

Helping Others

1. Members from the FCA group went to Mission of Hope and served sloppy joe sandwiches and desserts. Photo by Ed Timm Nov 9. 2. Senior Maddie Naeve and junior Caroline Voss play with elementary schoolers Dec 30. 3. Junior Maddie Shultz volunteered at a school supply outreach with the First Open Bible Church, Aug 11. 4. A small group of FTK members cooked a meal at the Ronald McDonald House in Iowa City on April 24. 5. Senior Anika Perry works with kids at the elementary school.



Why do you volunteer?



"Volunteering is such a great way to get out into the community and make a difference! I love it so much, it makes me feel so good after I help!"

Lauren Kalm '19



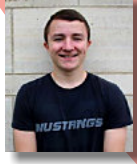
"I volunteer at St. Luke's hospital and it's fun getting to interact with the people and help them get to where they need to go."

Sydney Jones '21



"Experiences from volunteering have convinced me of my goal to help others and have inspired me to go into field of work as a geriatric counselor."

Jillian McGuire '21



"The best part of volunteering at the Humane Society is getting to take care of the animals. You get to spend a bunch of time with them, it's pretty fun."

Jalen McNeal '21



1. Senior Ella Brase embraces the kids in her class for elementary aid. 2. Junior Nolan Brand helps label food packages at Mission of Hope with the FCA group on Nov 9. Photo by Maddie Shultz 3. Senior Grace Krapfl volunteers by coaching a speech team during speech season.

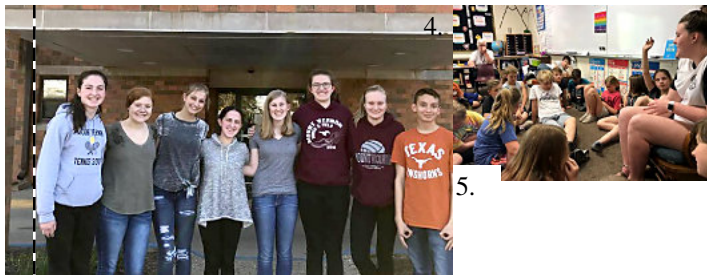


HORSE NAMED HANOVER Junior Reilly Gross serves at a horse ranch. She says that the entire experience has taught her a lot about how to treat different injuries, different training styles, and more about the horse racing industry as a whole. The horse in the picture is named Hanover.



SERVING THROUGH SCOUTS Seniors Jacob Stanerson, Preston Johnson, Gunnar Hageman, Even Tvedt and Jeremy Ferguson completed service projects and became Eagle Scouts in Troop 40 on May 26. Photo by Jeff Schmitt/ Rubicon.

Serving the Community



COMMUNITY Service

By Kai Yamanishi



NATURE AT ITS FINEST

Senior David Wolfe takes a group of kids out on a nature walk Dec. 30 for the National Honors Society. Photo by Brett Karkosh.

Junior Aubrey Frey is a volunteer at the Emergency Department Triage Desk in the emergency room at St. Luke's hospital in Cedar Rapids. She is the first person someone arriving at the emergency room will meet after walking through the door. Her job is to get basic information from patients arriving at the emergency room before sending them into triage to be assessed by a nurse. The patients she sees are walk-ins, those who came to the emergency room because of something about themselves or a loved one they have noticed.

Frey said that a lot of new parents come in with their babies, worrying about a cough or swallowed pill. She also sees a lot of patients with mental disorders. Her other responsibility is directing families who arrive to support their loved one to the correct room. The job isn't always easy though. "You're going to get a lot of people yelling at you. Like, 'That person just went in front of me. How did that happen?'" she said. "You just have to be calm, and stay focused on what you're doing."

Frey said that there are many

benefits to volunteering at the hospital. When she works there, she gets a dinner pass. She said, "It's just a really friendly environment. They appreciate their volunteers a lot, and don't take them for granted."

Another benefit for Frey is meeting good friends, who will be fantastic references for applications to medical programs in college and beyond. One of these people is the volunteer coordinator, Barbara Burns. "She's just a great lady," Frey said of Burns. "If I needed a reference, I'd probably go to her."

Frey described the process of getting a volunteer position as fairly simple. It involves sending in an application and going in for an interview. If accepted, applicants will be scheduled for an orientation session, followed by specific training in one area. Frey said that it was her friends Bri Rubner, Ryley Hoffman, and Gracie Hill who recommended she volunteer at the hospital. And I'd also heard that since I want to become a doctor, it's good to get hands-on experience working in a hospital ... and I thought that now was a better time than any."



PEEL WHILE PREPPING & MEAL Freshman Emily Baker, sophomore Molly Louwagie, and freshman Anna Moore volunteer, cut up garlic to serve in spaghetti at Mission of Hope April 17. Photo by Maddie Shultz.



SMILIN' & SLICIN' Juniors Paige and Shannon Beck help slice up carrots for the United Methodist Church's soup dinner Nov. 9. Photo by Maddie Shultz.