

Congratulations 2013 Health Heroes!



Left to right:
Victoria Roper,
Stacy Whitman
accepting for
Kathryn Guylay,
Kate Weihe
accepting for
Cara Barrett

Victoria Roper; *Lee Pesky Learning Center;*

"Beyond her personal practice of 30+ years as a yogini, Victoria is a teacher and a model practitioner in the Wood River Valley. She is personally active in biking, hiking, skiing, etc., and is always quick to invite and encourage those of us less likely to participate in physical activity. She is the daily model for many family and friends in her ability to quietly model healthy food choices and an active life style while in a guide-on-the-side way offering support and guidance when asked." *Nominated by Ann Flannery.*

Kathryn Guylay; *Nurture;*

"Kathryn leads a group of motivated and talented women in The Wood River Valley delivering high impact nutrition education in schools, empowering children to make better food choices to stem the obesity epidemic. Nurture's Food & Fun program in schools teaches children and families how to eat healthy foods on a budget. Nurture targets low income families, who have a higher propensity for obesity and related diseases, with messages that are beneficial to all." *Nominated by Jeff Guylay.*

Cara Barrett; *Higher Ground;*

"Cara works for Higher Ground, a local organization that 'enhances quality of life through inclusive therapeutic recreation and education for people of all abilities.' They do a wonderful job working with the physically and cognitively disabled. They have a special focus on disabled military veterans. Cara has been with the organization since 2001, starting the summer recreation program and creating new methodologies on how to best serve and empower youth, teens, and adults with disabilities in our community. Cara started Blaine County's first day camp for students with special needs, then went on to build teen programs, cycling groups, and the initial formation of the Higher Ground veterans program." *Nominated by Dr. Peter Curran and Angenie McCleary.*

To see the complete list of Health Heroes go to www.phd5.idaho.gov. This is the fifteenth year SCPHD has recognized the outstanding contributions to public health made by area individuals and/or groups.