

On August 26, 2007, my life changed in an instant. My mother, Sierra Varner, was tragically shot at a birthday party in St. Louis, Missouri, and her passing left an irreplaceable void in my life. As a young girl, I struggled to process the loss, but over the years, I've come to understand that while my mother's absence shaped my path, it didn't define me. Through the challenges I've faced, I found resilience and purpose. Today, my goal is to use my experiences and the lessons I've learned to pursue a career in chiropractic care, specifically focusing on nutrition, with the hope of one day becoming a chiropractor.

In many ways, my journey toward becoming a chiropractor began at SunLife Chiropractic,

where I've had the privilege of working under the guidance of an inspiring boss. She has been more than just a mentor—she has been a teacher who has shown me the true power of holistic health. Through her, I've learned how chiropractic care goes beyond just addressing spinal misalignments; it's about empowering people to take control of their health through nutrition and lifestyle changes.

Working at SunLife Chiropractic has opened my eyes to the transformative impact that chiropractic care can have on the body and mind. I've seen firsthand how patients not only recover from injuries but also improve their overall well-being by addressing the root causes of their health issues. Nutrition is a cornerstone of chiropractic practice, and it's become my passion to learn more about how what we eat can influence the way we feel, move, and heal. I am excited to study nutrition in college as the first step toward becoming a chiropractor, as I know this knowledge will enhance my ability to provide comprehensive care to my future patients.

However, my journey toward higher education is not without its obstacles. Growing up without my mother has meant that I don't have the same support system that many others do. My grandmother, who stepped in to raise my sister and me, has been my rock, providing unwavering love and guidance throughout my life. But as a single grandmother raising two young girls, there were financial hardships, and now, as I prepare for college, those challenges remain. My grandmother has always done her best to support me, but as a family, we don't have the resources to cover the full cost of my education.

This is where the grant comes in. The financial assistance would provide the support I need to continue my education and work toward my dreams without the added pressure of worrying about how to make ends meet. The opportunity to focus on my studies, free from financial strain, would allow me to thrive and fully dedicate myself to learning the skills I need to become a chiropractor. The grant would make a huge difference in my ability to attend college and succeed, and it would be an investment in my future as someone who hopes to make a difference in the lives of others through holistic healthcare.

My experiences have shaped me into someone who is adaptable, empathetic, and deeply grateful for the opportunities I've had. Losing my mother at a young age taught me the importance of resilience, and my work at SunLife Chiropractic has shown me how the body can

heal through both care and nutrition. I am determined to honor my mother's memory by pursuing a career that not only helps others but also allows me to live a life of purpose and service.

As I embark on this next chapter, I carry my mother's spirit with me and work toward my goals with the understanding that the road may not always be easy, but it is one that I am prepared to walk. The opportunity to study nutrition and eventually become a chiropractor is not just a career choice; it is the culmination of my life's experiences, my passion for health, and my desire to give back to others in a meaningful way. With the help of this grant, I can continue to build the future I've always dreamed of and make a lasting impact in the world of holistic health.