

Lindon

CHARACTER

Connection



CARING

FEBRUARY 2011

Caring: Showing compassion, empathy, and love for others. "In nothing do men approach so nearly to the gods as in doing good to others." -Marcus Cicero

Caring is not just a way of feeling, it's a way of behaving. Caring people respond unselfishly to the needs of others and treat people with kindness, concern, and generosity. We are surrounded by great examples of caring. I would like to share two examples that have touched me.

The first is the story of Tori Schmanski. The phrase "Pray 4 Tori" is commonly heard throughout our community. "On June 19, 2005, Tori was in a car with her younger sister and two cousins when the car rolled two times and landed upside down in a canal. Despite the water filling the interior, Tori was able to push her sister and cousin out of the submerged car but was not able to get herself out and remained trapped underwater for 15 minutes until rescuers arrived. Tori survived, but she has brain damage. She is unable to speak, eat or move her limbs. Tori's parents, Tim and Maria, spent nine months with her in the hospital sleeping in a chair at her side. Maria quit her job as a travel consultant to become a full-time caregiver for Tori." Neighbors, friends, family and the community rallied to support the Schmanskis with kindness and donations.

The second is the story of Dick and Rick Hoyt as told by Rick Reilly. "Eighty-five times he's pushed his disabled son, Rick, 26.2 miles in marathons. In 2007, at ages 65 and 43, Dick and Rick finished their 24th Boston Marathon, in 5,083rd place out of more than 20,000

starters. On Father's Day, Rick will buy his dad dinner, but the thing he really wants to give him is a gift he can never buy.

"The thing I'd most like," Rick types, "is that my dad sit in the chair and I push him once." (Sports Illustrated, Rick Reilly)

During this past week, I have noted other simple acts of caring. I would like to mention two of them.

First, my neighbor's husband was traveling during the recent snowstorm. She was concerned about a retired couple. The husband had recently had surgery and could not shovel his driveway. She went out and did it for them.

Second, I was stopped at a stop sign. Two cars were in front of me. The driver of the first car threw a paper cup out of his window and it landed on the street. I was troubled by this, but my trouble soon diminished as I saw the driver of the second car pull over to the side of the road and get out and pick up the cup.

I am thankful that I belong to such a caring community. I will often see caring people respond unselfishly to the needs of others with kindness, concern and generosity. I consider it an honor and a privilege to live in Lindon and I am proud of the caring and goodness I see in our community.

Tena Maughn, Lindon Resident



“Learning and living a life of caring involves all other values.”Milton Mayeroff

Book List

Somebody Loves You, Mr. Hatch
by Eileen Spinelli
Miss Maggie by Cynthia Rylant
The Giving Tree by Shel Silverstein

Now One Foot, Now the Other
by Tomie dePaola
The Wolf's Chicken Stew by Keiko Kaska

Family Activities

****As a family, make a plate of cookies for a neighbor that you don't know well.**
****Look in the newspaper public service column for opportunities to help others in need.**
****Have secret pals within the family. Choose names, do secret kind deeds, then a week later try to guess the identity of the “pal.”**
****CARE BEAR: Do a kind deed for a family member, then place a bear on his/her pillow. That family member must perform a kind**

deed for another family member, leaving the bear on their pillow. See how long your family can keep the caring cycle alive.
**** Make valentines for those in rest homes.**
****British novelist Charles Dickens was born on February 7, 1812. He said, “No one is useless in this world who lightens the burdens of another.”**
Talk about caring ways to lighten one another's burdens.

Kids Corner

Caring means noticing others; being aware of their needs, troubles, feelings and showing our concern. We can care about others in many simple ways. Simple acts of concern better the world for all of us.

Neighbors who watch over one another's homes during vacations, allowing someone's car to squeeze into line in a crowded school parking lot, letting others express their feelings during hard times, congratulating someone on a job well done,

feeding hungry pets and including a lonely person, are all ways to show kindness.

Caring about others more than ourselves seems to help you feel better about yourself and your problems. Let's all work together this month as a community to show our care and concern through simple ways: a note, a hug, a smile, a kind word, keeping someone in your prayers, or visiting the sick. We are a human family and we all belong.

--Kent Spicer

Lindon Character Connection Board:
President Kathy Allred
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Curriculum Resource Laura Clement
Newsletter To Be Announced
Website Julia Schwerdt

We, of Lindon Character Connection, would like to focus on helping parents access character materials by using our website: www.lindoncharacterconnection.com.

Lindon Character Connection is a not-for-profit organization encouraging the development of character in our families, our schools and our community, all connected together.

*We are accepting financial support. If you can help us please send contributions to: Lindon Character Connection c/o Alpine Foundation 575 N 100 E American Fork, UT 84003. You may also give your donation to any executive board member.
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HAPPY VALENTINES DAY TO ONE AND ALL!!



