



**American
Red Cross**

Heroes of the Heartland
2019

Who is your Hero?

Fourth and fifth grade students from the Des Moines area entered an essay contest to write about their hero. Below are the winning essays.

~ My Hero ~

By: Ava Wall

Age: 10

A lot of people might think that super heroes, only come from comic books, but they don't. I know a hero, that is my most favorite hero of all. My hero was my great grandpa. He fought in world war two. He was a coast guard. He fought for the family. He was the best great grandpa I could ever ask for. I only knew him for three years, but that was a very good three years. His name was Clifford Voss. He was my hero, because he was gentle, helpful, and funny.

One reason that my great grandpa is my hero, is because he was gentle. For example, whenever me and my brother, (Caden) would do something wrong, he would softly say, " No Ava" or " No Caden. He was a really gentle guy. This shows that my great grandpa is my hero!

The second reason that my great grandpa is my hero, is because he was helpful. For example, he would help my grandma and grandpa. Their names were Douglas, and Julie. My great grandpa was super helpful when helping my grandparents. He would help with entertaining us while my grandparents would make dinner. He was very helpful guy. This shows that my great grandpa is my hero!

My third reason that my great grandpa is my hero, is because he was very, funny. For example, at my mom and dad's wedding, whenever the bridesmaids would run past him, he would always wink at them. All the adults would start to laugh with them. (Except for me and my brother, because I was only 1, and my brother was only 4 months old.) This shows that my great grandpa was my hero!

My Hero

By: Nel Htoo

My hero is Mrs. Hammes. She is my 5th grade Elementary teacher. She has medium length ginger hair, blue/green eyes, black glasses, tall height, a very nice personality, great smile, and a unique fashion. One reason why she is my hero is because she helps me with my math. Usually I am not that great at math, but when Mrs. Hammes became my teacher, I got better grades.

Another reason why is because she always treats me nice. She's like a second mother to me. One time she even called me a gem. She always corrects my math and tells me good compliments. If my class and I can't or don't know the problems, she finds more ways for us until we get the problem. Every test I do, I get nervous. Mrs. Hammes would always encourage me to do my very best. Sometimes when I do my math, I have struggles. I would go up to her and ask her for help. She helps me until I completely get the problem.

Another 2nd reason why she is my hero is what she does. Whatever she does is like magic. I used to not like reading books, but then she gave us a homework assignment. It's not really like homework because it doesn't involve math. The homework is for us to read everyday for 20 minutes or more. The goal is for us to reach 400 minutes in 1 month. She would say that it's our only homework for 5th grade and yes, she did tell the truth! In 5th grade she never gave us homework except for reading. Because of her, I like reading now. During my past years, I would always get homework. I hated homework! I never even liked it once in my life. "Like can she read my mind or what?" I think Mrs. Hammes is probably my favorite teacher. Every Monday in the morning, she would ask us what my class and I did over the weekend. We would write what we did on the whiteboard next to the wall. Then she would read them out loud to the class. Mrs. Hammes is a very truthful person and never lies. She would tell us how we feel and she would also tell us how she feels. That's why Mrs. Hammes is my hero.

MY HERO

My hero is my grandpa. He's done a lot of great things. The reason he is my hero is because he fought in the Vietnam War. Most of the time people ask, did he die? Thankfully, he didn't. The Vietnam War was a really scary war in a lot of different ways. He had friends who were killed in that war. But, the real reason he's my hero is because he saved a lot of lives. He's done a lot of great things for his family and for our country.

In the summer of 2018, people that fought in the Vietnam War and survived got to go to Washington D.C. for a day. They got to see the wall with all the names of all the people that died in the war. It was very emotional for them, although cool to see what the veterans have done after the war. That night they all flew home to Iowa. Family members filled the tiny airport. We made a parade for them. It was the coolest thing ever! A family friend made a giant blanket for my grandpa with stars and stripes and the colors red, white, and blue. We were in that airport for at least 2 hours. Even though we waited there that long, it was worth it and meant so much to the veterans! Seeing all the people that risked their lives to save us was amazing and emotional. It was a true fight in Vietnam!! That's why my grandpa is my hero!!

By: Faith Christiansen, 5th Grade
Grant Ragan Elementary

Heroes of the Heartland

By: Miguel Villegas

4th grade student at Terrace Elementary, Ankeny

My hero is my Mom. I look up to her because she does hard work at home. She raises four children and works on art. It's very stressful to raise four children and she loves us very much even though we can be a little naughty. She has a spot in her heart for me and my siblings and I hope I could be as joyful as she is when I grow up.

My Mom has impacted me by showing me how to be the best I can be. She knows I'm not perfect but she wants me to always be the best as I can possibly be. She also is a great artist and she teaches me art and how to paint on canvasses. And now I do art for a living and hope I could be like her when I grow up because she is very talented.

I look up to my Mom because she is a lovely artist. She spends a bit of her time on art and she pulls all her efforts into her painting. She accomplishes her work and is very proud of what she does on the painting. The work she does is beautiful artwork and all her work is very realistic. Another reason I'm choosing my Mom is because I also look up to her on how responsible and kind she is. I hope I could be like her when I grow up as the best artist Dad ever like she is the best artist Mom ever.

I consider my Mom a hero because she is a good mom. She is different and special to me because she does a lot of things that are special like no other Mom because she teaches me how to do very amazing things for me. Her art is amazing and so realistic. She always loves us and she always will no matter what. I'm never leaving my Mom no matter what. My Mom is smart, loving, careful and amazing. This is why she is a hero to me. This is my Mom and why all should know about her and how I love her very much. I just want the world to know about her and why I love her.

My hero, Max

By: Claire Doyle

5th grade student at Terrace Elementary, Ankeny

My hero is my 13-year-old brother, Max. I look up to him because he is very, very sick and so was my Mom, due to that he had to be born 10 weeks earlier than he was supposed to be born. To save his life they had to give him a certain medicine and that made him lose his hearing. Until the age of about four, he was going off lip reading because no one knew he couldn't hear. Once he got hearing aids his world lit up majorly. Now he still faces some challenges that just can't be helped. Luckily because he had a lot of determination he can now be almost a normal teenager.

Some everyday challenges he has to face is when he gets up in the morning, he has to put the hearing aid batteries in. Once in a while he has to change the battery when it dies and bring the batteries to school or wherever he goes. He has to have special earbuds that connect to his hearing aids at school. Then comes water because whenever he showers or goes swimming he has to take them out and not hear for that length of time. One thing that doesn't help is that he also has to have glasses and those are already a struggle. Luckily, he has had both of those things long enough so it is just a routine for him.

Even though he deals with many hard tasks he tries to stay positive because he knows that there are many tools helping him and he has so many people that love him and support him through any of those hard decisions he has to make as he grows older. And having glasses and hearing aids have helped him develop skills that even I couldn't do like lip reading.

Max has inspired so many people including me. He shows us that even in the hardest most discouraging time you can stay positive and you are the one who shapes your life not what you can and can't do. Even though he can't do a lot of things a normal 13-year-old can, he shows me how to be grateful no matter what the circumstances are. He is a major hero and he shows me how lucky I am to live with someone like him.