## Kaitlyn Chana

Altamonte Springs, Florida Advisor: Becky Bangert Affiliation: HOBY

"It only takes one person to move a mountain and then others will follow." This quote guided me to develop my non-profit 501 (c) (3) organization, Love Letters: Random Cards of Kindness, Inc., where I have spent 1,554 hours touching over 50,000 children's lives. I believe everyone has a personal story to share, so my passion for communication has led me to work on journalism and interview skills in preparation of becoming a broadcast journalist. To obtain all of my dreams, it's important to stay physically active to fuel my mind, body and spirit with positive energy. I've improved my endurance, flexibility and strength by attending cardio, weight training, yoga and dance classes, which have allowed me to exercise daily. Each intertwined activity has led me to participate in outdoor expeditions by challenging myself to learn techniques on how to snorkel, surf and operate an outrigger canoe during my journey to Hawaii. I'm blessed that these experiences have allowed me to receive the honor of being a Congressional Award Gold Medalist.

## Tabitha Selene Boeringer

Orlando, Florida Advisor: Joe Bivins Affiliations: Boy Scouts of America & People to People International

For my Voluntary Public Service I primarily worked with Boy Scouts of America Venturing Crew 996; working in food drives, assisting at Boy Scout Jamborees, and helping to plan and operate fall festivals for my community. For Personal Development, I worked on improving my multimedia communications skills through activities with a Film Appreciation Club and Scouts. I joined a trampoline and tumbling gymnastics team for my Physical Fitness activity. I am now a Level Eight Optionals gymnast and I have competed in state, regional and national meets, resulting in multiple championships. I helped plan and participate in an adventure summer experience with my Venture Crew for my Expedition, including awesome activities like zip lining, horseback riding and rafting down class five rapids. My experiences while earning my Congressional Award Gold Medal has been absolutely amazing, with unique opportunities instilling a sense of pride in myself.