



North Cross School

For Immediate Release

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Make a Difference in Your Community

Attorney Linda Frith Delivers Leadership Message to North Cross School Girls

ROANOKE, VA (April 10, 2013)— “Giving back to your community is a constant reminder that there is a world outside your job in which you can make a difference,” Roanoke attorney and community leader, Linda Frith, told the assembly of middle and upper school girls at North Cross School.

Frith was a speaker in North Cross’ ongoing Leadership Speaker Series. Liz Holt, Director of the Lower School, leads the program development. Holt schedules speakers throughout the school year to talk to all-girl and all-boy student audiences about “leadership.” “I want our students to hear from leading members of our community on why they choose to lead, how they lead, and how they make a difference in our community. When we expose our students to our leaders, we are planting seeds and providing models for them to follow. It’s part of our commitment to building character at North Cross.”

Holt continued, “Linda gave great advice to the girls today. Linda and our previous presenters have generously given their time and delivered thoughtful messages. Previous speakers have included Susan Still, CEO of Hometown Bank, Attorney John Johnson, and former Majority Leader of the Virginia House of Delegates, Richard “Dick” Cranwell. Next week, Biddle Porterfield, business leader and philanthropist, will address our boys.”

Frith is active in a number of Roanoke organizations including the Grandin Theatre Foundation, Economic Development Authority, the Roanoke Women’s Foundation, and serves as current Chair of the Board of Trustees of North Cross School. Although she is very active in these organizations, Frith believes her involvement gives something important back to her. “You must have balance in your life and I encourage each of you to find that balance. As a professional, I believe that my community involvement helps with that balance. It feeds my desire to make a difference, allows me to follow my passions, exposes me to new experiences, and creates a growing network of contacts.” She continued, “Being involved in the community is rejuvenating and that means I’m better for my family and better for my work life” Frith told the students, “When you live in a community like Roanoke, you, too, will find that you can make a difference, too. Look for ways to be involved, serve, and lead.”

Written by David Lake

About Linda Frith

Ms. Frith is a partner with Frith Anderson & Peake PC, in Roanoke, Virginia. Over the course of her 30 years in practice, Linda has acquired a broad civil litigation experience, helping clients in employment issues and liability disputes. She was listed by Virginia Business Magazine among the Commonwealth's "Legal Elite," specializing in employment law and litigation and recognized in 2011 by Virginia Lawyers Weekly in its selection of Influential Women of Virginia.

Underlying her representation of employers is a strong principle of finding the right approach to achieve the employer's goals. She has successfully represented employers in cases with issues involving Family and Medical Leave Act, Virginia Workers' Compensation Act, Title VII, Americans with Disabilities Act, discrimination on the basis of sex, race and ethnicity, wrongful termination, retaliatory discharge, defamation, assault and battery and others.

She has represented employers in state and federal courts across Virginia and in front of the Virginia Workers' Compensation Commission, Virginia Employment Commission and the Equal Employment Opportunity Commission. She has also lectured on many occasions on FMLA, Title VII, EEOC and Virginia Workers' Compensation topics.

In addition, Linda has handled numerous civil litigation cases for clients involving claims of products liability, defamation, premises liability, trespass and many others.

About North Cross School

North Cross School is a college-preparatory day school grounded in a strong liberal arts and science curriculum combined with exceptional co-curricular programs. The academic program, from junior kindergarten through twelfth grade, prepares students to become responsible, successful citizens by encouraging them to explore their interests and develop their talents. The School is located at 4254 Colonial Avenue, Roanoke, VA, 24018. For more information, visit www.northcross.org.