

## **“Helping Others”**

By Connie Chan

“Did you ever help somebody and it made you happy? Well I did and it made me really happy. IT made my family really proud of me too. This also will save many people’s lives. Let me tell you of my good deed.

Once my Gym teacher was handing out sponsors called Jump Rope for Heart and the money would go to the people who have heart diseases and stroke. While my teacher was explaining about it, I remembered that my mom told me that when I was three months I had an operation for my heart which was called tetralogy of Fallot. My heart had a hole between two ventricles. She also reminded me that if I was born and live in China, I would no longer live. This made really confident to raise a lot of money at the thought of it. So I decide to volunteer to do this.

I looked up information about this sponsor and I found that a lot of people were suffering form the heart disease without insurance. This made me feel bad for them. The American Heart Association tries to help people by building healthier lives and free of cardiovascular diseased and stroke. So I wanted to raise as much as I could for this donation.

At the end I donated more that I expected. I helped others and it made me really proud of myself that I did this. This is one of the things I do to help others. In the future I would continue doing this sponsor and also help others.”