

Club 25 hosts field trips for S.T.R.O.N.G.E.R. girls

Program allows girls to get exposure to fields, topics

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Special to the Chronicle

Sept. 3, 2012

Members of Club 25, an organization formed from the “25 Women You Need to Know” program created by the *Tallahassee Democrat*, partnered with Capital Area Healthy Start Coalition to provide summer learning opportunities for Healthy Start's STRONGER Girls Program.

S.T.R.O.N.G.E.R. is an after-school program for middle-school girls that focuses on the health and fitness. Sylvia White, assistant vice president of Capital City Bank, took the girls on a two-hour field trip to Capital City Services Company, which included a tour of the technical and marketing department.

Employees introduced themselves and discussed their respective roles. The girls learned about issues such as fraud and prevention and were shown how to create an effective marketing plan.

“You don't have to know the second theory of thermodynamics in physics to serve,” Ms. White explained. “Hosting the young ladies from the S.T.R.O.N.G.E.R. field trip was a pleasure. If they came away knowing one thing about banking that they did not know before the field trip, it was a success.”

Marina Lickson, owner of Honeytree Natural Foods, invited the girls to the store for a discussion on the art of natural and organic products, and why choosing a healthy lifestyle is important to our bodies mentally, physically and emotionally.

The girls drank coconut water and ate goat cheese and gluten free crackers. They learned about a variety of ingredients that can be substituted in foods for those who have allergies. In addition, Ms. Lickson explained the purpose for taking vitamins and supplements. The girls also sampled skin-care products and cosmetics.

Dr. Alma Littles, senior associate dean for medical education, took the girls on a field trip to Florida State University's College of Medicine on July 19. They had the opportunity to ask faculty, professors and students questions about medical school, while discussing the importance of establishing short- and long-term goals. College of Medicine students talked to the girls about their plans for the future, emphasizing the importance of maintaining good grades throughout school.

The group toured the facility and had the opportunity to learn how medical students learn life-

saving techniques on mechanical mannequins by identifying heartbeat abnormalities on a stethoscope and monitoring a baby's heartbeat.

“We really enjoyed the opportunity to interact with the girls when they visited the College of Medicine,” said Dr. Littles. “They were very well-behaved and their thirst for information was tempered only by our undergraduate and medical students and faculty’s enthusiasm to provide it to them. We all welcome the opportunity to make a difference, especially in the lives of children who might not otherwise have access to advice regarding careers in medicine.”

Jeanne Dariotis, vice president of Florida Blood Services, took the girls to the Southeastern Community Blood Center. She gave them a tour of the laboratory and donor room. Employees discussed their roles at SCBC.

Leon County Circuit Judge Judith Hawkins hosted the final field trip of the summer at the Leon County Teen Court where the girls were invited to witness courtroom proceedings. They were welcomed by the staff, and they observed first appearances with Judge Hawkins. The group also took a tour of the courthouse and participated in a mock trial.

The girls also took part in the weekly Cookbook Project initiated by Wendy Barber, which is designed to promote healthier eating. They learned where to shop for specific ingredients and how to prepare nutritious and cost-effective meals. As part of the project, the girls learned about whole foods, local foods and foods that heal. In addition to the Cookbook Project, the girls learned about finances. Thanks to Cari Molinaro, finance and math teacher at Godby High School, the girls were taught how to maintain a budget to suit their needs. A special thank you goes out to the participating members of Club 25 for the time taken to share their wisdom and professional expertise with the S.T.R.O.N.G.E.R. Girls program.