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### How to Save a Life

The cash register pops open with a clang. The kind-eyed hostess places \$2.53 cents in my outstretched hand. I smile as I turn towards the restaurant exit. I glance down at the change in my hand. Two one dollar bills, two quarters, and three pennies. "Perfect," I think to myself as I begin to make my way out the door. As I near the exit I strategically place a penny face up on the floor. Abraham Lincoln smiles back up at me as I set the other two pennies on the concrete outside of the restaurant.

At this point, I expect anyone to be just as confused as someone who watches me leave a trail of copper everywhere I go. I remember ever since I was little, finding a penny always meant good luck and never failed to make me smile. Because of this, I make it a personal goal to bring a little bit of joy into each person's day in anyway I can. Even if it is just a momentary smile, the littlest token can change a person's mood in seconds. These people who find my pennies will never know who I am, but at that moment they will know that someone is thinking about them.

I am driven by the truth that every human being's life has meaning. I come from a family that was shattered by a messy divorce and the mental health issues associated with the extreme change. I know what it is like to feel forgotten and extremely angry about situations that are not in your control. After making it through an extreme low, I decided that I would dedicate my life to helping others and making sure people feel loved.

This year, I joined a suicide prevention club called Psi Mu Sigma. The club's goal is to spread awareness about suicide and mental health, while also being a safe place people can go to for help. Being an officer of this club has been one of the most rewarding experiences of my life. We present to the freshman health classes on suicide prevention and the warning signs. We also hold events to remember the victims of suicide in the community. This club has been a way to bring my penny tradition a substantial leap further.

In the future, I hope to bring my friend Lincoln with me to the next level. I am planning on studying psychology in college and applying those skills to truly save lives. I want to be able to make a difference in the lives of anyone who has struggled. I have witnessed so many people battle mental health issues and I want to be a part of the healing process. Overall, I am driven by the desire to save lives. I want to spread

happiness any way I can. Whether it is as simple as offering up some good luck on the sidewalk, or providing counsel in a professional setting, I want to make an impact.