



Sophia Principato

\$10,000 College Woman's Club of Westfield Scholarship

Sophia is an extremely well-rounded young woman who is involved in athletics, the arts, community service and her church community. Sophia's teachers describe her as kind, compassionate, attentive, and bright with an incredibly mature view of the world. One described her as the most open-minded and kindhearted students that they ever taught.

Sophia is an active member of the Westfield HS community. She is a 3-year varsity ice hockey team member who was named captain her senior year. One of Sophia's teachers writes that her discipline and work ethic in sports transferred well to the classroom, and she a natural leader on group projects. She was involved with Chorus her entire high school career including Bella Cora and Concert Choir. She is a Peer Minister at her church and a member of the Lightning Wheels Club which helps children with disabilities get the equipment they need. In addition, Sophia is a Soccer Buddy and Leader that helps children with disabilities play and explore the game of soccer. She was also a Counselor in Training at a YMCA camp. Sophia is a member of the Stage Crew at WHS and is highly creative.

In her personal essay, Sophia wrote about how close she is with her grandparents, especially her grandmother and how her grandmother's diagnosis of early-onset Alzheimer's Disease has had a profound effect on her. Her grandmother's medical situation inspired her junior research paper on how music therapy can have a positive effect on Alzheimer's patients. Sophia will be attending the University of Delaware in the fall. Even though she is undecided about a major, this family situation has made her want to consider various opportunities in the medical field. The College Woman's Club looks forward to hearing about Sophia's future endeavors!