

Anna Hill
Allendale High School
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"With integrity and consistency your credits are piling up," said the slip of paper in a Chinese fortune cookie I opened a while ago. Integrity is such a desirable trait, but it is also hard to obtain. Integrity can have several different meanings to many different people, but they can all agree on one thing: it's desirable. Martin Luther King Jr. is a great example of integrity. My dad, too, has always been a great role model for integrity. So what is integrity? It means a person is honest, reliable, and stands up for what he or she believes in.

My dad has always displayed many traits of integrity. He would get upset if we lied, or didn't uphold our commitments. He has always recited the verse, Matthew 5:37, "Let your yes be yes, and your no be no." He means that if people say they're going to do something, then they shouldn't go back on their word. If a person chooses to not uphold previous commitments, that person has chosen to become unreliable. One example in my own life is when I had to choose between soccer practice and playing in a homecoming powder puff football game. I called my dad to ask if it would be okay to skip soccer to play in a powder puff game, and he replied, "It's up to you. I will think no differently about you. What will your soccer coach think about it, though, Anna? You need to get hold of her and tell her the truth about why you're skipping soccer practice." My dad is a great role model. He is an honest man who upholds his commitments and stands up for what he believes. I have never heard or seen him go against his beliefs. My dad shows integrity when he consistently upholds his word.

Integrity is hard to obtain. It means taking the high road, not always going the easy way, and it means probably standing alone sometimes. With all that said, integrity is one of the most desirable traits. Employers look for their employees to be honest and reliable. Marriages won't stay together without reliability and integrity. People want friends who will be honest and stay true. Schools and communities want people who will stand up for what they believe, not just follow the leader. Integrity is a trait that most people want to have.

A role model of integrity for everyone is Martin Luther King, Jr. He had a certain belief: equality for all. Through his integrity he played a major role in the civil rights movement. He stood up for his beliefs though many whites were putting him down. He was a reliable source for non-violence, and many followed suit and didn't fight back when being persecuted, thanks to the integrity and leadership of Dr. Martin Luther King, Jr. He was an honest man working with integrity for the betterment of everyone.

Integrity has been a backbone to my childhood, and with my dad showing me a great example, it was hard not to follow. Integrity will help in many situations, such as getting a job, becoming involved in the community, building a family, and having true friends. Martin Luther King, Jr., is a fine example for all of America to follow. If America obtains true integrity, then we will be living in a great country.