is at the end of the Snow Canyon Overlook Trail (5 miles roundtrip).

Honorable mentions: Forrest Gump Point, Dead Horse Point, Cathedral Valley, Corona Arch, Little Sahara, Valley of the Gods, and a dozen more that word counts won’t permit.

Blake Snow contributes to fancy publications and Fortune 500 companies as a bodacious writer-for-hire and seasoned travel journalist to all seven continents. He lives in Provo, Utah with his wife, five children, and one ferocious chihuahua.

PLACES TO GO, THINGS TO DO

Here is a look at many of the events going on in Utah Valley and beyond in the next week:

Utah Valley

June 5-21
2025 Utah Valley Parade of Homes (uvparade.com)

CENTRAL

Provo

June 7
2025 Utah Valley Marathon, Wall-sburg to Utah County Courthouse, 6 a.m. start (utahvalleymarathon.com)
Disney’s High School Musical, BYU west campus, 2/7:30 p.m. (June 7-14, onstage.byu.edu)
2025 Provo Farmer’s Market, Pioneer Park, 9 a.m.-2 p.m.
Luau & Pig Roast at Mandan Summit, Sundance Resort, 4-7:30 p.m. (sundanceresort.com)
Abstracted & Architected 2025, JKR Gallery, 4-8 p.m. Wed.-Sat. (June 7-28)
Book Talk: John Turner and Patrick Mason, The Compass Gallery, 6-7 p.m.
Family Arts Festival 2025, Brigham Young University Museum of Art (June 7-28)

June 8
2025 Summer Band Concert Series, North Park, 7 p.m.
Mountain Top Yoga 2025, Sundance Resort, 9-11 a.m. (sundanceresort.com)

June 9
Rise Up Children’s Choir in Concert, Covey Center for the Arts, 7 p.m. (June 9-10, covey.provo.gov)

June 10
Lumify - Amplify and Lumina in Concert, Covey Center for the Arts, 4 p.m. (covey.provo.gov)

June 12
Cosplay and Costume Community Work Day, The Compass Gallery, noon-7 p.m.

June 13
Wonderland, Covey Center for the Arts, 1:30/6:30 p.m. (June 13-14, covey.provo.gov)
Full Moon Lift Rides, Sundance Resort, 8 p.m.-midnight (sundanceresort.com)
Friday Fusion, Arlington Hall, 8:30 p.m.-2 a.m.

June 14
2025 Flag Retirement Ceremony, Provo Veterans Memorial Park, 7-8 p.m. (freedomfestival.org)

Orem

June 7
Disney’s Newsies, SCERA, 8 p.m. (June 7-21, scera.org)
Oremfest 2025, City Center Park (oremfest.org)
■ Rotary Club Pancake Breakfast
■ Baby Contest
■ Yoga At The Park
■ Food Vendors
■ Carnival Rides & Games
■ Boutiques
■ Grand Parade
■ Fireworks
NJP Utah Regional Pickleball Tournament, Club Pickleball USA

June 9



CHRISTI BABBITT, SPECIAL TO THE DAILY HERALD

CITY CELEBRATIONS GALORE

The Art City Days Balloon Fest was held in the field behind Art City Elementary School in Springville early June 9, 2023. Springville is among the numerous Utah Valley cities holding city celebrations this weekend.

2025 Freedom’s Melody: A Celebration of American Composers, University Place Orem, 7 p.m.
2025 Summer Matinee Series, SCERA Center for the Arts

June 11
Orem’s Sunset Farmers Market 2025, City Center Park

June 13
2025 Outdoor Movie Nights in The Orchard: The Wizard of Oz, University Place Orem, 8:30 p.m.

June 14
The Singing in Regret Tour - Valhalla, Inversion, Second Hand Smoke, The Boardwalk Sound, 6:30 p.m. (theboardwalksound.com)

Lindon

June 13
2025 Lindon Summer Movies: The Wild Robot, Pheasant Brook Park, dusk

Vineyard

June 7
Vineyard Days 2025, Vineyard Grove Park (vineyarddays.org)
■ 5K & 1K Race
■ Craft Stations
■ Art Show
■ Lawn Games
■ Interactive Rides
■ Vendor Show
■ Food Trucks
■ Candy Cannon
■ Battle of the Bands
■ Bingo
■ Concert: Music City Groove
■ Firework show

Mapleton

Senior luncheon, Mapleton City Building, 11:30 a.m.-1 p.m.

Payson

June 7
Payson’s Adventure Day/Gran Fondo 2025, Memorial Park (paysonutah.gov)

June 14
2025 Payson Orchards Triathlon and 5K, Payson Community Pool, 7 a.m. (trisignup.com)

Santaquin

June 7
Family Fitness Festival, Centennial Park, 8-10:30 a.m. (santaquin.gov)

Spanish Fork

June 7
Valhalla | A Viking Rock Opera 2025, Angelus Theatre, 7:30 p.m.

June 13
2025 Spanish Fork Sounds of Summer, Spanish Fork City Park, 6 p.m. (spanishfork.gov)

Springville

June 7
Art City Days (June 7-14, springville.org)
■ 5K Color Run
■ ¡Celebrate! ARTE!
■ Rodeo
■ Outdoor Movie
■ Carnival
■ Booths
■ Fun-A-Rama
■ Children’s Art Fest
■ Balloon Glow
■ Balloon Fest
■ Fireman’s Breakfast
■ Parades
■ Car Show
■ Duck Tape Regatta
■ Concerts
■ Fireworks
101st Annual Spring Salon, Springville Museum of Art
Lend Me a Tenor, Merit College Preparatory Academy

June 11
¡Celebrate! ARTE! 2025, Civic Center Park

June 13
2025 Children’s Art Festival,

Springville Museum of Art

NORTH

Alpine

June 10
Trucks and Tunes Tuesday, Legacy Park, 5-8 p.m.

American Fork

June 7
Fork Fest 2025: Music & Arts Festival, Art Dye Park, 11:45 a.m.-10:30 p.m. (forkfest.org)

June 9
Family Night at the Library: Chemistry in Action!, Library Community Room, 6-7 p.m.

Cedar Hills

June 9
Meet the Mayor, Cedar Hills City Offices, 10-11 a.m.

Highland

June 9
Brandon Mull Author Visit, Highland Library, 6-8 p.m.

June 12
2025 Highland Farmers Market, Highland Heritage Park, 4-8 p.m.

Lehi

June 7
Rose Month, Ashton, Gardens, Thanksgiving Point (June 7-30, thanksgivingpoint.org)
2025 Pony Express Demolition Derby, rodeo grounds, 7 p.m. (pony-expresssevents.com)

Pleasant Grove

June 7
Cook Family Park grand opening, Cook Family Park, 10 a.m.
Taste of the Arts: Create Art & Art Swap Meet, Pleasant Grove Public Library, 11 a.m.-4 p.m.
The Play That Goes Wrong, The

Ruth and Nathan Hale Theater, 4/7:30 p.m. (June 7-Aug. 16, theruth.org)

June 8
Concerts in the Park: UCC, Downtown Park, 7:30-9 p.m.

June 11
Utah Flower Market 2025, Grove Station, 11 a.m.-noon

June 13
An American in Paris, The Ruth and Nathan Hale Theater, 4/7:30 p.m. (June 7-July 19, theruth.org)

June 14
Pleasant Grove 2025 Strawberry Days, Historic Downtown Pleasant Grove
Big Noise Music Festival, Caleb Chapman’s Soundhouse, 4-10 p.m. (ccsoundhouse.com)

WEST

Fairfield

June 14
Cowboy Way of Life Festival 2025, Camp Floyd State Park and Stagecoach Inn Museum, 10 a.m.-7 p.m.

Eagle Mountain

June 12
Pony Express PRCA Rodeo 2025, Pony Express Memorial Arena, 7 p.m. (June 12-14, ponyexpresssevents.com)

Saratoga Springs

June 9
2025 Summer Monday Fundays, Neptune Park (saratogasprings-ut.gov)

June 11-14
Saratoga Springs Splash Days 2025, Neptune Park (saratogasprings-ut.gov)

NEARBY

Salt Lake City

June 7
Holi Festival of Color, Krishna Temple, 11 a.m.-5 p.m.
Saillfest 2025, Great Salt Lake State Park, 10 a.m.-4 p.m.

June 8
2025 Utah Pride Parade, 450 S. 200 E., 10 a.m.-1 p.m.

June 10
They Might Be Giants: The Big Show Tour, The Depot, 7 p.m. (June 10-11)

June 13
2025 Mountain Man Camp, This Is The Place Heritage Park, 10 a.m.-5 p.m. (June 13-14)

The 50th Utah Scottish Festival and Highland Games, Utah State Fairpark (June 13-15, utahscots.org)

Heber Valley

June 7
Heber Valley Baby Animal Celebration, Local Historic Farm, 10 a.m.-6 p.m.

Nephi

June 21
Sawyer Brown Concert, Juab County Fairgrounds, 8 p.m.

Know of an event that should be listed? Let us know by emailing jilloyd@heraldextra.com.