Hello everyone, my name is Kelly Holt.

March is Disability Awareness Month and we need everyone to take the pledge not to use the wrong words. We need to have some respect for everyone in this world that have disabilities or not. it is very important that everyone hears about our rights.

The second Tuesday of March has been designated as "Spread the Word to End the Word" day by Special Olympics. The campaign seeks to replace the word 'retard,' now considered a derogatory way to refer to someone with a disability, with 'respect' for everyone.