

South Bay Workforce Investment Board
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PRESS RELEASE
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HIGH SCHOOL SENIORS HONORED AT FIT FOR GOLD ACADEMY AWARD CEREMONY

Thirty-three local area high school seniors were honored June 26th for completing tutoring and fitness training in the fifth annual Fit For Gold Tutoring & Fitness Academy presented by the South Bay Workforce Investment Board (SBWIB). The Ceremony was conducted at the Hawthorne Memorial Center.

SBWIB Executive Director Jan Vogel along with Hawthorne Mayor Larry Guidi congratulated the Fit For Gold Cadets and noted that they had had a very positive impact in the lives of the elementary and middle school aged children they had mentored during the program. Each cadet received a Certificate of Achievement and medallion. Also honoring the cadets were Hawthorne Mayor Pro Tem Ginny Lambert and Councilman Danny Juarez, and Lawndale City Councilman Robert Pullen-Miles.

Stephanie Quintero, a Hawthorne High School graduate, was named the winner of the \$500 mayor Larry Guidi/ SBWIB Scholarship, and Inglewood High School graduate Norma Lopez, was the recipient of the \$1,000 Gas Company Scholarship that was presented Dennis Lord, Public Affairs Manager.

Fit For Gold was established in 2003 by the City of Hawthorne, SBWIB and Gold's Gym-Hawthorne, to address declining student test scores and the alarming increase in cardio-vascular disease and diabetes among children due to a lack of exercise and poor nutrition habits. More than 350 high school seniors have graduated from the academy and 93% of all participants have gone on to colleges or universities. The cadets completed 24 hours of training in mentoring, proper nutrition, physical fitness, playground activities and homework assistance. They were assigned to after school programs at school sites in the Inglewood, Lennox, Hawthorne and Lawndale School Districts. Cadets worked 2-3 hours after school each day for approximately 80 hours per semester and received a stipend through the Federal Workforce Investment Act.

The cadets' training was provided by Gold's Gym, A World Fit for Kids, Friday Night Live Partnership, Los Angeles County Office Of Education and the National Dairy Council of California.

Fit For Gold graduates included: Lucia Alfaro, Rha-Kiyela Alfred, Marlene Alvarado, Nancy Alvarado, Jose Ayala, Ekezie Aranotu, William Boye, Leliani Brito, Nora Carillo, Carolina Cauder, Virginia Fuentes, Alejandra Juaregui, Jasmine Martinez, Maria Morales, Mayra Patino, Jasmyne Press, Cristene Sico, Czarino Sico, Melissa Siliezar, Aphrodite Wilson, Alisha Bossett,

LaQureisha Coley, Jennifer Pool, Pedro Ramirez, Andrea Valenzuela, Niasia Washington, Jasmine Ceja, Mylijsha Cooper, Myra Tello, and Izuchuku Ugo.



Hawthorne Mayor Pro Tem Ginny Lambert (at left) joins with SBWIB Executive Director Jan Vogel (at right) to congratulate Fit For Gold Academy Cadets.