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As I began to write this essay on how my actions affect the people around me, I noticed I was writing about “me” a lot and that made me uncomfortable. I felt like I was bragging or being selfish. As I struggled through a couple paragraphs about my family, my brothers and my Nanny Moseley, my father entered the room and asked, “What are you working on, Megs?”

I showed him the information about the Aubrey Rose Hollenkamp Foundation and he kind of stood there quietly for a few seconds. Then he told me a story about his best friend, George Sanders. They’ve been friends since they were kindergarteners. My dad talked about George’s challenges with a brain tumor that was found when George was only 35 years old. I reminded my dad that I know George, and think he’s a super nice guy, but asked what did that have to do Aubrey or with my essay.

My dad told me that George brought Aubrey her medical supplies and really because attached to her. He even said that he and George visited Aubrey’s gravesite at St. Joseph’s Cemetery. He reminded me that George was young, and could have been lost at the age of 35 due to his tumor. But, more importantly, he said that in those 35 years of life George has done more kind things for people than most people do in 70 years. He told me something important: HOW you live your life is what counts, not how long. My dad said that he could sense that Aubrey had an effect on George, and that George is passing that sense of peace onto others by his actions. Then, he reassured me and said that I was doing a good job of how I deal with others.

My dad reminded me that I’ve been a supportive little sister, an instructive big sister, but most importantly that I’ve been a good listener for my Mom. You see, my

mom lost her mother to depression in July 2005. The past couple of years have been really difficult for my mom and I knew that very often she just needed a big hug, and someone to tell her, "It will be alright."

I know that I'm not the perfect sister or the perfect daughter or the perfect friend. But I do know that the time that I am given on Earth I need to do my best to let the people around me know that they are important and they are loved. I hope that my actions give a sense of peace and comfort to those I meet.