

# Scholarships awarded for essays

Two college-bound young people with a gift for writing will have \$500 in financial aid, courtesy of the YMCA of the Roanoke Valley and the Roanoke Athletic Club/Botetourt Athletic Club.

Katrina Litchford of Blue Ridge and Elijah Ammen of Roanoke County submitted essays deemed by a panel of judges to be the top two among all entries.

Katrina is heading to Mary Baldwin College in August.

Elijah will begin his freshman year at Bryan College in Tennessee.

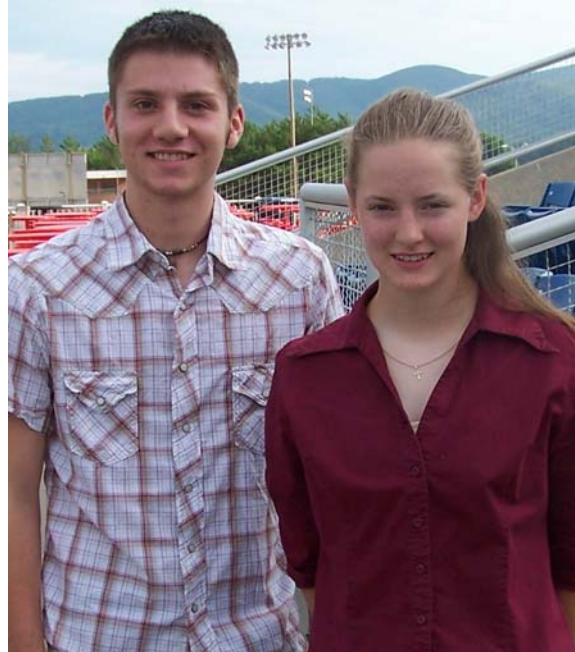
Bud Grey, director of the RAC/BAC, said that while his clubs have different purposes and clientele than the YMCA, they are perceived to be in competition. He said this joint effort is a chance to show the community that the character values of cooperation outshine the grit of competition.

YMCA Executive Director Cal Johnson was happy to be part of the effort, which was administered through Valley Character.

[Read Katrina's essay](#)

**Cal Johnson, executive director of the YMCA of the Roanoke Valley, (wearing cap) and Bud Grey, director of the RAC/BAC, talk with scholarship winners Katrina Litchford and Elijah Ammen at an award presentation at a Salem Avalanche game, July 11.**

Photos courtesy of James Litchford



**Elijah Ammen and Katrina Litchford**

All entrants wrote essays on the same topic: How is good fitness related to strong character values?"

[Read Elijah's essay](#)

