

Tayen Booth

June Nelson Memorial Scholarship

Feb. 28, 2020

Essay Response

My student council elected me to take part in an executive position in the student government for two years of my high school career. They elected me to be the health officer to encourage the school to recognize the importance of being healthy. I designed posters showing various types of ways you could be healthier and possibly improve your diet. I made flyers to post around my community encouraging my community to make healthier food choices. Making healthier food choices will lead to a more active and greater lifestyle.

The years they elected me to be the student health officer; our student body made healthy low-calorie cookies for the school. We stood by the front entrance of our school and handed out the cookies to all the students as they walked in. I think encouraging students to be healthier will lead to bigger and more beneficial things. A nutritious breakfast every morning will improve your thinking and your memory, which will overall improve grades and a better lifestyle.

Encouraging the community to be healthier will hopefully lead to a healthier society. We have a community garden to plant vegetables, but living in Alaska makes it difficult for us to produce vegetables here. Vegetables are extremely overpriced here, so we have to travel on a ferry to a whole separate town to buy vegetables. If we had easier access to organic vegetables, it would be a lot easier for us to maintain a more nutritious diet. I think we could overcome this problem if our community invested in an inside garden. If we had an inside garden, we could adjust the temperature, our plants wouldn't blow over and non-beneficial insects could get to the

vegetables. Since our community does not have an inside garden, we try making the best of what we have.

We have a community garden that anyone can plant in, but Alaska can get windy so the garden cover usually gets blown off. In the summer, I helped to fix the community garden, so we could plant in it. We put the cover back over it, cleaned the trash out, raked the dirt and put fresh soil in the garden beds. After we cleaned it out, we let the community know that they would be able to buy a soil box to plant their vegetables in. I will continue supporting my community as much as I can because I care deeply about the future of my community.

My student council elected me to take part in an executive position as the student health officer. Even though I am not in student government, because of the number of activities, I am already involved in, I will still take part in encouraging my school to live a healthier life. As a community, we will eventually be capable of growing our own vegetables as prices increase. No one wants to spend hundreds of dollars on just vegetables, so eventually, we will all come together as a community and take care of our garden.