

Respect; what a word! Could there be a more important word Mr. Webster defines in his magical book? 'Respect' should be guarded as, if not **the** most important, at least one of the very most important words we should keep in our minds every moment of every day.

Although we often think of respect in relationship to respecting elders and persons of authority, there are many forms of it: respecting self, respecting others, respecting your own property, respecting other people's property, and respecting the earth, to name a few.

All too often people lack self respect. This primary form of respect needs to be in place for the other forms of respect to happen in your life. You respect yourself by having happy, healthy relationships; taking care of your mind and body; and also knowing you have value. So look in the mirror and focus on all the good within yourself and find a humble way to share the good that you have to offer others!

Have you ever heard the saying "to receive much, you must give much"? This applies to all we do but especially to giving and receiving respect. Respect is showing appreciation for others, having an open mind to find the good in people and appreciating the similarities and even differences amongst us. Having an open mind and showing respect may not only help build relationships, but it may even help you find out more about yourself.

It is true that everything you need to know, you learned in kindergarten. For example, did you understand the true meaning when your teacher asked you to appreciate books? Take good care of a book, as if it was yours, the library's or someone else's book. Don't bend the back cover back while you are reading it, and don't just throw the book down! Oh, the beginnings of respecting one's property!

As far as respecting the earth, don't you think we have really come along way in respecting the environment? Years ago we would not have brought in our own reusable bags while shopping, nor would we have separated our plastic, paper, aluminum, etc.

And the next time you decide to throw something out of the car window, think twice about respecting our earth! Think of it this way..... Recycle- Reduce-Reuse-Respect! It all goes hand in hand.

Whether you are 9 or 92, respecting yourself and others is a cool thing to think about.....like Aretha Franklin put it: R.E.S.P.E.C.T, find out what it means to me!
Figure out what respect means to you and put it into practice today.

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