

**Katelyn**  
**Carter10**  
**Capital High School**  
**Idaho**

### **What Drives Me**

John F. Kennedy once said, "Every person can make a difference and every person should try." That quote motivates me everyday. Volunteering has always had a special place in my heart and has made a tremendous impact on my life. I have volunteered with several organizations over the past 6 years, including; the American Heart Association, Drug Free Idaho, and multiple organizations who support people with special needs. Volunteerism has taught me to appreciate what I possess and understand what it means to work hard.

Six years ago I started volunteering for the American Heart Association. That experience gave me the confidence to speak up for what I believe in. It also provided me with knowledge about living a healthy lifestyle. I enjoy volunteering for the AHA because it's not only a great atmosphere but it also will help me reach my goals in the medical field. I have participated in the Heart and Stroke Walk many years but in recent years had my own team and raised funds to save lives. I have also been involved with Youth Lobby Day at the state Capitol. We lobbied for "Safe Routes to Schools" and the "Tobacco to 21 initiative".

Another organization I participate in that really drives me is Drug Free Idaho. I am the only Youth Representative for Drug Free Idaho here in Idaho. This has made a huge impact on my life. I have always been against vaping and doing drugs but my voice was never heard. Now that I am a part of this organization my voice matters. I spoke to over 1000 students at the Red Ribbon Rally in 2019 about the dangers of drugs. Knowing I was a role model for younger students drove me to continue standing tall for what I believe in. Drug Free Idaho gives me a platform to speak up and advocate for change.

Lastly, I am most passionate about helping people with special needs and that drives me more than anything. I volunteer for people, more specifically kids who have disabilities. I see how strong they are and how difficult simple tasks can be and it makes me want to encourage them and tell them how great they are. They wake up everyday just like you and me and are physically and mentally incapable of doing everyday occurrences, but yet they wake up happier than most people in the world. I find that incredible. I work with multiple kids at school and have developed close relationships with them. I also volunteer with Tim Tebow's Night to Shine prom. I love seeing how happy people who have disabilities are and wonder why not everyone is like that.

In conclusion, volunteerism has always driven me to my fullest potential, motivated me, and pushed me to achieve my goals. Volunteering isn't just logging hours for me it's something I love to do and look forward too. I can't wait to get involved with more organizations in my community and around the world.