

## **Girls on the Run Media Monitoring Mar. 7 – Mar. 13, 2009**

### **1) York County women impact future generations**

By Melissa Nann Burke

12 March 2009

York Daily Record (MCT) and <http://ydr.inyork.com/>

Mar. 12--In honor of Women's History Month, we salute women who have left a mark on York County.

The York Daily Record/Sunday News celebrates Women's History Month by profiling two of the 50 women featured in the American Association of University Women's 1984 book, "Legacies: Remembrances of York County Women."

We also introduce two women highlighted by community groups who are mentoring young women and inspiring the next generation.

One is helping to plan a shelter in York for homeless teens. The other encourages girls to develop self-respect through running.

#### **CHRISTINE DANN THOMAS**

Born: July 11, 1899, in Elkins, W.Va.

Died: Sept. 16, 1999, in York Township

Known for: Her work with the Girl Scouts, guiding the consolidation of eight adjacent scouting councils into the York-based Penn Laurel Council. (Penn Laurel has since merged with three other councils to form Girl Scouts in the Heart of Pennsylvania in 2007.)

Education: A.B., Goucher College (1920)

Occupation: Director of the Family Service Bureau in York (from 1933 through her retirement) and, formerly, a school teacher

Accomplishments/community involvement: Volunteer service included the City PTA Council, the Red Cross, the College Club of York County, the board of Goucher College and its National Alumnae Council and several activities at First Presbyterian Church of York (the Women's Association, the Session, the nursery school and serving on the three-county presbytery)

Honors/awards/recognition: Member, Phi Beta Kappa; First Presbyterian Church of York's Christine Thomas Hall is named for her (dedicated in 1987); the Golden Trefoil Award from the Girl Scouts; Centennial Alumni Award from Goucher College for outstanding service in the community (1985)

#### **MARY JANE MAGEE REWALT**

Known as: The "Heroine of the Susquehanna"

Accomplishments/community involvement:

In June 1863, Confederate Gen. John B. Gordon marched through York on his way to the Susquehanna River crossing at Wrightsville. The covered bridge there was important to the Southern army, but retreating Union troops set fire to the bridge to keep the rebels from crossing.

Soon, the flames spread to town, and the Confederates pitched in to save the houses. After the flames subsided, a young woman in her late 20s learned that Gordon's men would head west the next morning.

Out of gratitude for saving her home, Mary Jane Magee Rewalt invited Gordon and his staff to breakfast. Impressed by her hospitality, he hinted that Rewalt might be a Southern sympathizer, but she demurred, explaining her allegiance to the North and her hope that the Union could be saved.

Honors/awards/recognition: Gordon was so impressed with Rewalt that he recounted her story many times during lectures years later and in his memoirs. He called her "the heroine of the Susquehanna" during his well-received talk at the York Opera House in 1894.

She is great-grandmother to the writer Gore Vidal.

SANDIE WALKER

Age: 26

Lives in: York

Family: Parents, Sandy and Collette Walker; four brothers and a sister

Education: B.A. (leadership studies) and B.S. (urban practice and policy), University of Richmond (2005); William Penn Senior High School (2001)

Occupation: Youth program coordinator, the City of York; assistant women's basketball coach, Millersville University; founder and owner, Visualize Leadership, a leadership consulting business

Community involvement/accomplishments: Candidate, York City School Board; youth director, York Helping Hands for the Homeless and the YORK (Youth Obtaining Respect and Knowledge) service-learning program for teens; former girls basketball coach, William Penn Senior High School (2005-08); volunteer, the York Boys Club's Raider girls basketball teams; board member, Leadership York; and member, Maranatha Church of God in Christ in York

Hobbies/interests: Working with youth

What is the biggest challenge you've faced? How did you overcome it?

"Adjusting to life after basketball.

"My senior year in high school, I tore my ACL (a ligament in the knee), and then again in my sophomore and junior years in college. That was telling me, OK, you're not meant to play that sport, and, OK, I'm not going to be a pro basketball player -- so, what is the next thing I'm going to do? I said, I'm going to focus on getting my degree and finding something I love to do.

"I realized what my parents were teaching me all along was that my education was my foundation."

What is your proudest accomplishment?

"This is not something I think of as an accomplishment, but I had a list of stuff I expected to do from a young age. It became a way of living.

"Growing up, we called it mandatory volunteering -- our parents made us go out and feed the homeless and made us participate in community activities. With everything I've done, I've known I wanted to come back to York to help people and work with youth.

"I'm proud of making my parents happy. I'm proud of seeing a teenager I'm helping make a turn for the better.

"For me, that doesn't feel like an accomplishment. It's just what I expect of myself."

What would you change if you could?

"Change begins with each individual. If we want to see something change, it's got to start with us.

"A lot of times we point the fingers and never take into consideration that what needs changing could be us."

What are your goals for the future?

"I'm in the beginning stages of opening an emergency shelter for homeless teenagers. It's an emergency shelter through the York Helping Hands youth program.

"Teen homelessness is something I've experienced being a coach and working with teens. Sometimes, they have problems and get kicked out of their homes, and sometimes, it's not their fault but just a product of the environment they're living in."

Who is your role model and/or mentor?

"My parents. They raised us up in a way that we should go. They're supportive and taught us everything we know to prepare us for adulthood.

"Whenever I looked up in the stands, they were always there. They were there on a personal level, too. They were true parents, and I respect them for all the sacrifices they made, and all the values that they taught us.

"As you become an adult, you start to realize how much it means to have great parents."

What is the most important lesson you've learned?

"My parents always told me this: Strong mind, strong body.

"Whenever I was going through something, my parents instilled in me that as soon as you lose control mentally, anybody can control you. ...

"Don't ever let anybody have control over you. Make your own decisions, and don't let the peer pressure take over you.

What advice would you give to young women?

"Be true to who you are. Set goals for yourself, but just don't set goals verbally -- write them down and share them with other people so they can hold you accountable. Remember that birds of a feather they flock together, so if you have goals but you aren't hanging out with individuals who have goals as well, you can get off track.

"My mom always said to keep God first, and if you have questions about things, pray about it."

SUE SCHMIDT

Age: 76

Lives in: Spring Garden Township

Family: Husband, John; three children; and four grandchildren

Accomplishments/community involvement: Ran the Boston Marathon, traveled 120 miles on cross-country skis to the North Pole, bicycled across China, rowed in a World Cup Dragon Boat Race in Taiwan, earned a black belt in karate, climbed Mount Everest and crossed the Sahara Desert on foot, as well as the glaciers of Antarctica; she's training for her fifth YWCA Ladies' Spring Triathlon; she's past board president of the YWCA of York, where she runs the self-esteem/running program **Girls On the Run** for girls ages 8-11; she founded the Women's Network of York; she's been involved in community groups including Access-York, York Little Theatre, York Hospital Auxiliary, York College Auxiliary, Strand-Capitol Performing Arts Center and the United Way of York County

Honors/awards/recognition: YWCA of York's 2007 People Who Make A Difference Award

What is the biggest challenge you've faced? How did you overcome it?

"Accepting cancer and its beloved 10 side effects.

"I didn't overcome it. I'm in remission."

What is your proudest accomplishment?

"I'm supposed to say my children, but it's probably reaching the North Pole alive by cross-country skiing." (Editor's note: In 1993, Schmidt became the third woman ever to reach the pole without mechanical aid.)

"Plus, 30 years of adventure travel."

What would you change if you could?

"Older women's views and expectations of themselves, i.e., all of us need to rethink wearing black pants the rest of our lives."

What are your goals for the future?

"I'm 76, staying alive is right up there in my book."

Who is your role model and/or mentor?

"None, but not for lack of looking."

What is the most important lesson you've learned?

"There aren't enough pages.

"Stand up straight, walk forward and know the sun will come up tomorrow."

What advice would you give to young women?

"Step up, follow your heart and believe in yourself."

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## IF YOU GO

What: A talk by midwife and author Patricia Harman, co-founder of Partners in Women's Health Care in Morgantown, W.Va., and author of "The Blue Cotton Gown: A Midwife's Memoir"

When: 5 p.m. Tuesday

Where: York College, 441 Country Club Road in Spring Garden Township (Humanities Center room 218)

Cost: Free

For details: 815-1703

## NOW

The York chapter of the National Organization for Women holds meetings monthly. For details, call 845-4086.

## WOMEN'S HISTORY MONTH

As recently as the 1970s, few schools studied women's history, so an education task force in Sonoma County, Calif., initiated a Women's History Week celebration in 1978.

Word about it spread. Women initiated similar celebrations within their own organizations and school districts and supported an effort to secure a congressional resolution declaring a National Women's History Week, which Sen. Orrin Hatch, R-Utah, and Rep. Barbara Mikulski, D-Md., co-sponsored in 1981.

In 1987, the National Women's History Project petitioned Congress to expand the national celebration to the entire month of March. Since then, the National Women's History Month Resolution has been approved.

Every year, the president issues a special Women's History Month Proclamation.

Source: National Women's History Project

## HISTORY QUIZ Who was the ...

1. First Latina city school board president?
2. First Latina school board member?
3. First appointed female mayor of York?
4. First elected female mayor of York?
5. First city female police officer?
6. First black elected York County row officer?

7. First female county commissioner?
8. First female York County Court of Common Pleas judge?
9. First female state legislator?
10. First black homecoming queen at William Penn Senior High School?

#### Answers

1. Jeanette Torres
2. Vilma Garcia-Jones
3. Jessie M. Gross
4. Elizabeth Marshall
5. Becky Downing
6. Mattie Chapman, prothonotary
7. Lorraine Hovis
8. Sheryl Dorney
9. Jane Alexander
10. Linda Woodward

#### BY THE NUMBERS

154.7 million

The number of women in the United States as of Oct. 1, 2008. There were 150.6 million men. There were more than twice as many women as men ages 85 and older.

82.8 million

Estimated number of mothers of all ages in the United States

1.9

Average number of children that women age 40 to 44 had given birth to as of 2006, down from 3.1 children in 1976, the year the Census Bureau began collecting such data

\$34,278

The median annual earnings of women 16 or older who worked year-round, full time, in 2007 -- up from \$33,648 in 2006 (adjusted for inflation). Women earned 77.5 cents for every \$1 earned by men.

28 percent

The percentage of women 25 and older who had obtained a bachelor's degree or more as of 2007. This rate was up 11 percentage points from 20 years earlier.

928,000

The projected number of bachelor's degrees that will be awarded to women in the 2008-09 school year. Women are also projected to earn 391,000 master's degrees during this period.

Women would, therefore, earn 58 percent of the bachelor's and 60 percent of the master's degrees awarded during the school year.

Women would also earn nearly half of first-time professional degrees, such as law and medical.

Nearly 6.5 million

The number of businesses owned by women in 2002. Women owned 28 percent of all non-farm businesses.

59 percent

The percentage of women ages 16 and older who participated in the labor force in 2007, representing about 71 million women. The participation rate for men was 73 percent.

38 percent

The percentage of women age 16 or older who worked in management, professional and related occupations, compared to 32 percent of males

62 percent

The likelihood that your taxes will be prepared by a woman, as this was the percentage of female tax preparers in 2007

94,000

The number of female police officers across the country in 2007. There were about 14,000 women firefighters, 330,000 lawyers, 266,000 physicians and surgeons and 36,000 pilots.

14 percent

The proportion of the armed forces who were women, as of Sept. 30, 2007. In 1950, women comprised less than 2 percent of the armed forces.

18 percent

The percentage of married couples in which the wife earned at least \$5,000 more than the husband in 2007.

5.6 million

The number of stay-at-home moms nationwide in 2007 -- up from 4.6 million a decade earlier.

3 million

The number of girls who participated in high school athletic programs in the 2006-07 school year. In the 1979-80 school year, only 1.75 million girls were members of a high school athletic team.

174,534

The number of women who participated in a National Collegiate Athletic Association sport in 2006-07

Sources: Census, Bureau of Labor Statistics, National Center for Education Statistics

ON THE WEB **Girls on the Run**, [www.girlsontherun.org](http://www.girlsontherun.org)

## **2) Positively habit-forming**

KEVIN TRESOLINI

11 March 2009

[The News Journal](#)

More than any other road race in Delaware, the Caesar Rodney Half-Marathon beckons.

Its 13.1-mile length and hilly topography are an irresistible lure to many, as are the race's history and tradition.

Sunday's 46th edition of Delaware's oldest annual footrace will bring more than 1,000 runners to Wilmington's Rodney Square for the 9:30 a.m. start. There's also a 5K at 8:30.

The half-marathoners must endure the steep climb up Market Street to the finish line between the DuPont Theatre entrance and the statue of Caesar Rodney.

Nonetheless, many run it once and immediately feel compelled to run it again and again. Eight individuals, according to race officials, have run at least 24 consecutive Caesar Rodney Half-Marathons.

The leader, as no one familiar with the Delaware road racing scene will be surprised to learn, is Hockessin's Doug White, who will run CR for the 37th straight year Sunday.

The streak that's more important to White is his 35 straight Boston Marathons, which he expects to extend next month. But there's no doubt the Caesar Rodney has a unique appeal.

"It has its own mystique," White said. "It's different. It stands out. The reason I like Caesar Rodney is it's been around so long and there's so much history to it. So many people set it as a goal to run it. For many, it's the only race they run."

David Olsen, 48, of Pike Creek, is one of those people.

He was a student at West Chester University when he jumped in the race with his father, Arloe, and a couple of uncles. Now he has run 29 straight, though "with an asterisk," Olsen said.

His son Corey had a wrestling tournament moved to the Sunday of Caesar Rodney one year. So Olsen went out the day before and ran the Caesar Rodney course alone.

"It's become no different to me than brushing your teeth," he said. "It's part of the daily grind of getting up and going on a run."

"My hat's off to everyone who runs it. Whether you finish in 65 minutes or an hour and 65 minutes, it's an accomplishment. It's not about how fast you go. It's that you just keep doing it."

Rick Freebery, 56, of Newark also has 29 straight. He, too, notes Caesar Rodney's habit-forming qualities. When December arrives, he knows there's "a goal to reach" and it's time to start training with Caesar Rodney in mind.

"There have been some years I probably shouldn't have run it," he said, "because I was injured or had the flu. But, after 15 years, it kind of became a mission, and it's been nothing but enjoyable."

Chuck Rynkowski of Hockessin has run 27 in a row. John Beley, 63, of Avondale, Pa., owns 26 straight.

Bill Rhodunda, 45, of Wilmington; Chip Bixler, 56, of Elkton, Md.; and Bruce Hubbard, 63, of Newark have streaks of 24.

One of the half-marathon's biggest rooters, Sen. Tom Carper, D-Del., 62, of Wilmington, has run it 26 of the last 27 years, a streak interrupted in the late '80s by a foot injury suffered running from second base to home plate in a softball game.

An injury to the same foot has him concerned about this week's race, but "I'm going to try to run and see what happens," he said.

Such is Caesar Rodney's temptation.

"If Caesar Rodney can ride his horse all the way from Dover to Philadelphia to sign the Declaration of Independence, I can be smart enough to run 13.1 miles," Carper said.

Carper runs just two days per week, but lifts weights and cycles on other days.

"One of the things I love about Caesar Rodney is I know it's there every March," he said, "and it's going to encourage me to stay in shape."

Rynkowski, a retired state trooper, entered to run in 1981 but got sick and couldn't. Nothing has stopped him since.

"Back in the late 1970s, early 1980s," he said, "I was running some of the 10Ks and the next logical step was to run Caesar Rodney. The first time I ran it I'd never run farther than 10K [6.2 miles], even in training. But the challenge and accomplishment of completing the race was a very good feeling."

It still is.

"When I was younger, I always wanted to do a better time," said Rynkowski, whose personal best was 1:34. "As I've gotten older, I've had to deal with injuries more and it takes longer to recover and you might be less concerned about time than being comfortable."

"But you always feel that accomplishment."

#### Footnotes

Newark's Budd Bettler set a state-resident record in the 65-69 age class with a 3:43:22 in the Baltimore & Annapolis Trail Marathon on March 1. ... Red Lion Christian School junior Natalie DiGregorio, 16, of Bear won the women's 14-17 age class at Disney's Princess Half-Marathon in Florida on Sunday in 1:36:00. ... There are still openings in the spring **Girls on the Run** (grades 3-5) and Girls on Track (grades 6-8) sessions. The life skills/fitness programs involve two one-hour group sessions per week with various

games and workouts, and culminate with the **Girls on the Run 5K** on May 30 at Wilmington's Rockford Park. Information is available at [www.girlsontherunde.org](http://www.girlsontherunde.org) or by calling 893-2222.

### **3) Rec offerings**

11 March 2009

[The News & Observer](#)

Items for Rec Notes should be submitted at least two weeks in advance via e-mail to [chnsports@nando.com](mailto:chnsports@nando.com) or by fax at (919) 968-4953, or mailed c/o Sports, 505 West Franklin Street, Chapel Hill, NC, 27516. A contact phone number should be included for publication. The Chapel Hill News retains the right to edit submissions as necessary. For more information, email CHN Sports or call (919) 932-2000, ext. 8743.

...REC CONTACTS:

...**Girls on the Run**: Phone 401-6307. Mail can go to 1415 West Highway 54, Suite 211, Durham, 27707. Phone: 401.6307. Online: e-mail [info@gotrtriangle.com](mailto:info@gotrtriangle.com) or visit [www.gotrtriangle.com](http://www.gotrtriangle.com).

### **4) First Friday - McClafferty's Irish Pub - Benefits Girls on the Run**

March 10, 2009

[West Virginia University: http://wvubi.com/generation-morgantown-news-and-events-2/](http://wvubi.com/generation-morgantown-news-and-events-2/)

Generation Morgantown March First Friday at McClafferty's Irish Pub, located at 1301 University Avenue. Please join us at McClafferty's on March 6, 2009, beginning at 5:30 p.m., and take advantage of social and business networking opportunities among others who live and/or work in Morgantown. McClafferty's will have free appetizers and \$1.00 off all drinks.

Clean out the cabinet or the snack drawer for a good cause:

Girls on the Run is a life-changing, experiential learning program for 3rd - 5th grade girls. The after-school program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. During the 12-week program, 24 sessions are held by volunteer female coaches that guide and mentor girls through a fun uplifting curriculum focusing on issues such as body image and the media, resisting peer pressure, making healthy decisions, and contributing to the community. For more information on Girls on the Run of Monongalia County, visit [www.moncountygotr.org](http://www.moncountygotr.org).

Generation Morgantown is collecting snacks for Girls on the Run at this month's first Friday. Healthy snacks are provided at the end of each training session. Please bring diced fruit cups, applesauce, raisins or other dried fruit, 100-calorie snack packs, pretzels, granola bars, and cereal bars. We look forward to seeing you on March 6th!

### **5) From the Desk of Ms. Hackmiller**

March 10, 2009

[Notes from Ms. Hackmiller Blog: http://holmeshackmiller.blogspot.com/2009/03/from-desk-of-ms-hackmiller.html](http://holmeshackmiller.blogspot.com/2009/03/from-desk-of-ms-hackmiller.html)

**PTO Auction:** Thanks to Kim Allgood and her auction committee for the hosting the best Holmes PTO Auction Event yet! The official numbers aren't in but I am confident that many of you bid on and won

some really terrific items. Thanks to everyone who donated time, goods or services to be auctioned. Your continued support of our efforts to provide the best educational opportunities for our kids is appreciated.

**ISAT:** ISAT testing comes to an end this week. Many of our students finished testing last week and did a fine job. I am very proud of our students. Their positive attitudes and great effort will surely be reflective in their scores.

**Report Cards:** Trimester 2 ended March 6 and report cards can be expected March 20.

**Attendance:** Research shows that children who are in school most of the time perform at a higher level. Being late for school hurts a child's learning. A student who is 10 minutes late every day misses 30 hours of instruction during the year. Children can copy notes or make up assignments, but they can never get back what's most important: the discussions, the questions, the explanations by the teacher and the thinking that makes learning come alive. Your child's success in school depends on having a solid educational background-one that can only be gained through regular school attendance.

**Spring Food Drive Challenge:** The Holmes School Student Council is sponsoring a Spring Food Drive Challenge. Donations are being collected in individual classrooms through April 22. Donations will be given to the Oak Park and River Forest Food Pantry. Help us reach our goal by helping others!

**GOTR:** The spring session of Girls on the Run has begun. Girls on the Run is a non-profit 501 (c) (3) organization dedicated to educating and preparing girls for a lifetime of self respect and healthy living. We use experiential learning programs which combine training for a 5k (3.1 mile) race with a lesson plan designed to promote good choices and an active lifestyle. This session I, along with Mrs. Cushing and Ms. Jennings, have the privilege of working with 17 3rd, 4th and 5th graders for 11 weeks as we prepare for the race on June 6 at Montrose Harbor in Chicago.

Stay well,  
Suzie Hackmiller

## **6) Helping Girls To Develop Self-Respect And Healthy Lifestyles**

March 10, 2009

[HealthylifestyleDaily.com: http://www.healthylifestyledaily.com/healthy-lifestyle/helping-girls-to-develop-self-respect-and-healthy-lifestyles](http://www.healthylifestyledaily.com/healthy-lifestyle/helping-girls-to-develop-self-respect-and-healthy-lifestyles)

A weekly Public Access interview show hosted by Keith Roe. This Week's guests are Sandy Barry-Loken, Director and Ann Early, Co-Chair of Development for the Greater Kalamazoo Girls on the Run. Our mission is "to educate and prepare girls for a lifetime of self-respect and healthy living." Girls on the Run (GOTR) is a non-profit prevention program that uses the power of running to help preteen girls in 3rd through 8th grade develop self-respect and value a healthy lifestyle. Our curricula ...

Duration: 0:5:20

(To watch the video of Molly Barker, go to the above link.)

## **7) JU Announces Women of the Year**

9 March 2009

[Targeted News Service](#)

JACKSONVILLE, Fla., March 9 -- Jacksonville University issued the following news release:

Jacksonville University is proud to announce Carolyn Munro Wilson '69, '77, '89, as its "Community Woman of the Year," Dr. Kim Capriotti as "Woman of the Year" and Senior Natasha Harvey as "Student of the Year." The honorees will be recognized during a luncheon on Thursday, March 24, at 12:30 p.m. in the Frances Barlett Kinne University Center on campus.

Wilson, a member of JU's Board of Trustees, is chair of the Board's committee on Student Life and was instrumental in helping open the Davis Student Commons on campus. In addition, she is president of the George M. Cohen Foundation.

Capriotti is an associate professor of finance and accounting in the Davis College of Business. She is JU's faculty athletic representative and is active in the Atlantic-Sun Conference and a member of the NCAA Division I Academic Cabinet.

Harvey is a physical education major with a concentration in exercise science. She is a member of both the Cross Country and Track and Field teams and has been the cornerstone of the Dolphins' last three consecutive Atlantic Sun Indoor and Outdoor track and field championships.

Last year, she was among 24 elite jumpers who competed for the three long jump spots on the United States Track and Field Team at the Olympic Trials in Eugene, Ore.

Harvey has served on the Student Athletic Advisory Committee for three years and just finished a term as its president. Her community service includes working with PACE, Big Brother Big Sister and **Girls on the Run**.

Tickets are \$5 for students and \$13 for faculty and staff. They are available through: Carolyn Barrett - Registrar's Office, Howard; Lorice Gregory - Admissions, Howard; Linda Christoffersen - Honors Program, Gooding; Marilyn Repsher - Division of Science & Math, Merritt-Penticoff; Jonnelle Davis - Student Life, Davis Commons; Erin Kupferberg - School of Education, Founders; Sandi Branum - Adult Degree Program, DCOB; Suzy Stroud - School of Nursing, Lazzara

## **8) Daily Digests**

March 9, 2009

*Dunn Daily Record:*

<http://www.mydailyrecord.com/main.asp?SectionID=1&SubSectionID=1&ArticleID=105221&TM=48687.48>

...Woman's Club Holds Joint Meeting

A joint meeting of Dunn's Woman's Club, Intermediate Club and Juniors will be held Tuesday, March 10 with a social beginning at 6:30 p.m. The program begins at 7 entitled, "Girls On The Run."

## **9) Franklin invites Medway residents to use recreation programs**

By Joyce Kelly/Daily News staff

March 9, 2009

*The Milford Daily News:* <http://www.milforddailynews.com/news/x238204087/Franklin-invites-Medway-residents-to-use-recreation-programs>

NO DATA — Having fun just got a bit easier in two neighboring communities.

By playing nice together, or well, playing together, period, Franklin and Medway officials believe, both communities will win.

Franklin Town Council last week unanimously voted to provide recreational services to Medway residents for a 1 1/2-year trial period.

Medway selectmen approved the agreement at their last meeting.

The two communities will begin by sharing the first flag football game of the year, in Medway in late April or early May, said Town Administrator Jeffrey D. Nutting.

Franklin has recreational staff and extensive programs and activities, and Medway has residents willing to pay the fees to participate, since the town only offers minimal recreational activities.

"It's a win-win for everyone," Nutting said.

"It gives us revenue to keep our fees down" by contributing to overhead costs, he said.

Franklin Recreation Department Director Ryan Jette said about 5,800 kids in Franklin participate and Nutting said the department has revenue of about \$400,000 per year.

"We're not going to get rich off this, but if we can make \$10,000 for a little bit of work, it's worth a try," Nutting said.

Under the agreement, Medway residents can participate in a Franklin Recreation Department program or activity after Franklin residents have been given a chance to register.

Franklin kids would also be able to enroll in Medway activities, if there are openings, Nutting said.

In the case of extremely popular programs, like summer camp and flag football, Franklin will offer the program in both towns, Jette said.

For example, flag football is always sold out in Franklin (388 kids signed up last year), so this year, he will run a program in the spring in Medway, and a second in the fall in Franklin, he said.

There will be two summer camp programs running simultaneously in both Medway and Franklin, Jette said.

Franklin and Medway residents will pay the same fee for all programs. Programs will only be open to residents of those two communities. Also, Franklin is also allowing Medway residents Beaver Pond passes for the same rate Franklin residents pay, Jette said.

That means Medway residents will pay an \$8 daily rate, versus \$12, or the \$75 season pass instead of the \$125 pass, he said.

"We'll only take Medway and Franklin residents in the swimming programs, so they're getting quite a few programs," Jette said.

Here are a sampling of programs that will be offered in Franklin to residents of both towns this year: Track and field, Girls on the Run, spring basketball, horseback riding, a cooking class and the Father's Day fishing derby, Jette said.

"We want to keep kids busy, and they learn a lot from these programs. It's a win-win for both Franklin and Medway," Jette said.

In some instances, geography may be the top reason for enrolling in the other town's programs, Nutting said.

For instance, people who live in north Franklin may find it easier to participate in Medway games, he said.

"In both communities, their own kids get first bite of the apple," said Nutting.

Councilors generally thought the agreement would benefit Franklin. However, Council Robert Vallee was a little skeptical about whether the agreement will contribute to Franklin, since Franklin's programs seem to be full already.

Medway Town Administrator Suzanne Kennedy also called the arrangement a "win-win," particularly with summer camp, which was popular in Medway until the town had to abandon the program because of a deficit.

"We just ran out of money, and we weren't operating the Recreation Department as an enterprise account," she said.

"I think it'll help everybody, so we're pleased with this," she said.

Joyce Kelly can be reached at 508-634-7582 or [jkelly@cnc.com](mailto:jkelly@cnc.com).

## 10) Jess's Journey

March 8, 2009

[Jess's Journey Blog: http://jessicaleonardsjourney.blogspot.com/2009/03/if-only.html](http://jessicaleonardsjourney.blogspot.com/2009/03/if-only.html)

Welcome to this swim flowing, bike hill climbing, run therapy journey throughout my way to the Ironman in Louisville 2009. Sit back, relax, and drop a line so I know you have visited! :o)

I am here to share my triumphs, (and few and far hardships), as well as raise money for the wonderful organization *GIRLS ON THE RUN*. Stay tuned to find out how YOU can help this wonderful cause! [www.januscharitychallenge.com](http://www.januscharitychallenge.com) (search Jessica Leonard)

Thanks for visiting, and come again!

## 11) Time flies

March 8, 2009

[Balance is Best Blog: http://balanceisbest.wordpress.com/2009/03/08/time-flies/](http://balanceisbest.wordpress.com/2009/03/08/time-flies/)

Good Sunday Morning!

...Saturday morning I headed to my Girls on the Run coaches training. It was AMAZING! 😊 There were about 50 women that were new to the program. It was just so cool to see so many healthy, active, and genuine women in a little elementary school gym ready to learn about the program. I will give you guys more details as the session progresses. All in all, I have a feeling that this an organization that I will be a part of for a long time. The directors are the sweetest things in the whole world and I was truly amazed by the amount of time and effort that they put into GOTR Denver. Truly inspiring! There's a minor problem with my school's timing, but we're going to try to figure it out on Friday. I can't wait to meet them - apparently we have about 10 5th grade girls! 😊 yay!!!

## 12) Area Charities

March 7, 2009

[Jacksonville.com: http://www.jacksonville.com/news/metro/2009-03-06/story/agency\\_helps\\_children%E2%80%99s\\_dreams\\_come\\_true](http://www.jacksonville.com/news/metro/2009-03-06/story/agency_helps_children%E2%80%99s_dreams_come_true)

Girls on the Run of Northeast Florida, P.O. Box 5028, Jacksonville, FL 32247. Relies on volunteers to help coach various programs. Need volunteers and monetary donations.

### 13) Motivating Girls To Be More Active

March 6, 2009

By Holly Gilbert

*The Rambler*. <http://transyrambler.wordpress.com/2009/03/06/motivating-girls-to-be-more-active/>

"Keep going! You can do it! Way to go, girl!" These words of encouragement are just a few of the cheers I hear from the elementary school girls who are keeping each other motivated as they run laps around the gym at Northern Elementary School. They wipe the sweat from their foreheads, take a quick drink of water and bend down to fix pink or blue shoelaces before continuing on. Some might walk or trot for a few moments, but it's not long before a classmate comes up beside them, encouraging them to go a little bit faster and a little bit further. These 3rd to 5th graders aren't in Physical Education class, but if you visit the school on any Tuesday or Thursday afternoon, you'll find this small but sturdy group of girls engaged in physical activity and mental building exercises. That's because they are all participants in the Girls on the Run, a program which Northern Elementary implemented just a few weeks ago.



Girls on the Run is a non-profit, nationwide program which seeks to educate and prepare girls between the ages of 8 and 12 for a lifetime of self-respect and healthy living. The founder, Molly Barker, realized at a young age the unrealistic expectations placed on girls for maintaining their physical appearance and fitting other certain "molds" set up by society. She decided that Girls on the Run would be a great way to encourage physical health while promoting a positive sense of self along the way. For that reason, the program combines training for a 5K running event with self-esteem enhancing workouts and activities that encourage emotional, social, mental and physical development.

By teaching the young women to set and achieve a goal, one which is both physically and mentally challenging, the program promotes a positive sense of self through running. The topics of the weekly lessons range from body image to making healthy decisions, and each meeting includes a small but substantial workout that prepares the girls for the 5K.

I have had the privilege to be an assistant coach here at Northern, and now as I watch the girls running for what makes their sixth time, I realize how quickly they're becoming stronger, both physically and mentally. Other Transy students have become involved as well, like Megan Blandford and Ashley Stafford who both serve as "sole mates" at Northern. Today's topic was emotional health, and every three laps the girls stopped to fill out a worksheet question regarding their feelings. Now that the run is over, we sit down in a circle to stretch for a few moments and discuss what they learned.

"Can anyone tell me what they do when you feel sad or angry?" Katie, the Head Coach, offers up the question to the group, and several hands shoot up. She calls on Sam, a talkative brunette. "I write down what I feel," she says thoughtfully. "Then I feel better."

I smile to myself as I think about the impact that Girls on the Run has already had in the life of Sam, and others like her. If these girls can achieve that type of emotional maturity by the 3rd, 4th or 5th grade, then I am confident this program promotes a positive sense of self that they can carry with them beyond their adolescent days.

### 14) Girls On The Run sponsors Summer Solstice Run Proceeds to Gibson Centre and SMH

March 06, 2009

AllistonHerald.com: <http://www.allistonherald.com/allistonherald/article/130397>

South Simcoe runners are getting in shape for the first Summer Solstice Run.

Girls on the Run South Simcoe is sponsoring a five-kilometre, 10-kilometre and kids fun race June 21 as a fundraiser for the Gibson Centre and Stevenson Memorial Hospital.

New Tecumseth council is in the process of approving the race route through downtown Alliston, which will require some streets to be shut down the day of the event.

Organizer Ann Jackson said they are trying to keep the event appealing to all runners. The goal for this year's run is to have 500 participants.

Jackson said registration details will be made available this month. For more information on the Summer Solstice Run call Jackson at 705-434-1299.

### **15) Kauffman regains her stride**

KEVIN TRESOLINI

25 February 2009

[The News Journal](#)

...**Girls on the Run**/on Track starting

Spring **Girls on the Run** (grades 3-5) and Girls on Track (grades 6-8) programs are starting at many area schools in March, but registration is already under way.

The nationally acclaimed life skills/fitness program involves two one-hour group sessions per week with various games and workouts. They culminate with the **Girls on the Run** 5K on May 30 at Wilmington's Rockford Park.

Information is available at [www.girlsontherunde.org](http://www.girlsontherunde.org) or by calling 893-2222.

Contact Kevin Tresolini at 324-2804 or [ktresolini@delawareonline.com](mailto:ktresolini@delawareonline.com).