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**“What are your current and/or future plans to make a positive, lasting change in communities at home or abroad?”**

Many people think that in order to make an impact in other people's lives they have to do something extraordinary and newsworthy. However, they seem to overlook the small and simple things that can make a monumental impact over time. I love the way that Anita Roddick (a British businesswoman) said, “If you think you're too small to make an impact, try going to bed with a mosquito”. Even though the mosquito is not noticed, all of the small bites that the mosquito left add up and leaves a long lasting impression. We are all like mosquitos, wherever we go we leave an impact. It's up to us to decide if that impact is going to be positive or negative.

I live in a house with 8 siblings and have been able to see firsthand how the little actions people make can affect others around them, in both positive and negative ways. There have been some days where someone has had a bad day and would treat everyone else terribly. The bad mood spread like wildfire, soon enough everyone was at each other's throats. However, it usually takes one person with a good attitude to help change the whole atmosphere of the house. Even if it's just playing with your little siblings, or doing chores without being asked, those actions affect everyone. Parents play a major role in the home atmosphere, they set the example for their children and help them learn and grow. I don't know exactly what my profession will be or what my future holds, but I know that I want to be a mother. Mothers fight the everyday battles to help their children learn how to become upholding citizens. What the children learn in the home with affect what they do out in society and the future. I have watched my mom and many other moms teach me and my siblings how to love, serve, and forgive others. Moms also help at the schools, churches and other community organizations and events so that they can make an impact in their community. That has inspired me to have a family and teach them the same things that my mother has taught me, and make a positive environment in my home. Then they will be able to go out and make a positive impact out in the world. The basic unit in society is the home and family, strengthen it and we all will become stronger.

The community is like a big family, we all play an important role in helping build and unify our communities. Over the last year I have been able to volunteer at the Milliken and Johnstown Senior Centers and have learned so much from the seniors I have been able to spend time with. I now consider them a special part of my community family. I have also added to my community family these past two years when I was able to participate in the annual Johnstown BBQ day's community play. What a privilege it was to work with so many gifted and talented people both young and old, the play brought us together and helped us unify the town by offering this amazing community event. While I'm here in this community I want to continue to participate in the plays and serve at the senior centers as well as start new relationships with other parts of the community. When I move from this community I hope to take what I have learned and bring new ideas to help unify other communities and make that positive impact. When we look past our differences and work together to accomplish things we can start to make an impact and change the world.

Sometimes when we are in our little world we forget how much of the world there is in need of those little positive “mosquito bites” or impacts. The world is itching for change. Social media brings a light to how quick the world is to demean and judge others, without taking the time to understand the situation and offer some forgiveness. Many people see the need and want the change, but aren’t willing to do the work. We need to love, serve, and forgive one another, individually, as a nation, and throughout the world. My brother has the amazing opportunity to be serving the people in Ukraine. Even though he is in a different place, surrounded by a foreign language and strangers, he is learning to love them as he serves them. My brother has been able to learn about the Ukrainian culture as well as teach them about our culture. In the upcoming years I hope to be able to seek out opportunities to love, serve, and forgive in different parts of the world, whether it’s through humanitarian service, military service, or service through church.

From the home, to the community, to the world. The strength and love we build in the home will add to the strength and unity in the community, which will help strengthen our love, service, and forgiveness in the world. It’s a whole chain reaction, each one is linked to the other. It won’t be easy and it won’t happen overnight. Making changes requires sacrifice, hard work, and selflessness. We need to be like the mosquito and take it one bite at a time.