

**Long Beach Press-Telegram (CA)**

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**Refinery gives \$5,000**

Tesoro Refining and Marketing Co. recently presented a \$5,000 check to Girlfriends, Inc., a charitable nonprofit organization dedicated to teaching teenage girls essential life skills and forming lasting relationships.

"We're delighted and honored to receive such a generous donation from Tesoro," said Kristi Heicke, CEO and Founder of Girlfriends. "It is this kind of generosity that enables us to continue our work supporting young teenage girls from the underserved community."

Part of the proceeds benefit teenage girls from Cabrillo High School attending the second annual Girls Conference on May 31 at the Long Beach Convention Center, an event co-sponsored by Girlfriends, Inc. and City Councilwoman Suja Lowenthal.

For more information on the Long Beach **Girlfriends** visit [www.girlfriends-lbc.org](http://www.girlfriends-lbc.org) or call 562-608-8807.

Caption:  
[http://www.presstelegram.com/business/ci\\_11661067](http://www.presstelegram.com/business/ci_11661067)

## Long Beach Press-Telegram (CA)

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### A girl-friendly environment

#### TEENS: Mothers and daughters attend first conference hosted by Long Beach group.

Author: *Kelly Puente, Staff Writer*

#### Article Text:

LONG BEACH - They chatted about everything, including body image, periods, boyfriends and cliques.

More than 200 teenage girls and their moms on Saturday had a chance to talk about issues that were important to them at the first **Girlfriends Conference** hosted by Long Beach **Girlfriends** and Councilwoman Suja Lowenthal.

The daylong event, designed to motivate young women, featured speakers Lowenthal, Mayor Bob Foster and special guest, activist "Sweet" Alice Harris.

The girls also attended seminars on body image, motivation and money management, while their parents attended coaching sessions on how to raise girls.

Parents and daughters gathered together in the main **conference** room at Long Beach's Grand Event Center to hear a seminar on the Internet and child safety, hosted by Erin Runnion.

The room fell silent as Runnion told the story of how her own 5-year-old daughter, Samantha, was abducted and murdered by a sexual predator in 2002.

Runnion, who now heads The Joyful Child Foundation, a nonprofit organization designed to raise awareness about child abduction, reminded girls to be aware of their surroundings and urged parents to monitor their children's Internet use.

**Girlfriends** founder Kristi Heicke said she got the idea for an event open to girls of all ages after she attended the annual Long Beach Women's **Conference** last year.

"I thought, this is so wonderful, why can't we have something like this for teen girls?" she said.

In 2006, Heicke started the nonprofit Long Beach **Girlfriends**, a mentor group where girls ages 11 to 15 gather after school each Tuesday to chat, take field trips and hear guest speakers.

Heicke said Saturday's **conference** was a large-scale version of the weekly meetings.

Kelly Doyle, 11, says she never misses a **Girlfriends** meeting.

"It's fun. We talk about everything: periods, boyfriends, if girls are mean at school," she said.

Gloriane Luna, a 13-year-old from Long Beach's Bancroft Middle School, said she especially enjoyed the seminar on self-esteem.

"It's all about things that relate to us," she said.

Many parents, including Renee Hunt, appreciated the session on how to raise girls in the awkward teen years.

Hunt, a Long Beach mother of two teenage girls, said she grew up in an abusive home and is working to break the cycle of violence.

"I realized today that my parenting decisions have been on cue," she said.

"It's important that you make sure a child every step of the way is encouraged to follow their dreams."

Hunt's daughter, Ashley, a 16-year-old Cabrillo High School student, said the event was a chance to bond with her mother.

"It's helping us connect," she said.

Long Beach resident Michelle Francis said she hoped the **conference** would jolt her 14-year-old daughter out of a "selfish phase," which started when the teen began high school last fall.

"She thinks she knows everything," Francis sighed.

For more information on the Long Beach **Girlfriends** visit [www.girlfriends-lbc.org](http://www.girlfriends-lbc.org) or call 562-608-8807.

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#### Caption:

Tracey Roman/For the Press-Telegram

More than 200 teenage girls and their mothers gather in Long Beach on Saturday for a **conference** sponsored by Long Beach **Girlfriends**, a group organized in 2006 to focus on issues important to them.

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## **Downtown Gazette (CA)**

October 9, 2008

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Section: For a Good Cause

### **For A Good Cause**

Author: *Kurt Eichsteadt*

Article Text:

Residents of Long Beach help people all year through a variety of activities. Listed below are the results of some projects, as well as more opportunities to reach out to others.

Lowell Elementary is looking for volunteers and financial contributions to help with its plan to plant 47 new trees around its playground. The event is scheduled for 1 p.m. Sunday, Oct. 26. To get involved, call 498-8416 or send an e-mail to [brett.beck@verizon.net](mailto:brett.beck@verizon.net).

Long Beach's Kristi Heicke, who started the Girlfriends program to help mentor girls between the ages 11 and 15, has co-written a book entitled "It's A Girl Thing." The book offers girls (and their mothers) tips and techniques for navigating through the confusing teen years. For more information, go to [www.girlfriends-lbc.org](http://www.girlfriends-lbc.org).

Registration is open for the ninth annual Team Spirit Breast and Ovarian Cancer 10K Walk on Saturday, Oct. 4. The walk starts and ends at the Long Beach Yacht Club. Participants can go to [www.teamspiritonline.org](http://www.teamspiritonline.org) and register as individuals, start a group or join an existing group. All of the money raised is donated to research, treatment and support programs at the Long Beach Memorial Medical Center Foundation.

An all-day Cuts for the Cure, followed by a reception, will raise money for the Susan G. Komen Foundation on Saturday, Oct. 4, at Static Salon & Spa, 5929 E. Spring St. Haircuts (including a shampoo) will be \$25 from 9 a.m. to 4 p.m., with all the money being donated to Komen Foundation. From 6:30 to 8 p.m. there will be a reception, including hors d'oeuvres, music, drinks and prizes. Organizers are hoping to double what they raised last year, with a goal of \$10,000. For more information, go to [www.staticsalonandspa.com](http://www.staticsalonandspa.com)

A wine tasting to raise money for WomenShelter of Long Beach runs from 3 to 7 p.m. Saturday, Oct. 4, at the Bixby Mansion. Guests will be able to tour the first floor of the mansion. Tickets are \$85. WomenShelter works to end the cycle of domestic violence. For tickets, call 437-7233.

A wide selection of vegan food, drink and desserts will be featured at "Compassionate Cuisine," from 5 to 8 p.m. Saturday, Oct. 4, at the 2nd City Council Gallery + Performance Space, 435 Alamos Ave. The event is a benefit for Animal Acres, which works to prevent cruelty to farmed animals through outreach, education, rescue and refuge efforts. Tickets are \$35 and available at [www.animalacres.org](http://www.animalacres.org).

Jewish Family and Children's Service of Greater Long Beach/West Orange County celebrates its 50th anniversary with a banquet and awards program beginning at 6 p.m. (reception at 5 p.m.) Sunday, Oct. 5, at the Hyatt Regency Long Beach. JFCS provides a wide range of professional counseling and support services to assist all individuals regardless of religion, race, ethnicity, disability or sexual orientation. Tickets start at \$150. Call 427-7916, ext. 235, or go to [www.jfsclongbeach.org](http://www.jfsclongbeach.org).

Long Beach Lambda Democratic Club's Human Rights Awards Banquet begins at 6 p.m. Sunday, Oct. 5, on board the Queen Mary, 1126 Queens Highway. Tickets for the event, celebrating marriage equality, are \$105 (\$95 for members). Call 865-7570.

"Friends Helping Friends V" wine dinner and auction begins with a cocktail reception at 6 p.m. Thursday, Oct. 9, at Smooth's, 144 Pine Ave. The event is a fundraiser for the National MPS Society, which supports research into Mucopolysaccharides Hunter Syndrome (MPS II), which inhibits the body from breaking down toxic molecules that accumulate, leading to a variety of serious problems. Karole and Steve Chesser, parents of 12-year-old Gazette Cartoonist Bryce Chsner ("32nd Street") are hosting the evening. Sponsorships are still available and tickets start at

\$125. Call 883-3001.

Food Finders is hosting its annual Autumn Harvest Ball fundraiser from 6 to 11 p.m. Friday, Oct. 10, at the Museum of Latin American Art. Food Finders helps feed the impoverished and hungry throughout Long Beach, the rest of Los Angeles County and Orange County. Tickets are \$100. Call 598-3003 or go to [www.foodfinders.org](http://www.foodfinders.org). The Museum of Latin American Art is at 628 Los Alamitos Ave.

2nd Street Beauty is hosting a day of beauty at its five locations from noon to 4 p.m. Sat. Oct. 11 to raise money for the USC Norris Cancer Center, breast cancer research. Customers can receive complimentary mini-facials and mini makeup and hair consultations. The first 50 people who spend \$50 during the event will receive a deluxe bag of deluxe samples from a number of high-quality suppliers. 2nd Street Beauty locations are 4910 E. Second St., Belmont Shore; 5716 E. Seventh St., Bixby Village and Los Altos, Seal Beach and Irvine. Their Web site is [www.2ndbeauty.com](http://www.2ndbeauty.com).

The Long Beach Rescue Mission is one of the partners for the Long Beach International City Bank Marathon on Sunday, Oct. 12. Ways to support the fundraising including running in the event, contributing financially or urging others to participate. For more information, go to [www.lbrm.org](http://www.lbrm.org).

The American Red Cross Greater Long Beach hosts its annual golf tournament Oct. 13 at the SeaCliff Country Club in Huntington Beach. Arco BP is the presenting sponsor of the event, which honors the memory of long-time Red Cross board member Jim Wikenzy. Entry fee is \$225 per player and includes golf, breakfast, lunch and the awards banquet. Sponsorship and advertising opportunities are available as well. Call 490-4002 or visit [www.redcrosslb.org](http://www.redcrosslb.org).

The Fairfield Family YMCA is hosting a wine tasting and silent auction, beginning 5 p.m. Thursday, Oct. 16, at The Wine Crush, 3131 E. Broadway. Tickets are \$35 and include hors d'oeuvres and six tastes of specially selected wines.

The Long Beach Branch of the NAACP hosts its 29th Freedom Fund Banquet and Awards beginning at 6 pm. Friday, Oct. 17, at the Grand, 4101 E. Willow St. Al Williams, President of Rainbow Productions, will receive the Lifetime Achievement Award. Others receiving awards include Boeing, Constance Turner, Michele A. Wilson, Esq., Sen. Alan Lowenthal, Malcolm Bennett, TEMA, Toyota, Sandy Cajas, Kevin Anderson, Myrl Nixon Morris and Gwen Morris. Tickets start at \$100. Call 370-8714.

The local version of "Walk Across America," sponsored by Miller Children's Hospital, begins at 8 a.m. Saturday, Oct. 18, at California State University, Long Beach. Funds raised will be used to fight childhood obesity and promote injury prevention. To register, go to [www.togetherforkids.org](http://www.togetherforkids.org).

Be the Cause presents Walk for Hope, from 9 a.m. to 1 p.m. Saturday, Oct. 18, at El Dorado Park. The three-mile route is decorated with inspiring quotes and activity stations. The event, which includes lunch, is free. Organizers suggest that participants raise funds for a charity of their choice. To do so, go to [www.bethecause.org](http://www.bethecause.org). Be the Cause is an organization run entirely by volunteers dedicated to creating enriching opportunities of service.

The Children's Clinic annual Beach Walk and Health Fair is set for Saturday, Oct. 25 at Marina Green in downtown Long Beach. The morning begins with a 5K walk and ends with a celebration and barbeque provided by the Long Beach Firefighters. Registration begins at 8 a.m. For more information, call 492-6703 or go to [www.beachwalk.kintera.org/18](http://www.beachwalk.kintera.org/18).

The Long Beach Area Sjogren's Walkabout steps off at 9:30 a.m. Saturday, Oct. 25, from Lakewood Center Mall. Sjogren's (pronounced "Show-grins") Syndrome is a chronic autoimmune disease in which the body's immune systems attacks the moisture-producing glands. For information on the event, go to [www.sjogrens.org](http://www.sjogrens.org).

"Fall Fashion 08," a fashion show and silent auction to raise money for Operation Jump Start, begins at 11 a.m. Sunday, Oct. 26, at The Reef, 880 S. Harbor Scenic Dr. Operation Jump Start works with low-income Long Beach students who are the first generation in their families to attend college. Sponsorship opportunities are available. For tickets and more information, call 988-2131.

The Kiwanis Club of Long Beach is hosting its annual Kiwanis Karing Fore Kids Golf Tournament and Dinner/Auction on Monday, Oct. 27, at Old Ranch Country Club in Seal Beach. Money raised benefits Kiwanis' children's charities and the Press Telegrams's Send a Kid to Camp Fund. Entry fee is \$250 per player. To get in on the fun, call 495-3193.

Nominations are being accepted for the Honda Helpful Awards, and the person selected will receive a new Honda, courtesy of the Southern California Honda Dealers Association and the Helpful Honda Guys and Girls in Blue. Nominees should be an inspiring friend, family member neighbor or coworker whose life, and the lives of others would be considerably improved by a new Honda. For more information and to make a nomination, go to [www.SocalHonda.com](http://www.SocalHonda.com). The deadline is Nov. 1 and the award will be announced in January.

The St. Mary Medical Center annual auction and dinner is scheduled for Nov. 8. Organizers are looking for sponsors for the event, which draws more than 600 people from Santa Monica to San Diego. This year, Life Achievement Awards will go to George and Joyce Murchison and the law firm of Keesal, Young and Logan. For information about sponsorships or program ads, call 491-7981.