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### **'Whatever you do, do it well'**

Boylan grad delivers inspiring speech to Young Americans.

*Jeff Kolkey*

ROCKFORD -- Artist and businesswoman Lisa Frost told a room filled with some of the brightest teenagers from across the Rock River Valley they must work hard to make something of their talents, strengths and gifts. Frost delivered an inspirational keynote address at the Rockford Register Star's 51st Annual Young American Awards Banquet Saturday afternoon at Cliffbreakers that honored the future leaders from the Rock River Valley.

**"Whatever you do, do it well,"** Frost advised the young men and women. "Work hard, keep learning, care about others, care about the people **you** are doing the work for, care about those who have helped and encouraged **you** and even about the things **you** don't even know and find your own way to give back."

Each year, the Register Star honors the region's most promising teenagers and bestows on them the Young American Medallion. Nearly 1,850 teenagers have been named Young Americans since the first award was presented in 1957. The students, 40 each year, represent 150 schools and all areas of the Rock River Valley.

Young Americans have gone on to become doctors, lawyers, captains of industry, chiefs of police and professionals of every stripe.

Frost is a former Rockford School District art teacher who went on to own and operate Lisa Frost Studio in Rockford. She is a graduate of Boylan Catholic High School and in 1993 earned an arts education degree from Northern Illinois University.

Frost paints pieces for holidays, homes and children and recently signed a contract with a large national company that will put her work in stores around the world. She was named "Educator of the Year" by 21st Century magazine among numerous awards and founded a community event known as "Frost and Friends." **It** is a holiday shopping event that showcases 12 talented artists and creative vendors each year.

The first year, **it** raised enough money for one scholarship, and this year **it** raised enough for seven.

"Now I am making a difference in small but meaningful ways," Frost said.

Frost is a woman who had to persistently follow her dreams to get what she wanted and wasn't afraid to network with friends, colleagues and family to achieve her goals, said Socorro Alegria, a 2008 Young American from Jefferson High School.

Alegria is a member of the National Honor Society and winner of the DAR Good Citizen Award who plans to take a seven-month internship at Walt Disney World in Florida and then attend Westwood College at O'Hare to study business, marketing and sales.

"I could feel her connecting with us, especially when she said 'bring **it**, give **it** and live **it**,' " Alegria said. "'Bring **it**' is I'm going to give **it** everything I've got. 'Give **it**' is when I gave **it** everything I had to get what I wanted I am going to share **it**, and 'live **it**' is I'm going to live my dream. She lived her dream."

Twin brothers Jordan and Jeff Liles, 17, of Lena-Winslow High School each earned a Young American Award on Saturday. Jordan Liles said they share a love of athletics, a competitive school spirit and now the Young American honor.

"He deserves **it**," Jordan Liles said. "We both worked really hard. He does golf, I **do** football, he did basketball, I did speech, and we both run track. We push each other." Jordan said he was inspired by Frost's speech.

"She was awesome and full of energy," Liles said. "**It** really shows, no matter how small **you** are in anything, **you** can always achieve."

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