

South Bay Workforce Investment Board
11539 Hawthorne Boulevard Suite 500
Hawthorne, CA 90250

Press Release
June 30, 2009

Contact: Jan Vogel
Executive Director (310) 970-7700

HIGH SCHOOL SENIORS HONORED AT SIXTH ANNUAL FIT FOR
GOLD ACADEMY AWARD CEREMONY

Forty-two local high school students were honored June 25, 2009 at the Sixth Annual Fit for Gold Tutoring & Fitness Academy Closing Ceremony presented by the South Bay Workforce Investment Board (SBWIB). At this year's ceremony held at the Hawthorne Memorial Center, Fit for Gold Cadets were recognized by SBWIB Executive Director Jan Vogel, Hawthorne Mayor Pro-Tem Ginny Lambert, Hawthorne Councilmember Danny Juarez and SBWIB Chairman Wayne Spencer for making a positive impact in the lives of many elementary and middle school children.

Fit for Gold was established in 2003 as an intervention program to help raise declining student test scores and combat the alarming increase in cardio vascular disease and diabetes among children due to a lack of exercise and poor nutrition. In March 2003, City of Hawthorne Mayor, Larry Guidi, tasked the South Bay Workforce Investment Board to launch Fit For Gold as a community collaborative serving families in five cities in the South Bay Workforce Investment Area (Hawthorne, Lawndale, El Segundo, Redondo Beach and Inglewood).

The program is designed to help youth, 8–18 years of age, and their families, improve nutrition, physical fitness, academic performance, develop citizenship, leadership skills, basic workplace skills, and increase career awareness. Cadets complete twenty-four (24) hours of training in mentoring, nutrition, playground activities and homework assistance. The cadets' training is provided by Gold's Gym, A World Fit for Kids, Inc., SOSMentor ShapeUp and the Los Angeles County Office of Education's Friday Night Live program.

Olevia Mitchel, an Inglewood High School graduate and Award Ceremony Speaker, and Jonathan Carrington, a Leuzinger High School graduate, were named winners of the \$500 Mayor Larry Guidi/SBWIB Scholarship. Olevia Mitchel was awarded for her outstanding performance in the program and finishing in the top 10 percent of her class with a 3.49 GPA. She announced that she will attend Syracuse University in New York in the fall. Jonathan Carrington was awarded for his hard work and dedication to the program, and maintaining a 3.0 GPA for three consecutive years. Jonathan announced that he will attend California State University, Chico in the fall.

During the ceremony each cadet received certificates of completion and presidential medallions of Gold, Silver and Bronze from Gold's Gym, the Office of Congresswoman Maxine Waters and the Office of State Senator Roderick Wright. Also honoring the cadets was City of Hawthorne Councilmember Gary Parsons, Alex Montiero of the Hawthorne School Board and SBWIB Board Members.

Fit for Gold "gold medal recipients" included: Korina Almaraz, Jessica Amezquita, Michelle Barrera, Felicia Bolden, Joanna Cadena, Shyann Chicas, Sarai Cuevas, Daniel De Dios, Chasity Dixon, Maria Espinola-Morales, Brenda Gonzalez-Calderon, Chantel McCall, Masisa Muimba, Jessica Patterson, Isaiah Pitts, Matthew PittsPunch, Chris, Michael Reynoso, Rashaunna Robinson, Adrian Sparks, Jasmine Thomas, Monica Vega and Christian Vieya. Fit for Gold "silver medal recipients" included: Alexis Acosta, Windee Barrett, Drexler Boyce, Jonathan Carrington, Erica Dantzier, Bryttney Dennis, Sherokee Glasgow, Kenneth Lawson, Melissa Mantilla, Pricilla Muratalla, Maria Ramirez, Alana Skinner and Tiffany Williams. Fit for Gold "bronze medal recipients" included: A'Lejeda Gaines, Ndidiamaka Obi, Maricruz Ramos, Erick Recinos, Joshua Wheelington and LaShae Wilson.

Photo Outline: From left to right, Don Herman, SBWIB Board Member, Hawthorne Mayor Pro-Tem Ginny Lambert, SBWIB Executive Director Jan Vogel, Hawthorne Councilmember Danny Juarez and SBWIB Chairman Wayne Spencer.

Photo Outline: From left to right, SBWIB Executive Director Jan Vogel, Hawthorne Councilmember Danny Juarez, Hawthorne Mayor Pro-Tem Ginny Lambert, Mayor Larry Guidi/SBWIB Scholarship recipient Jonathan Carrington and Fit for Gold Cadets.

Photo Cut line: Fit for Gold Cadets and attendees at the Sixth Annual Fit for Gold Tutoring & Fitness Academy Closing Ceremony.