The Big Chill

Journal Entries Tell a Northern California Eagle's Stone-Cold Adventure at the Bottom of the World

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**MORGAN SMITH**
COLORADO SPRINGS, COLO.

**Claim to Fame (So Far):** Morgan Smith can’t remember a time when he didn’t have serious—and potentially fatal—food allergies. Even indirect contact with peanuts, tree nuts, sesame, fish, or shellfish can send him scrambling for his EpiPen.

Despite his allergies, 16-year-old Morgan has enjoyed a full Scouting career with Troop 366 in Colorado Springs, including earning Eagle in 2012. Along the way, he’s become an ambassador for other kids with food allergies.

**Fitting In:** Before he joined Troop 366, Morgan made a presentation to the patrol leaders’ council and adult leaders about his allergies and how to deal with them.

**The Patrol Method:** Morgan never wanted to be singled out or excluded from activities. Instead of bringing his own safe food on outings and eating separately, he worked with his patrol to plan safe menus and share shopping duties. For each outing, he would do the shopping or tag along with the designated shopper to make sure everything was safe for him to eat.

**Training Other Leaders:** Morgan attended an Introduction to Outdoor Leadership Skills seminar a few years ago and taught about food allergies. “I trained the adults on use of the EpiPen and the symptoms of anaphylactic shock—how they could prevent it and how they could treat it in the moment,” he says.

**A National Platform:** Morgan’s mom, Nicole, runs Allergic Child.com, a Web site dedicated to dealing with food allergies. Morgan has a page on the site and contributes a monthly column to the AllergicChild.com newsletter.

**Future Plans:** Now a junior in high school, Morgan is exploring college options. Although he plans to study computer science and engineering, he intends to continue helping other kids with food allergies. “I want to be a resource for those kids who are just starting school or entering Scouts,” he says. “I like to see that things that have worked in the past will work in the future.”