

Girls Inc. promotes healthful lifestyle

Members of Girls Incorporated of West Contra Costa County have formed the Girls Inc. Fitness Dance Troupe and taken it on the road.

They perform at community centers, health fairs and schools, using their talents to promote a healthy lifestyle.

They received third place last month in the 30th anniversary Colgate Youth for America campaign.

The prize was \$300.

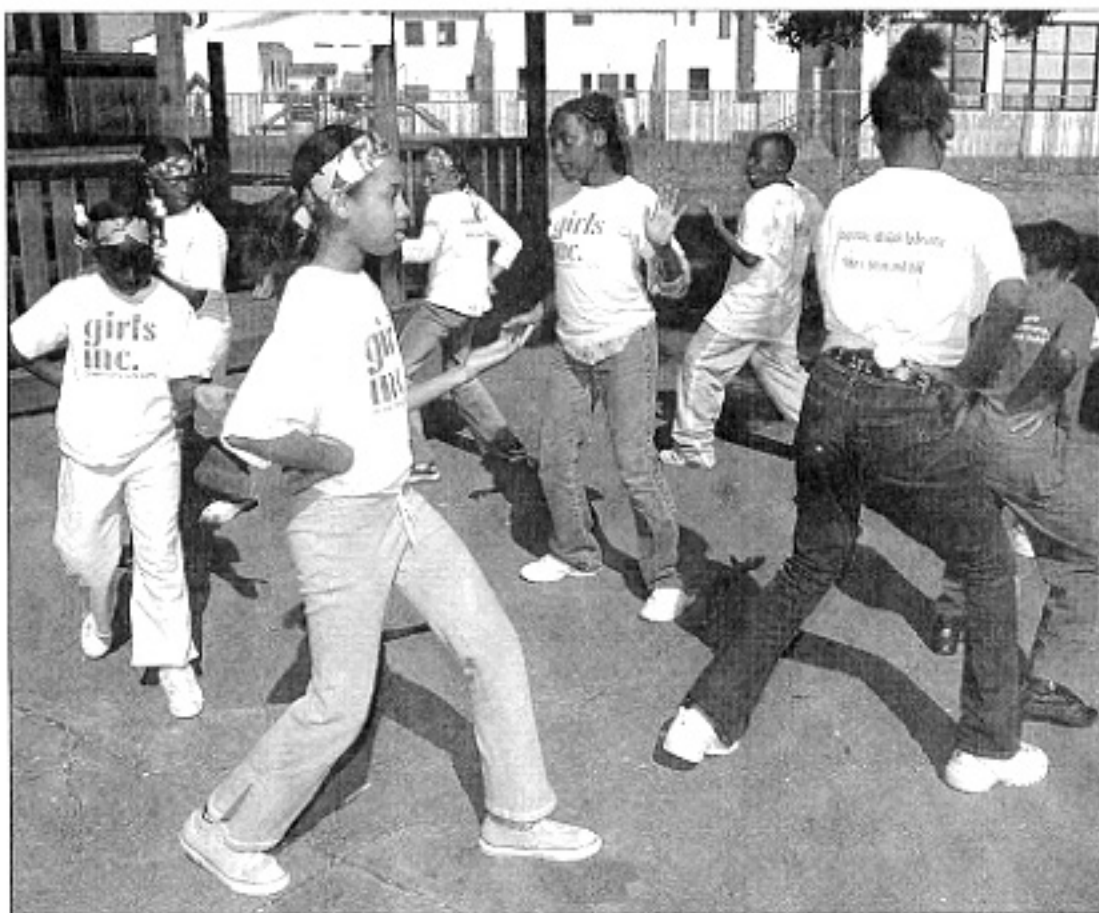
The dancers have produced a fitness video, with the help of the California Nutrition and Fitness program for adolescents, to get their message of good nutrition and exercise across to other youths.

The 55-year-old Girls Incorporated started in New England to serve young women who had migrated to industrial cities from rural areas. It promotes self-sufficiency for girls and young women, ages 6 to 18, through educational and recreational programs. Its mission is to develop girls' potential while addressing issues of pregnancy, drug abuse and violence prevention.

Scholarships are available for girls pursuing a college education.

People interested in learning more about Girls Incorporated of West Contra Costa, either as potential members, volunteers or supporters, may call 510-232-5440.

The club is at 260 Broadway, Richmond.



GREGORY URSULIAG/TIMES

THE GIRLS INCORPORATED Dance Troupe practices a routine June 6 in Richmond. The troupe received an award of \$300 from the 2003 Colgate Youth for America campaign. Through their public appearances and a new video they produced, the girls promote health and fitness in West County.



MARY REILEY

Our Neighbors

Visit www.girlsinc.org for more information on the national organization.

Dad's day

Here's to the best dad I ever knew.

He was there for the birth of his children, with tears in his eyes.

He teaches what it means to be a man by going to work every day, even when he doesn't feel like it.

Besides supporting his fam-

ily, he works for the good of the community and always leads by example.

He treats his wife like a queen on Mother's Day, even though she is not his mother, because he wants their children to understand she is respected and loved.

It's your turn to receive the royal treatment. Honey. So settle into your recliner and rest on your laurels. You've earned it.

If you have tips about people or programs our readers would like to know about, call me at 510-262-2784, e-mail mreiley@ccimes.com, or write to West County Times, 4301 Lakeside Drive, Richmond, CA 94806. Our fax is 510-262-2776.

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