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2022 Jenna Paschke Scholarship

Applicants were asked to write a brief essay on what the
qualities of Jenna's List mean to them
"Work Hard, Be Nice, Give Compliments"

OR

Write about Jenna sharing any memories or stories in a
freer form essay.



CLAIRE CANFIELD

I joined West Express in the spring of 2018 so, unfortunately, I only got to spend one season with Jenna. But even in this one short season, I have vivid memories of Jenna. We had a meet in Rochester and I remember this was the first time I really talked with Jenna or anyone on the team. I don't even remember what we were talking about but I remember Jenna's smile and how she made me feel. This conversation left me feeling lighter and happier than I had previously felt. That is just the type of person that Jenna was. I wish I was able to get to know Jenna better than I did, however, I strive to share the memory and legacy that Jenna left in her short 13 years.

Working hard is an important skill that can be used every single day in all sorts of situations. It can mean working hard to study for a test that is coming up in hopes of a good grade. It can mean reaching out to new people and working hard to establish new friendships that may be hard to create at first. It can mean putting in all of your effort every single day at practice in the hopes of working towards an end-of-season goal. Working hard encompasses so many little things, but I believe working hard truly means setting goals and being determined and strong enough to want to put in the effort to achieve those goals. I make sure to set academic, athletic, and life goals that I will continually work hard toward in an effort to live a life in Jenna's honor.

Being nice is something that you truly can not do too much. Kindness can spread a long way, what may seem like one small act of kindness can truly turn someone's day around. I think it is important to make sure to spread this kindness in any way possible, it can be as simple as complimenting someone's outfit, cheering at the end of a person's lane, or even congratulating someone when they achieve a goal. There can never be enough kindness in this world, so that is why whenever I think of Jenna's list those four words "be nice to others" stick out to me so much. Now, I try to go out of my way to be kind to others by sharing laughs, supporting my friends, and sharing the kindness that Jenna had shared with so many others.

Work Hard ♥ Be Nice to Others ♥ Give Compliments

Giving compliments is something that is so easy to do, yet it rarely gets done. It is a way to show others that you are inspired by them, proud of them, or simply like what they are wearing. A small compliment can completely change someone's day by giving them the confidence to keep doing what they are doing. It is seen as validation and can be very important, especially to those who are insecure or are trying something new for the first time. Compliments are very underrated and that is why it is so important to give them. I try to compliment my friends, family, and even strangers whenever I can because I know whenever I receive a compliment I feel good and I want others to feel that same way too. This is another way to spread kindness to others in such a small impactful way. Jenna's list is something that I will continue to live by for the rest of my life. It is a perfect guideline for how to live a happy life as a good person, just like Jenna. She continually inspires me day to day to be a better person and to live my life by her list. Jenna's list is something that everyone should strive to live by.



I GRETTA HANSEN

Work hard, be nice to others, and give compliments; eight words, three tasks, and one pretty big world. As I look into the future and review the past, Jenna's list provides an anchor in this crazy world. I believe that Jenna's list is a reminder that we are all only human. Today we get transfixed into this world where everything leaves a butterfly effect. As I look into the future, everything seems so out of reach, so many questions arise, and I can't find any of the answers I'm looking for. Jenna's list reminds me of the core qualities I want to hold as a person through all the uncertainty. It can be difficult to remember to work hard, especially when things get monstrous- for example, the number of scholarship essays due.

Working hard can mean completing a challenge. However, it can also mean giving that challenge all you can. If I can leave a task feeling like I tried my best, I know I have worked hard. One monster of a challenge has been college. The challenges provoked by trying to find the right team, conversing with new coaches, and the weight of the next four years are stressful decisions. As I made my way down this winding path, I wondered, "Am I working hard?". I want to make sure that when this new adventure begins, I have done all the research, met all the people, and gained new experiences. Jenna's first task of working hard anchors me down to help me remember to put my best foot forward. I will take each challenge with full confidence and try my hardest no matter the outcome. A simple act of kindness gets lost in our rushing society more and more.

Being nice to others means taking the time to stop and smell the roses. I have tried to emphasize the importance of slowing down and appreciating the people and world around us. We never know what people are struggling through on any given day, and a simple thing such as holding the door open can brighten up someone's day so much. In all my actions, I try to think about how this could help someone, whether it is physically, mentally, or emotionally. I hope even my smallest actions will make their day brighter. I think we need to remember it's not just people that provide us with new adventures but also the Earth. It may seem silly, but simply sorting our recycling right is an action of kindness. It shows our huge appreciation for something in one seemingly insignificant action. Whether the action concerns

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the Earth or other people all those actions can add up and change the way they experience and learn new things.

At first, it was awkward giving people compliments. I was definitely out of my comfort zone, but it helped me grow. I will admit it- I am not the most social person in the world, so giving people compliments was the hardest on the list. However, I try to continue to integrate it into my daily life. If I like a person's t-shirt, why not let them know? A simple compliment could not only make their day but also mine smiles are very contagious. Those compliments and smiles connect us all, one person at a time. Challenging myself to give more compliments has allowed me to grow and learn new things. With one foot out the door giving compliments pushes the door open to other tasks outside of my comfort zone. Jenna's list is a reminder of what it means to be alive- making connections with people, testing our limits, and enjoying this life. Life is a fascinating concept because we tend to think that it requires being a physical being. However, every day I think I see Jenna in not only my actions but in others too. Jenna's legacy will forever live on through the concepts that anchor us down to our core, and I hope that as I continue to work hard, be nice to others, and give compliments. It sparks life in all my environments, no matter what stage of my life.



I MATTHEW KROGMAN

I never really knew Jenna. Having joined WEST in the spring of 2018, I didn't get past the initial shyness of joining a new team until the end of that summer season. Too late to get to know her. I think that, of my peers, I knew her the least. Seeing the impact her passing had on my new friends gave me an idea of who she was, though: someone loved important to everyone on whom she made an impression. I knew at this point that I would do everything I could to carry out my life the way she would have lived hers. I've always been a proponent of the mentality that "if you remember someone passed, they're never truly gone". So, I decided to follow Jenna's List throughout my life, carry it on for others, so maybe everyone could live a bit more like Jenna. It started with hard work. Being a self-declared cynic, I thought working to inspire others is a waste of time, and makes the one doing it look pathetic and way too positive. My doubt of others stopped me from trying it myself. When I eventually worked hard at being a leader--in all situations, but especially when I went to my high school swim team as one of the older members of the team (one of six people actually in high school, at the time). Leading a sports team gave me the best opportunity for me to bring Jenna to my peers. I have spent a lot of time around the younger members of our team, and, by following the outline set by Jenna's List, I've helped my swimmers overcome personal hurdles and be more wellrounded as individuals, in and out of the pool. You'd be surprised how well the lessons you learn in the pool apply to the classroom. It hasn't reflected only on those I interact with, I feel. Life seems more fulfilling when you live your life improving other's. That's not something you realize if you never try to get out there and work at your life. People notice, and they will follow.

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EMMA MCDANIEL

I was fortunate enough to have gotten to know Jenna through swimming. We met at a friend's house the summer before our 8th-grade high school season. We got along really well and I was lucky enough to call her my friend. My first impression of her was a fun, hard-working, friendly, and smart individual.

Jenna's list means a lot to me because of the kind of impact she left on this world. I've learned a lot from her just from her legacy let alone from the time I knew her. Her list goes Work Hard, Be Nice To Others, and Give Compliments, which I believe are some core values every one should have, but I found a deeper meaning in them.

One of the ways I have followed her list is by working hard in academics and extra-curriculars. I think working hard can come in various forms and a form of working hard would be stepping out of one's comfort zone. I'm naturally not the best public speaker or a person to put myself out there. However, over the past I have gotten more confidence and delved into worlds I never knew I could get into them. I entered into a Students For Life Fellowship with a skim of hope that I would be able to get in. Then a couple of months later I received an email saying I got into the program. It's been the best experience and definitely not the easiest either with all the sub-programs involved, but well worthwhile every minute. This experience delves into multitasking, leadership, and helping others. I have never been so happy and stressed at the same time.

Without working hard and taking the chance on an experience I would love I'd never be where I am today. Jenna's legacy has taught me to take risks because life is too short to worry about every little thing that could go wrong. To work hard towards your goals and take chances.

Another way I have tried to live like her list is by being nice to others. Sometimes it's hard to be nice to others because they weren't very nice to me or someone I am close with. It can be morally conflicting because the Bible also says to love your neighbor like yourself. It can be testing, but then I

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remember that blade vs blade never ends well and someone ends up hurt in the end. I have received both ends of the stick by hearing some of the most negative talk towards me and some of the most positive sayings, but both of which I will never forget. Thinking about the negative ones always put me in a negative mood and has me think horribly about myself. While on the other hand, the positive ones humble me and have me think I can accomplish things. With this, I would never want to put another person down, but reflect and bring others up. My friends have pointed out the various gestures and sayings I do to them. Either by doing a small hello hand gesture that they find iconic or saying peace out beansprouts. Being nice to others is a way of putting something positive out of receiving the same from others.

I never saw Jenna speak horribly about other or anything, other than math perhaps. Leaving an everlasting positive impact. I remember one time when the high school swim team was doing morning yoga and she chose to sit by me. We had only known each other for a couple of months by this point. My first yoga mat was a squishy blue foam one instead of the thicker nice ones like everyone else had. I was a bit embarrassed as a middle schooler would be, not having something like everyone else, but our conversation went like this. I said yeah of course and then she said woah, that's so cool how it's all squishy like that. Mine is a bit hard. We talked for a while until the class started. It's been five years since that conversation and all she did was be polite and have a conversation with me. This is the impact she has influenced me to be nice to others and what I hope to be in the world.

Last but certainly not least is to give compliments. This is a daily task I do every day, but I commonly see others on social media giving compliments like so pretty or you ate being given to gal pals. The gesture is cute, but there should be a deeper meaning behind what you're saying. As I have matured over these years words have deeper and deeper meanings behind them. Jenna knew that too, but at a younger age than I am now. Anything I say could be an everlasting impression on someone or hurt their soul. I never want to be remembered as someone who said something to put another down even if they are not the nicest person in the world.



Part of Jenna's List is giving compliments and she knew the importance and power of saying something kind to someone was. Just by saying oh, I love your bright smile or wow you have such a fun personality that makes a positive and everlasting impact on another. I have learned that words have power and I want to use those words in a positive way that will boost others up and not bring them down. Jenna taught me that and I'll never forget the words she told me. With this being said there is a part of me full of anguish in the daily parts of life that I take part in. Whether that be going to high school events, swimming, hanging out with friends, or something else. It feels like she would be doing the same but in her own way. I felt this a lot in my upperclassmen years of high school. It can hit like a truck at times or come by like a swift breeze. The moments I have with the people around me I cherish and hold dearly for I know tomorrow is never guaranteed.

Jenna reminds me of a lot of things from positive to negative events and meanings, but what she really taught me and I live by is to just live in the moment from each experience and not delve into the past. To leave a legacy behind that's so bright and full of kindness impacts several generations. That is why I live by her list and will continue living by her list for the rest of my life.



I KIANA TARDIA

To know Jenna was to love Jenna. I was blessed to know her for all four years on West Express and I am lucky that she was one of my best friends. I will forever carry on her legacy in my heart and through her words. Work hard, be nice, and give compliments. I aspire to live like Jenna did every single day. I work hard in everything I do: swimming, track, academics, work, DECA and other clubs, and my relationships with other people. I love staying active and I work hard in my sports.

Although my swim career has come to an end, I think I was a very hard worker for my nine years on West Express and accomplished my goals and dreams because of my work ethic. Swimming is a sport that has a lot of disappointments, but I put in the work in and out of the pool in order to succeed. As a lifeguard, I work to forge connections with patrons as well as my coworkers. Having a strong bond with my fellow employees ensures that we can provide a high level of safety and customer service to our patrons. Hard work teaches people determination and responsibility and is imperative for success.

Being nice seems like an easy task to accomplish. However, as I grew up, it became harder and harder. I often had to ask myself, "What would Jenna do?" because I know she would help me make the right decision. To be honest, I made a lot of mistakes in my life when I wasn't a nice person, but I have learned my lesson, and moving forward I will put effort to be nicer to others.

If I've learned anything, life is short and you never know what someone is going through, so it is necessary to be nice and give them compliments. Jenna never failed to make my day, and I strive to be that person for my friends now. Giving someone a compliment could make their day, week, or month. People take everyone for granted, and everyone deserves a compliment once in a while. Jenna's list: work hard, be nice, and give compliments; inspires me and countless others every single day and I will continue to carry Jenna's legacy wherever I go in life.

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