

Dolores Huerta: A Hero for Workers

Her Early Life

Dolores Huerta was born in New Mexico in 1930. When she was three years old, she moved to California with her mother. Her mother owned a small hotel. Her mother was very kind. She often let poor workers stay in the hotel for free. Dolores learned to help others from her mother.

The Problem

When Dolores grew up, she became a school teacher. She loved her students, but she saw a big problem. Many students came to school hungry. They did not have shoes. Their parents worked very hard on farms, but they did not have enough money. The farms were not safe. This made Dolores very sad.

Making a Change

Dolores decided to leave her job as a teacher. She said, "I can help the children by helping their parents." She became an **activist** (a person who works for change).

In 1962, she met a man named **Cesar Chavez**. Together, they started a group called the **United Farm Workers (UFW)**. This group was a **union**. A union helps workers speak with one loud voice.

The Fight for Rights

Dolores talked to thousands of workers. She told them they had **rights**. She organized a "boycott." She asked people across the country: "Please do not buy grapes."

Because of Dolores, the farm owners changed the rules. The workers received:

- Better pay (more money).
- Clean water to drink.
- Safe places to work.

Her Legacy

Dolores created a famous phrase: "**¡Sí, se puede!**" In English, this means "**Yes, we can!**" Today, Dolores is over 90 years old, but she is still working. She received the **Presidential Medal of Freedom**, the highest honor in the United States. She proves that one person can change the world.
