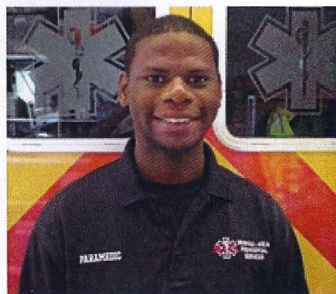


Quinton Williams 2011 Arthur J. Rooney, Sr. Courage House Award Recipient



Quinton Williams came to Holy Family School in 2005 as a high school freshman. Quinton, like many teenagers, began making wrong choices when he was in middle school. Negative peer influence, immaturity and lack of direction resulted in Quinton's placement in an alternative educational setting. It did not take long, however, for Quinton to realize that bad choices were not going to lead him to the right destination. With the structured setting and supportive staff provided by Holy Family, Quinton immediately began to re-think his values and priorities.

While at Holy Family, Quinton's grades improved, his behavior and respectfulness toward peer and staff were exemplary, and he soon became everybody's favorite student. He assisted the elementary school teachers, volunteered in the school cafeteria, and took over production of the school yearbook. In his community, Quinton was active in his church, taught Sunday school, and volunteered for both church and community programs.

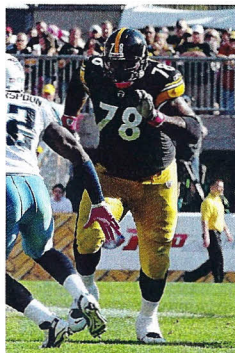
In addition to his school and volunteer activities, Quinton held down numerous jobs while still keeping up his grades. For two summers in a row, Quinton served as a youth counselor and was promoted to Assistant Activity Director at the Promise Youth Camp for at-risk youth. He also tutored children after school and acted as a role model and mentor for many young people.

While still in high school, Quinton earned his Red Cross Life Saving certification and began teaching Red Cross classes. Because Quinton had earned enough credits by December 2008, he was able to graduate high school early. Quinton's desire to help others and his interest in the medical field led him to pursue an Emergency Medical Technician certification, which he received in the fall of 2009. Upon receiving the EMT certification, Quinton quickly enrolled in the highly-regarded University of Pittsburgh's Center for Emergency Medicine to earn his Paramedic certification.

On May 26, 2010, Quinton graduated from Pitt's Center for Emergency Medicine and was immediately offered a paramedic position with Munhall Area Prehospital Services. Recently promoted to Paramedic Crew Chief, he supervises not only the E.M.S. technicians on his own crew, but also the crews on other emergency calls as well.

In addition to working as a full time paramedic, Quinton is currently enrolled at the University of Pittsburgh's Center for Emergency Medicine in the Emergency Medical Science Program. Upon completion of this program, Quinton will become a certified instructor and emergency medical service educator. His future plans are to continue his profession as a paramedic as well as teach emergency medicine at the college level.

Max Starks Pittsburgh Steelers 2011 Ed Block Courage Award



Max Starks was thrilled to return to the practice field after being away from football for 11 months, joking with teammates, soaking in the warm greetings he received from everyone and having a hard time suppressing a smile. But he admits while everything seemed great on the outside, inside there was some anxiety during his first practice. Deep down, there were concerns. And it was easy to understand why.

Starks hadn't played football since the previous October, sidelined for the end of the 2010 season with a herniated disc in his neck that required surgery involving cervical fusion. While he had been working out during the offseason, getting back on the football field was going to be the real test.

"Any time you are dealing with the cervical spine and going in and removing something and placing something in there that wasn't in your body before, it's tough," said Starks. "You question yourself, if you can do it. There is a lot of anxiety getting back to that first practice, especially for me getting back having 11 months off and getting back and hitting for the first time since that surgery. Everyone around you is telling you it's strong, nothing will happen and that it won't be bad. You still have it in the back of your mind. You are thinking about it."

All it took was a little over two hours on the practice field for Starks to realize, it was going to be fine. He handled the practice well and since has played regular season games and practiced daily without incident. "Once I got the first practice in all of the anxiety left and it was about playing football at that point," said Starks. "It was a mental struggle and a physical struggle."

Overcoming that struggle is the reason Starks was voted by his teammates as the Steelers 2011 recipient of the Ed Block Courage Award, presented annually to a Steelers player who has fought back from an injury or tough situation to return to the field.

"It's a big honor," said Starks. "It's voted on by your teammates. Any time your peers recognize your work and the adversity you went through to overcome it to get back to playing it's an awesome feeling."

After his surgery last season Starks returned to the team, but this time working with the offensive linemen in what he referred to as a "glorified assistant coach." There was no major physical activity for two months, something that was tough on him.

"After surgery I was back in the facility two days later," said Starks. "I am in meetings going through that. I was here because I wanted to help my teammates out. I wanted to work out, but couldn't. I couldn't jog or run because it hurt my neck with the bounce. It was one of those things you pray you are doing the right thing and eventually you will have the opportunity again."

That opportunity came knocking when Starks, who was waived by the Steelers at the start of training camp, was re-signed days before the Tennessee game and immediately started.

"You pray for the best," said Starks. "Everything ended up working out great. Looking back at it things were tough at first, but worked out well in the end."