

Healthy Active Lifestyles

A Silver Opportunity

Beth [REDACTED] and Mary Rose [REDACTED], Cadette Girl Scouts in Towson Troop 4441 and Maryvale Freshmen, have earned the Girl Scout Silver Award with their project **Healthy Active Lifestyles**. Introduced in 1980, this is the highest award in Cadette Girl Scouts and earned by only 5% of Girl Scouts. Both Girl Scouts completed almost 60 hours of service work, which exceeded the forty hour requirement.

Their project, **Healthy Active Lifestyles**, consisted of three major components. The underlying message was that everyone can be healthy and active. Throughout the project, they demonstrated long-range planning, time management, networking, delegation and budgeting.

Mary Rose and Beth learned that Jim and Teresa Zinkhan were about to launch **The Baltimore Saints**, an ice hockey program designed to serve children and young adults with Aspergers, Autism, Down Syndrome or Brain Injuries. This project was particularly interesting to Beth, who is the Captain of her Susquehanna Rapids U16 Blue Ice Hockey team. Beth and Mary Rose held a benefit called Skate for the Baltimore Saints that kicked off the program four months ahead of schedule!! The benefit, which included on ice assistance and a bake sale earned \$985 in an hour that allowed the girls to equip the Baltimore Saints with

hockey sticks, team jersey emblems and sample uniform jerseys. They presented the equipment to the Zinkhans at the Reisterstown Ice Rink July 14th with James Smith, Baltimore County Executive tossing out the first puck!! When asked what motivated her, Beth said, "I just wanted to give back to the community." The girls applied many of the skills they learned from their Girl Scout Interest Projects in business and marketing. Their greatest learning was the power of networking. By inviting the ice hockey teams from area schools/colleges and public programs to attend, they also gained donations of used equipment and mentors for the Baltimore Saints.

The second part of their project was a Health Fair at Immaculate Conception School. They sought the advice of experts and learned the advantage of delegation. Through a variety of activities, handouts and demonstrations, they hoped to reduce heart disease, which is the number one cause of death, childhood obesity, the early onset of Adult Diabetes, anorexia/bulimia and low self-esteem.

Outside experts included the University of Maryland Dental School, the American Heart Association, Supperthyme and Girl Scouts of Central Maryland. Every attendee received a bag of local activities including an array of summer camps in time to plan their summer vacation. Beth and Mary Rose invited the Girl

Scout Communities from Towson to Cockeysville, the Immaculate Conception School and their Cluster of Girl Scout Troops to attend. The troop led activities included aerobics, nutrition, facials and exercises for all ages from warm ups to obstacle courses and sports games. By participating in the day's activities, the attending Girl Scouts fulfilled several different badge requirements.

Finally, it was time to Thank a vital source of information, Mt. Washington Pediatric Hospital, which caters to a population of children with a variety of medical needs. The children's hospital runs the Weigh Smart Program for children and teens with the extremes in weight gain and loss. Some program participants check in to the hospital to retrain their eating habits and learn new strategies. Beth and Mary Rose made forty blankets for the Child Life department.

Beth and Mary Rose made an investment in their community that will last a lifetime. All it takes is the initiative to reach out. The outcome is Mary Rose continues as a Baltimore Saints mentor and Beth hopes to support a different cause annually. Mary Rose said, "Earning the Silver Award was a great experience. I would encourage all Cadette Girl Scouts to take the opportunity to earn a Silver Award. It is something you will have for a lifetime!"