

Avalanche victim's backcountry outing 'just a Thursday' trek for skilled alpinist

Austin Mallet ran 100-mile races, skied N. America's tallest peak, yet died on a "mundane" Wasatch Range excursion.

By JULIE JAG | The Salt Lake Tribune

In the early hours of the morning, before he set off on a grueling ski mountaineering expedition up Lone Peak and beyond, Austin Mallet took the time to make his girlfriend breakfast. He told her he would be back at her place in Salt Lake City before she got off work. That night, they had dinner plans at his favorite local restaurant, Vessel.

But he never came back. Mallet, 32, of Bozeman, Montana, and one of his two companions, 23-year-old Andrew Cameron of Salt Lake City, died later that morning in an avalanche near Lone Peak in Little Cottonwood Canyon.

Leaving from Sandy's Hidden Valley Park, the men had embarked on a ski-and-hike route that

Photo: see ADVENTURER, A2



Courtesy of Emily McKay

Austin Mallet, of Bozeman, Mont., was an adept alpinist who skied the Messner Couli- or on North America's tallest peak and climbed Cassin on his first trip to Denali in Alaska.

CRL0T 0284A--C030 24 20
MIDWEST MICROLINK 6976
357 S PARK DALL CT 64120-7964
WEST VALLEY CITY UT 84120-7964

TRUTH. EMPOWERMENT. COMMUNITY.

The Salt Lake Tribune

« MIDWEEK PRINT EDITION »

WEDNESDAY, MAY 22, 2024

PULITZER PRIZE WINNER



CAREGIVING

How to meet families' growing burden

Survey finds family members providing care often delay their own health care and experience financial hardship.

By MEGAN BANTA | The Salt Lake Tribune

This story is part of The Salt Lake Tribune's ongoing commitment to identify solutions to Utah's biggest challenges through the work of the Innovation Lab.

Barbara Cameron has been a caregiver before and knows the importance of giving yourself grace. Cameron helped with care for her

mother and her mother-in-law, who had Alzheimer's, and said it can be hard to maintain poise and balance. It's key, she said, to find ways to keep your sense of self — and to laugh.

"You have to still be your own person in some way and not just let yourself drain away," she said before a recent Alzheimer's education conference in West Valley City.

It's common for caregivers to feel guilt, said Linda Cole, deputy director of aging and family services for

Mountainland Association of Governments.

They feel like they aren't doing enough and yet exhausted at the same time, she said, and that comes on top of feeling isolated because "people in their lives don't understand what they're going through or what it's like."

What it's like is often draining, according to a survey and report produced by the Ken C. Gardner Policy Institute.

That survey generally found that more than 40% of caregivers experience financial stress, and more than half lean on friends and family for

Please see CAREGIVING, A4

Joyce Swan, left, and her younger sister are ensuring that older sibling Ruth, right, can remain in her home for as long as possible. Ruth has Alzheimer's disease.

FRANCISCO KIOLETH The Salt Lake Tribune

Back from the brink, Great Salt Lake still faces peril

Even with two robust winters, the saltwater body remains below a healthy elevation level.

By CHRISTOPHER FLAVELLE and NADIA POPOVICH

The New York Times

Two years ago, the Great Salt Lake became an omen for the risks of climate change: The water level dropped to a record low, threatening the ecosystem, economy and even the air quality of the area around Salt Lake City, home to a majority of Utah's population.

Now, after two unusually wet winters and a series of conservation measures, the lake has gained about 6 feet. Despite that increase, the lake is still below the minimum levels considered healthy. And environmentalists and policymakers are concerned that the increase might reduce the pressure to save the lake.

"I worry about complacency," said Bonnie Baxter, director of the Great Salt Lake Institute at Westminster University. "We need to really be cautious about being optimistic."

Increased water levels in the lake are primarily the result of higher-than-normal snowfall, according to Hayden Mahan, a meteorologist with the National Weather Service in Salt Lake City.

Last year, Utah received more than double its typical snowfall, the most since records began in 1981. This year, snowfall was 30% above average. But there's no

Please see GREAT SALT LAKE, A6

BLM REPORT: RED CLIFFS HIGHWAY POSES THREATS

ST. GEORGE PLAN — Federal review lists concern road among the alternatives, but also notes environmental impacts. » STORY, A6



CONLEY & GOBERT DRAW SUPPORT FROM JAZZ FANS

EX-JAZZ DUO — They're experiencing more success in Minnesota than they did in Utah — and fans are happy for them. » SPORTS, B1

INDEX

Classified Ads	B7	Obituaries	B6
Comics	B10	Puzzles	B9
Editorials	A7-8	Sports	B1

VOLUME 2 | NUMBER 131



Soldier Hollow Classic Sheepdog Championship & Festival

Memorial Day Weekend
May 24-27
Midway, Utah

20th Anniversary Celebration

www.soldierhollowclassic.com

