

## **Simple Act of Kindness Winning Entry – High School**

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What is an act of kindness? It is the altruistic act that comes through the good of your heart and not needing anything in return or in reward. In the beginning of 2010, I was present a hero reward for the act of courage: During my eleventh grade year, my dear friend overdosed on pills and collapsed into a seizure.

Before that incident occurred, Cassandra was an average high school girl trying to graduate and get out of high school. She started doing drugs, and I was always there to help her. I went to the administrator's office at my school to help her out and try to help her change her ways, they didn't listen to me. Then, new kids from California come into our school and she started hanging out with them. I realized they were the worst group of people that she could have been hanging out with. They gave her more drugs and pills like CCs, which are over the counter cough and cold medicine, and they took about 15 a day. The pills increased from 15 a day to 8 pills every hour. Every time she felt sick she would call me in class, and I would rush to her classroom to be there for comfort. As time passed, she became more addicted to drugs, and even added alcohol on top of the pills she took. I knew that she was on her way to death if she didn't stop, so my friend Nordea and I looked around on websites for rehabilitation to send her. However, she refused to go. I sought for help everywhere, until I asked my drama teacher, Mr. John Battle III, for help/ I told him about my friend, he got extremely worried about her. He selflessly offered to go talk to the administration for me this time to make sure that the issue was heard.

Then, one afternoon, Cassandra called me while we were in the seventh hour block. She was in physical education, and I was in my drama class; she sounded so sick, and called me for

help. I couldn't leave my class because I had testing, so I waited until the bell to ring, and when it did I rushed to the gym. When she came out of the gym her eyes were dilated, she had a fever and she felt dizzy. Out of nowhere she passed out. I caught her just before she hit the ground, and placed her down gently. She started shaking profusely, and then she stopped breathing. I asked my peers to call the police and no one did; they just watched me panicking. I tried mouth-to-mouth resuscitation, and she started breathing again. Immediately, I went to look for help. I ran to the gym and found Coach Albert Guzzo and told him about the situation. He ran to the scene, called 911 and tried mouth-to-mouth resuscitation since Cassandra fell into another seizure as the ambulance came. To this day, Coach Guzzo tells me that it wasn't for me doing what I did, she would have died. I'm so grateful that she is alive to this day, and I'm happy to know she is drug free because she has just enrolled out of a rehab center. She is starting a fresh new life. I am proud to say I did something from the bottom of my heart; I'm proud to say I saved a life.