

Recommendation for Abby Frey:

February 4, 2019

I am writing to you on behalf of Abby Frey. I am the Associate Director of Valley Youth Network (VYN), a high school ministry in Ligonier, Pennsylvania. The goals of this Christian organization are to encourage young people to grow in their relationship with God, meeting the needs of others, and becoming healthy adults. We provide opportunities for youth to volunteer for community service events and annual mission trips in the U.S. and abroad. Students can also attend a weekly fellowship night (C.H.I.L.), Bible study, Fellowship of Christian Athletes and join in on recreational and adventure trips. Over the past four years Abby has participated in all these areas of programming.

To grow and mature as a leader, Abby is involved with our student leadership team. Once a month the students plan and lead C.H.I.L. Abby helps in the leading of large group games, making announcements, serving snack, and helping clean-up at the end of the night. As a student leader, Abby has also contributed her personal reflections regarding mission trips and involvement with VYN through our community newsletter and sharing at our annual dinner.

Abby is an empathetic young woman who is keenly aware of the hardships of others and the need to provide resources, relief, and encouragement. She has partnered with our local food pantry, End Hunger Café, Special Olympics, Faith in Action, ROTC Color Guards, and served community meals for non-profit organizations and senior citizens. Abby is a contributor who has a sense of social responsibility.

Every year, VYN serves those in need outside of our home community on a summer weeklong mission trip. Abby traveled and worked in South Carolina repairing homes for flood victims in 2016, partnered with Habitat for Humanity building homes in Colorado in 2017, and worked alongside The Least of These Ministries in Barahona, Dominican Republic through food distribution, church repairs, and caring for the needs of the village children the summer of 2018.

As a volunteer coach for the Ligonier Valley High School Girls Soccer Team, I have witnessed the dedication and hard-work Abby provides both as Captain and teammate. She is a strong and talented athlete who can be counted on to play her position solidly while positively encouraging her teammates to play to their potential. Coaches and players respect her and look to her for motivation and consistency.

Abby is adventurous and welcomes personal challenges that stretch her out of her comfort zone. When faced with new opportunities or activities she is teachable and seeks out advice and instruction. I have known her to be intentional in her actions and understanding the wisdom in stepping back from a situation before confidently moving forward.

Abby is an outstanding young woman who has made an impact on my life, her peers, our community and those in need beyond Ligonier. I have no doubt she will continue to have a positive influence wherever she decides to continue her education and reside. I am thankful for the opportunity to be a reference for Abby Frey!

Sincerely,



Sandy Crumrine

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