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Throughout our lives we meet and interact with many people. These interactions can have major effects on those individuals. Sometimes we are not aware of how we affect others, but there are other times where we are lucky enough to see. Over the past year, I have been more aware of how my actions affect those around me. I have been able to see some of the effects of my service efforts. I have worked hard to help the people I care about and fellow people in the community, and even more now that I am preparing for confirmation.

Over quarantine everyone had their struggles. My neighbor, Michelle, struggled when her husband was deployed in Germany. This was a hard time for her. She was trying to juggle going to school, running her own business and taking care of her two young children and their schooling needs. Shortly into lockdown, my sister and I started playing with the neighbors more often. I would play and babysit the youngest while Michelle would work on her school work. We would go over at least a few times a week. I had no idea how much this helped and affected my neighbor until recently. It made me feel really good to hear how much I helped her.

For the past two years, I have been helping teach younger dancers and little kids how to dance at Revere Dance Studio. This year, I decided to volunteer at the dance studio three times a week by helping teach six classes of 2-6 year olds. I love teaching and helping the little ones. I love seeing their faces light up when they learn a new step, how happy they get when they dance, and their smiles after you compliment them and give them a high five. It makes me feel so good inside to know that I am able to help them become better dancers and see them so proud of themselves.

There is one little girl in particular though that I really enjoy helping. Her name is Lottie and she is only two years old. Lottie was born with a heart condition that causes her to have to walk with a walker, but she doesn't let this stop her. She is so sweet, funny, and kind. I love seeing her smile when she does something that she is proud of. I am honored to be able to teach her and make an impact on her life. I also help with the WOW (Wonders On Wheels) and DOTS (Dancers on the Spectrum). These programs allow me and a few other dancers to help those in wheelchairs and those with other disabilities be able to dance and express themselves.

You don't have to do something drastic to have a good effect on the people around you. You can make a positive impact on those around you by doing quite simple things. By helping your parents around the house, opening or holding the door for someone, having polite conversation, and most importantly, genuinely smiling at someone, can make someone's day. Our actions and words affect people every day, so use them to make a positive impact in someone's life. It's the little things that matter in life.