

# Letter to the editor

Tuesday, February 22, 2011 - the PAPER

## Everyone plays a unique and valuable part in the local community

Dear Editor:

February can be such a dreary month - we are tired of winter and are eager to shed coats, hats, gloves and boots and high heating costs! Then, in the middle of this frigid month comes Valentine's Day.

A day set aside to brighten our spirits as we tell others how much they mean to us. A day to smile as we read the loving quips on candy hearts. A day to express our love with flowers, candies and cards.

I remember how my teachers and parents demanded we give valentines to everyone in the class, not just our close friends. That way, no one was left out and everyone got the same number of cards. Wouldn't it be nice if we could do that as adults? Wouldn't it be nice to extend a valentines wish to everyone we see?

An article in a local paper addressed the question "If it's my life, why shouldn't I end it when I want?" Two faith leaders clearly answered each person is part of a community.

Rabbi Robert Tobin stated, "If we take our own life, we steal it from every person we meet ..."  
Rev. Holly McKissick added, "When an individual ... ends here life prematurely, society loses gifts, dreams and talents." Can we use Valentine's Day to assure people who are feeling alone and hopeless they are unique and valuable part of our community?

Let them know they matter and their lives have impacted others and will continue to do so.

Reaching out, extending a kindness just might save a life! For more information how you can help prevent suicide, contact Elkhart County suicide Prevention Coalition at 574-523-2119.

Cathy Blum  
Elkhart County Suicide Prevention Coalition