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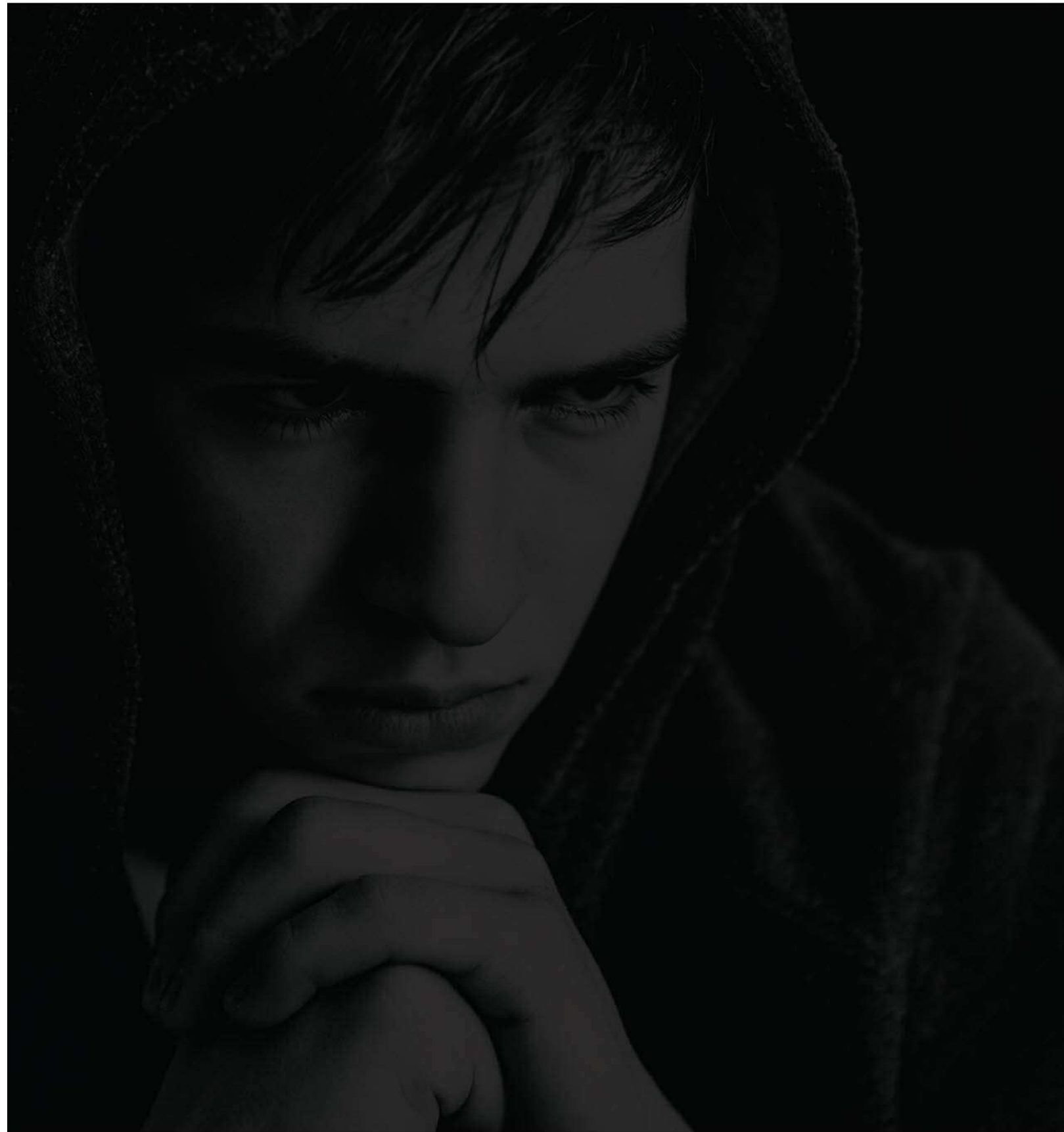
## THE WELLNESS FESTIVAL ISSUE

20 pages of Wellness Festival interviews, features, and more, including Dr. Steven Gundry, Dr. John Medina, Sharon Salzberg, Molly Barker, and Warren Farrell

12-Page Guide to Stanley

**MUSIC SCENE**  
9-Page Music Scene featuring Citizen Cope and Motopony

27-Page Wood River Dining Guide





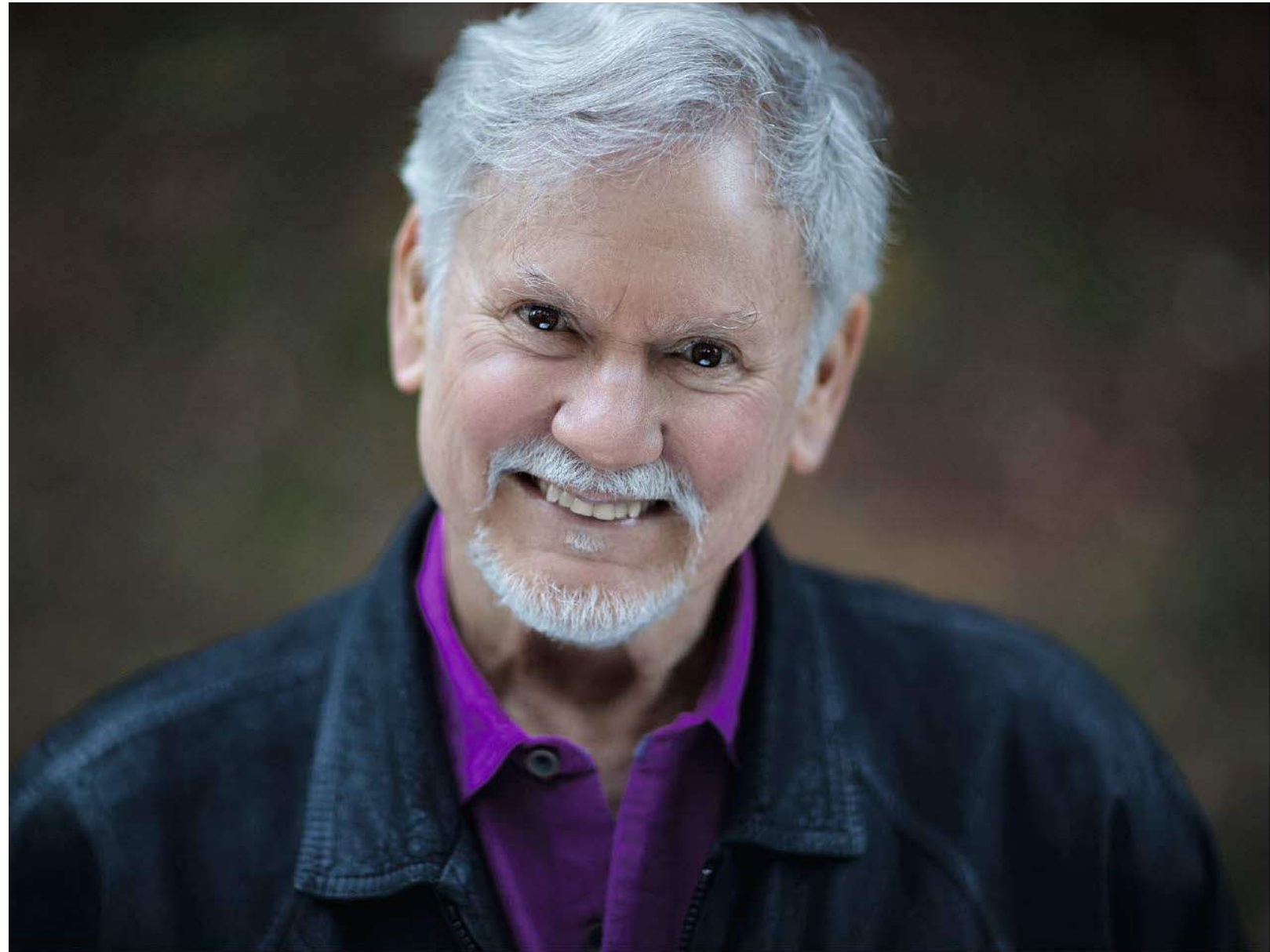
# **THE KIDS ARE ALRIGHT ...OR ARE THEY?**

By Martha McGuinness

**"Right behind you I see the millions  
On you I see the glory  
From you I get opinions  
From you I get the story"**

-*"The Kids Are Alright," The Who*

The Centers for Disease Control reports that suicide is the third leading cause of death behind accidents and homicides of people ages 15 to 24. Even more disturbing is the fact that suicide is the fourth leading cause of death for children between the ages of 10 and 14. Childhood definitely seems tough today. The classic pressures of being popular, smart, athletic, and pretty still exist, but the intensity is on steroids.



Add to that new stressors like the rise in divorce and single parenting, social media and cyber bullying, opioids, body image, and eating disorders, and it's not surprising that kids are displaying a level of discontent we have not seen in decades. This year the Sun Valley Wellness Festival is presenting two talks on navigating the complications of childhood by two experts in the field. Although the speakers approach the subject from different angles, they both stress the importance of adult role models and communication as central to helping develop healthy children.

Dr. Warren Farrell is an author and PhD specializing in the psychological

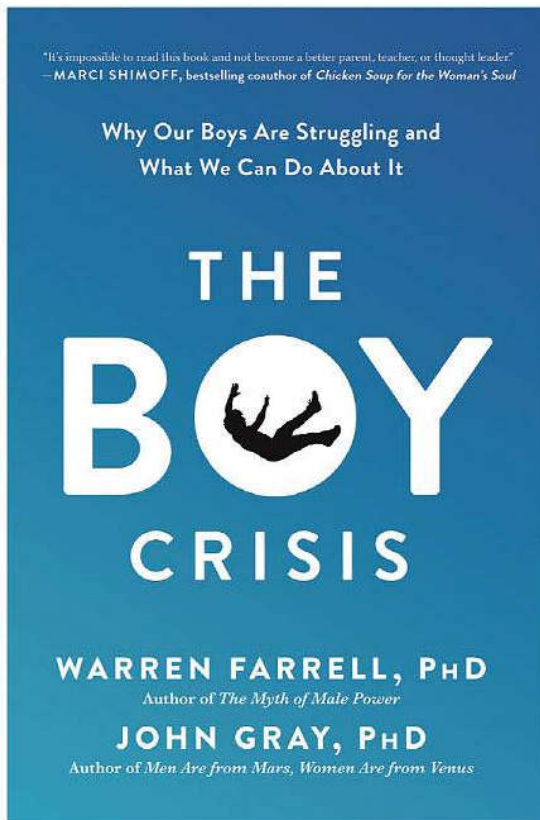
and emotional differences between men and women and how to foster communication and intuitive understanding between the sexes. *The Financial Times* chose Dr. Farrell as one of the world's top 100 thought leaders. He has published multiple award-winning international best sellers including *Why Men Are the Way They Are* and *The Myth of Male Power*. His most recent book is *The Boy Crisis*, co-authored with John Gray of *Men Are From Mars, Women Are From Venus*.

Dr. Farrell's discussion for the Festival, "Heroic Intelligence vs. Health Intelligence," will focus on the disenfranchisement and

disillusionment of boys worldwide and what we can do as a society to resolve this. Farrell's research shows that boys are growing up in a culture where their purpose has been devalued and their traditional role in society has become obsolete. According to Farrell, a boy's sense of purpose has historically come from "Heroic Intelligence;" the feeling that boys have been trained to be heroes, in war as protector and in work as provider. Yet, boys have not been trained for health intelligence. By integrating health intelligence into their lives, boys will live longer and be happier and healthier. But to do so requires direction from strong male roles. As Farrell explains, "Heroic

Above: *The Boy Crisis* author Dr. Warren Farrell. Photo courtesy of Sun Valley Wellness Festival.





***The Boy Crisis* focuses on the disenfranchisement and disillusionment of boys worldwide.**

Intelligence is in tension with Health Intelligence. Heroic Intelligence is socialization for a short life; Health Intelligence is socialization for a long life." This void and lack of direction is manifesting itself in much of the destructive behaviors we see today.

Farrell's central premise is that we live in a society of fatherless families. This worldwide boy crisis is most severe in developed countries among boys who grow up with minimal or no father involvement. The absence of a male role model is a big contributor to the lack of direction in boys. "The more research I did, the more I saw that fatherlessness was the cause of so many problems for boys. With the rise in divorce and the tendency for women to take on the primary role in parenting, we are seeing for the first time in history large numbers of young men growing up without positive male influence." Farrell also believes that the role of men in

society has changed. "The women's movement has done an excellent job of expanding opportunities for girls. It's great," Farrell explains. "They can be breadwinners, nurturers, or some combination of the two. Boys have not fared as well in the transition. Men's value and worth is still primarily relegated to raising money. But the role of breadwinner is no longer solely theirs. Their purpose has been diluted, yet they haven't been able to expand into the role of caregiving as easily. Men have to do a better job of being caregivers and providing their sons with role models, goals, and direction. When that happens, everybody wins." Farrell goes on to explain that this conundrum is worse in America than other countries because of the availability and glorification of guns. "The majority of mass shooters are men and a very high percentage have had minimal to no father involvement."

Farrell's speaking engagements usually involve the audience and his format generally begins with his discussion followed by opening the floor up to questions. "I always learn something from my audience," Farrell explains. "Their questions almost always stimulate new thoughts and perspectives for me and the rest of the audience." He often incorporates an interactive element into the presentation. "I like to include practical exercises where people have an opportunity to put to use what they heard or learned," Farrell explains. Farrell's hope is that the audience will leave with an understanding of boys and their overall psyches and with that be able help them develop into strong, compassionate, thoughtful men.









Molly Barker is an expert on the emotional development of girls. She is the founder of Girls on the Run, a nonprofit whose mission is to enhance girls' social, psychological, and physical skills and behaviors so that they have the tools to successfully navigate life experiences. The Wood River chapter of Girls on the Run is a presenting partner for the Wellness Festival this year and is celebrating its 10-year anniversary. The organization bills itself as a physical, activity-based, positive youth development program but as Barker explains, "The physical component is not the primary focus. We teach girls how to understand themselves, communicate with others, and believe in themselves. Running is not the goal but a physical aspect is the vessel to get girls together and get them thinking." The organization, which began in 1996 with 13 girls, now serves 250,000 and has councils in all 50 states. Girls on the Run's corporate sponsors range from Target, Asics, and Always to American Express, Procter & Gamble, and Cigna. Barker recently stepped down from her day-to-day duties at Girls on the Run but still remains involved

on an advisor level. She is recognized as a role model for positive change and speaks at conferences around the world. Most recently, Barker founded the Red Boot Way, a program that teaches a communication methodology designed to build bridges across polarized segments of our society. Her new book, *The Wisdom Stories, Finding Wisdom in the Ordinary*, will be out in June.

At the Wellness Festival, Barker will discuss how society and culture affect our personal beliefs and values. She will share her personal experiences of feeling trapped by society's edicts and how she overcame these limitations. Her talk offers practical methods and tools to help grow beyond cultural boundaries. "A lot of my talk will be about why we believe what we believe and what we can do to open ourselves up to new ways of looking at things, how can we expand our beliefs," Barker explains. Barker stimulates this process by asking questions and encouraging people to thoroughly examine all possible scenarios before coming to their answer. For Barker, the process of examination is more

important than the conclusion. "I want people to learn how to ask the hard questions. I want them to ask themselves why and then fill in the blank. Why do I want this? Why do I do this? Why do I choose to live here? Why do I work where I work? When we examine these questions under a microscope we sometimes discover surprising answers and ultimately we can gain a better understanding and find more joy in our life."

**Molly Barker will be speaking on Saturday, June 30.**

**Dr. Warren Farrell will be speaking on Sunday, July 1**

**For more information on the Sun Valley Wellness Festival, Warren Farrell, and Molly Barker visit [sunvalleywellness.org](http://sunvalleywellness.org).**

Opposite Page: Girls on the Run founder Molly Barker. This page: Molly Barker with Girls on the Run participants. Photos courtesy of Sun Valley Wellness Festival.