

To Change or Not to Change

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Did you know one little change can help the world grow into a better place? When many of us hear the word “change” they think of doing work which draws us away. You could help give back to world by volunteering your time at local schools, give back to people in need like people without homes, save trees by using less paper (everything in this day and age is online), and save water by taking shorter showers and limit other ways you use water. You could use your money wisely by donating to a charity of your choice that supports a cause or something you stand by. If you don’t know what charity to give back to, you could go on givewill.org and they have a long list of charities with different causes. You could

make a difference in the world by donating blood and old clothes you and your family members don’t wear anymore. Even changing your diet could help out and no not the way you think, you don’t have to turn into a vegetarian but you try to not eat meat once a week.

•How do you help out in your community?

- A) Donating to Charities
- B) Supporting Small Businesses
- C) Recycling
- D) Saving Water
- E) All of the above



The world could use more of peace, understanding, and giving state of mind than hate and violence. No matter how hard you may think your life is someone else life may be more harder than yours. Every person can make a difference no matter how small the effort is. There’s

many things you could do to make someone's day by giving compliments, doing something that's not asked of you, pay for someone purchase, give small gifts, reach out to people you haven't heard from, and most importantly believe in them. We could solve every problem in the world by staying together and face every obstacle with a positive state of mind.

Q: Have you ever given back to your community? If you so, what impact did it have on you?

A: Every year my job engages in food and toy drives around holiday times. I take part in this every year. It brings me joy knowing that I am helping others in need.

-Interviewed Geneta K. on May 13.



We could plant vegetables or flower gardens which helps everyone because they produce oxygen which is important for our environment. In America we throw away a average of fifteen percent of food every year which could feed millions

of people. We could help save our environment by using reusable bags, recycle, reusable cans, Another way we could save trees is using tubeless toilet paper, ease up on printing and don't throw your notes away from last semester you could connect with another student that's taking the same class. A way to save electricity at home is unplugging wires that are not in use and switch out bulbs with LED bulbs because they consist of ninety-five percent of energy.

Q: What does the word 'change' mean to you and what changes would you make in your everyday life?

A: Change to me means making a difference, mostly in part a positive change. One change that I would make in my everyday life is to set a goal of exercising at least one hour a day. Another change that I would set for myself would be to make healthier food choices. A healthier food choice that I've made recently was substituting spaghetti pasta for spaghetti squash.

Q: Since you are making healthier food choices, would you pose the idea of planting your own vegetables?

A: That is a great idea. I would probably start with tomatoes, squash, and cucumbers. If successful, i can expand my garden and provide to my neighbors and community, since sometimes it is difficult to access fresh produce.

-Interviewed Nadya D. on May 12