



*Misa Holland*

Recipient of

Avery R. Burton "Excellence in Academics and Sports" Memorial Scholarship

What an honor to be awarded a scholarship by such a meaningful foundation. Mental health issues are very prevalent in student athletes and too often overlooked. Thank you to the Burton family and the Avery Burton Foundation for bringing awareness to an otherwise neglected situation. I am so grateful to have been awarded this scholarship. As a physically disabled student athlete, having to perform well on the track and in the classroom, I deal with obstacles that most are unaware of. At times taking a toll on my mental health. Much like mental issues, you cannot really "see" I am struggling. I run with the crowd really well, even with physical and mental struggles, but some like to think that since I "act" fine, that I am. The reality is we never know what others are dealing with, respecting each other and simply being kind is vital to humanity. This Fall I will begin life as a college student athlete. While the monetary value of this scholarship is very helpful and will aid in my ability to succeed as it offsets my expenses, I am even more appreciative of the recognition from a truly impactful foundation. Thank you again!

*Thank You!*