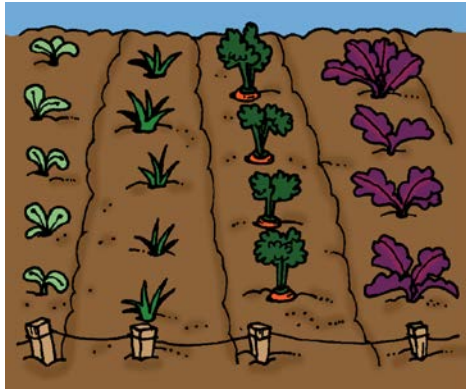


Helping Others

By Terry Miller Shannon

So Much Food

Etta loved her family's garden. She liked playing there on early misty mornings when the foghorn boomed from the port. Nothing was better than a crunchy carrot or juicy tomato. Their garden held so much food! She and her father kept a graph of all they grew. It helped them review what they had grown.



On a walk one day, Etta noticed a sign.

"What's a food bank?" she asked.

"It gives food to people who need it," her mother said.

"Mom!" Etta said. "We have so much food in our garden. Let's give some to the food bank."

Her mother smiled. "That's the best idea ever!"

Helping

Your money or time improves someone's life.

But giving is its own reward.

You feel glad inside, meet different friends, learn new skills, hear history, see how others live.

It's pretty amazing! Helping someone else ends up helping you.

A Long-Ago Helper

In general, people think of Ben Franklin as an early American colonist who helped form the United States government. It's a little-known fact that he also helped people facing wildfires. In 1736, he formed the Union Fire Company. It was the country's first volunteer fire department.

Helping by Chatting

Visiting older people who are alone is one way to help others. Seniors without family or friends may feel lonely. A chat with a young person may make their day.

Do you feel shy? Here are some tips for starting a conversation. Many older people like to talk about their lives. Ask what they did with their friends when they were children. Do they have photos to look at with you? You might ask how the world has changed in their lifetime.

At any age, we like attention. Good listeners make friends. Having a young friend improves an older person's life.

Having an older friend is likely to improve a young person's life, too. It goes both ways!

