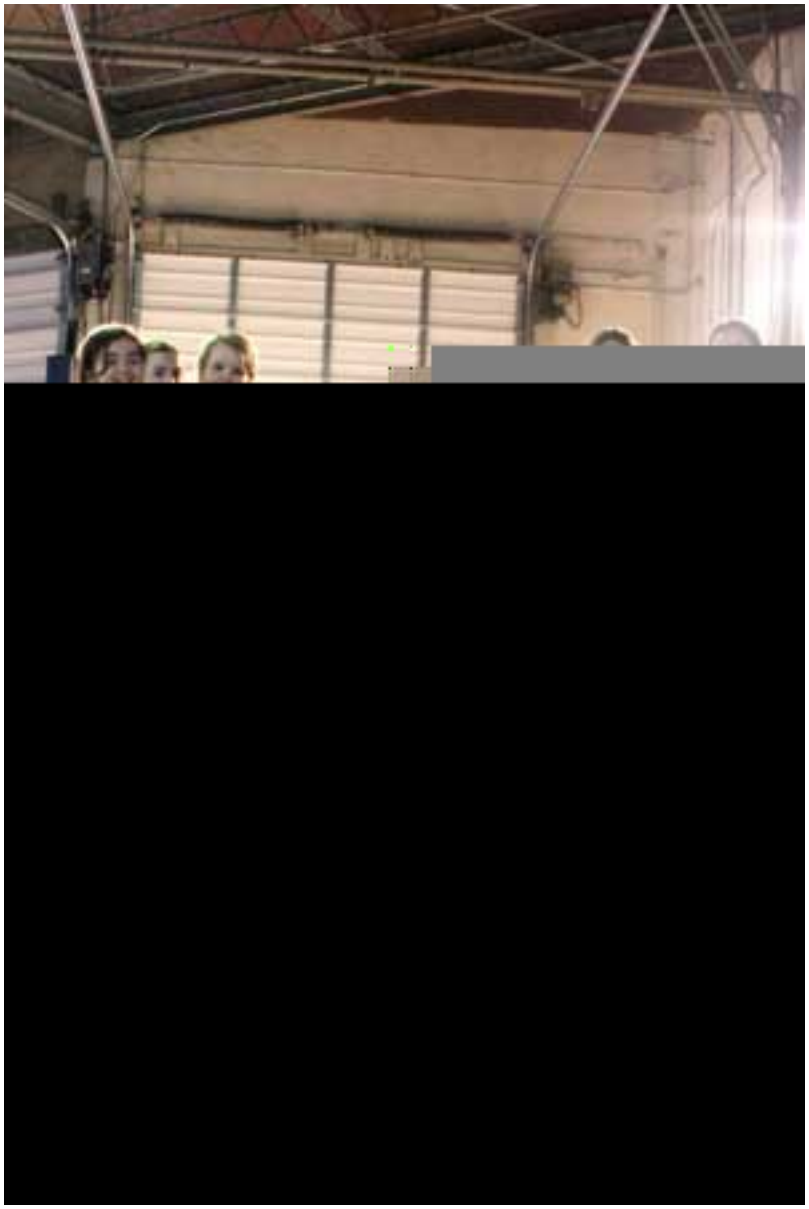
All in a day's work for the American Heritage Girls



The girls of Troop LA 0401 are serving God, serving others, and — as evidenced by the pinewood derby at Red River Chevrolet Thursday night — having a whole lot of fun.

The American Heritage Girls, a scouting organization similar to Girl Scouts that offers a variety of activities, service projects, and merit badges for goals reached. Thursday night's event was just one of the several activities that the girls participate in each year.

They live by an oath – to love God, cherish family, honor their country and serve in their community – and surround themselves with girls of all ages that share the same interests.

Troop LA 0401 is based out of Barksdale United Methodist Church in Bossier City and has approximately 20 members. Tammy Mayeaux, troop coordinator, started the group two years ago after seeing how scouts positively impacted her sons life.

“When my daughter came of age, I wanted to find something similar because she was practically brought up around it,” she said. “I tried to find something with the same values that the Boy Scouts had.”

After a little research, Mayeaux came across the American Heritage Girls (AHG), a nonprofit organization dedicated to building strong, young women through the values she desired - service to God, family, community and country. She contacted the organization, spread the word at church and discovered that other families shared the same interest in finding a group for their own young girls.

“We had our first informational meeting and signed up 11 girls that night,” she said. “It was awesome.”

American Heritage Girls’ Troops are made up of groups of girls age 5 to18 who meet together to enjoy learning new skills, giving service, growing in their faith, practicing leadership, experiencing teamwork, building friendships and strengthening character. The main difference she found with AHG is that they are completely faith-based and they partner with the Boy Scouts of America.

“Everything they do has God in it,” she said. “That's one thing I like the most about it.”

They spent the first year getting the group established and have grown each year, Mayeaux said, adding new members and activities to their group. AHG has a multi-level structure, which means there are girls from all levels in one troop and meet together as a single troop.

Mayeaux said AHG teaches many life skills, ranging from how to cook and sew to building a proper campfire and how to survive in the wilderness. Most importantly, she said, are the stronger relationships built with God and their peers.

Katherine Parker, 14, joined the group two years ago for the opportunity to make new friends and have fun doing new things. Parker, a seventh grader at Benton Middle School, said she is most proud of the way God has impacted her life.

“I have learned so much more about God and how much he is part of my life,” Parker said. “This is a great group to get involved with. I have really enjoyed being part of it.”
Mayeaux hopes the group will continue to grow in size and with the activities they offer.

For information on how to join Troop 0401, contact Tammy Mayeaux at 773-2719 or email walkformagic@yahoo.com. The group meets on Thursday evenings at Barksdale United Methodist Church.

Founded in 1995, the group was created by a group of parents in Ohio wanting a wholesome program for their daughters. AHG’s vision is to become the premier national character development organization for young women that provides a program which embraces time honored moral standards while encouraging each member to grow in their faith in God, personal integrity, citizenship and community service.

Information on the American Heritage Girls can be found online at www.ahgonline.org