

Want to make a person's day? It's usually no harder than sending a note or placing a call.

Most of us have numerous contributors to thank for our personal growth and success - family, friends, teachers, colleagues, etc.. With the school year winding down, let's focus on opportunities to share some memories with teachers.

During schooling years and the many educational and social transitions that take place, memory-making can be pretty vivid**. Do you remember a teacher who helped you make a big leap in reading, math, writing, science, history and/or self-confidence? This Hallmark commercial provides a plausible example of how one teacher might make a difference in a young boy's life (<http://bit.ly/LMThanksTeacher>)

And, it's sometimes years later before we realize what a tremendous effect that teacher had on our development.

So...think back to your early years. Do you have a treasured teacher to thank for growth academically or personally? Could you express thanks to him/her by way of a note (or phone call?)

One obstacle might be getting the contact information for the teacher. With internet availability, it's probably easier than ever to find a street address, phone number or email address and make contact. And if that online searching doesn't work, there's always checking with the school district or other family/friends who might have the contact information. ☺

You may decide to really personalize this note and then send it along? Or maybe you make Hallmark happy and find a card with just the right sentiment?

Or, in a little "random act of kindness" approach, you might also consider writing the letter a little more generically and at the end say something along the lines of "this could have come from any of the dozens of students who have appreciated your style of teaching and how much you care."

Sharing your memories in this way will be a great experience for you and for the recipient. After all... "hearing how you made another's life brighter ends up brightening many lives!" (In fact, finalizing this column caused me to re-read a complimentary note from one of my dad's former students – what a positive rush!)

Enjoy the day, and the memories!

Steve Long, an Anderson Township resident, describes himself as a "memory missionary." He and his wife Kim are having fun with their little, family side-business called Long Memories (www.LongMemories.info), with a focus on "Making, Capturing, Organizing and Sharing Memories...Now and (Virtually) Forever!"

**The book *Transitions* by Bill Bridges is an all-time favorite. In it, Bridges encourages us to consider the transitions in our own lives starting back in our early years and moving to the present. It's a wonderful exercise to provide a reminder of your successes in transition and also the associated uncomfortable feelings.