

# What Being Tall Means to Me

By Hudson Palfy

I, Hudson Palfy, stand at 6 feet and 3 inches and love every bit of it. Being tall was something I always hoped for when I was little, as my dad is tall and I always wanted to be bigger than he was, and now he wears my too small clothes. Being tall greatly helped me achieve my athletic goals, and not only benefits and affects me, but my height also benefits others around me. Being 6'3, although sometimes annoying from smacking my head on cupboards my family leaves open, is great. My height has always boosted my confidence and has allowed me to get to where I am today.

I play football at a competitive level, and I have signed with the University of Alberta Golden Bears as of October as an offensive lineman. My size, being 6'3 and 310 pounds, puts me at the ideal size to play offensive line competitively at the second level. It always crosses my mind that if I would even be where I was with football if I had been a couple of inches shorter and every time I think about that, I realize how lucky I am to be tall. I have also played with Team Alberta u18, where I had been on the starting line, and we ended up capturing the gold medal in the Canada Cup. Again, my height plays such a significant role in football as I get arm length and leverage over so many opponents.

My height is something I can't control, and I am very lucky to have grown so much, but even though I am tall, I do my best to use my height to other people's advantage. My mother and sisters are not super tall, and they are constantly trying to reach things off the top shelves, and I am typically called over to help them reach, or if I see them trying to reach for something, I usually just grab it for them before they can always ask. There are even many instances at school where teachers set something

up, such as the Graduation ceremony in the gymnasium, and I am needed to help reach hooks to hang things and grab items from higher up.

Not only does my height benefit other people, but I benefit from it myself, too. As I already stated, it has drastically helped me achieve my athletic goals playing football, but being tall is a huge part of who I am. My height hugely increases my confidence in how I look, and it is a huge part of my personality. I am often seen as a friendly giant, and people always think I am much older than I am. When people think of me, my height is often one of the first things that is thought of, and people are always trying to measure their height off of me to see how they compare. My Grandpa often refers to me as his bodyguard to his friends because he only comes up to my shoulders, and when my shorter friends walk with me, they also feel more protected.

Being 6 '3 is amazing, and although I do sometimes smack my head on cupboards and struggle to fit in vehicles, the pros hugely outweigh these cons. I am able to pursue my dreams of football due to the fact that I am not undersized. My friends and family can benefit from my size as I can reach the top shelf, and I help make them feel more protected. My height is a part of who I am, it's part of my personality, and it boosts my confidence. I am not sure who I would be or where I would be if I weren't tall, and this is what being tall means to me.