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Life is not easy no matter who you are. Even when things are hard for me, there is likely someone who has it worse and needs my support. When I know that someone else is in need, I feel that it is my job to help them in whatever way I can. Even if I cannot help much, just being there to play or talk can enrich both of us in ways most people have yet to experience. People need help and I feel it is my responsibility to give it. I have had opportunities to do this in several ways throughout my grades school years.

Life is full of surprises, but I never expected to find out my aunt had breast and ovarian cancer at the age of 40. That is hard news to understand at the age of ten, but I knew I could not just sit around and hope that she would get better. I had to help her! Helping her meant helping the doctors that are trying to find a cure. I joined in with my entire family, all 20 of us, in the Walk for A Cure. Since my aunt lives in Los Angeles, having her come to Cincinnati and walk with us was powerful. She had been very private and quiet about her struggles, but this outpouring of support gave her a much needed boost of confidence and strength to continue her fight back home.

The Walk for the Cure inspired me to do something at my school to raise awareness. In 2007, I asked the entire elementary school to wear pink on Thursdays to show our support for those suffering from breast cancer. It went over very well, it was a sea of pink in the school every Thursday. I also got the students and staff to save their pink Yoplait lids. For each lid that we saved, Yoplait donated ten cents to The Breast Cancer Foundation. My school and I collected many lids. Since I started doing this, it has become an annual event, even after I went on to the middle school. I approached the middle school principal about continuing the effort here, and he readily embraced it. Each year my school and I collect more and more lids. It is great knowing that our small effort may one day help cure breast cancer.

Scoliosis has also become a large part of my life. I started wearing a scoliosis back brace two years ago. Scoliosis affects many people, but most of the time I feel like the only one in my class or grade dealing with it. The people around me do not understand how much of a struggle it is. Not knowing someone else that has scoliosis can be hard and very isolating. Everyone needs someone to talk to, this is why I am starting a blog with Children's Hospital where people with scoliosis can talk and share our struggles with the people who understand. This will help children who just got the brace or those that are deciding whether or not to get a brace. They can hear first hand what it is like, and speak to other kids who really know what they are feeling. The doctors know their science, but they may never have worn the brace and have never gone through what we go through with scoliosis. They may say, "Oh, its okay you will get through it", or "I know how you feel", but the doctors may not really understand. Having someone to talk to, even if it is through a computer can be very encouraging and supportive.

One day I hope that all people will realize that everyone has their own personal struggles, no matter who they are or how perfect their life seems on the outside. I want people to know that those who have it worse than us need our help. With positive support and small efforts, we can make an impact that could change a life or even the world forever.