

**GOOD FOR YOU**



Welcome back to "Good for You," the Times-Mirror's good news watch. All the news that makes us go "good for them" is good for you, too. First up this week...

**Riverside grad wins Educators Rising competition**

Taylor Harris, a June graduate of Riverside High School, took first place in the country in the Public Speaking category at the Educators Rising National Conference, June 28 and 29, in Orlando.

To see her speech, visit [wevideo.com/view/1180114154](http://wevideo.com/view/1180114154).

Harris was one of three Loudoun County Public Schools representatives who competed in Orlando, LCPS officials said.

Alissa Krynicki, a June graduate of Stone Bridge High School, took eighth place in the nation in the Exploring Non-Core Subject Teaching Careers category.

Madison Mitchell, a Riverside junior, presented in the Exploring Support Services Careers category.

Educators Rising cultivates highly skilled educators by guiding young people on a path to becoming accomplished teachers, beginning in high school and extending through college and into the profession.

**Loudoun nonprofits team up to enhance patient lives**

The Loudoun Free Clinic (LFC) has partnered with two local nonprofits to provide books and fresh produce to the county's most vulnerable adults.

Loudoun Hunger Relief (LHR) offered free vegetables and fruits to the clinic for distribution to their patient population, while the Tanya Bosse Family Literacy Program has donated books to nurture and enhance the literacy of patients.

"We are very pleased to be one of three nonprofits working together to maximize resources and thereby the number of Loudoun residents who are helped," LFC Executive Director Chuck Birdie said in a statement.

Once a week during harvest season, the clinic will have fresh produce brought in from the Food as Medicine Program set up by LHR.

"So many of our patients have diabetes and heart disease and don't have access to healthy food. We are excited that our local farms and LHR have made this partnership available to us," Birdie said.

Wegmans has also joined forces with this effort by providing bags to pack and distribute the produce.

Meanwhile, books, compliments of the Loudoun Literacy Council, will

help promote literacy, specifically to patients who need to learn how to read in order to read their medications.

"We very much look forward to this partnership and are very thankful for the wonderful collection of books they've donated," Birdie said.

**INMED welcomes two new trustees**

INMED Partnerships for Children announced Monday the addition of two new members to the Family & Youth Opportunity Center's Board of Trustees.

Marysela Gonzalez is president and CEO of G5 Strategic Business Solutions, a boutique-style, woman-owned small business in Chantilly. With a Master's Certificate in Federal Contract Management from Villanova and several industry certifications, she has a highly successful, 15-year track record in helping small to midsize companies succeed in the federal government market space.

"INMED's dedication and focus of assisting students at risk and commitment to improve the lives of children across low-income communities is truly remarkable," Gonzalez said in a statement. "Their passion towards helping others in need is what truly attracted me to the Board of Trustees. I am looking forward to making a difference and helping INMED grow."

Christi Ask is a Senior Program Manager at Rockwell Collins Simulation and Training Solutions in Sterling, which provides training systems and related services for the military and commercial customers worldwide.

During her 16 years at Rockwell Collins, she has earned her Bachelor's in Business Management and Economics from Empire State College and a Master's of Business Administration from Capella University. She also owns Club Pilates in Ashburn with husband Ryan, who runs the business.

In addition to becoming a trustee, Ask has been volunteering at INMED's summer learning camps at the Opportunity Center and plans to continue volunteering for INMED's after-school academic enrichment program.

"I believe in giving children attention with fun and challenging activities to motivate them to achieve their goals and feel good about themselves," she said.

**Woodgrove High School awarded the Junior Achievement Grant**

Woodgrove High School in Purcellville has been awarded a \$6,000 grant from Junior Achievement of Greater Washington for being the high school in Virginia that submitted the highest number of eligible essay applications in the organization's annual essay contest.

The grant was awarded recently at the Capital Hilton Hotel in Washington, D.C. Philanthropist and businessman David Rubenstein was a special guest at this event, LCPS officials said.

*Good for You is compiled by Veronike Collazo. Contact her at [vcollazo@loudountimes.com](mailto:vcollazo@loudountimes.com).*



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