

Use your voice!

*Pave the way with peace.*

**TAKE RISKS** Strive for success!

**FOR ALL. *Dare to dream  
big dreams!***

Create *FACE YOUR CHALLENGES.*

the **UNDERSTAND** *Always take* *Fix the*  
**THE UNKNOWN.** *big steps.* *future.*

future. *EXPRESS* **WIDEN** *Listen*  
*YOURSELF.* *to your*  
*heart.*

Hear the noise. **YOUR KNOWLEDGE.**

**STAND UP! SPEAK OUT!**

FOURTEEN CHANGEMAKERS WHO ROCK OUR WORLD

2010 – 2011

5TH-GRADE CLASS

## Introduction



### What makes a good leader?

"Stand up! Speak out! We fought for what's right,  
now our system is right! Stand up! Speak out! We  
had to wait, now our country's alright!"

Our fifth-grade class created these lyrics at the beginning of the school year while studying the American Revolution. The experience ignited a desire to be leaders and to stand up and speak out in our school and community.

In the spring, we launched an expedition on leadership with songs like Michael Jackson's "Man in the Mirror" that echo a common refrain: "Let's change the world and strive for peace!" Students considered the guiding question—what makes a good leader?—and conducted a school survey to gather diverse opinions.

Each student then chose a changemaker to research. They formulated research questions, took organized notes, selected quotes that inspired them, kept track of their sources, and synthesized information. Based on their research, each student wrote a speech in the changemaker's voice, conveying his or her dreams and accomplishments.

Students listened to mentor texts—*Of Thee I Sing* by Barack Obama and *Paths to Peace* by Jane Breskin Zalben—noting the authors' choice of powerful words. They focused on crafting strong leads to grab the audience's attention and closed their speeches with an "action phrase"—a concise, motivational message from their leader directed to Conservatory Lab's upcoming leaders.

Students also reflected on the ways they are leaders in school, in their families and in their communities. Following their speeches in this book, you'll find excerpts of students' reflections that tell how their leaders inspire them to stand up for their beliefs, to never give up on their dreams, to make new discoveries, to be fair, to resolve conflicts peacefully, and to help others.

Finally, guided by expert Kristyn Novotny from the Museum of Fine Arts, students created beautiful watercolor pencil illustrations to represent their leaders. Before sitting pencil to paper, students studied Jane Breskin Zalben's symbolic illustrations in *Paths to Peace* and brainstormed words and images to signify their leaders' lives



Students performing their speeches, "Stand up! Speak out!" at the 2019 Model United Nations.

and accomplishments. Students explain the ideas behind their artwork in the Art Plates at the end of this book.

After rehearsing effective presentation techniques—making eye contact, using gestures and inflections to emphasize important points, and speaking in a strong, confident voice—students were ready to deliver their speeches. They made me proud—proud of their steadfast effort and quality work, proud of their growth, and proud of their values and enthusiasm to change the world.

Rachel Cava  
5th grade teacher



## Speech Writers and Artists

## Contents

4	Marian Anderson	by	Asia
6	Ruby Bridges	by	Melissa
8	Rachel Carson	by	Beatrix
10	Amelia Earhart	by	Woodhenge
12	Benjamin Franklin	by	Josh
14	Mahatma Gandhi	by	Azadi Charles
16	Bill Gates	by	Ezekiel
18	Jane Goodall	by	Jeriyla
20	Helen Keller	by	Jackie
22	Martin Luther King, Jr.	by	Don'Yee
24	Yi-Yi Ma	by	Joshua
26	Nelson Mandela	by	Adam
28	Seneca Sobonmayer	by	Mary
30	Narrief Tobman	by	Julia
32	Art Notes		

## MARIAN ANDERSON

FEBRUARY 27, 1897 PHILADELPHIA, PENNSYLVANIA, U.S.; BORN  
APRIL 8, 1993 PORTLAND, OREGON, U.S.; DIED

Have you ever felt just down for what you believe in? I have. I am Marian Anderson. I am best known for being the first African American to sing on the steps of the Lincoln Memorial in Washington, D.C. I sang there to a huge crowd of black and white people after some white people didn't let me sing in Constitution Hall because I was black.

It all started when I sang in a church youth choir. I could tell that people enjoyed my singing by the smiles on their faces. Being in the choir inspired me to continue singing.

I had a unique voice. I was a contralto, which is the lowest women's singing voice. I started to perform around the world, but it wasn't easy because I was black. White people didn't want to hear my voice or let me perform. I did not think it was fair.

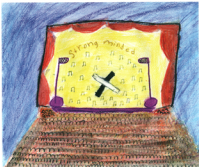
I always felt, "When I sing, I don't want them to see that my face is black. I don't want them to see that my face is white. I want them to see my soul. And that is colorless."

I gave my famous performance at the Lincoln Memorial in 1955, when I was forty-two years old. In 1955, at the age of fifty-eight, I became the first black singer to sing a part with the Metropolitan Opera in New York City.

I am proud that my singing helped pave a new path in the future for black people. Getting to where I am now took time and patience. When I was a little girl my father told me to always be patient. As long as humans are living on this earth, I will always say to them: Be patient and use your voice!

***"When I sing I don't want them to see that my face is black. I don't want them to see that my face is white. I want them to see my soul. And that is colorless."***

—Marian Anderson



### ***Use your voice!***

A reader can come in all shapes and sizes and ages. It can be harder by being a reader than your reader. Think that and record games to play the role.

It starts Marian Anderson because she believed in herself as a singer. When people wouldn't let her sing because she was black, she stood up and spoke out and was courageous, which is one of our country's keys to happiness. Marian Anderson: Inspire me. I will be brave and stand up and speak out for what I believe in.

By Ann

## RUBY BRIDGES

SEPTEMBER 8, 1954 | TOLSONTOWN, MISSISSIPPI, U.S., BOYS

Has someone ever told you “no?” Did you listen to them? People told me “no,” but I did not listen. I am Ruby Bridges. I am best known for being the first black child to go to William Franko Elementary School, an all white school. I was born in Mississippi on September 8, 1954. This was a time when blacks and whites couldn’t do things together, but I helped change this in 1961.

When I was growing up my family was very poor. I was chosen by the government to be one of the first children to go to an all white school. I was nervous but the government sent U.S. marshals to take me to school and protect me.

When I arrived at William Franko Elementary School on the first day there was a huge mob and lots of police. The mob did not want me to go inside. People were holding signs and throwing food at me. The mob wanted me to go back to my old school. They wanted to hurt me.

I got inside, but parents took their kids out of the school. My teacher, Ms. Henry, and I were the only ones there. When it was time to go home at the end of the day, more U.S. marshals protected my home. The year went on like this, but I was determined to make a difference.

When I went to second grade the next year, the U.S. marshals didn’t come anymore. The mob had given up. Two white boys who had become my friends came to school with me. I eventually graduated from William Franko Elementary School and later graduated from an integrated high school.

In 1996, Ms. Henry and I were asked to go on the popular Oprah TV show to talk about what I did when I was a little girl. Now I am married and live in New Orleans. I have spent a lot of time traveling all across the country for book signings and to share my story. There was even a Disney movie made about me!

***“I now know that experience comes to us for a purpose, and if we follow the guidance of the spirit within us, we will probably find that the purpose is a good one.”***

—Ruby Bridges



### ***Always take big steps.***

I admire Ruby Bridges because she was brave to go to a school of all white children when people told her they didn't want her there. There was a crowd around the school and she stood in front of them and passed to those people. She never gave up, even when people were calling her names, throwing food at her, and parents were taking their kids out of school because of her.

Ruby Bridges inspires me because she was trying to change people's minds about segregation. I will be brave like Ruby Bridges when I face a new challenge.

By Melissa

## RACHEL CARSON

MAY 27, 1907 - SPRINGDALE, PENNSYLVANIA, U.S.; BORN  
APRIL 14, 1964 - SILVER SPRING, MARYLAND, U.S.; DIED

Have you ever felt like everyone was against you? Have you ever known the truth about something and no one wanted to believe you? Then maybe you know how I felt when I tried to convince people that pesticides were destroying our world.

I am Rachel Carson. I am best known as the woman who stopped DDT from ruining our environment. DDT was a product that killed bugs. But it didn't kill only bugs. It made people very sick and killed animals, too.

When I was a child, I went to school like everyone else. But when I got older, I didn't want to study English like other girls. I chose a different path—I studied biology. I followed my dream, studied something I loved, and became a zoologist.

I spent most of my life helping nature. My father died in 1915. It was hard overcoming this pain. After my father died, I spent most of my time writing books. I wrote *Silent Spring* in order to stop DDT. *Silent Spring* is about how the pesticide DDT was hurting nature.

I demanded that the government stop using DDT. The government disagreed with my beliefs. They tried to silence me. It was hard to keep strong, especially when I felt that I had no one on my side but myself. I would always say to myself, "There would be no peace for me if I kept silent."

Many people read *Silent Spring*. They respected me and started to believe that DDT was bad for us. I won my battle. Our world is more beautiful today because I refused to keep silent.

***"There would be no peace for me  
if I kept silent."***

**—Rachel Carson**



### ***Hear the noise.***

Rachel Carson inspires me to learn about nature and to follow my dreams and my beliefs. She inspires me so much I feel that I should not listen to what others say if they try to change my mind, the way Rachel Carson did when she chose to go to school for biology instead of English. Like Rachel Carson, I need to make a change to help reduce the pollution, and nature.

I know it's going to be hard, but I have a new saying: There's nothing wrong with trying.

By Nadine

## AMELIA EARHART

JULY 24, 1897 (SPRINGFIELD, MASSACHUSETTS, U.S., BORN)  
 JULY 2, 1937 (PACIFIC OCEAN ON ROUTE TO HOWLAND ISLAND, DISAPPEARED)

When I first sat my eyes on the green world from a bird's-eye view, I was . . . obsessed. The beautiful greenish ground and the blue water hooked me. If you've seen it, you'll know what I'm talking about. I am Amelia Earhart. I am best known for being the first woman to fly across the Atlantic Ocean. I proudly and bravely inspired all of America but most of all, women. I believe women should have the same opportunities that men have. In 1932, President Hoover awarded me the National Geographic Society Special Gold Medal. I was gladly the first woman to receive it.

Let me start from the beginning. I had a rough childhood. My family moved constantly. I went to six high schools before I graduated. We moved because my grandma died, because my dad drank too much, and because he lost his job a lot.

I never thought about flying until my dad took me to an air show near Los Angeles and let me fly. After that, I was hooked. It was difficult to get someone to teach me, but I was determined to fly. People laughed at me and tried to stop me, but I

always said, "Never interrupt someone doing something you said couldn't be done." It was my dream so I couldn't let it free. "The most effective way to do it is to do it."

I flew across America and across the Atlantic Ocean. Everybody cheered me on, even the people who said I couldn't do it!

Of course I had troubles. I ran out of gas much of the time, almost crashed, and had nothing to eat but oranges. Once I threw my notebook out of the plane because I thought the plane might crash and I wanted others to know my story.

I risked my life trying to fly across the world. I didn't make it. I crashed. People tried to find me for a long time, but they never found my body or my plane, Friendship.

At least I made a difference. I changed women's rights. If I made a difference, then maybe you can, too. "Don't worry. No matter what happens it would have been worth trying."

***"Never interrupt someone doing something you said couldn't be done."***

— Amelia Earhart



### ***Dare to dream big dreams!***

Amelia Earhart stood up for women's rights and did things people thought only men could do. She inspires me because she was brave and proud and helped change the lives of women who came after her. If she hadn't done what she did, I might not have the opportunities I have now.

I will try to be a non-conformist like Amelia Earhart, even in small ways like being a junior senator and trying new things when I'm in college. I will try to change people's lives.

By **Wendell**

## BENJAMIN FRANKLIN

JANUARY 17, 1706 BOSTON, MASSACHUSETTS, U.S., BORN  
 APRIL 17, 1790 PHILADELPHIA, PENNSYLVANIA, U.S., DIED

My life was hard, but I made an important discovery. It changed my life and became history. I am Benjamin Franklin.

I am one of America's founding fathers, a best-selling author, and founder of the first lending library. Of all my discoveries, I am most proud of discovering electricity. I had only a kite, a rope, and a key. After I discovered electricity, I continued to do more tests. One time I tried to kill a turkey with electricity but it shot myself instead. It hurt!

Doing all that I've done was not easy. I quit school when I was ten years old and ran away when I was seventeen. I kept reading books before and after work so I could be smarter. I was handwriting.

My family was always very important to me. Both of my sons died. One was four years old when he died from smallpox. My other son died in the Revolutionary War when the colonists got their independence from the British.

I felt controlled by the British, but I wasn't the only one. The British were controlling all the colonists. I wanted freedom for all people, so I helped write the Declaration of Independence with Thomas Jefferson and others. In 1787, I helped write the Constitution for our new, free country.

I am proud of all of my work. It wasn't easy, but I always say, "It didn't fail the first. I just found one hundred ways to do it wrong" . . . until I got it right.



***“Having been poor is no shame, but being ashamed of it, is.”***

***—Benjamin Franklin***



### ***Create the future.***

Ben Franklin was creative and made unusual instruments like the umbrella, which is like a keyboard but with glass beads. I admire Ben Franklin because he was a normal guy who lived in a normal house but did amazing things.

Ben Franklin inspires me to make new things. I like to take things apart and rebuild them in a different way. I am trying to make a solar oven. Sometimes I want to quit but then I know Ben Franklin didn't quit. Instead of quitting, I will keep on going just like Benjamin Franklin did, until my water runs out.

By Josh



## MAHATMA GANDHI

OCTOBER 2, 1869, PORBANDAR, INDIA, BORN  
 JANUARY 30, 1948, NEW DELHI, INDIA, DECEASED

Have you ever felt so small that you couldn't do anything well? I am a small and shy man, but that did not stop me from helping my country earn its freedom. I am Mahatma Gandhi. I am best known for leading India to independence from the British in 1947.

While I was freeing my country, I did it all with peace and nonviolence because I was a very religious man. Many people fought and used violence to get what they wanted, but I knew that it wasn't right. "Nonviolence is not a weapon of the weak. It is a weapon of the strongest and bravest."

I thought that the British laws that controlled my country were not fair. I wanted to change this. Those who agreed joined me to protest. I started to boycott and to fast to prove how strong I was.

Even though I was often put in jail, I did not give up on my family—"all of India is my family." I was so determined to have independence that I went against British laws.

My country got everything we needed from the British, but we paid high prices and taxes. Salt was the highest taxed item. In 1930, I decided to lead a two-hundred-mile march to the sea to make our own salt. The British tried to make us think we couldn't make it because we weren't good enough, but we proved them wrong. We marched and marched and were eventually arrested, but we did not give up.

I feel proud that I helped free my country and that India got its independence.

***"Nonviolence is not a weapon of the weak. It is a weapon of the strongest and bravest."*—Mahatma Gandhi**



### ***Face the way with peace.***

I admire Gandhi because he wanted the people of India to have equal rights. I think everybody should have equal rights, too.

Gandhi is inspiring because he was such a peaceful man. He protested for laws to be fair and reasonable in a nonviolent way. Next time I am in a hard situation and I want to fight, I will remember him. I can tell other people about nonviolence so they will change their ways. I will remind them of Gandhi's words, "Nonviolence is not a weapon of the weak. It is a weapon of the strongest and bravest."

By Anni

OCTOBER 28, 1955 SEATTLE, WASHINGTON, U.S.A. 1976

The first time I touched a computer, it was incredible. Maybe to you, it's nothing. But to me, it made a difference. I am Bill Gates. I am best known for being one of the richest men in the world by running Microsoft. Let me tell you a little bit about that.

I grew up in a well-off family. I enjoyed playing sports and had a great childhood, although I often got into mischief. I went to the Lakeside School, a private school that had just added computer time for their students. I instantly loved working with the computers. One time, I tried to hack into the computers but I got caught. They took away my computer time for six weeks! If I didn't go to that school, I don't know where I'd be today.

I was always at the top of my class. I applied to Harvard University because my family thought it would be good for me. I got in! While at

Harvard, my good friend Paul Allen and I got to thinking about how we could better technology. I left Harvard and we eventually started a business called Microsoft. Since we opened our stock publicly we became instant millionaires. I always reminded Paul that our goal for Microsoft was "a computer in every home and Microsoft in every computer."

Later, I wanted to share my money with the people that needed it most, so I started the Bill and Melinda Gates Foundation. Melinda is my wife. The Foundation does many things. It gives money to help overcome hunger in poor countries and to students to help them get into college. I also have given many speeches for the Bill and Melinda Gates Foundation to raise money for charities and schools.

Anytime you use a Microsoft computer, think of me!

***"Success is a lousy teacher. It seduces smart people into thinking they can't lose."*—Bill Gates**



### ***Try to widen your knowledge.***

I admire Bill Gates because he took risks to start Microsoft.

Bill Gates inspires me to get into a better school. It helps me to show the best goal when I think about what Bill Gates did because he persevered. I know I need to work hard and spend a lot of time on my schoolwork, but I'll remember what Bill Gates said, "Be nice to kids. Children are you'll end up working for me."

I hope that I am the person people are working for in the future!

By Estlin

APRIL 2, 1934 LONDON, ENGLAND, U.K., DORN

Have you ever wondered what it's like to walk alone into an African jungle where there are dangers of every kind? Well, it's not something you would want to do, but I, Jane Goodall, did it anyway. I am best known for making important discoveries about chimpanzees. I proved that chimpanzees are closely related to humans, that they have feelings, and that they are intelligent.

I first dreamed of going to Africa and being among the animals when I was eight years old. At age twenty-three, my dream came true! I accepted an invitation from an old friend to visit her farm in Kenya.

After two months in Nairobi, I was given the opportunity to study chimpanzees in the Gombe Stream Reserve. I first observed the chimpanzees from afar with binoculars and listened to their hoarding calls. Usually when I heard the things they would run away, but I stayed determined until I gained their trust. Then I found a high mountain where I could observe them without disturbing them. I called this the peak. It was there that I gained my first impressions of chimpanzee life and made two important

discoveries. I learned that chimpanzees eat meat and can make tools.

Scientists often disapproved of my reports because they thought humans were superior to chimpanzees. Only humans could have feelings or have the intellect to make tools, they argued. They also told me to give chimpanzee numbers instead of names. A wildlife magazine once returned one of my papers with the "he's" and "she's" replaced with "it". This infuriated me. I sent the paper back with the "he's" and "she's" put back in.

Later in life, I created a program called *Roots & Shoots* to help kids learn about animals and how to protect them. Chimpanzees are an endangered species and I hope to restore them to their natural population. By getting involved in *Roots & Shoots*, you could help, too.

You know, "There's still so much to discover all around us, and even if something's been seen by someone, when you see it yourself for the first time, it is your own new discovery. And you might see something differently."

***"There's still so much to discover all around us, and even if something's been seen by someone, when you see it yourself for the first time, it is your own new discovery. And you might see something differently."***—Jane Goodall



### ***Understand the unknown.***

Jane Goodall is a hardworking and determined person who took the frustrating route of studying chimpanzees in their natural habitat. She inspires me to study animals in the wild so we can better understand them. I will do my best to attend school and get into distinguished colleges. I will accomplish great things so everyone will know me just like Jane Goodall.

I am also inspired by Jane Goodall's encouragement to make new discoveries. This gives me the courage to fulfill my childhood dream and become a marine biologist. It helps me feel better because even if I find something someone's already discovered, maybe I'll see it in a better way and wanting to be discovered. Be happy.

## HELEN KELLER

JUNE 27, 1880 TUSCUMBEA, ALABAMA, U.S.A., 2008  
 JUNE 1, 1904 EASTON, CONNECTICUT, U.S.A., 1903

When I was a little girl, my life was miserable. Then Anne Sullivan came along and changed my life. I am Helen Keller. I am best known for being the first deaf and blind person to earn a degree from Harvard University. I am also known for my speeches about the blind to help people understand that we're not that different.

It was a struggle to get to where I am today. I was a very healthy baby, and then when I was nineteen months old I got very sick. My parents didn't know what to do. They tried everything but nothing worked. Once I got better, we found out that I couldn't hear or speak. That frustrated me and that's why as a child I was always so grumpy. I couldn't let people know how I felt so I just threw things and did whatever I wanted.

As I grew older, my parents got a teacher to help me communicate. Her name was Anne Sullivan.

Anne taught me how to use sign language. One day she took me outside and placed my hand in water and made a "W" in my palm. When I understood what she was teaching me, I felt so accomplished. I wanted to learn more words that day. Anne also taught me how to read lips by feeling other people's lips as they speak. The best part is that Anne taught me how to read Braille books. Braille books have raised dots that represent letters and numbers.

Later, I traveled around the world to help the blind and deaf. Anne and I had a plan for how I would give speeches. I talked, and she used sign language to translate. When I gave my first speech, I feared it didn't go well, but then I felt the ground shake from everyone clapping so loud! As I became older, Anne and I became very close friends. We were friends for life.

***"We can do anything we want to do if we stick to it long enough."***

***—Helen Keller***



### ***Face your challenges.***

Helen Keller's story is amazing. Helen Keller has many, many challenges, courage, and determination.

Helen Keller inspires me to keep helping the Undergraduate students read your story like in the sixth grade. Helen Keller taught me to always keep trying, even if things go wrong. She taught me not to ever back down and to just expect to reach my goal. To help me keep trying like Helen Keller did, I made a chart. I'll never give up, never give up! I'll hold my head up! I'll hold my head up!

By Isabella

## MARTIN LUTHER KING, JR.

JANUARY 15, 1929 ATLANTA, GEORGIA, U.S. BORN  
APRIL 4, 1968 MEMPHIS, TENNESSEE, U.S., ASSASSINATED

I remember the first time I couldn't play with my friend because I was black and he was white. I remember it like it was yesterday. Do you know how it feels to lose your best friend? I do. I am Martin Luther King, Jr.

I am best known for my "I Have a Dream" speech, which helped to unite black and white! I was born named Michael, but I changed my name to Martin, just like my dad. I finished high school when I was only 15 years old. My first job was as a minister, also just like my dad. My job as a minister was to help people in need. I stopped people from fighting and helped them solve problems.

I'm proud of myself because I faced many obstacles and struggles on the way to ending segregation and fighting for equal rights for

everyone. I helped black people have the same rights as white people by being able to sit anywhere they wanted on the bus. Many people joined in boycotting the buses. Still, my house was bombed and I was abused and arrested.

Being a black man was hard but I always believed in myself. I overcame many obstacles and struggles by using the law to show that separate is not equal. I said to everyone, black or white, "You are as good as anyone."

Between 1957 and 1968, I traveled over six million miles and spoke out over twenty-five hundred times to end segregation. I was the youngest person to receive the Nobel Peace Prize. I gave my prize money to help fund the civil rights movement. My last words to you are: Always try to fix the future.

***"I have a dream . . ."***

*—Martin Luther King, Jr.*



### ***Fix the future.***

I admire Martin Luther King, Jr. because he was brave when he gave a speech in front of thousands of people. He did not speak fast or slow. His voice was steady. He was outspoken because he would not keep his ideas inside. He was original because he would not steal other people's ideas.

Martin Luther King, Jr. inspires me to be brave to speak in front of people. I want to give speeches and speak fast like him. "I have a dream" that I can be just like Martin Luther King, Jr.

By Davin

OCTOBER 7, 1955 / PEARL HARBOR, OREGON

Have you ever seen me play at a concert? If you have, you may know I love to move. Don't call me crazy. It's only because I feel the music and express myself in sound. I am Yo-Yo Ma. I am best known for being a Grammy-winning cellist and co-creating the Silk Road Project.

Like many other musicians, I started when I was a little boy. I come from a musical family. My father and my sister were violinists and my mom was a singer. When I was young, I tried the violin as well, but I wanted a different instrument—a bigger instrument. I wanted a cello. “I had to sit on these bigphone books, and there was always trouble finding the right class.”

My father was my first teacher. He gave me 68-fretted songs by Johann Sebastian Bach to play. By age five I knew some of Bach’s work by heart. A famous violinist named Isaac Stern heard me play and told people that my talent was “extraordinary.” I moved to New York and entered the Juilliard School of Music, one of the finest music schools in the world.

Adapting to American culture wasn’t easy. In Chinese culture you are supposed to be very obedient, quiet, and ask no questions in school. I overcame my quiet habit by expressing myself in sound with the help of my teacher.

One day I had to make a very big decision. I could play the cello around the world, or I could go to Harvard University to get a college education and still play the cello. I chose Harvard. In my first year there I played in over thirty concerts around the world while taking classes. I graduated in 1979 and began playing the cello as a career. In 1978, I won the Avery Fisher Prize, the highest honor a musician in America can receive. By 1998, I had made twenty-nine albums and won many awards.

Now I can tell you about the Silk Road Project that I helped start in 1998. It is about connecting eastern and western music. I thought that connecting the east and west would help people understand each other. It would teach people about music and friendship.

***“If we want to preserve a tradition, the best way to preserve it is to let it evolve.”—Yo-Yo Ma***



### ***Express yourself.***

Yo-Yo Ma makes me feel that I should create a program here at school where other kids teach younger kids. He inspires me because he cares for others, teaches them how to play music, and is making a difference because the kids he teaches could have been getting into trouble.

I teach younger students how to play the viola. I help them with positioning and how to use the bow. Next year, I will teach the younger students I work with even more about music.

By Nelson

## NELSON MANDELA

JULY 18, 1918 (WYED, SOUTH AFRICA, BORN)

Have you ever wondered how it feels to be in jail for twenty-seven years? Have you ever wondered what it feels like to stop something that seemed to go on forever? Well I have because I am Nelson Mandela.

I am best known for my role in ending apartheid. Apartheid was when the Asians, Native Americans, Africans, and Whites were segregated and the Whites were treated totally different from the other races. Everyone else was treated horribly. They treated us like dirt.

I'm proud of myself because I overcame many obstacles. When I was a child, my dad died. When I was in school, I was laughed at because I was poor. Life was very hard. I was expelled from college for protesting against the lunches. I was furious because the white people's lunches were better than everyone else's.

My biggest obstacle was being jailed for twenty-seven years. I was first put in jail at age forty-four and was released in 1990 when I was seventy-one

years old. While I was in jail I thought, "My fate is not one I would wish upon even the worst of my enemies. It is cruelty to which no decent society would want to expose its citizens."

When I was in jail it was the perfect time to protest and write speeches against apartheid. Everyone outside of jail was making my speeches, so the government kept me in jail longer. Everyday I was more determined to fight for a change and to end apartheid, so I kept on writing speeches.

I was finally released from jail and continued to fight. When apartheid ended and there were equal rights for all, I was awarded the Nobel Peace Prize for my work. But it was not just my hard work—it was the people who voted to be free.

I can't be the first president of South Africa to make sure all people had equal rights. I was elected on April 27, 1994 and since then South Africa has had a democratic government like the United States.

***"Never, never and never again shall it be that this beautiful land will again experience the oppression of one by another."***

—Nelson Mandela



### ***Listen to your heart.***

I admire Nelson Mandela because he was a fantastic leader. He was determined and stayed in his work to end apartheid. Twenty-seven years in jail did not stop him.

I will try to stand up for what I believe in and to be honest even if consequences are involved because Nelson Mandela had the greatest punishment ever but he kept on fighting for what he believed in.

By Adam

JUNE 25, 1954 THE BRONX, NEW YORK, U.S. - BORN

When I was growing up, it was hard for me because I did not have a nice house or that much money. I was also made fun of because of who I am. I am Sonia Sotomayor. I am best known for being the first Latina Supreme Court Justice. Let me tell you how I got here. It wasn't easy.

I was a young girl from the Bronx. Our family was very poor and we lived in a bad neighborhood where people would do terrible things. Never in my wildest dreams did I imagine I would become a Supreme Court judge.

When I was nine years old my dad died from heart disease. It was hard for me but harder for my mom because she worked and worked and then came home to cook. I love my mother. High school was hard, but my mom helped me through it. My mom has always been my inspiration. I wanted to be the daughter that she wanted me to be.

In 1976, I graduated from Princeton University with a history degree. In 1979, I graduated from Yale with a law degree. I then started working as a lawyer at the Manhattan District Attorney's office. I never forget where I came from and volunteered to help children in poor neighborhoods. In 1991, President George H. W. Bush nominated me to the United States District Court for the Southern District of New York. I was confirmed as a judge in 1992.

When I became the first Latina Supreme Court Justice, Barack Obama said, "This moment is not just about her. It's about every child who will grow up thinking to him- or herself, 'If Sonia Sotomayor can make it, then maybe I can, too.'"

Working hard and being disciplined will pay off. As you see, I am a true example that if you follow your dreams they will come true.

***"I am an ordinary person who has been blessed with extraordinary opportunities and experiences."*—Sonia Sotomayor**



### ***Strive for success.***

I admire Sonia Sotomayor because she is fair-minded and treats everybody the same. It doesn't matter if they're rich or poor, wrong or right. She, no one—she treats them fairly. I'm inspired by Sonia Sotomayor to be fair to everyone. For example, sometimes I'm very nice to someone and I'm not so nice to another person. I will change by being nice to everybody, even to myself.

If I go to another school, it will be hard but I'll persevere. I'm smart and you never know what is going to happen in the future.

By Alex



## HARRIET TUBMAN

MARCH 14, 1825 OR 1821 | BOSTWICK COUNTY, MARYLAND, U.S., BORN  
 MARCH 10, 1913 | AURORA, NEW YORK, U.S., DIED

Have you ever wondered what it would feel like to be owned? Have you ever thought about how you would feel if for every mistake you made you got whipped? I lived it. I am Harriet Tubman. I am best known for being the queen of the Underground Railroad.

I was born into slavery as Anasinta Ross. There were no birth certificates for slaves at the time. When I turned seven, I worked for a woman who had me pull yarn in the morning and tend to her baby at night. If the baby started to cry, the slave owner got the whip out.

When I was thirteen, a slave tried to escape. The slave owner told me to help tie him up. I said no! He took a piece of heavy metal and threw it at my head. Since then I have suffered from bad headaches and deep, deep sleep. That made me despise slavery even more.

Years later I met a free man named John Tubman. We loved each other very much. Since slaves could not legally marry, we jumped the fence instead. Guess what? When I told John I was thinking of escaping he said, "If you keep talking like this,

I'm going to tell your master." But he didn't say I couldn't think about it.

One day I met a Quaker woman who gave me a path to escape to freedom. When John was asleep, I got some food and the quilt that I had worked on for many days and set off for Pennsylvania. I remembered my daddy Big Ben saying to follow the North Star to freedom. He also told me, "Made in the water whenever you can because the slave catcher's dogs lose your scent." As dawn fell, I stepped into Pennsylvania. I looked down at my hands to see if anything was different. I was the same, only free! It was 1849 and I was free.

At an Underground Railroad meeting I asked if I could help free my family. They said a woman couldn't do it. That infuriated me, but it did not stop me. I helped three hundred slaves escape. I used to say, "I've never run a train off the track and I've never lost a passenger." I was determined to keep it that way.

I was WANTED dead or alive for \$40,000. Luckily, I managed not to get caught. I was too smart for them. With my dad's words, I always knew the right way.



### **Take risks for all.**

Harriet Tubman dreamed all souls would be free. I admire her because when Harriet escaped to freedom she risked her life to save other people. It took a lot of sacrifices.

Harriet Tubman inspires me because she makes me think about how brave we each can be if we don't give up. The next time I'm trying to reach a goal and the going gets tough, I will try not to give up.

By Sara

***"I've never run a train off the track, and I've never lost a passenger."*—Harriet Tubman**

## Art Notes

**MARIAN MCDONN** — My art represents Marian Anderson had a very unique voice. I drew microphones to represent her voice. I drew a black and white X because she was black and struggled with white people who refused to allow her to sing. I drew music notes to show her connection with music. “We see a stage with an audience because people need to come and hear her sing. I also drew a judge and that he ignored because I think it compliments her character. —Aria

**RUBY BRIGGS** — My picture represents Ruby Briggs going to an all white school—William Frantz Elementary School. There’s a mob around her that does not want her to go into the school. The signs they are holding tell Ruby that they don’t want her there and that there should only be white children at the school. —Melissa

**RACHEL CARSON** — I separated the picture into two halves. The right half represents what nature would look like if Rachel Carson did not speak up and fight GDD. The tree is dying, there are no singing birds, and the environment is grey and gloomy. The left half represents what Rachel Carson was fighting for and what she loved, hearing the tones of nature. There are colorful fish, singing birds, and a growing tree. —Beatrix

**AMELIA EINHART** — I drew a plane with continents in the background because Amelia Earhart flew a plane to many places. Amelia Earhart wanted women to have the same opportunities as men. This is why I included a “Woman’s Rights” sign. I drew goggles because Amelia Earhart wore goggles when she flew. —Woodlyne

**BENJAMIN FRANKLIN** — The kite, the boat, and the paper represent Benjamin Franklin. The kite is being struck

by lightning. The paper represents the Declaration of Independence and the U.S. Constitution, which Benjamin Franklin helped write. I drew a boat because he ran away on a boat to Philadelphia. —Joan

**BARBARA SANDRI** — I drew a hot air balloon, glasses, sandals, a peace sign, and a freedom sign. I included the hot air balloon because the British put Gandhi in jail for breaking their laws and making salt. The glasses and sandals were two of the few things Gandhi had when he died. I made a freedom sign because Gandhi freed his country, India, from the British and I also put a peace sign because he did everything peacefully. —Aash

**BILL GATES** — I put everything in a computer because Bill Gates made a company for computers, Microsoft. The words on the laptop fit his personality. The bag of money is there because he used to be the richest man in the world. I drew a seat because in England Bill Gates is an honorary knight. The building represents Harvard. There’s an Xbox because Microsoft made it and a first job list because helping others with health care is a mission of the Bill and Melinda Gates Foundation. —Larver

**JANE GOODALL** — My picture represents Jane Goodall’s work in Africa. The African plants represent where Jane Goodall worked with the chimpanzees and her love for Africa. The chimpanzee represents Jane Goodall and her work. —Jerika

**HELEN KELLER** — I drew water because water was the first word Helen Keller learned in sign language. I drew an eye with an X on it because Helen couldn’t see and I drew an ear with an X on it because she also couldn’t hear. I made a flower because when Helen Keller was at Harvard she loved to go to the gardens. “Stories of My Life” is the title of a book Helen Keller wrote. —Jackie

**MARTIN LUTHER KING, JR.** — My symbol represents Martin Luther King, Jr.’s life. The cross represents church and the diamonds represent church windows. The paper and the microphones represent his speeches, such as “I Have a Dream ...” The signs say “Stop Segregation” and

“Vote 60” because that was what Martin Luther King, Jr. wanted us to do for. —Dorise

**YO-YO MA** — The table represents Yo-Yo Ma because he is well known for playing the cello. The sign represents the beginning journey of the Silk Road Project, which Yo-Yo Ma co-founded. I drew music patterns to show what kind of patterns he might use to play. —Isabel

**NELSON MANDELA** — I drew jail bars behind Africa because South Africa had a system of apartheid and Mandela was put in jail for twenty-seven years for fighting apartheid. The colors of the flag flowing through Africa represent Nelson Mandela’s faith in stopping apartheid. The flag represents the South African independence that Nelson Mandela fought so hard for. Amanda means “peace.” —Adam

**SONIA SOTOMAYOR** — The guest represents when Sonia Sotomayor is in the courtroom. She hits the gavel when the case is closed. The scale represents when a person is guilty or not guilty. It does not matter if someone has a lot of money or if someone is poor to Sonia Sotomayor, she is always fair. The buildings represent when she was young and living in a bad neighborhood in the Bronx, New York. —Maya

**HARRIET TUBMAN** — I made a quilt because Harriet Tubman worked so hard to make her quilt. Also, when she first escaped she gave the quilt to a Quaker who helped her. I made music notes because Tubman sang when she felt lonely and scared. I made a railroad because Tubman helped free slaves through the Underground Railroad. I made a North Star because she followed the star to freedom. I made a tree with roots on it because when the North Star wasn’t visible, Tubman knew the way by feeling the trees. I drew water because Tubman knew to wade in the water so the slave catchers’ dogs would lose the scent. —Julia

**SACK OMER** — I chose one thing to represent each of the chimpanzees that our class researched. —Woodlyne





Image by Wooddynne Dejean Louis

***“I chose one thing to represent each of the changemakers that our class researched.”***



CONSERVATORY LAB  
CHARTER SCHOOL

25 ARLINGTON STREET  
BRIGHTON, MA 02135-2124  
T. 617.254.8364

**STAND UP! SPEAK OUT!**—Fourteen Changemakers Who Rock Our World

This book of speeches and reflections was created by the Conservatory Lab Charter School fifth-grade class during a social studies expedition on leadership. Students investigated the qualities of a good leader and researched fourteen inspiring changemakers, from Marian Anderson to Harriet Tubman, who have made our world a better place.