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I have thought that an act of kindness, no matter how small, is ever wasted. Aesop said that quote which has a lot of meaning to me. I volunteer my time not on one giant quest or years of volunteering on the same thing but I volunteer rapidly and differently every time. I want to help as many people as I can; small or big help does not matter to me but just making a change in the world in some way is what I strive to do. I have not and statistically will not ever be able to make a global change for good but I have the ability to help others achieve and succeed in life. As humans we were not created to stand alone but to stand together so it is my and your duty to help our brothers and sisters of humanity so we can work towards unity with one little act of kindness or service at a time.

My small contribution to that cause was helping the victims of hurricane Katrina. During the summer 2010 my family and I decided we would like to go down to New Orleans on a mission trip to rebuild houses. We knew it would not be a vacation but a job we must do because if we don't help who else will. For about the next week I prepared to leave; I packed work shorts and shirts, a pair of old shoes, and my iPod (which I ended up never using). On the day of our departure we met up with other families in a school parking lot, talked over the route we were taking, and then left to New Orleans. It was around a seven or eight car ride in which I learned a lot. I saw farmers plowing their fields early in the morning, construction workers building an office and never stopping for break, and a gas station worker who has been in the business of twenty years. When we finally arrived it was very late, so we went in to the group house and almost immediately went to bed. The next day was when I started working. I was given the task of sanding and painting down an old man's back porch. He taught me how to paint correctly because he said he used to be a painter a long time ago. Towards the end of that day we went on a walk to see how much this city was affected still after years since the hurricane. I never knew there could be so much destruction but so much hope. They showed me how much adversity the human spirit can withstand. For the next few days I grew to understand what I was really here for. I wasn't here to rebuild the city but to let the people know they aren't alone and people still care. When I

finally finished the porch I knew from the smile of the man that my work so small but it still has everlasting effect.

What I did for the man isn't comparable to donating millions or saving a life but it still mattered. I showed by my actions that the people of New Orleans are not alone and that was the goal. I learned what life is like outside of my comfort zone. I saw destruction and sadness yet everyone was happy. I gave hope to a man. I proved no act of kindness no matter how small is ever wasted and now to this day I believe in that quote. Everything I concluded from this can be put into two words; be kind.