

## **American Citizen Essay Contest**

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## Community Betterment

As American citizens, we must remember to care for our communities. Whether it is a school community or America as a whole, citizens need to take an active part in helping the community. This can be as small as picking up a soda can on the street, or as large as hosting food drives to help the homeless. Helping the community is very important for many reasons. To me, caring for a community is making the people living in the society live happy and healthy lives. This can be done by providing service, money, or kindness towards other members of the community.

Making a community a more joyful place to live in can sometimes be challenging, but it will benefit so many people. A community won't be as happy of a place if the environment isn't clean and pleasing to be in. I can try to encourage people to use cleaner energy in factories. Doing this can make the air quality much better for the community and other communities nearby. Instead of burning fossil fuels, I can try to make more places rely on a more environmentally-friendly source of energy. Making the environment cleaner and looking nicer can subconsciously improve our everyday lives.

Making people in a community happy can also be done by helping those who are less fortunate. One thing I can do is to donate money. I can donate to a homeless shelter to provide a warm place for the homeless to sleep and stay warm. This can save lives in the winter when the temperature could be dangerous for those sleeping on the streets. I can also donate to a food drive to feed the homeless. This can even be as small as a loaf of bread or some rice.

Offering small acts of kindness can make someone's day. Volunteering to do a simple task without pay is a very kind thing to do. I could mow a neighbor's lawn, which not only makes the yard look cleaner, but will make more people want to show kindness. Volunteering to walk the dog will give the owner more time to themselves, which can make them delighted. If I see someone walking down the street, I can give them a smile or a small compliment. These little acts of kindness can add up to make a community a happier place.

Keeping people in a community healthy is very important. It can extend the lives of many citizens, and it will enable them to do many things, such as gardening, constructing, or walking a dog. Staying active is one way to do this. For example, I could host a community jog. In this event, people can run at their own pace, and the group will stay together. If they participate, residents can get outside, exercise, and communicate with others all at the same time. Another example of a community exercise is to open a gym. This helps people stay fit in a place that they don't even need to travel far to access.

Eating healthy is also very important for physical health. To encourage people in a community to eat healthier, I can provide an incentive. A community garden is a great way to encourage citizens to have healthier diets. People in the community can meet every once in a while, grow plants, and meet new people. Then they can take the freshly grown vegetables home

to eat without spending any money, and be healthy by doing it. I can also encourage healthy eating by trying to get grocery stores to slightly drop the prices of fruits and vegetables. This will make citizens want to buy more nutritious food.

Getting together with others is very important for mental health. With current technology, it is very easy to communicate with friends and family remotely, but sometimes it is better to meet with someone physically. One way to do this is by organizing a family get together for a holiday. Spending time with family is very important in the lives of many citizens. I could also help organize a community gathering, such as a Christmas program or a community park. This can help community members meet new people and talk to friends.

These are many other ways I can make the community a better place. It will make a massive difference by doing so. By taking these small steps, we can eventually improve communities, and the inhabitants can fulfill their lives. Anyone can participate in community betterment, through kindness and willingness. This is how to make our community an amazing place.