

The Cycle of a Lifetime

By Sydney Csellar

In the time it takes an individual to scroll through one or two videos on Tik Tok, and they might even text a friend too, five children will die from poverty. Tragically, throughout multiple areas of the world 25,000 people die per day from poverty because of diseases in water or sanitation issues.

Every time you crawl into bed with a warm blanket wrapped around you, watching your favorite show, you think nothing of it. Poverty is when a person or multiple people where they fall into a cycle of being in an extremely poor state. However, in other countries like Africa and South America, these people die from unclean drinking water, food insecurity, or poor hygiene.

There are also diseases that can cause death like various bacterias; therefore, all of these circumstances can lead to an endless poverty circle. Sometimes people can never escape the unfortunate poverty chain.

Children in poverty don't deserve the lifestyle they have. In fact, they deserve a true childhood. Every day, 22,000 children die due to poverty factors. Additionally, one in every five children are living below the line of poverty, called extreme poverty, making the situation even worse for their future families. Poverty is a combination of food insecurity, poor water conditions, and disease that can eventually lead to death of an innocent child or adult. This issue has cost countless innocent lives over just the past few years.

Fortunately, the issue of poverty is preventable. A great way to start supporting is by getting involved in organizations like Care International or Global Citizens. A slight donation of ten to fifteen dollars can benefit a family with a full stomach before bed. These organizations find the roots of the situation to help prevent poverty. If you can't donate, some local things you can do is create eco friendly environments throughout your neighborhoods, or you spread awareness in other various places as well. With the assistance of these organizations, poverty can be ended.

Next time you're scrolling on your phone, think of the poverty crisis. These children all around the world are dying of hunger, disease, from the lack of money, and bacteria infested waters. However, with your assistance, we can make a difference.

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Hunger: The Hidden Killer

By Carlos Ortega

A silent killer is amongst us. He kills a child every 10 seconds, stealing close to 9,000 child lives a day. He hides inside us, waiting in growling stomachs, reducing us to bones. His name? Hunger. Tragically, millions of people are facing world hunger, making it a serious crisis that we must address.

Hunger preys upon many of us. These people mainly live in Africa, with 26.2 million people starving in the Democratic Republic of the Congo alone. Hunger affects children, women, and the elderly the most. It is born from conflicts and poverty; it sparks depression, stress and poor education. Hunger gnaws away at the mind, while damaging the body. With hunger affecting so many of us, while causing several large problems, it is clear we must work to end it.

Hunger attacks us in a variety of ways, sparing no mercy to children. Disturbingly, ten percent of the human population are victims of hunger. Imagine your child, just born, then his body shrinks, his stomachs screams, and hunger takes his life. Sadly, this is the reality for countless families across the globe. Hunger is responsible for almost half of child deaths worldwide and has killed five million children under five in 2020. However, death is not hunger's only forte. Hunger also limits focus and creates developmental delays, destroying a child's education; as a result, children then have no hope for escaping hunger and poverty.

Hunger may be tragic, but it is solvable. Simply donating four dollars can provide someone with a meal; likewise, donating food to food drives and volunteering for organizations that are fighting hunger can be tremendously helpful. The World Food Programme is the largest charity against hunger; last year they assisted 160 million people suffering from starvation. Also they work in 120 different countries and give food to those in conflicts. Another organization is Action Against Hunger, who helped develop the life-saving Plumpy Nut, a peanut paste that helps revive malnourished children in only 45 days. With little actions, we can end hunger.

During the time it has taken to read this article, 18 children have died of hunger. But we can stop it. Though the road to a world where hunger is extinct will be long, it is possible. If we all pitch in, through a small donation or informing others of the hunger crisis, we will successfully achieve this vision of paradise.

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Climate Change: A Devastating Reality

By Zach Winters

A vicious hurricane rips through an urban city, destroying everything in its path. In addition, climate change makes intense heat waves, elongated storms, and floods more common; all which are the tragic results. Unfortunately, climate change has become a devastating reality, affecting generations to come of people and animals.

Every time you drive a car, or even turn on your lights, you are probably using greenhouse gasses. Greenhouse gasses are released into the air every day and make climate change so much worse. So, what is climate change? Climate change is the heating or cooling of the Earth. The issue is that the Earth is heating rapidly, causing ice caps to melt, raising the sea level, and putting coastal cities in grave danger. Climate change affects the whole world; moreover, it also causes natural disasters to be stronger and causes more homes to be destroyed. If we don't have a plan to stop climate change, our future might be non-existent.

While greenhouse gasses are needed, they may be the destruction of our world. The reason that it would destroy our world is because we lose about 424 billion metric tons a year of ice sheets, putting coastal cities in exponential danger of being swallowed by the sea every year. That along with the frequency of heat waves being five times more common, melting ice caps and even starting fires; furthermore, if you were caught up in those problems, your life would be a living nightmare. If you don't want that to happen, take action about climate change.

Fortunately, this crisis is solvable. A great way to help is to donate \$5-15 to credible charities like the EDF and NRDC. Every time you donate to the EDF, they shut down a power plant that is emitting too many greenhouse gasses; meanwhile, the NRDC helps by making stronger warning systems so if there is a natural disaster you can be warned earlier. If you don't have money to spare, then you can ride a bike or walk to places. The best way to stop climate change is to start preventing it now before it gets too out of hand.

If we act now, then we can save this planet from the terrible natural disasters that will strike. We can prevent climate change from destroying life on Earth with a simple action. Act now and the Earth can be saved, act later and the Earth will be destroyed. Which one will you choose?

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Anywhere But Home

By Colleen Warner

Around the world there are about thirty six million refugee children desperate for asylum. Some of these children have their families by their sides; however, some have been abandoned and left to fend for themselves. Currently the world is under a refugee crisis. The amount of refugees has approximately doubled since 2019. This is a pressing matter, and refugees are crying for help.

Refugees are currently fleeing European and Asian countries right now. Roughly 58% of all refugees are currently from Syria, Ukraine, and Aghanistan. The more refugees that escape, the more it will cause the overpopulation and the material drought to expand to other countries and maybe even continents. Even though they think they have found safety at refugee camps, most of the time the war will creep over and cause the refugee camp to fall under attack. This causes them to pack up and leave a place they thought they could call home. This is also what is causing many countries like Poland and Turkey to turn down refugees, causing them to be desperate for help.

Seeking asylum can save lives, but it can also cause death. Approximately 37 percent of refugees perishes while on the hunt for refugee; families do not all survive or make it together. Also, many families get broken apart or flat out abandon their family members. About 90% of families are separated, and in some cases, the children are left by themselves. Their journeys are unsafe, and they cross perilous territory to find a safe place for refuge.

You may be wondering what you can do about this crisis. One way you can help is by donating to a charity that directly assists refugees. One is UHNCR, which strives to aid suffering refugees find peace and take back control of their lives; however, you don't have to donate money. You

can donate your time as well. You can volunteer to help refugees who are new to the country find a home and how to use their new things like an oven, a microwave, a bathtub, or locks on the door. You could even donate things like furniture, hygiene products, food, and water. Also, there's a website called Kiva where you can directly donate to a refugee family. It could kick start their business, feed their family, or aid their community. Take action and help people!

Some extra change could save one of the 65.2 million refugees around the world. Life is frightening already; imagine being forced out of your country to fend for yourself. But you can assist. You can be the change.

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Child Labor: How Bad Is It?

By Lyla Carroll

Jamilla is nine years old. Every day she watches all of the other kids walk happily to school. Unfortunately, Jamilla's daily journey is to the gloomy farms for a tedious, eight hour day of dreadful work. With all this work, she only earns about fifty cents; some do not get anything at all. Sadly, almost 160 million children's days look just like Jamilla's.

Do you realize how grave child labor truly is? Many children are forced into this horrific, inhumane practice. Child labor is when children are forced into labor, depriving them of a good childhood and reliable education. This issue is most common in Sub-Saharan Africa. Sadly, the main cause of child labor is poverty, and poverty is very difficult to escape. The impacts of this issue are catastrophic, affecting almost 160 million children. These children suffer in harsh, hazardous conditions. Child labor is a horrible complication that we need to work together to solve.

Young children are not meant to perform countless hours of back-breaking labor every single day. Approximately one out of every ten children around the world are forced into child labor. It has gotten worse since the coronavirus pandemic, but it is thankfully starting to decrease again. These eighty million children who are trapped in child labor also work in dangerous, life threatening conditions. We should at least work to end all child labor in unsafe conditions because approximately 22,000 children die on the job every single year. These children need our assistance to end this terrible plight.

Fortunately, this problem has a solution. There are many ways you can help end child labor from the comfort of your own home. You can donate just five to ten dollars to charities such as Not For Sale, World Vision, and Child Hope. These organizations mainly focus on providing support, education, and essentials to parents and families who are struggling financially. You could even assist them by making others aware of their situation. You could do all this and more to help these children get a real childhood.

There are so many children who live just like Jamilla; however, you can easily change their lives by donating just a few dollars to charities. We could all work together to get children like Jamilla

in school and out of this crisis. Let's work together, be the change, and end the practice of child labor.

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Hunger in America: It Can be Ended

By Jane Ross

Roughly 34 million Americans face hunger each day. Hunger has a massive impact on daily life, and anything from paying for healthcare to raising a family is made difficult. However, this problem is solvable through the right support, and you can help end it for good.

The issue of hunger in America today is caused when people cannot afford food due to debt, unemployment, or other reasons. Their hunger can lead to health problems and affect learning. When children are hungry, it is harder for them to focus in school. This leads to lower grades. Because their grades are low, they will likely have trouble getting a job. If they get a job, it may not pay well, and the cycle starts over again. For these reasons, 13 percent of families with children in the United States are food insecure.

Imagine a family who struggles to feed everyone. Although the mother and father work two jobs each, they cannot afford food and all of the bills. Their two children often skip breakfast and go to school hungry. Since one has failed classes, they have been held back. The other has not; however, they are sickly due to a vitamin deficiency. The parents are close to being fired for taking too many days off to care for their child. Each day is a challenge for this family.

Although hunger is a complicated issue, you can help in many ways. You can donate to organizations like Feeding America, No Kid Hungry, and Move For Hunger. These organizations work through food banks, school lunch grants, and spreading hunger awareness. Feeding America runs 200 food banks and 6,000 pantries to help the hungry. If you want to do more, you can help reduce food waste. You can save your leftovers to eat later instead of throwing them out. A third way to help is by donating food to the local food bank or participating in a food drive. By helping in any of these ways, you can change lives.

If we work together to end hunger in America, we can turn hope into a reality. All it takes is one decision to make a difference that someone will never forget.

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The Reality of Hunger

By Kira Hartle

Every 10 seconds, a child dies from hunger. With 1 in 9 people hungry daily, the world would be happier and wealthier if hunger was solved. World hunger is a major problem that affects even you, so we not only can do something about it, but we should do something.

World hunger is a terrifying problem messing with reality. From WorldVision.org, it's proven that global food prices reached historical highs, with an increase of 80 percent in maize, 70

percent in wheat, and a devastating 25 percent markup in rice. Those numbers might be foreign to people in the safety of a home, but for poorer countries, it's a matter of life and death. This inflation is crippling nations, causing around 150 million to join the desperately starving. The World Food Program also states that hunger is the world's number one health risk, killing more than AIDs, tuberculosis, and malaria combined. Hunger Stats also reports bleakly that tonight, 1 in 7 people globally will sleep with a clawing hunger. These horrifying facts speak for themselves that hunger is not a problem in a faraway land, but here in reality.

When you experience true hunger, you can see your own bones poke out. Maybe you're an older brother, suffering your little sister's hungry cries with no food to give. A poor woman, taken advantage of. A gullible child, never gaining enough to fill the stomach's gaping chasm. Real people are suffering, invisible. There are thousands of hunger-stunted children, hundreds of babies who die at birth because of hunger, and millions sickly and weak because of hunger. For the millions of people globally starving, these scenarios are reality.

The thing is, hunger is stoppable. Donate to trustworthy programs like World Vision, The Borgen Project, or Feeding America, and your money will provide food and shelter. Spreading awareness, cutting down food waste, and participating in food banks are ways to help. We need to stop these deaths, but we first have to start doing. We need to be able to look correctly at reality, and see the future.

As Bill Clinton said, "The price of doing the same old thing is much higher than the price of change." We only live once, but if we can begin the chain reaction of change, once is enough. So start the change reaction so that one day, we can live in a world we're proud of.

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A Thirst for Change

By Elisabeth Kravets

What would you do if you saw a child die from a water-related disease? That could actually happen to you in places like Sub-Saharan Africa, so we should take action and resolve this problem. We have the power to end this issue, and we should take all opportunities to stop bad water quality in its tracks.

Poor water quality is a huge problem. It's so bad that more people die from poor water conditions than from all forms of violence, including war. For most women, water takes up a giant part of their day. They endure harsh conditions, carrying heavy loads of water over long distances, and dealing with health problems in order to collect water. And you might think it ends here, but the water is usually unsafe to drink anyway. And if you are someone lucky enough to have a local water source, it usually isn't clean. 1.7 billion people use a water source that is contaminated with feces. What would you do if you found out you were drinking other people's feces?

The water crisis seriously affects families too. Just imagine this: You're a little girl, and you have to walk 3 hours in the scorching heat to retrieve water for your family. Your brother is at home,

has a rising temperature, and is really dehydrated. You try to stay positive, but on your long walk home, all you can think about is the fact that your brother, your best friend, could be dead when you get back. This might sound sad and hard to think about, but for some, it is a reality. That is why it is so important to address this problem and fix it from the source.

This could sound discouraging, but there are ways that you can help. For example, you can volunteer at a water bank, or you could donate to an organization that helps build wells in Africa. You could also start spreading awareness of this issue. You could start practicing saving water in your house. You can do this by taking shorter showers, collecting rainwater, or installing low-flow toilets.

So in the end, we can stop bad water quality. We just need to put in the effort to help. Now you know the things that you can do to help. But you alone cannot solve this problem, so you should share this article with as many people as possible to help. It is possible to end this. And we absolutely need to.

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Climate Change Catastrophe

By Lucas Pott

Global Warming isn't a prediction, it's happening. However, there are ways to stop it, or at least slow it down. We lose about 1.2 trillion tons of ice every year. We lost 302.4 billion work hours due to excessive heat in 2019. However, you can stop this. You can be the change.

Global warming is affecting every living thing on earth. It causes ocean levels to rise and glaciers to melt. Do you really want innocent penguins and polar bears to die? By 2040 NASA predicts that 80 percent of glaciers will be gone. This means millions of animals could lose their homes and die. You can stop this. If you switch to reusable energy and stop cutting down trees, then global warming will slow down a lot. You should help because your kids or many future generations could live in hazardous weather conditions.

If you were a penguin experiencing global warming, life would be very difficult. It is a struggle to get food. You have to go into the warming ocean and try to find fish while leopard seals are hunting you down. You'd be hungry so much because the fish die from the ocean warming. Also, if you were a polar bear, you'd be living in misery. You would have almost no food. Polar bears are starving because their prey are dying from global warming. Even though you think seals are cute, polar bears need to eat them to survive, but more and more of the seals are dying. This leaves the polar bears starving to death.

Climate change is a very difficult problem to solve. However, if we all come together as one large community, the task would be so much easier. As an average human you can switch to reusable energy. You can also use reusable bags, water bottles, and stop littering. Another big thing you can do is spreading awareness. The more people that find out about this problem, the more people that will try to help and stop it.

Remember, you can stop this. You can be the change. Polar bears and penguins could be saved because you helped. If you switch to reusable energy and come together as a community to stop global warming, then things can change. Global warming can be stopped!

Hunger Deprived

By West Fleischmann

Nearly 75 percent of malnourished children don't have access to life saving treatment. People who live in our world know that it is a serious cause, but they don't know how bad it really is. Thankfully, you can help just give five dollars to completely change someone's life.

World hunger is a serious problem. More than thirteen million kids face hunger in 2022. That means that one in every five kids are at risk of hunger. Because half of all deaths in children under five are from malnutrition, one in four kids suffer from malnourishment. These facts show that people die, people are severely malnourished, people lack nutrients, and sadly people have food insecurity.

Imagine you were a mother of three. Then imagine that you only make one dollar a day, so you and your family were severely malnourished. Because you don't have food to eat, you go to bed hungry. Then the next morning you wake up to two of your kids screaming. You run into the room and see one of your kids dead on the floor. You realize that he died at the age of 13 at sixty pounds. Then you cry for hours mourning your son. Then you think, " If I don't go to work, how can I provide for my kids so they can grow big and strong?" Then over the next 5 years, another one of your kids dies. Only one of your kids survives childhood.

Even though there is a lot of bad, there is still hope to end world hunger. You can donate money to different organizations that use that money to help give food to the places that need food. Some organizations that help are Concern, Bread for the World, and Care. Concern helps to donate food around the country, they do fundraisers to raise more money, and they will send people to countries that need help. Those people that are dispatched show the people from the country how to clean and use better agriculture techniques.

You can help end hunger by donating a couple dollars, and those few dollars can change someone's life. I hope you are thinking about how you can help to end world hunger. It is simple to just donate some money to change someone's life. As the great Mahatma Gandhi said, "Be the change you wish to see in the world."

Global Poverty: Hurting Us All

By Anna Bukovac

Poverty stricken infants are nine times more likely to die in their first month compared to babies born in high-income countries. This issue is affecting children more than adults. Children are

our next generation, and we want them to live in a better world. Poverty is slowing us down from that improvement; poverty is hurting us. We can help by donating to various charities and speaking out against it.

The most common effect of poverty is inadequate healthcare. People often can not afford to pay for health insurance, medicine, surgery, and doctors. This causes people to not be able to provide for themselves causing malnutrition. Once people get sick they are forced to struggle through every day; thus 5.7 people a year die from poor quality healthcare while in low and middle income countries.

Imagine your parents start to get more bills; the money you've saved is slowly decreasing. You sell a few items. Then the rent goes up; therefore, you decide to sell a few more of your things. You are forced to quit your sport. Then a field trip comes along. The cost isn't worth it. Your friends want to hang out with you. They want to go shopping. You make up excuses not to go. Soon your power bills and electricity go up too; consequently, you move to a smaller place. Life gets harder. Everything is a struggle. You start to count dollars and coins. You are constantly worried if you have enough. Everything is a state of trouble, and nothing seems enjoyable, this life doesn't sound good to anybody.

To help people like this in need you can donate money to organizations. A few organizations that you can donate to are CARE, the UN, and World Vision. These organizations mainly donate money to places in poverty; CARE actually donates care packages to people. These consist of food, hygiene products, clothes, and any necessary items they may need. You could either donate through an organization, donate items to homeless shelters, or people you may know in your life. You could donate old clothes, canned food, pet food, baby food, and old toys.

Poverty damages our lives. People are dying, families are destroyed, and the world is hurting, but you can help. We must act to stop it now. When you donate, or do anything to stop this problem, just know that you are helping millions of people globally to escape poverty, and helping to create a thriving world.