

GARRET'S PALMS 3RD ANNUAL SUICIDE AWARENESS WALK

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About 70 people gathered at American Legion Park at 7:30 a.m. Saturday to be bused to White Pine Resort to start off the Third Annual Suicide Awareness Walk.

The event is sponsored by Garret's PALMS, an organization started by Carole Richie following the loss of her son, Garret Bardin, to suicide on June 21, 2008. The nonprofit group's website states that its goal is the "prevention, awareness, legislation against medications that may cause suicide."

Participants started their walk after breakfast and a raffle and receiving their T-shirts. Then, they walked down past Half Moon and Fremont lakes and through Pinedale back to American Legion Park

where a catered lunch and goodie bags awaited them.

Suicide Prevention leader Keith Hotle spoke on how to better help those that might be considering suicide, along with considerations for those who are dealing with a death of someone they love.

"Take care of yourself, take care of others and you'll do alright," he said.

The release of three cages of butterflies culminated the event at around 2 p.m., while the names of those lost to suicide were read over the loudspeaker.

For more about Garret's PALMS or suicide awareness information, visit www.garretspalms.org.



Madeline, 7, and Jack Kaul, 4, take part in the day's last activity – releasing three cages of butterflies as the names of those lost to suicide are read.



The nephew of Garret Bardin, Bennett Leingang, 5, listens to the speaker at the end of the 3rd Annual Suicide Awareness Walk, sponsored by Garret's PALMS.



Posters for loved ones lost to suicide adorn the stage at American Legion Park on Saturday as participants in the 3rd Annual Suicide Awareness walk meet for lunch, speakers and a butterfly release.