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Eleanor Roosevelt once said, "Do one thing everyday that scares you." As we celebrate the 104th year of the Rose Festival, history proves that people in the Portland community do not let fear keep them from celebrating life. Families during this country's hardest times and greatest moments of fear, such as the great depression and WWII, proves that celebrating parades and community involvement can ease the fear that life can bring.

During high school and life in general, it is so easy to take each day for granted. But what if we didn't? What would this world be like if people used each day to help another person, by going that extra mile to hold the door for someone, serve at a soup kitchen, or call a loved one just to say 'hi'? It is little acts of kindness that can sometimes be the most challenging, yet always the most rewarding. One of the important social skills I have learned in high school is that if you have something nice to say, don't hold back, share it with that person, because it could potentially make their day and ease the stresses and fears in their life. When my grandfather had Alzheimer's, I regret not telling him how important he is to me more often. He was in the middle stages of Alzheimer's when his short term memory was off, but he still recognized me. I would often get impatient with him because I just could not understand the disease. The part that I regret is that I didn't appreciate the moments when he could walk, feed himself, and remember my name. As scared as I was to see him lying in his bed, still technically alive, but with no life in his eyes, I was inspired to do anything I could to help the Alzheimer's foundation so that one day they can find a cure. I planned an event that raised over three hundred dollars for the Alzheimer's foundation. This may not be a lot, but getting that letter from the President of the foundation who had lost both of her parents from Alzheimer's reminded me that any act of support benefits the community. That is when it dawned on me that in life, there will always be sadness and fear, but harnessing that fear and using it as a motivation to help others will help you move on from your own personal sadness. From now on, I will always tell

the people I love that I appreciate them, whenever I can, instead of pushing it off for another time. We don't know how much time we have, so I am going to seize every moment I can, to make someone's day, dance my heart out, or create a lasting memory.

Many risks I have taken in high school such as being a counselor at Outdoor School, becoming a freshman mentor, and running for class office have pulled me out of my comfort zone, but they have turned out to be the most rewarding experiences. Women in the last 104 years of the Rose Festival court have all taken risks that benefit the community. I want to be one of those historical women because I strongly desire to make a difference. Living a life of service is what will fulfill my purpose. So, I challenge myself everyday to try something new that scares me, because I know that facing fear will lead me to service and a life filled with no regrets.