

Well, it had to happen sooner or later. So why not now? As I tell people, I'm in the fourth quarter and the clock is running. I'm going through boxes I've saved (some would say hoarded) and computer files I've kept, and came across these. I hate to throw them away, yet I hate to leave them for someone else to indiscriminately pitch.

I've been collecting this stuff for years. I've used it in my classroom, shared it with my executive board, worked it into speeches. Some of it has
inspired me,

motivated me,

amused me,

made me laugh,

made me cringe,

made me think.

While I've put together a couple books with quotes, many of these escaped print. I thought of doing another book, but that's more work than I want, plus I already have boxes of past publications to deal with. So I thought why not do it electronically. That way you can access it on your computer, tablet, phone, watch, or easily trash them.

But before you hit trash, think if there is someone else in your world who might be able to use some of these: a teacher, a preacher, a speaker, a friend (just like me!). Especially someone younger. A lot of these need to be preserved and passed down.

And for many of you who receive this, like me, you have a lot of time on your hands to read, reflect, remember. So enjoy. I've tried to keep most of the files to fifty messages so it doesn't slow down your mind or your computer.

And please don't yell at me for sending these. My feelings get hurt really easy!

I wish for you. . .

Comfort on difficult days,
Smiles when sadness intrudes,
Rainbows to follow the clouds,
Laughter to kiss your lips,

Sunsets to warm your heart,
Gentle hugs when spirits sag,
Friendships to brighten your being,
Beauty for your eyes to see,

Confidence for when you doubt,
Faith so that you can believe,
Courage to know yourself,
Patience to accept the truth,
And love to complete your life.

.....

I CAN?

By Unknown

Whatever your mind can conceive and believe, it will achieve. Dream great dreams and make them come true. Do it now!

You are unique. In all the history of the world there was never anyone else exactly like you, and in all the infinity to come there will never be another you. Never affirm self-limitations. What you believe yourself to be, you are.

To accomplish great things, you must not only act, but also dream; not only plan, but also believe. If you have built castles in the air, your work need not be lost. Put foundations under them. Yes you can. Believing is magic; you can always better your best. You don't know what you can do until you try.

Nothing will come of nothing. If you don't go out on a limb, you're never going to get the fruit. There is no failure except in no longer trying. Hazy goals produce hazy results. Clearly define your goals. Write them down, make a plan for achieving them, set a deadline, visualize the results and go after them. Just don't look back unless you want to go that way.

Defeat may test you; it need not stop you. If at first you don't succeed, try another way. For every obstacle there is a solution. Nothing in the world can take the place of persistence. The greatest mistake is giving up. Wishing will not bring success, but planning, persistence and burning desire will.

There is a gold mine within you from which you can extract all the necessary ingredients. Success is an attitude. Get yours right. It is astonishing how short a time it takes for very wonderful things to happen.

I CAN!

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GOLF

The following is not intended to offend fans of tennis, basketball, football, or baseball. It is rather an attempt to put everything in its proper perspective.

Ever wonder why golf is growing in popularity and why people who don't even play go to tournaments or watch it on TV? The following truisms may shed some light.

Golf is an honorable game, with the overwhelming majority of players being honorable people who don't need referees.

Golfers don't have some of their players in jail every week.

Golfers don't kick dirt on or throw bottles at other people.

Professional golfers are paid in direct proportion to how well they play.

Golfers don't get per diem and two seats on a charter flight when they travel between tournaments.

Golfers don't hold out for more money, or demand new contracts, because of another player's deal.

Professional golfers don't demand that the taxpayers pay for the courses on which they play.

When golfers make a mistake, nobody is there to cover for them or back them.

The PGA raises more money for charity in one year than the NFL does in two.

You can watch the best golfers in the world up close, at any tournament, including the majors, all day, every day, for \$25 or \$30. A ticket for even a nosebleed seat at the Super Bowl costs around \$300 or more unless you buy it from scalpers, in which case it's \$1,000+.

You can bring a picnic lunch to the tournament golf course, watch the best in the world, and not spend a small fortune on food and drink. Try that at one of the taxpayer-funded baseball or football stadiums. If you bring a soft drink into the ballpark, they'll give you two options -- get rid of it or leave.

In golf, you cannot fail 70% of the time and make nine million dollars a season, like the best baseball hitters (.300 batting average) do.

Golf doesn't change its rules to attract fans.

Golfers have to adapt to an entirely new playing area each week.

Golfers keep their clothes on while being interviewed.

Golf doesn't have free agency.

In their prime, Palmer, Norman, and other stars, would shake your hand and say they were pleased to meet you. In his prime, Jose' Canseco wore t-shirts that read "Leave Me Along."

You can hear birds chirping on a golf course during a tournament.

At a golf tournament (unlike at taxpayer-funded sports stadiums and arenas), you won't hear a steady stream of four-letter words and nasty name calling while you're hoping that no one spills beer on you.

Tiger Woods hits a golf ball over twice as far as Barry Bonds hits a baseball.

Golf courses don't ruin the neighborhood.

And finally, here's a little slice of golf history you might enjoy. Why do golf courses have 18 holes and not 20, or 10, or even a dozen?

During a discussion among the club's membership board at St. Andrews in 1858, a senior member pointed out that it takes exactly 18 shots to polish off a fifth of scotch. By limiting himself to only one shot of Scotch per hole, the Scot figured a round of golf was finished when the Scotch ran out.

FAILURE

By Tim Connor

Failure

It's only a word.

But it carries with it so much pain and so little concern;

so much frustration and so little respect,

so much stress and so little understanding that people spend their lives
running through their days in the hope of avoiding the long arm of
this little word.

To test our vision, you must risk failure.

To temper your ego, you must attempt the impossible.

To tell your story, you must take a chance.

To see beyond the horizon, you must spread your wings.

To be all you can be, you must stretch, flex, try, and go beyond your
proven limits.

To bridge the silence, you must risk rejection.

To advance into the unknown, you must risk the peril of all your previ-
ous beliefs and emotions that feel so secure.

Failure is not negative. It is a teacher.

It molds, refines, and polishes you so that one day your light will shine
for all to see.

It isn't the failure you experience that will determine your destiny, but
your next step and then the next that will tell the story of your life.

The Difference Between Winning and Losing

by Catherine Pulsifer

Some of the significant differences between winning and losing are:

Hanging on, persevering,

WINNING

Letting go, giving up easily,

LOSING

Accepting responsibility for your actions,

WINNING

Always having an excuse for your actions,

LOSING

Taking the initiative,

WINNING

Waiting to be told what to do,

LOSING

Knowing what you want and setting goals to achieve it,

WINNING

Wishing for things, but taking no action,

LOSING

Seeing the big picture, and setting your goals accordingly,

WINNING

Seeing only where you are today,

LOSING

CHINESE PROVERBS

Man who run in front of car get tired.

Man who run behind car get exhausted.

Man who walk through airport turnstile sideways going to Bangkok

Man with one chopstick go hungry.

Man who scratch butt should not bite fingernails.

Man who eat many prunes get good run for money.

Baseball is wrong: man with four balls cannot walk.

Panties not best thing on earth! But next to best thing on earth.

War does not determine who is right; war determine who is left.

Wife who put husband in doghouse soon find him in cathouse.

Man who fight with wife all day get no piece at night.

It take many nails to build crib, but one screw to fill it.

Man who drive like hell, bound to get there.

Man who stand on toilet is high on pot.

Man who live in glass house should change clothes in basement.

Man who fish in other man's well often catch crabs.

Man who fart in church sit in own pew.

Crowded elevator smell different to midget.

By Changing Your Thinking

By Unknown

*By changing your thinking,
You change your beliefs;*

*When you change your beliefs,
You change your expectations;*

*When you change your expectations,
You change your attitude;*

*When you change your attitude,
You change your behavior;*

*When you change your behavior,
You change your performance;*

*When you change your performance;
You change your life!*

Carry On!!

By Robert W. Service.

It's easy to fight when everything's right,
And you're mad with the thrill and the glory;
It's easy to cheer when victory's near,
And wallow in fields that are gory.
It's a different song when everything's wrong.
When you're feeling infernally mortal;
When it's ten against one, and hope there is none,
Buck up, little soldier, and chortle:

Carry on! Carry on!
There isn't much punch in your blow.
You're glaring and staring and hitting out blind;
You're muddy and bloody, but never mind.
Carry on! Carry on!
You haven't the ghost of a show.
It's looking like death, but while you've a breath,
Carry on, my son! Carry on!

And so in the strife of the battle of life
It's easy to fight when you're winning;
It's easy to slave, and starve and be brave,
When the dawn of success is beginning.
But the man who can meet despair and defeat
With a cheer, there's a man of God's choosing;
The man who can fight to Heaven's own height
Is the man who can fight when he's losing.

Carry on! Carry on!
Things never were looming so black.
But show that you haven't a cowardly streak,
And though you're unlucky you never are weak.
Carry on! Carry on!
Brace up for another attack.
It's looking like hell, but - you never can tell;
Carry on, old man! Carry on!

There are some who drift out in the deserts of doubt,
And some who in brutishness wallow;
There are others, I know, who in piety go
Because of a Heaven to follow.
But to labor with zest, and to give of your best,
For the sweetness and joy of the giving;
To help folks along with a hand and a song;
Why, there's the real sunshine of living.

Carry on! Carry on!
Fight the good fight and true;
Believe in your mission, greet life with a cheer;
There's big work to do, and that's why you are here.
Carry on! Carry on!
Let the world be the better for you;
And at last when you die, let this be your cry:
Carry on, my soul! Carry on!

Be Thankful

By Unknown

Be thankful that you don't already have everything you desire.
If you did, what would there be to look forward to?

Be thankful when you don't know something,
for it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations,
because they give you opportunities for improvement.

Be thankful for each new challenge,
because it will build your strength and character.

Be thankful for your mistakes.
They will teach you valuable lessons.

Be thankful when you're tired and weary,
because it means you've made a difference.

It's easy to be thankful for the good things.
A life of rich fulfillment comes to those who
are also thankful for the setbacks.

Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles,
and they can become your blessings.

THE BEST DAY OF MY LIFE

Today, when I awoke, I suddenly realized that this is the best day of my life, ever! There were times when I wondered if I would make it to today, but I did. And because I did, I'm going to celebrate.

Today, I'm going to celebrate what a great life I have had so far; the accomplishments, the many blessings, and, even the hardships, because they have served to make me stronger. I will go through this day with my head held high, and a happy heart. I will marvel at God's seemingly simple gifts: the morning dew, the sun, the clouds, the trees, the flowers, the birds. Today, none of these miraculous creations will escape my notice.

Today, I will share my excitement with other people. I'll make someone smile. I'll go out of my way to perform an unexpected act of kindness for someone I don't even know.

Today, I'll give a sincere compliment to someone who seems down. I'll tell a child how special he is, and I'll tell someone I love just how deeply I care for them and how much they mean to me.

Today is the day I quit worrying about what I don't have, and start being grateful for all the wonderful things God has already given me. I'll remember that to worry is just a waste of time because my faith in God and His plan ensures everything will be just fine.

And tonight, before I go to bed, I'll go outside and raise my eyes to the heavens. I will stand in awe at the beauty of the stars and the moon, and I will praise God for these magnificent treasures.

As the day ends and I lay my head down on my pillow, I will thank the Almighty for the best day of my life. And I will sleep the sleep of a contented child, excited with expectation, because I know tomorrow is going to be the best day of my life, ever!

THE ATHLETE'S PRAYER

Lord, please clear my head of all distractions,
And my heart of burdens I may bear,
So I may perform my very best,
Knowing you'll always be there.

Please lift me up before the moment,
So through your eyes I may see,
And have a clearer understanding,
As the game unfolds before me.

With great courage I will meet this challenge,
As you would have me to,
But keep me humble and remind me,
That my strength comes from knowing you.

Then when all eyes are upon me,
At the end of this big game,
I will turn their eyes to you, O' Lord,
And to the glory of your name.

Amen

Danita Pagel

As You Travel Through Life . . .

By Unknown

As you travel through life there are always those times
When decisions just have to be made,
When the choices are hard, and solutions seem scarce,
And the rain seems to soak your parade.

There are some situations where all you can do
Is simply let go and move on,
Gather your courage and choose a direction
That carries you toward a new dawn.

So pack up your troubles and take a step forward -
The process of change can be tough,
But think about all the excitement ahead.

There might be adventures you never imagined
Just waiting around the next bend,
And wishes and dreams just about to come true
In ways you can't yet comprehend!

Perhaps you'll find friendships that spring from new things
As you challenge your status quo,
And learn there are so many options in life.

Perhaps you'll go places you never expected
And see things that you've never seen,
Or travel to fabulous, faraway worlds
And wonderful spots in between!

Perhaps you'll find warmth and affection and caring
And somebody special who's there
To help you stay cantered and listen with interest
To stories and feelings you share.

Perhaps you'll find comfort in knowing your friends
Are supportive of all that you do,
And believe that whatever decisions you make,
They'll be the right choices for you.

So keep putting one foot in front of the other,
And taking your life day by day,
There's a brighter tomorrow that's just down the road,
Don't look back! You're not going that way!

Ever wonder about the abbreviation A.S.A.P.? Generally we think of it
>in terms of even more hurry and stress in our lives. Maybe if we think of
>this abbreviation in a different manner, we will begin to find a new way to
>deal with those rough days along the way.

> *****

> There's work to do, deadlines to meet;
> You've got no time to spare,
> But as you hurry and scurry-
> ASAP - ALWAYS SAY A PRAYER

> In the midst of family chaos,
> "Quality time" is rare.
> Do your best; let God do the rest-
> ASAP - ALWAYS SAY A PRAYER.

> It may seem like your worries
> Are more than you can bear.
> Slow down and take a breather-
> ASAP - ALWAYS SAY A PRAYER

> God knows how stressful life is;
> He wants to ease our cares,
> And He'll respond to all your needs
> A.S.A.P. - ALWAYS SAY A PRAYER.

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Around the Corner

By Charles Hanson Towne

Around the corner I have a friend,
In this great city that has no end,
Yet the days go by and weeks rush on,
And before I know it, a year is gone.
And I never see my old friend's face,
For life is a swift and terrible race.

He knows I like him just as well,
As in the days when I rang his bell.
And he rang mine but we were younger then,
And now we are busy, tired men.
Tired of playing a foolish game,
Tired of trying to make a name.
"Tomorrow" I say! "I will call on Jim
Just to show that I'm thinking of him."

But tomorrow comes and tomorrow goes,
And distance between us grows and grows.
Around the corner, yet miles away,
"Here's a telegram sir," "Jim died today."
And that's what we get, and deserve in the end:
Around the corner, a vanished friend.

ACHIEVE YOUR DREAM

Remember, no one can make you feel inferior without your consent.

Destiny is not a matter of chance; it's a matter of choice.

Your children need your presence more than your presents.

Each of us has two ends: a sitting end and a thinking end. Success depends on which we use.

Many spend half the time wishing for things they could have if they didn't spend half the time wishing.

For every person who climbs the ladder of success, there are a dozen waiting for the elevator.

Happiness is a choice, not a response.

God works with you, not for you.

If your dreams turn to dust, vacuum.

Do it now. You become successful the very moment you start.

People may doubt what you say but they will believe what you do.

Success: Don't do what you like; like what you do.

RANDOM THOUGHTS

If the only prayer you said your whole life was, "Thank You," that would suffice.

The excellence of a gift lies in its appropriateness rather than its value.

Every single thing that has ever happened in your life is preparing you for a moment that is yet to come.

There is only one success. To be able to spend your life your own way.

The past cannot be changed, edited, or erased. It can only be accepted.

You know you have grown up when none of the things you want for Christmas can be bought in stores.

When you feel like fate is writing your story, grab a pen and write your own chapter.

The price of anything is the amount of life you exchanged for it.

Surrender to what is, let go of what was, have faith in what will be.

The happiest of people don't have the best of everything, they make the best of everything they have.

Life is like a camera. Focus on what is important, capture the good times, develop from the negatives, and if things don't work out, take another shot.

Every time you spend money, you are casting a vote for the kind of world you want.

Make your dinner plate look like a Christmas tree, mostly green with splashes of other bright colors.

Pray not for things but for wisdom and courage.

Exercise your mind and body.

Be tough minded but tender hearted.

Be comfortable with who you are.

Remember that overnight success usually takes five years.

Leave everything better than you found it.

Never waste an opportunity to tell someone you love them.

Have goals you look forward to everyday.

Be thankful for difficult times, as that is when you grow.

Be thankful when you are tired and weary, because it means you have made a difference.

Be thankful for your mistakes. They will teach you valuable lessons.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings.

HOW DUMB CAN YOU GET?

He's about as sharp as a marble.

He's a few clowns short of a circus.

He's a few fries short of a Happy Meal.

He's an experiment in Artificial Stupidity.

She's not the brightest bulb on the Christmas tree.

She's dumber than a box of hair.

She's a few peas short of a casserole.

She doesn't have all her Cornflakes in one box.

He's all foam, no beer.

The cheese slid off his cracker.

Body by Fisher; brains by Mattel.

He's as smart as bait.

His elevator doesn't go all the way to the top floor.

She forgot to pay her brain bill.

His antenna doesn't pick up all the channels.

He's missing a few buttons off his remote control.

Her receiver is off the hook.

He's not the sharpest knife in the drawer.

The lights are on but nobody's home.

The wheel's spinning but the hamster's dead.

He has a photographic memory but no film.

He took an IQ test and the results were negative.

She's missing a few sunflower seeds from her trail mix.

He has the brains of a grape.

He's dumber than a bag of hammers.

She's about as sharp as a bowling ball.

His monitor is on but the CPU isn't running.

His wheels are spinning but the tires are off the ground,

FACTS OF LIFE

As we grow older, and hence wiser, we slowly realize that wearing a \$300.00 or \$30.00 watch, they both tell the same time.

Whether we carry a \$300.00 or \$30.00 wallet/handbag, the amount of money inside is the same.

Whether we drink a bottle of \$30.00 or \$3.00 wine, the vomiting is the same.

Whether the house we live in is 300 or 3,000 sq.ft. the loneliness is the same.

Hopefully, one day you will realize, your true inner happiness does not come from the material things of this world.

Whether you fly first or economy class, if the plane goes down, you go down with it.

Therefore, I hope you realize that when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west or heaven and earth, that is true happiness.

Five Undeniable Facts of Life:

1. Don't educate your children to be rich. Educate them to be happy, so when they grow up they will know the value of things, not the price

2. Best awarded words in London: "Eat your food as your medicines. Otherwise you have to eat medicines as your food."

3. The One who loves you will never leave you because even if there are 100 reasons to give up, he will find one reason to hold on.

4. There is a big difference between a human being and being human. Only a few really understand it.

5. You are loved when you are born. You will be loved when you die. In between, you have to manage.

If you just want to walk fast, walk alone.

But if you want to walk far, walk together.

Six Best Doctors in the World

1. Sunlight

2. Rest

3. Exercise

4. Diet

5. Self Confidence

6. Friends

Maintain them in all stages of life and enjoy healthy life. Shared with smiles and affection,

OVER THE YEARS I'VE LEARNED. . .

that the best classroom in the world is at the feet of an elderly person.
that when you're in love, it shows.
that just one person saying to me "You've made my day" makes my day.
that having a child fall asleep in your arms is one of the most peaceful feelings in the world.
that being kind is more important than being right.
that you should never say no to a gift from a child.
that I can always pray for someone when I don't have the strength to help him in some other way.
that no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
that sometimes all a person needs is a hand to hold and a heart to understand.
that simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.
that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
that we should be glad that God doesn't give us everything we ask for.
that money doesn't buy class.
that it's those small daily happenings that make life so spectacular.
that under everyone's hard shell is someone who wants to be appreciated and loved.
that the Lord didn't do it all in one day. What makes me think I can?
that to ignore the facts does not change the facts.
that when you plan to get even with someone, you are letting that person continue to hurt you.
that love, not time, heals all wounds.
that the easiest way for me to grow as a person is to surround myself with people smarter than I am.
that everyone you meet deserves to be greeted with a smile.
that there's nothing sweeter than sleeping with your babies and feeling their breath on your cheeks.
that no one is perfect until you fall in love with them.
that life is tough, but I am tougher.
that opportunities are never lost. Someone always takes the ones you miss.
that when you harbor bitterness, happiness will dock elsewhere.
that I could have told my dad I loved him one more time before he passed away.
that one should keep his words both soft and tender, because tomorrow he may have to eat them.
that a smile is an inexpensive way to improve your looks.
that I can't choose how I feel, but I can choose what I do about it.
that when your newly born grandchild holds your little finger in his fist, that you're hooked for life.
that everyone wants to live on top of the mountain but all the happiness and growth occurs while you are climbing it.
that it is best to give advice in only two circumstances: when it is requested and when it is a life-threatening situation.
that the less time I have to work with, the more things I get done.

-Andy Rooney

Thoughts on Life

I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one, so I'm wearing my garage door opener.

I also made a cover for my hearing aid and now I have what they call "blue teeth," I think.

You know, I spent a fortune on deodorant before I realized that people didn't like me anyway.

I was thinking that women should put pictures of missing husbands on beer cans.

I was thinking about old age and decided that old age is when you still have something on the ball but you are just too tired to bounce it.

I thought about making a fitness movie for folks my age and call it 'Pumping Rust.'

I've gotten that dreaded furniture disease. That's when your chest is falling into your drawers.

When people see a cat's litter box they always say, 'Oh, have you got a cat?' Just once I want to say, 'No, it's for company!'

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, 'An ambulance.'

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me. They were cramming for their finals.

As for me, I'm just hoping God grades on the curve.

Birds of a feather flock together . . . and then crap on your car.

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Did you ever notice: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs...'

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

You know you are getting old when everything either dries up or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, Keep your arm around my shoulder and your hand over my mouth.

TODAY. . .

Today is a new day, a new beginning.

It has been given to me as a new gift.

I can either use it or throw it away.

What I do today will affect me tomorrow.

**I can not blame anyone but myself if
I do not succeed.**

**I promise to use this day to the fullest
by giving my best, realizing it can
never come back again.**

**This is my life and I choose to make
it a success.**

IT WAS BLACK AND WHITE

I think you'll enjoy this. Whoever wrote it could have been my next door neighbor because it totally described my childhood to a 'T.' Hope you enjoy it.

Black and White (Under age 60? You won't understand.) You could hardly see for all the snow, spread the rabbit ears as far as they go.

'Good Night, David.
Good Night, Chet.'

My Mom used to cut chicken, chop eggs, and spread mayo on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning.

My Mom used to defrost hamburger on the counter and I used to eat it raw sometimes, too. Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting ecoli.

Almost all of us would have rather gone swimming in the lake instead of a pristine pool (talk about boring); no beach closures then.

The term cell phone would have conjured up a phone in a jail cell, and a pager was the school PA system.

We all took gym, not P.E. And risked permanent injury with a pair of high top Ked's (only worn in gym) instead of having cross-training athletic shoes with air cushion soles and built in light reflectors. I can't recall any injuries, but they must have happened because they tell us how much safer we are now.

Flunking gym was not an option, even for stupid kids! I guess PE must be much harder than gym.

Speaking of school, we all said prayers and sang the national anthem, and staying in detention after school caught all sorts of negative attention.

We must have had horribly damaged psyches. What an archaic health system we had then. Remember school nurses? Ours wore a hat and everything.

I thought that I was supposed to accomplish something before I was allowed to be proud of myself.

I just can't recall how bored we were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations.

Oh yeah. And where was the Benadryl and sterilization kit when I got that bee sting? I could have been killed!

We played 'king of the hill' on piles of gravel left on vacant construction sites, and when we got hurt, Mom pulled out the 48-cent bottle of mercurochrome (kids liked it better because it didn't sting like iodine did) and then we got our butt spanked.

Now it's a trip to the emergency room, followed by a 10-day dose of a \$49 bottle of antibiotics, and then Mom calls the attorney to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

We didn't act up at the neighbor's house either, because if we did we got our butt spanked there and then we got our butt spanked again when we got home.

I recall Donny Reynolds from next door coming over and doing his tricks on the front stoop, just before he fell off. Little did his Mom know that she could have owned our house. Instead, she picked him up and swatted him for being such a goof. It was a neighborhood run amuck.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that? We needed to get into group therapy and anger management classes. We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac!

How did we ever survive?

LOVE TO ALL OF US WHO SHARED THIS ERA; AND TO ALL WHO DIDN'T, SORRY FOR WHAT YOU MISSED. I WOULDN'T TRADE IT FOR ANYTHING!

Remember that life's most simple pleasures are very often the best.

THE PURSUIT

For the longest time – I got it wrong.

I thought the ultimate achievement in wrestling was to win a State Championship.

It is not.

The ultimate achievement in wrestling is to prepare a young man for his life by having him become the best person he can become by acquiring the “Qualities of a Wrestler” while in pursuit of a state championship.

Acquiring these qualities is more important than winning a state championship.

They are what is needed to become happy and successful in life.

These qualities are acquired during the pursuit and not in the winning.

It is in the pursuit that a kid transcends into a man.

It is in the pursuit that a kid is prepared for what life will bombard him with when he becomes a man.

It is in the pursuit that this sport is at its finest.

Winning a state championship doesn't teach these things.

The pursuit does.

It is setting a goal that is more than you think you can ever achieve and then achieving more than you thought you ever could.

It is in overcoming any and all obstacles that may be in your path in pursuit of that goal.

It is in the agony of learning how to “figure it out” on your own.

It is in making the necessary adjustments even after “You figured it out.”

The hard adjustments which will require supreme sacrifice that will only make a small difference. Which will happen to be the difference between winning or losing.

It is in working endlessly and seeing no results; and still continuing to work because your will is stronger than everyone else's doubt.

It is in learning that one man with belief is worth a thousand with only an interest.

It is in failing miserably and very publicly in front of your peers and everyone who is important to you. It is in learning to master the concept of “Again” – the ability to muster up a little more when the world would understand if you quit.

It is in not achieving your desired goal, after a very long hard season, one in which you bled to do so. To then make a personal decision to work even harder for another season with absolutely no guarantee of success.

It is in the knowing that you did everything that you could to achieve your goal and the understanding that sometimes that will be enough, and sometimes it won't.

You can't control that.

All you can control is to be as best prepared as you can.

It is in the understanding that when it magically is enough, that you are humble because you know the feeling of being on the other side of the win.

And when it is not enough you know to dig down and inspect and analyze your performance because there is something within the loss that you need to learn to help you achieve a future bigger goal.

And you find it.

And you turn a weakness into a strength.

And you keep doing that until you have no more weaknesses.

This is the process of becoming a man.

Many wrestlers who went on to win a state championship are now jerks.

Many wrestlers who took 2nd, 3rd or never even placed have become great people.

So it is not winning the state championship that is the difference.

It is what you take away from this great sport that is the difference.

It is in the pursuit.

If one's idea of achievement is to win a state championship, then logically there can be only one winner per weight class throughout the state.

There is not.

Because the real winners in this sport are the wrestlers who acquire the traits which will be necessary for their success and happiness in life.

And those traits all can be found in the pursuit.

John A. Passaro

THE YEAR IS 1915

This will boggle your mind. The year is 1915, one hundred years ago. What a difference a century makes. Here are some statistics for the year 1915:

The average life expectancy for men was 47 years.

Fuel for cars was sold in drug stores only.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower.

The average U.S. wage in 1910 was 22 cents per hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2,000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home. Ninety percent of all doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."

Sugar cost four cents a pound.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

The five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars.

The population of Las Vegas, Nevada, was only 30.

Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was neither a Mother's Day nor a Father's Day.

Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at local corner drugstores. Back then, pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!"

Eighteen percent of households had at least one full-time servant or domestic help.

There were about 230 reported murders in the ENTIRE United States.

It is impossible to imagine what it may be like in another 100 years.

NEW MERGERS

For any of you with any money left, be aware of the next expected mergers so that you can get in on the ground floor and make some bucks. Watch for these consolidations in 2007:

Hale Business Systems, Mary Kay Cosmetics, Fuller Brush, and W. R. Grace Co. will merge and become:

Hale, Mary, Fuller, Grace.

Polygram Records, Warner Bros., and Zesta Crackers join forces and become:

Poly, Warner Cracker.

3M will merge with Goodyear and become:

MMM Good.

Zippo Manufacturing, Audi Motors, Dofasco, and Dakota Mining will merge and become:

ZipAudiDoDa .

FedEx is expected to join its competitor, UPS, and become:

FedUP.

Fairchild Electronics and Honeywell Computers will become:

Fairwell Honeychild.

Grey Poupon and Docker Pants are expected to become:

Poupon Pants.

Knotts Berry Farm and the National Organization of Women will become:

Knott NOW!

And finally . . .

Victoria's Secret and Smith & Wesson will merge under the new name:

Titty Titty Bang Bang

Best Prayer I Have Heard In A Long Time...

Heavenly Father, Help us remember that the jerk who cut us off in traffic last night is a single mother who worked nine hours that day and is rushing home to cook dinner, help with homework, do the laundry, and spend a few precious moments with her children.

Help us to remember that the pierced, tattooed, disinterested young man who can't make change correctly is a worried 19-year-old college student, balancing his apprehension over final exams with his fear of not getting his student loans for next semester.

Remind us, Lord, that the scary looking bum, begging for money in the same spot every day (who really ought to get a job) is a slave to addictions that we can only imagine in our worst nightmares.

Help us to remember that the old couple walking annoyingly slow through the store aisles and blocking our shopping progress is savoring this moment, knowing that, based on the biopsy report she got back last week, this will be the last year that they go shopping together.

Heavenly Father, remind us each day that, of all the gifts you give us, the greatest gift is love. It is not enough to share that love with those we hold dear. Open our hearts not to just those who are close to us, but to all humanity. Let us be slow to judge and quick to forgive, show patience, empathy, and love. [Matthew 5:44]

Working for God on earth doesn't pay much. . . but His retirement plan is out of this world.

AMA - The New Insurance Plan

The American Medical Association has weighed in on Trump's proposed health care package to replace Obama-care.

The **Allergists** were in favor of scratching it, but the **Dermatologists** advised not to make any rash moves.

The **Gastroenterologists** had sort of a gut feeling about it, but the **Neurologists** thought the Administration had a lot of nerve.

Meanwhile, **Obstetricians** felt certain everyone was laboring under a misconception, while the **Ophthalmologists** considered the idea shortsighted.

Pathologists yelled, "Over my dead body!" while the **Pediatricians** said, "Oh, grow up!"

The **Psychiatrists** thought the whole idea was madness, while the **Radiologists** could see right through it.

Surgeons decided to wash their hands of the whole thing and the **Internists** claimed it would indeed be a bitter pill to swallow.

Plastic Surgeons opined that this proposal would "put a whole new face on the matter."

The **Podiatrists** thought it was a step forward, but the **Urologists** were pissed off at the whole idea.

Anesthesiologists thought the whole idea was a gas, and those lofty **Cardiologists** didn't have the heart to say no.

In the end, the **Proctologists** won out, leaving the entire decision up to the assholes in Washington.

Today is the Very First Day of the Rest of My Life

By Unknown

This is the beginning of a new day.

I can waste it ... or use it for good.

But what I do today is important,
Because I am exchanging a day of my life for it.

When tomorrow comes, this day will be gone forever,
Leaving in its place something that I have traded for It.

I want it to be gain and not loss, good and not evil,
success and not failure, in order that I not regret the price I have paid
for it.

I will give 100% of myself just for today, for you never fail until you stop
trying.

I will be the kind of person I have always wanted to be.

I have been given this day to use as I will.

Success

by Ralph Waldo Emerson

To laugh often and much;
To win the respect of intelligent people
and the affection of children;
To earn the approbation of honest critics
and endure the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To give of one's self;
To leave the world a bit better, whether by
a healthy child, a garden patch, or
a redeemed social condition;
To have played and laughed with
enthusiasm and sung with exultation;
To know even one life has breathed easier
because you have lived —

This is to have succeeded.

..... Sculptor's Attitude

by Unknown

I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfill today. I am important. My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or I can rejoice that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or I can celebrate that thorns have roses.

Today I can mourn my lack of friend or I can excitedly embark upon a quest to discover new relationships.

Today I can whine because I have to go to work or I can shout for joy because I have a job to do.

Today I can complain because I have to go to school or eagerly open my mind and fill it with rich new tidbits of knowledge.

Today I can murmur dejectedly because I have to do housework or I can feel honored because the Lord has provide shelter for my mind, body and soul.

Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping.

What today will be like is up to me. I get to choose what kind of day I will have!

Have a GREAT DAY.....unless you have other plans.

The Road to Success is Always Under Construction

- ♦Diplomacy is the art of letting someone else get your way.
- ♦Life is not so much a matter of position as of disposition.
- ♦The best vitamin for making friends, B-1.
- ♦If you don't care where you're going any road will get you there.
- ♦A pint of example is worth a gallon of advice.
- ♦He who throws mud loses ground.
- ♦Nobody raises his own reputation by lowering others.
- ♦Nothing ruins the truth like stretching it.
- ♦A smile is an inexpensive way to improve your looks.
- ♦Ideas won't work unless you do.
- ♦The future is purchased by the present.
- ♦One thing you can't recycle is wasted time.
- ♦Lost time is never found again.
- ♦A hard thing about business is minding your own.
- ♦Triumph is just "umph" added to try.
- ♦Caution is not cowardly; carelessness is not courage.
- ♦He who forgives ends the quarrel.
- ♦Children need more models than critics.
- ♦Frogs have it easy, They can eat what bugs them.
- ♦The pursuit of happiness is the chase of a lifetime.
- ♦If the going gets easy you may be going downhill.
- ♦Dieters: People that are thick and tired of it.
- ♦Jumping to conclusions can be bad exercise.
- ♦The best labor saving device is doing it tomorrow.
- ♦A turtle makes progress when it sticks its neck out.
- ♦Failure is the path of least persistence.
- ♦Hard work is the yeast that raises the dough.
- ♦Patience is counting down without blasting off.
- ♦Have a backbone not a wishbone.
- ♦Some folks won't look up until they are flat on their backs.
- ♦If you want your dreams to come true, don't over sleep.
- ♦Friend: One who knows all about you and likes you just the same.
- ♦Money talks and often just says, "Good-bye".
- ♦Birds have bills too and they keep on singing.
- ♦Forbidden fruit is responsible for many a bad jam.
- ♦God's retirement plan is out of this world.
- ♦A good example is the best sermon.
- ♦The Ten Commandments are not multiple choice.
- ♦Well done! is better than, Well said!
- ♦Minds are like parachutes; they function only when open.
- ♦Live as you wish your kids would.
- ♦Swallowing your pride seldom leads to indigestion.
- ♦If you can laugh at it then you can live with it.
- ♦People don't fail, they give up.
- ♦When looking for faults use a mirror, not a telescope.
- ♦Smile, it takes only 13 muscles; a frown takes 64.
- ♦Kindness, a language deaf people can hear and blind can see.
- ♦Heaviest thing to carry: A grudge.
- ♦A smooth sea never made a skillful sailor.
- ♦A small leak can sink a great ship.
- ♦You can't direct the wind, but you can adjust your sails.
- ♦We lie loudest when we lie to ourselves.
- ♦Tact is the ability to see others as they wish to be seen.
- ♦A bad conscience has a very good memory.
- ♦Hug your kids at home; belt them in the car.
- ♦One thing you can give and still keep is your word.
- ♦A friend walks in when everyone else walks out.
- ♦If you must cry over spilled milk then please try to condense it.
- ♦Behavior is the mirror in which everyone shows their image.
- ♦Make friends before you need them.
- ♦It's not the load that breaks you down, it's the way you carry it.
- ♦The smallest good deed is better than the grandest intention.
- ♦Success is more attitude than aptitude.
- ♦Our favorite attitude should be gratitude.
- ♦The greatest of all faults is to imagine you have none.
- ♦Too many of us speak twice before we think.
- ♦Some people develop eye strain looking for trouble.
- ♦Everyone has 20/20 hindsight.
- ♦The happiness of your life depends on the quality of your thoughts.
- ♦It is much easier to be critical than to be correct.
- ♦Feed your faith and doubt will starve to death.
- ♦It is no crime not to be perfect.
- ♦If others have sinned you need not mention it.
- ♦No man knows less than the man who knows it all.
- ♦Patience carries a lot of wait.
- ♦One who lacks courage to start has already finished.
- ♦A quitter never wins, A winner never quits.
- ♦Action speaks louder than words but not nearly as often.
- ♦Break a bad habit. Drop it.
- ♦Don't learn safety rules simply by accident.
- ♦Failing to prepare, we prepare to fail.
- ♦Past failures are guideposts for future success.
- ♦There is no right way to do a wrong thing.
- ♦There can be no rainbow without a cloud and a storm.
- ♦If your dreams turn to dust...vacuum.
- ♦Money is a good servant but is cruel master.
- ♦Seek joy in what you give not in what you get.
- ♦Procrastination is the thief of time.
- ♦Success comes in cans. Failure comes in can'ts.
- ♦Anger is one letter short of danger.
- ♦Greatest remedy for anger is delay.
- ♦2/3 of promotion is motion.
- ♦Having a sharp tongue can cut your own throat.
- ♦Of all the things you wear, your expression is the most important.

The Man In the Glass

By Unknown

When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to the mirror and look at yourself
And see what that man has to say.

For it isn't your father or mother or wife
Whose judgment upon you must pass.
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

You may be like Jack Horner and chisel a plum
And think you're a wonderful guy.
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

He's the fellow to please - never mind all the rest,
For he's with you clear to the end.
And you've passed your most dangerous, difficult test
If the man in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass.
But your final reward will be heartache and tears
If you've cheated the man in the glass.

If

By Rudyard Kipling

If you can keep your head when all about you are losing theirs and
blaming it on you,
If you can trust yourself when all men doubt you but make allowance
for their doubting too,
If you can wait and not be tired by waiting, or being lied about, don't
deal in lies, or being hated, don't give way to hating, and yet don't
look too good, nor talk too wise;

If you can dream-and not make dreams your master, if you can think
and not make thoughts your aim;
If you can meet with Triumph and Disaster and treat those two impos-
sible just the same;
If you can bear to hear the truth you've spoken twisted by knaves to
make a trap for fools, or watch the things you gave your life to,
broken, and stoop and build 'em up with worn-out tools;

If you can make one heap of all your winnings and risk it on one turn of
pitch-and-toss, and lose, and start again at your beginnings and
never breathe a word about your loss;
If you can force your heart and nerve and sinew to serve your turn long
after they are gone, and so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue, or walk with kings, nor
lose the common touch,
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much,
If you can fill the unforgiving minute
with sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And, which is more, you'll be a Man, my son!

.....

I CAN?

By Unknown

Whatever your mind can conceive and believe, it will achieve. Dream great dreams and make them come true. Do it now!

You are unique. In all the history of the world there was never anyone else exactly like you, and in all the infinity to come there will never be another you. Never affirm self-limitations. What you believe yourself to be, you are.

To accomplish great things, you must not only act, but also dream; not only plan, but also believe. If you have built castles in the air, your work need not be lost. Put foundations under them. Yes you can. Believing is magic; you can always better your best. You don't know what you can do until you try.

Nothing will come of nothing. If you don't go out on a limb, you're never going to get the fruit. There is no failure except in no longer trying. Hazy goals produce hazy results. Clearly define your goals. Write them down, make a plan for achieving them, set a deadline, visualize the results and go after them. Just don't look back unless you want to go that way.

Defeat may test you; it need not stop you. If at first you don't succeed, try another way. For every obstacle there is a solution. Nothing in the world can take the place of persistence. The greatest mistake is giving up. Wishing will not bring success, but planning, persistence and burning desire will.

There is a gold mine within you from which you can extract all the necessary ingredients. Success is an attitude. Get yours right. It is astonishing how short a time it takes for very wonderful things to happen.

I CAN!

.....

Habit

By Unknown

I am your constant companion.
I am your greatest helper or heaviest burden.
I will push you onward or drag you down to failure.
I am completely at your command.
Half the things you do might just as well turn over to me
and I will be able to do them quickly and correctly.

I am easily managed;
you must merely be firm with me.
Show me exactly how you want something done
and after a few lessons, I will do it automatically.

I am the servant of all great people;
and alas, of all failures as well.

Those who are great,
I have made great.
Those who are failures,
I have made failures.

I am not a machine,
though I work with all the precision of a machine
plus the intelligence of a human.
You may run me for a profit or run me for ruin;
it makes no difference to me.

Take me,
train me,
be firm with me,
And I will place the world at your feet.
Be easy with me,
and I will destroy you.

WHO AM I?

I AM HABIT.

Change Your World

By Brian Tracy

You cannot change the world, but you can present the world with one improved person:
Yourself.

You can go to work on yourself to make yourself into the kind of person you admire and respect.

You can become a role model and set a standard for others.

You can control and discipline yourself to resist acting or speaking in a negative way toward anyone for any reason.

You can insist upon always doing things the loving way, rather than the hurtful way.

By doing these things each day, you can continue on your journey toward becoming an exceptional human being.

By Changing Your Thinking

By Unknown

*By changing your thinking,
You change your beliefs;*

*When you change your beliefs,
You change your expectations;*

*When you change your expectations,
You change your attitude;*

*When you change your attitude,
You change your behavior;*

*When you change your behavior,
You change your performance;*

*When you change your performance;
You change your life!*

Be Thankful

By Unknown

Be thankful that you don't already have everything you desire.
If you did, what would there be to look forward to?

Be thankful when you don't know something,
for it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations,
because they give you opportunities for improvement.

Be thankful for each new challenge,
because it will build your strength and character.

Be thankful for your mistakes.
They will teach you valuable lessons.

Be thankful when you're tired and weary,
because it means you've made a difference.

It's easy to be thankful for the good things.
A life of rich fulfillment comes to those who
are also thankful for the setbacks.

Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles,
and they can become your blessings.

As You Travel Through Life . . .

By Unknown

As you travel through life there are always those times
When decisions just have to be made,
When the choices are hard, and solutions seem scarce,
And the rain seems to soak your parade.

There are some situations where all you can do
Is simply let go and move on,
Gather your courage and choose a direction
That carries you toward a new dawn.

So pack up your troubles and take a step forward -
The process of change can be tough,
But think about all the excitement ahead.

There might be adventures you never imagined
Just waiting around the next bend,
And wishes and dreams just about to come true
In ways you can't yet comprehend!

Perhaps you'll find friendships that spring from new things
As you challenge your status quo,
And learn there are so many options in life.

Perhaps you'll go places you never expected
And see things that you've never seen,
Or travel to fabulous, faraway worlds
And wonderful spots in between!

Perhaps you'll find warmth and affection and caring
And somebody special who's there
To help you stay cantered and listen with interest
To stories and feelings you share.

Perhaps you'll find comfort in knowing your friends
Are supportive of all that you do,
And believe that whatever decisions you make,
They'll be the right choices for you.

So keep putting one foot in front of the other,
And taking your life day by day,
There's a brighter tomorrow that's just down the road,
Don't look back! You're not going that way!

Around the Corner

By Charles Hanson Towne

Around the corner I have a friend,
In this great city that has no end,
Yet the days go by and weeks rush on,
And before I know it, a year is gone.
And I never see my old friend's face,
For life is a swift and terrible race.

He knows I like him just as well,
As in the days when I rang his bell.
And he rang mine but we were younger then,
And now we are busy, tired men.
Tired of playing a foolish game,
Tired of trying to make a name.
"Tomorrow" I say! "I will call on Jim
Just to show that I'm thinking of him."

But tomorrow comes and tomorrow goes,
And distance between us grows and grows.
Around the corner, yet miles away,
"Here's a telegram sir," "Jim died today."
And that's what we get, and deserve in the end:
Around the corner, a vanished friend.

Anything is Possible

By Unknown

If there were ever a time to dare,
to make a difference,
to embark on something worth doing,

IT IS NOW.

Not for any grand cause, necessarily,
but for something that tugs at your heart,
something that's your inspiration,
something that's your dream.

You owe it to yourself to make your days here count.

HAVE FUN.

DIG DEEP.

STRETCH.

DREAM BIG.

Know, though, that things worth doing seldom come easy. There will be good days and there will be bad days.

There will be times when you want to turn around,
pack it up, and call it quits.

Those times tell you that you are pushing yourself, that you are not afraid to learn by trying.

PERSIST.

Because with an idea, determination, and the right tools,
you can do great things.

Let your instincts, your intellect, and your heart, guide you.

TRUST.

Believe in the incredible power of the human mind.

Of doing something that makes a difference.

Of working hard.

Of laughing and hoping.

Of lazy afternoons.

Of lasting friends.

Of all the things that will cross your path this year.

The start of something new brings the hope of something great.

ANYTHING IS POSSIBLE.

Always Keep Your Dreams Alive

by Unknown

Now is a time for you to celebrate the accomplishment of a dream you have worked so hard to realize. You have shown so many people how special you are.

Now is the time to begin to pursue the next path, to reach out for the next star, and to achieve the things that are so important to you.

Always keep your dreams alive.

And keep them coming true.

Always Remember Your Achievements with Pride

In everyone's life there are moments of pride and accomplishment that are remembered forever.

Through the years, you have set goals and met each challenge with enough courage and determination to overcome the many obstacles that you've encountered along the way.

Success is not measured by how well you fulfill the expectations of others, but by how honestly you live up to your own expectations.

Because you have been true to yourself in the pursuit of your dream, you have earned this moment and the right to be proud of your accomplishment.

Weird Things You Would Never Know!! (But do now!)

A shrimp's heart is in its head.

The 'sixth sick sheik's sixth sheep's sick' is said to be the toughest tongue twister in the English language.

Rats multiply so quickly that in 18 months, two rats could have over a million descendants.

Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.

If the government has no knowledge of aliens, then why does Title 14, Section 1211 of the Code of Federal Regulations, implemented on July 16 1969, make it illegal for U.S. citizens to have any contact with extraterrestrials or their vehicles?

In every episode of Seinfeld there is a Superman somewhere.

A duck's quack doesn't echo, and no one knows why.

23% of all photocopier faults world-wide are caused by people sitting on them and photocopying their butts.

Most lipstick contains fish scales.

Like fingerprints, everyone's tongue print is different.

If you sneeze too hard, you can fracture a rib. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die.

If you keep your eyes open by force, they can pop out.

In a study of 200,000 ostriches over a period of 80 years, no one reported a single case where an ostrich buried its head in the sand.

It is physically impossible for pigs to look up into the sky.

A pregnant goldfish is called a twit.

More than 50% of the people in the world have never made or received a telephone call.

Horses can't vomit.

Butterflies taste with their feet.

In 10 minutes, a hurricane releases more energy than all of the world's nuclear weapons combined.

On average, 100 people choke to death on ballpoint pens every year.

On average, people fear spiders more than they do death.

Ninety percent of New York City cabbies are recently arrived immigrants.

Thirty-five percent of the people who use personal ads for dating are already married.

Elephants are the only animals that can't jump.

Only one person in two billion will live to be 116 or older.

It's possible to lead a cow upstairs...but not downstairs.

Women blink nearly twice as much as men.

It's physically impossible for you to lick your elbow.

The Main Library at Indiana University sinks over an inch every year because when it was built, engineers failed to take into account the weight of all the books that would occupy the building.

A snail can sleep for three years.

No word in the English language rhymes with 'MONTH.'

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The electric chair was invented by a dentist.

All polar bears are left handed.

In ancient Egypt , priests plucked EVERY hair from their bodies, including their eyebrows and eyelashes.

An ostrich's eye is bigger than its brain.

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

'Go,' is the shortest complete sentence in the English language.

If Barbie were life-size, her measurements would be 39-23-33. She would stand 7'2" tall.

A crocodile cannot stick its tongue out.

The cigarette lighter was invented before the match.

Americans on average eat 18 acres of pizza every day.

UPPER MANAGEMENT

An Indian walks into a cafe with a shotgun in one hand and a bucket of buffalo manure in the other. He says to the waiter.

“Me want coffee.”

“Sure chief. Coming right up,” the waiter replies.

He gets the Indian a tall mug of coffee. The Indian drinks it down in one gulp, picks up the bucket of manure, throws it into the air, blasts it with the shotgun, and walks out.

The next morning, the Indian returns. He has his shotgun in one hand, and a bucket of buffalo manure in the other. He walks up to the counter and says to the waiter,

“Me want coffee.”

“Whoa, wait a minute, Tonto,” the waiter replies. “We’re still cleaning up your mess from the last time you were here. What the heck was that all about anyhow?”

The Indian smiles and proudly says, “Me training for upper management position: come in, drink coffee, shoot shit, leave mess for others to clean up, then disappear for rest of day.”

A TWENTY DOLLAR BILL

A well-known speaker started off his seminar by holding up a \$20.00 bill. In the room of 200, he asked, "Who would like this \$20 bill?"

Hands started going up.

He said, "I am going to give this \$20 to one of you but first, let me do this." He proceeded to crumple up the \$20 dollar bill. He then asked, "Who still wants it?"

Still the hands were up in the air.

Well, he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now, who still wants it?"

Still the hands went into the air.

My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value.

Dirty or clean, crumpled or finely creased, you are still priceless to those who LOVE you. **The worth of our lives comes not in what we do or who we know, but by WHO WE ARE and WHOSE WE ARE.** You are special - Don't EVER forget it."

Count your blessings, not your problems. "And remember: amateurs built the ark .. professionals built the Titanic.

THOUGHTS ON LIFE

Sometimes, when I look at my children, I say to myself, "Lillian, you should have remained a virgin."
— Lillian Carter (mother of Jimmy Carter)

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalog: "No good in a bed, but fine against a wall."
— Eleanor Roosevelt

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.
— Mark Twain

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible.
— George Burns

Santa Claus has the right idea. Visit people only once a year.
— Victor Borge

Be careful about reading health books. You may die of a misprint.
— Mark Twain

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.
— Socrates

I was married by a judge. I should have asked for a jury.
— Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe.
— Jimmy Durante

I have never hated a man enough to give his diamonds back.
— Zsa Zsa Gabor

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar, and fat.
— Alex Levine

My luck is so bad that if I bought a cemetery, people would stop dying.
— Rodney Dangerfield

Money can't buy you happiness, but it does bring you a more pleasant form of misery.
— Spike Milligan

I am opposed to millionaires, but it would be dangerous to offer me the position.
— Mark Twain

Until I was thirteen, I thought my name was SHUT UP.
— Joe Namath

I don't feel old. I don't feel anything until noon. Then it's time for my nap.
— Bob Hope

I never drink water because of the disgusting things that fish do in it.

— W.C. Fields

We could certainly slow the aging process down if it had to work its way through Congress.

— Will Rogers

Don't worry about avoiding temptation. As you grow older, it will avoid you.

— Winston Churchill

Maybe it's true that life begins at fifty, but everything else starts to wear out, fall out, or spread out.

— Phyllis Diller

By the time a man is wise enough to watch his step, he's too old to go anywhere.

— Billy Crystal

The cardiologist's diet: If it tastes good, spit it out.

Think About This. . .

ONE: Give people more than they expect and do it cheerfully.

TWO: Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

THREE: Don't believe all you hear, spend all you have, or sleep all you want.

FOUR: When you say, "I love you," mean it .

FIVE: When you say, "I'm sorry," look the person in the eye.

SIX: Be engaged at least six months before you get married.

SEVEN: Believe in love at first sight.

EIGHT: Never laugh at anyone's dream. People who don't have dreams don't have much.

NINE: Love deeply and passionately. You might get hurt, but it's the only way to live life completely.

TEN: In disagreements, fight fairly. No name calling.

ELEVEN: Don't judge people by their relatives.

TWELVE: Talk slowly but think quickly.

THIRTEEN: When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

FOURTEEN: Remember that great love and great achievements involve great risk.

FIFTEEN: Say "bless you" when you hear someone sneeze.

SIXTEEN: When you lose, don't lose the lesson !

SEVENTEEN: Remember the three R's: Respect for self; Respect for others; and responsibility for all your actions.

EIGHTEEN: Don't let a little dispute injure a great friendship.

NINETEEN: When you realize you've made a mistake, take immediate steps to correct it.

TWENTY: Smile when picking up the phone. The caller will hear it in your voice.

TWENTY-ONE: Spend some time alone.

Thanking You

Dear God:

I want to thank you for what you have already done.

I am not going to wait until I see the results or receive rewards. I am thanking you now.

I am not going to wait until I feel better or things look better. I am thanking you now.

I am not going to wait until people say they are sorry or until they stop talking to me. I am thanking you now.

I am not going to wait until the pain in my body disappears. I am thanking you now.

I am not going to wait until my financial situation improves. I am going to thank you now.

I am not going to wait until the children are asleep and the house is quiet. I am going to thank you now.

I am not going to wait until I get promoted at work or until I get a job. I am going to thank you right now.

I am not going to wait until I understand every experience in my life. I am going to thank you right now.

I am not going to wait until the journey gets easier or the challenges are removed. I am going to thank you right now.

I am thanking you because I am alive.

I am thanking you because I made it through today's difficulties.

I am thanking you because I have walked around the obstacles.

I am thanking you because I have the ability and the opportunity to do more and to do better.

I am thanking you because you haven't given up on me.

“If you always do what you've always done, then you'll always get what you've always gotten.”

Success

by Ralph Waldo Emerson

- To laugh** often and much;
- To win** the respect of intelligent people
and the affection of children;
- To earn** the approbation of honest critics
and endure the betrayal of false friends;
- To appreciate** beauty;
- To find** the best in others;
- To give** of one's self;
- To leave** the world a bit better, whether by
a healthy child, a garden patch, or
a redeemed social condition;
- To have played** and laughed with
enthusiasm and sung with exultation;
- To know** even one life has breathed easier
because you have lived —

This is to have succeeded.

The Road to Success is Always Under Construction

- ♦Diplomacy is the art of letting someone else get your way.
- ♦Life is not so much a matter of position as of disposition.
- ♦The best vitamin for making friends, B-1.
- ♦If you don't care where you're going any road will get you there.
- ♦A pint of example is worth a gallon of advice.
- ♦He who throws mud loses ground.
- ♦Nobody raises his own reputation by lowering others.
- ♦Nothing ruins the truth like stretching it.
- ♦A smile is an inexpensive way to improve your looks.
- ♦Ideas won't work unless you do.
- ♦The future is purchased by the present.
- ♦One thing you can't recycle is wasted time.
- ♦Lost time is never found again.
- ♦A hard thing about business is minding your own.
- ♦Triumph is just "umph" added to try.
- ♦Caution is not cowardly; carelessness is not courage.
- ♦He who forgives ends the quarrel.
- ♦Children need more models than critics.
- ♦Frogs have it easy, They can eat what bugs them.
- ♦The pursuit of happiness is the chase of a lifetime.
- ♦If the going gets easy you may be going downhill.
- ♦Dieters: People that are thick and tired of it.
- ♦Jumping to conclusions can be bad exercise.
- ♦The best labor saving device is doing it tomorrow.
- ♦A turtle makes progress when it sticks its neck out.
- ♦Failure is the path of least persistence.
- ♦Hard work is the yeast that raises the dough.
- ♦Patience is counting down without blasting off.
- ♦Have a backbone not a wishbone.
- ♦Some folks won't look up until they are flat on their backs.
- ♦If you want your dreams to come true, don't over sleep.
- ♦Friend: One who knows all about you and likes you just the same.
- ♦Money talks and often just says, "Good-bye".
- ♦Birds have bills too and they keep on singing.
- ♦Forbidden fruit is responsible for many a bad jam.
- ♦God's retirement plan is out of this world.
- ♦A good example is the best sermon.
- ♦The Ten Commandments are not multiple choice.
- ♦Well done! is better than, Well said!
- ♦Minds are like parachutes; they function only when open.
- ♦Live as you wish your kids would.
- ♦Swallowing your pride seldom leads to indigestion.
- ♦If you can laugh at it then you can live with it.
- ♦People don't fail, they give up.
- ♦When looking for faults use a mirror, not a telescope.
- ♦Smile, it takes only 13 muscles; a frown takes 64.
- ♦Kindness, a language deaf people can hear and blind can see.
- ♦Heaviest thing to carry: A grudge.
- ♦A smooth sea never made a skillful sailor.
- ♦A small leak can sink a great ship.
- ♦You can't direct the wind, but you can adjust your sails.
- ♦We lie loudest when we lie to ourselves.
- ♦Tact is the ability to see others as they wish to be seen.
- ♦A bad conscience has a very good memory.
- ♦Hug your kids at home; belt them in the car.
- ♦One thing you can give and still keep is your word.
- ♦A friend walks in when everyone else walks out.
- ♦If you must cry over spilled milk then please try to condense it.
- ♦Behavior is the mirror in which everyone shows their image.
- ♦Make friends before you need them.
- ♦It's not the load that breaks you down, it's the way you carry it.
- ♦The smallest good deed is better than the grandest intention.
- ♦Success is more attitude than aptitude.
- ♦Our favorite attitude should be gratitude.
- ♦The greatest of all faults is to imagine you have none.
- ♦Too many of us speak twice before we think.
- ♦Some people develop eye strain looking for trouble.
- ♦Everyone has 20/20 hindsight.
- ♦The happiness of your life depends on the quality of your thoughts.
- ♦It is much easier to be critical than to be correct.
- ♦Feed your faith and doubt will starve to death.
- ♦It is no crime not to be perfect.
- ♦If others have sinned you need not mention it.
- ♦No man knows less than the man who knows it all.
- ♦Patience carries a lot of wait.
- ♦One who lacks courage to start has already finished.
- ♦A quitter never wins, A winner never quits.
- ♦Action speaks louder than words but not nearly as often.
- ♦Break a bad habit. Drop it.
- ♦Don't learn safety rules simply by accident.
- ♦Failing to prepare, we prepare to fail.
- ♦Past failures are guideposts for future success.
- ♦There is no right way to do a wrong thing.
- ♦There can be no rainbow without a cloud and a storm.
- ♦If your dreams turn to dust...vacuum.
- ♦Money is a good servant but is cruel master.
- ♦Seek joy in what you give not in what you get.
- ♦Procrastination is the thief of time.
- ♦Success comes in cans. Failure comes in can'ts.
- ♦Anger is one letter short of danger.
- ♦Greatest remedy for anger is delay.
- ♦2/3 of promotion is motion.
- ♦Having a sharp tongue can cut your own throat.
- ♦Of all the things you wear, your expression is the most important.

One day in Heaven, the Lord decided to visit the earth and take a stroll.

Walking down the road, he encountered a man who was crying.

The Lord asked the man, "Why are you crying, my son?"

The man said he was blind and had never seen a sunset.

The Lord touched the man, who could then see, and was happy.

As the Lord walked further, He met another man crying, and asked,

"Why are you crying my son?"

The man was born a cripple and was never able to walk.

The Lord touched him, and he could walk, and he was happy.

Farther down the road, the Lord met another man who was crying, and asked,

Why are you crying, my son?"

The man said, "Lord, I work for the public school system."

And the Lord sat down and cried with him.

PROMISE YOURSELF . . .

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness, and prosperity to every person you meet.

To make all your friends feel that there is something special in them.

To look at the sunny side of everything and make your optimism come true.

To think only the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful smile at all times, and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

POLITICAL CORRECTNESS

Due to the climate of political correctness now pervading America, Kentuckians, Tennesseans, and West Virginians will no longer be referred to as "HILLBILLIES." You must now refer to them as APPALACHIAN-AMERICANS.

And furthermore.....

HOW TO SPEAK ABOUT WOMEN AND BE POLITICALLY CORRECT:

1. She is not a "BABE" or a "CHICK." She is a "BREASTED AMERICAN."
2. She is not a "SCREAMER" or a "MOANER." She is "VOCALLY APPRECIATIVE."
3. She is not "EASY." She is "HORIZONTALLY ACCESSIBLE."
4. She is not a "DUMB BLONDE." She is a "LIGHT-HAIRED DETOUR OFF THE INFORMATION SUPER-HIGHWAY."
5. She has not "BEEN AROUND." She is a "PREVIOUSLY-ENJOYED COMPANION."
6. She is not an "AIRHEAD." She is "REALITY IMPAIRED."
7. She does not get "DRUNK" or "TIPSY." She gets "CHEMICALLY INCONVENIENCED."
8. She does not have "BREAST IMPLANTS." She is "MEDICALLY ENHANCED."
9. She does not "NAG" you. She becomes "VERBALLY REPETITIVE."
10. She is not a "TRAMP." She is "SEXUALLY EXTROVERTED."
11. She does not have "MAJOR LEAGUE HOOTERS." She is "PECTORALLY SUPERIOR."
12. She is not a "TWO-BIT HOOKER." She is a "LOW COST PROVIDER."

HOW TO SPEAK ABOUT MEN AND BE POLITICALLY CORRECT:

1. He does not have a "BEER GUT." He has developed a "LIQUID GRAIN STORAGE FACILITY."
2. He is not a "BAD DANCER." He is "OVERLY CAUCASIAN."
3. He does not "GET LOST ALL THE TIME." He "INVESTIGATES ALTERNATIVE DESTINATIONS."
4. He is not "BALDING." He is in "FOLLICLE REGRESSION."
5. He is not a "CRADLE ROBBER." He prefers "GENERATIONAL DIFFERENTIAL RELATIONSHIPS."
6. He does not get "FALLING-DOWN DRUNK." He becomes "ACCIDENTALLY HORIZONTAL."
7. He does not act like a "TOTAL ASS." He develops a case of "RECTAL-CRANIAL INVERSION."
8. He is not a "MALE CHAUVINIST PIG." He has "SWINE EMPATHY."
9. He is not afraid of "COMMITMENT" He is "RELATIONSHIP CHALLENGED."
10. He is not "HORNY." He is "SEXUALLY FOCUSED."
11. It's not his "CRACK" you see hanging out of his pants. It's "REAR CLEAVAGE."

Peace Prayer

by St. Francis of Assisi

Lord: Make me an instrument of Your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light, and

Where there is sadness, joy.

O, Divine Master,

Grant that I may not so much seek

To be consoled as to console;

To be understood as to understand;

To be loved as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned; and

It is in dying that we are born to eternal life.

ONLY IN AMERICA . . .

Only in America...do drugstores make the sick walk all the way to the back of the store to get prescriptions while people can buy cigarettes at the front!

Only in America... do people order double cheeseburgers, large fries and a diet coke!

Only in America...do banks leave both doors open and then chain the pens to the counters!

Only in America...do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage!

Only in America...do we buy hot dogs in packages of ten and buns in packages of eight

Only in America...do they have drive-up ATM machines with Braille lettering!

EVER WONDER...

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why you never see the headline "Psychic Wins Lottery"?

Why "abbreviated" is such a long word?

Why doctors call what they do "practice"?

Why lemon juice is made with artificial flavor, and dishwashing liquid made with real lemons?

Why the man who invests all your money is called a broker?

Why the time of day with the slowest traffic is called rush hour?

Why there isn't mouse-flavored cat food?

Why Noah didn't swat those two mosquitoes?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?!

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is Congress the opposite of progress?

If flying is so safe, why do they call the airport the terminal?

The Man In the Glass

By Unknown

When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to the mirror and look at yourself
And see what that man has to say.

For it isn't your father or mother or wife
Whose judgment upon you must pass.
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

You may be like Jack Horner and chisel a plum
And think you're a wonderful guy.
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

He's the fellow to please - never mind all the rest,
For he's with you clear to the end.
And you've passed your most dangerous, difficult test
If the man in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass.
But your final reward will be heartache and tears
If you've cheated the man in the glass.

THE LOVE DRESS

A woman stopped by at her recently married son's house. She rang the doorbell and walked in. She was shocked to see her daughter-in-law lying on the couch, totally naked. Soft music was playing, and the aroma of perfume filled the room.

"What are you doing?" she asked.

"I'm waiting for my husband to come home from work," the daughter-in-law answered.

"But you're naked!" the mother-in-law exclaimed!

"This is my love dress," the daughter-in-law explained.

"Love dress? But you're naked!"

"My husband loves me to wear this dress," she explained. "It excites him to no end. Every time he sees me in this dress, he instantly becomes romantic and ravages me for hours on end. He can't get enough of me."

The mother-in-law left. When she got home, she undressed, showered, put on her best perfume, dimmed the lights, put on a romantic CD, and laid on the couch waiting for her husband to arrive. Finally, her husband came home. He walked in and saw her lying there so provocatively.

"What are you doing?" he asked.

"This is my love dress," she whispered, sensually.

"Needs ironing," he said. "What's for dinner?"

LIFE JUST ISN'T . . .

Life isn't about keeping score.
It's not about how many friends you have
Or how accepted you are.
Not about if you have plans this weekend or if you're alone.

It isn't about who you have kissed,
It isn't about who your family is or
how much money they have
Or what kind of car you drive.

Or where you are sent to school.
It's not about how beautiful or ugly you are.
Or what clothes you wear, what shoes you have on,
Or what kind of music you listen to.

It's not about if your hair is blonde, red, black, or brown,
Or if your skin is too light or too dark.
Not about what grades you get, how smart you are, how smart
everybody thinks you are, or how smart
standardized tests say you are.

LIFE JUST ISN'T.

Life is about who you love and who you hurt.
It's about who you make happy or unhappy purposely.
It's about keeping or betraying trust.
It's about friendship, used as a sanctity or as a weapon.

It's about what you say and mean, maybe hurtful, maybe heartening.
It's about starting rumors and contributing to petty gossip.
It's about what judgments you pass on and why.
And who your judgments are spread to.

It's about who you've ignored with full control and intention.
It's about jealousy, fear, ignorance, and revenge.
It's about carrying inner hate and love,
letting it grow and spreading it.

But most of all, it's about using your life to touch or poison
other people's hearts in such a way that could have
never occurred alone.
Only you choose the way those hearts are affected, and those
choices are what life's about.

Let this remind your friends and family
of what life is really about.

Life is....

by Mother Theresa

Life is an opportunity,
benefit from it.
Life is beauty,
admire it.
Life is a dream,
realize it.
Life is a challenge,
meet it.
Life is a duty,
complete it.
Life is a game,
play it.
Life is a promise,
fulfill it.
Life is sorrow,
overcome it.
Life is a song,
sing it.
Life is a struggle,
accept it.
Life is a tragedy,
confront it.
Life is an adventure,
dare it.
Life is luck,
make it.
Life is too precious,
do not destroy it.
Life is life,
fight for it.

My A to Z of Life

by M. K. Soni

Life is like a multifaceted prism, which gives different colored images when viewed from different angles. Look how it appears to different people:

A - Life is a struggle; face it.

B - Life is a brief intermission between birth and death; enjoy it.

C - Life is a lesson; learn it.

D - Life is not a joke; take it seriously.

E - Life is work; work is life.

F - Life is a dream to be realized.

G - Life is to be lived; enjoy it.

H - Life, without a wife, is no life.

I - Life is not a bed of roses.

J - Life is an ocean; fathom it.

K - Life is an opportunity; don't miss it.

L - Life without love is desolate.

M - Life is a goldmine; exploit it.

N - Life is what you make it.

O - Life lies in optimism. Be a positive thinker.

P - Life is like a game of snakes and ladders; one faces many pitfalls before one reaches the top.

Q - Life will be a pleasure if you love your work.

R - Life without goals is groping in darkness.

S - Life without trust is a life in turmoil.

T - Life is a journey; make it as pleasant as possible.

U - Life doesn't mean bread alone.

V - Life is meaningful, only if there is a mission.

W - Life is enriched by good friendship.

X - Life doesn't mean years alone. "IT IS THE LIFE IN THOSE YEARS"

Y - Life is useful, if you contribute something, that will outlive it.

Z - Life lies in diversity, not in monotony.

JUST ONE

One song can spark a moment,
One flower can wake the dream.

One tree can start a forest,
One bird can herald spring.

One smile begins a friendship,
One handclasp lifts a soul.

One star can guide a ship at sea,
One word can frame the goal.

One vote can change a nation,
One sunbeam lights a room.

One candle wipes out darkness,
One laugh will conquer gloom.

One step must start each journey,
One word must start each prayer.

One hope will raise our spirits,
One touch can show you care.

One voice can speak with wisdom,
One heart can know what's true,

One life can make a difference,
You see, it's up to you!