

# The Palm Beach Post

The Home Page of Broward

South Palm Beach County

## Neighborhood Post

THURSDAY, JULY 2, 2009

A weekly section of The Palm Beach Post  
neighborhood-post.com

THE PALM BEACH POST • THURSDAY, JULY 2, 2009

### Boca teen makes African women's health her cause

When Chelsea Krost started her radio show in March 2008, she never could have imagined that it would lead to a life-changing experience in Africa.

The 18-year-old Boca Raton resident and recent graduate of Spanish River High School created the show as a way to represent the teen voice. Krost hosts each show with the help of a few teen panelists, and topics include drugs, relationships and body image.

In June 2008, Krost hosted a show with a special guest: 24-year-old Rwandan refugee Christine Uwayezu. The two young women bonded, and Krost felt the need to travel to Africa to help women like Christine.

"Going to Africa was not just a hop, skip and a jump," Krost said. "It took so much planning, fund-raising and organizing."

For the past year, Krost and her family put together fashion shows, raffles and other events that raised thousands of dollars, all of which went to charity organizations that help African women.

Sponsors for her trip



Samantha Frank

slowly came on board. Dot Girl First Period Products donated tons of their kits, which contain all of the products a girl needs when she gets her first period as well as information and instruction booklets. The Scensible Source Co. and Kotex also donated feminine hygiene products, and Delta Air Lines allowed Krost and each of her family members to check an extra piece of luggage, which contained all of the products.

"It would have been so expensive to ship all of that, so that really helped," Krost said.

On June 4, Krost, her mother, Cindi, her father, Stuart and her 15-year-old brother Dylan all boarded a plane at Miami International Airport and were on their way to Africa.

Krost thought she had prepared for the trip by speaking with people

who had traveled to Africa for humanitarian work, learning all about African geography and getting some "really big shots that hurt." But as soon as she got off the plane in Nairobi, Kenya, she realized she was wrong.

"Nothing can prepare you for the devastation and poverty there," she said.

She and her family immediately went to work distributing products in the poor villages or slums.

Krost and her mother originally planned to go to Africa with a large group of women as part of a conference.

"My dad and my brother decided to come because they saw how important it was to us," Krost said.

Although they were able to interact with the villagers directly, Krost and her family had bodyguards with them, which was set up by the travel agency through which they booked their trip.

Krost wasn't scared for her safety, although she did have her fears.

"One of my biggest scares was that this was

going to be the most depressing trip of my life," she said. "But it wasn't. It was uplifting and joyous. I learned to love life and appreciate everything I have."

One of her most vivid memories from the trip was when a group of young kids in a village followed around her father, staring at his sunglasses with polarized lenses.

"They wanted to see what they looked like," she said.

Although Krost and her family jam-packed the 11 days they were in Africa, Krost said they could have done more to help and she can't wait until she can return.

Until then, she hopes everyone will donate \$5 to the HEART Freedom for Girls Program. Donation information can be found online at <http://67.199.32.150/ourWork/freedomGirls.html>.

"It only takes \$5 to give one woman hygiene products for a full year," Krost said. "It's something teens can do to make a difference, especially in this economy."

Krost will attend Marymount Manhattan



Special to Neighborhood Post

Chelsea Krost delivered feminine hygiene products to orphans at Nyumbani Children's Home in Kenya, which takes in abandoned children who test positive for HIV.

College in New York City in the fall as a communications major. There, she plans to continue her show.

Teen Talk Live airs Wednesdays at 7 p.m. EST on [www.latalradio.com](http://www.latalradio.com),

and all prior episodes can be found at [www.teentalklive.net](http://www.teentalklive.net).

Samantha Frank is a staff writer for Neighborhood Post. She can be reached at (561) 279-3468. Faxes can be sent to (561) 265-4872.

©samantha\_frank@popepost.com