

2009 Teen Girls of Distinction

The Teen Girls of Distinction Scholarship is a continuing education scholarship that accepts applications from girls who hold a cumulative B average.

The categories for the Teen Girls of Distinction Scholarship are: Athletics, Community Service/Advocacy, Humanities/ Communications, Math, Science and Technology, and Performing and Visual Arts.



Lauren Sidney Watkins
Advocacy/Community Service

Lauren's extensive community service has made a big impact on her life and the lives of others. According to her nominator, Lauren's efforts in the community exemplify "leadership, maturity, responsibility and compassion for others." She has participated in many volunteer organizations, including providing a fun environment for the mentally challenged at Camp Rainbow Connection, helping repair homes for Petersburg, Virginia residents with Tri-Cities Workcamp, and serving as a volunteer for Give Kids the World in Orlando, Florida.

Through the mentoring program Women of Worth, Lauren served as a positive role model for middle school girls, deeply impacting the lives of at-risk teens. Lauren also collected over \$700 from local businesses and community citizens to purchase a bullet-proof vest for the police department's highly trained drug detection canine. Lauren initiated Homeless but not Hopeless, a community awareness campaign for the Colonial Heights Food Pantry. Her efforts resulted in substantial community awareness and involvement from local schools, churches, businesses and citizens, including youth volunteers who slept in cardboard boxes to facilitate a deeper compassion for the homeless. The initiative resulted in hundreds of donations in food supplies and money for the organization.

Lauren is editor-in-chief of her high school yearbook, the *Omnibus*. She is involved in many clubs, including Students Organized for Developing Attitudes, Quill and Scroll, Key Club, Junior Optimist Octagon International, Pep Club, Spanish Club, Fellowship of Christian Athletes, and Colonial Heights High School Ambassadors. She has been in Girl Scout Troop 935 for 12 years and has been dancing at Angel DeSouza School of Dance for 16 years. Lauren continues to stay active in her church youth group and praise team as well as teaching Sunday school.

Lauren is in the 12th grade at Colonial Heights High School. She plans to attend Coastal Carolina University in the fall.

Continued

Teen Girls of Distinction



Meredith Powroznik
Athletics

A senior at Prince George High School, Meredith has a 4.20 GPA and is ranked 18th in her class of 450. She is a member of the National Honor Society, National Beta Club and the Quill and Scroll Literary Honor Society. After serving three years on the yearbook staff, Meredith holds the position of editor-in-chief during her senior year.

The last two years this yearbook has received a very distinctive honor, the Columbia Gold Medal Award.

Meredith started on the Prince George Girls Varsity Soccer Team in the ninth grade. As three time captain of her soccer team, she has been 1st Team All District for three consecutive years, 1st Team All Region, 1st Team All Metro and Honorable Mention All State. She was 2007 Central District Player of the Year, 2007 Tri-Cities Player of the Year, and PGHS 2008 Offensive Player of the Year. Meredith played travel soccer for Tri-Cities United in Colonial Heights for five years until she made the Virginia Club Champion League team, FC Richmond Mystx '90. She has played for the Mystx the last two years and serves as a captain on the team this year.

Meredith volunteers her time in the community tutoring elementary school students in an after school reading program. She also volunteers at Fort Lee Army Installation assisting with Morale, Welfare and Recreation (MWR) Outdoor Recreation and Sports events/competitions for military personnel and their families. Meredith supports the Susan G. Komen Race for the Cure.

Meredith will be attending Radford University in the fall, majoring in Exercise and Health Science. She will be playing Division I Women's Soccer for Radford University.

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in pursuit of their dreams*

Teen Girls of Distinction



Meredith Shelton
Humanities/Communications

Meredith's ability to combine her passion for humanities and communication has made an impact in her community through use of her writing and linguistic skills to serve others. Meredith has worked on the school newspaper for four years, serving as Arts Editor Junior year and Features Editor Senior year. She enjoys writing and decided to combine her love of writing with her Girl Scout Gold Award service project. "My goal was to increase awareness of historic locations in Hanover County," states Meredith. She created and maintained geocaches in ten different historically significant locations throughout Hanover County. She served a far-reaching community for her Silver Award project, by organizing and distributing soccer equipment to the children of Los Cohobos, Haiti. For her Bronze Award, Meredith provided cards and letters to military troops serving on a navy ship.

Meredith has always been eager to participate in community service activities. Due to her Girl Scout service experiences she has been comfortable enough to reach out and volunteer her time at school (BETA, NHS, Hawks Connection, SODA, 7th up) and at church.

Some of Meredith's other extracurricular activities include: Church of the Redeemer, Youth Council Co-Chair, Richmond Strikers U-18 Elite Soccer, National Honor Society, Varsity Soccer and Varsity Field Hockey. In addition to her volunteer work, Meredith also works in an OB/GYN office where she has experienced all phases of patient care. She uses her six years of Spanish language classes to serve as an interpreter for the Spanish speaking community referred from the local health department.

Meredith is in the 12th grade at Hanover High School where she has maintained a 4.2 GPA. She will attend Christopher Newport University and participate in the President's Leadership Program. She plans to study pre-medicine and specialize in obstetrics and gynecology. As a physician, Meredith hopes to travel abroad using her foreign language skills to improve women's health.



*Trophy Nut recognizes recipients of the
Girl Scout Gold Award,
Girl Scout Leadership Scholarship,
and Teen Girls of Distinction.*

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Olivia Jenkins
Math, Science & Technology

Olivia is a student in the Lloyd C. Bird Specialty Center for Pre-Engineering. She has participated in the American Society of Mechanical Engineers Egg Drop Challenge and the Team America Rocketry Challenge in which she designed and built a rocket to qualify for Nationals. Olivia is a member of the Mu Alpha Theta Math Honor Society in which she tutors math students and participates in Math League. She was honored as the Outstanding Engineering Student of the Year her freshman, sophomore, and junior years, and has received the Excellence in Trigonometry Award, and the Outstanding Achievement in Engineering Chemistry Award.

Olivia has served as co-captain of the Skyhawk field hockey team, honored with the titles of Most Valuable Player and Most Improved Player; she was also Sportsman of the Meet for Woodland Pond Swim Team. She has served as secretary of the National Spanish Honor Society, and has been a member of the National Honor Society, Tri-M Music Honor Society, National Junior Honor Society, Junior Advisory Council, and Senior Advisory Council. She represented her high school at Hugh O' Brian Leadership Conference and Virginia Girls State. Olivia has been a devoted volunteer for the Special Olympics, Relay for Life and Making Strides for Breast Cancer. She has received Language Arts Student of the Year, Outstanding Achievement in Virginia and US History, and Woodmen of the World Award.

Olivia is in the 12th grade at Lloyd C. Bird High School where she currently maintains a 4.8 GPA. She will attend Clemson University in the fall, majoring in civil engineering.

Whitley/Service

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Teen Girls of Distinction



Kate Pope
Performing & Visual Arts

"Dance is my passion. I love moving through space; the liberating feeling drives my soul to dance endlessly. However, it is not just the movement that pushes me to dance. It's the life experience behind the dance, the value and impact it has on the performers and the audience." Kate has studied dance since the age of four. She is currently a part of the Specialty Center for the Arts, as a dance major at Thomas Dale High School, where she has been exposed to the world of dance and the true meaning of art. Kate dedicates most of

her time to dance in and out of school. She has choreographed many pieces of work which have been performed in her school plays, Spring Dance Concert and, most recently, Senior Showcase 2009. Kate attends classes at Pine Camp Cultural Center with the City Dance Troupe where she studies ballet, modern, and jazz and teaches ballet to 4-5 year-olds.

Over the summer, Kate traveled to the American Dance Festival at Duke University where she studied for seven weeks under professional dancers from all over the world.

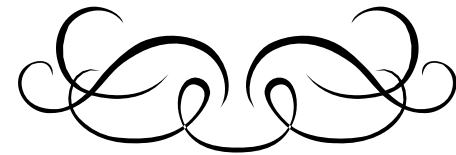
Kate has been accepted to two of the country's premier dance programs, at the Ohio State University and the University of Florida. She plans to be a dance major, earning a Bachelor of Fine Arts in choreography and performance. Along with this, Kate intends to explore the emerging field of dance movement therapy. She has discovered the powerful impact dance can have, and she wants to continue helping others through the art of dance and therapy related to movement.

Kate's nominator believes that her "creative efforts, especially with regard to choreography, have provided students and adults throughout the community a vehicle to help them deal with tragedy after tragedy." Kate choreographed two dances that deal with depression following an almost endless string of tragedies among her classmates. Through Kate's art she encompasses every emotion, causing one to laugh, cry, learn and grow.

As an active Girl Scout, Kate earned her Bronze, Silver, community service and leadership awards. She is involved in many clubs including Beta Club and the National Thespian Society.



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