



**Girl Scouts Plan First Annual  
Pass The Torch TRY-Athlon!**

The 1<sup>st</sup> Annual Pass The Torch TRY-Athlon on August 14, 2004 at Camp Mintahama is sure to be a blast!

Women from all walks of life are invited to step into the shoes of a Girl Scout for a fun-filled night of camp activities and networking at Camp Mintahama. The lucky women who attend will get the opportunity to participate in canoe races, paddle boating, knot-tying, orienteering and many other Girl Scout activities, while enjoying a fantastic evening with their peers. And the best part...the event offers these women the opportunity to “Pass the Torch” to the women of tomorrow by supporting the Girl Scout Council of the Ozark Area in its efforts to build the confidence, esteem and leadership skills of the girls in our area...the leaders of tomorrow’s businesses and communities.

A TRY-Athlon is about trying new things. It’s an evening of fun and camaraderie for women to support young women in Girl Scouting. Any female, 14 or over can participate in teams of 10 or more. The registration fee for the event is \$20 in advance and \$25 on-site. Teams registering by July 14<sup>th</sup> will have their team name on the event t-shirt!

For information on being a team captain or participant, contact the Girl Scout Council of the Ozark Area at 417.623.8277 ext 13. High visibility sponsorship opportunities are also available. Don’t miss out on this event!

The Girl Scout Council of the Ozark Area covers 6,300 square miles and ten counties within Kansas, Missouri and Oklahoma. Girl Scouts is the world’s pre-eminent organization for girls, with a membership of more than 3.6 million members nationally. Today, as when founded in 1912, Girl Scouting helps cultivate values, social conscience and self-esteem in young girls, while also teaching them critical life skills that will enable them to succeed as adults. In Girl Scouting – and its special girl-only environment – girls discover the fun, friendship and power of girls together.

For more information contact  
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LIFE | coaching

**SHOW ME YOUR BALANCE BETWEEN  
WORK AND PLAY**

By Ann Leach, Life Coach

I was riding to meet a client the other morning and Paul Harvey was on the radio. He reported the sad demise of one of the Rockefeller clan and heir to that great fortune. The gentleman was 94 and died on a Saturday. Harvey reported that “he was in his office just the Wednesday before.” It caught my attention. I asked myself if there were any greater medals given in heaven because you were working up until ‘the end’? I don’t think so.

As a new employee many years ago I was intimidated by the long-term workers at my agency. I drove by the office one weekend and noticed a manager’s car in the parking lot. “Aha! That’s what I need to do!” I thought. “I need to go in on weekends so that they will see I am serious about doing a good job and that I am just as dedicated!” And so, when the next Saturday morning came, I did just that. What I found amazed me.

There was the department manager nearly buried by piles of paperwork and muttering incoherently. It didn’t take me long to realize that the only reason he was there on a Saturday was because he hadn’t gotten things done in a timely manner during the week! I breathed a sigh of relief and headed out to catch an early movie with friends!

How about you? Can you show me your day planner, palm pilot or kitchen calendar with equal time marked off for work AND play? If not, start today to chisel out that time just for you to renew, refresh and revitalize your whole life, not just your work life.

To start, prioritize your To Do list, giving yourself a realistic time frame to accomplish those tasks. Mark those items on the calendar and add one: ‘Time for Me’. That needs to be treated just as seriously as the trip to the bank and grocery store, the budget report or meeting minutes at work. Schedule your time for you today and enjoy a more focused and peaceful tomorrow!

