

Girls' Success on the Field Leads to Success in Life

By Bonnie Eisenfeld

Kate T. Parker's *Play Like a Girl: Life Lessons from the Soccer Field* is a beautiful book of photos of girls and women who play soccer; each photo is accompanied by a lesson learned. Players from beginners to professionals tell how soccer informed their lives and contributed to their success.

Most of the photos and quotes are from pre-teens and teens. Cailey, age 11, learned that injuries are not stoppers: "I broke my arm and that same night had practice for my club team. I didn't want to miss it. I won't let a broken arm stop me."

EJ, age 9, learned to think strategically: "Soccer makes me think a few steps ahead. I like that about the game."

Gabi, 11, learned about teamwork: "We win when we work together and are there for each other. I love my soccer girlfriends."

Ten-year-old Nakia learned the importance of persistence: "It's okay to fail. It is never okay to give up."

Aline, age 10, learned to be tough: "Soccer has taught me that it's important to overcome your fears and it's okay to be tough when you're a girl."

Three of the professional soccer players offer advice based on their soccer experiences. Abby Smith: "You have to grow and be patient with yourself. When you make a mistake, it's on to the next play."

Carson Picket: "Never let anyone turn your sky into a ceiling."

Kristen Edmonds: "Control the controllables. As long as you have done all you can do and given all you have, you can be happy about your contribution."

This book is a great gift for a young girl as an inspiration to succeed, as a celebration of female strength, and as a demonstration of the importance of working and playing as a team. Kate T. Parker is a photographer, author of a best-selling book series *Strong Is the New Pretty*, collegiate soccer player, Ironman competitor, philanthropist, wife, and mother.



Out & About

The Great Outdoors

Parks, Gardens, Arboreta, and Walking Tours

With the warming weather, now is the perfect time to shake off the snow and cold of winter and the sense of suffocation brought on by stay-at-home COVID rules and neighborhood routines. We've compiled a list of some great nearby and not-so-near outdoor excursions to offer a much-needed change of scenery and to help you refresh and recharge.

30 Best Parks in Philadelphia:

www.visitphilly.com/articles/philadelphia/best-parks-in-philadelphia/

America's Garden Capital: 30+ Gardens in 30 Miles: Search by region, interest or type; find the ones that are open:

<http://americasgardencapital.org/gardens-regions>

Area Gardens and Arboreta:

[Awbury Arboretum](#)

[Bartram's Garden](#)

[Shofuso Japanese House & Garden](#)

[The Gardens at Mill Fleurs](#)

[James G. Kaskey Memorial Park](#)

[The Philadelphia Zoo](#)

[The Woodlands](#)

Self-guided walking tours:

GPSMyCity: <https://www.gpsmycity.com/gps-tour-guides/philadelphia-600.html>

Constitution Walking Tour: <https://www.theconstitutional.com/tours/self-guided-tours>

Mural Arts: <https://www.muralarts.org/self-guided/>

Preservation Alliance: <http://www.preservationalliance.com/explore-philadelphia/self-guided-walking-tours/>

Association for Public Art: <https://www.associationforpublicart.org/tours/>

John Heinz Wildlife Refuge at Tinicum

https://www.fws.gov/refuge/john_heinz/

Pennsylvania State Parks: Find a park by region

<https://www.dcnr.pa.gov/StateParks/Pages/default.aspx>