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4th Grade

A Helping Hand

My cousin, Brenda Mutuma, is a 22-year old college student at Stanford University. I know she is a peacekeeper because she helps poor people have better lives. She does this through very organized curriculum activities.

Last year, she was in a group called Night Outreach. The group helped poor people in Santa Clara County. They started a women's shelter to serve homeless women off campus. She was the food and meal coordinator. She gathered and collected food donated by the community and cooked it in her dorm room. She took the food and shared it with the people at the shelter. She enjoyed inviting others to share the food and talk in deep levels with people at the shelter.

This year, she started a community garden on campus. She uses it to help members of the community to work together in different ways. For example, she invites other students to plant vegetables. They are planning to eat some of the food and donate the rest to other people who have no access to organic food.

These examples bring peace to homeless people because they do not have to worry where their next meal will come from or worry about sleeping out in the cold. Also, these activities encourage the students at Stanford University and others in their community to appreciate what they have and to share it with people who have less.

Brenda's community leadership relates to Cesar Chavez because he was always a great leader and helped poor low paid farmers have better lives. They both made sacrifices to better the people in their communities through their peaceful movements. Cesar Chavez continues to inspire young people such as Brenda and myself.