

(Washington, DC) - U.S. Representative Jason Altmire (PA-4) presented Fox Chapel resident Michael Lin with the Congressional Award Gold Medal during a ceremony in the House of Representatives Cannon Office Building on Tuesday. Lin earned the award for completing over 400 hours of community service and personal development. Lin is a 2005 graduate of Fox Chapel Area High School. He is currently attending Harvard University as a biochemical sciences major and will begin his junior year in the fall.

**"It's important to recognize the young people in our community who are making a difference in the lives of others,"** said Congressman Altmire. **"It is a privilege to honor Michael with this prestigious award for his commitment to bettering himself and his community."**

**"The Congressional Award is a good program,"** said Lin. **"It taught me the importance of public service and the value of setting goals and achieving them. The Congressional Award program is open to all young people ages 14-23, and I encourage everyone to get involved."**  
According to Lin, he completed the award's requirements over the course of four years.

The Congressional Award program teaches participants to set and achieve personally challenging goals that build character and foster community service, personal development and citizenship. The program requires participants to set goals in four program areas: volunteer public service, personal development, physical fitness and expedition/exploration.

In earning his Congressional Gold Medal, Lin dedicated over 400 hours of voluntary public service to his community by working at the University of Pittsburgh Medical Center. For personal development, Lin developed new skills on the violin and rehearsed weekly with the city orchestra to give free public performances in the Pittsburgh area. Lin achieved his physical fitness goal by decreasing his time in swimming the 100-yard breaststroke, which he accomplished by training daily over several years. Finally, Lin fulfilled his exploration goal by traveling to Australia in 2003 where he competed in a swim meet and assisted a nature cleanup project.

The Congressional Award program was created in 1979. Any student is eligible to work

toward earning the award. For more information, visit the Congressional Award Foundation's website at [www.congressionalaward.org](http://www.congressionalaward.org) .