



*“Being Dependable is defined as “being someone others can count on.”*

*- Anonymous*

Life is full of many things and circumstances we have no control over.

It is like a lottery of life situations. We can, however, choose our actions and our reactions. Our actions are our own to make. We can choose what activities we participate in and how much we want to be involved. Others may ask us to do something or help but we have the ability to accept or not. It is up to us to follow through, if we accept, and see things through to the end. We make the choice whether we are reliable to those around us. We are dependable!

Our reputation is based on our actions and whether others can depend upon us. When we are shopping for a new car, we ask questions about how long it will function well. We ask others who have experience whether or not it is going to be reliable. No one wants to purchase a vehicle that is going to break down and not perform as expected. The same is true when we look at the individuals we choose to be involved with. We ask people to help us who we know will be there. We look for people who we can count on when we need something to be completed. We look for someone we know will be dependable!

Being a dependable person is being an individual with integrity. We show our moral qualities by our commitments to responsibilities. It is a lie to say you will do something and then not follow through. It also takes integrity to say “no” sometimes when we know we are not able to do something even if we feel pressure or desire.

We are a community of service and action and often feel we have to be busy and involved in everything. At one time in my own life I wanted to be able to continue to be involved in

certain organizations at a level I had previously been. Our family had circumstances that required my attention be focused in a different direction. It was difficult to step back and no longer take assignments, but it would have been more difficult to be dependable with these new requirements in my life. As much as I desired to still be very involved, it was more important to be honest about my abilities at that time.

Everyone seeks acceptance and we want to be looked upon as important. Greenville Kleiser said the following, *“You are already of consequence in the world if you are known as a man of strict integrity. If you can be absolutely relied upon; if when you say a thing is so, it is so; if when you say you will do a thing, you do it; then you carry with you a passport to universal esteem.”* Whether we are rich or poor, tall or short, loud or quiet we can make the choice to be a reliable individual. Our actions and choices lead others to know we are...

**DEPENDABLE.**

*Heather Karns,*

*Former Aspen Elementary PTA President  
and Lindon Resident*

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*“A man who lacks  
reliability is utterly  
useless.”*

*- Confucius*

# Book List



“The Dog Who Had Kittens”

by Polly Roberts

“A Day’s Work”

by Eve Bunting

“Pink and Say”

by Patricia Polacco

# Kid’s Corner

“Belonging to a group means being a citizen. As we are raised in a family and are educated through the school system, we learn how to interact, work and live with others in our community: which is citizenship. Working together to make a good community, nation or world a better place. Each of us has an important part, or responsibility, in this goal. From picking up trash, obeying the laws, helping others in need, studying and voting carefully on the issues and candidates to having the courage to stand up and have our voice heard are ways to be good citizens.”

--Cynthia Russell

## Family Activities

–Have each family member see how long he can balance on one leg with eyes closed. We depend on our eyes for balance.

*What else do we depend on to live and play? Who depends on us?*

–Make a paper chain showing how family responsibilities are linked. (The baby depends on the mother for food. The mother depends on the brother to answer the phone while she is feeding the baby...)

-John Hancock was born on January 23, 1737. As president of the Continental Congress, he was the first signer of the Declaration of Independence. However, he did not just sign his name, he used his wealth and influence for the American cause of independence. Today, a person’s John Hancock is his signature. It is a binding, visual commitment.

*How dependable are we? Can people depend on our word as much as on our signature?*

“Good men prefer to be accountable.”

–Michael Edwardes

*“Let us do our duty in our shop or kitchen; in the market, the street, the office, the school, the home, just as faithfully as if we stood in the front rank of some great battle, and knew that victory for mankind depended on our bravery, strength, and skill. When we do that, the humblest of us will be serving in that great army which achieves the welfare of the world.”*

--Theodore Parker

Lindon Character Connection is a group of parents, teachers, business and religious leaders who met over 20 years ago to formulate an education curriculum which would teach shared community values to the Lindon Elementary School children. Our goal was to “connect” the home and family, the teachers and schools and the business and religious communities in teaching and using these shared values. Thousands of hours have been donated to this cause by the many parents, teachers and community leaders who have supported the teaching of values to the children of Lindon. The Lindon Character Connection has been, is and always will be dedicated to teaching and developing shared values in the community, and its belief that the heart of a strong community is the home. With the support of our schools, and community we see a bright future for our citizens and especially our children!

[www.lindoncharacterconnection.com](http://www.lindoncharacterconnection.com)

*Lindon Character Connection Board:*

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*Lindon Character Connection is a not-for-profit organization encouraging the enhancement of character development in our community. We are accepting volunteer or financial support. If you can help please send contributions to:*

*Lindon Character Connection c/o Lindon City*

*100 North State St., Lindon, Utah 84042-1808 (*

*You may also give your donation to any executive board member.)*

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