

# Dance in My Life

by Arina Thapa





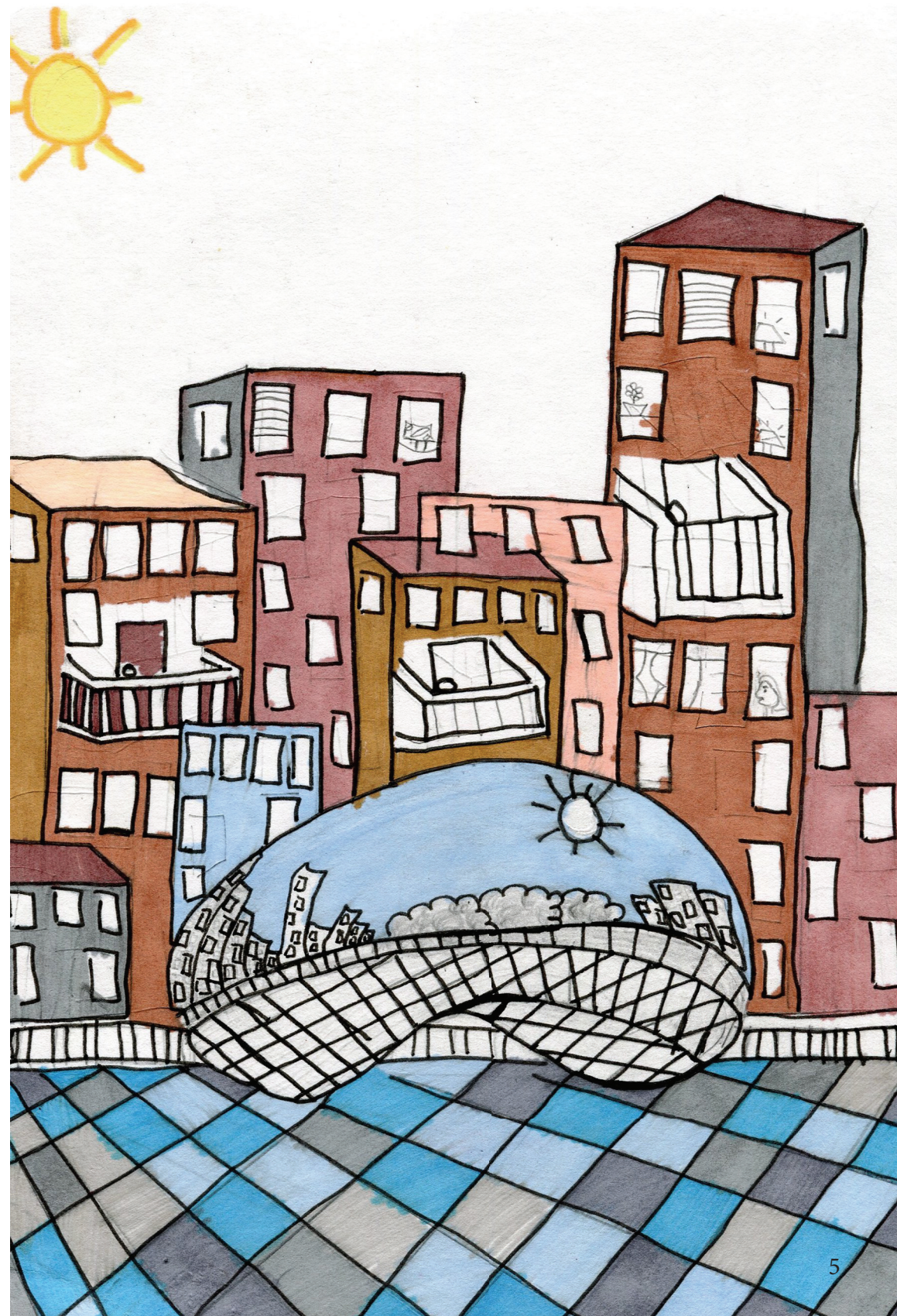


My name is Arina Thapa. I am an 18 year old senior at Aiken New Tech high school. My birth place is in Nepal, a beautiful country in South Asia. Nepal is not often heard of, but its a very beautiful place, with amazing culture with very good food and spices.

Nepal has the huge Himalayas, also the world's tallest mountain, Mount Everest, in Nepali we call it Sagarmatha.



I was 4 when I immigrated to the United States with my parents. I was in Chicago, Illinois. Coming to a new country was hard, my family faced a lot of struggles. When I started elementary school it was difficult fitting into the American culture and having conversations in English. But as I started growing I started making new friends and learned English.





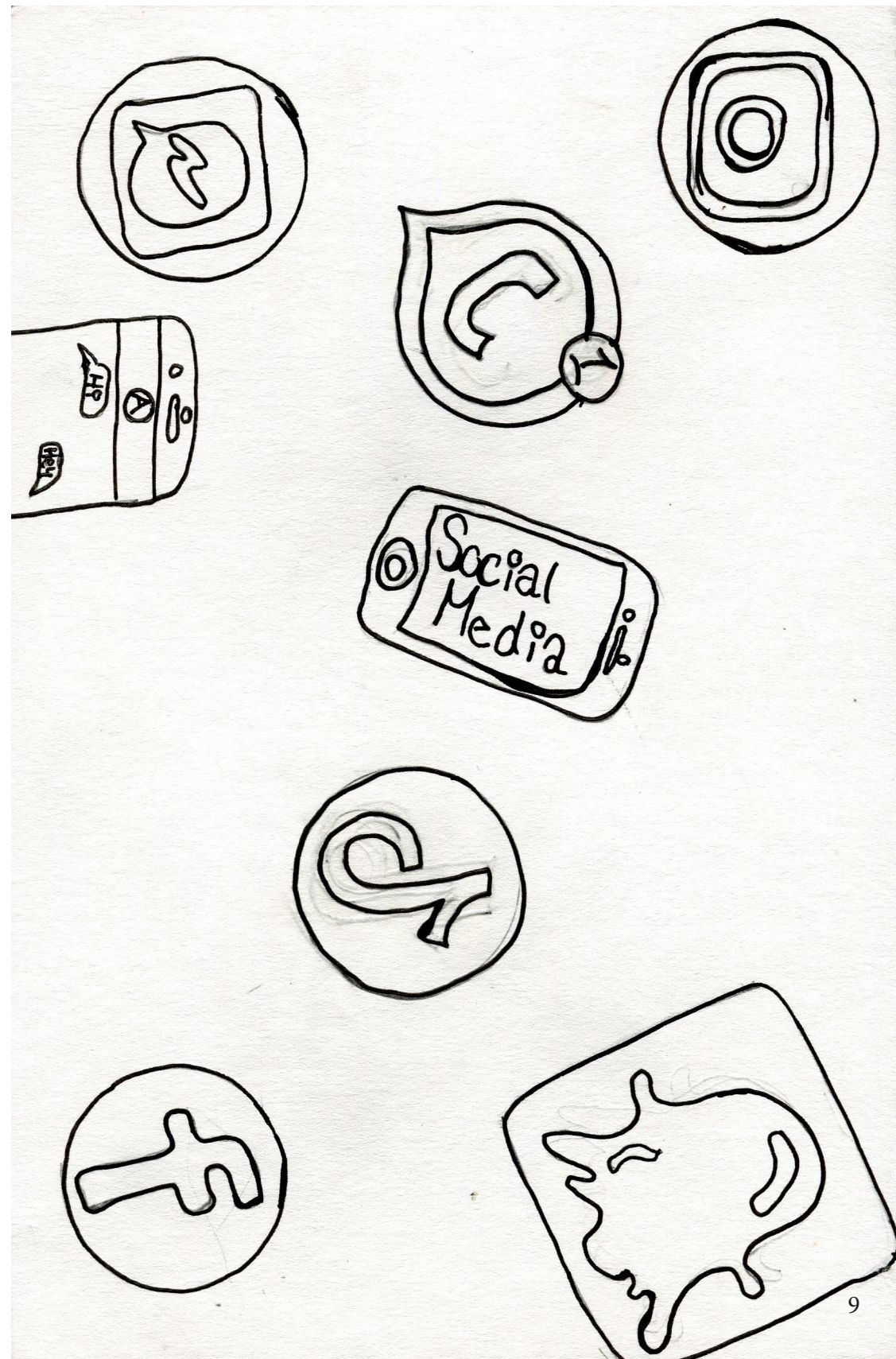
# Cincinnati



After finishing elementary school I went to middle school but I moved to Cincinnati in 2017, where all my mom's side of the family live. When I was in Chicago I didn't get a lot of opportunities from school and to show my dance, but after I moved to Cincinnati I started dancing in programs and met new people and had a lot of help. I started school in 7th grade at Aiken, made wonderful new friends, and got involved in so many things.



I am glad there is social media where I am able to be connected to my childhood friends that I grew up with and that I went to school with. I do miss Chicago a lot since some of my cousins are still there too.







Some of my interests are dancing, art, cooking, playing badminton, and soccer. My talent is dancing. I was introduced to dance when I was 7. Dance has helped me so much in life to get rid of depression and anxiety. Dance is my own form of solution for the problems in my life because it lifts me up and keeps me going forward. I was 11/12 when I started dancing everyday at home. I never went to any dance school or any club, I never went to a professional that could teach me dance.



It's just I was with my mom, my dad was never really there for us, for me and my siblings to do the things we wanted to do. Even if I was interested in doing dance or any other things my mom would not have enough money for me to do all that. But my mom has provided the things for us to be successful in life and has always supported my goals and dreams and always tells me to keep going. I know how much she has struggled through life, raising 3 kids on her own and losing 2 kids, all the hard work she has done for me. And the reason I will be successful and have a bright future is because of her support and love.







But dance has always been my passion. After moving to Cincinnati I was part of a dance competition and also have danced in talent shows at Aiken and other programs. Dance means a lot to me. I love dancing even when I'm sad, mad, thinking too much. It makes me think of the good things life has to offer.



I have one goal in mind - in the future to build my own dance studio and inspire people. A lot of dance studios are expensive and a lot of kids don't have enough money to join one or are scared to step forward. I want to help the younger generation through dance and those with other talents to get up and show it and not to hide it.

My achievement is passing all my classes in elementary school and middle school and another achievement will be graduating from high school in May. My strength is my mother and my motivation is people that let me down by saying negative things. It motivates me more to do what I am doing and what I want to do.



I have faced a lot of challenges. It's just hard to describe it by writing about physical abuse and other stuff, first when I was 5 years old, the second time was when I was 12 and 16 by my own family member. And in the end no one supported me except my mom. Everyone let it go as if it's nothing. My uncles still talk to that person that did horrible things to me and also almost invited him to weddings and other celebrations. They don't know how much pain I would go through if that man showed up in front of me. But I just be quiet and let it be. Thank god he is at least too ashamed to come.







I have a lot of friends in life but it's just I don't have friends where I can share everything about my life. A lot of people think I am dumb or not a good friend or person. But since 16/17 I have stopped sharing about my life to others. I have so many things inside of me that when I think about it, it just hurts so much that sometimes it's hard to bear with it. But this is life, you have to face a lot of challenges in life to be successful and I know in the end it will be worth it.



I'm very excited about graduating high school as part of the class of 2023. I got accepted into University of Cincinnati and will be majoring in nursing and I can't wait to make new friends and see what life has to offer.

