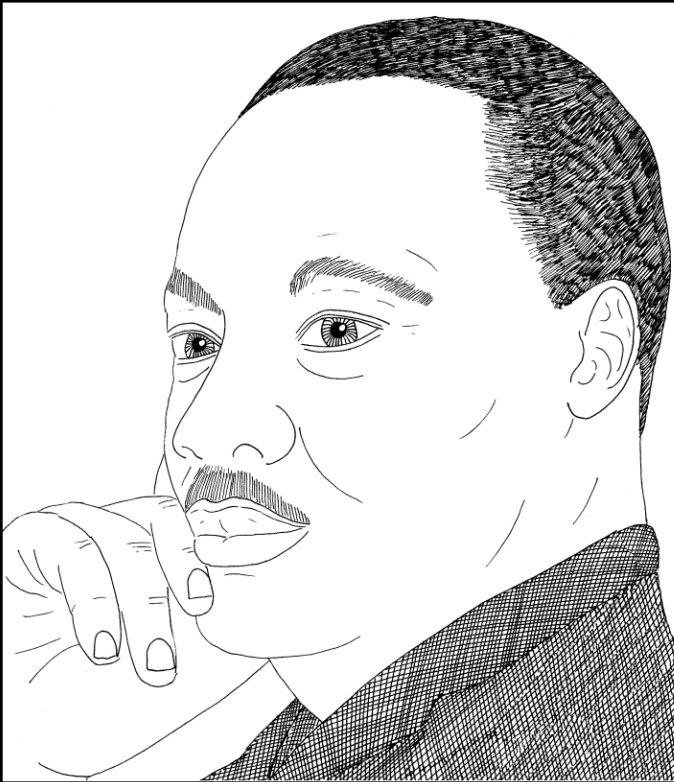


# Be a Hero for a Better World



## Martin Luther King, Jr. (1929-1968)

Martin Luther King, Jr. was one of the most important leaders in the civil rights movement, and one of America's greatest peace heroes. He dedicated his life to fighting injustice. Unlike many heroes of the past, Dr. King did not fight with violence, but promoted nonviolence and passive resistance as tools for social change.

As a Baptist Minister, Dr. King's faith helped to shape his vision of love and kindness, justice and equality for all. He was also greatly influenced by the lives and writings of Mahatma Gandhi and Henry David Thoreau. Dr. King led many nonviolent boycotts and protests in the 1960s. An eloquent speaker, he was heralded as one of the most important voices in the movement for racial equality in America and in the worldwide movement for peace during the Vietnam War. In 1964, Dr. King became the youngest person ever to receive the Nobel Peace Prize.

"Why should there be hunger and deprivation in any land, in any city, at any table, when man has the resources and the scientific know-how to provide all mankind with the basic necessities of life?"

An assassin's bullet killed Dr. King in 1968, but his dream of a better world is alive today. The US Congress created a national holiday in honor of his legacy. Appropriately, Martin Luther King, Jr. Day is dedicated to volunteer service, so that it is not just a day off from work or school, but a day to give of ourselves to our communities.

**Martin Luther King, Jr. was born on January 15, 1929 in Atlanta, Georgia**

### Be A Hero For A Better World!

1. Find out more about this hero
2. Pledge to help end hunger ([iaahp.net](http://iaahp.net))
3. Hold an event to raise awareness about the problem of world hunger
4. Contribute to an organization working to end hunger

[EndHungerBook.com](http://EndHungerBook.com)

### Organizations Helping End Hunger

- Alliance To End Hunger ([alliancetoendhunger.org](http://alliancetoendhunger.org))
- America's Second Harvest ([secondharvest.org](http://secondharvest.org))
- End Hunger Network ([endhunger.com](http://endhunger.com))
- Food For All ([foodforall.org](http://foodforall.org))
- The Hunger Site ([hungersite.org](http://hungersite.org))
- Oxfam America ([oxfamamerica.org](http://oxfamamerica.org))
- World Hunger Year ([worldhungeryear.org](http://worldhungeryear.org))
- UN Food & Agriculture Organization ([fao.org](http://fao.org))
- UN World Food Programme ([wfp.org](http://wfp.org))

For more information: [www.betterworldheroes.com/king.htm](http://www.betterworldheroes.com/king.htm)

[BetterWorldHeroes.com](http://BetterWorldHeroes.com)

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