



## City of Gaithersburg Junior Mayor Contest – 2016

The theme for this year's contest was: **“Rising to the Challenge.** If you were Mayor...”

- It is a sad day in Happy Town. It has been put on the “Worst Towns” list because of unhealthy habits such as eating poorly, not getting enough physical activity and smoking.
- What new programs and services would you create to help citizens lead a healthier life and make Happy Town a healthier place to live?
- How would you get your residents to participate?
- What things would you do to make sure the town stays off the “Worst Towns” list?

### If I Were Mayor

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If I were Mayor I would make Happy Town a healthier and better place to live. I would ban smoking in some areas. I would try to help the residents eat healthier. I would also try to help the residents get more exercise by holding fun fundraisers.

Once in six months I would hold a program called “The Food Festival.” There will be competitions and exciting things. The residents that participate in the competitions should bring a homemade healthy dish. The judges will choose the tastiest and healthiest food and give away prizes to the winners. Other participants will get prizes too.

I would improve the meals at schools to make them taste better and be more healthier. I would have a competition to see which school has improved their lunch meals the most. The school that wins will get a free trip to “Happy Town Theme Park.”

To reduce the amount of smoking in Happy Town I would try to ban smoking in all public places like parks, airports and bus stops. I would also create special lounges for smokers, to prevent second hand smoking.

Finally, to help the residents of Happy Town get more physical activity we could have a “Fitness Day” where residents can participate in activities like jump roping, running, bicycling and so on.

I would also suggest that Happy Town follows First Lady Michelle Obama's “Gimme Five.” Gimme Five helps kids and adults eat better, stay healthy and be active. Happy Town has a better chance of getting off of the “Worst Towns” list if they also try to follow “Gimme Five.”

I'm Srinidhi Guruvayurappan and I approve this essay.