

Hosting Tony Medina at Utah Valley University Lunch

Mr. Tony Medina, a proud U.S. Army veteran and former Utah Valley University student, returned to campus for a heartfelt lunch-in hosted by UVU's student clubs. Known for his kindness, mentorship, and genuine passion for helping others, Tony shared his inspiring journey from military service to public service, weaving in personal stories that made his message both relatable and powerful. His approachable personality and sincere interest in each student's success filled the room with warmth and created an open, uplifting atmosphere where conversations flowed easily.



Tony Medina answering questions. Sitting By him is Cathy Ambrose Orem/Lindon Rotary Club Current President and Mike Rich past president of Orem-Lindon Rotary club

Throughout his talk, Tony highlighted four themes that deeply resonated with the audience: the power of leadership, the importance of getting involved in campus and community life, the value of gaining real-world experience, and the need to care for one's own well-being. Speaking from the heart, he encouraged students to step forward into leadership roles, embrace hands-on

opportunities, and never lose sight of balance in their lives. His words struck a chord, especially with those considering careers in public service and international affairs, reminding everyone that growth comes not just from achievements but also from compassion and resilience.



Discussion with Tony Medina and others of Event

The event left me feeling inspired, motivated, and more connected to their future goals. I was grateful to play a part in making it possible to help set up the space, capturing special moments through photos, and working alongside fellow student leaders to ensure everything ran smoothly. Being part of an event that brought students together, fostered meaningful connections, and encouraged me to dream bigger was both rewarding and energizing.

By: Martin Figueroa Future UVU Student