

**Savana Berehane - St. Catharine of Siena – Mother of Mercy High School**  
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Helping people is something I love to do! I feel that if I help someone it makes the person and I feel so much better. Helping someone is the easiest way to put a smile on their face because it gives them the satisfaction to know that one person that day cares enough about them to help them.

One person I feel that I help the most is an elderly friend of mine, her name is Mrs. Harris. I go to Mrs. Harris's house a couple times a month and help her around her house. Sometimes I just wash dishes, switch the clothes in her closet for the season, or even just water her plants. I love going over to her house even if it's just to talk. I know she loves when I come over to because every time when I step into her house she has the biggest smile on her face but when it's time for me to leave it feels like she shrinks a little because she is so sad to see me go.

My sister and her friends are also people I help a lot with too. My sister is eight years old and her friends are about the same age to. Over the summer and when we have breaks during the school year I babysit them. Her friend's parents always try to pay me but I just feel so weird to take the money from them so I just tell them I need service hours. I think my sister and her friends are just great kids and I have a blast with them so whenever I am watching them it just feels like I am hanging out with my own friends. I know watching the kids isn't a big deal to me but I can tell it's a big deal to the parents because if they are in a jam and they can't find a babysitter they know that I am just one call a way.

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My neighbor is also another elderly friend of mine. I usually help her the most during the summer, spring, and winter. During the spring and summer I plants flowers for her in her front and backyard and I also help pull out her weeds from her yard. During the winter when it snows I shovel her drive way for her. I also take out her trash every week on trash day and after school I put it back in her garage. When I think about the things I do for my neighbor I know it's not a lot but I just feel so good after knowing that she doesn't have to do the things that she is unable to do and I am able to do it for her.

For the past three years my sister and I have been giving up the price of one of our gifts to buy a family we know who is in need a Christmas gift. We get a gift each year for the children in the family and one for the parents. Sometimes we get clothes for the children or little toys. We started this because we felt bad for a single mother family in our school, who couldn't afford to buy gifts for her kids, so my family and I decide to buy gifts for them. We bought gifts for the mother and each of her four kids. Then the mother and the kids got so excited when we gave them the gifts. The excitement on their face just stuck with us and we decide to do it again for another family, now we have been doing it for the past three years and every year we pick a new family from our school or church who we want to help and we get them Christmas gifts. This is one of the things I look forward to every Christmas because seeing the huge smiles on the families face just brightens up my Christmas season.

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Helping is something I love to do! I wish I could do more for the people in my community but I try to do as much as I can. Even if it's just smiling at a person I see while walking around in a grocery store.

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